



Inspiration for your participation in

The Sustainable World Project

Get a Life You Love => Get a World You Love

Power over your Past

WORKBOOK 1 – GLOBAL WARMING IN PEOPLE'S HEARTS

the Inspirational-Interactive-Autobiographic Self-Help Workbook 1

Become a Fool in Love. Why? A Fool in Love is a Master of Life!

written by

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(the Master Fool)

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1 Back Cover

Do you sometimes feel misunderstood, lonely, separated or disconnected in life? Do you sometimes wonder: "Is this is all there is to life?"

I can tell you from personal experience there is so much more to life than just going through the motions. In this workbook you can read what I have learned so far. My wish is that it provides you profound value. My wish is that it supports you into designing, creating and living a life you love in every aspect.

Workbook 1 is an autobiography, which invites us to take life, ourselves and each other a LOT less serious. The stories in this workbook will bring you an understanding of the mechanisms of the egoic consciousness or in other words the conditioned mind. This is very important as it is the key to transformation, which is the discovery and experience of who you truly are. This understanding and experience will give you access to powerful manifestation skills.

When you have finished workbook 1, then in workbook 2 you can read what could be next. It is a story filled with hope for a wonderful future. Through our workbooks you can interact online with a worldwide community. Here you can share your life and realize that your life is important! That you are important! Here you can learn about love and joy by experiencing it. Here we will work together in creating a world which works for all.

Workbook 1 shows us that in our humanity we are all heroes. Whether you are born in North America, Central America, South America, Europe, Middle East, Africa, Asia or the Pacific. It takes tremendous courage to live a life. It takes even more courage to live a life that makes a difference. I want you to know that you are MY HERO.

I am sorry for the difficult moments in your life. If you sometimes think you don't matter, then I am here to remind you that you do. If you sometimes think you are not worthy, then I am here to remind you that you are. If you sometimes think you made serious mistakes, then I am here to remind you that you are forgiven. I accept you without conditions.

I know who you truly are. You are wonderful and worthy beyond words You are powerful beyond imagination My promise is that through these workbooks you will discover who you truly are. Lets start celebrating that right now! Thank you so much for being a blessing to our world.



2 INTRODUCTION

For bringing value through the Sustainable World Project 3 workbooks have been created. The first workbook represents the past. The Founder Richard Alexander shares about his past and what he has learned in life. He gives you insights and assignments to assist you with your life. Inside authentically sharing his life, his commitment is to build a strong relationship with you, the reader.

His intention is to bring forgiveness, acceptance, love and laughter to the past. His commitment is, that as he accepts his past, you can do the same. His commitment is, that as he forgives himself for all his 'mistakes' and there were plenty, that you can do the same. His commitment is that as we have a good laugh about his past, that you can do the same with your past. This will leave the past behind us as through unconditional acceptance we will have released it from our subconscious mind.

The awkward hero in this story will take you through the roller coaster of his life. A story which starts with separation and pain. After 27 years of unconscious suffering, our awkward hero is slowly learning who he truly is. When Brenda, the first in a row of many heroes, invites him to a Reiki weekend, he experiences unconditional love for the very first time. A spark is ignited. He travels around the world to find more of this love. Having returned home he finds this love inside.

Then his heart is yearning for all people to experience this love. Again he travels around the world. This time to give love to all people. Having returned home he finds all people are also inside.

Workbook 2 is representing the future. We see how the Sustainable World Project brings a new experience of quality of life to the world. The intention of our Core Team is to co-create a possible future of a world that works for ALL people and find ourselves inspired. When worry about the past and anxiety towards the future is taken away, then it leaves us being present in the 'Now'.

Workbook 3 will represent the present. The 'Here and Now'. After reading workbook 1 and 2 the past and future will have disappeared from our mind. We are left with an empty canvas. On this empty canvas we can create anything we want. It is a place with huge power. You will be offered an opportunity to interact with the community at large through the 'Interactive Events' of the Sustainable World Project. Here you can express your unique gift; your purpose. Here you can experience the healing power of love and laughter. Here you become an active co-creator of a world that works for all people.

Become a member of a worldwide inspired family breaking all geographical and cultural barriers. An Empowerment Platform, Empowerment Camps & Tours, THRIVE Empowerment Centers and Worldwide Interactive Events will be the structure to unite people and create unprecedented experiences of unity consciousness. This will be a



continuous reminder for who we truly are. Reminding ourselves of who we truly are is creating new thoughts, feelings, choices, communications and actions. This creates lives that people love. If we all get lives we love, then this will get us a world we love. A world that works for ALL people.

How does it work?

Through the reading, the reflection exercises, the sharing and the take action assignments several results will be accomplished.

1. You will experientially be reminded that we are all sharing the same humanity. Whether you are from America, Europe, Africa, Asia or elsewhere, we all deal with the same life issues. This recognition will lead to acceptance, or in other words love. This is the only power there is. Out of this EXPERIENCE of love you will be empowered to be in action with creating your goals in life. When empowerment or inspiration is present, then actions do not require effort and you already EXPERIENCE having a life you love AND a world you love.

2. You will reflect on your life. In this process of reflection you will get insights into your life why so far you were not able to achieve some of your goals. This process is also known as becoming conscious of the subconscious mind. The subconscious mind is driving your thoughts and actions and therefore determines your quality of life. This means the achievement of your goals are largely determined by your subconscious mind. When we become aware of an old negative belief systems in our subconscious mind, then it has moved to the conscious part of our mind. It is only here that we can make a new choice. We can choose to replace this negative belief system by a positive one. As the subconscious conditioned mind is not reconditioned by merely having one insight, we have to keep on reminding ourselves for some time, until we feel confident that the new belief system has replaced the old one. Hence the repetition in the interactive sessions. This is what it takes. This is no quick fix! This is a sustainable solution to get a life you love. As more and more of us are living lives we love, then slowly we get a world we love.

3. As many change makers are joining and sharing about their mission for the world, you will get present to being a partner in a worldwide network of people who CARE for our world. This will bring an unprecedented experience of actually getting a world you love, right in that moment.

4. Through sharing what is present for you (whatever you are thinking and feeling) AND the listening of the other participants you will get access to accepting however your life is for you, right now. It takes you beyond the mechanisms of judgment, denial, resistance, etc of the conditioned Egoic mind. Acceptance without conditions is what love is. Your experience of life will transform instantaneously.

Who is participating and why?



In our interactive events we have visionary entrepreneurs, social entrepreneurs, authors, artists, change makers and 'everyday' people from all around the world who CARE. They care about their quality of life, they care about other people's quality of life and they care about the quality of life in our world. Every person who participates has his or her own goals. We call that value. Every person who participates understands that to attract value they have to BE valuable. Every person who participates understands that to BE valuable we need to recondition our subconscious mind. This takes time and needs a structure. The TID Program by Richard Alexander offers this structure.

Questions we engage in

- How do I design my life with the world being in so much chaos?
- How can I create a successful business without burning out?
- How can I make the transition from surviving to thriving?
- How can I live a powerful life without sacrificing myself?
- How can I base my actions on love instead of fear?
- How can I improve my communication skills?
- How can I overcome financial constraints?
- How can I be a more effective parent?
- How can I turn around my health?
- How can I create more free time?
- How to overcome a painful past?
- How can I stop working so hard?
- How can I speed up my career?
- How can I reduce my stress?
- How can I reduce my weight?
- How can I improve my love life?

Results disclaimer

We don't believe in quick fix programs. We do believe however in miracles coming from inspired work and bringing value to others. The time frame in which you will achieve the results you want, will be largely determined by your level of commitment to this program. Our programs are intended to help you to get the life you love and empower you in getting a world you love. If you apply the wisdom I guarantee you dramatic results in as well your life and therefore our world! If you refuse to apply the wisdom and continue to inflict suffering on yourself, then it will become a loooooong process. ? However, we will not give up on you. Never! You can join the program for the rest of your life. I trust that somewhere along the way we can show you what a wonderful and valuable human being you are and I can promise you that THIS will change everything.



How to Read this Workbook

There are several ways to read this workbook. I **highly, highly** recommend to invite your community and read together with us online in the interactive events of the Sustainable World Project. This absolutely increases the chance to get profound value. Read more on how to do so by going to the website www.sustainableworldproject.com. Click on 'WORLDWIDE INTERACTIVE EVENTS'.

Second option is to just get friends over and read together offline. After every story make a round where everybody does the assignments or answers the question 'What is present for you? This means 'What are you thinking and feeling right now?'. Third option is to be on your own, but online and read together with us in one of the interactive events of the Sustainable World Project. Fourth option is to read on your own.

If you read on your own then make sure you take the time to read! Read slow! Become aware of the value. Mostly life is too fast. Do this. Do that. Go here. Go there. We rush from one thing to another without ever BEING there. Give yourself the gift of BEING present or being aware. Life is worth it to be lived SLOW.

You don't have to read the whole workbook in one shot. Take your time. For example one story per day or 1 hour per week. Make sure you enjoy it!

As I am Dutch my English is not perfect. Also some stories are written in the past as they were memories. Some stories are written in the present tense as I wrote them down at that specific moment. Don't be bothered by any of that.

The next recommendation is to use this workbook as an exercise to go beyond the mechanisms of the Ego. Be an ongoing observer of your mind while you are reading and make sure you enjoy the ride. **Don't let your conditioned mind judge anything in this workbook and disconnect.** This workbook can add tremendous value to your life, if you let it. If you do the exercises, then I can guarantee you, that you will experience miracles.

More Information

I invite you to become a member of our Facebook group '**Sustainable World Project**'. <https://www.facebook.com/groups/YoungWorldLeaderProgram> This we use to communicate to all involved. Here we will announce the dates and times of next interactive events. In some of these events we will read and interact using this workbook. This is the most powerful way of ensuring that you will create a life beyond your dreams. Your age is not relevant. If you like what we do, we would love to include you in our worldwide family.

This workbook has no copyright. My intention is that the workbook provides value. Feel free to use it, share it and give it away. Now workbook 1 begins. I strongly welcome you to laugh at my past and maybe even at your own. I have experienced it as extremely liberating.



3 THE PAST

1969 The Start

There I am. The adventure is starting. Full of wonder I look at this world. What is this place? I was blissfully unaware of trouble to come.



Illustration 2: Smile or hair style?

1974 A Smart Winner

I was 5 years old. It was my birthday. I don't remember, but my mom told me that my interest for the opposite sex started very early. For my birthday party I invited only girls . . . and guess what? They all came to my party!

Whether it was my smile or my hair style, I don't know. But life was good! I must be a winner!



Illustration 1: There I am

1976 Winning Again

I was 6 years old. Together with my brother and my mom we walked to the yearly fair. My mom bought us some lottery tickets. When I checked my ticket, I had won the first prize. A man with a microphone invited me to come up to the display area. He said: "You can pick any 10 gifts you want!" I yelled: "Mom, mom, come, take a look!"

Great, I could freely choose 10 gifts. As the first gift I chose the stereo equipment which was used to amplify his voice. This was not allowed! Hmm, too bad! Then I picked a remote controlled army truck. The only thing I have ever liked about the army for the rest of my life! Next, I picked 3 life sized soft toys and some other gifts. I went home very happy.



Illustration 3: Walking to the fair.

**My Insight**

I do not recall any bad memories up to maybe 6 years old as my mind was not yet conditioned by Ego. The sense of 'I, me and mine' was not yet strongly imprinted.

Reflect

Reflect on the first 6 years of your life. What do you remember? What was great? Then, find your oldest bad memory; the first 'bad' incident. Don't bother to find the right one. Just reflect on the first one which pops up in your mind.

Take Action

Check with your parents, friends or others what happened in your first 6 years. Next inquire if you can make other interpretations for this first 'bad' incident'? Share this with at least one other person.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and other people. In a next interactive event, share the value you got from this story. Lets engage in a dialogue and see what has shaped your life!

**1976 Last Winning becomes First Whining**

I was 7 years old. I was going to the 1st grade of primary school. In a drawing contest I had won the 1st prize. It was a huge red bicycle. I remember this incident as the bicycle was given to my brother. I had always thought that my parents gave it to my brother because they loved him more than me. I did not like this. It made me take one of the very first decisions in life. I decided that I am not good enough, I am not valuable, and all the good stuff goes to my brother.

Twenty five years later I spoke to my parents about this incident. They told me: "No! That did not happen! We checked with you. You wanted roller skates. So, we gave you roller skates and we gave the bicycle to your brother".

Isn't that interesting? So, the decision I made; the decision of not being valuable and not being good enough, was actually not even based on reality. I thought I remembered something, but when I checked, it turned out to be incorrect. However, by that time I had already built a part of my identity on that false memory.



Illustration 4: Winning a huge red bike.

**My Insight**

The egoic mind judges very quickly and therefore we tend to focus on the negative and make negative decisions. But, not everything I believe is true.

Reflect

Reflect on your life. Find an important event when you were young. An event that shaped your identity. Do not try to find the 'right' one. Just take the first thing which pops up in your mind. What was your negative interpretation? What was the decision you made?

Take Action

Check with your parents, friends or others involved in this event what happened in their perception. Are there any other interpretations possible besides the negative one you made? Share in few lines the event that happened. Share how you felt and what need was not met. Share your learning and tell us how this will help you cause a breakthrough in your life. Share any part of this assignment with at least one other person in your life, let us know who, what you shared and tell us what was their response.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and other people. In a next interactive event, share the value you got from this story. Lets engage in a dialogue and see what has shaped your life!



1978 The Swimming Pool

I was 8 years old. In primary school we had weekly swimming classes. Walking two by two in a row we would go to an indoor swimming pool. It had two pools. On the left side was the big pool. On the right side was the small pool. In the small pool it was possible to walk everywhere and still keep your upper body above the water surface.

All the other children in my class were already swimming in the big pool. But not me, I was afraid. I was still learning how to swim in the small pool. One day the teacher got very impatient with me. He shouted: "Get out of the water! It is time to jump into the big pool." I was very afraid and started crying. This, however, had no effect on the teacher and he made me walk to the big pool.

Now I was standing at the front-right corner of this big pool. The teacher said: "Jump!" I thought: "This is it. I am going to drown!" I jumped and I was clear I was going to die.

However, after I jumped, I discovered that even in the big pool I could stand in the water with my head just above the water surface. I did not know this. No one had told me. This whole event led to the next strong negative conditioning in my life: "I can't trust people!" and "Don't tell me what to do!" This conditioning took few decades to become aware of. You can ask the people around me as they were the not so happy receivers of this!



Illustration 5: My first traumatic experience happened in this swimming pool.

**My Insight**

No matter what happens, I most often make negative decisions. After 30 years, I now realize I could also have chosen 'I can trust people' as I did not drown.

Reflect

Reflect on your life and find an event around 8 years old where your mind has decided you cannot trust people.

Take Action

Share in few lines the event that happened. Can you come up with another interpretation besides the negative one you made? Share how you felt and what need was not met. Share your learning and tell us how this will help you cause a breakthrough you are looking for in your life. Share any part of this assignment with at least one other person in your life, let us know who, what you shared and tell us what was their response.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story. Lets laugh together about our shared humanity and the silly decisions we make!



1979 Marla Moved

Till the fourth grade in primary school I had one best friend. Her name was Marla. She was just a few days younger to me. She had a sister, who was friends with my brother. Her parents were friends with my parents. We would go to school together, we played together, we almost drowned together and finally we learned swimming together. In the fourth grade Marla suddenly moved with her family to a different city. Of course since I was only 9 years old I had to stay back with my parents. That day I lost my best friend.

I recall this as the very first incident when I felt the pain of dealing with attachment in relationships. At 9 years old I learned that in this physical world nothing lasts forever and that we have to learn to deal with that. It took me at least another 20 years before I started focusing on feeling grateful for the time we had, instead of only focusing on the pain of the separation. Then, it took me another 10 years to learn that on a level we cannot see yet with our eyes, but can experience with our hearts, we are all one. This meant the separation had actually never happened. Now, the pain of separation is gone and as I am writing this sentence I can experience the friendship.



Illustration 6: Marla is sitting in the very first row. Look to the left. There she is. I am second from the right, middle row.

**My Insight**

Relationships only occur to be ending in the physical world. When relationships or friendships ended in my life, I have realized there is a lot of Egoic drama around that. The ultimate truth is that we are eternally one, so this ending actually never happens. It is just Egoic conversation. This truth soothes and heals the pain. **Separation is just an illusion.**

Reflect

Reflect on your life what dramas you have created and entertained when relationships or friendships 'ended'.

Take Action

Share in few lines your disempowering interpretation of a relationship or friendship that 'ended'. Can you come up with another interpretation besides the negative one you made? Share how you felt and what need was not met. Share your learning and tell us how this will help you cause a breakthrough you are looking for in your life. Share any part of this assignment with at least one other person in your life, let us know who, what you shared and tell us what was their response.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story. True power arises in sharing in interactive dialogue. Gift that to your valuable self!



1979 Playtime

I was 9 years old. On a Tuesday morning at school I made a brilliant plan. I said to my class mate Gita: "I have a secret. Shall I come to your place this afternoon? Then I will tell you all about my secret." "Yes, of course!", she said.

That afternoon at her place she asked me: "What is your secret? Tell me! Tell me!" I said: "My secret is that we are going to play doctor and I am the doctor! Please undress!" Yes, you are right. I was a little manipulator. But then again who isn't? She showed a small part of her butt. For seeing the next bit of butt I needed to wait 8 very long years.



Illustration 7: All the Heroes from the primary school. Top, 3rd from the left, Pim, the cool guy. Middle row, 1st from the right Arnold, he troubled me, but I took revenge and stole his book. Middle row, 2nd from the right, Gita. 6th Luke. 7th Paul. Down row, 1st from the right Mona. 2nd Aishwarya. 4th me.

**My Insight**

Lack of transparency and dialogue has led to many problems between the two genders. Why do we perceive these events as so innocent when we are young and judge them so much when we are grown up. My wish is for a world where boys and girls are not so separated. A world with gender equality and maybe even some transparency about our bodies.

Reflect

Reflect on your life and share a similar story about one of your first encounters with the opposite gender. Share what happened, how you felt and what you learned.

Take Action

Share in few lines your story about one of your first encounters with the opposite gender. Share how you felt and what need was met or not met. Share your learning and tell us how this will help you cause a breakthrough you are looking for in your life. Share any part of this assignment with at least one other person in your life, let us know who, what you shared and tell us what was their response.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story. Let's honestly share how soon we judge people and what we see possible as alternative.



1979 Throwing Stones

I was nine years old. Together with my parents and my brother I was camping in Germany. On the very first day my brother and I had climbed a tree. Sitting on two different branches we started our game. I had this huge stone and I was throwing it to him. He caught the stone and threw it back to me. Then, when I threw it back to him, he didn't catch the stone. It went right through the window of a caravan parked below the tree. Clearly it was his fault, because he did not catch the stone. We quickly got out of the tree and we ran away. Now what? What should we do? Our parents will be angry! Maybe, we should find new parents

After one hour we had to return as we could not find any other parents. My mother and a strange man walked towards us. My mom said: "Guys, this is our neighbor from Belgium. He said that his caravan window was broken and wondered if you guys have something to do with that?" The man looked a little angry, so we replied: "No mom, we didn't do that!" Then our neighbor said: "I am sure they did it, they were playing near my caravan. They must have done it. There was no one else around!" My mother got very angry with the neighbor. She said to the neighbor: "If my boys are saying they didn't do it, then they didn't do it!" The neighbor left.

Twenty five years later my brother and I were having dinner at my parents' place. We said: "Uhh, remember that camping place 25 years ago? The one where this man came to us and told us his caravan window was broken?" "Yes, we remember!", my parents said. "Well . . . we did it. We threw a stone through his window."

But, of course we all know the golden rule, that after 25 years, parents are not allowed to punish their children any more.

Through this story I learned that we only lie because we are afraid. A lie only exists in a relationship. It takes at least two. One who is doing the lying and one who probably has punished you in the past and has you be afraid now.

**My Insight**

A wise person does not use authority, punishment or violent communication. He or she makes people feel comfortable around them. A wise person knows that a lie is not only the responsibility of the one who speaks it. It is also the responsibility of the other to create a safe space for truth to be expressed.

Reflect

Reflect on your life where you have lied.

Take Action

Generate dialogue with at least one person. Share where you have lied and ask that person to share with you where he or she has lied. You can use this story if you like.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**1980 Biking with Paul**

I was 11 years old. In the 6th grade of primary school I had a special friend. His name was Paul. He was one of the cool guys, so I was very happy to be his friend. We were about to move to a different house. I invited him to first come to my old place. Then, together we would bike to our new house, so I could show it to him. It was 2:30 pm in the afternoon and Paul was about to drop by. My parents had already left. I was home alone. I remember I was jumping on the couch. A little boy excited to see his best friend.

Through the window I had a view across the street. Eagerly I was waiting for Paul to show up. Then it was 3'o clock, the time for him to arrive. However, he did not show up. The jerk! I remember I was very sad and disappointed. Paul broke his promise! Should I still trust him?

Next day I heard he went to another class mate's birthday party. Our friendship took its first beating. As I had no awareness to share this difficult experience, a crappy neural network about not trusting friends started polluting my mind. Though I never told Paul, in my interactions with people these days, I make sure that I share things I find difficult. I have seen that it gives them the space to do the same.

My Insight

Promises are often broken. It is very important to communicate with the people involved to restore integrity. If I break my promise and I do not communicate, then the other party will be left with an experience of 'I cannot trust Richard'. That will add more 'not trusting' to the collective consciousness. All people in our world will experience this. What to do when someone broke a promise made to me? Then, I have to forgive them, or otherwise again I would add more 'not trusting' to the collective consciousness.

Reflect

Reflect on your life and find one incident where you have not forgiven someone who broke your trust. Realize that you are the one who is suffering and that you are adding more 'not trusting' to the collective consciousness if you do not forgive them!

Take Action

Is there any other way you can see this event differently so you get access towards forgiving that person. Then start shifting your trust towards the inside. Trust that what happens as your soul or true self attract the lessons needed to evolve. Surrender and develop faith. Share your experience and learning with that person.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



1980 The 3 levels of Integrity

FIRST LEVEL OF INTEGRITY

First level is to honor my word. I do what I promised to do by the time I promised it. If I already see that I am not going to be able to keep my promise, then I communicate and re-promise or complete the promise, followed by a conversation to restore trust. This is not bad! I learned not to be afraid to promise. I learned that I am not a bad person if I break my promise. This is very important to understand! Otherwise I will never promise anything.

If I realize I have broken my promise after the time I was supposed to deliver, then I will communicate and ask the people involved what is needed to restore trust. Due to the strong Egoic mindsets in our world many times broken promises lead to suffering. This is because our Ego has difficulties forgiving ourselves and each other. This is something we all have to learn. In workbook 2, which is about the future, I will talk about replacing promises with intentions. In this future, contracts will all be replaced by DOI's. (Declaration of Intention)

ON TRUST - After more than 4 decades I learned that it does not work to build trust on anything external. To have my trust dependent on people and circumstances is a recipe for low trust levels. Instead I can base my trust on the intelligence of life, knowing that whatever happens is part of a divine plan for evolution. This way I develop faith and can be at peace regardless of the ever changing externals.

SECOND LEVEL OF INTEGRITY

Second level of integrity is honoring who I truly am. This involves living life from my purpose. This involves pursuing my passion. Right and wrong are just mental concepts. I daily create the experience I want to have, or at least I try! I am given by my purpose instead of living my life on the auto pilot of the conditioned Egoic mind. I aim to BE someone who lives by the 6 heart virtue of appreciation, compassion, forgiveness, humility, understanding and valor.

THIRD LEVEL OF INTEGRITY

Third level of integrity is making sure that all people are who they truly are. Everything I think, say, do and be is to ensure that everybody in this world lives honoring their purpose. That everybody lives a life they love in all aspects. This is what the Sustainable World Project is all about.

**1981 The Popular One**

In school, there is always this one guy, or one girl who is the coolest. In our school it was Pim. He looked so confident, he could talk to anyone, he was big and strong and most important, he had hair on his willy. I was a shy, insecure, hairless loser. It was only when I was 14 years old that I started growing hair all over my body. And the insecurity? Well, I will let you know when it is fully gone!

Twenty five years after primary school a reunion was being organized. I decided to go. Standing in my old classroom I was talking to Luke, one of my old schoolmates. I was very curious as to how Pim was doing. I asked Luke: "How is Pim? Is he coming to this reunion?"

I was very sure that Pim would be running a small country by now and would be married to a beauty queen. To my surprise Luke said: "I spoke to Pim. He is not coming. He said that he never really enjoyed his primary school!" What? I was shocked. He did not enjoy himself? How is that possible? Then I realized we all make our own stories about our past. Mostly crappy stories. Now it is time to make a new version and turn our past into exciting and funny stories!

My Insight

My experience of the past is defined by my current awareness. Life is what I make it.

Reflect

Reflect on your life and tell me your basic story of the past. My crappy story was: *"I am not good enough. I have no friends. I am terrible with girls. Nobody cares about me."* Give your basic story in just a few lines.

Take Action

Can you come up with an empowering story of your past and share this with one person.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**1981 A Woman's Cheek**

During school breaks the other children would often play games. One of their favorite games was the following: one person would stand in the middle of a circle of class mates. Then you had to close your eyes and turn around pointing outwards at the circle of class mates. Next they would say: "1, 2, 3, 4, 5, who will be your wife?" Then you had to open your eyes and you could kiss the girl you pointed at.

Of course I never played this game as I tried very hard to miss out on anything which could be remotely fun in life. However, one fine day I was out of my mind and instead of creating the usual suffering, I actually did something enjoyable. I decided to join this game.

I closed my eyes. They all yelled "1, 2, 3, 4, 5, who will be your wife?". I opened my eyes and . . . there she was. My hand pointed at Aishwarya. Slowly I walked towards her. She gently turned her head offering her cheek. I kissed her on the cheek and found myself shocked by the softness of this material. I never ever forgot this experience.

My Insight

My conditioning stops me from participating in life. It stops me to enjoy life.

Reflect

Reflect on your life and inquire in which areas you are not participating.

Take Action

Pick one area in your life where you are not fully participating and make a start. Share this with one person.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



1982 Is Paul the Thief?

It was the ending of my 6th grade which was also the ending of primary school. We had a musical to end the year. At that time I was madly in love with Mona. She was the most beautiful girl in our class; 'blond hair, blue eyes, nice little figure'. If something like that is possible for a 12 year old girl.

During the final rehearsal for the musical Paul, Mona and I were sitting behind the curtains covering the right side of the stage. Then, Paul asked Mona: "Do you want to go with me?". That is how the Dutch kids would say it at age 12. Of course it was all very innocent. To the question of Paul, Mona said: "Yes". So he stole my girl friend! The jerk!

Paul did not know I liked Mona. However, I still made my decision that he could not be trusted anymore. He already did not show up for the bicycle ride and now I really started wondering: "Can I trust Paul? Can I trust friends?"

Reflecting on this of course, as always in life, I was the thief of my own happiness. Sorry Paul!



Illustration 8: Mona (top, 3rd from right) eying her hero Paul (top, 5th from right)...

**My Insight**

For now I choose to believe that there are three elements in my thinking. My Ego, which is conditioned with judgment to create the illusion of separation. My higher Self, a voice connected to a divine intelligence and the observer, which can see both and choose who to listen to. Choose wisely! The mechanism of projection of my conditioned Egoic mind is often the cause of my trouble. I should stop judging, stop denying, claim my power and create my happiness.

Reflect

Reflect on your life where you are blaming other people or circumstances for you not being happy. That is what I did in this story.

Take Action

Take responsibility by seeing how you misinterpreted what happened in the past and clean it up with the person you blamed. Share it with one person.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**1982 Richard the Thief**

In a school break I composed a brilliant plan to win back Mona. I walked to her and said: "You girls are so lucky that you get to wear a skirt! It must be far more comfortable than wearing pants!" She said: "Yes Richard it is . . . and now we are talking, I want to talk about us. I have been thinking about you . . . and Paul is no one compared to you. Can I please be with you?"

It would have been so nice if she would have said that, right? Well, sorry, didn't happen! This is what she really said about wearing a skirt. She said: "Yes it is. You should try it out!" I said: "I could do that!" She said: "You don't dare!" Well, don't tell a loser he cannot do something because he will try very hard to prove you wrong. I decided to be unreasonable. I went to my mother. I asked her for a skirt. I wore it under my jacket. I went back to school. I walked straight to Mona. I showed it to her, hoping to impress her. However, still she did not leave Paul. Can you believe that?

The story with Mona is not over yet. . . . however, I had to wait for 15 long years for the next encounter. Stay tuned.

My Insight

The definition of madness is to keep doing the same thing while expecting a new result. Instead I can do something new; something I have never done before.

Reflect

Reflect on your life in which areas you are repeating similar behavior expecting a new result.

Take Action

Do something you have never done before and let me know the result. Hopefully before 15 years are over.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



1982 The 'Last Gift'

In the final year of my primary school I received one more 'gift' for building my identity. In this year there was a mandatory test named CITO. This test would indicate your future possibilities. From the 3 possible levels I scored low. Basically I was told: "You are a stupid bugger!"

Also for the very first time I was told I had 'fear of failure'. Interesting, as I had never ever thought those words before. Now these words were put in my mind, it became a self fulfilling prophecy. Of course I proved them wrong, getting high marks in my secondary education, graduating with credit from my professional education and transforming the whole world by the year 2050. However, the damage was done and my undistinguished Ego, who loved this 'fear of failing' story strengthened it's grip on me.

For every parent reading this workbook. Do know that tests are totally and utterly **UNIMPORTANT** in life. Make sure that your children know you love them independent of any results. You can tell your child right now. I will wait here till you get back. Do not only tell your children, but make sure everybody around you knows that you love them; that you accept them without conditions.

Lets talk about Ego for a moment. What is Ego? Ego is a false part in our thinking. False in a sense that it is not the highest truth of who we truly are. The Ego identifies with the material world. It identifies with our bodies and thoughts and sees us as separate from everything else. We mostly think we are a separate body, but that is not who we truly are.

This separation has us live in fear and scarcity and is stopping us from sharing. Not only does the Ego NOT want us to share our planet and it's resources, it also prevents us from sharing our human experience. This paradigm of separation has dominated up to this millennium and has resulted in a world full of unconscious suffering and unworkability. In the 21st century we will see the transition to a world with abundance for all. We invite all leaders to support this transition. Are you ready to change the world?

**My Insight**

I should never underestimate the power of my speaking. Someone can make a life defining decision based on what I say. I should be mindful of every word I speak.

Reflect

Reflect on your life where you might have said something dis-empowering to someone else. Or reflect on your school time. Remember yourself when you were 5. Remember the joy, initiative and fun you had. Have you lost power or gained power in school? Authentic answers can be confronting!

Take Action

Find that person you disempowered, apologize and let them know how wonderful, beautiful and powerful they are. Share this with one other person.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



1982 Moving House

I finished my primary school. But I still had one problem. I was still madly in love with Mona. I was very angry with my parents because they had decided to move to a different city. This meant that I would never ever see her again. I decided to be very effective in dealing with this and I did not say anything! I did not share my difficult experience with anyone. I was just annoyed, my favorite act, something I have done for decades, you can ask my family, girlfriends and wife, now ex-wife as she must have gotten fed up with this act.

I would often walk through the street where Mona was living at that time. Actually, I still remember the name of the street. The name of the street was 'Pioenhof'. I can also visualize the exact view if I close my eyes. Some things we never forget!

My parents had bought an old farm. It was their life long dream. Only their youngest son didn't like it. For some months construction needed to be done before we could move in. Whenever we would go to the 'new house' to do some work, I would say: "Huh, do we really have to go to this old shack." My parents wondered: "Why is he always so upset when we have to go to our new house." Finally we moved to this old farm. I was cranky for a couple of years. But then I decided it was time to move on to some new failures in life!



Illustration 9: Our family in the 'eighties'. I am at the center top. My brother on the right.

My Insight

Sharing is the key. If I don't share, then for sure nothing will happen, nothing will change.

Reflect

Reflect on your life and find an area where you experience difficulties; an area which you are probably not sharing (so much) with others.

Take Action

Share this with one person and then take action, action and action to share with 5 more people!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



1982 Troubling a Teacher

I went to secondary school. I couldn't help it. A conspiracy between my parents and the government forced me to go. It was the first year. We were sitting in the class room. We had a conversation with our mentor, about how our class was troubling one of the teachers. I was a good boy and I said, "I am not doing so!" Then my class mate Jerome said: "No, you are only picking your nose!" Everybody laughed at me. Now I was really clear that everyone is a jerk. You cannot trust them. I thought: "No way in hell, I am ever going to say anything again in front of a group of people. I'd rather die!"

Slowly I was getting more and more resigned about people. I did not trust them anymore. People were just not good enough for me and girls? Girls were definitely not for me!



Illustration 10: First year in secondary school. I am at the far right of the 1st row.

Looking at all my class mates I became more and more clear why everybody is a jerk. They were either too smart, too stupid, too fat or too popular. I had only one friend. His name was Remco. I felt like we were the losers of our class. The first school year they teased him. The second year they teased me. They called me a KNSB, in Dutch it was 'Kale Neuspeuterende Studiebol' which means 'Bald Nose Picking Nerd'. So, I had a



really great time in secondary school, which lasted only 7 years. How I survived, is a miracle. Luckily, I made lots of friends in my dreams! Of course, now I understand that this is what insecure perfectionists do. At that time, I was 'happily surviving' in my own invented game of judging, without knowing so. I was not self aware.

My Insight

Somewhere in life I decided not to speak in front of groups. I learned that this fear of judgment stops me from participating in life.

Reflect

Reflect on your life and find the event where you decided not to speak in front of an audience or the event where you decided not to participate fully in life anymore.

Take Action

Share these decisions with at least one person and create an opportunity to speak in front of a group.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**1982 Girls, Girls, Girls**

I went to the third grade of secondary school. I was 14 years old. In the third grade we had three beautiful girls, Ella, Martha and Gretha. Ella would always stare at me, because she knew it would get me embarrassed. She often teased me with this. Grr, again a good year.

Slowly I was becoming more and more interested in girls. Of course nothing was happening. But at least I did dream about having sex almost every night. Two dreams were my favorite. One: a scenery in a corn field. Two: the supermarket area where you had to return your empty bottles. Too bad it was only dreaming. It would take another 4 years before I would have my first girlfriend. And sex? Uuhhh, well you have to read further to find out the real story.

My Insight

Mature guidance in my puberty would definitely have brought more fun and less suffering.

Reflect

Reflect on your puberty and find some of the significant events, share one with us and tell us whether there was guidance for you.

Take Action

Share these events with at least one person and remember it is never too late to manifest your dreams and fantasies!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



1984 German Girls

I was fourteen years old. It was the summer of 1984. I went on a holiday to Germany with my uncle, my aunt and my three cousins. We were close to Frankfurt at a camping place in a little village named Lohr am Main. On a sunny day I stepped out of my tent. I looked to the left *and there she was* a gorgeous German girl! "Ooh, and there is another one! Wow it must be my lucky day!" Their names were Tonja and Silke. Together they were camping in a little tent just a hundred meters away from our tent.

Now I was a little older and I had a lot of experience with girls. Ahum. I knew everything, which didn't work. That same afternoon my cousins and I went swimming in the lake. The girls joined us. Soon we were throwing a ball to each other. Not a bad start.

When the girls were about to leave I said this miraculous thing. I said: "Gehen wir noch schwimmen?" Actually what I was trying to say was, "Are you going to swim again?" Instead I said "Are we going to swim again?" Which is a little more personal. The result was actually quite good. Why? Because I said something from the heart. It was awkward. I was embarrassed. In other words, I was authentic. Girls like that. The girls said "Yes".



Illustration 11: Forellenhof Camping in Lohr am Main

Later that day they were taking out their air mattresses and were floating on the lake, trying to get a tan. I was trying to impress them by diving under their inflatable air mattresses. It's a professional tool of seduction. It truly works. Diving under an air mattress. I can recommend it to anyone!

**My Insight**

Being authentic always works.

Reflect

Reflect on your life how comfortable you are with the opposite gender and see how often you are pretending to be different from what you authentically experience.

Take Action

When you catch yourself pretending or being in a reaction, then stop, take one deep breath (or ten, or a hundred if you feel really lousy) and then share honestly how you are feeling.

Engage

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1984 German Girls the Sequel

Having won a bit of their hearts with my diving stunts, I decided to bring the relationship to the next level. I invited the girls to come with us to an amusement park. Quickly I planned my next move. My idea was to enter a really fast rotating upside down inside out turning around machine. Before going we had finished a heavy Chinese meal. Silke and I sat down in one of the seats of this very fast machine. Twenty seconds later I discovered that this was actually not such a good idea. I started to feel really sick. Silke was sitting next to me and said “Toll nicht war! - Great isn’t it fun”. I, on the other hand, got more and more sick every second.

Finally, I decided to throw up. Since I was a good boy, I threw up on top of my own pants. Still she had not noticed. When, for the tenth time, she said “Isn’t it really awesome?!” I said, “Yes it’s really awesome!” and I pointed towards my creatively decorated pants. She made some interesting sounds, “Uuuuuh! “ and moved to the far side of our seating.



Illustration 12: The fast rotating upside down inside out turning around machine.



Finally this horrible machine stopped and we got off. Then, she also had to puke, because she was so disgusted seeing me puke. Apparently this was also a good move, She started liking me more and more. It is true! Again a recommendation I am making. You can write it down if you want to. "Puking in the presence of your love and diving under her air mattress!" No, seriously now, I do not understand women! Do you? If you do, then please call me and explain! You can reach me on +91 98862 - 84276

Finally the girls had to leave the camp side. Silke and I shook hands and she gave me her address. Actually, she gave me one kiss. It was on the cheek of course. We wrote to each other for the next couple of years. Then, somehow I was finally able to mess up the relationship, being loyal to my Ego's master plan for failing in life. Silke and I stopped writing.

Meeting Silke was very significant for me as it was the first time in my life a girl liked me in return. For that I will be forever grateful. It gave me some more confidence and hope for the future. Thank you so much Silke! Maybe I am not such a big failure after all. I just need to learn to stop listening to those crappy thoughts!

My Insight

If I keep playing the game of life I will get what I want or will get the learning to get what I want.

Reflect

Reflect on your life where you gave up. Share one example of where you stopped playing the game of life.

Take Action

Reflect on whether you want to include this area in your life again and share that commitment with one friend. Then start playing the game of life again!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

A Funny Note

Some of the test readers did not like me using the word loser or failure so often. Do you know what this really means? Well, I will come back to that when we start talking about the mechanism of projection of our conditioned minds.



1985 Sibling Rivalry

My 16th birthday. In Holland when you are 16 you are allowed to drive a 50 cc motorbike. Too cool. My brother already had a motorbike and it was very fast. So of course, I had to get a motorbike which was faster. I bought a motor bike. It was not faster. This reinforced my subconscious negative belief system that 'I was not good enough'. I thought my brother was the 'cool' one. Till age 30 there was an unspoken sibling rivalry. Since my motorbike wasn't fast enough I tuned it to go faster. This led to a lot of trouble with the 'law' as this was not allowed.



Illustration 13: A too short pair of sporting shorts, a formal button down shirt, socks completely pulled up, uncombed hair and 1 pair of sun glasses. That's how 'cool' I was.

My Insight

When we are not self aware we often compete with our siblings. I always thought my brother was better than me. Only when we started sharing we realized we both had felt in the trap of identifying with the 'I am not good enough' thoughts. As always sharing is the key to transformation. Why? It raises the awareness and therefore guides us to overcome identification with judgmental thoughts that we were previously not aware of.

Reflect

Reflect on your past and find one incident where you got into sibling rivalry. If you are an only child then find an example where you were competing with a friend.



1985 Unlawful Laws

I was driving on a road where motorbikes were not allowed. I did not wear my helmet. I also did not have proper insurance and I was speeding as well. That is only four violations. To me most laws did not make sense. Next I met a police officer on a faster motorbike. He stopped me. He said: "Are you aware you are not allowed to drive so fast?" I said: "I don't know" As any normal teenager, I was a well practiced liar. What I actually thought was: "Hmmm, my bike is still not fast enough. I should be able to outrun the police!"

The police man requested me to follow him to the police station. I said: "Sure, why not!". He started driving and for **a while** I followed him. Then, there was an intersection. He went left and I gave full throttle and went straight ahead. My heart was beating wild. Like a madman I was speeding over the pavement. I jumped from the pavement on the street, going left, right, left, left, making sure that I would lose him. After 5 minutes I stopped to catch my breath. Then I quickly rushed home as I wanted to get off the streets as soon as possible.



Illustration 14: Now the bike is white. Like my very short shorts.

When I came home I immediately dismantled my motorbike and painted it white. A different color from the original blue. While the painting was happening I drove on an old and very slow motorbike. This way I was hoping they would not recognize me. Very



smart. My escaping however, was actually not so smart as the police officer had already written down the number of my license plate.

After a couple of days a police officer came to our house. He knocked on our door. My mother opened. I was not at home. The police officer said: "Does your son have a motor bike which is very fast?" My mother said: "No, he is driving on a really old and very slow motorbike." Like any mother would do, she immediately defended me, just like the time my brother and I were throwing a stone through the window of a caravan.

The police officer requested: "Would your son be so kind to honor us with his presence at the police station?" I thought that was an excellent idea too! I went to the police station. I remember they truly scared me by threatening to take me to court. As a good boy I promised to never do it again. To my great surprise they gave me a very small fine.

Ten years later, I discovered the police officer was the father of my brothers best friend. Except for the traumatic experience he gave me a good deal.

My Insight

Many of our laws are not in our favor. Many laws are actually unlawful as they do not serve humanity. However be careful which ones you break as the system will find you and bring consequences to you.

While humanity is distracted by fighting among ourselves, the rich elite laugh at us and make more laws in their favor. Have you realized that many laws are unlawful? If you don't pay your house loan, you get evicted! This is unlawful. You are born on planet earth. You have a right for a living place. Money being created in scarcity is unlawful.

Every human being has a birth right to abundance. If you take food from land that is not yours, you get into trouble. This is unlawful. You have a right to eat. If you cross a country border without a passport, you will be stopped. This is unlawful. You have the right to travel freely. Learn on Admiralty and Maritime Laws that enslave humanity.

Learn how we are in a transition to come out of all these laws that bring so much suffering. We are returning to natural law. The golden rule is to not do unto another what you would not like to be done to you.

Reflect

Reflect on your past and find one incident where you got yourself into trouble breaking the law. Do you think this law was lawful? Was this law truly needed to serve humanity? Or was it just a law to control the masses or protect the interests of the rich elite?



1985 No Learning when we are not Self Aware

I didn't learn from my encounters with the police because I was not yet self aware. I was not yet reflecting on my thoughts and feelings on how to improve my quality of life. I decided to tune my motorbike a little bit more. Originally these motor bikes have a maximum speed of 50 kms per hour. That is very slow! I tuned my bike till it went exactly 104 kms per hour. Then I was caught again. I decided to paint my motorbike black this time. Then I got caught again. This time I had to pay a lot of money.

My Insight

Often only when consequences become bigger we open up for learning. When I am not aware of something I cannot bring change. I have no access to learning. Learning starts with a realization that I desire a new result. Learning therefore starts with being aware. Quality of life is a function of awareness or consciousness. The more I am aware or conscious of, the more quality I can create in my life.

Reflect

Reflect on your life share one story where big consequences taught you something. What happened, how did you feel and what did you learn.



Illustration 15: One of the holidays on my 'black' motorbike.



1985 Not Belonging

In my teens I was often hanging out with my brother and my cousin Patrick. Of course they both had faster motorbikes. We would go on holidays and as they would speed ahead, I was always the third leg trying to keep up. More conditioning went into the neural network in my brain about not belonging in any group. A 'slow non belonging ugly duckling'. I felt alone, disconnected and separate.

It took me many years before I could see my programmed belief systems of failing, winning, being the best or not being good enough. Then, it took some more years to go beyond proving myself. But slowly, very slowly, from 1997 onward I started receiving glimpses of who I truly am. Now, looking back at these holidays, I realize the holidays were wonderful. It was just my conditioned mind that didn't allow me to experience that. It was the identification with undistinguished judgmental negative thought that brought the suffering. This stems from our lower egoic state of consciousness.

My Insight

I inflict ALL suffering on myself because I have a conditioned mind which is ongoingly judging AND I am not aware of that. I come out of suffering by raising my consciousness. I have to become more aware or conscious. I have to observe my thoughts and learn to dis-identify of the negative ones. The root cause of all suffering is identification with separating thought. This is why most of us feel disconnected, alone and separate. It does not have to do with the outside. It has to do with the inside.



Illustration 16: Our holiday in Mittenwald, Germany.

**Reflect**

Reflect on your past and find one incident where your conditioned mind has stopped you in experiencing community. Where in your life did you perceive that you did not belong?

Take Action

Tune your bike and get caught by the police! No, just kidding! Find one example in your past where you can see how the programmed belief systems in your subconscious mind inflicted the suffering on yourself because you got identified with negative thought. Share this with one person.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**1986 Angel Episode I - Meeting an Angel**

My high school had organized a trip. We visited an island named "Kaageiland" for a water sporting holiday. First event was learning to ski on water. With a group of 10 people we took off on a fast boat. In the middle of the lake we stopped. I looked to the left . . . and *there she was!* My eyes noticed her for the 1st time. I was putting on the water skis while sitting in the boat. With my water ski's on my feet I was able to be even more clumsy than usual and by accident I stepped on her feet. Sorry! Very effective to get immediate attention. She said, "Jerk, you have really big feet!" The romance started. That was our first contact. Effectively unsuccessful. But it is not over yet. More adventures to come with Angel . . . and her mom!

My Insight

Instead of judging myself I can have compassion. It is not easy to be a human being. How to access compassion and completion? We have to move from the monologue in our head to a dialogue with a non judgmental listener.

Reflect

Reflect on your past and find one incident where you looked bad in front of the boy or girl you liked. Share this incident with us.

Take Action

If you are committed to overcome past trauma and create compassion and completion, then share this incident with at least one friend.

**1986 Angel part II – What is courage?**

I was a 16 year old student. I was in love with Angel. She was gorgeous. Of course I had no clue what to do with women. I decided to study her schedule. I knew all her classes by heart. That in itself of course made a huge difference in getting to know her, as you can understand.

At the school a party was being organized. I thought: "That's cool. I can ask her if she wants to come to the party with me." It actually took me a couple of weeks to raise the courage. Then in one of the school breaks she was standing on her own. No friends of her around. Knees were shaking, heart was pounding, but I walked towards her and said: "Are you coming to the party?" She said: "Well, I don't know, I don't have any money." I said: "Aren't your parents giving you any pocket money?" I don't remember her answer to that. She didn't know whether she would come. She would consider.

My Insight

Courage is not the absence of fear. It is pursuing what is important to you while being afraid. Courage means I am not STOPPED by my fear.

Reflect

Reflect on your past and find one incident where you generated the courage and took the action that was required. Share this incident with us and tell us the result so we can celebrate with you if you got what you want, or we can send you compassion if not.

Take Action

Share this incident with at least one friend.

**1986 Angel part III - Embarrassed at the Party**

The day of the party arrived. I went to the party and . . . *there she was!* I remember she was looking very pretty wearing white. There was a disco. The song "How will I know if he really loves me?" from Whitney Houston was playing. She was dancing with her two friends. She danced very elegantly. I can still see her kicking her feet in the air. I had never danced before. For me it was the very first time to make my very first dance moves. I probably could have won a prize for the most clumsy dancer of the party.

As I made my moves her friends immediately noticed me. They started pushing her in my direction. Immediately I wrapped my arms around her and kissed her. No, that would be in my dreams. I remember I was so embarrassed. I did not know what to do. I left the dance floor.

I walked to a different room where another group of people were dancing. Again I practiced my cool dance moves. Then people started laughing at me while imitating my moves. This got me so embarrassed that I left the party. I went home. Again a very ineffective encounter.

A next layer of the identity onion was built on the core of my soul. A negative belief system "Girls are not for me!" became stronger and stronger.

My Insight

I program myself with negative belief systems through the events in my life. Year after year negative belief systems start limiting what is possible in my life. How to overcome this?

Through sharing, acknowledging and accepting the thoughts and feelings of a past incident we can create completion. What is completion? An incident that is shared, acknowledged and accepted that much that it has safe passage through my thoughts. This has then transformed the negative limiting belief system into a positive one. Possibility has returned to this area of my life.

Reflect

Reflect on your past and share one embarrassing incident where you created a negative belief system for yourself. Share with us what incident happened and what negative belief system you built.



1986 Angel Final Episode – Failure is the Stepping Stone to Success

From school I was riding home on my bicycle. I would always bike along the 'Zegerplas' a beautiful lake. Would this be the place where my romantic dreams could come true? I looked to the left . . . and *there she was!* She was sitting on a bench with two of her friends. I stopped. As I knew her schedule by heart I told her, “Hey, don’t you have to go history class?” She responded: “ How do you know?” I gave her one of my famous silence treats. Awkwardly I looked at her. She looked at me. After an ever lasting silence of about five seconds she said to me: “What are you looking at, I am not some kind of wall decoration!” I decided it would be better to move on. I stepped on my bicycle and headed home. At home I increased my levels of crankiness for some months. Someone needed to pay for my misery! Poor parents!

After all this failing, in a final act of desperation, I took the only step left to take. I called her mother. I told her: “Now you listen to me. Your daughter is behaving very badly at school. She is” No, that is not what I said. As a good boy I only asked: “Is Angel at home?” She was not. Her mom was actually very friendly. Maybe I should have asked Angels mom on a date.

Some months later I gave up my crankiness towards my parents and decided to follow up on their advice to learn dancing. I registered for dance class and trained for ten years. Now nobody makes fun of me anymore!

My Insight

I realized the breakdown with Angel led to learning to dance. This led to my first girlfriend. Often, if not always, big breakdowns lead to big breakthroughs. Wait till 1988 when you meet Nottie, the naughtiest girl of my dreams!

I learned that life will always give you something good. Life will either give you what you want . . . or . . . life will give you the learning to get what you want.



**Reflect**

Reflect on your past and find one incident where you experienced a big breakdown, upset or loss. Then reflect on this and share with us how this incident made you stronger and helped you in getting what you want or helped you in becoming the wonderful person you are now.

**1986 Lis from the Nut Shop**

Summer 1986 my best friend Pete had his birthday. On my black motor bike I drove to his house. A small house at the river Rhine. I rang the bell, stepped into the living room and I looked to the left and . . . *there she was . . . another* gorgeous girl. Her name was Lis. We had a great time together. We talked. We laughed. I was thrilled. What happened? Did I really get some 'girl skills'?

Few months later I was having my birthday. I invited Lis for my birthday. But, she had her birthday on exactly the same day as I had mine. August 24th. Which meant she was a Virgo. As we all know, Virgos can be very complicated and picky people.

Meanwhile I had found out she was working in a shop where they sell nuts. A so called nut shop. I started one of my favorite strategies. Walking by. It is very effective, specially if you don't say anything. I walked by five to ten times her nuts store, until I went nuts. One fine day I got so angry with myself and finally I generated the courage to go in.

I decided to go into the store and actually say something. I don't remember what I said, it must have been something very effective as she did not come to my birthday and I never heard from her again. Again I failed to get the girl. This gave me many repeating thoughts. "Poor me. Why is this always happening to me? What is wrong with me? Am I not a good boy. Don't I deserve a nice girl?"

My Insight

As I do not get the result I want I will make a judgment about myself and build my identity as a layer to protect myself from getting hurt.

**1987 Another Mona**

There she was! Another Mona in my class room. Though I had failed to conquer Mona in primary school, now the universe was giving me my well deserved second chance. At our school girls and boys shared the sports class, but sadly not the locker rooms. As we were playing basket ball all I did was stare at her. She had very sexy legs.

I discovered which route she took riding home on her bicycle. Then one day I went ahead and I sabotaged my own black motorbike by pulling the cable from the spark plug. Then I waited for Mona to pass along while pretending to fix my bike. When she had passed me, I quickly put back the cable and miraculously my bike started working again. I quickly caught up with her. I gave her a ride home by pushing her bicycle. No cops came to arrest me and of course it was okay that the bike was not too fast as I only needed to push a bicycle with a pretty babe. Yes! The first contact was made!

My Insight

The longing for love, the longing to experience who I truly am, sometimes challenges us into doing some crazy things.

Reflect

Reflect on your crazy stunts in life to attract the attention of the one you loved. Share one of those stunts with us.

1987 Art Class

At school we were having art class. One student had to stand in front of the black board. The other students had to draw that person. Mona was invited to be a model and stood in front of the black board. No, too bad, she was not naked. She looked at me, or maybe it was my imagination and she put her mouth in a kissing position. I was shocked. "What does this mean and what the heck to do now?" A short circuit in my brain and hormones made me jump up and ran towards her. For 2 minutes we were locked in a French kissing position Nooooo, don't even guess, I froze again. I did not say anything. I did not do anything. Oh my God! Who invented me? I would like to have a serious word with my creator! She really messed up!

My Insight

Fear can stop me from leaping into action.

Reflect

Reflect on your life and find one incident where fear stopped you in taking action. Share this incident with us.

**1987 The Castle**

A party was organized by our school. We went to a place named "The Castle". I needed new strategies to deal with my freezing. Until that time I had never drunk any alcohol. That evening I thought I needed something to give me more courage. I drank 2 beers and as I was not used to it, I was immediately drunk. I threw a glass on the table and ripped some plants from their pots. My friends decided it would be better to take me to another room so I could cool down.

After a few minutes of cooling down I walked back into the dance room. There the unthinkable happened. I saw Mona dancing with someone else. I got very angry and decided to leave the party. As I was getting my coat some guy was in my way. I probably provoked him by giving him a tough drunken look. He found an easy victim. His friend sneakily bent behind me. He pushed me. I tripped over his friend. As I was trying to get up he immediately hit me. A black eye was the result.

I went home. I had to figure out other strategies. Drinking was not so effective! Finally a good decision went into my brain. After this day I never drank any alcohol again.

The next day going to school I was wearing sun glasses. Apparently this second Mona was also not for me.

My Insight

Sometimes not getting what I want can still lead to good learning. The brain creates neural networks for stimulus and response. When a neural network becomes very strong your reaction becomes fixed. We call that an addiction.

Reflect

Reflect on your addictions in life. Are you addicted to money, alcohol, self judgment, work, arguments, being fearful, bad news, people who don't value you, or what else. Share one addiction with us.

Take Action

Share with 5 people one addiction you have in life and start taking their support to work on a plan to come out of it.

Engage

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**1988 A Smart Nerd**

As nerds are of course smart buggers, I never really had very low grades during my secondary school. I do remember however, that sometimes I would be very anxious when the teacher would read the list with grades. On a scale from 0 to 10, 0 being crap and 10 being excellent, everybody would have very low grades. "Peter grade 4. Jo, grade 5. Hank, grade 3. Richard, grade 9." When my name would come with a very high grade everybody would look at me. That again made me feel very embarrassed. I considered under-performing as belonging to the group was all I wanted, but finally decided not to do so.

When I did my professional education in the second year, I received the lowest grade ever in my life. A 1.7 on a scale of 10. This was for making calculations for reinforced concrete. I think the teacher had some concrete in his head, as explaining he never did. I was hugely demotivated. A lot of fear came up, of not being able to finish my studies.

I have experienced myself and also seen the negative impact of grading. I am very happy for our future children at the THRIVE Empowerment Centers of the Sustainable World Project that a new awareness is arising. I know that finally grading will be removed from this universe as God is giving the system of grading a low grade. Why? Because grading turns out to be very very destructive for the development of our children.

My Insight

Grading by an external authority is a form of judgment. Judgment always invalidates who we truly are. Judgment always removes the experience of love. It drastically limits the potential we all have and it takes us away from experiencing who we truly are. (love)

Reflect

Reflect on your past and notice how grading has shaped your identity. What kind of a student were you? What decisions have you made about yourself?

Take Action

Share your reflections with one other person.

Engage

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**1988 Chemistry Class**

Why do they put so many beautiful girls around me? Is it a conspiracy so I can make a fool of myself? My graduation year in secondary school and *there she was* Another one! Her name was Nikki. She was in my chemistry class. . . . and Yes, the chemistry was definitely there. At least on 1 side!

Over the years I had developed my skills and I had become a master in making a fool of myself. I had also been able to drastically reduce the time between the first love jolts and the rejection.

Okay, action time! I was sitting next to my friend Mark in the last row of the classroom. Nikki was sitting two rows in front of me, a little to the right. I grabbed a small tester with a strong perfume. First I poured half of it over my friend Mark. Of course since I never had friends, he was not a real friend, so it was okay to abuse him a bit. Then the rest of the tester got spilled in a fight with Mark who was not as excited about the plan as I was.

It worked and in 2 minutes time the entire class room smelled like a perfume store. All the way up to the front of the classroom the perfume could be smelled. The teacher asked: 'Who did this?' Now all heads turned towards me. The teacher opened all the windows and scolded me. However Nikki said: 'Hmm, I actually like this smell' Of course everybody looking at me was too much attention. Again I did not know what to say. Again I did not know what to do. Again I missed an opportunity. Grrrr! Are you already as tired of me as I am?

My Insight

It takes so long before I learn something. It takes so long to find myself and know who I am; it takes so long to be confident of myself.

Reflect

Reflect on your past and reflect on one process which took you a long time to learn. Can you have compassion for yourself?

Take Action

Share your reflections with one other person.

Engage

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**1988 Notti, my First Real Girlfriend**

I was 18 years old, the final class of my secondary school. Slowly, yes, very slowly, I became smarter and smarter and thought it was better to learn dance moves which don't scare all the girls away. With my friend Pete I had registered for taking dance class. Some months later on a Sunday evening I was at the dance school. I looked to the left and *there she was* this for sure had to be my girl, I walked towards her and asked her to dance. Surprisingly she said, "Yes". That was her first mistake, or was it mine?

We started dancing regularly. We talked a lot. We started hanging out more and more. I remember one beautiful moment where I was riding on my black motorbike. She was sitting right behind me. She had wrapped her arms around me and I thought: "Wow, this is the most beautiful moment of my life. Maybe it is possible to be happy?" I think I experienced the very very first glimpse of love. Of course this moment didn't last very long. Just this one paragraph.

I went to her place for the first time. I met her father who was a psychiatrist. As we all know, psychiatrists are a little crazy themselves. He was playing the piano. After he finished, he told me which part I liked and which part I didn't like. He must have been a very smart psychiatrist.

Her father was of course a wonderful person. I remember when Notti was going on a holiday, he took me to a nice restaurant. As I was very attached to Notti, he thought a yummy meal could soothe the pain of me missing her. Reflecting on that, I really got his expression of love for me. Over the years I have learned that there is so much love around. It is actually all around. It is just that I have such big barriers to experience that.

My Insight

Love is actually always around. Why? Because who I truly am, who we all truly are, IS love. It is just my Egoic conditioned mind which keeps me away from this experience. How? By identification with separating thought!

Reflect

Reflect on your life right now and observe what all you (your Ego) put in the way of experiencing love. You cannot do this in your head! You have to engage in dialogue, so find a non judgmental listener! ;)

Take Action

Find one person who can listen extremely well. Ask the person to listen. Share everything and anything which comes to your mind which is in the way of experiencing complete love and happiness right now. Share as long as needed until you come to this place of love; this place of magic. Once more you have remembered who you are.



1988 Notti is a Hottie

In front of our dance school Notti introduced me to a friend of hers. He was quite some years younger to Notti. After he left, I gave her one of my smart comments: "Where did you find him? Playing in the toddlers sand box?" Later I heard she almost broke up with me on behalf of this remark. But luckily, besides her father being a psychiatrist, she had another therapist who said: "Give the poor bugger one more chance."

Notti was a hottie and on our first date at the movie theater I suddenly felt her hand going inside my trousers. Evening it was my turn. But I had one, no, I had several problems. First one was my temporary job, where I was working with green paint and cement. At the end of the day it would be all over my hands. Rigorous cleaning could not prevent some green marks on her body while I explored the female body for the very first time.

My second problem was the following. I was still a perfectionist. I am still a perfectionist. I will always be a perfectionist. At least until we have a world that works for all! I had dreamed about having sex every single night for the last 4 years only. So now, it had to be perfect. Meaning . . . No condom! She did not want to use the contraceptive pill and there problem number two was born. No, I do not mean our son! I mean two horny ego's, wanting to have sex but both not wanting to give up on their conditions. So, sex had to wait. Yes, you are right, I am an idiot!



Illustration 17: In front of this dance school Notti introduced me to a friend of hers.



My Insight

If I am identified with rigid sabotaging belief systems I might lose some opportunities in life.

Reflect

Reflect on your life right now and share one interesting incident where your rigid belief system sabotaged an opportunity for intimacy in one of your romantic relationships.

**1988 Dealing with Disappointment**

Notti went to Israel on a holiday. I was planning to go on a holiday to Germany with my cousin and my brother. It was again one of my favorite three person trips, on my black motorbike, which still wasn't fast enough. Notti and I made a deal. At a specific date and time I would call my parents from Germany. Just before that, she would have called my parents from Israel. Then, she would give her number to my parents so I could call her.

Finally the big day arrived. We were in Germany at a camping place. As a serious perfectionist, I called my parents at the specific agreed time. At that time I was already a person who always did his best. Since I had dreamed for years about having a relationship, I was very serious and very committed. (and very boring) I had to walk for half an hour. I found a phone booth. I made the call to my parents. Then I heard she had not called. I felt disappointed and hurt.

Weeks later, after the holiday I spoke to her. She told me that on that specific day she was laying on the beach and just didn't feel like making the call. I still had to learn to pick a partner who values herself and her word. Without integrity there is no trust. Without trust there is no relatedness.

My Insight

I am worthy to have a partner who shares the same values.

Reflect

Reflect on your life and share one incident where you stepped into a relationship with someone who had very different values. What happened? How did you feel? What need was not met? What did you learn?

**1988 Notti the End**

A couple of weeks later I went to her place. She told me that she had just come back from a small school trip. It was a camping trip. She told me how she was hanging out with her lady friends in a tent. Then some boys dropped by. After some time it became cold and one of the boys crawled next to Notti in her sleeping bag. He said: "Oeeh, your legs are nice and warm." I became very upset as for me when you are in a serious relationship, you do not sleep next to another man in the same sleeping bag. Again I was really hurt. Poor me!

The next day I shared that with her. After a couple of hours of convincing her, she finally agreed with me. Later she talked to her father and since he was a psychiatrist, he messed up her mind again. Finally she said: "I think it should be possible to sleep next to another boy in the same sleeping bag." What do you think, my dear reader?

For years and years I had been fantasizing about having the perfect girl friend. Though it was all very challenging for me, I was still not ready to let her go. Finally she was growing sick and tired of this trying hard, good boy, serious loser. She dumped me. It took me a full year to recover. Up to that time it was the most difficult experience in my life. Boohoo!

My mother, who was not too fond of her, asked me: "Are you really sorry that it's over?" This left me with an experience that she didn't understand. She got the one year cranky treatment! For one year I was upset and bugged the hell out of my parents with my crankiness! Someone needed to pay for my misery, right? I decided that this will never ever happen to me again. Henceforth in all future relationships I was the one who broke up.

My Insight

If something very difficult happens it is the universe giving me a valuable lesson. Can I start inquiring into what that lesson is.

Reflect

Reflect on your life on something very difficult and find the lesson which was gifted to you.

**1988 Reflections on Notti**

In retrospect of course I do appreciate Notti for having the courage to be my first girl friend. Yes, it was tough! Yes, the heartbreak was difficult. However, one event I will never forget. When I finished high school, she came to my graduation evening. I was called upfront to sign my grades. She had brought one single rose. When I finished the signing she also came upfront and handed me the rose. It was the sweetest thing.

Remembering that, brings a smile on my face and a warm feeling in my heart. Notti being there fulfilled one of my deepest desires. This was, to finish highschool having a girlfriend. The story with Notti reminds me that all these difficult processes in relationships and life finally lead to experiences of love. She showed me the first time. For that I will be forever grateful. Thank you Nottie!

My Insight

If I can look beyond my conditioned mind, then EVERY story becomes a love story.

Reflect

Reflect on one of your past relationships (or friendships). Go beyond your judgment. Realize that love (or appreciation) was there.

Take Action

Write a small story about this relationship and make sure you end with a tribute to love or appreciation. Share this story with that person.

Engage

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**1988 Turning 18, my First Car**

The above was all about my childhood, a very interesting time. Somehow I survived. I made it to being eighteen years old. Now I could buy a car. Up to now I had been driving to school on my black motorbike. It was a trip of 42 kilometers. Mostly I loved riding my motorbike, but not when it was raining. I had about a thousand dollars in my savings account and I started considering getting a car. Everybody discouraged me, so I started looking.

A few crooked garage dealers tried to sell me cars which wouldn't even start when I would come for the test drive. I had to literally push the car before I could hop in for a test ride. As I had learned a little bit in life, I didn't fall for their tricks.

Finally, a friend of my father called us. He had a second hand car with only 59.000 kilometers on the clock. I could buy this car for a thousand dollars. I was thrilled. I was happy. A new era started. I was now the proud owner of a Citroen 2CV6.

This car was a very slow one. It was specially made for adult losers like me, just kidding. An 'Ugly Duckling' people would call it. The car had only 29 horsepower and a maximum speed of 120 kilometers/hour. It could actually only reach this speed if the wind would come from behind.

My Insight

I should always listen to my heart. I should value myself that much, that I can rise above the power of the collective opinion.

Reflect

Reflect on your life and find one area where right now you are not listening to your heart, but listening to what people expect of you.

Take Action

Remember that you are worth it to live a life you love in all aspects. Figure out what action and communication is needed in this area. Share this with one person and ask that person to support you in taking these actions.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



1988 Loud Music

As I never felt good enough, I was always on the lookout for something which would make me happy. This is called 'Ego Identification'. It means that something out there in the material world should make us happy. It can be a lot of money, a cool car, a big house, the right body, a baby or the right partner. I knew I didn't have the fastest car, but maybe I could have the loudest car. On the back seat of my car, I installed two 3 feet high speakers giving 700 Watts of music. Now let's see if this will impress the girls.



Illustration 18: Though I bought a leather jacket and I tried raising my middle finger as often as possible, somehow I was still not able to become cool.

My Insight

There is nothing in the material world which will make me happy. True happiness is only found in experiencing who I truly am. Pure love, pure joy, wonderful and worthy beyond words and powerful beyond I can imagine. The same applies to you, my dear reader!

Reflect

Reflect on your life and confront where you are still chasing the materialistic dream. Stop this chase and start pursuing experiences. Experiences of love and joy! How to do so? You get these experiences by giving them to others.

Take Action

Think of an experience you would like to have today and take action to cause this.

**1989 A happy moment**

Almost yearly we would go back to the same camping where I met the German girls in 1984. The yearly fair and my usual foolish style of acting in life always guaranteed some fun with the German girls.



Illustration 19: No words can justify this picture. I had Dracula teeth in my mouth . . . and a whistle. I wore a red cap, spacy sunglasses with a cursing purple cord. I wore a black Harley Davidson T-Shirt under a formal button down shirt.



1989 The Happiest Moment in my Youth

In that same lake where I had attempted to impress the German girls by diving under their air mattresses, I now experienced the happiest moment of my life.

It was on a holiday with my friends Steve and Patrick. We had this old inner tube of a tractor. We took this big tube into the lake. While the tube was floating we would try to stand on top of it. This was quite difficult, as the tube easily toppled. You had to take each others support. A circle of friends was needed. We made this circle by holding each others hands or shoulders.

If you would almost lose your balance, then you would grab anything in reach, hair or shorts, to make sure you would stay on the tube, or that we would all fall down into the water. I will never ever forget the joy, togetherness and friendship I experienced that day.



Illustration 20: A circle of friends. One of the happiest moments in my youth.

**My Insight**

Every moment in life has everything I need. Even right now! To experience this however, I need to bypass the collective Egoic conditioned mind.

Reflect

Reflect on your life and find one of your happiest moments. Get present that you experienced that happiness not because of the circumstances, but only because you transcended your conditioned mind for a moment. Realize that this opportunity is always there! Even NOW while doing this boring homework!

Take Action

Share these moments with one person in such a way that you relive that experience.

Engage

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1990 Karin from the Swimming Pool

I was 20 years old. Again we visited our favorite camping place at Lohr am Main in Germany. I was there with my three cousins, my aunty, my uncle and my best friend Pete.

On a sunny day we decided to go to the swimming pool. As we were laying down our towels, I looked to the left . . . and *there she was*, right next to us, a next gorgeous girl. Of course my cousins were teasing me immediately, "Richard, go for it!" By that time I had so much experience with girls, ahum, I immediately took action. I walked towards her and said in perfect German: "Wollst Du ein Wassermelon mit sehr viel Kernen" which means, do you want a water melon with a lot of seeds. She said: "No." so I gave her the water melon anyway and we started talking. I thought she was a very pretty girl. We talked for a while and then I went back to the swimming pool.





A little later she also joined. Then standing next to the swimming pool I even wrapped my arm around her shoulder. I don't know where I found the guts to do so, but I actually have a photo which proves it! I will not yet show that photo here as her bathing suit was slightly transparent. Maybe I can show this photo in the future, when we will all have become so aware, that we finally accept everything about our bodies.

I invited Karin to come to the carnival. Just like Angel she said "Well, I don't know, I have to see". But meanwhile I had learned that a real lady does not say "Yes!" immediately. She just pretends that she is not going.

Of course she came to the carnival. I acted in my usual style of a fool and she was quite charmed. Then, one problem came knocking on my door. She asked me to go in one of those fast rides, which would go round and round with incredible speed. As you might remember, I am not very good in dealing with those. This time however, I was a little smarter. I told the truth and said: "I cannot do so as that will make me sick. But, I do dare to go on the merry-go-round. (photo)" This is actually only for little kids, so it was not such a cool thing to say. However, still she said: "Yes, let's do that!" We went on the merry-go-round. I got a little bit sick, but at least I didn't puke. That was good.



Illustration 21: The photo looks promising. However, I still messed up! Again I did not get the girl!

**My Insight**

Reflecting on ignoring the 'No' that Karin gave me to my request of sharing some water melon, I realized I did not make a very good start. I realized that many people have difficulties giving or receiving a 'No'. I realized a 'No' is never personal. It is not a 'No' to me. It is a 'No' to a request. If I can honor the 'No' then I build the relationship. If I do not honor the 'No' I start sabotaging the relationship. Choose wisely.

Reflect

Reflect on your life and share an incident in the past where you got into trouble giving or receiving a 'No'.

Take Action

Share this incident with one friend and inquire into how the event could have unfolded if you would have been truthful.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**1990 Chitra**

I went to a different dance school. I had to, as I had scared away all the girls of the first dance school. They had to close down. I made some progress though, because the first dance school was for old people like my parents. My parents were 48 years old. This is very old when you are just 20! This new dance school was a popular dance school. This dance school had mostly young people.

It was in the second year of dancing that I met Chitra. She was also there in the first year, but she danced with this guy who was an absolute jerk. He was the popular guy, I was not, so I had immediately judged him. I also judged her and thought: "Since you dance with that popular guy, who is such a jerk, you must be stupid too." And dear dear reader, did you just judge me for saying this?

Then the second year started. I had no one to dance with. I thought: "Okay, no one else to dance with, so I guess I will have to ask her." Wasn't that a great start of a new romance? Being picked as the last resort. I started dancing with her and soon I realized she wasn't stupid at all. She was actually very friendly. She was actually very good looking. Slowly I started liking her more and more.

Chitra always came to the dance school with her friend Sara. She told me that it was a bit difficult to arrange the transport. Mostly her friend's father would bring them and after class her father would take them back. As I was having my very first, very slow, but very loud car, I told her: "If your father just brings you, then I am more than happy to drop you." Chitra immediately informed her father: "Dad, you don't need to pick us up!". I thought this meant that she also started liking me more and more. Oops, assumption number one.

Next class, her father dropped Chitra to the dance school. Chitra and I ended up having a great evening and afterward I drove her home. I parked my car on their drive way. We talked for almost an hour at her door step. Then, it was time to go. However, she was still waiting. I wondered: "What is she waiting for?". Then suddenly I knew, of course, she wants me to kiss her. Oops! Big assumption number two. Anyway, I still gave her three kisses. Of course, since I was a good boy, I kissed her very politely on the cheeks, which is actually the standard greeting in Holland. When my lips touched her cheek it happened. That moment of magic, that jolt in the stomach and I was in love. Later she told me, that she was just waiting to wave good bye, not for me to kiss her. But then again, I know how to handle women and that's how this relationship started.

**My Insight**

Don't assume! If you don't know you can always ask.

Reflect

Reflect on your life and find an area where you had assumed something and got yourself into trouble. Share the story. What request could you have made?

Take Action

Share this area with one friend.

Engage

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**1991 Home Alone**

I had invited Chitra for a movie. It was the very first 'Home Alone'. Throughout the movie we once in a way turned to each other and a certain energy was building. Again she looked at me and smiled. I do not remember the movie at all, as it took me approximately 70 minutes to raise the courage to 'casually' wrap my arm around her.

Again she turned to me and smiled her pretty smile, while accepting my arm. Aaaah, finally some confirmation for this insecure bugger. When we walked out of the movie theater, we were so in love that we walked the wrong way. We had completely forgotten where the car was parked. This evening, was the start of a five year long romance.

As I am writing this workbook, I feel deeply grateful for this beautiful experience. I am learning that love **is** actually all around. Even right now as you and I are reading this story. The question is: "Am I am connected to this love or am I in Egoic separating thought?"

My Insight

I should generate the courage to go beyond my insecurity. To be courageous means I am afraid, but I act anyway. I should not wait till the fear is gone. I should act now! If the fear is strong, then I can share that with the people around me. I have learned that when I share fear, it starts disappearing. The same I recommend for you. Do it! Do it now! You are worth it!

Reflect

Reflect on your life and find one incident where you were stopped by fear. Share that incident.

Take Action

Find one area in your life where you are stopped. Share this area with one of your friends and take support in taking action. Be courageous!

Engage

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**1991 Kissing in the Car**

Deeply and utterly in love, at every red traffic light, we had to kiss passionately. The people in the cars behind us did not like it as much as we did, as we never saw the light change to green. But hey, we were young, foolish and in love. One of my many hidden agendas in this workbook is that all of us give up control; that all of us become young, foolish and fall deeply in love with life, each other and ourselves!

My Insight

True love and joy only arises when we give up control.

Reflect

Reflect on your life and confront where you are being a 'control freak'. Go beyond denial please! Share one incident where you tried to control a situation and you learned that you cannot control life.

Take Action

Upcoming week raise the courage to let go of control and communicate being fully self expressed with the people involved in at least one situation.

Engage

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Our songs

Bryan Adams: Everything I do http://www.youtube.com/watch?v=ZGoWtY_h4xo

Boston: Amanda <http://www.youtube.com/watch?v=kclQkuPuaic>



1991 Last Visit to Lohr am Main

Of course I wanted to take my girl to our favorite camping place. However this time at the carnival some German boys were getting irritated with us. They must have thought that we troubled the poor German women long enough.

We were just having fun at the bumper car ride at the nearby carnival and without any provocation, suddenly I noticed they were after us. Every time they would ram our bumper car. As I did not have sufficient presence to get out of that negative energy building, I got myself into trouble. A not so smart plan was to provoke them. The next time they rammed our bumper car I took my camera. From 3 feet distance the flashlight flashed right into the faces of our trouble makers. That actually pissed them off even more.

When the ride was over I was waiting near the ticket counter. With no warning and without me even seeing them come, one of them hit me and I enjoyed a tooth cutting into my lip. At that time, I was too afraid to fight back. I said to the guy who hit me: "Wir only machen spass" (We are only having fun). Expressing honestly cooled him down a bit and gave me a small window of opportunity to leave the carnival. This turned out to be my last holiday to Lohr am Main.



Illustration 22: Having fun in the bumper cars.



Looking back I learned a couple of things. **First one is that presence, awareness or consciousness is the most important thing in life.** It can get you out of trouble, before it even starts. Second, I learned that one negative event can easily invalidate many great years. We had seven wonderful years at that camp side and always enjoyed the carnival. But after this incident, all the good memories were overshadowed by this bad one. That is how powerful our mindset is. It changes the way you remember your past! It changes you. You start forgetting who you truly are.

I have to learn to forgive all people involved, so I can claim back the joy of those good years. Third, I learned that defenselessness is a very powerful way to avoid further escalation in a fight. At that time though, it was more a reaction from fear, than a conscious choice.

In case you wonder how I forgive? I just imagine that these boys had some difficulties in their past. It is always the same thing. It is always some form of lack of love which creates the violent conditioning. Imagining how someone had 'hurt' them in their past gave me access to having compassion. That's how I do it.

My Insight

Bringing awareness can resolve all problems in the world. Hence our Sustainable World Project.

Reflect

Reflect on your life and find one past event where your lack of awareness got you into trouble. What would you have done if you would have had the same awareness you have now? Can you forgive all involved seeing that we are all innocent? People always respond from their current awareness.

Take Action

Share this event with one friend.

Engage

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**1992 The Army**

In Holland it was mandatory to do a full year of service in the army. I was trained to be a truck driver. Which meant, very little driving and a lot of doing nothing. As an idealist, perfectionist and pacifist, the army was the worst place they could put me. Doing mandatory useless stuff, which in my belief system would never ever serve the world. It was like torture to me. As one of my decisions from the swimming pool was: "Don't tell me what to do!" I was driving everybody crazy. Soon they called me 'Fred Bucket' as I always had a bucket full of comments on everything and everyone!

One of my 'superiors' in rank did not like me speaking my mind so freely. He gave me one of the worst tasks. Standing guard at night. Rebelling against the system, I refused this order. It seemed unfair and unnecessary. Then his superior came, the lieutenant. Again I refused. Then they took it up with the Major. I was told that if I would not do what they told me to do, then they would get me a criminal record, simply for refusing an order. Anyone else who can see the insanity of the collective mindset?

Finally, I decided to play along with their stupid game as it was not worth the consequences. I have never been able to understand why so many people believe that any form of external authority and violence will build something sustainable. Love and awareness is always the only answer and the only solution. Force only creates more force and it always leads to more suffering and more separation. But hey, don't listen to me. I am just another fool.

A year after I left the army, they reflected on my services. Reviewing all the troubles I had caused, the army decided that it was not worth it. Never again did they want to see unmotivated people like me. They stopped the mandatory service. No, just kidding. They did stop, but not because of me.

My Insight

External authority never works. Responsibility has to come from within. It cannot be forced, it has to be inspired.

Reflect

Reflect on your life and try to find areas where you are still using your authority. Do you tell people what to do, or do you ask them? Share one incident where you used authority. Tell us what was your experience and what you learned.

Take Action

Give up your authority and get into dialogue with the people involved inside a context of what works for everyone. Share this with one person.

Engage

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1992 The First Time

One of my objectives in writing this workbook is to address our lack of transparency in the areas of money and sex. If we are to fully embrace our shared humanity, we have to go beyond the secrecy coming from fear, shame or guilt in these important areas. If you are not ready for that, then skip this chapter!

I waited till Chitra felt ready for sex. She was just 16 when we met. It took a year. That was okay for me as I believe it is a matter of respect to wait till both parties are fully ready. Also I had my concerns as I was not sure whether I could come. Sometimes I had shaken it 2 or 3 times, but again little did I know that it took few more. Luckily I had a lot of spare time in the army and finally I discovered the holy swing of pleasure . . . or was it the holy pleasure of swing. Though the military had not been able to discipline me, from that day onwards I disciplined myself daily. However, this discovery was only after the first time so just before the first time I did have that concern whether I was able to come or not.

Chitra and I had agreed that we would make sure that we had the 'sex talk' before we would do it. In the Christmas holidays of 1991 we went to an indoor swimming paradise and paradise it was! Well, almost. After swimming we shared a 4 by 4 foot private locker to change back into our clothes. The temperature was high. It was hot. We were hot. Wet and hot. Almost all elements were in place, as we eagerly undressed each other. Then, one element named the conditioned mind, ruined it all. As a good boy I thought we had to stick to our promise. It was literally halfway the penetration when I said: "Stop, we should talk about it." We decided to talk that same night and then do it for the first time. That evening we sat down in the bedroom. "Are you ready?" I asked. "Yes" she said. "Are you ready?", she asked. "Yes", I said. That was our sex talk.

Are you ready for the reality? Here it comes. No, not me. No coming for me as my mind had some more tricks. Ever since I was 14 years old, I had been dreaming of having sex. As you know, my favorite dreams were the ones of having sex in the supermarket area, where you had to return your empty glass bottles and the one in the 2 feet high corn field. After 8 years with roughly 2500 dreams of having sex, the tension had built too high. As high as the tension was, that low was the equipment. Again sex had to wait.

Finally on Sunday, January 23rd, 1992 at 11:00 am in the morning it happened. I found a note in an old diary which said: "First time sex!" At 11:02 I had discovered that I could come and the adventure was over. Of course I had no idea whether she came, or even enjoyed the sex, as I am a man. As you know, men are deeply flawed. What can I say, we apologize.

A new era, with still much to learn, had started.

**My Insight**

I have to learn to trust myself. I will know when it is the right time. Don't let the conditioned mind ruin it.

Reflect

Reflect on your first time. What was the experience? How did your conditioned mind influence? Go beyond the tendency of bragging, being fearful or wanting to be cool and share the authentic truth about your first time. If you have not yet had your first time, then share about this area in one of the romantic relationships you had. If you have not yet had a romantic relationship then share your thoughts, belief systems on having an intimate romantic relationship.

Take Action

Share your first time with 5 people.

Engage

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1993 My First Job

I had chosen to study Civil Engineering as I always liked these huge constructions. Dams, bridges and huge buildings inspired me. However, during the 4 years of my study, I quickly discovered that doing all those calculations was far less exciting than seeing these marvelous constructions in real life.

My first job was to prepare the construction work of a bridge in Rotterdam named 'de Erasmus brug'. It is also known as 'the Swan'. I had to draw all kinds of construction plans on the computer. Pretty soon I learned I did not like the drawing, but I did discover my love for computers. This quickly led to the best day of my job, which was the last day. I had decided to quit and get a job in computers.

After I left, the plans for the bridge were finalized and they started building the bridge. The city did not like the part I had drawn and they threw these concrete elements in the water. No, just kidding, I had drawn parts of the concrete pillars of the bridge, so they were actually supposed to be in the water.

I had decided to change fields to IT and become a software developer. I had sent out a hundred letters requesting companies to train me for a lower salary than normal. I invested in myself, not such a bad decision for a 'loser'! One company made the 'mistake' of hiring me and happily I said good bye to being a civil engineer.

This was the very first time in my life that I invested in myself. It was one of the very first expressions of valuing and loving myself. Changing jobs became a turning point in my life and a chain reaction of new events were about to unfold.

My Insight

I should do what I love to do. Not only am I worth it, it also leads to living a happy and purposeful life!

Reflect or Share what is Present

Reflect on your life and find areas where you are not yet doing what you love to do. Share with us one area which is not working in your life. Tell us what you will do next so you will start doing what you love in this area.

Take Action

Be aware of your value and make a commitment to take steps to do what you love to do. Share this with one other person and ask them to kick your butt if you refuse to change!

Engage

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**1994 Changing my Field of Work**

If you are stuck in a job you have studied for, but do not like it, then here is my advice. Find out what you love to do and pursue it. Take a step back if needed. You deserve to do the work you love. When you have found what you love, your work becomes your passion and you will never ever have to work again.

Over time, profession wise, I have shifted from civil engineer to software engineer, to entrepreneur, to CEO of an IT company, to world traveler, to running a paying guest business, to running a private school, to running a charity, to being a currency trader, to being a money manager and finally to being . . . happy. If a 'loser' like me can do that, then I am sure you can do better!

The company which hired me promised to train me for 6 months and then increase my salary back to normal. When they did not fulfill the last part of their promise, I left and started working at a direct marketing company, which I will name 'Black Marketing'.

My Insight

If I am in a work place I do not enjoy, I should just get out of it.

Reflect or Share what is Present

Reflect on your work place! Are you truly enjoying your work? **Be honest!**

Take Action

Come out of your work place if you are not enjoying! Find a work place where you enjoy your life! Find a work place where you only take inspired actions! If you do not find an inspired workplace then create your own work place.

Engage

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**1995 Black Marketing**

One of the managers of Black Marketing was Joe Black. According to my conditioned mind he was a crook. I am very grateful towards him. I learned every thing that you should not do if you want your company to be successful. I was thinking: "In my company I will do everything opposite of how they do it here. I am sure that will make people very satisfied and very happy. "

With my 6 months training, I had now become a software developer and our computer department was doing good work. We made fast deliveries of new software as well as upgrades on existing versions. At that time I often judged the sales people. I thought: "You sales people always mess up. You don't know what you agree to. Our clients are getting angry and annoyed because you promise all kind of things. You don't know the consequences of your promises. Next, we have to realize all your unrealistic promises in an unrealistic time frame. You are lucky that we are so smart and can work so fast."

At that time I really thought that without us all the clients would have run away. Little did I know yet how flawed I was. I thought I was a hero. Oops, I still think so. But now I know it is just a part of my identity. It is not who I truly am. Who I truly am, I only discovered after decades of self reflection and spending thousands of dollars on personal development workshops. Who I truly am, most of the time, is a fool. Also I learned that I don't know anything Of course I am kidding, but I can tell you it is a very powerful place to be in life. To learn to be comfortable with not knowing and to not take ourselves and life so serious. When you know something for sure it is actually pretty 'dangerous'. Why? Because it doesn't leave any space for anything else.

We have to learn to stop taking life so seriously. We have to learn to play again. We have to learn to be okay with making mistakes and being aware that wonderful unprecedented possibilities only live in not knowing.

My Insight

If I know who I am I can easily say: "I don't know!" Why? Because not knowing does not mean that I am dumb or stupid. It simply means that I have not yet learned one facet of the gazillion facets in life.

Reflect or Share what is Present

Reflect on your past and share one incident where someone asked you something and you did not dare to say "I don't know!"

Take Action

On a next occasion like this, take a deep breath and say "I don't know!" If it is too difficult then you can add to this: "But, I will find out and get back to you in an hour!"

**1995 Ending Relationship Chitra**

In a city named Sweet Lake City, I had just bought my own house and was living there with Chitra and my Ego Beastie. After a holiday to Gran Canary my Ego discovered that our interests in life were quite different. Again it found something 'not good enough' in the other person. In one of our fights I told Chitra: "Why don't you go back to your parents." As a good girl she immediately took my advice and gone she was. How does this mechanism of separation work?

My Ego projected my non acceptance of myself and my life on her by judging her. I thought: "You do not want anything in life!" The reality however was that she was satisfied and I was not. Again my Ego won and separation was created. It took me more than a decade to start understanding how this projection works. Now I know, that every judgment I have about another, is a subconscious judgment I have about myself.

Years later I was going through the boxes with Chitra's stuff. I found one big box full of cards she had sent me. When I was browsing through the countless cards she had sent, I felt a strong experience of love. I thought: "Yes, she did truly love me and I truly loved her." Till today, we are still once in a way in touch. I remember her and her wonderful parents with a smile on my face and a warm feeling in my heart. A time I would not have wanted to miss out on. Thank you Chitra!

My Insight

Every judgment of someone or something else is a subconscious judgment about myself.

Reflect or Share what is Present

Reflect one area in your life where you are quick to judge.

Take Action

Now take responsibility for your projection and start accepting yourself without conditions. This is what true love is. Share these reflections with one other person.

Engage

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**1996 A Valuable Loser**

Some of my colleagues were about to quit their jobs because of the immense work pressure and unpleasant management. Joe Black called for me. He said: "What are you going to do? Are you going to quit your job too? That will be fine! I'll just put someone else on the job. Your department is always messing up anyways!" That was absolutely the right thing to say to a sensitive bugger like me. Immediately I made my decision, "This is not going to work for me and you are not going to treat me this way." Yes, you are right, the Ego running the show. The very next day I gave my notice.

I took a day off. I had already discovered that there was a growing market for working freelance. I could be independent and clients would have to pay me a huge hourly fee to acquire my services. Suddenly I had all these dollar signs in front my eyes. After some days of consideration I made the decision to start for myself.

Because of the high pressure at work, almost all the employees of the computer department had quit their jobs. The management now had to hire external consultants to save the company.

As part of my identity was being a good boy, I was someone who would not treat them bad just to get my revenge. I did my job. I explained everything to the new guys. This actually paid off, as I became friends with the new external consultants. At the end of my one month's notice, they urged my boss to hire me as a freelancer. When Joe Black asked me, I said: "Sure, that is going to cost you 50 Euros per hour.

The CEO was told by the external consultants that they could either hire me for 50 Euros, or they would bring in one of their consultants, without any relevant knowledge for 70 Euros. The CEO took a deep breath, swallowed his pride and hired me. Finally a short winning streak. Had I transcended my Egoic conditioning? You will find out soon.

My Insight

Even if other people do not treat me the way I would like, I can still choose who I want to be. I do not need to answer 'bad' with 'bad'.

Reflect or Share what is Present

Reflect on your life where you have been answering 'bad' with 'bad'. Reflect on your life where you took revenge.

Take Action

The next time someone is treating you 'bad', take a deep breath, count to ten, make a walk around the block, then comeback and give a loving response.

Engage

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**1996 Awesome Parents**

The start of my one man company was a big step for me. However, my awesome father, who knew a lot about taxes and accounting supported me. My mother had always empowered me in my crazy endeavors and also she supported unconditionally. This support of my parents was for me the final step to jump into the unknown territory of being an entrepreneur. Thank you dad! Thank you mom! Sorry for all my cranky years! I will try to be a good boy again!

I started the company and changed the typical commercial objective of maximizing profits to a more sustainable one of maximizing the satisfaction of all involved. This was five years before I wrote the vision of how to create a world that works for all; five years before I started pursuing the Sustainable World Project. I can see now that in 1996 I was already subconsciously looking at how to do things in ways that work for all involved and has people being satisfied. But, boy oh boy, little did I know what a roller coaster ride I entered by starting my own company.

My Insight

Never underestimate the parental influence. Do I want my children to do what they want, or do I want my children to do what I want for them? I should learn to trust and empower my children's decisions. My job is to be a loving witness!

Reflect or Share what is Present

Reflect on your life and discover where you want others to do what you want. Where it is about your Egoic wants, needs, concerns and expectations. Can you live your life in a context of what works for all involved?

Take Action

Find those others, apologize to them, and create dialogue to come to a solution which works for all involved.

Engage

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SUSTAINABLE WORLD PROJECT.COM

A World that works for ALL people by the year 2050



THE SUSTAINABLE WORLD PROJECT

Get a Life You Love => Get a World You Love

**1996 First Revenues**

I sent out the very first invoice and soon I received payment. I thought, "Wow, this is working. I am making lots of money". That was great. It was easy! Really easy. Was this truly the end of sabotaging programming turning me into a loser?

Next, I thought, lets hire someone. Observe the masculine expansion mechanisms. I hired a guy straight from school. I also placed him at Black Marketing for 35 euros per hour. I paid him a great salary. I gave him a car. This car was actually even slower than mine, so he could use it and my ego was happy that my car was faster than his. My new employee was happy. I was very happy. The customer was relatively happy because the work got done. However, they did not like my prices.

Soon I hired a third person. But, within a couple of weeks she was pregnant (I'm innocent) and had to stop working. Do you know why she got pregnant? It was because her boyfriend was from a special place in Africa. Every time they had sex the condom would tear as he was so hugely shaped.

Then at dance class I met Bob and Ginger. We became very good friends and Bob also started working for me. Together we made ship loads of money. Our bank account was rising, rising and rising for about 2 years. Then it was high time to start sabotaging. It was time to lose big! Stay tuned!

**My Insight**

Human beings have masculine and feminine aspects. The left brain, which is associated with our masculine traits, has the following keywords: logical, sequential, rational, analytical, and objective thinking. The right brain, which is associated with our feminine traits, has the keywords: random, intuitive, holistic, synthesizing and subjective thinking.

The balance in our world has gone too much to the left, the masculine. The dominating masculine energy is only about expanding. It can not create a world that works for all as it is destructive on its own. It needs to be balanced by a feminine energy, which is about contracting and connecting.

A next insight in this story is that everything which comes to us without effort, brings workability and joy. Everything that comes to us by putting in effort, is most likely not going to stay. The second and third person I hired with effort and finally this did not work out. The hiring process of Bob was without effort and not only did he work with me till the end of the company, he also became a dear friend. In the above story you can clearly see the Universal Law of Least Effort.

Reflect or Share what is Present

Reflect on your life and discover areas where you use effort because you want more, bigger and better.

Take Action

Get a 'sex operation' if needed. But, become more feminine! Develop your feminine traits.

Engage

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**1997 Not Valuing Myself and Money**

Now I had more money than I ever had before. Every week I would buy lots and lots of new CD's. I would not even have listened to the CD's I bought the week before. I had not yet learned to value myself. Therefore I was not yet able to value what my money could buy.

Next I kept on taking people to restaurants. I think this was all an attempt to buy happiness; to look for happiness in the material world. However, I was still not happy. A lot of learning about the yearning for love and happiness still needed to come.

My Insight

If I do not value myself, I will not value anything else; I will not value anyone else.

Reflect or Share what is Present

Reflect on your life and discover areas where you are not valuing yourself. How? Simply look at an area where you are not happy.

Take Action

Take one of your dreams you have not yet acted on and start creating time to pursue that dream.

Engage

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**1997 Brenda, my First Hero**

While I am writing this, I feel tears coming up, as Brenda has been without a doubt the person who changed the course of my life. She put me on a life long journey. What journey? The journey of Self discovery. The journey home, towards love. **The only thing which is real and worthy.**

When I use Self with capital S it means all there is. This is very different from the Egoic self with small s. The small self identifies with body and thoughts and sees itself as separate from everything else. The big Self knows we are all one and it operates from that context. It connects, respects and accepts everything knowing it is all a part of the bigger 'Me'.

Brenda had also worked at Black Marketing. After both of us had left the company, we decided to meet up, looking for some business opportunities. We met in a little cafe in Sweet Lake City. She said: "I have learned this cool thing named Reiki, it is about giving energy. If you want to, then I can give you a Reiki session." I said: "Yes, sure, why not".

A couple of days later I was thinking: "What the heck did I get myself into. I don't have any clue what Reiki is. I hope I can keep my clothes on." When Brenda arrived it all turned out fine. I could keep my clothes on and I just had to lay down on my big yellow couch. She would put her hands on my head, my shoulders, my back, my knees and my feet. The whole session I kept on talking and being in my head. It was however a great experience. It was the start of something new. It was the start of something profound.

My Insight

Never underestimate your value. One interaction you might have with someone else could change their entire life and maybe even the entire world.

Reflect or Share what is Present

Reflect on your life and tell us the names of some of the wonderful people who have deeply influenced you in your life.

Take Action

Call them and let them know how much it meant to you. Don't hold back, express yourself fully. Be generous!

Engage

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1997 A Life Changing Weekend

A couple of weeks later Brenda said: "There is a Reiki weekend coming up. If you want to, then we can go there. In this weekend you can learn Reiki. It will be fun. It will be relaxing." I thought: "Hmm, that might be a good idea. As I am a hot shot business man, let's chill out." On Friday February 28th 1997 we arrived. I soon started noticing that these Reiki Masters were truly extraordinary people.

The Reiki Master who was leading the weekend was Adria. I remember how one gentleman was going through a difficult time in his relationship. He became quite upset and started crying. It was a big surprise to me, that she did not tell him what to do. Only years later I learned, that listening works and advising does not. People don't need advice, they need someone to listen to them. This shows that you trust them to solve their own problems.



Illustration 24: Brenda is in the top row, third from the left. Fred is in the top row, second from the right. Edna is in the middle row, second from the right. Adria is the first row, second from the left. I am in the middle row left from Edna.

The other two Reiki Masters were Fred and Edna, Edna was a bright and enthusiastic young woman. I thought: "Wow, what a wonderful person. She gives so much of attention to people. She is truly listening to people." I was inspired by her.



In the Reiki weekend there were four initiations in which we would learn Reiki. The first initiation was with Edna. We went into a little room. I sat on a chair. I had to close my eyes and she would perform some ceremony. Somehow during this ceremony I felt very grateful. I had never met someone like Fred and Edna. I experienced something I had never ever experienced before. When the ceremony ended, I just had to give her a big hug. I think it was the first time in my life, that I had experienced unconditional love. Until that time I never really hugged people. However this experience woke up my love for all people. It was the single most extraordinary moment of my life at age 27.

Her partner Fred was as amazing as Edna. I never ever had met a guy who was so warm and who truly listened to people. Besides that, he was also funny and smart. The second initiation was with Fred. The same thing happened. When the initiation was over, I just had to give him a big hug. The third initiation was with Fred and Edna and, yes, we ended up in a group hug. The last initiation was with Adria. Of course, again Adria and I ended up hugging. I had never been that open. I had never ever expressed my love the way I did this weekend.

It was only years later I understood, that by giving people Reiki, by the touch from one human being to another, I had received a glimpse of 'the Truth'. What 'Truth'? The truth that you and I are one. The truth of oneness or in other words true universal unconditional love. In the Reiki sessions I could finally for the very first time accept people the way they were. The judgmental voice of my Ego was momentarily silenced. I remember my thoughts: "If this experience can last, then I am done. I don't need anything else. Let me just feel like this for the rest of my life. I was ready to give up everything, my company included."

I was truly excited about my IT company, which I had just started the year before. However, this experience of love and acceptance was something new. This Reiki weekend was the start of my personal growth and development. Finally things started shifting in my life. Was this meaning that my cars would be getting faster and my girl skills would finally improve? We will see about that! Keep on reading! . . . slowly!

Brenda, you have no idea what difference you made. This weekend changed the course of my life and would finally lead to the first element of the Sustainable World Project. Brenda, you are my hero for this life time!

**My Insight**

There is so much more to life than I have experienced so far.

Reflect or Share what is Present

Reflect on your life and make a list of the wonderful events which have deeply influenced you in your life.

Take Action

Come to India and experience our healing session we have developed out of our profound experiences with Reiki. What if this becomes the doorway to you living a life you love in every aspect? If India is too far, then come to Holland and contact Fred & Edna through www.fredna.nl or Ms. Branch-Wood!

They will be able to provide you profound value! If this is also not possible then come online and we will train you how to cause unprecedented experiences of love, joy and peace of mind through our healing sessions. This is the most powerful thing we do! Give yourself and your loved ones this gift! You are so worth it!

Engage

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1997 Fixing Myself through my Car.

As I told you before my car was called a 'Duck'. Some called it an ugly duckling. It was however a great car. You could roll up the roof and that way it even became a convertible. I could also do most of the maintenance myself, as it was such a simple car. It did not have electric windows, so that never needed repair. It did not have a central locking system, so that also never needed repair. I bought it for less than a thousand Euros and it has given me more than 200.000 kms of loyal service.

The car was however very slow as it was just a 2 cylinder. I tried very hard to make the car look cool. I added a red striping, double headlights, but in the end it still had only 29 horse powers. Now that was a problem! Since boys want to have fast cars and motorbikes, this had to be fixed. Only years later I realized I was actually fixing myself through my car. I believed that if my car would be fast and cool then I would be fast and cool. In other words, I would finally be good enough.



My Insight

I tend to look for something in the physical world to achieve or obtain. If I have done so, then I will be good enough. I learned that we get distracted by 'having' in this physical world. What I truly want is 'being'. Being happy. Being grateful. Being loving. Being at peace. These 'being' qualities do not require 'having' any material things. It is simply a mindset.



1997 All of Us are Heroes

I started looking at how I could create a car with the same fun qualities as the 'Duck', but a lot faster. I discovered that the Beetle had the same distance between the front and rear wheels and had just like the 'Duck' a separate top and bottom. The Beetle though, had much more possibilities engine wise. Many Volkswagen engines and even some old Porsche engines could fit inside. "Speed! More speed!", my Egoic mind kept on harassing me.



Illustration 25: The top of the old 'Duck'. My parents and other people from our fancy neighborhood were not happy about the garden being transformed into a scrap yard!

Seeing the Beetle I thought: "Hey, that means that I can put the top of the 'Duck' on the under carriage of the Beetle." Everybody discouraged me, so I started this project. I bought an old Beetle for 240 Euros. Next I bought an old 'Duck'. Then after a while I found someone in the south of Holland, who was willing to support me in building my dream car from these two cars. In a little village named Horse Feet Town I had found an extraordinary gentleman named Jan. He had a car wash and was building custom cars in a company named Poly Kit Cars. He was my next hero in a life long row of heroes.

Finally at age 40, I realized that every human being is a hero. Why? Take a look at my insights.



My Insights

It takes tremendous courage to live ones life. and you know what? It takes even more courage to live your life fully and make a difference in the world!

Reflect

Reflect on your life. Are you living life fully?



Illustration 26: The 'bottom' of the Beetle at the workplace of Jan.



1997 Life is Perfect

During the whole process of building the car, I was often challenged, as I wanted things to be so perfect. My hands were not able to build the car, the way my mind envisioned it. Luckily I had Jan. He started building my dream car. Welding, grinding, cutting, Jan was very handy and could do it all.

In this whole process slowly, very slowly I started learning that life is already perfect and it is just my conditioned mind which keeps on whining. Life is about being here, enjoying what is happening. Life is about being happy in the 'NOW'. However, that required unconditional acceptance of my current circumstances and that was not one of my best qualities.



Illustration 27: Can you see a vision beyond the current reality? Here I saw a vision for this car. In 2000 I saw a vision for the world. What if both get manifested?

My Insight

Life is Perfect, it is just my Mind which keeps on Whining

**1997 Claiming my Power**

After about a year we got the car ready and had it approved by the government. Now I was officially allowed to drive this car. Next, I bought an old Porsche engine. I paid more than a 1000 Euros for this engine. Pretty soon I discovered that the engine did not work properly and I felt cheated. I was angry. I thought: "The guy who sold me this crappy engine is a total fraud!" I considered setting his place on fire. I finally decided not to do so, as that would even outdo my usual foolishness.

Instead I decided to sell the non working motor. I was a bit embarrassed, as I knew that it was not a good motor. But at least I asked for less money. Yes, I know, we tend to justify our way out of situations where we are not being completely honest. Sorry! It was a mistake to sell. A mistake, people!

Next I bought a Volkswagen Corrado G60 engine. A 4 cylinder, 1800 cc with G-Loader. Way more powerful than that crappy old Porsche engine. It had a 160 Horsepower. This engine required a computer and to get the wiring done I had found another car company. They said that they could make the engine run. I hired a car transporter. I brought the car and the new engine. Many months and many phone calls later the work was still not done. In an act of final frustration I went there and I brought back the car and the engine exactly as it was before.

My Insight

If something ongoingly does not work, how can I claim my power and take responsibility.

Reflect

Reflect on your life and find one area which is not working for you for already a long time.

Take Action

Start inquiring with 3 friends how to turn this around and TAKE ACTION to do something about it.



1997 Never Give Up

Then, I asked the official Volkswagen dealer if they could help me. They said: "Yes Sir! We can do it." After paying the first bill of 1500 Euros the engine was still not running. I did not like paying for the hours and not getting the result. However, the guy at the garage was a good person. On his own time he worked some more on the car and hooking up the engine. Finally, one day he called me. "It is working!", he said, "Come! Come! Take a look". Quickly I went to the garage. He started the engine and I was in love. "Wow, this was the coolest sound ever." As the G-Loader was howling I experienced a long awaited victory. The car sounded like a super sports vehicle. It had taken two years but now the car was fully functional.



Illustration 28: The vision slowly manifesting. Transformation in progress. The engine, the cool tires, the widened fenders, the double head lights and the dark glass. Can you see the vision now? Can you look beyond the different colors in our world?

The official Volkswagen dealer was too expensive to complete the remainder of the work. Again I started looking all over the country to find reliable and affordable people. In the far east corner of Holland I finally found the perfect workshop. In a village named Terborg, two brothers were running a garage named KS Motorsport. Till today we are still friends. They were honest and they charged very fair prices. They completed the work. It was a dream come true. Turn the page and take a look at the final result.



When the car was fully finished I took it for its maiden voyage on the highway. It was a such a kick to drive a 160 kms/hr and overtake all the other cars obeying the speed limit of 120 kms/hr. As the car was not so aerodynamic, it would feel like I was flying. Everybody was looking and thought : “How is it possible that this 'Duck' is going so fast?”. The original 'Duck' would have a maximum speed of just a 130 kms/hr.

In November 2012, just 8 years before we were getting our millions of dollars of funding for the Sustainable World Project, which I was going to start 3 years from now (in 2000), I contacted the two brothers again. I had dismantled the car in 2001 as it needed some work on the paint. The color yellow was not perfect. It was slightly too dark. This had to be fixed to a more brighter yellow. Old habits of perfectionism die hard.



Illustration 29: It took some years and I do not dare to tell you how much money. But some 'coolness' was coming. Take a look at the vision manifested.

In 2012 I was also thinking about the car driving on regular gas. That is very environment unfriendly. I checked with the two brothers from KS Motorsport, now moved to Doetinchem and they were able to change the car so it could run on Ethanol. That will be the next project.

The final point I want to make is 'Never Give Up' and the 'Impossible becomes Possible'. This I want to tell to you too, my dear reader.



Don't give up and create the life of your dreams.

You are soooo worth it!

My Insight

Never give up and the impossible becomes possible.

Reflect or Share what is Present

Reflect on your life whether there is a hobby or a dream you never started or maybe gave up half way.

Take Action

Be unreasonable and make a start today. Make a start right now. Take the first step and I promise you that the universe will support. Share this commitment with five friends so you cannot bail out. You can share with one at a time if you like, just make sure you share with a total of five.

Engage

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**1998 Getting another fast car**

My IT company was doing well and it boosted my ego for gaining some more material. I decided to get myself another fast car. A lease car. After considering whether to go for very fast or a little more practical, I chose for a little more practical and settled on an Opel Astra Station. Actually a lot more practical than cool, but hey, at least it had the fast 16v 1800 cc engine.

I remember the day I picked it up. I was in my usual act of being cranky. Even after seeing the first glimpses of the truth in the Reiki weekend, I was still mostly identified with the voice of my Ego and I did not know this. It's favorite thought was: "This is not good enough!" Though financially we were doing extremely well and I got to order all the cool extras on the car like the metal wheels, the stereo, the bigger engine and more, it did not bring much sustainable joy or gratitude to my life. No person or material wealth could fill that undistinguished craving for love and unity that only comes when we start living in a higher state of consciousness. Pfooh, what a journey it is to find 'One Self'! Little did I know that in a few months time the next phase of growth would be starting.

My Insight

My ego always wants more, bigger and better. It ensures that I am never satisfied in the 'now'. That is the ego's objective. A lifetime of suffering and separation.

Reflect or Share what is Present

Reflect on your life where your longing for things in the material world or your identification with the material world makes you suffer. Is it really worth it? Can you give up your attachment? Can you dis-identify from the external world? What will you gain?

Take Action

Pick one thing where you will give up your attachment to something from the material world. Step into trust and surrender your life to the universe. Leave the how and when of the delivery of material to the universe. Be happy and content, right now, with where you are in life. Share this with one person.

Engage

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**1998 Meeting Mona by Surprise**

At my friend Bob's bachelor party we went go-carting. I parked my car. I walked through the door of their office. I looked to the left . . . and there she was! My Mona from the primary school. She was sitting behind the reception desk smiling her pretty smile! Actually, to tell you the truth, I did not recognize her, she recognized me. She said: "Hey, you are Richard. I was in primary school with you. Probably she still remembered that ridiculous skirt I wore to impress her.

Anyway, not only did she give us a good discount, she also gave me her phone number. Somehow I lost her number. Aaaaah! I missed my second chance the universe gave me. Now lets see if the universe will give me a third chance. The story of Mona is still not over. Keep on reading.

My Insight

If I trust that all what happens will be good for me, then I can surrender to the flow of life. This requires me to be detached from wanting to have specific results. This requires me to be responsible for my expectations. Some people are not meant to be in my life. Though I will often not know why, I can still choose to surrender and have faith that it is for a valid reason. I realized living surrendered is so much more powerful than living from the illusion of the Ego trying to control the outcome.

Reflect or Share what is Present

Reflect on your life where you are right now not surrendering. Reflect on your attachment to people and things. Realize that this makes you suffer. What would your experience be if you give up that attachment and expectation?

Take Action

Pick one area where you are resisting life; one area which is bothering you; anything is okay. Become aware of the impact of this and surrender. Share this with one person.

Engage

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1998 Hiring Ferdinand

In March, I invited my friends Ellen, Alfred and Mora to join me for a weekend in Brussels. Just one day before we left, I received a letter from court. A former employee was suing our company. What happened?

At the ending of 1997 I was pursuing the goal of having my company operate independent of me. I was aiming to create passive income so I could free up my time. After several job interviews I hired Ferdinand. He said that he could bring me 10 new people and asked a huge salary of 4500 Euros. That was a lot of money. I would only be able to pay him for 2 months. Then, the increase of revenue should pay for his salary.

Yes, you are right, that is an insane amount of risk, but remember, I was still young and stupid and did not know so. Now, things are very different. Now I am old and stupid, but at least I know so.

Reflecting on getting 10 people in just 2 months time, I had been judging myself for quite a long time. I thought I was irresponsible. Only years later I understood that I have always gained so much learning from my 'high risk' appetite. **The ultimate lesson was seeing that in life nothing is ever wrong.** It is all just a game. The right and wrong is only mental babble from the conditioned mind! In life there are just different journeys to reach the same destination. What destination? The destination of Self Discovery; discovering who we truly are. I hope I can remember this when I get myself into trouble again!

Ferdinand and I started working together. We traveled to the north of Holland where a company had to downsize and let go of some of their employees. We hoped to hire some of those employees for our smart expansion plan. In the meeting, I was talking about the vision of our company of being open and honest. Ferdinand said to the client: "Isn't that a good strategy?". I felt uncomfortable as I did not see our vision as a strategy or an agenda. For me, it was how I wanted to live. For me it was who I wanted to be. At that time however, I did not take responsibility to stand up for myself. I did not take any leadership as somewhere I subconsciously still believed I was no good. I had no confidence, no self esteem and I did not say at all what was there to say. I was still very far from knowing who I truly am; who we all are.

What finally happened? Ferdinand did not bring in the 10 people. After 2 months, I ran out of money. Painfully I had to admit that I lost the game. Now I had to deal with the consequences. Then I confronted a second mistake. The contract I had made did not allow me to let him go after 2 months. I was stuck with Ferdinand and his big @ss salary of 4500 Euros.

Ferdinand and I had a talk in which we came to an agreement. We believed that being unemployed Ferdinand would get 70% of his salary from the government. We agreed that until he found his next job, I would pay him half of the missing part of his salary. He



would cover the other half. It would come down to just 700 Euros per month. We signed a contract that I would pay him this 700 Euros.

When Ferdinand got to be unemployed he did not get 70%, but only 45%. He contacted me, saying that the idea was that I had to pay half of the missing part. I thought: "You are giving me so much trouble. You did not honor your word. Now you have to face the consequences". The agreement only mentioned the 700 euros and not our original intention. I thought, I could get away with that. I was creating some very fast Karma for myself by justifying breaking my promise. One thing I have learned is that often when someone else breaks a promise, then I tend to also justify breaking my promise. This is not getting us anywhere. This will definitely not create a world which works for all. I had to learn to stick to my promises, no matter what other people do.

A few weeks later, he sued our company. It was the first time in my life I had to deal with lawyers and going to court. I will never forget that day! It was on a Friday. It was just one day before our weekend in Brussels. It was supposed to be a fun filled weekend! However, now I had received a letter from his lawyer. It was one of the most challenging events in my life up to that time.

I confronted my conditioning around going to court. This mostly came from movies and had made me very fearful. I learned we all underestimate the consequences of our actions and over the years to come I realized three things. One is to keep my integrity up no matter what other people do. Two is that I need to learn to be the observer seeing my conditioned mind and share upsets with my friends. Three is to realize the enormous impact movies have in our society. It is important to use movies to bring wise, loving and joyful messages to the world. Luckily for the world in the year 2027 I will make such a movie.

My Insight

In life nothing is ever wrong. All is well. Always!

Reflect or Share what is Present

Reflect on your life and find one area where you currently experience that something is wrong.

Take Action

Inquire with a friend and find a new interpretation which empowers you. Figure out what the learning is for you in these areas.

Engage

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**1998 the Worst and the Best in Brussels**

Standing in our hotel room in Brussels I was going completely insane. There was so much continuous thinking. I was completely obsessed, being identified with the fearful thoughts in my head of going to court. There was no presence, no being at all. This ongoing buzz in my head was driving me crazy. Thank God I had a little wisdom to express and ask my friends to listen. When I shared with my friends Alfred and Mora, I was able to let go of a little bit of the stress. The worst in Brussels was now over.

At the same time something beautiful was happening. As the weekend progressed, I got to be closer and closer and closer to Ellen. We were walking in Brussels hand in hand. We were having a great time and everybody else around us had already seen what we were still blind to.

After some good site seeing in Brussels, we returned back to our hotel. I had reserved two double bed rooms as Mora and Alfred were married and Ellen and I were very good friends. I had no agenda. At least not a conscious one. I thought that good friends should be able to sleep in one big bed. I actually had not checked this with Ellen. Sorry! However she thought the same. Saturday night nothing happened as we were still able to fool ourselves.

Sunday evening we came home late and Ellen decided to stay over at my place. Again one double bed and again nothing happened. At least, nothing happened until the time we woke up. Then she looked at me, I looked at her and she said: "What are you looking at me for. I am not some kind of wall decoration!" No, just kidding, that was Angel. Now there was an electricity in the air. The profound experience of love and utter and utter happiness. She had turned towards me on her pillow. I had turned towards her on my pillow. Slowly we came closer and closer and closer. Then we kissed for the very first time! We were in love. That was the start of the relationship with Ellen. I feel deeply, deeply grateful to her and the wonderful time we shared together.

In case you wonder how the story ended with Ferdinand. Finally, we settled a deal outside court where our company paid for his lawyer and he dropped the charges. Maybe the unconditional love between Ellen and I caused this result!

My Insight

The mechanisms of my conditioned mind keep me away from love.

Reflect or Share what is Present

Reflect on your life and share one incident where you resisted and the still fell in love.

Take Action

Inquire with your best friends what would be needed to turn this around. Find out which ego mechanism (judgment, projection, fear, guilt, blame, attachment, resistance, etc.) from you is sabotaging your experience.

**1999 Ms Branch-Wood, the next Hero in my Life**

As Reiki was so meaningful to me, I decided to do some voluntary work at the office of the Reiki Alliance. The job was mostly the sending of Reiki brochures and certificates to all the Reiki Masters around the world. Little did I know, that being at service would cause such an enormous chain reaction of good events about to unfold in my life. Now, more than a decade later, I understand. We are all connected. All is connected. On a level we cannot see yet with our eyes, all is one. This means, that being at service is just taking care of your bigger Self. It is taking care of your true Self. It is taking care of you. It is a powerful and fulfilling experience. I recommend it to anyone, who is interested in experiencing true happiness.

Through the Reiki Alliance I got my hands on a list of all the Reiki Masters in the world. In a next attempt to have my company ran independent of me, I sent a letter to all the Reiki Masters in Holland. My aim in doing so, was to find an aware and loving person, who could run the company in the open and honest way I was committed to. I was contacted by a Reiki Master named Ms Branch-Wood. She introduced me to her son Lennart, who finally did not become my new manager, but said something I would never ever forget.

At that time I had an Office Manager working in our company. She was in the process of leaving the company, to get a job where she would be teaching children. It was her life long dream. Lennart told her: "I believe those children will be very lucky to have you!" At that time I had never heard people speak in such empowering ways. His way of speaking was like a fresh breeze of what is possible in life. I felt grateful meeting more and more people like him and his mother. I vowed to become someone who empowers others to live the life of their dreams.

Ms Branch-Wood introduced me to a company named OneWorld Education. They facilitate personal growth and development trainings all around the world. Their entry program is named the OneWorld Seminar. My life was about to be turned upside down and would never ever be the same anymore. Fasten your seat belts, as the next decades are going to be wild. In the training I realized I had not really been living my life. It was time to make up for all the lost years. It was time to start living life fully!

My Insight

If I am being at service, I take very good care of my Self.

Reflect or Share what is Present

Reflect on your life and find one activity where you can be at service. Make sure it is something you love to do. Don't sacrifice yourself!

Take Action

Start doing this activity. Share this with one friend and ask that person to kick your butt if you bail out.



1999 The OneWorld Seminar

In February 1999 I did the 3 day intensive course called the OneWorld Seminar. Starting on Friday, going on towards midnight, we engaged in very mature conversations looking at what is important in our lives. Work, family, relationships, the choices we make and much much more.

Before the OneWorld Seminar, I often pretended 'my life is fine'. If I would have told you the truth, I would have said: "I am feeling deeply alone, separated and disconnected." There was a strong sense of not belonging anywhere. Also often I would feel that something was wrong and happiness was missing."

I have one brother and of course that relationship was 'fine'. To tell you the truth, I judged him for being very different. I judged him for never calling me. I also never called him, but that I conveniently forgot. So that was a 'fine' relationship. How did it look like? Well, we saw each other twice a year. His birthday and mine. But, I must say we never argued more than twice a year.

Then, I participated in the OneWorld Seminar. It was Sunday morning. I was sitting in the front row. The OneWorld Seminar leader said something, which has been the most impactful thing anyone has ever said to me. He said: "The opening to being related to other people, is to share about yourself". For the very first time in my life, I could see myself and it hit me like lightning: "Wow, I never share. Now I can see what has been missing in my life. I never share myself. Instead I always separate myself by being judgmental." For the very first time I became aware of the Ego. In this course, they called it 'the voice in your head'. Slowly I started learning how this Ego sabotaged experiencing love in my life.

The impact of this pretense was that for almost 30 years I had separated myself from other people. I was often upset, cranky and alone. I did not communicate by sharing my life. I was mostly being in my head thinking negative judgmental thoughts. Often I was blaming other people or situations. I had been longing to be with people. I was desperately looking for love, but I did not have any access. I was often frustrated. Ask my mom. She also suffered and felt disconnected from me, as I left her wondering: "Did I do something wrong? Am I a good mother?"

When I tell you the truth about my relationships, then I see they all missed intimacy. Intimacy arises through sharing and listening. Seeing all of this, I decided to give my brother a call. It was Sunday evening. I was at home sitting on my big yellow couch. I picked up the phone. I dialed his number. Then, I said something I had actually never said before. I said: "I want to thank you for being my brother and I think I never told you I love you". Then it was very quiet for a moment. Next he asked: "What happened to you?" I started sharing what I had seen about my life during my participation in the OneWorld Seminar. Few weeks later my brother wanted to experience the OneWorld Seminar for himself and he registered for the next course.



How were things after the OneWorld Seminar? We call each other, we support each other, we do business together and the experience of the relationship has never ever been the same anymore. At least until November 2013 hahaha and then ? Well, you have to read the next workbook to find out!

I remember this day after the OneWorld Seminar where I felt lonely again. I called my brother and shared: "I feel alone, can I drop by and visit you?". He said: "Sure, come on over". We spent a great day together and all my loneliness disappeared. The same year of the OneWorld Seminar, we traveled together to the United States for a business opportunity. To date, he is managing a room renting business I started in 2002.

So what happened after the OneWorld Seminar is that I started sharing myself more and more. Out of me sharing myself, I saw people around me open up and do the same. I started recognizing myself in other people and I became aware of our shared humanity. This was the doorway to love. Loving myself and loving other people. By participating in the OneWorld Seminar, I learned to share my life and finally enjoyed being related with people and bringing relatedness to people. In less than 2 years time, this would become the core element of the Sustainable World Project. Sharing is the Key! Through sharing our human experience, we start experiencing love and truth. This love has us go beyond the Ego and has us think, choose, communicate and act in new ways. This is the way forward to a world that works for all.

My Insight

Sharing is the key. Everything in life starts with sharing.

Reflect or Share what is Present

Reflect on your life and find one area where you experience a lack of power, an area where you are not fully happy.

Take Action

Start sharing the truth about this area with ten people you feel comfortable with. Before you start sharing ask them to just listen.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

Tip

Are you reading this workbook with other people? Do you read with us online? Or do you ignore the '**Engage**' assignments? The value truly comes in the interaction. Give yourself that gift!

**1999 Final Completion with Mona**

In 1999, after having learned to share about the significant events in my life, I decided to check on Mona. I wanted to share how I felt about her in primary school. As I had lost the phone number she gave me at the go-carting, I had to find a new way to reach out to her. Luckily I still remembered the street where she used to live. It was 'Pioenhof'. With that street name I was able to find her parents' phone number.

When I dialed the number, her mother answered. She said: "Mona has moved out." I asked: "Can you give me her phone number?" Her mother said: "No, Mona is a little clumsy with men. It is better that I don't give her number!" I was shocked, however I did not mind so much as it was not so important anymore, as through the sharing of my past, I had come to accept it all; including the very first unanswered love. Maybe in another 20 or 30 years the universe will give me a fourth chance to tell her the truth. Who knows?

My Insight

Sharing leads to acceptance. Sharing leads to everything. It all starts with sharing. Sharing is the key.

Reflect or Share what is Present

Reflect on your life and find one area in your life that disturbs you. Confront how you have not been sharing about this area. Share this area with us now.

Take Action

Share this area without agenda to ten people and see what is opening up.

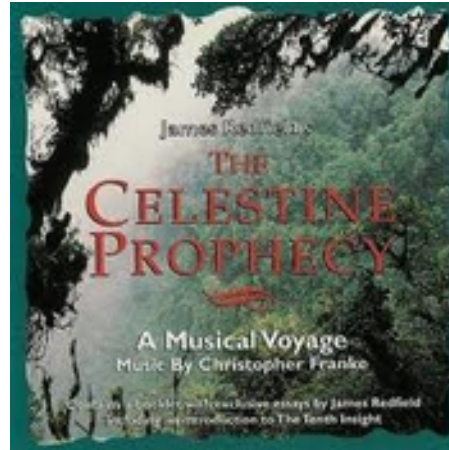
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1999 Nowhere to Go

It was an everyday evening. Ellen and I were at home in my apartment on the 2nd floor in SweetLake City. We did not do anything, we were just 'being'. We enjoyed some candle light and the music of the Celestine Prophecy. Just being together. Nothing to do and nowhere to go. One of the happiest moments of my life.



My Insight

Every moment in life has everything I need. It is just my conditioned mind which disconnects me from that. We are human **beings**. The access to happiness lies in **being**, not doing or having. Wanting and not wanting things only gives more wanting and not wanting. We will never find happiness in the material world. We find happiness in experience. The experience of love, joy and peace of mind.

Reflect or Share what is Present

Reflect on your life and confront how much you are still running to acquire material things and/or people in the material world.

Take Action

Light a candle, turn on your favorite music and just be. To experience the joy of life you do not need to do anything.

Engage

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The Music

<http://www.youtube.com/watch?v=kkIz-0VJcgk&list=PL1B83603CB8C7C0C9>

**1999 The Socks**

We were at Ellen's place in New Fun City. Suddenly she started undressing me. I thought: "Hey, that is cool. I can join in!" Then she did something. You will not believe it. What is it? No, it is too much! I cannot share this with you! Okay, you win. I will tell you. She removed my socks and just like that, she threw them on the floor. Can you believe that?

Then she started kissing me. I was thinking: "Hey, what about my socks?" The kissing became more passionate. I was however having a small attention disorder. I kept thinking about my socks. My poor socks were laying there all unorganized on the floor. One half on top of the other. Then, I saw my thoughts and this changed them. Now I was thinking: "I should not think about my socks. I should not think about my socks!" Yes, the conditioned mind is a horrible thing.

Finally I remembered from my trainings that to set yourself free, you have to share the truth. The bad news is ... it often takes a lot of courage. I took a deep breath in between 2 kisses and I said: "Ahum, sorry to disturb you, but is it okay if I lay my socks properly folded on the couch?" As all my girlfriends were pretty cool and it was only me who was the troublemaker, she said: "No problem!" The socks were neatly folded and put on the couch properly laying next to each other. Then the kissing party continued. Now the fun was for two!

My Insight

The truth will set me free. But to tell the truth takes something. It takes presence and courage.

Reflect or Share what is Present

Reflect on your life and find one area where you are not telling the truth. This can be any area where you experience a lack of power.

Take Action

Pick one area where you are not telling the truth. Remember how wonderful and valuable you are. Generate the courage to tell the truth to the people involved. Next, find yourself inspired by what will open up!

Engage

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**1999 Naive or Innocent, Choose!**

As our IT company was growing in size, so was my Ego. As the Ego always gives stress I decided to take some massage to release some of that tension. I had put an ad in the newspaper to find a person who could do massage at my place. A couple of days later one guy called me. He could come to my place and do the massage. We had a good conversation and when I was about to hang up and finalize the appointment, he said: "Do you want me to give you the after treatment?" I said: "What do you mean?" He said: "Well, you know!" I said: "No, I don't know! Is it that you will nicely put a blanket over me so I can relax, or what?" After some more back and forth, he finally told me it was a sexual favor. I said: "Well, I think we will cancel this appointment!"

Little did I know, that if you put an ad asking for a loving person, who can give a massage, that it is secret code for asking sexual favors. I am not a spy. I am just a naive good boy.

Later my being naive became a conscious choice as I prefer relating to people for who they truly are, instead of relating to their Ego. If you relate to people through their Ego a.k.a. the conditioned mind then this often leads to not trusting. Some people say: "Have a healthy portion of distrust!" To me, that is like saying: "Here, have a healthy portion of cyanide!"

This is how I live: "I choose to trust. This will lead to many great experiences of love. It will also lead to some experiences of learning, as I meet people who do not know who they are. Somewhere in their lives they have experienced a lack of love. They are actually looking for love. They just treat me the way they have been treated. However, this relating to people for who they truly are, is giving very valuable learning in terms of compassion, forgiveness and training myself to remember we are all innocent. Can I still accept them? It is by the way the only thing which will make a difference for them. It is the only thing which will transform them. This transformation is needed if we want a world which works for everyone.

**My Insight**

Choosing to trust will give me either powerful experiences of love or it will give me powerful learning. Both are valuable.

Reflect or Share what is Present

Reflect on your life and find areas where you are not trusting. Do you really want to pay the price in terms of NOT experiencing love or missing out on powerful learning?

Take Action

Inquire with a friend what could open up for you if you choose to trust in this area.

Engage

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**1999 Turning 30**

August 24th, 1999 I turned 30 years old. I was enthusiastic. I had my own business, my own home, a lease car, a big television [flat screens were not yet there], a girlfriend, a supportive family and many good friends. However, in spite of all of these nice 'outer things' in life and despite the profound value I got out of the OneWorld Seminar, I still often felt something was missing. The glimpses in the realm of love and joy I had experienced were not yet sustainable. I kept on wondering: "Is this all there is to life? Only very short moments of happiness and then again long periods of feeling disconnected and alone?" After the Reiki weekend I knew there was more. I became more and more determined to find out the secrets to sustain that happiness!

Element 1, the interactive events of the Sustainable World Project was about to come into my consciousness.

My Insight

There must be more to life than the usual going through the motions.

Reflect or Share what is Present

Reflect on your life and inquire how committed you are to design and create a life you love in every aspect.

Take Action

Write a future for yourself ten years from now. Remember you deserve a life you love in every aspect. Put in everything you have dreamed of. No matter how crazy, unrealistic or absurd it might look to you now.

Engage

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**1999 A Birthday Surprise**

On my birthday, Ellen had organized a surprise balloon trip. A wonderful experience but again I learned the vicious ways of my Ego. Even in the most wonderful scenarios my Ego would come up with thoughts in the 'not good enough' arena. This Ego is a big spoiler and needs a very short leash! I remember my thoughts: "Oh, yes, this is great, but it would be really great to do it in South Africa while seeing all kind of wild animals." This way my identity would often invalidate great experiences and turn them into experiences which were 'not good enough'.

Slowly, . . . yes, very slowly, since I have read the books the Power of Now and New Earth of Eckart Tolle, I am learning to observe my thoughts and look at the Egoic noise. Then I smile and say: "Thank you for sharing!" Then I choose some new thoughts!

It took me only a decade, but today, as I am writing this story I relive the wonderful surprise I received on my 30th birthday, I finally feel so grateful! I finally experience the love! Thank you Ellen!

My Insight

What we focus on, we will attract in a stronger way. This applies to the Egoic train of thought as well as thoughts from a higher awareness. If I think a lot of negative thoughts I will attract more negative people and circumstances. If I think a lot of positive thoughts I will attract more positive people and circumstances. This is the Universal Law of Attention and the Universal Law of Attraction.

Reflect or Share what is Present

Reflect on your life and find areas where you are consistently thinking very negative.

Take Action

Share this with five friends and see what possible other thoughts you can think.

Engage

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**1999 Taking the Ego Abroad**

As my Egos appetite for more was not yet satisfied and so far I had only failed locally, it was time to take the Ego abroad. While the IT market was slowing down and revenues were declining, I thought it was a good time to expand my company and start a branch in Belgium. Why not create some more headache for myself!

Notice the never ending masculine expansion drift and what it does to our world.

My Insight

If the masculine energy dominates the feminine energy, it always leads to destruction. It is not possible to keep expanding. Look at the world. More profits, more people, more, more, more. It is not sustainable!

Reflect or Share what is Present

Reflect on your life and find the areas where things always end up not working. Where do you destroy what you are building.

Take Action

Inquire with a friend using the keywords of the left and right brain how you are sabotaging your own goals.

Engage

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**1999 Letting Go of the Past**

In 1980 in primary school, I had stolen a book from Arnold. Through the OneWorld Seminar, I had learned how much the past is influencing the present and therefore actually the future. In my company, I would always wonder what is this lack of power I experience? What is this lack of trust in myself? I realized that there have been times in my life where I did some things less honourable.

I decided to clean this up. I called my 6th grade teacher. I shared with him that I had stolen this book and I wanted to confess and make it up by sending Arnold a gift certificate. My teacher said: "That is a funny story and you are lucky because the parents of his girlfriend are my neighbors."

I got Arnold's number. I was about to make the call and then I felt this fear coming up. I thought: "Oh oh! He will be very angry with me!" However, I had to do this. I dialed his number. He picked up the phone. I said: "This is Richard". He said: "Who? Who are you? I don't know you." I said: "We went to primary school together!". He said: "Oh! I really don't remember you". I said: "Well, I called you because I wanted to confess that I had stolen a book from you and..... I am doing this training and..... I am seeing that I want to clean it up. I want to send you a gift certificate to make it up to you!". It was quiet for a few seconds. He said: "Oh! That's really not needed. But hey, if you want to, you can send it and I will give it to my daughter. But I really don't remember you!"

We talked for a couple of minutes and I promised to send him a photo which displayed the both of us. Then I put down the phone. It was exactly at this time that I felt a new power. I had completed one thing which had subconsciously been bugging me. I confessed the truth and claimed my power. It was not hidden any more. It was released from the subconscious. Next to the new power, I experienced this confession was also a very funny process. I recommend it to anyone.

Vidya, one of the test readers of this workbook said: "We clean our outside, like our car and our house, but not our mind, while that is actually way more important."

**My Insight**

We have tremendous power inside of us. It is however covered by countless layers of conditioning. Every time we lie, use harsh words, cheat someone or do any other out of integrity, it gets stored in our subconscious and our subconscious is of course a part of the collective field of consciousness. The good news however is, this is not who we truly are. We are pure potential. Our essential state is one of pure potentiality. As we are connected with everything, we can achieve anything. Why? Because we already are, what we want to achieve. This is known as the Law Of Pure Potential or the Law of One.

Reflect or Share what is Present

Reflect on your life and find some of the areas where you have been out of integrity.

Take Action

If you think you are worthy to live a life you love in every aspect, then clean up by sharing with the people involved. Ask them what is needed to restore integrity and trust.

Engage

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1999 More Confessions

In 1998, I was able to buy my very first wide screen television. The ultimate materialistic dream. I went to the store. I bought an 80cms wide screen. After I paid, they told me to pick it up downstairs in the basement. As they were so happy to see another idiot (offended?) spending so much money, they had a free add on an electronic agenda. The moment I had paid upstairs, they immediately gave me this free electronic agenda.

Then I went to the basement, picked up the television and loaded it in my 'fast' car. Another salesman came, who did not know I had already gotten the electronic agenda. He said: "Hey! You know what? There is an electronic agenda coming for free with this television." I felt uncomfortable, but I did not say anything and accepted the second electronic agenda.

As I drove away I became aware of feeling more and more uncomfortable. However, now it was too late and my conditioned mind brushed it under the carpet. As we all know we keep on tripping over that rubbish under the carpet. So, after some weeks I decided to give away one of the agendas, because it kept on reminding me of this out of integrity. Of course also this did not make any difference and again a decision was filed in my subconscious mind. The decision was: "I cannot be trusted!"

In 1999 after having called Arnold to clean up the stealing of his book, I remembered this electronic agenda. I went to a flower store and I bought a big bouquet of flowers. I walked to one of the same stores, as where I had bought the TV, but in a different city. I walked straight towards the counter. The two men looked at me and said "Oh! You are from the television show named 'I am sorry'?" In 1999 there was a television show where people apologized for mistakes made and they would buy flowers for the other person involved.

I said "No, I am not from the television show, but I do have something to say. One year ago and then I shared the whole story and offered to pay for having accepted that second organizer. They were very confused. One did simply not know what to say. The other one started looking in the computer system if he could find a price for this organizer. He could not find it in the computer as the product was not sold anymore. They had no clue what to do with me.

I had said "I am willing to pay for it". Finally they said "It is not needed. It is really okay". Again this was a very funny encounter. Again I felt so much relief of having confessed. You might think: "This is just a small mistake!". It's true, however if we judge it, if we keep it in our subconscious mind then we will lose our power.

So, my dear reader, if you still have some demons in your closet, some past under your carpet, then here is my recommendation. Share it! Share it with me, if you want to. I will not judge you, no matter what it is. But you have to give this gift to yourself. If you hear this story and you think about some incident in your past, then it means it is still



impacting your quality of life from your subconscious mind. My experience is, that if you authentically clean it up, people are very willing to forgive and forget. So good luck and keep me informed.

My Insight

It is the subconscious mind which shapes the quality of my life. No matter how much I justify until I clean up my out of integrities I am selling myself short.

Reflect or Share what is Present

Guess what! If you cheated on yourself by not doing the homework of the last story, then here is a second chance. I think everybody deserves a second chance and a third and a fourth and actually an unlimited amount of chances to clean things up. We are all worth it!

Take Action

Clean it up! You are worth it.

Engage

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1999 A Surprise for Ellen

It was Sunday morning, 5'o clock. At Ellen's place in NewFun City, a small city in the center of Holland, an alarm went off. I turned on the light. Ellen said: "Which jerk is setting an alarm so early on a Sunday? I said: "That would be me. I am going to the basement." She looked at me as if I was crazy and as we all know, she was right. She turned off the light. I went to the basement, where I had hidden a big red suitcase. Secretly I had been packing her stuff. I took the suitcase upstairs. I put it in the middle of the living room and then walked back into bedroom.

Again I turned on the light. I looked straight into an annoyed face. Ellen said, "What the heck is going on?" I said: "Here is a surprise for you!" I gave her a white envelope. She opened the envelope. Inside was her own passport. A note told her to take a look in the living room. She had no clue what was happening. She walked into the living room. She looked to the left and there it was a big red suitcase. She was now a little less annoyed and slowly started to show some signs of excitement.

I said: "We are going on a trip." She said: "Where?" I said: "I don't know, just pack your stuff for 8 days! It could be quite warm there. Don't bring a lot of warm clothing, maybe just one sweater." In no time she had finished her packing. Around 6 am we left the house. Purposely I drove in the wrong direction towards Amsterdam airport. She said: "We are going to the airport, cool, where are we going?" She started guessing possible destinations. Then, we passed the exit to the airport.

Next, I drove to my place in SweetLake City. I was continuously misleading her where we could be going. She kept on guessing. We ended up in SweetLake City. I said to Ellen: "Look! Who is that?" I pointed to a car driving in front of us. She said: "Hey, that looks like my best friend Jordan!" I said: "It is Jordan!" Ellen said: "What is she doing here?" Of course she did not know that Jordan was going to join us on the surprise trip.

We all arrived at my place. Obviously Jordan was informed to keep the secret. I parked my car. Jordan parked her car. Then she opened the trunk of her car. She took a big back pack and put it in my car. Ellen was looking at her and saying: "What are you doing?" She said, "Well, I am just joining for a while and then I will say good bye." I looked into the eyes of Ellen. Big eyes, which were wondering what the h#ck was going on.

I pointed towards my apartment on the second floor and said: "Who is that?" Ellen responded: "That's your mother! What is she doing here?" I said: "I don't know. Lets ask her." We all walked up. Of course my mother was also informed. She was the one who was going to drop us at Brussels airport.

After some more secretive talk, we finally all ended up in my car. My mother, Jordan, Ellen and I were driving in the direction of Belgium. I was teasing Ellen that we would take the fast train to Spain. I said: "We are going to rent an apartment there." It was all a bunch of crap.



Finally we arrived in Belgium. We stopped at a parking place. I blindfolded Ellen. Again we drove for a couple of minutes. Then, at the next parking place we met my friend Aamir. He was going to be our guide in Morocco. He was going to pick up his wife Buse. Then together they would return to live in Belgium. As Ellen was blind folded I carefully guided her out of the car. I put her right in front of Aamir. I said: "Give me your hands." I put her hands on his head as he had this very typical short curly hair. I said: "Guess! Who is this?" She said: "Hey, that's Aamir!"

I removed Ellens blind fold. She said: "What are you doing here? I thought you are going to Morocco." Everybody was quiet, but still she didn't get it. Then we all went into the car and after a few minutes I told Ellen "That is right . . . Aamir is going to Morocco and we are all going along with him." The look in her eyes gave me the most profound moment ever in our relationship. She was so happy. She was so thrilled. All together we went to the airport and next Ellen, Jordan, Aamir and I spent a wonderful week in Marrakesh, Morocco.

This is what I learned. I learned that if you want your relationships to be extraordinary, you make it extraordinary. Do not wait for the other. In giving you will receive as finally we are all one.

My Insight

To create extraordinary relationships take initiative. Do not wait for the other!

Reflect or Share what is Present

Reflect on your life and share what is present in regards to surprises.

Take Action

Pick one relationship or friendship and create an extraordinary moment for the other.

Engage

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2000 The Enormous Learning in Running a Company

I made a 2nd attempt to find a manager, so I could have my company run independent of me. I hired a person named George. I had intended to give him a salary based on performance, but again I did not stand up for myself. I gave him a normal contract.

Together we hired a couple of new people. In retrospect the first thing I learned was that I have a part in me which can always see the good in any person. I do believe that is a good quality, but it does need to be supported by a lot of other qualities, like legal work, leadership and communication. My vision was good, but I did not stand for it powerfully, as I did not have sufficient belief in myself. I did not yet know who I truly was. Also, I had not done all my home work needed to create a sustainable business. I did not like legal work. I ended up hiring some nice people, who did not ask me a lot of difficult questions. I wanted people to like me. I was not good at saying what there was to say. I was not good at confronting people with their stuff.

I hired Paul. He came through a headhunter. We paid a huge fee. Paul and I agreed this money would come out of his 70% of his personal revenue. The company was employing IT people. We found projects where our people would be paid by the hour. The company used 70% of their personal revenues for all their expenses like salary, taxes, car, pension fund, etc. The remaining 30% was for company expenses and profit.

Like Ferdinand, George also did not keep his promise of bringing new people. When I had to let go of George, Paul and George had become good friends. Paul said: "What about his children? You cannot fire him or I will also leave." I was clear that without revenues from new people I could not afford George. Keeping him would endanger the company. I had to choose between all the families or just one. It was a clear choice.

When Paul also decided to leave he was angry and left his lease car at my doorstep. The company had a 3 year contract and to return the car I had to pay a fine of more than 3000 euro. This at least I had covered in the contract. However Paul did not pay. **As the Ego loves to be right (and miserable)** I hired a lawyer. A multi year long painful process started.

My Insight

Never fight over money. It is not worth it. I can be right and miserable or I can give up being right and be happy. Choose and choose wisely!

Reflect or Share what is Present

Reflect on your life where you chose being right over being happy. Simply find any incident in the past which disturbed you. Then reflect on what were your thoughts. What were you right about that brought the disturbance.

Take Action

Pick one relationship where you have been very righteous. Inquire with a friend how big the impact is and choose again.

**2000 The New Millennium, the Start of the Sustainable World Project**

The year 2000 had arrived. The start of a new millennium. Whenever I would watch the news or read the newspaper, it used to give me a lot of thoughts and feelings. "Why do we treat each other so bad in this world?" I wondered, "There must be some other way we can relate to each other." I felt dissatisfied. Then I thought: "What can I do about this?" This gave me many other thoughts like: "Who do you think you are? Do you really think you are someone who can change the world? You are not Gandhi! You are not Nelson Mandela! You are an idiot! You cannot do that! You are not good enough!" All these thoughts led again to more feelings. Feelings of fear and feeling small and inadequate.

Despite all these feelings I started wondering how we could create a world that works for all people. I started thinking about how I wanted the world to look like. I started thinking what my life would look like, if I could do anything I wanted. I started making a 'soup'. All 'ingredients' were put in the pot of the mind. Ingredients such as 'traveling', 'using technology for something good', 'a deep desire to be related' and 'contributing to others'. Actually, I had put the whole world in the soup. The whole year of 2000 I was just stirring and stirring while the soup was simmering in my mind. Slowly the soup turned out to be a worldwide project named the Sustainable World Project. If it would be eaten then the world would be healed. Element 1 of the Sustainable World Project was on its way to being served to the world at large.

My Insight

I have to learn to stop identifying with the negative thoughts about myself.

Reflect or Share what is Present

Reflect on your life and find some of the negative thoughts about yourself. If you don't have any, then consider you might be living in denial!

Take Action

Ask ten people around you how they see you and compare their view with the view you have of yourself.

Engage

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**2000 My Mom's Secret Came Out**

I did the OneWorld Seminar one more time, now with my mother. I wanted to support her as she was not so comfortable with the English. The second day my mom came to me and said: "Can I share with you?" I said: "Of course!" She said: "When I was 8, I was abused by my father and I never told anyone!" I said: "You have to share this with the whole group!" as I knew that sharing would set her free.

My mom shared with the whole group and transformed right in front of my eyes. That very same year she overcame breast cancer, started her own business and traveled to the United States. It was a good year. A new phase of growth started for my mom. My mom, my inspiration!

My Insight

To free myself of a difficult past, I have to share this past with many people. The more difficult it was, the more people I need to share with. The Ego does not like this. But am I worth this effort?

Reflect or Share what is Present

Reflect on your life and find a experience from your past and share it with us.

Take Action

Start sharing this with people you feel safe with. If you want to, then you can share with me. I promise you that I will not judge, I will just listen and understand.

Engage

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**2000 My Dad Showed his Emotions**

One month later my dad did the OneWorld Seminar. Some weeks after the seminar the whole family was at my place in SweetLake City. We were all sitting on my big yellow couch. Sitting right next to me was my dad. "Can I share something?", he asked. "Of course!", I said. He said: "I see that every time someone is sharing about their father I get all choked up. I do not know what that is." I asked him: "So, what is present for you at such a moment?" His voice got all emotional and he said: "I just see I really loved my father, but I never told him." I was sitting right next to my dad with my hand on his knee. It was a moment of profound intimacy.

What I learned from my dad in his sharing was to express my love, right here, right now. To express my love when people are still alive. I am not going to wait till something difficult happens. Life is now. Thank you dad for this wise lesson! My dad, my inspiration!

My Insight

Life is now! If I want to experience love and joy, then I need to express myself right now.

Reflect or Share what is Present

Reflect on your life and find some relationships where you are suppressing yourself.

Take Action

Start expressing your love, gratitude, appreciation and respect to these people!

Engage

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**2000 Ellen, the End**

My relationship with Ellen had ended. Why? I actually forgot. Probably because I am a fool and my Egoic identity created the usual separation. It was the non acceptance of myself projected on the other in some form of 'not good enough'. Sorry.

My Insight

Any judgment I have about someone else is a projected judgment of myself.

Reflect or Share what is Present

Reflect on your life and find areas where you always judge others. Then remember it means you are judging yourself.

Take Action

Take responsibility for the projection of your judgment and go beyond the denial that it has nothing to do with you. Start loving yourself you bugger!

Engage

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2000 A Blind Date in London - Live Outside the Box

My biggest breakthrough in participating in the first program of OneWorld Education came from the following insight. Genuinely sharing my life is the key to being related. The recognition of the shared humanity is the doorway to the experience of oneness a.k.a. love. I had never felt this kind of connection to others. I started exploring how to recreate this breakthrough in my life.

On the internet were a lot of E-mail groups for participants of the programs of OneWorld Education. I registered to almost all of them worldwide. In those groups, I shared about my life and enjoyed this new found relatedness. On May 25th in the year 2000, I received an email of a 27 year old lady, named Rani. She was participating in the same course in the London office as the course I had done in April 1999 in Amsterdam.

Rani had recognized herself in my sharing that I felt like I had lived in a box and now the lid was blown off. On Saturday, May 27th I decided to give her a call. In my living room I was sitting behind my desk. Behind me two big palm trees. It was 6 pm. I dialed her number *and there she was.*

This phone call was one of the most extraordinary calls I ever had in my life. "What do you like in life?", I asked. She said: "I like traveling" I said: "That's great, I love traveling too." I said: "I like your name Rani. It is a beautiful name!" She said: "Well, if you pronounce it backwards then it is Inar." This was funny as I would do the same with my name. My name backwards is 'Drahcir Raaneged'. Rani shared her deep desire to live life fully. This was something I also deeply desired. To love and to be loved.

We started talking about relationships. Soon she said: "I am single." I said: "Me too." There was so much recognition in such a short time, that now I understand the expression of **falling** in love. As I am writing this, I feel that same energy coming up. It lifts you up. It makes you think you can do anything.

We were both very excited. I said: "It would be great to meet up." "Definitely!", she said. I said: "Why don't you come to Amsterdam?" She said: "What? Now?" I said: "Yes, why not!" She said: "Well, I would like to, but I don't have any money." This reminded me of Angel who used the same excuse to decline my invitation to a school party at age 16. But now, as I had learned some more in life, I was not the same fool as before. I had become a determined fool.

She continued: "Why don't you come to London?" I said: "Okay, I will come to you!" She said: "What, really? You are going to come to London for me?" I said: "Of course, why not! Listen, this is what I will do. I will put down the phone. I will call some travel agencies. Then I will see you in London in a couple of hours." She said: "Okay, make sure you come to London Heathrow. Wear your name tag of the course you did at OneWorld Education, so I can recognize you and don't forget to send me a fax or an email with the details of your arrival."



I put down the phone and started calling. As it was a Saturday evening, I could not reach the travel agencies. Booking over the internet also did not work as it was too short notice. Slowly it became later and later. Finally around 8:00 pm I send her an E-mail.

Dear Rani,

Be patient, it is not going as quick and easy as I thought.

And I want you to know if we are committed, then miracles can happen. I will be there in London latest tomorrow morning. I will fax and email you as soon as I know.

Love and XXX

Richard.

For the very first time in my life, I committed myself to something. I thought: “No matter what, no matter what, I will be there in London latest tomorrow morning!” **I knew that it would happen.**

My Insight

If I commit to something, then miracles will occur. Committing means knowing that something will happen. Inside commitment there is no doubt. It is beyond believing something! It is a shift in consciousness and that shift manifests the outcome of what you have created.

Reflect or Share what is Present

Reflect on your life how little you commit. Find one area in your life which is truly important to you. Now say: “No matter what, no matter what, I will cause a breakthrough in this area.”

Take Action

Share this commitment with ten friends and take some action you have never taken before. You can share with one at a time if you like, just make sure you share with a total of ten.

Engage

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**2000 In life there are only expressions of love and requests for love**

I grabbed some clothes, turned off the lights and around 9:00 pm, I left my apartment. I stepped into my fast Opel Astra with all the cool extras (which I still didn't appreciate) and started driving towards the airport. I was singing along with Rene Froger. "This is the moment! This is the day!" I was in heaven.

After the training I had done, my relationship with my mother had changed a lot and I had decided to give her a call. I had told her: "Mom, I am sorry I was such a jerk in my teens. I am very sorry for being cranky for so many years. Have I ever told you that I really love you!"

So my relationship with my mom was pretty good these days. I shared a lot with her about my life. Sitting in the car I decided to give her a call, I said, "Mom, I am having a blind date in London." She said: "That's great, did you bring your passport?" Moms are moms finally, the same everywhere in the world. They will remind you. They will warn you. Until today when I leave, she will say: "Drive carefully!" It had cost me a couple of thousands of Euros in course fees before I understood that this simply means "I love you" and it does not mean "I don't trust you. You are not good enough". Now, when she says these words, I smile and say: "I love you too!" Then my mom smiles. I guess moms just want to know that their love is being received.

To my mom's question I said: "No, I did not bring my passport!" "You are kidding!", she said. "No, I am not!", I said. I decided to take the next exit to go back home and pick up my passport. However, I was so excited that I actually missed the next exit and had to take the one after that. Quickly I went home. I picked up my passport. Then again, I went to the airport. And you know what? I did not mind at all. I was living towards a great future. And that future impacted me right now. I was happy. I called a friend in London and left a message on his voice mail. I said: "Guess what! You are going to pick me up from the airport! I might give you a call somewhere in the middle of the night! So you better be prepared!"

Towards 11:00 pm, I finally reached the airport. I went straight to the check in desk and said: "I am going to meet the lady of my life. Pls get me a ticket to London!" She immediately smiled and said: "Let me see what I can do." She started making some phone calls. I was actually overwhelmed to see what people are willing to do if you are passionate about something. I learned that all people are waiting to be inspired. All people are waiting to experience this glimpse of who we truly are! Finally she said, "Sir, I am very sorry there is no plane going tonight, but please be here tomorrow at 6:00 am. Then go to desk 17 at the end of the hall. There you can get the ticket."

Slowly I started walking towards the exit not yet giving up my mission to reach London this night. Suddenly I looked to the left . . . *and there it was* . . . through the window I could see a big plane outside. It was there! It was waiting for me. I walked to the nearest desk and said, "I see this huge plane outside. Is it possible that this plane can bring me to London? I am having a blind date with the lady of my life!" "No Sir, that is not



possible.” said the lady and she smiled. I did not mind at all, I was just joking, all was well, it was just a game. I called my parents again. I said: “I am coming to your place. It is a little closer to the airport. I will sleep for a couple of hours. Then tomorrow early morning I will go to London.” “No problem.”, they said. “We are playing cards.” Around 2:00 am in the night I arrived at my parents' place.

Up to 3:00 am, we talked and talked, sharing all the excitement. Then I went to bed and at 5:00 am the alarm rang. It was a very powerful experience to have my parents included. They were enjoying the whole adventure. My mom had prepared my bed in the caravan, I didn't break any windows of the caravan that night. She made breakfast for the next day. She had even put an alarm at 5:00 am. 5.00 am I woke up. Everything was prepared. Everything was taken care of. That night, I truly experienced the parental love we so often take for granted.

My Insight

In communication there is only expression of love and expression of lack of love or in other words a request for love. If I am aware of this I will perceive so much more love in my life.

Reflect or Share what is Present

Reflect on your life how easily or not you can receive the love of the people around you.

Take Action

Make a conscious effort with one person to get their love. Share this experience with 5 people.

Engage

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**2000 A Blind Date in London, the Power of Love**

After sleeping for two hours, I drove to the airport. Despite the little sleep, I experienced a tremendous amount of energy. It was the Power of Love. It was a deeply fulfilling future touching me now, in the present. Years later, I learned that this Love is actually inside of me, inside of all of us. It is all around us and I can tap into it at any given time.

In this Blind Date however, the love was projected outside of me on one person. Later I understood that it is our journey to awaken and reconnect with the love inside. Wake up and let your love shine. On what? Your Self! Which is everything! Love your 'crappy' body and your 'crazy' thoughts, Love your family, your father, your mother, your brothers and sisters. Love your children, your dog, . . . including its fleas. Love your neighbor, the neighbor's wife . . . and all else!

At the airport, I went to desk 17. I said: "I am going to London to meet the lady of my life. Please get me a ticket!" She said: "Sure, that's no problem. It will cost 400 Euros." I said: "What?" In the news papers I had always seen cheap tickets to London for 40 Euro. This was 10 times more. However, the Power of Love is unstoppable! I said: "What else is possible?" She said: "You can try Emirates. Go to desk 27."

I went to the check in desk of the Emirates. I repeated my usual line. The lady looked up from her desk, smiled her pretty smile and said: "Sure" that will be 345 Euros. As I was a man on a mission, there was no more time to waste. I said: "Yes!!!!" It was Sunday morning 7:00 am. I had received my ticket to London.

The lady behind the desk said: "One more thing. You have to run, because they just started boarding!" I took my trolley and started running. Left, right, around people, through people, no not through people, but I ran as quickly as I could. My future was calling me. The trolley was pulled so fast that it actually sometimes became air borne. The Power of Love had given it wings. Together we were flying; a journey to reach love, even though love is always there. I just need to enter the 'boarding gate' by removing my blocks to perceive that love. At 7:25 we boarded, my trolley and I. Just in time for a next adventure the pursuit for love would bring in this blind date.

My Insight

There is a bigger power than money and any perceived obstacle. It is love and it is always there! It can move mountains and can get you on a plane to London. To experience it I have to work on removing the blocks!

Reflect or Share what is Present

Reflect on your life what are your blocks to experience love.

Take Action

Find one area in your life where you are stopped in experiencing love. Distinguish what is the block. Commit to a breakthrough. Share this block with ten friends.

**2000 A Blind Date in London, Confessing my Sins**

I sat down at a window seat and took one deep breath. Next to me, a lady who was a preacher. She was from Jamaica. She said: "What are you going to do in London?" As a good boy I immediately confessed my sins. I said, "I am going to meet the lady of my life, the woman of my dreams."

Some days after this blind date I thought: "How is it possible I am meeting all these extraordinary people? Was it my lucky day?" It was only years later, after reading Eckart Tolle and Marja de Vries on Universal Laws, that I understood, that it was my energy or being which awakened the same in others. Scientists have now actually distinguished this as an Universal Law. They named it: The Conscious Transformation of Energy, or in my case the Unconscious Transformation of Energy.

By the time the plane landed in London the lady preacher and I were profoundly related. The flight was too short, but we had to say our goodbyes. Now I was at London Gatwick. What next? I had to take the train to Central London and figure out a way to let Rani know that I had arrived.

My Insight

Being impacts being. Being Awakens Being.

Reflect or Share what is Present

Reflect on your life how suppressed and small your being often is. This is causing only small results. How self expressed are you?

Take Action

Take a deep breath. Run up and down your living room ten times. Then call someone and say something you have never said before. Preferably something nice!

Engage

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2000 A Blind Date in London, a Price Worth Paying

While the train was speeding to London, I had some time to think what could be next. Coming from years and years of unsuccessful experience with women, I cooked up one of my usual smart plans. Then I thought: "No way, I am going to do that!" Then I thought: "Yes, you are going to do that! No, I'm not! Yes you are!" Finally I gave in to myself. I called my father. I said: "Dad, send a fax to Rani and tell her to be near the Big Ben just before 10:00 am. When the clock starts striking ten, then start running. I will be on the lookout. If I see somebody running, then I will run towards that person and give her a big hug. **So it better be you!**"

Meanwhile some people in the train gave me some strange looks as they overheard the conversation. My dear reader, this is the price you pay for living out of the box. You will be judged by the collective. However here is the secret. You will be judged anyway, so why not create a life where you pursue your dreams rather than trying to look good pleasing everyone!

I started a conversation with the couple sitting right across to me. They came from America and were enjoying their honeymoon in the UK. Soon we arrived at central London.

After deboarding the train, I walked to the exit of the station. When I opened the door, it was pouring and pouring. Welcome to England. I could not care less. I was living the life of my dreams. I took the metro to Westminster and waited near the Big Ben. I called my father again to thank him. I said: "I am near the Big Ben and I am going to meet her in half an hour." Slowly I became more and more nervous as time was ticking towards 10:00 am.

Five minutes to go. Slowly I walked towards the Big Ben. It took half an hour and then also the last 5 minutes were over. I was barely able to be with myself. My stomach did things I did not know it could do. While still raining heavily the clock started striking. I looked around and saw a few people rushing through the rain. But nobody was running though. The clock finished striking 10 and I looked to the left No one! I looked to the right. No One. The only running was from the rain which was running down all over my body. Then suddenly it happened. I had one of the most profound insights of my whole life.

"Your quality of life is coming from the game you play. It is found in the sheer joy of being. It is not about results."

The experience of the last 14 hours had been extraordinary. I had already won the game, simply by playing it. Also I knew that there was just a miscommunication between me and Rani. It was very clear in the call we had, that she was as excited to see me as I was to see her. I called Rani on her landline. She was not at home. I called her on her cell. She did not pick up. When finally I got a hold of her on her cell phone, I heard the story from her side. She had not slept all night, thinking: "Oh! Richard is going to come



to London!” She was indeed as excited as I was. She took the very first metro in the morning to Heathrow Airport. The rest of the morning she spent running between all the gates where flights from Amsterdam arrived looking for a fool with a nametag.

As I am writing this, I feel so blessed as I get the love in hearing how she was running to find me. There is so much love around. Love is actually all around. I learned however that I am quite handicapped in receiving this, which you will get in a moment as this story unfolds. But as of today, I am happy to inform you that I am working to demolish all these barriers to love. Not just for me, but for all of us. This Blind Date so far had unknowingly already inspired me to start the Sustainable World Project at the end of the year 2000.

My Insight

My quality of life is coming from the game I play. It is found in the narrative I hold in my consciousness. A powerful narrative can bring sheer joy in the moment of now. The sheer joy of being. Quality of life is not a function of results, it is about who I am being. Who I am being is a function of the game I play as that is decisive for the narrative I hold in my consciousness. Sadly most of us play undistinguished games from the subconscious mind which revolve around not being good enough, not being worthy and not being lovable. It is time for change!

Reflect

Reflect on the games you play in life. What is the narrative you hold in your consciousness? What is one automatic repetitive negative narrative that brings you suffering and blocks you from love.

Take Action

Share this narrative with 10 people.

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**2000 A Blind Date in London, understanding love**

On the phone with Rani we looked at our metro maps. She said: "Let's meet in the middle at Hammersmith. There is a shopping mall. Downstairs is a small book store. Wait in front of the bookstore and I will come to you." I took the metro and arrived first. Meanwhile the tension in my body started building again. I was not able to stand still. I walked back and forth being so nervous and so alive at the same time. My expectations were high. With every lady approaching I had interesting thoughts. A first lady was walking towards me. I thought: "Yes, let it be her. . . . Oh, no, she is walking by." Then a next lady would come from a distance and I would think: "No, not that one. No, no, no, okay, she is walking by!"

Fully identified with the external physical world as perceived by my senses and a mind conditioned by 30 years of exposure to all kind of messages of how the perfect woman looks like, I actually knew very little about love.

Suddenly I looked to the left and there she was. Out of nowhere she had arrived. I looked at her. She looked at me. After an everlasting silence a thought came to my mind. A judgment, "oh, she looks 17 instead of 27!" and then another judgment came. What to do if you are a conditioned fool? And are you now judging me for judging? That is still the same mechanism.

Later I learned that I, as in who I truly am, was not judging her. On the autopilot judgmental thought comes to our mind. If we are not self aware then we identify with those thoughts and the thoughts will become words and actions. Once we become self aware we can observe the judgment, remember that these thoughts were not consciously chosen and therefore not mine. Then we can dis-identify so we can create from a place of who we want to be. We can speak without judgment.

I felt very embarrassed and it took me a couple of minutes to get a hold of myself. As much as I want to be cool, that much I hate it to be fake. I had to share, but in a responsible way. I said: "I am very sorry. I see I am judging you. I guess I had some different expectations. I am very sorry." She said: "It's okay. Just tell me what works. What shall we do? What shall we create?" Deeply moved by her generosity I was more than happy to declare a friendship and we decided to spend the day together in London.

We bought tickets for the famous red double decker buses. We spend a day filled with joy, lots of sharing and lots of relatedness. I recall one moment sitting fully in the back of the bus. We sat close together and she moved her hand through my hair. The little Ego monsters in the brain liked it. They became quiet and started purring like a cat. The judgments subsided. For a brief moment intimacy and oneness had won. A beautiful day had just begun. In the evening, we parted as friends.

My Insight

If I judge I cannot experience love. A next insight I had, thinking about the Big Ben adventure, was the following. Life is just an opportunity to create different experiences.



There is no right and wrong about it. No need to defend what I want to create, no need to attack what other people want to create. I can simply choose which flavors of love and joy I would like to experience.

Reflect or Share what is Present

Reflect on your judgments on the looks of women and men. Confront how much relatedness this is costing. Do you think it serves you?

Take Action

Share what kind of judgments you make on looks. Next time you meet someone be present to your judgment of their looks. Then, go beyond these judgments and create a friendship with love and respect.

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**2000 A Blind Date in London, Reflections**

In retrospect of course it was again my undistinguished Ego which projected the 'not good enough' on her. While I am writing this, at first I will judge myself for that, but this is again the Ego. Then I will feel a little embarrassed, guess what, that is again the Ego.

Finally I have learned that the only way out is to forgive. It always supports me to share the thoughts; to tell the truth in the most responsible way possible. I know that the Ego is just bringing all rubbish. It brings conditioned thoughts from the past. If I am present that it is not the true me who is thinking the thoughts, it is not who I truly am, then I do not have to identify with it. Without identification I can act from the awareness that we are one and laugh about the crazy separating thoughts of the Ego until it comes through another backdoor and again I will suffer and miss out on love. We are going to need some very powerful structures to deal with this Ego. Luckily I was about to start the Sustainable World Project, which is exactly that.

This blind date I learned so much. The insight which 'rained' into me at the Big Ben was the learning that I was normally very result oriented. It was all about doing things to get somewhere, achieve something or acquire something, or someone. However, if I think about what I truly want in life, then I realize that it is none of the above. All I want is to be happy, to experience love, to be joyful, to playfully fully express myself, to have peace of mind and to be at service. I experienced all of these in this blind date.

For sure this was an extraordinary date with an extraordinary person. I will never ever forget this. Thank you so much Rani.

My Insight

Ego-Identification with thought, feeling or body always brings suffering. Identifying with conditioned mental pictures in the mind keeps me away from love. If I become self aware and dis-identify from thought, I can start experiencing TRUE love as that is who we truly are. There is actually no external person or world needed to experience this. It is only a shift in consciousness.

Reflect or Share what is Present

Reflect on your life and make a list of all the physical objects (including bodies!) and mental positions you are chasing. Remember that life is already perfect. There is nowhere to go and nothing to do. Every moment in life has all we will ever need.

Take Action

Set up some structures in existence which will remind you that right now in life nothing is missing, nothing is wrong. All is well! You are whole and complete right now.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2000 Falling Head over Heels . . . Yes! Again!**

I have learned that I have judged myself for a long time for falling in love so easily. It is just a judgment of the Ego. If who we truly are is love then falling in love, being in love or being love should be the most natural thing in the universe. The Ego however likes to judge everything.

My friend Bob and I were walking to the car after a seminar. At a nearby cafe he saw his coach and she gave him a big hug. Jokingly I said: "That's great, can I get one too?" "Sure!", she said and she gave me one big hug too. She was irresistible and I was in love again. Only now in Jan 2013 I realize that this is actually a wonderful quality. Slowly all barriers to love anyone or anything are disappearing. Slowly love is ALL around. Could this be a reflection of cosmic truth?

My Insight

Falling in love with everyone and everything is the most natural thing there is. As all is one it is actually you falling in love with your Self. You can enjoy all the beautiful, different and unique flavors of yourself.

Reflect or Share what is Present

Reflect on your life and confront how many people and things you do not like. Get present that this only brings suffering to you.

Take Action

Pick one thing and one person in your life you don't like. Inquire with five friends what could open up for you if you choose acceptance instead of resistance and judgment.

Engage

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**2000 Children are the Coolest**

It was July 2000. I was calling the coach of my friend Bob. I had figured out her name. It was Angelina. A young lady named Tara picked up the phone. She said: "My mom is not at home." Young people are the coolest. They have little judgment and so much self expression. Hearing her powerful and free being gave me the space to also fully express myself. I said: "I really like your mum!" She said: "Me too". Tara told me that later that evening Angelina would be at the OneWorld training center.

So that evening I also went to the center. After some 15 anxious minutes I found her and I invited her on a first date. She said: "I cannot make it on that day as I have to take care of the kids." I said: "I can come to your place." She said: "Yes!" Later that week I went to her place. I had brought some gifts for her and her children. During most of the evening, Angelina was holding back not wanting to surrender to love. She said: "I am 43." She thought the age difference of 12 years between us could be a problem. But I kept on sharing and sharing and sharing, peeling off the layers of conditioning towards love. I read a poem to her on how she is such a wonderful mum to her children. That finally reached through to her and she started crying being present to who she truly was. Then, she came over to the couch where I was sitting and surrendered to love, to who we truly are.

I started seeing Angelina regularly and a couple of weeks later I was bringing her kids Alejandro and Tara to bed. Alejandro turned around, looked at me and said: "Does this mean I should call you dad from now onwards?" I thought it was the sweetest thing. I was deeply moved.

Often I would stay over at Angelina's place. We used to sleep next to each other, but we didn't have any sex. I am still trying to figure out why. Maybe it was the age difference, or maybe I was still a fool. I don't know. But what I do know is that this was a relationship with a lot of maturity. I was deeply inspired by Angelina's communication skills.

My Insight

Inspired by Alejandro and Tara I realized that young people are in so many ways much more powerful than we are as adults.

Reflect

Reflect on your life and confront how much self expression and joy you have lost since your were 5.

Take Action

Pick one area in your life and commit to be like a child in that area. Inquire with five friends how that could look like. Start playing again! The Ego will only briefly have pleasure when it has acquired something. Next you will be back into suffering. Increase your awareness and become who you truly are. I will promise you that you will



experience joy. What is needed for this joy? Nothing. It is simply the joy of being. This is what we can learn from our children.

2000 The Power of the Mind

Angelina had invited me to come along on a training weekend in Israel. I remember we were standing in her living room and I felt uncomfortable to go. I don't know why. I didn't have the courage to tell her. I wanted to meet the expectation of my girlfriend. If my new girlfriend was asking me to go somewhere then I should be happy to go along. I grabbed my electronic agenda to make a note for this weekend. It was the electronic agenda which I got as an add on with my wide screen television. It was the only one I had left. Every time I would use it, my subconscious would be programmed stronger and stronger about me being a dishonest person. This is how we program ourselves.

As I opened the agenda to make a note for that weekend, I felt this huge resistance. I felt so stuck. When I looked at the screen of my electronic agenda, I suddenly saw the text was scrolling like the credits after a movie, but way faster. Huh, what is happening? This I had never seen before and have never seen it afterward. Also no button of the agenda was working and I could not enter the appointment. Apparently the strong energy I was feeling was somehow impacting the agendas behavior. I didn't think too much about it at that time. Now as I know that everything is connected to everything else I have realized we have so much power in our mind. The question however is: "What are we going to use that power for. To spread love? Or to spread fear? To feed the Ego or to liberate ourselves and each other?"

My Insight

As ALL is connected to all, we are ALL powerful.

Reflect

Reflect on your life and find some circumstances you think are beyond your reach.

Take Action

Write a story about how you would like to see this circumstance. Share this with ten friends. If you are truly committed to alter these circumstances then start a daily discipline where you read this story, visualize the new circumstances and start to feel how you would feel being in these new circumstances.

Engage

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**2000 A New Ending**

I don't remember how this relationship ended after a couple of months, however I do know it was in a very mature way. We had said everything there was to say. Till today we are still in touch. This relationship was for sure the most mature one so far. An experience I would not have wanted to miss out on. Thank you Angelina!

My Insight

If I increase my awareness, then my communication skills will improve and therefore all my relationships will get new value.

Reflect

Reflect on your life and pick one relationship you want to improve.

Take Action

Inquire with ten friends what would be needed to do so. In this inquiry your awareness will grow and new ways of communication will arise.

Engage

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**2000 A Girlfriend for my Birthday!**

I was doing a next course at OneWorld Education. Every week I was setting goals and since my birthday was coming up, I thought: "Why not set a girlfriend as a goal." I was still thinking that a girlfriend could fill the gap I felt. Actually this gap was my longing for unity. Without knowing it, this has been driving me my whole life. As by now you are probably counting the girls I am writing about, you are starting to get how deep this desire was.

I now understand all of us are already connected. There is nothing to do and nowhere to go. There is only to remember who we truly are and remove what is in the way of experiencing this. If the Ego is dominant in the mind then this is very much in the way of experiencing Love or in other words Oneness. Sadly, this must mean I have a very big Ego as I feel such a strong longing for this Oneness.

I have learned however, that we can experience our divinity. How? One possibility is through dialogue. Dialogue with our fellow human beings. What kind of dialogue? A dialogue where we share our authentic human experience. Then, through the recognition of our shared humanity we connect. It is then, that we start experiencing the Oneness and unity which is actually already always there.

However, do not underestimate the power of the Ego; the power of the 'Dark Side'. Some of its weapons are fear, guilt, attachment, resistance, projection, denial and judgment. "Powerful weapons they are!", Yoda would say.

August 24th 2000. It was my birthday. I was sitting behind my desk in my apartment in Holland. In the course called the OneWorld Seminar I had learned that everything starts with sharing. I send out an email to a group of worldwide friends sharing my intention. Here is a part of that email:

I will write some lines about my commitments in a future relationship as if I am speaking to my future girlfriend.

I am committed to passionately living life fully.

I am committed to keep on training myself to explore new fulfilling possibilities.

I will look for the best in you and give the best of myself.

I love to fully and authentically express myself to you

I love to be intimate and to be present to you.

I love to cry together watching Notting Hill.

I love to meet you on top of the Empire State Building (or at my place).

I love to laugh with you.

I love to talk to you.

I love to be silent with you.

I just love being with you.

The possibility of our relationship: Extraordinary Love, Adventure, Fun, Travelling and



Transformation. If you know someone who is inspired by this possibility it would be great if you pass it on to her.

I send out this email to hundreds of people. A couple of days later I got a reply from Kiki who lived near New York. The reply said: "I loved your email. I like the OneWorld Seminar too. Give me a call, Kiki."

My Insight

We are all on a life long journey towards love.

Reflect

Reflect on your life and share your journey towards love. What will be the one thing to learn for you to get more moments of true love in your life.

Take Action

Share this with 5 friends so you strengthen this learning in your consciousness.

Engage

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2000 The Paradox of the Special One

The next day I decided to call her. It was midnight for me and it was 6 hours earlier where she lived. I dialled her number. She picked up the phone. I said: "Hi, guess who is calling? It's a long distance call from far across the ocean." "Richard?", she said. I said: "Yes!"

I asked her: "What did you learn from participating in the OneWorld Seminar?" She said, "In the OneWorld Seminar I looked at the relationship with my father. The seminar leader said to me: 'It is not only that parents want to hear that you love them. What's even more important to them is to hear that you get their love. I understood this. Next, I went to my father. I sat down. He sat right across to me. I said: 'Dad, I just want to thank you for all your love while I was growing up. You brought me to the swimming pool so I could learn to swim. I got your love in that. You were coming to watch my basket ball games. I got your love in that!' Then Kiki said: 'When I looked at my dad, I saw tears coming from his eyes. Finally he got that his daughter received his love.'"

On my side I also felt tears coming up. I thought: "Wow, this is a seriously cool lady." The moment I thought this I lost my presence and got into my head thinking: "Ooh, but now what am I going to say? What am I going to do?" Then I thought: "Okay, you learned to express your experience of life, so share this with her." I said: "I don't know what to say." She waited a few seconds. Then she said: "What do you want to ask?" I said: "Are you single?" Well, I didn't say it so fluently as I do now. It was more like: Arrre youou single?" I thought she had said yes. Later, however she said she did not. Maybe we human beings don't listen so well. She had said that she was in an inquiry with another person. But I was so excited that probably I did not want to hear that.

We talked for 3 hours up to 3:00 am in the middle of the night. When I put down the phone I was left with an experience of: "Wow, could she be the one?" Haha, I am laughing as I am writing this as I am learning that this looking for one person who will be the "One" is probably one of the many pitfalls of the Ego. The Ego wants 'special'. But if someone is special compared to the rest then that person would be separated from others. So, welcome to life's wonderful paradoxes. Yes, you are special, but here it comes, we all are and it is only the eye of the beholder which determines whether we see it. If this eye of the beholder is hooked to an Egoic mind then the special love for 'the One' will quickly change into special hate towards 'that One'.

Oh, sorry, I am preaching again. Who am I to tell you. Sorry, let me remind you I am just another fool. Do not listen to me! You have seen how my Ego is running the show in my relationships. But then again maybe you thought this workbook was written for you. No, sorry, it is just for my self. I seem to forget every time who I truly am. So, I thought if I write a workbook then all of you can remind me and finally my life will work. Luckily we are all connected, so my Self is you included. Okay, Richard, enough now. Back to the story. Be a good boy! Okay, Mr Higher Self, please don't punish me.

**My Insight**

My Ego wants to be special and find someone special. I have learned however that this always involves separation and it does not lead to me being happy.

Reflect

Reflect on your life and find areas where you want to be special or you want to find that one special person who will make you happy for the rest of your life.

Take Action

Inquire with ten friends into one area where you want to be special. Look for the impact it has for your experience of your life.

Engage

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2000 Learn to Disarm your Mind Weapon

In the next 10 days Kiki and I called for 15 hours on my cell phone. This gave me a phone bill of more than 400 Euros. I was completely thrilled and completely excited and after paying the phone bill I was also almost completely broke! We decided it was time to send each other the first photograph oh, oh, the Ego will be ready.

Judgments are loaded in the mind-weapon. All past is ready to be linked with lightning speed and kill our target of love. This mind weapon is a dangerous one, as it has not just one trigger, no, it has many! Next to that, also most triggers are invisible to the human consciousness. So, we will attack and we will be blind to it.

I received an email with subject 'photo'. I remember I was a bit concerned. I thought: "Oh, oh, I hope I really like the way she looks." She had sent me a group photo. The photo was so big that it did not fit on my screen. When I opened the photo I only saw the top left part. Slowly, very slowly I started scrolling down. She had said in her email that she was sitting somewhere in the middle, down in the picture. First I scrolled down. Then, I took a few deep breaths. I said some quick prayers. Then slowly I started scrolling to the right. While I was scrolling I was judging all the women I saw, again as with my blind date in London, I would think: "No not her Yes she is okay . . ."

Kiki had said that she was wearing something in pink. Finally I saw her and I was happy. The photo was actually a little vague but I thought she looked very pretty. A first sigh of relief. The mind-weapon was temporarily disarmed.

One thing was out of the way. (for that moment). A next issue was that she was 6 feet tall. Quickly I went online and looked up at the exact length of 1 inch in centimeters. As it turned out her length in centimeters was 182.88 cms. I am 183 centimeters. I was taller, even though it was only 5% of 1 inch. A second sigh of relief came and the Ego went further back in its cave to take a short nap. But, just like our cat the Egos ears are never asleep.

Kiki and I decided we should meet up. She would fly to Holland and spend some days with me before she would travel to India. Judgment day arrived. This is an interesting term right? Recently I learned a new interpretation for what that actually could mean. It is not the scary version like in the movie 2012. No, it is the last day that people judge. So after this day no more judgments. Cooooooooo! I loved this. How would the world look like after this day? I cannot wait. I just hope though that I am not that last person judging. Would look very bad on my resume. Anyway, back on track!

Very early in the morning I drove to Amsterdam airport. I was quite nervous. It is such an exciting moment where you are going to see someone for the very first time. I looked to the left and **there she was**. She looked completely different from the photo and my Ego rushed out of the cave and said: "Got you sucker!" Again I was confronted. Similar as in my blind date the Ego came out of the cave to crush on love. However, this



time I was more present. I said to my Ego: "Calm now Beastie! Calm now! All is well. Relax." I petted the beast for some minutes and it decided to lay down at my feet.

Kiki and I started talking. In the car slowly we got more and more related. Then my experience of her shifted and I could see who she truly was. She was being great, awesome, powerful and beautiful. Have you ever experienced this?

Getting present to who someone truly is will always shift the Egoic view. She literally transformed in front of my eyes, as again I say that beauty is in the eye of the beholder. How to give words to it? As my mind or being recognized or remembered who she truly was, who we all are, my mind informed my eyes and I literally saw her as pretty. No games, no word jokes, seriously. This was amazing! This is the way how you see some one completely shift. It is by me shifting. That is how you see truth. It is not about perception and appearances. It is about remembering or knowing who you truly are and who we all are. Then, you can see it all around you. I am so excited writing this as I actually never ever got it so clear for myself as right now as I am writing this paragraph. I really wish for you to get this.

My Insight

If you look with eyes hooked up to an Egoic mind then you only see beauty when it meets a lot of conditions. If you look with eyes hooked up to a mind with a higher consciousness, then you will see beauty everywhere.

Reflect

Reflect on your life and find things and people you consider not beautiful or find your 'problems' Realize that is is just your conditioned mind you are identified to and that it brings you tremendous suffering. Seeing it without judgment is releasing it.

Take Action

Inquire with ten friends whether your paradigm of beauty is really serving you. You can share with one at a time if you like, just make sure you share with a total of ten.

Engage

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**2000 Forgive, It is Just a Mistake**

Let me take one paragraph to apologize to all women (and men) who have been judged by their looks. Please remember that this is just a mistake. Looks have nothing to do with who you are. Looks have nothing to do with beauty. It is just the Ego playing out its game. It is NOT the highest truth. You are pure love, beautiful and wonderful beyond words and beyond comprehension.

You have to forgive the ones who judge you as they have not yet learned who they are. Therefore they cannot see who you are. You forgive them by realizing that they have listened to a false part in their thinking called Ego. They were identified with egoic thought. It is just a mistake. Remember that our thoughts come on autopilot. In a state of Beta or lower egoic consciousness we do not choose our thoughts. In that sense we are all innocent. Because, we, who we truly are, did not pick that thought. 'We' were not there! So, observe your thoughts and ignore those which do not serve.

Power comes when we learn to dis-identify from our automatic judgmental thoughts. This is called higher consciousness, unity consciousness or state of Alpha. In this state we let our light shine. In this state we know who we are. In this state we automatically spread love and remind others of who we truly are.

Kiki and I spent one week together. On September 22nd 2000 I said: "I think you are awesome and I want to commit to a serious relationship!" She said, "Yes" and then she left to India she left to return some weeks later, in case you are wondering!

My Insight

I can forgive people who judge me. It just means that they have not discovered who they truly are. They have not discovered how wonderful, beautiful, powerful and worthy they are. Therefore they cannot see it in others.

Reflect

Reflect on your life and find relationships where judgment is present.

Take Action

Imagine how those people have grown up in an environment with little love. Imagine how their father and mother have said things which were perceived as hurtful. Can you feel some compassion for them? They have not learned about love so how can we expect them to be loving. The question is what will I bring to the world. Will I spread judgment or will I spread love and acceptance. Enter into this inquiry with a couple of friends.

Engage

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2000 Sending Flowers to Puttaparthi

A fool in love. I was thinking: What can I bring to the relationship while Kiki is in India. I thought: "Wouldn't it be cool if you are an American receiving flowers from your lover in Europe, while you are in India".

I sent an email to some email groups of people who also had participated in the same trainings from OneWorld Education, but in Bangalore, India. I asked: "Who is willing to support me in sending flowers to Kiki in the Puttaparthi ashram of Sai Baba? I received 3 replies. One was from Santosh. He said: "Sai Baba's ashram is quite far away and it would take me one complete day. However, I can go there on Saturday, which is a non working day for me. Tell me exactly what you would like me to do?"

I received another email from Gowda. He was also willing to support. I decided to give him a call. This was the very first time in my life that I was calling with India. I picked up the phone. I dialed Gowda's number. Then somewhere very far away I heard a faint hello. I said: "Hello!" He said: "**Hello!**" Then I shouted: "**Hello!**" The quality of the sound as well as the volume was very poor. I started speaking loudly "**This is Richard calling from Holland. I am calling about the flowers.**" He said: "**Tell me what I can do for you?**" I said, "Can you send the flowers". He said: "**Sure that's fine!**" Then I said: "**Can you put a note with the flowers?**" He said: "**Sure, what do you want me to write?**" I said: "**I love you!**"

The quality dropped even more. He said: "**WHAT?**" With an even louder voice I shouted: "**I LOVE YOU**" He said: "**WHAT?**" Then I thought, maybe my neighbors should also enjoy this call and again I shouted even more louder: "**I LOVE YOU!**" He shouted: "**WHAT MORE?**" I shouted: "**I WANT TO SPEND REST OF MY LIFE WITH YOU.**" He shouted: "**WHAT, CAN YOU REPEAT MORE SLOWLY?**" I was shouting one word at a time: "**I – WANT- TO- SPEND- THE- REST- OF- MY- LIFE- WITH- YOU.**" He chuckled: "**OKAY, I GOT IT.**"

We were having so much fun. Those days calling with India had about a 2 second delay. I was laughing. Then I waited. Then I heard him laughing. That was so funny. Then I had to laugh again and he had to laugh again. Laughing and shouting I could not remember a time I had so much fun.

He would play this game together with Santosh and a third person, whose name was Vinod. A couple of days later it was Saturday. I received an email from Santosh. As he was too late to get a hold of Kiki at the Ashram, he decided to meet her at the airport as Kiki was returning to Holland. His email was all written in capitals. The subject said: "YES, I DID IT!" He had written down the whole adventure. Here it is:

"My bus reached Puttaparthi around 1:40 pm. I had never been to Puttaparthi before. It was a miracle to get to talk to Kiki. I was too late to get a hold of Kiki at the Ashram. I almost wanted to give up. Then, I found out that the bus was going by the airport



Suddenly I had an idea. I got off at the airport thinking I could meet Kiki here. Then I discovered that Kiki had already passed security. For a moment I thought about it. Then I shared with a security officer: "Someone from Holland wants me to give flowers and a note to his girlfriend! Can you support me?"

The security officer went inside and had her name being announced throughout the whole airport: "Kiki, please report to the security desk. There is a message for you!" Imagine you are standing at the airport in a foreign country and your name is announced. Immediately the Ego will think: "What's wrong?"

Kiki was surprised that a security officer was looking for her. She was even more surprised when she heard that a person had come to meet her. I could see the surprise on her face when she came near me. She was stunned when I mentioned you asked me to come to Puttaparthi with a lot of flowers. She said: "Richard you are a gift from Baba!" I was truly present to her love for you. I actually did not have time to get the flowers, but I had written down your message:

"Monday, when I see you again, my heart will be like these diyas (candles), passionately burning, lit up and full of desire. I love you and I want to spend the rest of my life with you (ahem, which turned out to be 3 months and then my Ego sent her back to the States) . Richard."

I was overjoyed in reading it to her. Then I gave her the note and I asked her: When are you people getting married?" To which she said that you have not yet proposed. What are you waiting for? She gave me a dollar as a gift and I will keep it as a memento. Thank you for giving me this opportunity. Tonight I am going to sleep with a sense of accomplishment. I could make it work and that was a miracle in itself. Thank you so much!"

Kiki came back to Holland and we spent another week together. Then she left for the States. The idea was that she would round up everything and then come back to Holland to live with me and my Ego Beastie. Oh, oh, sounds like more trouble to come

Looking back, I see that in this adventure I learned that making unreasonable requests to people does not necessarily have to be a burden for them. It can make a very big difference in their quality of life. Actually any request is important. **Not making requests often shows how we do not value ourselves.**

Next, in Santhosh' sharing I learned that extraordinary commitment will lead to extraordinary results. The will to never ever give up on your dreams and goals is an important skill to learn in life.



Last I realized that there is so much value we can receive from one another. In this story you see an American girl, a European guy and an Indian guy meeting each other and experiencing a valuable exchange.

My Insight

Making requests is valuing myself. Making outrageous requests is not only valuing myself but also the other.

Reflect

Reflect on your life and confront how few requests you make.

Take Action

Find one area which is important to you. Formulate a request and ask the first twenty people you meet.

Engage

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2000 A Proposal on top of the Empire State Building

It was November. I was thinking about Kiki: "She is awesome, I might as well marry her." I was a bit concerned about my parents. I thought: "What will my parents think?" I called my dad and shared this with him. He said: "If that's what you want we will support you!". Which is really awesome.

It took me some years to learn that my programmed way of being very excited and jumping into things was giving me, lets say it mildly, a lot of learning. It is a skill to just start something from nothing, but some more preparation might not hurt. However, I also learned that every part of the identity or Ego is not good or bad. The question is: "Who 'owns' who?" If I 'own' enthusiasm then I can use it for my commitments. If enthusiasm 'owns' me then it gets me into trouble. Later I learned that trouble means more learning and thats also good. So finally I learned that all is well. This is very important my dear reader. In life all is well, always, it is just that our conditioned mind always keeps on whining!

The journey of life has many different experiences and many different ways till we finally all reach the same goal. What Goal? The discovery of 'Who we truly are'. For now my latest learning is to just surrender to the flow of life. Not that I have no say in the matter. No, not at all. I declare. I intend. But then, I detach. I trust the universe will give me what is good.

I had decided to propose to Kiki. I had once watched the movie "Sleepless in Seattle". In this movie Tom Hanks and Julia Roberts meet on the top of the Empire state building and? Did I just trigger a thought. Was it saying: "No, that was not Julia Roberts. It was Meg Ryan!" I just wanted to show you how fast the conditioned mind can react. Then instead of enjoying the story our mind could only be thinking about that it is wrong. This is the basic mechanism of Ego, it keeps judging – right, wrong. It always brings that separation and has us miss the profound experience of life.

I thought it would be fun to also propose to her on top of the Empire state building. I sent out an email to all my friends in the USA. I aimed to find someone who could go to her. Then, without telling her the real plan, this person could drive her to New York. Karuna from India, was living in the same neighborhood as where Kiki was living and he responded. He said he was willing to do so. I love the Indian generosity. I prepared everything. A friend of Kiki could arrange a cheap ticket for me. Karuna would pick up Kiki and drive her to New York.

The first learning came soon. I called Kiki. I casually requested her to be available on that day so she had no other commitments. As Kiki was more present to who she truly was, she clearly said: "I cannot do so, as I am fully preparing to leave the US and come to Holland to live with you. Ta..da, and there it was, our first official fight. I thought:"I am planning this surprise with so much effort, it is my expression of love, you should not trouble me and receive it!"



Yes, you are right, my Ego Beastie running the show. Miraculously I had attracted a wise and generous lady who gave in. At that time I could not yet see my part. That is probably why they call it the unconscious. Later I learned that if I want to surprise someone I should check that it also truly works for the other person. Otherwise it is all about me, me, me, and that is not love. That is simply my Ego wanting something.

My Insight

I learned that if I want to surprise someone then it would be nice if the other one also enjoys it.

Reflect

Reflect on your life and confront how we create mental scenarios and then we get upset when the people involved are not meeting the expectations of that scenario.

Take Action

Plan a surprise for me and make sure that I like it! Just kidding! Plan a surprise for someone and make sure that the person likes it!

Engage

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2000 Sharing is the Key

Very early in the morning I went to the airport. That same day in the evening I would propose to Kiki on top of the Empire State Building. The trouble started at the airport. I tried to get my ticket with the voucher from Kiki's friend. A friendly person behind the counter said: "Sorry, Sir Richard, (as I am royalty) this is not a valid voucher. You will need to buy a new ticket. The ticket will cost you 450 Euros." Money, money, money. It's so funny! It's a poor mans world!

I took a deep breath and thought: "Lets go for it! Everything is set in motion. Now it is not the time to stop." I bought the ticket and walked to the gate. In the plane I suddenly noticed that I was being very quiet. Another false part of the identity. Often I would think: "I have nothing to say to people. What I am saying is not important. It is not interesting! I am not interesting!" When I saw my thoughts, or in other words became conscious of the unconscious which was driving me, I remembered that sharing is the key to everything. I said to my neighbor sitting at the isle seat: "I am going to propose to my girlfriend on top of the Empire State Building." This lead to miracle number one.

It took about 10 to 20 minutes and then half the plane was talking about me proposing to Kiki on top of the Empire State building. People gave all kind of great advice. Where to go. What to see. Where to stay after you have proposed. One lady said, "If she says no, ask me, I will say yes!" A profound atmosphere of love and joy was now present in the plane. Next, I shared with the crew. A few minutes later a smiling air hostess came with a bottle of champagne. She said: "This is for you."

This is what I learned. Become aware of what you are thinking as it is driving you. If it is not love then create something from love and share. Or even better share your crazy thoughts. It really works. To honestly share your thoughts in a responsible way often leads to the most wonderful conversations and most valuable experiences.

After some hours we landed in New York. I said goodbye to the many new friends I made on the plane. Next, I took the bus to the city center of New York. By that time the evening had started. It was slowly getting dark as I was driving towards downtown New York. As I looked out of the window I could see the entire sky line of New York. The lights and the excitement of meeting Kiki brought an unprecedented experience.

A few minutes later I looked to the left and there she was. I saw her for the very first time! She was beautiful and tall and was dressed in red and green. Her name? Her name was 'Empire State building'. This was miracle number two. Seeing the sight of the Empire State Building gave me such a profound experience. Just like riding in the bus, sharing with the people around me and feeling connected to everything.

I reached downtown. I took a taxi to the Empire State Building. I was actually pretty late, however in the plane I had prepared everything. I knew exactly how it was going to look like "Oh, oh, dangerous, expectations, expectations! A strong recipe for disappointment!"



The following is how I envisioned the whole proposal:

I would be the one to arrive first and go up to the visitor platform. Then she would come. She would open the door. She would be blown away just by seeing me. Her hair would be flying in the wind. She would run towards me and give me a big hug. Next, I would read a poem I had written in the airplane. Then people would slowly start gathering around us. After reading the poem I would sing something to her. Then all people would start cheering and finally I would drop on my knee and propose to her. That was what I created in the plane.

My Insight

A surprise is one possibility of creating a great time. I just have to make sure I drop all expectations. A next possibility is you create something together. You just make the script and act it out.

Reflect

Reflect on your life and confront how much of going through the motions is there and how little surprises or fun things we create.

Take Action

Plan something outrageous. Give up all attachments to any outcome and just play the game fully.

Engage

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2000 Here comes Reality

I was late. I got into trouble with the security downstairs at the Empire State Building. This was because I was traveling with a big red suitcase. The big suitcase was needed because after the whole adventure Kiki would come to Amsterdam with me. And as we all know a woman needs a lot of space to bring all her goodies.

The security had an X-ray machine. However, this one was only for small bags. The big red suitcase of the big white fool did not fit. They said, "Sorry Sir, we need to check this one manually!" I said: "I am in a hurry. I am about to propose to my girlfriend on top of the Empire State building." They said: "Sir, no problem. We will take care of your suitcase. We will just keep it here and look after it. You go ahead!" This became the third miracle as the love of these security men, which was expressed as this wonderful service, was so great, that I could almost feel it like a warm blanket around me.

In all the hurry I forgot the teddy bear, it was still in the big red suitcase. I had bought this teddy bear as it was also in the movie Sleepless in Seattle. I took the elevator all the way up to the visitor platform. When I opened the door, I was blown away. Not by excitement or romance, no, by the wind, as it was the ending of November. It was also very cold. Kiki was already there. The element of surprise had boomeranged. The very first thing she said to me was: "Richard, can we please go in. I am freezing here!" I said: "No, we cannot go in. I need to say a couple of things first."

Since it was so cold only very few people were out there. The wind was blowing so strong that not only her hair was flying in the wind but actually we were ourselves almost flying. We walked to the wall to find some cover. I grabbed my piece of paper with the poem. I held it in my trembling hands. With a voice shaking not only by nerves, but also the cold, I read the poem. No people gathering around us and quickly the last 2 or 3 people out there also went inside to escape the November winds. My unmet expectations quickly generated a lot of embarrassment. I tried to sing something and heard some dogs howling. No, just kidding, no dogs on the Empire State Building.

I dropped on one knee and popped the question: "Do you want to marry me?" She said: "Yes" We quickly went inside where it was warm and cozy.

**My Insight**

If I commit to something extraordinary, then miracles will occur. It is a matter of universal law. It is called the law of vibration. Read more about it in the book 'The whole Elephant Revealed' It is written by Marja de Vries.

Reflect

Reflect on your life and inquire how often we become upset because of expectations not being met.

Take Action

Generate the courage to do something you are afraid of. Be with your fear and act anyway. Be present to not have any expectations. Make a strong commitment to cause miracles for yourself.

Engage

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2000 Play the Game

A fourth miracle in this whole adventure came from the bottle of champagne given by the wonderful crew. After I proposed to Kiki we thanked Karuna, who had been waiting in the city to give us some privacy. We walked Karuna to the bus station as they had come together in Kiki's car. Now he would go back and we would spend the night in New York.

Kiki and I both do not drink, but we still had this bottle of champagne. Karuna didn't drink either, so we decided to give it away. We arrived at the bus station. We sat down and I asked a young man sitting next to me: "Do you like champagne?" He said: "Yes." I said: "There you go, then this one is for you!" He gave me an interesting look as this act did not fit the normal conditioning.

I said "Don't worry, everything is fine. I just proposed to my girlfriend on top of the Empire State Building. We received this bottle of champagne from the crew in the plane. However, we both don't drink. So it's for you!" Then his eyes opened wide. His whole being changed. With full excitement he thanked us for the champagne.

He said: "That is so great. I am going to see my girl friend now. Yaa, we actually have not really looked into getting married. Maybe we will get married too." Now I do not know what this bottle of champagne has led to. Maybe another proposal on that very same day. However what I did know was that the most beautiful moment that day was not the proposal but the look in his eyes. To see how sharing can connect people's hearts.

Later Kiki told me that all the people at the bus station were looking at us while our conversation was unfolding. People started smiling. Peoples faces relaxed. For one moment after a long day of going through the motions, people had a great experience. For a moment there was a connection. For a moment there was the experience of oneness.

This was what was great about this whole adventure; making a difference in other people's lives. We should all remember how important it is to pursue our dreams. I think buying the plane ticket almost got me into the red numbers on my bank account. However, that is not what we remember in life.

This adventure taught me the same thing as my blind date in London did. Life is not about results. Life is about you playing your game. It is about you enjoying your game while you are playing it. It is about you being in the NOW. Creating your game, playing it fully and detaching from any outcome. Most likely it will not, or sometimes not at all, look like what you created. However, I do promise you miracles if you really give yourself to the game you have created. Miracles, which will give you the profound experience of being alive; an experience of Love, Joy and you fully expressing yourself. It is those experiences that make life worth living. It is those experiences, which remind us of who



we truly are. You also want more of that? The Sustainable World Project can manifest this for all people in our world.

To be honest with you I want to tell you that I have looked at the amount of time I spend in this bliss. Lets be generous and say it is 15 minutes per day on an average. The rest is all conditioned chatter from the Egoic mind. However, I am so inspired to increase this bliss; to increase these 15 minutes per day. Are you too?

Shall we work together to reverse those numbers? How about daily being upset for 15 minutes on an average and spending 23 hours and 45 minutes experiencing bliss?

Then the moments of being upset would be the exception. Imagine someone sharing: "Let me share with you about yesterday. You will not believe what happened. I was upset for 20 minutes. That has not happened even for one time in the last 15 years." .

My Insight

I learned that life is an opportunity to play a game.

Reflect

Reflect on your life how serious and significant we go through our lives. How little we play an exciting game.

Take Action

You are the most wonderful person on this planet! You are worthy of living a life beyond your dreams. Create your game. Detach from any outcomes and play your game. Write a small story about a dream you have for yourself. Commit to play the game and share your story and commitment with ten friends.

Engage

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2000 A Growing Inspiration

The year 2000 slowly approached its end. I had discovered a small voice deep inside of me, which kept on saying, "What if? What if you could play a role in bringing peace, love and harmony to the world. Would that be a life worth living?" Throughout the year 2000, the voice had become too loud to ignore. Slowly I started sharing my ideas with my friends.

My foundation for a new world was based on my experience that when people feel connected to each other, they treat each other well. This always leads to an increase in workability. I saw technology in the form of global interactive events as a possible structure to realize this connection. People seeing and hearing each other while talking about our shared humanity, should be able to connect peoples hearts.

Twelve years later the following had become the short description of element 1, the interactive events of the Sustainable World Project:

The Sustainable World Project is a 50 year long project to impact the quality of life by connecting communities worldwide. Through the use of visual communication technology and guided by mature hosts, we will start creating interactive events between multiple locations in each and every country worldwide. Single events will become a 24 hour 7 day per week ongoing event. The first locations will be the THRIVE Empowerment Centers of the innovative and interactive 'OneWorld Education'. Later, any location, whether it is a school, a movie theater, a conference room, a church, a restaurant, a mobile location or your own home, can join to participate in a new conversation. An authentic guided conversation about our shared humanity; people expressing their experience of life in areas like parenting, education, health, relationships, work, money, our passions, our fears, and much much more.

Recognition of our shared humanity, through high-speed fiber and new cutting edge technologies, like automatic speech translation and 3D holographic projections of people, will bring you an ongoing experience of love and unity you never ever had before. People being present to this experience of being one will think, choose, communicate and act in new ways. This will lead to a world which works for everyone.

As you read along in this workbook you will see that the project is initially described as a 15 year long venture. Later I changed this to a 150 year long venture as I learned that evolution takes a bit of time and I was as usual a bit too impatient! However, again later I realized that 150 years was too long. I guess here my conditioned mind took me to the other side where I probably did not trust myself. So, finally it became 50 years.

**My Insight**

Do I dare to listen to my intuition? Do I dare to share my inspiration?

Reflect

Reflect on your life and confront how much you are stopped by fear of judgment.

Take Action

Meditate for five minutes and find your deepest desire. Share this with ten people and commit to take action for fulfilling this desire.

Engage

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2000 Best Decision Ever

At the ending of 2000 I made a third and final attempt to have my company run independently. It failed without the use of any lawyers. At least some progress I made. As my inspiration to pursue the Sustainable World Project was slowly growing I started seriously considering to pursue my dream and just stop my business of hiring IT specialists. Having my company run independent of me would mean that I would have passive income. As this was not the case, I would have to sell my house to fund the start of the Sustainable World Project. I needed more courage.

Partly joking and partly to generate the courage I started calling some of my friends. I asked them: "When I come back from my journey around the world I will probably be broke and homeless. Can I come once a week to you to just eat a sandwich?" I thought: "If I can find 7 good friends, then that way I can survive when I come back."

First friend and employee was Bob. He said: "You should pursue your passion. When you are back then you can come and eat with us. We will actually give you more than just a sandwich!" I experienced my first sigh of relief and actually they honored their promise. Until this day when I am back in Holland I always go there and eat lasagna. Yummy!

Then I called my dad. He was still working one day per week for my company. I said: "Dad, what to do? I want to pursue my dream of traveling around the world bringing quality of life to all people, but what about you?" He said: "Son, when I was 18 years old I had a chance to go to Australia. I did not take it. I have regretted it for the rest of my life. You go for your dream. I will do some more work elsewhere." As you can understand my dad immediately became my hero!

I spoke to some more friends and again I realized that sharing was the key. **Inside the sharing I also realized that the fear was (as always) an illusion.** I went to bed fully anxious as I was about to make, what turned out to be, the best decision ever. Next day I put up my house for sale. In the next weeks I made sure that the remaining few employees all got good jobs. The past was now complete. A new journey was about to start.

**My Insight**

I can be afraid. That is very human. However I don't need to be stopped by that.

Reflect

Reflect on your life how often fear stops you from starting your dreams.

Take Action

Write a short story with the worst case scenario what could happen if you pursue your dream. Share this with ten friends and witness how fear will transform into love.

Engage

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**2000 Make Love or Make War - Choose Wisely!**

At the ending of the year 2000 I left my fancy car and smart suit behind. I flew to Boston to celebrate New years eve. Sometimes holidays like New Years eve, Christmas, Divali, Eid or otherwise can bring huge expectations of romance and togetherness. These expectations can quickly turn into disappointments. However, if we become self aware, if we learn how to listen and communicate to disarm violence, then we can turn those disappointments into miracles. This was one of those evenings.

On New Years eve my fiancée Kiki and I went to a friend's place. We watched a comedian on television. As English is not my native language, I did not understand most of it. Everybody was laughing loudly at all the smart jokes. Everybody had good fun. But not me! Poor me! My need for belonging and connection was not met. I thought: "I hope this horrible evening ends soon so we can go home." I was not aware to share my thoughts, feelings and needs with Kiki. A sure way to create suffering for ourselves.

With 5 people we walked towards the car. When we reached the car, quickly, according to my troublesome mind, Kiki took the front seat next to the driver. I felt agitated, annoyed and resentful. I thought: "I am a fraction of an inch taller than you. You should let me sit there. You are so selfish to take the best seat." My need for sitting comfortable was not met. Later I realized this was just a need for love.

Normally I would have initiated a conversation. But now it was the end of the evening. I was tired, triggered and disappointed. I made sure that everybody knew by not saying a word. Kiki was a very observant, mature and aware person. When she noticed my silent warfare she tried to generate a different space by playing a game. She asked: "What was great about last year?" First the person sitting next to me shared. Then it was my turn. I named a couple of things. However, I made sure that I was not naming the start of my relationship with Kiki that very same year. On purpose I didn't mention that. After a few minutes I said: "Yes, that's it! Nothing else great happened." Yes, you are right, my Ego Beastie in full action, dominating everybody with foul breath and a lot of growling.

We reached the place where we would spend the night. Kiki had given up her apartment to live with me and my Ego Beastie. (not so smart!) For some days we were staying with a friend of Kiki. Standing in our room for the night Kiki asked: "Are you going to tell me what you are so upset about?" After a few more moments of grumpiness I said: "Yeah, you are so selfish! You took the front seat in the car! You did not even check with me whether I wanted to sit there!"

Here is the miracle. Kiki said: "You are right. I am selfish some times. I apologize for that." My Ego Beastie immediately stopped the attack. His jaw dropped on the floor. He thought: "Huh? What is this for response? Normally I chase and run after the victims or I fight with the rebels! But I have no clue what to do with this!"



For a brief moment my Ego did not know what to say or what to do. It was still a bit grumpy. You cannot give up so easily, right. **Then she broke through all the violent mental noise in my mind and asked: “Can you forgive me?”** Now, that was it. Ego Beastie put his tail between the legs and crawled back into his cave! This had never ever happened before, he needed some time to think things over.

Of course I said: “Yes” And next I was totally confronted with how much of a jerk I was. In this process I became present again. I started apologizing and then in 15 minutes the whole experience was in the past. What was next? We made love. The point of the story? You can make war or you can make love. Choose wisely.

The credit in this story of course is going to Kiki. She had not only tamed her own Beastie to a large extent, but had also learned how to soothe other peoples Beasties. Hats off to Kiki. I realized that girls are not falling for a fancy car or a smart suit. They look for maturity. There was still lots to learn for me in terms of how to communicate and listen without violence.

My Insight

If I understand the mechanisms of the Ego, then I do not have to take it personal. I can be generous and respond with non violent communication which will make a difference.

Reflect

Reflect on your life how often you react. Now what would be possible if you become so present as an observer of your mind that instead of reacting you can choose a response? What if you become like Kiki? Share one incident with us where you reacted badly. After reading this story tell us how you could have responded.

Take Action

In a next argument aim to be so present that you can go beyond your conditioned reaction. Give up being right and say something which will make a difference. Remember whatever people say it is never personal. There are only two types of communication. Expression of love and request for love. Choose your response wisely.

Engage

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**2001 A Full Circle Moment**

It was now January 2001. I was the only person working at the company. A full circle moment. I ended where I had started. My final software project would finish at the ending of this month. I would have sufficient money to last till June 1st. By then, I should have sold my house, otherwise I would have to pickup a job again.

My Insight

I have come to see that often in life I end up where I begun. Maybe there is nowhere to go in life. Maybe life is about being and not doing. Maybe life is about playing a game. Playing a game while being detached from the outcome.

Reflect

Reflect on your life how much you are always trying to get somewhere and forget to enjoy the 'Now'.

Take Action

Make a new structure in existence which will remind you to enjoy NOW! It could be anything you carry with you. A cap, a bracelet, a watch, a ring, anything which you see regularly throughout your day! Enjoy life! Do it now!

Engage

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**2001 Jealousy**

Kiki was taking a shower. The door bell rang. It was Mathew, who came to support with cleaning our house. As Kiki was a very good listener, most people loved spending time with her. Mathew and Kiki had become good friends. When Mathew was vacuum cleaning the hall he joked: "I'm gonna come in the bathroom and take a look at you!"

Though Kiki was behind a glass partition, which was not transparent, I noticed I was getting upset. Learn and laugh at the Ego's mechanisms. The Ego always identifies with something in the physical world. In this case, my girlfriend's body. And we all know what happens if someone else messes with what we are identified with. The Ego attacks. I felt a strong jealousy coming up. "Hey, that is my property!" my Ego thought. Mathew thought differently though and went into the bathroom. This triggered a full blown Ego attack. My Ego Beastie sent him out and I scolded Kiki for not locking the door.

Do you think what I did was justified? Do you think it was love? No, you are right, this was definitely not love. There was still a lot to learn for me about love. Love is unconditional. For some time I judged myself that I judged Mathew. I felt not good enough. I was still a victim of the famous Ego 3 step. First we judge outside, then we judge ourselves and last we judge that we judge.

However I learned that I should not wait till I think I am good enough before I pursue my dream. The learning will all come in the process. Please dear reader do not wait! Start NOW! The world is waiting for you and your unique gift. Stop playing small and commit to your dream! Do it now!

My Insight

My ego will always attack someone who messes with what my Ego identifies with. It could just be a verbal attack or even a mental attack (in thoughts). However, it is an attack nonetheless. It brings more pain and suffering to the collective. If I attack then I am responsible for that. What do I bring to the world?

Reflect

Reflect on your life how easily you justify mental, verbal or even physical violence; how easily we act on a judgmental thought.

Take Action

Find one example where you justified violence and clean it up with this person. Share with two friends and tell them they have to make sure you take this action.

Engage

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2001 Driving Home

It was Monday January 15th 2001. I had worked all day. In the evening I was driving home. Suddenly it happened. I thought: "How would this world look like as I dreamed of as a child?" When I got present to this I just started crying. Now I do not know how you experience the world. I am often busy, running around, doing this, doing that. However, when I allow myself to get present then often I would feel disconnected. Disconnected from other people and from life itself. I realized I was pursuing a lot of 'wrong' goals. There was a lot of doing in my life, but very little being, like being happy or being fulfilled.

What I am learning in these last 2 years is that if I share myself then other people do the same. It is only then, that we see we are so alike. It is only then, that we realize we are one. Through sharing our humanity we can experience our oneness. I am not the only one who struggles in his relationships. I am not the only one finding it difficult to make certain choices or to stand up for myself.

It is our humanity which connects us. **Have you learned that if you share grief it gets less and if you share happiness it gets more.** In recognizing each others humanity while sharing we are all getting empowered. In sharing I see that I can be with my own humanity and I can be with other people's humanity. This is called acceptance. Acceptance is love.

Inside this new space, this new experience, new possibilities open up. New thoughts, new ideas, new solutions, new communications come with surprising ease and speed. It is a very powerful place. It is a higher consciousness! I am empowered and I can empower others. I see new openings for action to fulfill on my commitments in life and I become present of how to support others. In that moment my experience of being alive alters. These are all words to describe transformation. Transformation is having a new experience while nothing on the outside has changed. This is the shift from lower egoic consciousness to the higher unity consciousness. By the way, knowing this and understanding this is still very different from experiencing this.

Why is it so difficult? It is difficult because of our lower awareness. It is difficult because of our sabotaging mechanisms I like to call Ego. Mostly if I share, other peoples Ego or mine will react quickly with one of the following: Judgment (You are stupid), opinion (I think different about it, let me tell you . . .), reaction (anything else which is not listening or a question), disagreement (No, you are wrong), comparison (I see it like this), denial (I don't have that). All of this creates a false separation and next, I would feel even worse then before.

Now love I cannot teach through words, as no words will suffice. However, the mechanisms of the Ego we can all learn. If we do so and the Ego becomes more of an entertainment system, which we do not take so serious anymore, then everything changes! The change comes when Ego does not 'own' us, but we 'own' it. If we do not identify with it anymore than all the 'stuff' and all the drama falls away and all what is left



is profound love and joy. That is who we truly are. This experiences can be so huge and so overwhelming that tears of wonder might flow. That is what happened in the car. These were tears of joy!

Awakening these experiences for people is what I am willing to give my life for and a couple of times I almost did. Awakening this kind of love and joy is what I want to bring to the world. This is what the Sustainable World Project is about.

My Insight

If I dare to dream as big and bold as possible then at a certain moment the conditioned mind will be transcended and unprecedented experiences of love, joy and full self expression will overtake me.

Reflect

Reflect on your life how little you plan time to dream about a world you love in every aspect.

Take Action

Write down a wonderful story about where the world is a hundred years from now. Make it as big and impossible as you can imagine. Go beyond the masculine control and logic which is in all of us. Go crazy!

Engage

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**2001 The Start of Writing the Game Plan**

I started writing more and more about the vision I saw for our world. In February 2001 I started writing how this future could unfold. I was writing for months and months in a row. At the end my arms started hurting, but my heart had stopped hurting.

In my experience this future, this vision, started arising right now. Suddenly I realized that actually this project was not about changing the world. It was about giving people new experiences. Experiences they never ever had before. Like I was having, while writing. New experiences in the domain of love, unity, joy and fully expressing oneself. When these experiences are present, I am very sure that people will think, communicate and act in new ways. I believe this will lead to a world which works for everyone. The vision had now become more clear and forced most of my fears and insecurities to the background.

Twelve years later this vision had matured into our current Game Plan, which can be downloaded from www.sustainableworldproject.com/download.htm.

My Insight

If I write down a specific future and I start reading this again and again, then I am manifesting this new future.

Reflect

Reflect on your life how little time you take to create, pray, visualize and continuously read a wonderful future you created for yourself.

Take Action

Write down a wonderful story about where you are ten years from now. Make it as big and crazy and impossible as you can imagine. Go beyond the masculine control and logic which is in all of us.

Engage

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**2001 A Brother's Love**

I had just visited my parents. I was about to leave. Together with my brother I walked to my car. We were standing on the driveway. You know how saying goodbye is often a little awkward? At that time my brother, just like me, did not often give hugs. But what he would do was slap me in a casual way on my shoulder. Then we would move a few steps backwards. We would also not have too much eye contact.

What did I learn? My brother just loves me. This was his way of expressing that. As I stepped into my car I felt moved. My point is that different people express their love in different ways. Can you imagine what would be possible in this world if we would be able to perceive all of this love? What if it would not be needed anymore to change the other?

Today I wish for the reinforced concrete walls of separation to come down. Being a civil engineer I should be able to do so, right?

My Insight

If I learn about my conditioned mind and next dis-identify from those separating thoughts then a whole new realm of experience of love is arising.

Reflect

Reflect on your life how soon you judge and how that keeps you away from experiencing love.

Take Action

Find one relationship where you are committed to experience love. Think about this person and observe your mind. Share all your judgments with one friend who will only listen. Do this as long as needed until the judgments fade away and an experience of love arises. Then share all these loving thoughts. This homework uses the two Laws of Mind. First Law of Mind is if you share conditioned thought, it disappears. Second Law of Mind is if you share love it becomes more.

Engage

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**2001 Driving Home. Again!**

On Thursday June 14th I was driving home from Amsterdam. I was singing along with Elton John, 'the Circle of life'. Suddenly the Ego went all the way back in it's cave. Suddenly I felt and saw what could be possible for our world. Then I just started weeping. Yes, I am a bit of a weeper. Sorry about that. I thought: "I just want people in the world to love each other. I just want peace for our world. Who am I going to be to cause this?" Quickly the Ego returned from it's cave and told me: "Who are you going to be? I will tell you. You do not make any difference in our world! I have told you so many times you are not good enough to do this. You will fail and die miserably!"

Luckily in the trainings I had done at OneWorld Education I had learned to distinguish my 'inauthenticity'. It was a way to claim your power. Here is a next 'inauthenticity' as I have so many.

I pretend I want to connect people all over the world. But what I am hiding is I am scared to death to fully open up and express my commitment. I am thinking: I cannot do this. I am afraid people will think: "What an idiot!". Or worse, actually express those thoughts to me.

The impact is that I am left thinking, worrying, not present and stopped in action. I also see I am judging and not trusting others. In that way I am not allowing other people to contribute. I dishonor their commitment and they find it difficult to relate to me as I withdraw.

What I see possible is being someone who is unstoppable in breaking through fear as an access to share myself. The ultimate will be this workbook. If I ever dare to publish!

My Insight

I discovered another Law of the Mind. What you share, you strengthen. As I kept on sharing my vision for a world which works for all the vision became stronger and stronger and started manifesting in reality.

Reflect

Reflect on your life how little you share and how much you complain, gossip and judge.

Take Action

Share the future you have written with twenty people and see and experience what a power it will bring.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 Taking Responsibility

The house was not yet sold. In the trainings I had done at OneWorld Education I had learned to always take responsibility as a way to claim power. So instead of blaming my real estate agent I started looking how to support him. When I looked at the picture of the house on the internet I realized that the agent had taken the photos on a cloudy day. On a sunny day I requested my real estate agent to make a new picture and replace the one on the web.

Next, I started inquiring into the price I asked for the house. I checked other similar houses in the neighborhood. As it turned out my price was okay.



Illustration 30: The picture which finally sold my apartment. Second from the right. Top floor.

**My Insight**

If all is one then I am connected to everything. Therefore I am all powerful and can influence anything. This is also a Universal Law. It is named the Law of Unity or Oneness. Everything that exists is coming from the same source, unity or singularity. Many labels are used in this context. There are spiritual, scientific and religious labels. Unified field, Source Field, Torsion Field, the Divine, a field of intelligence, a field of Potentiality, the Universe, GOD, Tao, Zero Point Energy Field, Endless Realm of Possibilities. Every label will be insufficient to describe. You pick the label which empowers you. Important in this law is to remember that everything is somehow connected with everything else. Everything is influencing everything else.

Reflect

Reflect on your life and find five areas where you are not claiming your power and you play victim.

Take Action

Pick one of these areas, claim your power and write down ten actions you are going to take to transform this area.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 Ending Relationship Kiki

The Ego had still found ways to (mis)use all my learning and again I ended this relationship. It is always the same reason. In the false realm of separation the Ego projects some form of non acceptance on the other person. The Ego's strong denial of Oneness keeps it out of the consciousness so it is not even visible at that time. That is also why we are all innocent. Every 'sin' is nothing more than some action when love was not present. Since love is who you truly are, YOU were not present at that time of 'the sin'. So how can we judge someone, when he was not there.

The real truth of the 'ending' of this relationship is however not so dramatic as it all sounds in the collective Ego's ears. In the realm of real truth, the realm of Oneness, separation is simply not possible. It is all just conversations, thoughts and actions from the false self, named the Ego. It is all drama, a relative truth in this physical world. It is NOT the ultimate truth.

Kiki went back to the States. She was ready to start a family. I just started my adventure of traveling the world. She had given me many gifts of learning in our relationship. One more I want to share with you. She had taught me that the problem in communication is that people always react to each other without knowing this. **She said that if you stick to the following 3 rules it will avoid reaction and transform your entire life.**

1. **Ask questions.**
2. **Answer questions.**
3. **Listen or “get” what people are saying.**

I tried this out and realized she was right. It is actually so powerful that it creates an almost immediate doorway to love. I named this way of communicating **The Communication Game**. I promised myself to spend a lot of time practicing this way of communication. That way I was aiming to habituate this way of being. Thank you so much Kiki!

I will give you one example where I was aware of these three communication rules. I remember sitting on a bench in Los Angeles, USA. I was waiting for the bus. Next to me an elderly lady. I said: “Good morning. Where are you going today?” She said: “I am going to visit my husband. He is in the hospital.” Then I bit my tongue to make sure I kept listening while looking at her. A few seconds passed, as people mostly already expect some form of reaction. When this reaction could not come as my tongue was firmly bitten, she started sharing. She shared why he was in the hospital, how his whole illness started and what was happening now. She talked and talked and talked. Finally she shared how she was feeling right now. Then suddenly she stopped. She became present. Then she said: “I have never met someone like you!”

My Ego Beastie immediately came out of the cave to fall at her feet. However, my dear reader, this is not about my Ego trips. I know I am not yet free of Ego. However, this was a sincere attempt to empower people. How? By getting present to who people truly are



and communicate with them in such a way that they also get present to that. Who are we? I will tell you again and again and again, as I have learned we forget again and again and again. Here it comes. You, I, everyone else and everything else is 'Love'. Through sharing our humanity and the humanity gotten by someone else through non judgmental listening, acceptance comes. Acceptance without conditions is what true love is. Sharing our humanity in a space of someone listening can lead therefore to that divine experience of love.

Thank you Kiki for showing me the way.

My Insight

If I listen and talk inside the communication game then all my relationships are gaining a tremendous power. Through this way of talking and listening we accept without conditions. This is what love is.

Reflect

Reflect on your life how often you are not listening. Go beyond your denial and confess that it does not bring a high quality experience.

Take Action

In the days to come practice at least twenty times communicating inside this communication game.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2001 What the Heck is Love?**

We write about love, we sing about love, we make movies about love, we talk about love and we make love. However, this love is mostly an Egoic projection of what love truly is. It is a 'I will scratch your back as long as you scratch mine' deal. Watch what happens when your loved one does not meet your expectations. True love is about accepting without conditions.

Though we talk a lot about love there is nothing beyond experiencing it. This experience I am committed to bring. This is my only intention. This is my only purpose. This is why I believe in the Sustainable World Project. I know I want more love than those few seconds or minutes I only experience on most days. I know people want more love and I did check with people from more than a hundred and fifty different countries.

In fact I believe love is all we want. If you experience true love, then all goals in the material world, all the mental concepts and positions your Ego wants, falls away as utterly and utterly insignificant. The Sustainable World Project can accomplish this. End of Sales Pitch for now.

My Insight

My conditioned mind allows very few moments of true love.

Reflect

Reflect on your life how little you experience the magic and miracles of being in love.

Take Action

Fall in love with the first twenty people you meet. No, this does not mean you should have sex with the first beautiful woman (or man) you see. That is not love.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 How to cause a Breakthrough

It was Jan 2001. To fund the start of the Sustainable World Project I had chosen to put my house up for sale. My savings could cover my expenses for 6 months.

In June 2001 I still had not sold my house. Uugh, now I had to take up a job again. I went into town. I stood in front of an employment agency. I looked to the left hoping for a miracle. I looked to the right hoping to see someone who would buy my house I took one more step towards the door and then I looked inside of myself. My experience was one of total resistance. Somehow I was not able to enter this agency.

I took one deep breath. I started pacing up and down in front of the door. Then I recommitted. I said to myself: "No matter what! No matter what, I will sell my house this month!" With renewed strength I walked back home. I had recommitted with the same power as I had when I needed to get to London for my blind date. I sincerely believe this might have been just the second time in my life that I truly committed. I was clear I would cause the result. I knew it.

At home I took one A4 paper. I vowed that before this A4 paper would be filled with notes of possible buyers, I would have sold my house. I started calling. I called everyone. I called my friends. I called my family. I called companies abroad. "Do you want to buy a house for your employees in Holland?" Inch by inch the A4 sheet was getting filled with phone numbers and names.

Three days later my cell phone rang. I took the call. My real estate agent said: "You have a very good offer for your house!" In a split second my entire experience of life transformed. It was the single most wonderful and powerful experience of my entire life. I was about to travel the world and pursue an impossible dream. A dream of creating a world that works for ALL people.

**My Insight**

I rarely commit to something. A commitment is a shift in consciousness. As the world outside is merely a projection of consciousness, the step of committing is crucial in our manifestation process.

Reflect

Reflect on your life how few times you commit. Share one example where you committed and produced the result.

Take Action

Commit to create a breakthrough for yourself in a certain area. Share this commitment with 3 people. Inquire with them into which actions you can take. Only take action when it comes from inspiration. Share the process, results or lack of results.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2001 Integrity, the Foundation for Workability**

After closing down my company I still had to return 4000 euro to a business partner. Though the company had run out of money I was very committed to honor my word. I understood that initiating a worldwide project would require a very strong foundation of integrity. This made me keen on honoring my word towards people. I decided to pay him from the personal earnings I had made in selling my house. He did not expect it anymore. However returning the money made me experience power. I was ready to start the new journey.

My Insight

Integrity is the foundation of life. What is integrity? I think integrity has many levels. It starts with honoring your word. Then communication, responsibility and forgiving. It is continuously recreating agreement. It is honoring who you truly are. It is fully achieved when all is whole and complete. For me it means when all our minds have remembered we are one. That all is well. That all is accepted. That all is love. That is my version of the ultimate integrity.

Reflect

Reflect on your life how you see integrity and whether your view is truly serving you.

Take Action

Have a brainstorm session with ten of your friends and inquire into the following question. What is integrity?

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 The Verdict

Apparently my ex employee Paul, the one who had breached his contract in regards to his lease car, had hired a smart lawyer. In August 2001 I received a phone call which informed me that Paul did have to pay the 3000 euro fine for returning the car early. However, Paul's smart ass lawyer had told the judge that the headhunter fee was paid out of Paul's salary. This was incorrect. The fee of the headhunter was paid from the 70% of his personal revenue, which was used to cover all his expenses. This was something Paul and I had orally agreed to. It was also confirmed by several emails. I think the judge did not understand our innovative approach with our employees.

As it is not allowed to pay a head hunter fee from an employees salary I had to pay not only the amount of the headhunters fee to Paul, but also a salary tax on top of that. It turned out to be a rough 10.000 euro. This kind of money was not there and we decided to let go of the legal entity in which the work was done. Next to my decision to stop running the company this also meant the ending of the legal entity.

Till today, I believe we had a very innovative system which made the employee responsible. It gave a lot of flexibility to what an employee could do with the 70% of what the client paid us for his services. They could choose how much salary, what insurances they wanted and whether or not they wanted a lease car. I had however failed to setup the supporting structures to have this innovative system work within the existing systems of society.

Through this painful lesson I also learned that a lot of systems in society are Ego based. The systems run on fear and use control to separate parties and often leave all people involved upset and incomplete. Systems which make one right and the other wrong. Systems choosing a victim and a perpetrator. I learned that these are all systems from an old awareness, systems of duality. I learned we need a shift to a new paradigm. A paradigm of workability for all involved. A paradigm of oneness. Mediation is such a system and I am happy to inform you that mediation is becoming more and more popular every year.

Looking back, **the next learning was to surrender and trust that whatever is happening now is for something good.** My experience in life so far has showed me that every difficult phase gave me the learning needed for a new phase. A new phase with a new quality of life.

Final learning is that I have come to realize most of us do the best we can within the awareness we have, even the lawyers and the judges. I am learning to forgive myself and others for mistakes made. I am learning that love heals everything. I am grateful for all these lessons as they all made me discover who I truly am, who we all truly are. Who are we? Words will always lack, but I do not mind failing at this by giving it a shot. I believe all of us are powerful, wonderful, beautiful, loving and worthy to be loved in ways beyond our conditioned minds can imagine. Now, take a minute to let that in. I will wait for you at the next chapter.

**My Insight**

I learned that if I surrender and trust when something is difficult that I can go beyond the mechanism of resistance from the Ego. This way I save myself a lot of suffering.

Reflect

Reflect on your life how difficult it is to surrender to life. Life simply is. We judge, resist and get attached.

Take Action

Find one difficult area in your life and surrender this to the Universe or God or whatever label you like. Share this commitment with five existing friends.

Engage

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2001 Mylene's First Working Day

I had sold my house. I was living for one month in my parents' new house in Almere. They had not yet moved in, so I had the place all to myself. I sat in my new office. A mostly empty room. It was Monday afternoon 1:00 pm. I was on the phone with my lawyer who told me the verdict in the law suit with my ex-employee. I had to pay a lot of money. I was very upset. But, immediately the universe sent out an angel to my doorstep to support me.

The doorbell rang. It was Mylene, a 15 year old girl who would support me with rounding up the last computer work as my arms had started hurting from the five months of writing the vision. Though I wanted to run away someone had to open the door. After opening the door I first finished my phone call. Then, I had to face her.

I thought: "How can I deal with this? Shall I hide my upset and pretend I am fine. No, I cannot hide this. I am too upset. Shall I run away? No, that is not so handy either as we need to finish some work!" I decided to tell the truth. It is always the last, most difficult, but best option.

I said to Mylene: "Please sit down. I just received a phone call from my lawyer. I see I am very upset. I am sad and I am disappointed. What happened? This guy Paul dumps his lease car after quitting his job. I did everything for this guy. I got him a job at his age. I gave him an advance in his salary. I made it work when his car broke down. I got him a brand new leased car. I gave him Reiki when he was sick. I did everything and in return I get trouble." Yes, you are right, that was not unconditional love and in this dialogue I was being a poor and pathetic victim!

I shared and shared and shared. The key players in my drama were lawyers, ex-employees and poor me. They all raved and ranted blaming each other. The usual Egoic drama. After some minutes of sharing the drama I suddenly regained consciousness. I did not just want to dump all my emotions on this innocent angel. I asked her: "Is it okay that I share all of this with you?" She said: "Yes, sure, I just want to help." My heart melted instantaneously and the drama stated disappearing.

As I am writing this I am so moved. Again I see there is so much love and support in the world. I recommit myself to ongoingly work on lowering my defenses, which I have built over the years. Defenses, which were built out of fear. I want to learn to let my love shine and receive the love from others. I want to learn to live my life from love and not from fear.

Mylene and I started working together that afternoon. After 3 hours of work she completely opened up. She started sharing with me about her school. How she was being pestered by the other kids in school. They were calling her names. She said: "I pretend I don't care but inside I am upset." Sharing my human experience with her had given her the space to do the same. In just one afternoon a powerful relationship was built . . . or should I say remembered as this is who we truly are.



Observing this profound relationship with Mylene sometimes makes me angry that a part of society is so conditioned and has its unwritten guidelines. Guidelines about what is appropriate and what is not in friendships. What is allowed across gender and age and what is not. How did society become this way? Because some men and women have made mistakes and crossed boundaries of other people. Not by loving them as love always respects the free will of others and therefore their boundaries. No, it is out of a lack of love or a lower consciousness that some people have made mistakes. They need to be forgiven and lovingly supported so they can remember who they truly are. If we get into punishment, guilt, fear or control then the Ego is winning and it strengthens the collective Ego in the world.

Do you know parents who say: "Don't talk to strangers!" to their children. Read the book of Marja de Vries, 'The whole Elephant revealed' and start to understand that your frequency of fear is attracting similar frequencies. **This means that you actually attract what you are afraid of. In other words you increase the chance that something will happen to your child if you fearfully say things like "Don't talk to strangers!". Choose wisely what and more important how you will communicate to your children!**

For example the collective Ego has spread so much fear that in some places it has become difficult as a man to express your love and friendship towards younger females. In one of my most challenging adventures in 2003 you will read the enormous destructive power of this collective fear. However, I have learned that under this anger that I just mentioned, I find sadness. The sadness that the collective Ego of people judges and attacks. The tendency I have is to suppress my love out of a fear of what people will say, think or do.

I have learned that if I do so, then I still act out of fear which means I also act from Egoic thought and it WILL increase the amount of fear in the world. **We need some brave and aware people who choose love above fear;** people who choose to act from who we truly are; people who act in the context of unity & oneness instead of the separateness of the world of the Ego. Who is joining me? Love or fear. Choose!

On August 24th 2001 I celebrated my 32nd birthday. Mylene dropped by. This was a big compliment as I remember when I was 15 years old I found most adults pretty boring. When she left I said, "I want to thank you. Not just for your good work, but also for who you were being for me. When I was upset, you were there to listen to me! Thank you so much!" Then she said, "Oh, but you know, I want to thank you. I learned so much here. I never met someone who is so friendly with people. If you come back from your world tour and are looking for someone to work with, then I will be more than happy to support you again." The above shows so clearly that what we give, we receive. But remember, do not give in order to receive, give without conditions.

Looking back I now understand that her nonjudgmental listening had provided a space for me to be honest. Subsequently that space was automatically returned to her so she



could also express. I believe we adults have to learn being nonjudgmental again from our children. Actually, I am discovering we have to learn way more from them, then they have to learn from us! In the future we will start some schools for adults. They will be run by children and adults will have to do exactly as they say. Haha.

For two months Mylene and I worked together and when I left on my journey around the world we had become good friends. During my traveling we stayed in touch over the internet. Till today I consider her a very dear and very valuable friend. Thank you Mylene!



Illustration 31: Mylene and I working together in August 2001

**My Insight**

If I listen to the collective conditioning, then I cannot experience love with a lot of people. Judgment over age, looks, gender, religion, colour, class, country, culture and more will sabotage this and create separation. If I come from the higher awareness of oneness and recognize that all is me as all is one. Then it is simply loving my Self. Next I also have to remember that love is only unconditional acceptance as people will have it all confused with feelings, wants, needs, desires and physical intimacy.

Reflect

Reflect on your life and observe how your judgment over age, looks, gender, religion, colour, class, country and culture strongly reduces the quality of your relationships.

Take Action

Make an attempt to build five new friendships with people outside the small range allowed by society. Share this commitment with five existing friends and if they are inspired ask them to do the same. You can actually do this with all 'Take Action' in this workbook!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 Age Mix is the Best

Remembering Mylene I am aware of the tremendous value of having friends of different ages. Right now in 2012 my friends vary in age from 8 to over 80. Every age group offers its own value. From the very young I learn to be free, to be self expressed, to express my emotions, cry when I am sad, scream when I am angry, to be spontaneous, to laugh about nothing and to simply enjoy life. From the elderly I learn very different things. I learn to take very good care of myself, to be courageous, to be patient, to be kind, to surrender to life, to trust and so much more.

Reflecting on age mix, I learned how smart the Ego is, as it is mostly cutting us off from this tremendous source of value we find in mingling with all the different ages.



Illustration 32: My future (in 2011) eldest friend, aged 82, is a neighbor in Bangalore, India where I will live in 11 years time.

**My Insight**

I cut myself off of tremendous value if I don't mingle with all the different ages.

Reflect

Reflect on your life and see how many friends you have in different age group. What value could you get if you would make some new friends in some of the 'forbidden' age groups.

Take Action

Make two new friends in a different generation than yours.

Engage

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**2001 The First World Tour**

The first world tour started. The sacred journey to find unconditional love. To find what and who we truly are. This was my initial travel schedule:

29-8-2001 Amsterdam - New York

18-9-2001 New York – Phoenix

1-10-2001 Phoenix – Portland

8-10-2001 Portland – LA

24-10-2001 LA – Dallas

1-11-2001 Dallas - Hawaii

22-11-2001 Hawaii – Auckland, New Zealand

10-12-2001 Auckland – Sydney

6-1-2001 Sydney – Bombay

28-1-2002 Bombay – Amsterdam

2001 Traveling Around the World

August 2001. The start of 15 months of travelling. My first objective was to share my vision with the world. I wanted to know whether my vision was something that other people also wanted or that my vision was the evidence for my insanity!

I did not book any hotel accomodation upfront as I was committed to be flexible and as often as possible I wanted to stay with the local people. For the first 3 locations I had already made friends over the internet and agreed to stay over at their place. After that I would just see and trust that somehow it will all work out.

Some of the next chapters are based on (parts) of E-mails written to a group of worldwide friends while I was travelling.

My Insight

I realized that instead of always judging myself as loser, failure or not good enough, that maybe I am actually a braveheart. Courage does not mean not being afraid. It means you take committed action while being with your fear. You are not stopped by your fear.

Reflect

Reflect on your life where you have been a braveheart.

Take Action

Find one goal where fear stops you to achieve this. Inquire with five friends what action you could take and request their support in taking this action. If your friends do not support you in achieving your goal, then find five new friends. If you cannot find five new friends, then contact me and you will have found the first one. Next I will hook you up with more cool friends.

**2001 E-mail 1: Traveling around the World, First Stop Amsterdam Airport**

Wednesday morning August 29th I woke up at 4:15 am in Almere, the Netherlands. My parents dropped me at the airport at 6:15 am. Soon I heard my flight was delayed. All passengers were offered to stay at the Hilton Hotel while the airline was getting things sorted out. At the Hilton a desk was set up and a representative of Singapore Airlines sat there to answer all the questions. I saw the row of people growing longer and longer. The color of the face of the woman, who represented Singapore Airlines, slowly turned into the color of a ripe tomato.

Next to dealing with all the complaints from the people, she also received a phone call on her cell phone every 2 minutes. I decided to support her. I stepped out of the queue. I walked towards her and then I stood by her side behind her desk. First, I wrote her a small note which said: "You are doing a great job!" Signed with a smiley face. Immediately she lit up.

Then I started answering the questions of people. In my blue suit they all thought I must have been the pilot. Mostly I was getting the same sort of questions and complaints. Mostly people just wanted to share how upset they were. After some minutes I found myself feeling overjoyed, inspired and fulfilled. My need to find meaning in ALL circumstances in life was fulfilled. I felt tears coming up as it was such a profound experience to feel this way inside a 17 hours delayed flight. What I learned out of this situation was to always ask myself the following question: "Who am I going to be in the face of the circumstances in my life?"

My Insight

Life is an ongoing opportunity to experience miracles. The access to this is to get the focus of my boring self and put it on other people looking how I can be at service and maybe even exceed people's expectations.

Reflect

Reflect on your life and confront how boring life is most of the times. Mostly we go through the same circles of stimulus and response. Share one incident where you exceeded someone's expectation or the other way around.

Take Action

The next time you find yourself stuck in a boring or difficult situation take ten deep breaths and think of this story. Then come up with an innovative response which serves others. Share the result with five friends.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2001 Oprah and Mia Saved my Life**

Finally we all boarded and we departed for New York City. I arrived a day later than expected. There was a misunderstanding with the person where I was supposed to stay. I could not reach her. After calling some people I decided to take a room in the Marriott Hotel, which was right under the World Trade Center. It was August 30th 2001 and I had planned to stay in New York up to September 18th.

At the Marriott they gave me a special discount I 'only' had to pay \$200 per night. Lucky me! It was a bargain as normally it would be at least \$300. This price triggered all my money stories. I was angry because I wanted to use the money I received from selling my house for the Sustainable World Project and not for expensive hotels.

I remember very clearly that this early September 2001 in New York City I experienced this strange feeling, a heavy and unknown energy. Somehow when I went out on the streets I was not able to connect with the people. Normally I would have some good conversations with people I meet in stores, but this time I experienced the people extremely busy and superficial. I think Oprah's Angel Network had send out some Angels to trouble me so I would leave in time before 9-11.

On the plane I had read an article about Oprah Winfrey. While being in New York she came to my mind several times. When my friend Mia invited me to come to Chicago, where she had a guestroom with phone and internet, my choice was made. I decided to see whether I could meet with Oprah. On September 2nd 2001 I booked an extra ticket to Chicago and back to New York on the 18th so I could continue my schedule and fly to Phoenix.

Looking back 11 years later, having learned about Universal Laws, synchronicity, intuition and that I am part of that 15-20% group who is highly sensitive, it all makes sense. I feel blessed, grateful and supported as I am writing this. Thank you Oprah and thank you Mia! I think both of you together saved my life.

My Insight

I can trust my intuition. My intuition is connected to the divine plan, my Egoic mind is not.

Reflect

Reflect on your life how much you can hear and follow your intuition.

Take Action

The next time you observe a thought coming from nowhere and completely illogical then consider whether this might be your intuition. Next take action on this intuitive thought.



2001 Why your Thoughts are not YOUR thoughts

I was in Chicago. I was participating in the 2nd weekend of the Wisdom Course. During this course, the coach was asking to make pairs so you could share something about your life with a buddy. I was sitting next to a guy and as I observed my thoughts I saw a lot of judgment. "What an idiot!", I thought. The moment I was present that I was judging I realized that I had a choice. I could listen and act from the judgments or I could create something else.

For the very first time in my life I was self aware and I thought about my thoughts: "Lets try something new. I can say something different then my judgmental thoughts." I looked at him again. Then I said: "I'm so happy to meet you." Now here comes the surprise. The moment I said this, reality started changing. I started experiencing what I had said. I am not kidding you!

Years later when I reflected on this event I discovered the following life changing conversation. Think about your thoughts. Now let me ask you: "Do you consciously choose what you are going to think about and then the thought comes? Or do they simply come?" They simply come, right? If the thoughts simply come without your conscious choice, then why do you call them 'YOUR THOUGHTS'? Most of your thoughts are not yours! They simply arise in the mind coming from the collective consciousness.

At this stage in our evolution we have a lower collective egoic consciousness and this generates negative judgmental Egoic thoughts. If we are identified with these thoughts then we think our thoughts are actually true. Judgmental thoughts always generate a sense of separation between us and others. It is why all of us are so often feeling unhappy, disconnected and alone. Next, if we are identified, we will act and communicate according the judgmental thoughts as we relate to them as true. So if I think someone is an idiot, I will act and communicate according to these thoughts. However, if you think someone is an idiot and you can see the thought, dis-identify by remembering that your thoughts are not yours, it is not who you are or who others are, then you can act and communicate from a knowing of who we truly are.

Your thoughts are mostly the conditioning and programming which are wired in the collective consciousness. It is always the same boring stuff. It never brings out the quality of life we really want. So remember that everybody you meet is pure wonder, love, beauty, power and more. What I actually discovered was that the initial thought was the lie.

You might feel emotionally a little uncomfortable when you think someone is an idiot and you tell them: "I'm so happy to meet a wonderful person like you." You might feel like you are lying. It is not true. The thought "What an idiot is this!" is the lie.

What I learned from this is to be present to my thoughts, observe and acknowledge the thoughts and then dis-identify from thoughts which are negative by remembering who



we all truly are. Next, I communicate and act from this awareness. My promise to you is the following. When you communicate to people from who they truly are, then they WILL START SHOWING UP LIKE THAT. Don't look at people's ego, don't address it, as you will only get more of it.

Remember the Universal Law of Attention. Whatever you focus on becomes more. Look at the person and see the divine part, address that and then we'll get more of that. My question is: 'How would the world look like if we all lived like this?' Ongoingly reminding and therefore strengthening who we truly are.

Welcome to the Sustainable World Project. This is our goal! Becoming Self Aware or in other words raising the consciousness from egoic consciousness to unity consciousness.

My Insight

I observe my mind. I remember my thoughts are not my thoughts. I ignore any judgmental thought knowing it is not the truth. Next I respond with love.

Reflect

Reflect on your life how identified you are with the voice of your thoughts. How often you think that your thoughts are true.

Take Action

Have five conversations and make sure in that five conversations you observe your thoughts. If any judgment comes then ignore that and communicate from a commitment to bring experiences of love and joy.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 E-mail 2: Upset in Chicago

It is Saturday September 8th. I am staying in a small living room on the second floor in an apartment, downtown Chicago. I am a guest of Jenna and her girlfriend. They also have five cats living in this apartment. Which meant a lot of cat hair. It is 2:16 PM. I am behind a small wooden desk listening to: 'Two worlds, one family' by Phil Collins.



Illustration 33: The living room with my sleeping couch and 2 of the 5 cats.

Listening to this song and reading your replies empowers me to move on after a huge challenge. Thank you for your support! My intention in this email is to provide you value in dealing with being upset. Also I will make one request.

What happened? Since Sunday September 2nd I was staying at Mia's place. We agreed I could stay there till Thursday the 13th. Yesterday September 7th we were sitting at the kitchen table and Mia requested me to leave the house. I asked: "Why?" She said: "It does not work for me, there is too much going on." First I was sad, mad and disappointed. I made it mean that there was something wrong with me. After blaming myself for 15 minutes I decided to call some friends. They just listened without



any advice. After a few minutes, I was not upset anymore. I had realized it did not mean anything about me.

Next I called another two friends. One of them was my friend Cynthia 's daughter, Jenna, who was also living in Chicago. Now, I am staying at her place. What worked for me in dealing with being upset was four things. One, sharing with my friends. Two, having taught my friends to just listen. Three, having compassion for myself and Mia. Four, I moved on with making new requests to make things work again.

Now I have accepted what happened. I feel much better and I am also back in touch with Mia. Maybe her only purpose was to get me out of New York. For that I will always be grateful.



Illustration 34: These wonderful people at Letizia's Natural Bakery were so kind to answer all my questions in Chicago.



2001The Power of Non-Judgmental Listening

September 17th: After hearing about the attack on the World Trade Center I realized it would make the biggest difference if I would just focus on moving forward with launching the Sustainable World Project. With so many upset people I could see the value of sharing and listening.

Yesterday, I was upset. I shared. A friend listened. After that conversation I was not upset anymore. Next, I had enough space to be there for my friend Jenna, a man in the lunchroom and others who were upset that day. Do you see these positive ripple effects? When people share and someone listens without judgment; if someone listens without conditions, then the upset disappears. Then, something new becomes possible for both parties involved. It brings value to both sides!

I am currently in Chicago trying to meet with Oprah Winfrey. I emailed her. Immediately I got a response saying: "Richard I have been waiting for you my whole life. Please immediately come to the Harpo studios and lets talk!"



Illustration 35: Getting some inspiration at Harpo Studios. At the benches you see the carton box I was preparing with a gift for Oprah.



Nope, just kidding, that was my Egos version. Obviously there was no response. A friend of a friend worked freelance at her studios. I called him. He suggested me to share with Dr Phil. I emailed Dr Phil too. No response yet. This friend of a friend also said: "I know some producers in the studio." I will follow that lead. I am sharing my request to talk to Oprah with people I meet. With a friend I went to her Harpo Studios. There we received a phone number. I called. They said: "Send her a letter." I will do so. Someone said: "Go to the bars and lunchrooms around the studio, maybe that's the place where you can find her or hear more." I will take that on too. I do request your support. Send me your ideas, what would you do to meet with Oprah?

More to come about Oprah. Once more thank you for your generous support. I will leave you with some words Phil Collins is singing: 'Put your faith in what you most believe in.'

My Insight

If I take action I have never taken before then I might produce results I never had before. Even if the results do not meet my expectation for sure it will produce results in terms of learning and experience.

Reflect

Pick one area in your life where already for a long time you are not satisfied. Reflect on the actions you have taken to resolve this issue. Now come up with a new action, something you have never done before.

Take Action

Share this new action with five friends and then TAKE THAT ACTION.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2001 E-mail 3: Ordinary moments become extraordinary**

It is Monday September 24th 2001. I am flying in a Boeing 757 from Chicago to Phoenix. Seated next to me a friendly elderly man, who is heading home.

I just finished the third Wisdom Course Weekend in Chicago. One thing I am aware of is how much I suppress my love for people. I pretend I love people, but what I hide is that I am resigned. About what? About all the times I do express my love for people and I get a reaction in return. People say things like: "You do not need to say that. I already know. Don't be so emotional! Act normal please." So often I do not say what is there to say. The impact is that I feel suppressed, disconnected and stuck in Egoic monologue. The impact on other people is that they miss out on love and contribution. What I see possible is to be playful, responsible and unstoppable in how to express my love.

Here is one example of what opened up: Last Sunday evening I stayed over at Megha's place. As we were getting hungry we drove to a Thai restaurant. Before I participated in the OneWorld Seminar I would order, be quietly bored until the food is ready, then quickly eat and leave.

This time I walked in and said: "Wow, this is smelling really great." A waitress smiled at me and said: "Thank you!" I asked her: "Are you yourself from Thailand?" She said: "Yes I am!" I said: "I would love to go there, can you tell me what do you like best about Thailand?" She lit up and started sharing and sharing about how great the people are in Thailand, where to go, what to see, what to do, what to eat and much much more.

We ordered our food and Megha asked: "How long does it take because I would love to see my favorite show on television?" The waitress said: "15 minutes." We sat down and to our surprise within a few minutes the waitress had already returned bringing our food. I had no idea how she managed to do this so fast as many other people were still waiting.

Receiving this extraordinary service, I was reminded that if you reach out to your fellow human beings with genuine caring dialogue, then you will be blessed with many wonderful experiences. More valuable than getting the food so fast was the atmosphere of profound love and relatedness which was created through this very simple dialogue.

During this world tour I have been so privileged to experience many such moments. Profound relatedness with taxi drivers, people in grocery stores, Subway sandwich stores and more. What I see is conversations empowering all involved people. **Ordinary moments become extraordinary.** It is the Ultimate Gift of taking initiative to interact and connect with our fellow human beings. As my traveling unfolded I learned that EVERYBODY, from waitresses to taxi drivers, is waiting to be inspired. Everybody is longing for that profound experience that tells us that life is more than just going through the motions! This inspiration is a glimpse of the Truth. What truth? The truth that we are one. The truth that we are love! And boy oh boy, that feels good! On the next page one of the many taxi drivers I connected to.



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THE SUSTAINABLE WORLD PROJECT

Get a Life You Love => Get a World You Love



I totally love my life. Don't get me wrong. It is not perfect. Next to the many great moments, I also have my many many lousy moments. However, I choose to see them as opportunities to grow and share also those moments with the people I love. I see what I like best in this game is experiencing this magical connection with other people.

I am clear that I would not be who I am today and where I am right now without your support. Though you might think that I am talking to the other people in this email group, do know I know everyone in this email group and I DO mean **You!** So thank **You** for your support and do know that I am your partner in **You** living a powerful life.

About the game to meet with Oprah Winfrey:

In Chicago I went to her studios for a second time. Shared with security. Got the address where I could mail her. Sent her a gift. Shared with more people and then I met Dora who actually had worked with Oprah. She had a project funded by Oprah and she will support me to meet her. In a moment I will call Dora and see what we can do.

REQUESTS

- Who wants to be part of an international team? A team which will travel around the world to fulfill the objective of this project. A world which works for everyone.
- Who can support building a website?
- Who can support translating certain documents into Dutch?
- Who can support in buying an unlocked tri band cell phone in Europe and send it to the States? (Remark made in 2013: Why not buy it in the States? I have no clue, probably because I am an idiot!)

I am now finishing this email being in Cave Creek near the city of Phoenix in Arizona. I am sitting on a big soft white couch in a large living room. I am staying with Adam and Stacy. Adam is a filmmaker and he will support me with element five of the Sustainable World Project, the interactive movie. I am so inspired by who they are. They are both very generous and very supportive.

I will leave you with what Rene Froger just sang: Here in my heart. That's where you'll be. I love you, Richard.



Illustration 36: Adam, the film maker in Arizona.

My Insight

This story reminded me of the Universal Law of Cause and Effect and the Law of Correspondence. If I remember who I am and communicate from a commitment to express who I am then through these two laws I will see many effects in my environment. In other words if I am being loving, I impact my environment, love gets strengthened and gets returned. It changes the world!

Reflect

Reflect on your life how generous (or not) you are with waitresses, taxi drivers, shop keepers, etc. Share one incident with us where you were very generous (or not) and tell us what happened, what was the experience and what did you learn.

Take Action

Lets go to your favorite restaurant and together lets practice generosity towards the waiters and others we meet.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 The Waitress

One evening my friends Adam and Stacy went out for dinner with their friends. I decided to go to a restaurant on my own. It was a beautiful restaurant. It had a lot of colorful paintings on the wall, a nice balcony and several square tables with homely table cloths showing off their green and white checks. Stacey had brought me here on my first day and we shared a wonderful lunch and good conversations.



Illustration 37: Stacey and I near Phoenix, Arizona in the US.

As I was having my dinner my Ego suddenly whined: “I am all alone in this big country.” Being identified with my thoughts I immediately started feeling upset. When I became aware of this, I thought: “Okay, you know how this works. You should now open your mouth and share!” I looked at the waitress and immediately my Ego judged her. The Egoic mind in action to sabotage any possibilities for experiencing love. The Egoic thought said: “No, I will not share with her. She looks too busy!” Then I saw myself judging her and could dis-identify from that thought. Next, I decided to talk to her as I had now learned that the negative thought is the lie.



When the waitress came to my table. I said to her: "Isn't life ironic, here I am starting a project which is about connecting people all over the world and I am feeling so lonely." She smiled at me and said: "I understand. I have friends who travel. Sometimes when you travel on your own then you feel lonely. I can understand that." That was so sweet. The waitress listened to me and got me. For a moment she walked away to the kitchen.

Two minutes later she came back to my table holding this big box in her hands. She said: "Here are 4 different muffins. These are for you. It is free. Take it home." I remember I was so moved by this generous gesture of the waitress. My experience of life totally shifted. Instantaneously I had an experience of profound relatedness. Next, the waitress came back to my table every few minutes to check with me whether I was doing alright. I was so touched. I thanked her. I thanked her boss. I told him: "You have a really awesome employee! You should give her a raise!"



Illustration 38: The Waitress. My Hero for that day!

Next we took a photo. In the photo you can see that the people sitting at the table behind me also responded to the change of energy in the restaurant. It simply shows that 'All' is connected to 'All'. I left the restaurant with an experience of profound



relatedness, a very fulfilling experience. I drove home to Adam and Stacy with tears in my eyes and for several hours I enjoyed this bliss.

I learned, that the truth will set you free. Sharing the humanity and listening without judgment is the doorway to love. However, the Ego does not like this as the Ego just wants to appear cool. But, if you dare to share, I promise you the profound experience of love and joy.

My Insight

In this story I clearly saw the universal Law of Oneness. One spark of love transforming all that is connected.

Reflect

Reflect on your life how little you share. Especially your 'more difficult' experiences like sadness, loneliness ,etc. Tell us one incident in your life where you shared a difficult experience. What was the result and what was your learning.

Take Action

Find one area in your life where you experience sadness or loneliness and share this with five people. As always, first ask them to only listen to you.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 The Unconditional Love of Carmen

One of the many gifts I received from Kiki was a wonderful friend. Her name was Carmen. She became a next hero in my life. She made me understand a lot more about unconditional love. Kiki had met Carmen at the Sai Baba Ashram in Puttaparthi, India. Carmen lived in Portland, Oregon, USA. After the India trip Kiki introduced me to Carmen by phone. She was the most gentle, kind and loving being.

Whenever I would be upset and the time difference allowed, I would call Carmen. While I would rave and rant and go through the human drama she would be completely silent and just listen. When I would finish, she always said: "Oh, Richard, I love you so much!"

She also made it clear that I could call her anytime. If again I'd be upset in 30 minutes, I was allowed to call her. This experience was so profound that I made sure I would visit her on my world trip. Till today I am so inspired by who she is. My wish is to spread her unconditional love through our project hoping it may reach many.



Illustration 39: Carmen picked me up from the airport. She was living with her friend Isaac in Portland, Oregon, USA.



I remember flying to Portland, Oregon. The plane was preparing to land. I took a look from the window and all I could see was mountains and greenery. Wow! I love the state of Oregon. I love my friend Carmen. She taught me a lesson I still treasure and practice today. Listening is accepting the words and emotions without conditions. Listening therefore is an expression of love.

My Insight

When I am upset, the only thing I want is to be accepted and loved. This gets created by someone listening to you without conditions.

Reflect

Reflect on your life how easy or difficult it is for you to just listen and accept people.

Take Action

Listen without conditions to the first five people you meet after today's session. Listen until they stop speaking. Wait 20 seconds if more comes. Then listen again!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2001 The Power of Listening**

Something very funny happened while I was in Portland. I decided to visit one of the training centers of OneWorld Education. A young man came to me asking for coaching. I said: "Go ahead, tell me more." He started talking and talking and talking. I started listening and listening and listening.

Ten minutes later he had figured out what was his next step to take in resolving his issue. I had literally not said even one single word. With enormous enthusiasm and gratitude he said: "Thank you so much! Thank you so much for your coaching!"

I smiled in my heart feeling deeply blessed for having learned a bit on listening. Thank you so much Kiki for teaching me the 3 communication rules. In the Sustainable World Project we now call this the Communication Game. In this game you are only allowed to use one of the following 3 types of communication.

1. Ask questions
2. Answer questions
3. Listen

My Insight

Only listening is very powerful. If I bring in 'being loving' then through the universal Law of Conscious Transformation of Energy my higher frequencies will transform other people's lower frequencies. They will again experience who they truly are. Listening is a WIN-WIN solution! In listening the other gets empowered and I experience love, joy and gratitude. What more can we wish for?

Reflect

Reflect on your life and your listening skills. What can you do or how can you be to improve this?

Take Action

Commit to causing an unprecedented result in listening to the first five people you meet.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2001 Letting go of Attachment**

Months later I heard that Isaac had suddenly died. Carmen was left with one little baby. Slowly it became more difficult to reach her. The attachment to these very important people in life is always difficult to deal with.

I asked a friend in Portland to go to her house. The house was empty. She had moved to a different place with her newborn baby. My first thought while writing this is Ego and it says: "I still miss her!" The second thought is coming from a higher awareness. It says: "This separation never happened. You are still connected with Carmen!" This puts a smile in my heart.

My Insight

Enjoy what is there in the moment of now and then let go. As I move through life I can continuously try to stay detached from people. Even the ones who made such a profound contribution. Leave the past in the past.

Reflect

Reflect on your life how much past you carry with you.

Take Action

Share an incident you find difficult to let go with five people. Ask them to ONLY listen before you start.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 Who People Truly Are

I am sitting on the couch in the living room of Burt, a new friend in Los Angeles. He works at a company in Hollywood, which does special effects for movies. His house is full of gadgets which will turn on and off on remote or timer. It reminds me of the movie Back to the Future. A brown and white Rat Terrier is looking at me. His tail says to me: "Play with me instead of your laptop!"

Last Monday a Yellow Cab taxi driver drove me to a mall on Sawtelle Boulevard. I started sharing about the Sustainable World Project. I said: . . . connecting people worldwide. So worldwide people can start sharing their lives. We can get to know each other. It will bring understanding, respect and compassion. We will start seeing we are all dealing with similar issues in life. We will all get present that we are the same human beings; that we are one. Suddenly he got excited. He interrupted me, saying loudly: "Yes, that we are one!" Then he started sharing: "I come from the Bangladesh. My wife is in Pakistan. I am a Muslim. People don't understand what is going on in the middle east "

He went on and on about the whole situation with America, 9/11, Pakistan, Muslims and how challenging it had become for him to get his wife from Pakistan to the States. I noticed he was happy that someone was finally listening to him. During his sharing the expression on his face turned from suppressed to totally being self expressed.

We arrived at the mall. He turned off the meter. He talked for 15 more minutes. I just listened. Then I said: Thank you so much for sharing about yourself, your country and the Middle East. I have a very different understanding now. You are very generous!

Now let me make a point in between. My Ego is now telling me: "Some people will think that you are a phony, that you exaggerate and, that this taxi driver was not generous at all!" I know that my Ego is part of the collective Ego, so what I think other people will also think. If your context is the world of 'Identity' or Ego then you might be right. However my commitment is to relate to people from who they truly are, which is pure love, wonder, beauty, power, generosity and more of those cool words.

People, just like an onion, are covered up with layers and layers of ego and identity. Learn to live and communicate according the Universal Laws. The Law of Attention states: "Whatever you focus on will grow stronger." So, do I want to focus on the world of Ego and identity and have that grow? Or do I want to focus on who we truly are, so that can grow? Easy choice, but the problem is that we continuously forget who we are and therefore forget who others are. We fall back in communicating and acting from the old communication paradigm of the 20th century and before.



Let me describe these 2 communication paradigms for you.

The Old Paradigm

Discussing (Being righteous), giving opinions, gossiping, judging, comparing, justifying, looking for solutions, explaining, defending, agreeing, disagreeing and any other kind of reaction.

The New Paradigm

To ask a question, to answer a question, to listen and to share after taking permission. Share in a context of love, unity, oneness, abundance, anything that brings value. You can also acknowledge your authentic experience, acknowledge communication in the old paradigm, joke, play with words, forgive, take responsibility, apologize or express gratitude.

We need a powerful structure in existence to remember who we are and practice communication in the new paradigm. This is what the Sustainable World Project is about. It is a structure, a system to remind us continuously who we truly are.

Back to the taxi driver who had just shared his whole story. When he finished I asked him: Can you wait for 20 minutes while I will do my shopping? He said: Yes, sure, no problem. He waited and when I returned we drove home. When I asked him: "What do I owe you?" He said: "Nothing!" He drove me home for free. We both left empowered. I see that truly listening to someone and being with this person not just leaves the other person fulfilled, but it comes right back to me leaving me fulfilled too. What a gift!

My Insight

If I communicate and listen in a new paradigm then the quality of life of those involved improves. It creates empowerment.

Reflect

Reflect on your life and your communication and listening skills. Share with us one area where right now you would like to produce a new result using these new communication and listening skills?

Take Action

This week have five conversations inside the new paradigm.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 Email 4 – An Update on the Project

Some people have replied that it is difficult to recall the exact project. Here is the short description of the project. This is the one I use in 2013.

The Sustainable World Project is a multi-decade long project to impact the quality of life by connecting communities worldwide. Through the use of visual communication technology and guided by mature hosts, we will start creating interactive events between multiple locations in each and every country worldwide. Single events will become a 24 hour 7 day per week ongoing event. The first locations will be the THRIVE Empowerment Centers of the innovative and interactive 'Sustainable World Education'. Later, any location, whether it is a school, a movie theater, a conference room, a church, a restaurant, a mobile location or your own home, can join to participate in a new conversation. An authentic guided conversation about our shared humanity; people expressing their experience of life in areas like parenting, education, health, relationships, work, money, our passions, our fears, and much much more.

Recognition of our shared humanity, through high-speed fiber and new cutting edge technologies, like automatic speech translation and 3D holographic projections of people, will bring an ongoing experience of love and unity, people have never ever experienced before. This will lead to more experiences of acceptance, joy, peace of mind and full self expression. Those experiences will automatically self motivate people to operate inside a new paradigm of 'Oneness'. People being present to all these new experiences will think, choose, communicate and act in new ways. This will lead to new ways of collaboration and finally to a world which works for everyone.

An interactive workbook and an interactive motion picture will be used for promotion. An innovative funding system will fund the start.

CHALLENGING MOMENTS

- My email sometimes fails silently. It looks like I sent someone an email but the email never arrives.
- I had no place to stay at the moment of flying to Los Angeles.
- The second morning my laptop crashed and I lost some data. I have now totally spent 5 days and almost \$500 on two new operating systems to keep my laptop operational.
- I admit the failure in the game to meet with Oprah Winfrey. For now I do not recommit.

GREAT MOMENTS

- Generous and supportive people all around me. For example people who took a look at my laptop for free.
- People who would host me after talking for just 5 minutes.



NEW OPENINGS

- in Los Angeles I met two movie producers.
- A script writer is supporting me in causing funds for this project. For now, we look at three funding opportunities.
 1. Sony.
 2. The European Union. They have a fund of 400.000.000 euro for films where at least 8 people from 8 different EU countries are working together.
 3. The Bill and Melinda Gates Foundation.

Remark in 2020 – Oh, oh, good this did not happen. All 3 above parties are connected to the rich elite. The secret controllers of our world. In 2001 I did not yet know so.

What is also great is that I am aware of my own growth in being with failure, look at what is missing, bring that in and move on. I am also present to my growth and development in sharing for large groups of people. Starting in July 2001, with an embarrassing moment in front of 20 people who all wondered what the h#ck I was talking about. Ending now, the last Saturday of October, sharing in front of 150 people and receiving a standing ovation.

Writing this I realize that I am so much bigger than my thoughts and feelings. I am bigger than all my justifications for NOT having the life I love. Why do I share this with you? Because I want to show you that you too can realize all your dreams. What is your dream? What is your passion in life? Let me know if there is anyway I can support you!

REQUESTS

- Please resend all emails you sent to me, from October 2nd to 8th, as I lost those due to a computer crash.
- Do you know someone who can consult on videoconferencing?
- I am looking for 4 people in Los Angeles who are natives of South America, Asia, Africa or Australia. They will be partners in presenting the Sustainable World Project to Sony. Their presence will show a glimpse of what is possible in a global community.
- Please share your tips for meeting people like: Robin Williams, Steven Spielberg, Mike Farell or Tom Shadyac.
- In the introduction at Sony I will mention some names of people and companies who provide their support. If you would like your name or company to be mentioned let me know.

The amount of emails I receive is sometimes too much for answering all of them in a way I would like to. I request your understanding. Sometimes you will get a short, late or no reply. This is absolutely not personal and I STRONGLY request you to keep on sending your empowering words. For now you can count on me reading all my email. Once more thank you for your ongoing support. I do not take that for granted! I look forward to your reply.



2001 Dallas, Texas. A Next Miracle.

After participating in the OneWorld Seminar my mother started playing the game of life. At age 58 she decided to start an international business in health products. A big thank you to our friend Ron, who had inspired us into living a high quality life. For this business my mom chose to attend a seminar in Dallas, USA. I planned my world trip in such a way that we all could meet up in Dallas for some family time.



Illustration 40: The Gala at the end of the business event. From left to right our friend Ron, my brother, my mom, my dad, me.

While being in Dallas a next miracle unfolded. A friend who was working at MCSI setup a video conferencing meeting between 3 locations at their office in Dallas. I was thrilled. My dream project was slowly getting more and more shape.



Illustration 41: Some people might just see a television with a camera on top. I saw a whole vision unfolding. Ten minutes after this photo I would be in an interactive event between Dallas, Cleveland and San Francisco. Being at the office of MCSI in Dallas was one of the happiest moments in my journey at that time.

My Insight

If I pursue my dream with great passion and determination, it is simply a matter of time before miracles unfold.

Reflect

Reflect on your life and your biggest dream in life. Are you still pursuing your dream or have you stopped. You are worthy to live the life of your dreams. Do you think so too?

Take Action

This week take five actions to forward your dream. Share this with five of your friends.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2001 E-mail 5: San Francisco, a Beautiful City****SETTING IN SAN FRANCISCO**

It is 9:09 am Wednesday morning November 6th 2001. I am on a ferry in the bay of San Francisco. I am sitting on a green couch. A friendly lady across the table is reading Stephen King. We are traveling with a speed of 40 miles per hour towards Vallejo. In Vallejo I will meet with a friend who will show me Napa Valley. He was the one who empowered me when the vision of the Sustainable World Project was still very fragile. I feel deeply grateful towards him and the others who encouraged me in the very beginning.



Illustration 42: My friend, who empowered me to pursue my vision since the year 2000.

PERSONAL EXPERIENCE

Yesterday evening November 5th 2001 I was walking downhill 20th street to an Italian restaurant. I stopped at an intersection. I looked to the left and there it was the whole skyline of San Francisco. Imagine this picture. It is dark. You see all the tall buildings downtown. You see curvy roads embracing the city. You see all the little lights working together shaping a beautiful city.



Seeing this beautiful view I got upset. Why? Well, what is the first thing you want to do when you experience something profound. We want to share that experience, right?



Illustration 43: The view I saw but then by daylight.

This view was too beautiful not to share with someone. Gee, I hope you can understand this. I got present to two commitments. First my commitment to be in a partner relationship and second my commitment to travel around the world in a team. But where do I find people as crazy as me?

From San Francisco I flew to Maui Hawaii. Sitting in the plane I felt so grateful for the love and support of all the people who had hosted me. I looked forward to new countries like New Zealand, Australia, India, and maybe even South Africa and Brazil. There were new openings in the project and there were also some challenges like the crash of my laptop.

Sometimes it is all just too big to contain. At those times I miss someone right next to me to share all of this. I don't request any advise on this, if you can just understand it. That will be enough. That will empower me to move forward with this project.



In the domain of partner relationship, I became more aware of my pretense that I am living an extraordinary life traveling around the world. But what I was hiding was that I am arrogant, judgmental and resigned around my own possible partner relationship. The impact is that I feel alone and sad, I feel like a fraud, it totally disempowers me. I am in my head not present, not related and stressed. I feel suppressed because I think I cannot share this, since I am starting a project about connecting the world, so I should always feel related. The impact on others is that they don't get the real me and I will judge them for that. So they are left disempowered and alone too. What I see possible after confronting the above is being someone who is open and honest about his humanity.

While staying with my new friends Eric and Beth in Walnut Creek, California and seeing who they are in their relationship, I am totally inspired again to be in a relationship. I am clear that being team with a partner and more team members will empower the fulfillment of this project. It totally inspires me, so that is the game I am playing. If you know someone who is inspired by traveling around the world, connecting people then those two 'job offers' are open. What does it pay? An extraordinary life! I do mean a life beyond your wildest dreams, you can count on that!

As I am writing this I just became aware that I was judging myself for writing too much about myself. However, this project is about people worldwide honestly sharing their experience of life. It would totally not be aligned with the project to just share about the project or only the 'great' things. You can also feel free to share your life with me. Feel free to tell me your fears, concerns, passions and dreams.

In 2013 one of my test readers Vidya said: "The entire world projects a false picture of happiness." What I got from that is the following. The collective Egoic conditioned mind has instilled a certain picture of happiness deep inside of us. It is something like being cool or pretty. Cool for the guys and pretty for the girls. It is about having a special relationship with another cool or pretty person. It is about having all the material toys like money, car and house and saying all the smart lines in our communication. Take a look at the movies and you will get a feel of what I am saying here. The above is not leading to happiness. Be authentic about your humanity. This leads to recognition of the shared humanity. This leads to love! This leads to true happiness!



2001 The Project

The meeting with Sony is postponed. A person in Holland is inquiring into becoming a partner. When I was in Dallas we had the first video conference call between Dallas, Cleveland and San Francisco. MCSi the largest Video Conference integrator in the States is interested in participating in this project starting with a pilot connecting 50 different countries.

In San Francisco I met someone from Hoffman Video Systems, also a Video Conference integrator. He flew over from LA to investigate how his company could participate in this project. Together we are looking at all the technical aspects.

I visited OneWorld Education Headquarters in San Francisco as I wanted to thank them for the wonderful training they provide. During my traveling all people who were interested became a part of our network. It has grown now to 357 people in 28 different countries.

The conversation around this project has shifted to a next level. People I don't know are now contacting me. I have one opening to connect to Robin Williams, a friend in San Francisco knows a person who works in his house.

NEXT STEPS

Get the traveling team in place and start working on the introduction to present this project to the corporate world and the movie world for funding.

What would you need to travel along? It is not that you need to be rich. In Holland I tried to generate passive income by making my company independent. For three times that did not work out. Finally I decided not to wait anymore to start living the life of my dreams. I sold my house and made \$40.000 profit. I had to put in \$10.000 to deal with the losses in my company. \$5000 in some investments to start this project and \$5000 to pay off some other debts. So I left my country with \$20.000. During my travel people have supported me in such a way, that I spent little money each month. I have spent an average of \$1600 a month in September and October.

REQUESTS

- Who can find me a reliable and fast internet provider in New Zealand, Australia and India.
- Who wants to join the traveling team. Come to Hawaii. I am here till the 21st. Join this project for a day, a week, a month or a life time.
- Who can find me a partner, who is as 'crazy and committed' as I am? Someone who is passionate about traveling and making a difference.
- Who wants to join the core group of people who say: "This project shall happen!"

**My Insight**

If love means unconditional acceptance then if I stop resisting and judging my life I will start living a life I love in every aspect. I accept each and every aspect of my life without any conditions.

Reflect

Reflect on your life how much you are resisting and judging.

Take Action

Have a conversation with five of your friends where you inquire into how much suffering you bring to your life by the mechanisms of judgment, resistance and attachment.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 Parking Meter Girl

After attending a seminar in San Francisco I was walking down on Howard Street. I looked to the left and there she was this blond girl trying to hypnotize a parking meter. I thought: "That is interesting!" I asked her: "What are you doing?" She said: "I parked my car. I put a quarter in the meter behind my car. I looked at my car and then I realized I should have filled the parking meter in front of my car. I had filled the parking meter for my neighbor's car. This quarter was actually my last change because the rest I gave to a homeless person. Do you have a quarter for me?" I said: "Sure, that's a good story. That definitely deserves a quarter!"

I gave her a quarter and then she asked me: "What are you doing here?" I said, "I am here to live the life of my dreams." She asked me: "What is your dream?" While standing on the pavement I shared the whole project. She was very interested and enthusiastic. I said: "If you like to, then we can have some food together. I was just about to eat my lunch. If you care to join me?" She said: "Sure, that's great. Can I call a friend of mine? I was just picking up a friend. She can join us too!"

Half an hour later we were having dinner and enjoying great conversations. I am learning that so much is possible, however I do need to open my mouth and start sharing myself. Then you never know what will happen. Expressing myself resulted in two wonderful evenings with these girls. When I wrote this story I was smiling remembering how awkward I used to be around girls. It was a big shift Had I finally gone from loser to lover? Well, you will find out soon, but this is what I thought at that time.

Reflecting on this whole adventure now in 2013, I can see how confused I have been around love. Without judging myself I can see that I often confused love with feeling good, pleasure, sex, feelings, wanting something from the other, needing the other, emotions and more. This is of course no wonder if you look at how the collective Ego is bombarding us with the Ego's version of love. Ego's version of love is actually keeping us away from love. Ego's version of happiness is actually keeping us away from happiness. When I first saw the movie Notting Hill I fell 'in love' with Julia Roberts. This 'I' was of course the Ego. Then for many years, too many to confess here, I compared and then judged every woman who did not look like Julia Roberts. Comparing and judging are of course both mechanisms from Ego.

It took me another decade from 2001, to come to a more universal meaning and a new experience of what love is. Now, for me, love is about acceptance. Acceptance without conditions. It is about seeing someone for who they truly are. It is beyond appearances. But, lets not get ahead of ourselves. Lets continue the journey. Tons of valuable learning still needed to come.



Illustration 44: Dinner with parking meter girl (2nd from the left) and other new friends

My Insight

Any person I meet provides a profound opportunity for experiencing the unprecedented flavors in life.

Reflect

Reflect on your life how you relate to someone you have not met before. Remember, since we are all one that this person is you. It is an opportunity to get to know yourself. It is an opportunity to love yourself.

Take Action

This week talk to five 'strangers' and try to create an unprecedented experience for your 'Self'.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 The Nonviolent Awkward Authentic Hero

During this first tour around the world I was staying with my friends Eric and Beth, in San Francisco. Often I would take the BART (Bay Area Railway Transport) from Walnut Creek to downtown. This way I could visit one of the training centers of OneWorld Education. On a sunny day I found myself waiting for the train. I was sitting on a bench when Meryl sat herself right beside me. Meryl looked a bit disturbed. "I am being harassed!", she whispered softly, while looking at another lady who was quickly approaching.

At approximately fifteen feet away this 'aggressor' stopped, gave us a dirty look and she said: "Don't talk to him, talk to me b*tch!" Immediately I felt the fear strike. Afraid of a girl! ;) Now what? First reaction was pretending that nothing was going on. That of course did not make any difference. Second reaction was to joke around with Meryl. Same result. Then the train came and I asked Meryl: Do you want me to sit next to you? "Yes", she said. We sat down in the train. The 'aggressor' also entered the train and sat down just 6 feet away.

The doors closed and the tension started building. The 'aggressor' stood up and she came standing right next to us. I thought: "Now it is going to escalate. What can I do? What can I do?" Then finally I remembered that the truth will set you free. I turned to the aggressor and said: "Leave her alone or I will kick your @ss!" No just kidding! , I said: "Hey, I am really afraid of you." This worked and immediately I saw her anger starting to break down. She said: "Huhhm, you don't have to worry, but this b*tch over here I am gonna whoop her @ss."

I said: "I always like it when people are being friends." Oops, this is an opinion and opinions never make a difference. Her programmed response was: "That is your problem." Then I asked: "Is there anything I can say so we can be friends?" Asking an open question is always good as it makes us go to the creative part in the brain and that might break the programmed response which is running.

As our dialogue proceeded, we reached the next station. Though it was not our stop Meryl and I quickly got off the train. The 'aggressor' stayed on the train. We sat down and took a deep breath. We shared a bit more to release the tension. Meryl shared that she was actually on her way to a job interview. We exchanged contact details and went our own ways.

I took the next train. I got off at my stop and started walking towards the training center. I was a thirty feet away from the door. You will not believe what happened next. Walking straight towards me was the 'aggressor' from the train. "How is this possible?" I thought. There was no time to think anything more as the lady passed by. As she passed, she turned to me and smiled. She recognized me. Not knowing what to think anymore I entered the center.



This is what I learned in this adventure. I distinguished the three automatic responses to a threat:

1. Pretend nothing is going on.
2. Run away.
3. 'Attack', be aggressive.

Now authentically expressing your experience might not look so cool, but it is a nonviolent and very effective way to avoid conflict. I also learned that sharing fear reduces it. The learning in the second encounter of the 'aggressor' was that there are actually no bad people. Do I know what made this 'aggressor lady' so angry? Do I know anything about her past? What I do know is that we all make mistakes and we all need to learn to forgive and love the people involved.

Remember that any communication is either a request for love or an expression of love.

One year later, on the second tour around the world, I looked up Meryl. I heard that she had gotten the job and we both had a good laugh about my approach to the 'aggressor'. I was a true 'Nonviolent Awkward Authentic Hero'.



Illustration 45: April 2002 visiting my new friend



This whole adventure in the train made me present to what the Sustainable World Project could provide to our world. What if we start sharing our upsets on a global level and someone would just 'get it'; someone would just listen? What would be possible for our world if that way our anger would disappear sooner? What if our collective programmed responses are interrupted before escalation? What could arise?
..... a world that works for ALL people?

My Insight

If I share illusions then they disappear (fear, anger, sadness, etc.).

If I share truth then it strengthens (love, joy, etc.)

These are some of the Laws of our minds.

Reflect

Reflect on your life how you deal with perceived 'aggression'. Share one incident where you were exposed to a 'aggressive' situation. Tell us how you felt, what you did, what happened and what you learned.

Take Action

Pick up a fight and No, just kidding! When you perceive a next violent situation remember this story and become a 'nonviolent awkward authentic hero'. Resolve the situation without violence!

Engage

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2001 E-mail 6: Cheeseburgers in Paradise

It is November 13th 2001, 2:03 pm. I am in the city of Wailea on Maui Hawaii. Wailea means paradise. I am sitting on a green chair at a green table for two. The table is located in the patio of a restaurant named 'Cheeseburgers in Paradise'. Cool drinks and great music, life is good. The sun is tickling my skin. Melany, a friendly waitress has just served me a Polonesian Chicken Sandwich.

Across the table an empty chair. Hmm, I wonder who could be sitting there in a couple of days. I looked to the right and there she was the Pacific Ocean and some beautiful palm trees. A little bird is eating some food from the floor. Some music is playing softly in the background. It is a song of Mike and the Mechanics. The title of the song is: The living years. They are singing: "Say it loud. Say it clear. It is too late when we die."



Illustration 46: A restaurant named Cheeseburgers in Paradise

The words of this song move me. Loud and clear I would like to say to you: Thank you so much for being in my life. I hope you understand that your listening to my sharing, gets me out of my head and empowers me to move on. I am clear I am living an



extraordinary life and sometimes I get totally stopped, hooked and upset too. It is all part of life.

Yesterday I was upset. But after reading some of your replies I immediately felt better. I want you to know that it is YOU who makes me move on. Thousands of people are getting connected to this project. Who knows where it will end I want you to get that YOU make that possible.

If there is anything I can do for you. If you need me. I am here for you. You can always call or email me. Aloha and Mahalo. Goodbye and thank you.

I send you my love,
Richard

My Insight

Mike and the Mechanics tell me to express my love fully now

Reflect

Reflect on your life how easily you express your love towards people

Take Action

Express your love to 5 people and share that experience,

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 A Pretty Bird

November 26th, 2001. I was staying with a new host in Auckland, New Zealand. I was sitting in a lazy chair. A kitten named Poekie was sitting on my laptop.



Illustration 47: Poekie enjoying the warmth of my laptop.

In the little time that Poekie allowed me, I was doing some work on my laptop. Suddenly I heard a bang. “Oh, a bird just hit the window!”, I thought. I continued working. Then I said to myself: “Hey, you fool. That was a bird. Go and check!” I walked down and stepped outside of the house. I looked to the left and there she was a poor bird, toppled over, laying on its side, waiting to become cat lunch.

The bird's eyes were open, but it did not move. I felt very sorry for the bird and immediately my hero identity got triggered. I decided to pick it up and take it inside. I walked back into the house and took a closer look at my bird. I could not see any damage. I was looking for a safe place where I could put it. The first thing I saw was a frying pan. So, I put her in the frying pan. Sorry, but it really was the first thing I could find. What to do now?



Illustration 48: The first thing I saw was a frying pan and no, it is not a trick photo!

I decided to call a vet. The vet said, "You can bring the bird and you can give a small donation. Then we will see what we can do." I called for a taxi. I put my favorite T-Shirt in a shoe box and carefully moved my pretty bird from the frying pan to her new home.

I had asked the universe for a pretty bird (partner) and as always the universe delivered. Quite literally this time. Me and my bird went outside. Together we waited for our taxi so we could go on our first date. Finally, I saw the taxi turning into our street. Again, I looked at my dizzy date for the day.

Suddenly my date woke up. Pooped on my favorite T-Shirt and flew off just as the taxi driver was parking his car. I said to the taxi driver, "Sorry, my date has just flown away!" No, just kidding. I thanked the taxi driver for his fast service. I gave him a good tip and told him that his service was no longer needed.

Relieved that my bird was doing well I said goodbye to the taxi driver. What did I learn? I learned that when someone knocks on your window you should go and check it out. It might be a pretty bird!

**My Insight**

Learn to play the game of life, love fully like you have never been hurt, be responsible for your expectations and always, always keep setting the one you love free. Understand the Paradox 'If you set me free I am yours!'.

Reflect

Reflect on your life how easy it is for you to play the game of life fully. Do you express and receive love easily and frequently? Or are you still given by past or cultural programming? Set yourself free! You are worthy to live a life beyond your wildest dreams!

Take Action

Inquire with your friends what adventure you could create next in life. Then commit to it!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 Love Brings You

December 1st 2001. I was sitting in a bus heading towards the center of Auckland, New Zealand. From there I wanted to walk to the Sky Tower. Next to me, were two people from New Caledonia. In front of me, the bus driver. I felt happy and excited as I was pursuing my life long dream of traveling around the world.

My neighbor's from New Caledonia were speaking in French. I speak very little French, but decided to talk to them anyway. "Bonjour! Comment ca va? Comment tu t'appelle?" I asked them for their names and where they came from. We had a lot of fun. I experienced their appreciation for me trying to speak French. A wonderful relatedness was arising.

Next stop the people from New Caledonia had to get out. After saying: "Au revoir!" I turned to the bus driver and said: "I am going to the Sky Tower. Can you tell me where I need to get off?" The bus driver said, "Well, you know what, this bus does actually not stop there, but I am finishing my shift in a few stops. If you can wait a moment till all the people get off the bus, then I will take the bus and drop you there."

I was now the only passenger. I was blown away by the generosity of this bus driver. To just take the bus and drop me, was something beyond my expectations. I felt tears coming up as seeing the best arise in people is such a profound experience. At the last stop all people got out of the bus. Next, the bus driver dropped me right at the entrance of the Sky tower.



After a few seconds spent in deep gratitude for this experience I quickly took my camera and was able to capture the bus just driving around the corner.



Illustration 49: The bus which dropped me at the Sky Tower

I do not believe that this free ride was just something which was merely happening by accident. I believe it was the profound relatedness which was generated in the dialogue with the people of New Caledonia. As the bus driver was sitting right in front of us, he must have picked it up, either consciously or maybe even unconsciously.

I enjoyed my visit to the Sky Tower and the whole day I was being present to the power of love. I also realized that I had found THE solution to all global issues. I pledged to dedicate the rest of my life to start our Sustainable World Project. This project finally boils down to bringing love to the world.



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A World that works for ALL people by the year 2050



THE SUSTAINABLE WORLD PROJECT

Get a Life You Love => Get a World You Love

**My Insight**

If I take initiative to reach out to my fellow human beings with caring dialogue, then I not only create a clearing for miracles to come into my life, but I lay the foundation for people being connected. It has been proven without a doubt that when people feel more connected we have more workability in our world. What if we could get people worldwide connected? Could it really change our entire world?

Reflect

Reflect on your life how easy it is for you to take initiative bringing love to our world. How loving do you dare to be with people? How much love can you let in from other people? How soon do your Ego defenses block the flow of love?

Take Action

This week initiate five conversations where you are being loving with people you don't know. Make sure you communicate with a commitment to provide value.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2001 E-mail 7: New Years Eve in Sydney

Happy New Year. This is Richard in Sydney, Australia.

ALMOST IN A LETHAL ACCIDENT

The last day of 2001 I was attending a party. I did not enjoy the party as I still experienced being alone. It was the usual Egoic train of thought which created this experience of separation. The party was in some tall skyscraper in Sydney. The view was spectacular, there were fire works, but again not able to share that with someone, I felt unhappy and decided to go home.



Illustration 50: The beautiful view at the new years eve party.

My Ego had succeeded in not only bringing myself down, but also the elevator by pushing that button too. I started walking to find a taxi. One hour later I was still walking. At this time everybody was trying to get a cab. Finally around 3:00 am I found a taxi. I got in and at the first intersection it stopped as the light was red and you are supposed to stop when the light is red, right? I looked to the left . . . and there he was. The front left door opened and this guy with apparently a little bit too much alcohol in his system said, "Can you drop me at Woolomoloo?"



The taxi driver looked at me. I thought: "It will be better if we get this guy off the streets." I said: "That's fine by me, lets drop him!" The guy sat down in the front seat and kept thanking us all the time. When we reached his destination, he ran off without paying.

Now the taxi driver was really annoyed. His reaction was to drive very aggressively. At a certain moment he drove through a red traffic light and took a right turn. While we were taking the turn I looked to the left and there they were two cars heading straight towards us. I saw four head lights coming with enormous speed and for a moment I thought: "This is it! No way they will be able to brake."

However, my taxi driver floored it and while I heard tires screaming somehow the 2 cars were able to pass us, avoiding what might have been a lethal collision. Drama, drama, drama.

Wildly slipping and swinging one car passed on the left and the other on the right. We all survived and at the next traffic light one of the two cars stopped. The lady came out and using her middle finger she whispered some words of wisdom to my taxi driver. Probably she was complimenting him on his driving skills.

Next the taxi driver dropped me home. Then he wanted me to pay for everything. The jerk! I think we should name him Paul, like my childhood friend. I tried to have a conversation with him. However, he said: "You are responsible because you let him in!" Finally I paid him most of the money. I just wanted to go home and sleep after this lousy evening. This was an interesting start of the new year!

The next day I reflected on the whole adventure. I strengthened my decision to never ever get myself drunk or incapable of being responsible for my behavior. I am crystal clear that this drunken guy had no idea what was the impact of his behavior on other people. It could have easily gotten some people killed!

The next thing I learned was to value myself. How? One is by supporting people around me to be okay with something difficult, so they don't react out on other people and extend the impact. Two, if I am in a taxi and the taxi driver drives very dangerously I could tell him: "Would you be willing to slow down. I see the way you are driving is scaring me!" If he would not be willing to do that, then I could request him to simply stop, pay him and take another taxi. **Am I worth this effort?**

My Insight

If I value myself, then I will stand up for myself.

Reflect

Reflect on your life and find an incident where you did not stand up for yourself



2002 The Project

We are going to connecting communities worldwide. How? To start with, we will equip fifty movie theaters in fifty countries with video conferencing technology. This will be done by adding cameras, microphones and other necessary equipment to the movie theaters, so for example people in a movie theater in Sydney can now see the people in a movie theater in Paris using the existing big screen. An interactive movie will be used to present this project to the world. The movie will be broadcast simultaneously in the fifty theaters. In this interactive movie people will get a taste of what the Sustainable World Project is all about.

The movie will show all the global opportunities for all the people connected by the video conferencing technology. When the project has received enough publicity we can use the movie theaters full time for the events, offering people worldwide an opportunity to share their lives and to get to know each other. Then, we can expand to more locations and countries. Worldwide, a new level of understanding, compassion and respect will arise.

SETTING IN SYDNEY

I have been staying in Leichhardt with Bernadette, her nine year old daughter Jo and their white cat named Zig-Zag. They were generous hosts and shared their Christmas with me. As of now they are camping and I'm taking care of their house.

GREAT PERSONAL EXPERIENCE

I was sitting in a taxi driving to downtown Sydney. I asked the taxi driver: "Where are you from?" He answered: "I am from Pakistan." I asked him: "Do you experience people treating you differently after September 11th?" He said: "Some people do." I briefly experienced some sadness. I said: "Maybe it's a little strange for me to say this, but I am really sorry that you have been treated that way." Then I said: "You'll probably like the project I'm starting."

"We are equipping 50 movie theaters a new level of respect, understanding and compassion." He said: "That is a great idea!" I said: "I am so happy to meet someone from Pakistan. I am sure that we can be friends." As I said this I felt tears coming up. I felt so inspired by being friends with people from all the different countries. If I can do this, then I am sure that other people can do the same.

We talked for 15 minutes about the project and what could be possible for our world. Then I said: "I have a request. One of my commitments is to have a location in Pakistan so we can get to know the people in Pakistan and they can get to know us. Do you still know people in Pakistan?" He said: "Yes, my family is there." I said: "Can I have your email address so when it is the time to create a location in Pakistan I can contact you for support?" He said: "Yes, no problem."

After a few taxi rides the amount of countries has expanded and now also includes Pakistan, Afghanistan, China, Bangladesh and Iran. I have personally shared this



project with over a thousand people now. A thousand people from over fifty different countries! The feedback could often be captured in: "That is an interesting project. This is the right time. How can I support?"

I am so thrilled. Why? Because from this feedback I get more and more confident that this project is going to happen. Why? Because people want it to happen.



Illustration 51: My two hosts in Sydney, Australia



2002 Challenging Personal Experience

The following story is to tell you the whole truth of my experiences and not just the great things. My concern in sharing these experiences with people is that people will say things like: "Richard, you're making all this drama. You're bothering us. Get a grip! Get over it!" Sometimes when people have said these things, it gave me an experience of not being understood or not being allowed to be. I want you to know that I am okay with having challenging moments. I am clear that these moments are a huge opportunity to grow and develop.

If you want to support me in these difficult moments, then you can do so by accepting what I am going through. In your acceptance, I will be able to accept it myself. How? As you accept, your energy will vibrate with the higher frequency of love and acceptance. Through the Universal Law of Conscious Transformation of Energy, my lower frequency of being upset will be transformed by the higher frequency of love. For a detailed understanding of this, read the book 'The Whole Elephant revealed' by Marja de Vries.

Most people are challenged to accept other peoples anger, sadness, guilt and other so called negative emotions. Why? We cannot accept other peoples emotional states as long as we cannot accept our own. Only through acceptance difficult experiences will disappear. However, the non-acceptance or judgment will lead to sustaining these difficult experiences. **We all have to learn to share our difficulties AND to listen and accept other peoples difficulties.**

Another way you can support me going through the difficult moments is by letting me know what value this project provides for you. Finally, you can support by responding to the requests in this email.

My host family went camping on Christmas eve. I called some new friends but everybody had plans. I took the bus to Circular Quay to see if I could meet some people there. When I arrived I started walking towards the Harbor bridge. Picture this view - it is dark, you see the harbor, the ferries, across the water the Opera house, on your left side the Harbor bridge, on your right the whole skyline of Sydney with all the skyscrapers.



Illustration 52: What do we often do when we are not reaching out to our fellow human beings? We lose ourselves in our gadgets. Take a look at people with their smartphones. On Christmas Eve I mostly played with shutter times on my camera desperately trying to avoid the Egoic monologue of separation.

However, Egoic thought was ruling. All I saw were couples and groups. Couples sitting on a bench. Couples walking hand in hand. Couples kissing each other. Groups laughing. Groups having fun. I hated it! My experience was one of being alone, separated, angry and sad. I thought: "I wish I had a girlfriend. Or some people to travel with."

The growth and development in this is a lot of strength in not being stopped by whatever circumstances. I also have seen that sometimes feeling alone during my traveling is very human and does not say anything about the success-fulness of the project. **Another thing I have seen is that being in challenging circumstances increases my capacity for having compassion for myself and other people.** The last thing I have seen is that I can be responsible for taking care of myself and make sure that I have people around me for these special holidays.



2002 Standing up for Yourself

A next interesting experience is facing the fact that I have worked too much. I have been spending too much time behind my laptop making documents and sending emails. The result is that again my arms started hurting. I apologize to you if you experience me responding late. I see that I need to take care of my health and team up with more people. This week I have the support of two new English friends, Patricia and Sarah. They are supporting the project. This email for example is mostly typed by Patricia.



Illustration 53: Patricia and Sarah supporting and yes, it is Christmas time.

THE PROJECT - WHAT IS HAPPENING

- I received a preliminary budget from MCSi for equipping one movie theater with the video conferencing technology
- One more person, from New Zealand, is considering traveling along
- I have three leads to talk to Rupert or Lachlan Murdoch from Fox Studios, Sydney
- I have one lead to talk to the national marketing manager of the IMAX theater group
- I have one lead to talk to the regional manager of the Hoyts theater group



- I have one lead to talk to Sony Australia
- This email group now contains 406 people in 37 different countries
- A new friend with experience in fund raising is supporting the project by advising me
- My friend Beth nominated me for the Fast 50. This is a magazine about ordinary people starting extraordinary projects. I made an attempt to qualify for the Fast 50 but I was not selected.
- I bought a Triband cell phone so now you can reach me more easily. You will always find the number down below in the emails.

NEXT STEPS

- Choosing the locations of the 50 movie theaters, get the blue prints so MCSi and Hoffman Video Systems can make a budget based on specific facts.
- Raise \$65,000,000 to equip the 50 movie theaters with the Video Conferencing technology.
- Expand the traveling team.
- Create a budget for the movie and raise the funding for that part.

REQUESTS

- I am looking for at least 5 outrageous people to travel along and be part of the team that fulfills this project.
- If you want to be part of this adventure then you are welcome to join for as long or short as you want and come to Sydney, Bombay, Bangalore or Cape Town.
- Who knows a place to stay in Bangalore India.
- Who knows any leads to: Rupert Murdoch or his son Lachlan, Bill Gates, Deepak Chopra, The Dalai Lama, Mike Farrell, Tom Shadyac, Robin Williams, Steven Spielberg, FOX, Universal, Sony or Columbia Tristar
- Who knows someone in the management of a global movie theater group.
- Who knows someone from a newspaper or TV company who might be interested to do an article on this project.
- Who knows any more companies where you think we could raise a part of the funding.
- Who knows someone who can make the budget for the movie part.

I will end this email with sharing my experience in the IMAX theater last Wednesday. I was sitting amongst hundreds of people. I was looking at the huge screen of 70 feet (21 m) by 100 feet (30 m). On the screen a cartoon was being projected. This was however not what I saw! What I saw was a square on the left of the screen with a Japanese community. What I saw was a square in the middle with people from South Africa. What I saw was a square on the right with people from Brazil. Then I saw someone standing on the side of the screen talking about her project for the homeless people in Sydney. I heard the people in Japan, South Africa, Brazil and Sydney cheering. I became so excited and so moved that I just had to share my thoughts with my neighbors in the cinema. My neighbors were a couple from Denmark. After the movie I told them about



the whole project and now they are a part of this email group. Thank you for listening Rene and Rikke from Denmark!

I am clear that with support from people like you we can make this project work. For all of you. Thank you so much. It is so wonderful to receive your replies from all the different countries around the world. Replies from people I met in taxis, people I met on the street, people I met in seminars, people who worked in a gift store and even people I never met.

I send you my love and compassion. For the year 2002 I wish you all the strength and courage to live the life of your dreams. I want to ask you: "What is your passion? How will you pursue the life of your dreams?" If you need a friend, feel free to connect with me.

Richard.

My Insight

At any time I feel uncomfortable I can choose to stand up for myself. I can see what action I could take to increase my quality of life.

Reflect

Reflect on your life how easy it is for you to stand up for yourself.

Take Action

Inquire with five friends in which areas you have difficulties in standing up for yourself.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2002 Waiting; a Profound Opportunity**

I was waiting in a huge line at the airport. Waiting is always difficult. We get bored. We get into Egoic monologue. However, waiting is also an opportunity. An opportunity to create. An opportunity to relate. Actually any moment in life is an opportunity.

I saw this big group of Japanese children coming my way. All throughout my travels, I had gathered a couple of sentences in the different languages of people I met. I thought: This is an excellent time to practice my Japanese!" Though I felt a little embarrassed, I decided not be stopped by that.

As my line of waiting was parallel to theirs I turned to some of these children and opened my electronic agenda. I looked up my note with Japanese sentences. Then I said: "Konitsjiwa. Watasinon namaewa Richard!" The children were all giggling and laughing. Probably they felt the same discomfort as I did. It is the small price we pay for going beyond our conditioning. Human beings meeting each other. Human beings breaking the ice. I have learned that if I can be with this initial discomfort then it is really possible to create something powerful, something unprecedented.

The funny thing was that the children did not fully get what I was talking about. It was probably my accent. I tried a next one. "Watasiwa nihonga sukhidesuh!" It was supposed to mean 'I love your country!' This, they understood and they supported me with how to pronounce it properly. While we were waiting we enjoyed some more conversations. While we were waiting we laughed. While we were waiting we connected. After some time we all cleared customs and I felt truly blessed. Why? Because it is simply the most beautiful thing to reach out to your fellow human beings and connect. We can do this no matter where we are. It is 'who we are'. I cannot wait till I am in the next line waiting!

My Insight

I can turn any dull moment into a profound experience.

Reflect

Reflect on your life how often you miss out on these opportunities. How often you are waiting being in your head. How often you are 'sitting in the stands' instead of 'playing on the field'.

Take Action

The next five times you are waiting in a line reach out to your fellow human beings and cause an unprecedented experience.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2002 A Dutch Guy in a Chinese Restaurant in India.

I was staying with Raja in Mumbai, India. In the evening I often walked to a nearby Chinese restaurant. It was just a two minute walk. When I walked through the door of the restaurant all people were smiling at me. I ordered my favorite meal.

I had already learned in the year 2000 how supportive the people in India are. I thought: "Let me ask if I can make a picture of the whole crew in the restaurant." They said: "That's fine sir, if you can come back a little later, then we will make the picture."

I went back home and later that evening again I went to the restaurant. With five people we were standing in front of a big mirror. We took the first photo. It was kind of boring as everybody tried to look good.



Illustration 54: The very first photo. We know these ones, right? Where we all try to look good. Boring!

I thought: "Lets see what else is possible. Lets create a bit of fun!" I said: "Lets make another one and all act crazy!" I yelled: "Woowooow" and they all wondered what is this



crazy guy doing. But since I was from the West, it was not a problem. Indian people know that they are all a bit crazy in the West.

Slowly some more freedom was coming as we made our second picture. I felt embarrassed and awkward but was committed to break through the programmed responses of all Egoic minds, mine included.

I thought: "Hey, you know what? I am going to have a great life. I am going to be self expressed and support people to break free from their rigid mindsets. And I **will** enjoy it." It was deeply fulfilling to see how all the employees of the restaurant slowly loosened up. Bit by bit they were finding their self expression.





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THE SUSTAINABLE WORLD PROJECT

Get a Life You Love => Get a World You Love



We moved to the next level and I started to make more weird sounds and moves. It ended up that we were all jumping and yelling. The cook was from China and together we shouted some Chinese yells. Well at least he did and I was just thinking and acting Jackie Chan.

Today, September 14th 2012, as I am writing this story I feel deeply moved to see the potential we all have. Some people might judge what we did as childish games. I can tell you that children are in many ways much more mature than we adults are. It is just that we adults evaluate a lot of things in a paradigm with very little wisdom. The terms children and adults should actually often be reversed. Through these 'mature childish' games we can get glimpses of who we truly are.

In our workshops I often use these 'tools'. Simple activities like jumping, singing, clapping and running can be excellent ways to generate a higher frequency in the energy. Why is this so important? These activities will lead to experiences of love. This is the doorway to receiving glimpses of our divinity. What does that mean? Every ancient culture has already told us that there is more to life than our conditioned mind allows us to see. Many labels are used to describe this context. Your true Self, God, Higher Self, divine being, true love, Universe. You pick the label which works for you.

What happens when we go beyond our conditioned mind? We get more 'connected'. Not just a little bit. No, we get connected to all there is. Because of this connection we get access to a space with tremendous power, insight and intelligence. Why tremendous? Because the value of each and every person, each and every animal, each and every natural element and each and every other 'thing' becomes available to us. We get connected to all that is. It is who we truly are. An all including, all embracing divine being. **In this space current global issues bringing suffering to our world can be resolved in a very short time.**

This is what the Sustainable World Project is about. Unleashing this huge power. How? In interactive guided dialogues in workbooks, films, events and THRIVE Empowerment Centers we will have all humanity recognize the shared humanity. This recognition will lead to acceptance, which is love, which is the doorway to Oneness. It is only then that we will experience our Divinity.

The biggest obstacle here is our conditioned mind. The mind loves to (mis)create problems and by focusing on all the problems we energize the problems and make them bigger. This we will NOT do in the dialogues inside the Sustainable World Project. The big joke here is that by bringing this shift in awareness and getting people present to who they truly are, we move to a space of little to no-mind and all problems will actually fade away.

A challenge with most workshops is that those are only impacting few people for limited time. We need a worldwide workshop which impacts all people all of the time. Or at



least a critical mass of people so the experience of who we truly are, is becoming sustainable.

This is what the Sustainable World Project is all about. On daily basis all people will experience profound love and joy. This will lead to new thoughts, feelings and actions and those will create a world which works for all.



Illustration 55: Breaking Barriers . . .

Back to the story of the staff in the Chinese restaurant in Mumbai. The look in the eyes of the employees in the restaurant was telling me, that just for a moment, life was not about going through the motions. This, was not business as usual. This, was something else. This, was something new. A new experience of freedom. A new experience of fun and being fully self expressed. What a blessing!

**My Insight**

If I can be with my own discomfort and embarrassment then I can make a big difference for others. If I can get the focus from myself to others then finally I am on the right track towards happiness and making a big impact in the world.

Reflect

Reflect on your life how often you are only focusing on yourself; how you are not willing to risk looking bad for making a big impact.

Take Action

Create five plans where you are going to create an extraordinary experience for someone else and act on it.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2002 Do You Want Me to Do Your Friend?**

I took a massage in a shady parlor in Mumbai. After the massage the lady asked me: "Do you want me to do your friend?" I did not understand. "What do you mean? I asked?" "Well, you know, do you want me to do your friend?" she repeated. Now I understood and I said: "Oh, you want me to recommend my friends to come here for a massage!" Well, that was not what she meant either. Finally I got it and after a brief consideration I declined as I was still too much of a good boy. Before I reincarnate I will have a serious conversation with the girl in charge, some call her God and choose a little more playful identity!

My Insight

I learned that life is just an opportunity to create experiences. Any experience! There is no right and wrong! That is only mental Egoic halabaloo. There is nothing wrong in receiving a sexual favor. Just be aware in what agreements you are living. I was single at this time, so there was no agreement stopping me. Probably the stop was mostly the fear of judgment of society.

Reflect

Reflect on your life how much society's conditioning is ruling your life. Are you a good boy or a good girl? Remember that this is your life! You choose what you want to experience.

Take Action

Find one experience you want to create for yourself but you have not yet initiated action out of fear of judgment by society or whatever other reason. If the experience you want to create does not hurt another then why would you not give it to yourself.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2002 Finally I Meet a Princess

I was flying from Bombay to Bangalore and on the airport I would be picked up by my three email friends Yasmeen, Diana and Karuna. Karuna I had already met. He was the one driving Kiki to the Empire State Building. Diana and Yasmeen I had never met. I had been emailing Yasmeen for a long time and when I was in Australia I started calling her my Princess. This was partly to tease her and partly it was the hidden agenda to find out whether there was some interest in me from her side. I wrote the following email:

Hi Princess,

Yasmeen was the name of a Princess in the Disney movie Aladdin. When I email you I tell my host family here in Sydney that I am emailing with a Princess in India. Thank you for your email and I will let you know exactly when I will be in Bangalore. Make sure you are ready to travel all around the world so I can kidnap you when I get to Bangalore (just kidding).

To which she replied:

And as for kidnapping me when you get here... i just might enjoy that because that's the one thing that hasn't happened to me yet!!! I might even decide to dress up for the occasion!!! (Well Just Kidding!!:)

I arrived at the Bangalore airport. I was very curious. I walked out of the arrival hall. Finally I had learned to stop looking to the left. I looked to the right and there she was my future wife. As she was just 5 feet tall, the first thing she said to me was: "I should have brought a ladder!"

Inspired by the movie Aladdin, I bought a small 'flying' carpet. As I was not used to negotiating, I probably paid way too much. What can I say. Those Westerners cannot negotiate! I sent Yasmeen an email in which I invited her for a ride on the flying carpet. I was traveling with a huge map of the world. I had put the map on the floor. The idea was to sit on the carpet. Next, she could say where we would be going using the map.



Illustration 56: The map of the world and the 'Magic Carpet' being tested by two staff people of the hotel.

My laptop was the cockpit of the flying carpet. Yes, it was a very modern carpet! It had computer control. Next, I would show her some pictures of different places in the world. We flew to the Taj Mahal, the Grand Canyon and The Great Wall of China. It turned out to be a magical ride as expected, because when we landed the Princess belonged to Aladdin and that was me!

This was the start of a new fairy tale. Ahum. Little did I know, how much learning was about to come in starting a relationship with someone from a very different culture. I had no clue yet how much I was being conditioned by growing up in the West. A lot of buttons, I did not even know I had, were about to be pushed.

I started a very long journey learning about all my Egos mechanisms to sabotage life. It took me a decade to understand a bit of how I was responsible for sustaining our fights! My Princess turned out to give me one of the biggest gifts in life. The gift was however wrapped in many square miles of wrapping paper. It took me 10 years to unpack.



Love & Passion, Everywhere, For Ever!



**My Insight**

In my email communication with Yasmeen, I learned how difficult it is to be straight forward and simply say: "I like you. Do you like me too?"

Reflect

Reflect on your life how straight forward you communicate.

Take Action

Find five areas in your life where you are not communicating straight forward. Share with five of your friends how and when you will rectify this.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

Our song

A whole new world <http://www.youtube.com/watch?v=fmsD1CPASN4>



2002 Kids Are the Coolest

A new friend named Moin invited me to his school in Bangalore. Ten minutes after the arrival, I found myself jumping with the kids. Isn't it amazing to see how easily children can go beyond their conditioning? Isn't it amazing to see how easily children can connect? Isn't it amazing to see how easily children can express their love? This is obviously because there is so little conditioning. I am clear we can all learn from them. We should. This is why element number 2 in the Sustainable World Project embraces the launch of a worldwide network of THRIVE Empowerment Centers. This is where children will start teaching the adults and boy, oh boy, do we have a lot to learn, or shall I say unlearn.



Illustration 57: Jumping with the children.

**My Insight**

As we are older, we have to break through more conditioning to reach happiness. I better start young.

Reflect

Reflect on your life how easy it is for you to be free and express yourself.

Take Action

Find one area where you experience a lack of self expression. Share this one friend and commit to take action to cause a breakthrough.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2002 Where will You be in one Decade of Time?**

After Moin had invited me to his school in Bangalore we lost touch for about 10 years. How come? Somehow, whenever my conditioned mind would see his name US Moinuddin on Facebook, it made up the meaning that Moin was in the US (United States). I therefore did not take any attempt to revisit him in Bangalore.

Moin reached out to me in 2013. I learned that the letters US in his Facebook name were just his initials and we had a good laugh about this misunderstanding. We reconnected. A lot had happened in just one decade. He had published two books and was working on a third. His initiative 'One tree by one person' had grown all around the world. He was now running two schools. Next to that he had also adopted a government school. It is inspiring to see how much we can achieve in just 10 years time. My dear reader, where do you want to be ten years from now?



Illustration 58: Moin's first school in 2002. More on Moin and what he does:

<http://www.usmoinuddin.com> and <https://www.facebook.com/OneTreeByOnePerson>

**My Insight**

A lot can happen in a decade. If I may receive one gift, let it be the gift of never giving up. It takes time but we can truly live the life of our dreams.

Reflect

Reflect on your life and how easily you give up on your grandest dreams and desires.

Take Action

Recommit to creating a life you love in ALL aspects. Create a support system! Find at least 10 people, share your dream and ask them to support you. Ask them to keep on reminding you! If you like to then connect with us too. We can offer you this support system. You do not **have** to pick us but make sure you reach out to people! Make sure you build this support system!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. There is incredible power in connecting with a group of people who are all pursuing their dream. Do it now! You are worth it to live a great life! You deserve it! It is your birthright!



2002 The First World Tour Completed

After sharing the vision of the Sustainable World Project with more than 50.000 people from over a 100 different countries, it all became clear. Every human being, regardless of country, culture or other different backgrounds, shares the same desire for love & unity and the desire to belong. I realized I travelled around the world to find love. Having returned home I discovered that this love is actually inside of me. It is me. Having connected with so many people I realized all human beings share the same humanity.

We all want to experience that our life matters. We all want to experience that we matter. I can tell you, my dear reader, that you are a blessing to this world. You have a unique gift to bring. It is your purpose. It is who you are.

I feel deeply blessed having shared my life with these 50.000 people. The look in their eyes and their feedback, told me that this project, which is about connecting people's hearts through the recognition of our shared humanity, is something we all long for so much. This is what the Sustainable World Project is about. Connecting peoples hearts as an access to solving local, regional, national and global issues.

The feedback from the people was not only telling me that they shared the same desire, it also told me that the vision implemented as a global project could actually contribute to bringing this new quality of life worldwide. Getting this positive and encouraging feedback gave me the confidence to take it to the next level. Also in all my interactions with the people I met, I now understood as an experience, that every issue disappears in a moment of profound relatedness. This experience was a human experience. It was not related to country, culture, religion or whatever different backgrounds we had. What I already had experienced as an individual, in the Reiki weekend and in my writing in early 2001, was now confirmed by a global community. The vision I had, went from a concept based on my personal experience to a vision deeply desired by the community at large.

Nourished by thousands of people, the Sustainable World Project came to life. For a complete picture and initial experience of the Sustainable World Project please check our website. www.sustainableworldproject.com

**My Insight**

If I create an inspiring vision for the future and I keep on sharing this with other people, then it is simply a matter of time before the vision manifests. It is a matter of law. Not the crappy government laws but the Universal Laws which govern life. Take a look in our Game Plan and find the nineteen laws which govern life.

Imagine

Imagine a wonderful future. If you have been a bad boy or girl and you have not done your previous homework of writing an inspiring future, then the universe (me) is giving you another chance.

Take Action

Share your wonderful future with hundred people.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2002 E-mail 8: Incredible India**

Last email was sent from Australia. January 6th I flew to India. February I was in Holland for three weeks. February 20th I flew back to Bangalore. April 3rd I will fly to San Francisco. The new game is raising \$US 200 million. Last 6 months I found confidence looking in the eyes of 50.000 people from a 100 different countries. My aim is that in the next 4 months we will start the implementation of the project.

Tuesday January 29th2002, I was flying from Frankfurt to Amsterdam. In the plane I started talking to a man from Yemen. He was traveling with his wife, a veiled lady, and his lovely daughter who was wearing a yellow bunny jacket. Using a combination of English and Arabic I learned about his country. For the first time I started confronting how much dis-information the media has spread on the Middle Eastern countries. From 2012 to 2020 I did a 2500+ hours of research into understanding our world. It was shocking but needed to find the truth of how humanity had been manipulated. How the divide and conquer had been played out in every area. (age, gender, culture, religion, country and more) I now understand that we can only have a world that works for all when I give up judging perceived differences and start looking for the things we share as human beings.



Illustration 59: What do I see? Do I see differences to judge? Do I feel separated? Or do I see another wonderful and unique part of the Self? Do I experience the rich diversity of flavors in love? Do I experience the Oneness?

**My Insight**

Judging something does not make a difference.

Reflect

Reflect on your judgment on other religion or culture. Does this judgment make any difference? What could make a difference?

2002 The Project

In Bangalore India I spoke to three people working with Siemens. We sat in the restaurant of hotel Ramanashree. In the middle of our conversation I suddenly lost control and overwhelmed by inspiration I felt tears coming up. I was present to what this project could provide to the world. For a moment I was not able to speak. It was in that moment they understood the project. They were interested and would contact their head office in Mumbai. In this meeting I learned to let go of the Egoic control and stop trying to hide my emotions. If I am inspired, they will be inspired.

THE PROJECT - WHAT IS HAPPENING

In Sydney:

- I talked to the manager of the Hoyts theater group. He was interested in equipping his theater with digital projectors. I was clear that if I would make a specific and compelling proposal, they would be interested in altering their theaters.
- I did not succeed in talking to Rupert or Lachlan Murdoch from Fox Studios.
- I did not succeed in talking to the National Marketing manager of IMAX.
- I did not succeed in talking to Sony Australia.

In Bangalore:

- I talked to: Nettek, Techtronics, Siemens & IBM.
- I am working on getting an article in Voice Data, a magazine which will reach approximately 500.000 people.
- I visited a school to meet with the children and see how they respond to being connected with people worldwide. My conclusion? They were ready. They are just waiting for us adults to catch up.
- I wrote an email to Deepak Chopra. No response yet.
- Two people are going to support this project on a next level. Jack, a friend from Holland will come to San Francisco in May. He will stay for several weeks. The second person is Yasmeen.

Yasmeen says:

"Richard and I share the same vision - a vision of bringing people together. And it calls me so much that I am willing to give my life to be and do whatever it takes to forward this vision. I believe in this vision and I want to travel along. I am clear I choose to be where I can look beyond the everyday problems, play as big as I truly am and be with



human beings who are pursuing what's possible, no matter what the circumstances are."

Next to being partner in this project Yasmeen has also become my partner in life.

- This email group now contains 490 people in 42 different countries
- The fifty countries and cities which will be connected in the pilot project are chosen.
- We started to write parts of the movie script.

2002 Next Steps

- Send a thousand letters to resourceful people who can see the global opportunities in this project.
- Get the blue prints of all the movie theaters so MCSi and Hoffman Video Systems can make a budget based on specific facts.
- Raise \$ US 50.000 so in the next 4 months we can complete and present a business plan.
- Raise \$ US 65.000.000 to equip the 50 movie theaters with the Video Conferencing technology.
- Raise \$ US 135.000.000 for all the other expenses of making a professional movie script, the movie actors, the costs of setting up and managing the first events, travel expenses for all the teams and more.

REQUESTS

- Who can support getting blue prints from movie theaters? Reply and I will send you the document with all the 50 cities and countries.
- If you want to be part of this adventure then you are welcome to join in for as long or short as you want to and come to Bangalore or San Francisco. I will be in Bangalore from February 21st till April 1st. I will be in San Francisco from April 3rd till the end of June.
- I am looking for a place to stay in San Francisco starting April 3rd 2002. Let me know if and for how long you can support with this.
- Do you know any more leads to: Kunal Dasgupta, A.R.Bukhatir, Rupert Murdoch or his son Lachlan, Bill Gates, Deepak Chopra, The Dalai Lama, Mike Farrell, Tom Shadyac, Robin Williams, Steven Spielberg, FOX, Universal, Sony or Columbia Tristar.
- If you know someone with a lot of money, someone who can understand this vision and wants to support in creating a world which works for all, then please send us their mail address. Then we will make sure that this person will receive one of the thousand letters.
- If you know someone who can support in making the budget, let me know.
- If you have some experience with high quality international web conferencing, let me know.



Thank you so much. I am clear I am living an extraordinary life because I have your support. As I said in the very beginning of this email my intention is to provide value for your life. I experience it is possible to live the life of my dreams. I invite you to also live the life of your dreams. Do let me know how I can support you.

The next 3 months will not be without some suspense as right now I have budget for only 3 more months of pursuit. My intention is to create a financial opening in starting the pilot project connecting 50 countries. Together we can make this work. I look forward to hear from you.

Test Reader Vyas' Insight

When I read this story in 2013 I realized how important it is to stick to your goals and not give up. How can a person pursue such a crazy goal like 'A world which works for all' for 13 years? I realized that Richard is unstoppable. My greatest learning in working inside the Sustainable World Project, is to do the things you love, no matter what! Stick to your goal **NO MATTER WHAT!** His goal along with mine is slowly manifesting itself. A beautiful future; a world which works for all. This only happened because he stuck to his word and **DID NOT GIVE UP.**

Reflect

Reflect on all the wonderful goals and dreams you once had in your life. Why did you stop? Remember it is **NEVER** too late to restart!

Take Action

There are many things which are better done than spoken about. Stop thinking about your dream and start sharing your dream. Share your 'crazy wonderful future' with everyone you see for one month. I see that when I share my vision that the universe starts realigning. People and circumstances are manifested and my 'crazy wonderful future' is arising. Later at the ending of this book we will learn why this happens.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2002 The Princess and the Suitcase

Once upon a time there was a Princess named Yasmeen. She was dating an ordinary guy and that was obviously causing problems. I forgot how this fight started. Of course it's convenient for me to forget how I contributed to this happening, but let's just say that it must have been something small, as that is how most fights start. We had our third fight. I said: "I have enough of it!" I packed my stuff and was about to leave. She said: "No, you cannot leave! I am not going to let you go!" She grabbed my arm trying to stop me. I said: "I am out of here!" I packed my suitcase and just when I was finished, my Princess sat down on my suitcase. When finally I got the suitcase downstairs, the housekeeper took it back upstairs and said to me in the local language: "You educated people, you cannot walk away with every small thing! You should set an example for us to learn from you!" When Yasmeen translated I had to laugh. This was very funny!

Looking back at this fight I learned a lot. First is about attachment. Attachment is one of the mighty weapons of the Ego. It is always good for creating some trouble. I have to learn to detach myself from wanting anything from people. I have to learn to detach myself from being with specific people. Or I don't, and read further what happens then!

A next thing I learned is that it is always the Egoic conditioned mind which judges. When I read the story I tend to judge. I either judge her or myself. Maybe you did too when you read this story. It does not matter whether it is me or her as we have now learned that is all the same as we are one. We can simply say that the conditioned mind of human beings judges the 'Self! Period!

I learned that instead of judging, which is a mechanism of the Ego, I can do something more effective. If an event occurs which I do not want, then I can choose out of three options which do not lead to suffering. Change the event, walk away from it or accept it. The fourth option is to unconsciously run one or more of the Egoic mechanisms and suffer. Yes, you are right! That is madness! It seems however, that this madness was often my preferred option!

Last thing I learned was that we are all innocent. Why? If we react from Ego and who we truly are is love, then you could say that 'we' were not there in the moment of reaction! 'We' did not do it. It was the 'Egoic machine' on autopilot. Maybe you remember an incident in your life where you lost 'control' and said and did things you regretted later. The only way out is to forgive by remembering that it is just a mistake. We have to go beyond the guilt, shame and regret of the Ego. We forgot who we truly are and listened to a thought coming from the pre-programmed collective Egoic conditioning.

How to come out of this? By being aware in the moment, as an observer of the mind. This way you can see the thoughts before you act out your pre-programmed reaction. It gives you a small window of opportunity. The opportunity to make a new choice! How do I become so aware? By stopping the pretense of 'I have everything handled' and to start sharing my humanity. Sharing is the Key. When I share I become aware! Our Ego



however hates sharing, as it is feels vulnerable, worried, concerned and afraid of attack by other Egos. The price we pay however is huge! If we do not share we stay stuck in the same circles for our whole life. It is not a prison outside of us, but it is a prison of the mind. It is a VERY big price. My commitment is to create a safe space without JUDGMENT where people can share. Hence the Interactive Events of the Sustainable World Project. Hence this workbook full of humanity.

Thank you Yasmeen for allowing me to share our humanity. That is very generous of you! I know that these stories can support many people to accept their humanity!

My Insight

If I share I become aware.

Reflect

Reflect on all your relationships. Which ones are strongly influenced by Ego?

Take Action

Pick one relationship which is important to you. Inquire with five friends how you can transform this relationship beyond Ego by looking at the following Ego mechanisms. Judgment, denial, projection, resistance, attachment, fear and guilt. Next, take action and transform this relationship.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2002 Fight Number Four. Blaming Others!

It was dinner time and we decided to go to a restaurant. We were driving in an auto-rickshaw. While I said something, she interrupted me for the 567th time. It is true, I counted every single one of them. Of course, I am not counting how many times I interrupt people. I prefer blaming others for my misery!

One of my buttons is people interrupting me. Maybe my 'Soul' hired her to transform this part in me. Actually, it looks like my 'Soul' hired a lot of different people to teach me. My interpretations for being interrupted were all in the area of not being valued and respected. My reaction would be to get irritated and annoyed. Next Yasmeen would nicely resonate to this, also get annoyed and then it became the usual scenario of two Egos fighting.

I said: "I am out of here! I am not going to spend the evening with you when you are going to act like this!" Yes, you are right, this was the fast reaction of blaming the other for my experience. I was so angry that I almost jumped out of the auto rickshaw while it was still driving. When the auto rickshaw had stopped I got out and tried to calm down. Then she also got out and stood right next to me. I could not be with this and a next trigger was pulled. I started walking away. Then she followed me. This finally annoyed me that much, that I started running. After a few minutes of running, I had shaken off my tail.

After cooling down for a few minutes I took an auto rickshaw back home to her place. Meanwhile she had called her room mates and had told them not to let me in. I came home and the door was locked. Through the window I saw our room mates quickly running upstairs. Now I was really pissed. I knew she had called. I took a deep breath. I meditated for one minute and then I forced the door open (it had a crappy lock) and said: "Honey, I am home." She was not yet home. She came home a little later. We had a good conversation and slowly, yes, very slowly I started the painful process of learning how to deal in more mature ways with being upset. Slowly I started learning to be responsible for my feelings and emotions.

In this fight I learned the following. When two people are together it is a matter of time before the Ego shows its ugly face. The Ego is so smart that it finds out what the other Ego is most reactive to and uses that. It is however not personal as 'the person' is not conscious at that time. The 'person' is not there! It is just a mechanism. If you can remember this then it becomes easier to leave your fights in the past. It was not personal. Your partner did not purposely say and do these things to hurt you. I am more and more learning to laugh at it!

Why do I share these stories with the very raw humanity? Because I have learned that one of the stops in me living a life beyond my dreams was the undistinguished identification with the false Egoic mind. It said things like: "You cannot live a great life because you are no good, you broke through a door and you emptied a water bottle over her head saying "Cool down!". If I recall correct I think I also threw a pizza at her



and in a few fights we nicely pushed each other around!" The identification with all these judgments of myself gave me a deep unconscious feeling of being unworthy. Now I know, I am not the only one trapped in this. It is high time we all forgive ourselves and each other. It is high time to leave the past in the past. It is high time to leave all judgments behind and start laughing at our past. It is now time to create more worthy experiences for ourselves.

What more I learned? As long as we are not free to talk about our past it means that our past is still controlling our current experience of life. The unconscious conditioning of the past will automatically create your thoughts, feelings, choices, communications and actions. We need to release the past from our unconscious by accepting it. For this we have to look at the past. We have to look at the 'darkness'. How to release? By forgiving all involved. By learning to laugh at it. By correcting the mistakes in our thinking. This is what is called dis-identifying with thought. Only when our past has 'safe passage' through our thoughts then we become free of our past. We think more worthy thoughts and this leads to making more worthy choices in life.

What more I learned? I learned to dis-identify with my feelings. If I can 'see' my feelings like an observer, without judging them, then I can choose to accept these feelings. Then I have feelings, instead of the feelings having me. This is called becoming more aware or increasing my awareness. I can 'see' myself sooner and stop the old programming which causes suffering. The violence all start on the inside. It is a problem of the lower egoic consciousness. The Sustainable World Project is about setting up a structure in existence, a daily reminder as to raise our state of consciousness.

My Insight

I learned that I have to be responsible for my conditioning.

Reflect

Reflect on your important relationships. Where are you crossing your boundaries?

Take Action

Pick five relationships which are important to you. Inquire with five friends which boundaries you are crossing. Next, take action and transform these five relationships.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2002 How to Become Free of the Past?**

We accomplish being free of the past by sharing. Sharing always brings awareness! Hence Interactive Events, THRIVE Empowerment Centers, this Workbook and an Interactive Movie. All elements of the Sustainable World Project are structures to encourage sharing. Go online and check our website www.sustainableworldproject.com. Choose in which elements you would like to participate. It can support you to design, create and live a life you love in all aspects! It can support all of us to create a world which works for all by the year 2050.



Illustration 60: I left India. My parents picking me up at Amsterdam airport. We spent three days together and then it was time for the second World Tour.

**2002 E-mail 9: the Second World Tour**

This is Richard in San Francisco, USA.

THE PROJECT - WHAT IS HAPPENING

In India:

- An article of the project got published in a local Bangalore newspaper read by approximately 10.000 people.
- We talked to Siemens in Bangalore. Next we can talk to their headquarters in Bombay.
- We had two conversations with IBM.
- The attempt to get an article in Voice Data did not work out.
- On the last email I received many leads to George Lucas, Disney, Boeing, Robin Williams, Bill Gates and more.

In Holland:

- I faxed Robin Williams' agent. A reply told me that Robin was busy. Now looking for another opportunity.
- We are working on a website.
- We started to film parts of the project for making a video promotion.

REQUESTS

- Who knows someone who could host me for a week, starting April 10th 2002, in San Francisco?
- Next step is to share about this project in seminars about world peace and technology. Who knows of such seminars in San Francisco or Los Angeles? I will be there between April 3rd and the end of June 2002.
- Who wants to send a short video on CD where you briefly introduce yourself and then answer the following question: What do you see possible for our world out of this project?
- Who knows someone who can support by making a professional video promotion of the project?

Once more, thank you for all your support.

Best regards,

Richard.



2002 The San Francisco City Center Hostel

I was not able to find a next place to stay and I decided to check in to a youth hostel. I took a taxi to the San Francisco City Center Hostel. I opened the door and there she was a friendly receptionist with some bright red orange color in her hair. My Ego came rushing out of its cave saying: "What kind of hair is that!" I said: "Calm now Beastie. I see you. I hear you. But can I have some relatedness in my life please?" Beastie replied: "Grrrrmmmb!" and returned into his cave.

I walked to the check in desk and asked for a room. After completing the formalities I could see how my Ego's judgment about her hair had stopped me from being generous. When we see our thoughts we are dis-identified and next we can always make a new choice. That's what I did and I said: "Thank you so much for your friendly service!" She smiled and immediately the relatedness was there.

After a couple of interactions she asked me whether she could interview me about the Sustainable World Project. This led to the best moment of staying in the hostel. An interview inside a profound relatedness in the most cozy library in San Francisco. Thank you so much Mila. I will never forget this evening. Take a look at this cozy library!

If you have come till here then now you have practiced enough to create the insights, reflections and take action yourself. After every story you can ask yourself: "What is my insight in this story?". You can also ask: "What value do I get out of this story or what is present for me reading this story?". Next bring your life to that insight or value and reflect on your life.

As I recommended in the very beginning it is preferred to do this with at least one or preferably more of your friends. Look for where you can grow. Then come up with an action plan to fulfill on your goals in life. Finally come online and share with us what all you learned and what action you took. Remember that what you share you strengthen. Don't rob yourself of value by staying in the monologue. Monologues are mostly in the realm of the egoic conditioned mind. Join our interactive events and I guarantee you that your quality of life will drastically improve!



Illustration 61: What Library? Where are the books? they are on the left and right side, just outside the photo frame. Also, notice how my eyes match her hair!

**2002 E-mail 10: Love needs no Language**

This is Richard in San Francisco, USA. Thank you so much for all the tips and suggestions I am receiving. Do get that you make this project work.

In the photo below you can see people from Japan and Holland having fun in a down town hostel in San Francisco. For a moment literally no geographical boundaries, just . . . people having fun. Just people being together.



Illustration 62: Asia and Europe being friends. Now visualize a picture with millions of people being friends and let that experience guide you for the rest of your life.

THE PROJECT - WHAT IS HAPPENING

- Last weeks I have been dealing mostly with the primary things in life like: having a place to stay, where to eat, where to get my groceries, where do I recharge my cellphone, how does the public transportation work, how and where do I get on the Internet, etc.
- I talked to a lot of business people and saw that before I will get the funding I need to have a business partner with experience in successfully doing worldwide projects. To win their trust I will need that partner



first, next to also having a solid business plan containing: return on investments, target market, analysis of my competitors, etc.

NEXT STEPS

- getting settled and creating some more financial freedom, then get publicity in the media to find that business partner, then fulfill on all the documents and teams needed to get the funding, then get the funding and start.

REQUESTS

- Who can support with the website
- Who can support with the business plan

Once more, thank you for all your support. Whether you are replying or silently reading this email, do know that you are supporting this project.

I send you my love, Richard.



2002 E-mail 11: Love Feeds You

In 2002, I was staying for 3 months in San Francisco. Most days I ate my dinner in a Chinese restaurant just around the corner of where I was staying. This evening, again I was sitting at my favorite spot, right next to the window. Enjoying the last bit of sunlight I was being served by the owner of the restaurant. Inside my commitment to connect people's hearts I would often interview people. I asked the owner: "What is your name?" He said: "My name is Lam Phau." I asked him: "Can I interview you?". He said: "Yes". I just asked him a couple of questions to get related. Then he asked me: "What do you do?" I said: "I started a project which is about connecting people's hearts". At the same time I was saying this I put one hand on my heart and the other one on his shoulder. He nodded. Actually, I don't think we fully understood each other's language as his English was limited and my Chinese was a little rusty.

However I learned that this is not important AT ALL as the language of love is universal. It breaks through any cultural, social or other barrier. When I was about to leave I said: "I still need to pay" He shook his head that I did not have to pay and waved goodbye. Until today I am moved remembering this miraculous experience with Lam Phau.



Illustration 63: Two hearts connected



That evening, I learned that a little bit of willingness and genuine interest generates the gift of being profoundly related to people. And yes, sometimes miracles might open up, like a free dinner or a free bus ride, but all these material gains are nothing compared to that beautiful experience of oneness. I left the restaurant with a smile on my face and a warm feeling in my heart, realizing that what happened this evening between two people can also happen between millions. I had remembered to reach out and I experienced love.

THE PROJECT - WHAT IS HAPPENING

- I am still working on the business plan so we can present this project to possible investors.
- I've local support of people here in San Francisco. A special thanks to Andre, Jenny, Michelle and Mangesh.
- My friend Harry in Singapore is building the website.
- I went to a CEO meeting with Sri Sri Ravi Shankar. Had opportunity to speak to many CEO's. Got stopped by fear, missed out on that opportunity.
- I went to a next meeting with Sri Sri Ravi Shankar and there was an audience of 5000 people. Again there was an opportunity to ask questions and again I got stopped by fear and missed out also on that opportunity.
- I contacted the media. I sent information to The Chronicle and The Bay Guardian. I sent information to Live 105, a radio station. No response yet.
- Together with Mangesh I am emailing all the Senators in the United States.
- We are now working on following up the leads we received around George Lucas, Jimmy Carter, President Clinton & Bush and we will follow up all your other leads after this. (2020 remark: Aaaaah, contacting Bush and Clinton. OMG. Not the best partners to create a world that works for all!)
- I contacted the mayor of San Francisco for support. He declined.

NEXT STEPS

- next month we will follow up more of your leads and email governments, global and Fortune 500 enterprises and humanitarian organizations.

REQUESTS

- We are starting to legally protect the whole idea of the project. Lets see if we can worldwide trademark the name Sustainable World Project. Who knows how and where this whole process starts and is willing to support? [Reflecting on this in 2012, I am laughing as this one clearly came from the old paradigm of control.]
- We are building our website. Please give your feedback.
- Send me an e-mail with what you think about this project or why you support this project.
- Who knows people in governments, CEO's of Global and Fortune 500 companies, or people from large humanitarian organizations.

Once more, thank you for all your support. Love, Richard.

**2002 E-mail 12: Never Give Up****PERSONAL EXPERIENCE**

It is June 2002. I am sitting in my room in San Francisco complaining about life. In one of the courses I have done I learned to 'turn up the volume' of emotions. I decided write a story about me being a victim. Here it comes. Feel free to laugh and enjoy the humanity. Don't take it too serious or you will get into trouble.

2002 Poor Me

I am in a far too small 12 x 12 feet room in San Francisco I am trying to save humanity by starting a project to connect peoples hearts. I take a sip of my water. It is four times more expensive than in my country! In a chat I am fighting with my girlfriend in India. I discover I am not so enlightened as I thought I was.

I sigh and speak in the microphone. The voice recognition software of my computer should now type what I am saying. But, because I am upset my voice is different and the software does not understand one word of what I am saying. I have to type it all. I get more upset because both my arms already hurt. Why? I have typed too much because nobody in the world cares a d#mn about my project, which is of course the greatest project in the world. They don't want to help or they are too busy. I type the next thing to judge my girlfriend. Then someone else gets online too. It is my best friend from Holland and her relationship is over. She is asking for support by chat at the same time I am fighting in a chat with my girlfriend.

Then also the phone rings. I talk to the person on the phone. I think I am not totally in the 'here and now' and wonder why. Then I finish supporting my friend and leave my girlfriend angry.

Time for a snack, I open the fridge and something is running. I find cockroaches under my fridge. I read my email and I see a reply from the Mayor of San Francisco. I asked him for support. He turns down my request for support in saving the world. I listen to my neighbor explaining why I should have no fridge. I spray the cockroaches and almost die myself in the smell of the spray. I open the door to let some fresh air in the room but then my neighbor asks me to close the door because one cockroach might escape.

In a last desperate attempt to save the world I decide to email the president, the vice president and all the senators about my amazing humanity saving project. They all don't respond, too busy ruling (2020 remark - or maybe ruining) the country. Or something is wrong with me and I write weird, I must be a failure and not be in reality! I am getting more and more certain about that there is definitely something wrong with me. The very few friends, who can be with my current mood, don't return my calls and it looks like I will be alone a next Saturday evening.

I throw myself in some more work and send 250 faxes to movie producers to ask for support in making a movie about this project. Of course this is just my pretense and what the truth would be is that I just want to run away from my girlfriend who is pushing my buttons too much, so I can start dating Meg Ryan or Julia Roberts. They are the



only two who are good enough for me. The response to the faxes is 1 producer who declines and one who says my project is a recipe for chaos. Great, sure, I worked for 2 years on this and it is chaos, hmmm, what does that say about me. I think I am at the limit of what a human being can bear and I lay down on my bed, wondering if I will ever get up again and why.

*While laying on my bed I think about how I am also almost broke and my well being is in danger, I am thinking that I am the biggest failure in life being in a foreign country where everything works different and I wonder: What the h*ck am I doing here and what is the meaning of life?*

Then, I take the bus to get my favorite pasta dish on Chestnut and I meet a 3-year old girl.



Illustration 64: On the bus I meet a 3-year old girl

In her profound joy of life I forget about everything and decide to move on leaving the past in the past. A new wonderful day has begun and I am aware that I am living an extraordinary life pursuing my dream. End of story.

**June 15th 2002**

I am sitting in my room in San Francisco. This month I have put a lot of pressure on myself. I felt like I had to create a financial opening. I started sending emails to many people and organizations. I saw it was all inside of wanting a result: The funding to continue the project. I was pushing myself harder and harder. It is now two weeks before I will fly home to Holland. I see that I am pushing myself so hard because I don't want to fail. I have told the world that by the end of June I would have a financial opening. Now it looks like that this not going to happen. I am very concerned that people will think things like: "He sold his house. I told him that wasn't a smart thing to do. I knew this guy was not in reality saying he would have a financial opening by the end of June. What a loser!"

My Insight

If I observe my projection of judgment on others; if I go beyond my denial of not being responsible; if I see my attachment to results and if I stop resisting the mental concept of failure, then my experience of life will alter.

June 22nd 2002

Another week later. I don't have the result I wanted. The first opening I see is to have compassion for myself by seeing it takes a lot to start a huge project. The second opening is to confront that not having the results doesn't not mean that I am a loser.

June 29th 2002

The last week in San Francisco was very peaceful. I was clear I would not have the result and I started to look what could be next as I was running out of money. I saw that what I would like best was to get back to India and meet up with my girlfriend. At first I had thoughts like: "No, that is the easy way out. People will think that I am running away from something." That stopped me for a moment and once more I confronted how challenging it is to allow myself to live the life I love.

Then, I received a refund from a course I canceled. I received a big tax return. Within some more weeks I would also get my room deposit returned. I saw that I could make it work to go to India. Living in India would be a lot cheaper and I would be able to enjoy the company of my girlfriend Yasmeen. I started to see that I could give myself what I needed right now instead of giving myself a hard time.

In the last week in San Francisco I confronted a couple of things which weren't working in the project. One was that sending emails to companies and people did not work. An email does not provide enough space for people to powerfully commit to make this project work. The second thing which didn't work was that I have not been able to create an ongoing inspiration at the companies I visited; they were inspired in the meetings but the inspiration was not sustainable. A third thing I saw was that traveling from place to place made it more challenging to get and keep a powerful team in place. Last I saw that the most important thing missing was to have fun and enjoy the journey. It had become working hard and suffering.



THE PROJECT - WHAT IS HAPPENING

- I decided to go to India.
- My parents sold their house. They granted me a huge monetary gift so financially I will be fine till at least January next year. Thank you Mom! Thank you Dad! I love you!
- We are now making a video presentation about the project. Sending a CD with a video presentation is far more powerful than sending just a letter.
- I am writing a workbook about my life inside the context of following my dreams. The workbook will have 2 parts. The first part pictures the whole process of discovering my dreams and finding the courage to pursue them. It will show the many challenges I had in dealing with my humanity and others humanity. The second part of the workbook pictures a created future. This future will show what will become possible if we start this project on a worldwide level.
- To work on my financial situation I decided to start leading personal growth and development workshops. This way I am training myself to speak effectively to groups of people, which will be useful when I will lead global interactive events. Also it is fun and fulfilling to do. Right now I am in the middle of leading the first workshop named "Follow Your Dreams!!" [Added in 2012: with 1 participant. In 2002 I did not dare to say this as I did not yet know who I am and I judged myself]
- Together with Yasmeeen we are considering importing water beds from the Netherlands to increase our cash flow. [2013: total results 1 waterbed imported; used by me]

NEXT STEPS

- Using the video presentation to introduce the project.
- Publish the workbook.
- Create openings in the media.
- Organize an interactive peace event between India and Pakistan.

REQUESTS

- Who can put our website on free portals so we can increase our exposure?
- Who can support making the video presentation. We would ask you for recording some audio or video, just a little piece of material. We will need some quotes in Japanese, Russian, Spanish, Arabic or Swedish.

My Insight

I am learning to free myself from judgment and guilt. I am starting to learn to forgive!

Reflect

Reflect on your life and inquire where you need to free yourself from judgment and guilt. Can you forgive yourself?

**2002 A New Element in the Sustainable World Project**

In 2002 after visiting the US again, I came back to Bangalore, India. In May 2001 Yasmeen had started Ahaan Foundation. Ahaan sponsors the education of under-privileged children. This was my third trip to India and this time Yasmeen took me to a slum where I met the 8-year-old Shabana. Shabana grabbed my hand and today, more than a decade later, I am still holding her hand. In this connection I have experienced the deep longing for love and security we all share. I realized a new environment was needed for the many young people in our world. Element 2 was now added to the Sustainable World Project. The THRIVE Empowerment Centers. A new innovative interactive learning environment based on the principles of love, respect and equality.



Illustration 65: The life long connection we build with Shabana



2002 A Peace Event

In October 2002 Amita, a 16 year old girl, organized a peace event between India and Pakistan. I was super inspired by her and wanted to support her wonderful initiative. At the peace event several speakers were invited. The first person gave a lot of facts of Kashmir. He talked for more than half an hour. It was mostly years and dates. I looked around me. In about 2 to 3 minutes the body language of most youngsters showed loss of interest. I remembered that it takes a lot to keep your audience engaged.

While the speech slowly proceeded, I looked to the left . . . and there he was, a young chap sitting on a chair next to the wall. Slowly his head went down and down and down and in a few minutes he was fast asleep. When the speaker finished everybody clapped, probably because they were happy it was over. The clapping woke up the young chap on my left and he also clapped. As I am writing this, I am laughing as I can see all the pretense; how we all fool each other.

I walked up to Amita and said to her: "If you give me 5 to 10 minutes I can get your audience awake again." She said: "That is fine." Next, someone announced me: "This is our good friend Richard and I have no idea what he is going to say."

I walked up the stage. I was definitely feeling nervous and a bit scared. However, deep inside I also had a strong commitment to provide value for all these wonderful young people. This gave me some peace of mind. I said to them: "What if we change this room? What if we would have a big screen, right here. While I was talking, I ran from the left side to the right side of the stage. I allowed myself to be touched by what I was sharing. I could see that the excitement, the running and being touched myself was waking up the young people in the audience. In about 10 minutes the energy had shifted in the whole room.

Then the next speaker came. The General. Again there was a very long, very boring speech. After 30 minutes of monologue again I started seeing children get more and more tired. Of course they were all pretending that they were interested. Finally, the Generals war was over and they all applauded.

Some children walked up to the General (after having woken up after his speech) and said: "Thank you, Sir! Thank you, so much! That was so great." I could see the mechanisms of authority and pleasing in play.

I became more and more present what the Sustainable World Project can provide for people. Many projects are started to fix something we do not like. Many peace projects lead to people working hard and suffering because there is no inspiration. The context is fixing what is wrong. The focus and energy go to the problem and are therefore sustaining the problem. We need to create projects which inspire us and this takes quite a bit of learning.



In the movie Patch Adams was said: "When you focus on the problem you cannot see the solution!" I am learning that by focusing at the problem of war it only keeps the war alive. Later I learned that this is an Universal Law named the Law of Attention. Whatever we give attention to will grow. So, choose wisely!

Towards the end of the day everybody was getting tired as the context was mostly providing information. No powerful experiences were created. Egoic intellectual conversation always drains our energy. Have you ever wondered why you are so tired at the end of the day? It is because we are not inspired. We are not in spirit. We are not who we truly are.

Now actually some of the children started to leave. This made Amita very upset. I went to her and said: "Come along with me." We went outside. I asked her: "What do you want to say?" She said: "I am really disappointed that people are leaving! I had said that there will be a 150 people and now there are only 50 left." I said: "I understand, what else do you want to say?" She said some more and then I asked: "What do you make it mean about yourself?" She said: "Well, that I am not good enough I am not a good leader." I said: "I got it. You are 16 years old and for the first time in your life you created a Peace Event. You expected a 150 people to stay all day and that they would all leave empowered, inspired and eager to start a great project." Slowly she could see her unrealistic expectations.

I said: "I want you to know that I really admire you. You are 16 years old and you manage to get a 150 people here. I want you to know that I have never done that in my whole life. I think you are truly extraordinary." Bit by bit she was expressing. All Egoic conversation left and slowly she started remembering who she truly was.

I said to her: "I am not going to leave before I get that you are really proud of yourself." After 10 minutes she got that she did a really awesome job. Then I said: "If you want to, then you can take responsibility for what happened. We can look what was missing."

Together we confronted how most conversations were too long and too boring. I said: "If you want to, then you can apologize to the people for that. After that you can create something new."

Amita went inside, walked to the microphone and said: "Can I have your attention. She said: "I just see people are getting tired and bored. I want to apologize for that. It all has been a little long. I now want to get back to the intention of the whole event"

I was listening to her with tears in my eyes. I was so moved by this awesome 16 year old girl taking responsibility. The young people stopped walking out, the band started playing music and all of us started celebrating.

At the end of the event I felt very fulfilled. In the evening celebrations one guy had made a huge drawing on the floor. On the drawing he had written: "Richard, you made my



day!" I experienced being empowered. Instead of always invalidating myself thinking: "You are not good enough!" I could clearly see that I had provided value for these young people. So who knows, maybe I am good enough!

In attending this Peace Event I started to see at a deeper level that the collective Ego is the source of all problems. Its design to judge, creates an illusionary separation. As Ego thrives and survives through separation it does not want to know we are one. Conveniently we forget very soon. Ego loves to create problems and talk about those for all eternity. What I am learning is that there actually is no problem. **Life just is.** If we can accept that then, we do not have to change anything or anyone. We can just do what inspires us. I believe if we can practice this unconditional acceptance or in other words love that all problems disappear. To do so we need to go beyond Ego. This we can do in the ongoing guided dialogues and healing sessions of the Sustainable World Project.

Thank you Amita for this powerful day. You inspired many young people! You inspired me! Hats of to you!

My Insight

When I invite people to share and I just listen then all illusions will disappear. What will be left is who we truly are. How can we listen powerfully? Listen without judgment, resistance and attachment! Next, listen as long as needed? Listen without conditions. I promise you miracles if you do!

Are you still reflecting on your life? and taking action? and sharing with us?

**2002 Email 13: Back in Bangalore**

17th October 2002.

This is Richard in Bangalore, India. This is a new update on the Sustainable World Project. The Sustainable World Project is a 15 year long project to impact the quality of life by connecting people and communities worldwide.

INTENTION OF THIS EMAIL

To talk to you about this project in such a way that it provides you value and supports you in what you are up to in your life. To provide you with an opportunity to contribute to this project.

PERSONAL EXPERIENCE

On the photo you can see Kavitha and I working together in our 'air conditioned' Bangalore office in Koramangala. Kavitha supports the project full time. The following is what Kavitha says about working inside the context of the Sustainable World Project:

[begin quote]

"I feel its not another job for just money but for value, quality of living which I am gaining in this job. About the project, it itself is the kind of spreading values and speaks about happiness and fulfillment in what you are doing, whether its job, family or friends."

[end quote]



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2002 A Global Interactive Event

On the internet, I discovered that in just two days time, a worldwide interactive event would be organised. One of the locations was near Bangalore. There was no time to waste. Immediately, I booked a taxi. After a five hour bumpy ride, I reached a village named Madhugiri.

I was more than surprised by the warm welcome of the village people. Immediately I was invited to come to someone's house.

Later that evening, the Interactive event started. After a few minutes there was a power cut. A friendly gentleman said: "Generator is there Sir. It will start." I did not see any big screen like I had seen in my visions of the Sustainable World Project. There was just one TV and soon I discovered that the only up link was in New York. This was more like watching TV. I guess I got excited a little too soon.

I was sitting in the dark looking at the satellite dish. The generator had started. It made that much noise that I wondered how I would be able to hear the sound of the TV. Some frogs were competing with the generator to beat the sound coming from the television. A honking bus driving by finally won the game.

Everybody stared at me. However, all the people were very friendly, very welcoming and generous. I was the only one sitting on a chair. The power came back. White letters on a blue screen told us that the global event would start in 12 min. When the event finally started they translated the English so loud in Kannada, the local language, that I could not hear the English at all.

Having returned to Bangalore, I thought about this trip. The disappointment of the event was absolutely compensated by the profound experience of connecting with the village people. They received me with a smile, shared their homes with me, gave me food and even a red chair for resting my untrained behind. I felt deeply grateful for connecting with them.



Illustration 66: The profound experience of connecting with the village people.

**2002 Wellington Park. Again!**

I am sitting at the dinner table in Wellington Park. This is an apartment on the 3rd floor in Richmond Town, Bangalore, India. I rent this apartment when I am in a fight with my girl friend. They know me very well by now. I think it is the 4th time already that our fight escalated so much that I left her house in Koramangala. I am looking at my laptop and recording this story. It is almost 5 pm and it is getting dark. I feel sad. I feel scared and I feel angry.

Over the years I slowly started to see the repetitive pattern. One of us would get upset and blame the other. When 2 people are upset at the same time then often it escalates. I still had to learn to get out before this point of escalation.

I keep on forgetting and remembering that I have to be responsible for my experience of life. If my anger gets triggered, then there is still a dormant unconscious anger inside of me. If I learn to accept and unconditionally love the parts in myself which I see projected on my partner, then I will not become upset anymore. Then her anger will not trigger mine. There is no need for the other to change. When I transform these parts by unconditionally accepting myself, then automatically the other will also transform. This is known as a Universal Law. It is named the Law of Conscious Transformation of Energy. The higher frequencies of love and acceptance will transform the lower ones of anger and other pain.



2002 I Foughted, hhmm, Still Not so Enlighted

Yes, I know the spelling is wrong. However it rhymes so nicely!

I was about to go for a ride in the auto rickshaw to get some groceries with Kavitha. Kavitha was assisting me with working on the Sustainable World Project. Yasmeen said: "I want to come along!" Immediately I sensed something. This was not a request. It was a demand. It immediately pushed my Dutch button 'Don't tell me what to do'.

After some years we discovered the two versions of this cultural conflict. One is where I hear a demand, which was not there and I get upset first. I resist and my upset triggers hers. The other version is where she is upset first and demands something. Next, I resist and I also get upset. The way out of this is to be so present that I can 'see' myself and choose my being. This, instead of letting the conditioned mind run the programmed response. How to get there? Well, one way is to have your buttons pushed a thousand times and suffer the consequences. Then slowly you will realize that there is a choice. Remember don't wait for the other to change. Claim your power. Transform yourself and the other will automatically come along. Plus it does not matter anymore as I am not allowing the other persons upset to come to me. So your quality of life is ensured; your 'Kingdom' is guarded.

For someone who did not like the army I seemed to do a lot of fighting. Here is the next one. It was Wednesday, October 9th 2002. Yasmeen was sharing about her life. She had to make some important decisions about her project. It was a difficult time for her.

I saw she was getting very victimized. As my identity is more built around being a hero, I was not able to be with her. What I saw in her I could not accept in myself. My Ego projected my judgment of myself on her and there was the next fight It took me years and years to learn to detach myself and get out of situations before they would escalate. Specially the attachment in these one on one partner relationships are not so easy to break. It took me even more years to see the projection. Next I am learning to be responsible for this projection. To stop judging the other for something I do not accept in myself.

So, there I was. Annoyed again. I judged: "You are so victimized by the whole circumstance!" I did not listen anymore as I could not BE with her. A bit of sense came to me and I said: "It does not work for me. I am going for a walk!" She said: "You cannot just leave now. I want to talk to you." I said: "Can you see that I have no freedom to go." I started walking out. Then she said: "If you are going to leave now, then don't bother coming back. It's over Richard. It does not work." I left the room. She followed me saying: "You cannot leave while we are talking." Once more I said: "Can you see that there is no freedom for me to go? You must talk to me. You demand I talk to you." I came back to give it another shot. It escalated again and finally I packed all my stuff. I went to Wellington Park.



One of the many things I learned in this relationship was to deal with the attachment and walk out, while not giving up on the relationship. It took me more than 5 years to learn this! Then it took me another 5 years to learn that even if you say 'I'm giving up on this relationship' that actually you cannot as we are all one. You can leave the person in the physical realm but in spirit we are still connected. It is all just simply the drama of the Ego. I do it to myself! How much more of this drama do I want in my life? It is inflicting suffering on myself! Not so smart!

**2002 In Wellington Park. Again!**

In Wellington Park I had my own room. I shared the living space though with other guests. One of them was Lakshmi from Kerala. She was a nurse taking care of an elderly lady. I made sure I stayed away at least 5 feet of this elderly lady as she slapped very easily. I did however feel compassion for her as I knew this had to come from her past. I sent her lots of love, but from a safe distance!

The older lady actually did not want any help. I saw how Laksmi was often very bored. I could see the huge lack of initiative which kept her stuck and victimized. Her husband was earning Rupees 4500 (\$90 US). Where he spent it, she did not know, but it was not going to her or her daughter. There were many many problems in her family.

I saw how victimized she was. I understood. She had been raised very dependent. She had been scolded a lot, which gave her a low self esteem. What else can we become other than a victim. To get what you want you use lies and manipulation. If no awareness arises then history will repeat and the children will grow up as their parents.

I realized the impact of having no equality. A son is more important than a daughter as he is supposed to take care of the family when they grow older. In the village Madhugiri I checked with a local girl if it is true that girls only eat when the boys and parents have already eaten and food is still left. She said: "Yes, that sometimes still happens!" The same applied for clothing and education.

Seeing all of this, it did something to me. My heart reached out to her and the many people stuck in the same circles. With renewed power I recommitted to do and be whatever it would take to start the Sustainable World Project. I vowed that the Sustainable World Project would make a difference to people like Lakshmi.



Illustration 67: Lakshmi wearing my red sweater as she was feeling cold. Everybody deserves to be comfortable! In India I have truly learned to share my resources and what a privilege that is! (took me 10 years, ahem) Thank you Incredible India!

**2002 The Truth Always Sets You Free (though at first it pisses you off!)**

Finally in November 2002 I went back to Holland. After 5 months the cultural differences had gotten to me. I had become fully identified with my Egoic train of thought. I was becoming someone who I did not want to be. I had to take responsibility for getting impacted by the different environment. My Ego was still too strong. Integrity, freedom and health all went down the drain. I had to recharge.

It was a very difficult decision to go back to Holland, as my parents had just flown to India to travel in the North and then come down South to visit us. Finally I decided to call them and tell them the TRUTH. I said: "I am very sorry but I think I have to leave India for some time!" Then I shared the drama. As always my parents exceeded my expectations. They said: "We understand. You can stay in our house." As I am writing this workbook I start to build so much appreciation for my parents and parents in common. It is their daring task to forgive all their children's foolishness and support them unconditionally. "I love you Mom! I love you Dad!"



2002 the Material Luxuries of the West

I was now back in Holland enjoying all the luxuries in my parent's house. Hot water all the time. No power cuts. Everything was clean and free of dust. No pollution when I stepped out in the city. The towels didn't smell like a dog. I could leave food in the kitchen without worrying about cockroaches. I could eat my Dutch brown bread. There were no mosquito's. I had a wash machine and a wash dryer. Aaaaah. A sigh of relief for the Western materialist still being a part of me.

I could again enjoy my DVD player with wide screen television I had given to my parents before I started the journey in 2001. At that time, it was one of the few things I was so attached to, that I could not yet let it go.

I loved the fresh air and the coolness. If I opened the fridge here in Holland then the fridge would stay at the same place. In India the fridge always moved 6 inches forward when I opened it. Next, when I closed it I had to push it back to the wall.

By the way, did you think I was judging India in the previous three paragraphs? If so, then was it a projection of your Ego, mine or the collective?

When I just moved to India I had the same great experience, but reversed. The weather in Bangalore, India was awesome. Most of the times between 20 and 30 degrees Celsius. Hmmm, so nice! Everything was way cheaper than in Holland. Spending money was fun here. I loved the generosity of the people, specially the so called 'lower class'. I loved the hospitality of the people. I loved the gratitude and appreciation I experienced in interacting with the young people. I loved the respect and care for the elderly. I loved the community sense and much much more.

Having lived in different counties I have learned a bit about appreciation. When I only lived in Holland I did not appreciate much. When I left and went to the United States I loved their powerful communication, their sense of responsibility, their empowering ways of speaking and more. After some time that appreciation disappeared. Then I moved to New Zealand. Again there were new things to appreciate and after some time that also disappeared. Then Australia, India and finally back to Holland. Being in Holland again I had realized how much I took for granted. It felt like living in paradise and, yes, also here after some time the judgment of the Egoic mind returned. I guess we humans being are not designed so smartly.

I learned so much from living in different countries. First it has opened my very limited view of life which was all given by my cultural programming of Holland. Next I learned that every country offers great experiences and not so great experiences. I learned to stop looking at differences between countries and people. Instead of judging the differences I learned and am still learning to look at what we share; what we have in common.



I learned to look at the shared humanity. Every person I have ever met wants to be happy. Every person I have ever met wants to contribute. To achieve this they will have to deal with their conditioned mind, their Ego Beasties. Though there are differences in the cultural conditioning, the mechanisms of the human ego is the same everywhere in the world. We all have to learn to go beyond the judgment, denial, projection, resistance, attachment, fear and guilt. The human experience of dealing with this is the same. If we do not learn then no matter in which country we are, we will suffer. Suffering is actually also bringing the learning, but I don't recommend this way of learning. It is too slow and too painful! Why not support each other? Why not join hands? If we join hands the learning can go a lot faster.

In sharing our shared humanity we actually speed up the process of growth; the process of evolution. This is why I believe that the Sustainable World Project and our online programs can bring so much value. Connecting people from different cultures using visual communication technology is a safe way of slowly opening up the mind. If you, just like this fool, submerge yourself in a very different culture by living there without this kind of support you might find yourself almost drowning. But, hey, probably you are way smarter than me, so why not. Go ahead. The final results in terms of learning and awareness are worth it! That I can promise.



Illustration 68: My parents house in Almere.



2002 E-mail 14 the Sustainable World Project

Together with my partner Yasmeen we are working on a project named Ahaan. This is what Yasmeen says: "We have been sponsoring and facilitating qualitative primary education for 15 children from the slum of Madiwala. This sponsorship includes their fees, uniforms, shoes, books, a biannual extracurricular program to integrate them into the mainstream and also one meal a day. Apart from this we have initiated and launched income generating programs for the youth in the slum. August this year we started to look how we can bring momentum to this initiative."

PERSONAL EXPERIENCE

On October 26th 2002 Yasmeen and I visited a school. On the attached photo you see the classroom. When I saw the faces of the children I saw the gratitude and the excitement they had for being able to learn.



This experience has made a dramatic shift in me and I am now more inspired then ever before to have young people participate in the Sustainable World Project. In India I started working more and more with young people. I supported a Kashmir peace event and I led a workshop on leadership for 300 students.



CHOOSING BETWEEN LOVE AND FEAR

Back in Holland there was a choice to make. The reality was that I had 7500 euro left. I faced thoughts like: "Okay, now you have spent the money of your house and a part of the gift your parents gave you to start the Sustainable World Project. It is now time to create a regular income! Go get a job!!!"

Though I am clear that there is nothing wrong with getting a job, I did see I was coming from fear and scarcity. I thought: "How else will I survive? What if I run out of money?" The impact of this, was that I felt down, low in energy and I resisted the future. My true inspiration was to invite Yasmeen to come over to Holland. To spend Christmas together and work side by side to get funding for connecting schools in India and Holland. My inspiration was to support the Ahaan foundation.

Thoughts like: "Is this realistic? What will people think? You always have to take so much risk. You are too impatient. You cannot be alone." stopped me for a while. Then I chose to let go of these dis-empowering thoughts. I chose the option which came from love. I am very aware how challenging it is to allow myself to choose from love. I see I rather choose an option which I think family or society would approve.

I decided to choose from love on November 26th. Soon results were showing up. Now Yasmeen is coming over on December 21st. Last week I found a primary school here in Almere, which is very open towards starting a project connecting their students with their 'fellow' classmates in India. This week I spoke to two teachers and the principal. They were all very enthusiastic and this Friday is the next appointment. Also I found a house which I could rent from January 1st onwards.

My Insight

Love is THE only power in life.

Reflect

Reflect on your life where fear is still governing parts of your life!



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I more and more believe, that if I truly dare to follow my inspiration, choosing from love, while being with my fears, that the 'universe' aligns. The struggle disappears and new joyful opportunities are literally presented to me. A new experience of trust, confidence and peace of mind arises.

Now, I am experiencing the flow of life. I look forward to an unknown but inspiring future. I am clear that this is an ongoing process. Just in the last couple of days while making this email I went several times through being afraid, allowing it, looking for what I would love to create, finding the inspiration in those actions, being at peace and then be afraid again.

Knowing I have people like you supporting this project is a big encouragement to keep on moving forward. Thank you so much!

What I brought back from India is a profound sense of community. The love and care the people in India have for their family members often moves me. This is what I am committed to bring in my new house in Almere. A community where in a space of freedom we take care of each other. A community where we support each other in what is truly important. If you know someone who would like to be part of this community, then let me know. January 2003 they can move in. Almere is half an hour from Amsterdam. Of course if you are traveling and you need a place to stay then you are also welcome too.

My Christmas wish for you is: You being aware that you are a wonderful person. See if you can let that in for a moment without judging it
... A challenging assignment! Thank you for the love you have for the people around you. Happy holidays!

My Insight

A supporting community can make a very big difference in quality of life.

Reflect

Reflect on your community. Are you empowered or are you attached to people who do not serve you?

**2003 E-mail 15: the First THRIVE Empowerment Center**

April 12th, 2003, Almere, the Netherlands.

In my last email I shared about choosing between love and fear. Important to understand here, is that we often don't literally feel afraid when we choose. However, when we reflect on our choices, we will often see that we made them because there is concern that something will or will not happen.

Here are the results out of choosing from love:

- I spent the last 2.5 months with my girlfriend Yasmeen
- We found 4 more sponsors for the project Ahaan
- December 28th we moved into our new house.
- February 20th we formed a community of 5 people.
- In early March I decided to start our THRIVE Empowerment Center, an alternative to school, to test out our ideas of how to empower young people.

All of this was created instead of being afraid of running out of money. All of this was created instead of being uncomfortable to ask for support. All of this was created instead of being afraid that having people in my house would give trouble.

A SUSTAINABLE WORLD FOR YOUNG PEOPLE

Next step in the Sustainable World Project is to make a start impacting the way education is implemented. In Holland and many other countries in the world new ways of educating children are arising. In Holland we now have new innovative schools starting. Based on these schools we started our initiative.

Some years later, we decided to replace the word school with Empowerment Center. Why? Because the world school is linked too strong to the conditioning from the old paradigm of Ego, separation and external authority. We now use the words THRIVE Empowerment Center. A couple of lines about this new revolutionary way of educating children:

- Everyone chooses from their own interest what, how, with whom and when they want to learn. Everybody pursues his or her own way to develop themselves. At a THRIVE Empowerment Center learning is organic, the context is always pursuing what is important to you at that time.
- The THRIVE Empowerment Center embraces ages from 4 to 18 years old. The dynamics between human beings of different ages, who learn with and from one another, from mathematics till human relationships, is one of the most powerful structures in the THRIVE Empowerment Centers. The offer of knowledge, wisdom, insights and ideas is coming from the whole group and all other people and organizations connected to the THRIVE Empowerment Center. This way the THRIVE Empowerment Centers offer a rich environment full of opportunities.



- There are different spaces for different activities. A room for painting, a room for using computers, a garden to play, a kitchen to cook, a global communication center for connecting with the world and a quiet room where you can read in peace, etc. More rooms can be created. The setup of a THRIVE Empowerment Center will be changing continuously, adjusting to the desires of the members, creating a dynamic environment which fulfills the desires at that time.
- Activities could be initiated by anyone. Everybody does the things which inspire him or her most and works from their own enthusiasm. This creates an environment where the members inspire one another.
- A THRIVE Empowerment Center is governed by the members together. Young people and facilitators take care of themselves, their environment and the quality of life. If necessary rules are made, adjusted or removed. Decisions are made by consensus.
- The primary objective of the Sustainable World Project is to create a world which works for all. The basic context with any request in a meeting at a THRIVE Empowerment Center is derived from this. This context is: ***“How can it work for all involved?”*** This is, to build the foundation and have young people transform into mature responsible adults, who will have the same automatic mindset when they leave the center. This will forward the realization of the primary objective of the Sustainable World Project. ***A world that works for all.***

My Insight

A different environment can make a difference in quality of life.

Reflect

Reflect on your environment. Who empowers you, who not.



The THRIVE Empowerment Centers are about creating an environment of respect, safety, trust and inspiration. Imagine how our children will flourish if they don't HAVE to do the things we adults think are good for them. Think how they will flourish, when we do NOT transfer all our fears and old belief systems. Next to being inspired by the new innovative school in Schoonhoven, Holland, I was also inspired by the Sudbury Valley schools, the trainings of One World Education and the richness provided by all the different cultures in the world I had experienced during my traveling. For more information about the Sudbury Valley School take a look at www.sudval.org.

March 17th I decided to start the very first THRIVE Empowerment Center in Almere. March 19th I talked to two newspapers. March 26th the first article was published. April 2nd the second article was published. April 3rd I talked to the first parents. April 8th I had a radio interview. April 9th the first parent said: "I will enroll Floris, my 9 year old son."

I learned that if you put your mind to something and commit strongly, then you can achieve a lot in very little time.

More and more people are calling. Parents want to support or enroll their children. A principal of another school wants to work together. Teachers want to work as volunteer and it all looks like we can start in a couple of weeks.

When the school opens we will start interactive events between children worldwide. First, simply by web camera between two schools. Later we can create a more advanced environment. My commitment in the new school is to educate future world leaders. Leaders with compassion and a huge understanding about being human, the human mind and how life works. This will bridge all our different cultures, different backgrounds and create a new mindset for humanity.

I send you my sincere love and wish you all the best in what you are pursuing in your life! Richard.

My Insight

If we commit we can achieve anything!

Reflect

Reflect on how committed you are in your endeavors.



Illustration 69: If we commit we can achieve anything. We started the school in my living room. After few months we had one dedicated office room as classroom. After one year we had our own building right across the street.



2003 The first THRIVE Empowerment Center – Taking Risk

Our house in Almere had five huge rooms. Yasmeen and I had rented three rooms to other people. One room was used by the owner and one by us. In the very first months, we would run the center from our living room. I was hoping that the rental income together with the revenues of the center would be sufficient to sustain ourselves financially. As Yasmeen did not yet have a permit for staying long term, she could only come for 90 days. Then, she had to return to India for at least another 90 days. After we had spent the holiday season Yasmeen had now returned to India. I stayed behind to start the very first THRIVE Empowerment Center.

In March 2003, a young lady named Sindy, came to our house. She was looking for a room. She had a 3 year old daughter Rudy. During the interview she shared her story: “I was hit during my pregnancy. I went with my boyfriend to Crete. There after some time he started to lock us up in his house. Finally we managed to escape and we returned to Holland.” After listening to her story, I decided to rent the room to her. A quality I had always seen in my mom, was to have compassion for people. Is this a good quality? We will talk more about this as the story with Sindy and Rudy unfolds.



Illustration 70: Sindy on the right. Rudy in the center.



I noticed that Cindy talked ongoingly. When people talk a lot, often that indicates they are incomplete about their past. I mostly just listened to her. We all carry our scars from the past and all it needs is a little love and attention. Who is going to offer, if we all say: "I am not going to spend time on that?"

I was preparing the start of the first THRIVE Empowerment Center. Cindy wanted to get back to work, however she could not afford daycare. As her daughter was too young, she could also not leave her home alone. After sharing with Cindy about the principles of a THRIVE Empowerment Center, she had become quite interested. Therefore in April 2003, when Rudy turned four, Cindy decided to enroll her in our THRIVE Empowerment Center as the very first student.

By that time I had three other volunteers who had promised to support me when the center would start. When we actually started only one person showed up. She left after 3 days as she thought this job was more like baby sitting. I was now, the only 'teacher', or as we now say 'Facilitator' in our THRIVE Empowerment Center, with just one student. Without knowing so I had taken a huge risk by doing things society does not yet understand.

2003 Falsely Accused

One month after our school opened, Cindy wanted to talk to me. We sat down and she said: "My daughter has said that you have showed your tully!" Tully is the word some children use for the male genitalia. Besides showing my Tully to my wife and girlfriends I think I was 8 when I did this for the last time to anyone else. I showed it to Marla to impress her. Next month she moved to a different city. Hmm, maybe size does matter!

Initially, I did not take this accusation very seriously. Cindy was however very persistent about it. Finally, I became upset, being falsely accused in my own house. Angry I went upstairs to my room.

The next morning as I entered the kitchen, I saw Cindy and Rudy leave the house. I thought: "Great! Get lost! Problem solved." Little did I know that this was the start of the most profound and most challenging gift in disguise, in my entire life. The same evening two men came into my house and cleared her room. As they left, they threatened me. It was very clear that Cindy was convinced that something had happened.

One week later, the door bell rang. I walked downstairs. I opened the door and there he was a friendly gentleman saying: " You have to return the deposit for her room!" He spoke very calmly, which actually made it even more scary. I felt very challenged, as his being triggered a strong concern that he would physically hurt me.

Legally I had no obligation to return her deposit as she left without notice. After he left I called the police and informed them. They told me that the police does not take action



unless something has already happened. Thank you police! So much for preventive actions! Luckily we have the Sustainable World Project. This is all about taking preventive actions!

2003 A Surprise Visit of the Police

Finally these threatening visits of friends of Cindy stopped. I slowly started forgetting the whole episode. On June 16th 2003, early morning, around 7 am I was talking to Yasmeen over the internet. I heard the door bell ring. When I opened the door one man and one woman showed me some ID cards. Then, they requested me to come with them to the police station. I asked them: "What is this about?" Fully convinced by the false accusations they said: "I think you know." I thought: "Maybe they just want to ask a few questions." I said: "No problem, let me wind up the conversation with my girlfriend and then I will come with you."

They followed me upstairs, being confident that I might try to escape. However, I had sold my fast 'black' motor bike and had no such plans this time.

2003 Police Brutality

We went to the police station. To my surprise, without a word, without a trial, they locked me up in a room. I had no idea what was happening. All my stuff was confiscated. One of the officers said: "I have to frisk you." He did this in an extremely rough way. With high speed he moved his hand up inside of my left leg. It landed with force in my nuts. I said: "Excuse me! You are hurting me." He said: "I have been trained. This is how it is supposed to be done!" Nice justification! Again, he hurt me in the same way as he frisked the other leg.

Observe the abuse of authority. Observe the inequality in society. The different positions, ranks and other insane mental concepts defending the status quo of the collective Ego. Witness all the mechanisms of Ego. Justified by some story we think it is okay to hurt someone we have never even met before. What would the world look like if everyone simply refuses to physically hurt someone else. That violence is simply **NEVER** justified.

I have noticed in life that a lot of things are opposite, of what they seem. I was at the police station on the charges of having abused someone and now, actually I was being abused. Observe the power of the mind. Observe the power of fear. However, there is a power greater than that. It is the Power of Love. But, boy oh boy, do we need to go beyond a looooooot of conditioning to get there!

**2003 Day 1 in Jail**

Bang. A heavy metal door closed. I was now in the basement of the Police station. Left of the door was a sign saying: 'No weapons beyond this point'. It was the entry of the cell complex under the police station. I could not believe that this was really happening. Next, I was put in a 7 by 7 feet concrete cell. This was definitely a downgrade of my 12 by 12 feet room in San Francisco. But hey, at least no cockroaches! There was a concrete slab with a mattress on top, a small sink and a toilet. That's it.

After some time I was allowed to make one phone call. I called my brother. He said: "Where are you?" I said: "I'm in prison". We spoke for almost an hour as I was lucky. The police man had forgotten about me. I shared, shared and shared releasing a tiny bit of the stress of this new reality.

My Insight

The more difficult something is, the more I need to share this!

2003 After a Dark Night

Day 2 in jail. The only way I can describe that first night is that the presence of I was not there. There was no me anymore. It was only conditioned thought running madly through my brain. It took me several days before I could slowly come to terms with this new reality. I realize now in 2013 that this meant that I slowly started accepting where I was and what had happened. This was good, as unconditional acceptance is love and love is the only Power in the universe. I started gaining power.

One important element inside the Sustainable World Project is to support people to start accepting the so called difficult emotions like fear, anger, guilt, blame, hate, resentment, etc. Whenever I have been able to accept my sadness, it started to disappear. What a funny universe, right! Sorry, but I did not invent it or maybe I did.

2003 The Interrogations

Day 5 in jail. The interrogations started. Initially I was looking forward to this, as I had not yet shared my part of the story at all. They just picked me up and locked me up. I had not been given the opportunity to say even one word about what happened. Looking back I think that I had a hope that after I would have shared my side they would definitely let me go. Oh! Oh! How wrong I was!

The interrogation began. Pretty soon, I realized their only intention was to have me say things that would point towards guilt. They were clearly speaking from a conviction of 'You have done it and we will do whatever it takes to make you confess.'

The interrogators, lets give them a random name. Lets call them Butch & Bitch. Butch would ask me if a young girl wants to have sex with another person then would that be okay. He did not mention an age. I replied saying something like: People are



responsible for the choices they make in life. If both give consent it is fine by me. Immediately he said: "That's exactly how child abusers think!" It became very obvious that he was just trying to frame me.

Pretty soon, I dreaded these interrogations. What was difficult was, that my whole support structure was gone. I had no one. No dialogue. No familiar person to talk to. This part really broke me down. Interrogations only became worse. I thought that these things would only happen in movies. But no, this was happening in reality.

2003 A small Spark of Power

Day 7 in jail. A week had passed. As my acceptance of being in jail started growing, so was my power. It was time for my second phone call. Meanwhile, I had remembered of what I had learned in the OneWorld Seminar. No matter what your circumstances are, you choose who you are being. You can either choose to be a victim, or you can claim your power. I started looking at how I could resolve this situation. One thing I had learned was that sharing is always the key.

I called my parents. I told them: "I want you to share this with everyone." They said: "No way! We cannot do this. We don't want your name or the school's name to be damaged." **This shows how we are all conditioned by fear.** Though my parents intention was good, it does not work when we choose from fear. It does not produce the results. I knew that somehow we needed to get the word out.

The call with my parents was very difficult. I was angry and confronted how fear is playing such a dominant role in our society. My Ego won for a moment and now I was even more upset than before. Now, I had even more people to forgive!

2003 What all we take for Granted

Day 8 in jail. Few things I really missed being locked up was walking around and seeing the blue sky. One time per day I was allowed to go to a 12 by 15 feet courtyard. It was of course surrounded by solid walls and covered by a metal raster on top. But, at least I could see the blue sky and the big antenna on top of the police station.

After having been released for many years, whenever I would drive by the police station in Almere my stomach would turn. I would see that big antenna and the small prison windows in the basement and the past would immediately return. The influence of the past is not to be underestimated!

My Insight

Sometimes only being deprived starts laying the foundation for appreciation.



2003 A Mothers Love

Day 9 in jail. Another day had passed by. I heard that my mother had come with my favorite pasta meal. She had brought it to the police station. Though the police did not allow this love to reach me in the form of pasta, just hearing this, I felt connected to the outside world. Receiving this expression of love made me stronger.

2003 A Luxury Room on Wheels

Day 10 in jail. The police took to me to a different city. Here, a judge, who had never met me, would decide whether I should stay at their fancy 'hotel' or I should be sent away. Police officers with guns guarded the very dangerous me as they picked me up from my cell. Next, I had to wait in a drive way under the police station. The drive way was again enclosed by tons of concrete and two huge doors. A special luxurious van had arrived for me. Lucky me! Inside this van were luxury rooms of about 2 by 2 feet. I am not kidding! I was put in one of them. I was being transported to my first trial. Now I know how a chicken feels when it is transported in a small cage.

Isn't it interesting to observe how we human beings, treat each other, other animals, other things and our home called earth. Just observe the mechanisms of the (collective) Ego. Based on fear we judge, then justify violence, create separation and tons of suffering and that way we keep the collective Ego strong.

It actually takes a lot of effort and a lot of money to keep the collective Ego in place. In 2012 we submitted the first funding proposal for the Sustainable World Project. We asked for 1.3 billion dollar for the first 10 years. Initially, I thought that was a looooooot of money. However, suddenly I had the insight that this money can actually create a world which works for everyone. It would bring love, world peace and more of those goodies. I wondered what the cost was for keeping fear alive. I wanted to compare the budget for funding the first 10 years of the Sustainable World Project with money spent on the military.

Here are some examples of keeping the fear alive. The Wiki says that an F22 Raptor is costing about 150 million dollar. I read that about a 195 planes were delivered. The B2 Spirit bomber is costing 2 billion dollar. I read there were 21 of them built. Yes, that's the spirit! Do you want to know the total military spending? In 2012 the world spent 1738 billion dollars on the military and that is just for one year. I am not even mentioning the cost of the secret black projects here and the Secret Space Program. **I realized that our request for 1.3 billion dollar for ten years was a very small price for world peace.** Love turns out to be 'cheap'! Who would have known!



2003 Great Value while Waiting for the Verdict

I was now waiting for the verdict in a holding place with more prisoners. After ten days of custody, I had more moments of being present as more acceptance had come. Suddenly I remembered my delayed flight to New York in 2001. The one where I had stepped out of the queue to support the lady of Singapore Airlines. Here I had learned to focus on other people and not on myself. I decided to talk to my fellow inmates.

I started with the young man sitting next to me. I think he must have been in his early twenties. He shared his story with me: "I didn't have any money. I was hungry. I started stealing so I could eat." Then, I spoke to a next person. He had seen his father being murdered by his uncle. This painful event led him to action which ultimately brought him to jail.

This is what I learned. I think ALL people in jail have gone through a difficult past. Something happened in the past and it is ALWAYS some form of lack of love. The way the collective Egoic society deals with that, is by punishing. This actually makes matters worse. If the mistake or 'crime' only comes from a lack of love then what would be the solution. Yes, you are right, it is not so difficult. Love is the only solution. Somehow we need to get these 'criminals' present to love. Somehow we need to get them present to who they truly are. How? Well, maybe simply by loving people!

After a few hours the judge announced that I must have been a bad boy and I need to be sent back to jail. Do not care for others, do not rent people a room in your house, do not start an innovative project to create a world which works for all and definitely do not eat your mom's pasta! Only do what the collective Ego understands. Watch fearful television! Play small and be unhappy! Then we might accept you!

Thinking of my Mom's pasta and how good I always felt eating that I had a life changing insight. I was thinking: "It is not just the eating of food that has impact on me, it seems that my thoughts and feelings on the food also have an impact on me.

My Insight

My thoughts and feelings seem to be at the source of everything. I was at the very beginning of understanding the only problem in our world; identification with painful thoughts and feelings. I learned I am responsible for guarding my mind. What do I feed into my mind as this mind looks to play a big role in the quality of life. If I feed my mind violent movies, nonsense of our education system and media, then what am I strengthening in my mind and therefore the collective mind? I started understanding that what we hold in our minds we will see in the world.

Reflect

Reflect on which events of your past have shaped your mindset. What negative sabotaging, dis-empowering programming do you have. Share one event with us that has left such a programming. What happened and what programming is still running in your (subconscious) mind?

**2003 My computers Impounded**

Sindy had said; "He has taken photos of her". Yes, that is true. I made lots of photos where she was dancing on a small wooden barrel. The result of this was that the police took my two computers.

Sindy had said: 'He combed her hair!' Well, actually that I did not. But, even if I did, is there anything wrong with that too? Yes, you are right! It is a crime. I think that deserves severe punishment! Lets hang me.





2003 My 'Escape' Plan

Back in my old 7 by 7 feet concrete 'hotel' room under the police station in Almere. I was slowly getting present to what could contribute to resolving this situation. I wanted to write down my plan. However, I was not allowed pen or paper, since a guard had been stabbed in his eye with a pen. Another clear example how the violence of punishment by locking someone in jail leads to more violence. This is because Ego always reacts with the same energy. Anger is answered with anger and violence is answered with violence. Someone killed someone. Then collective ego says; "this is really bad so we are going to kill you". Am I the only one seeing the insanity in this? The only way out is a new awareness where worldwide we understand that 'mistakes' need to be answered with love.

Finally I was given a chalk and I wrote down my 'Escape' plan on the inside of my door. The short version of the plan was: Call my brother. Tell him to get the latest backup tape of my impounded computer. Get my email address book. Send that to Yasmeen in India. Then, Yasmeen could share the incident with everybody I had ever been in touch with for my whole life.

Next she would request them to write to the mayor of Almere, the head of police and government authorities. I was strongly committed to not forget any detail of the plan. As I was not allowed to bring any notebooks to these calls and I could not take the door with me, I used the chalk to copy the plan on my black training trousers. When my next phone call came I shared the plan with my brother and asked him to inform Yasmeen.

Meanwhile my parents had brought me a bunch of Alistair McLean books, so I kept myself busy with reading many spy stories as the days went by. In the evenings one of the guards would pick me up, bring me to a shower, return me to my cell and give me a few minutes to get things like books and clothes from a closet which was outside my 7 by 7 feet 'hotel' room.

2003 Is 'Minimum Force' Justified?

The judge had ordered to take my DNA sample. I could either do it 'voluntarily' or they would use 'minimum force'. Now what choice is that! They scraped some sample from the inside of my cheek for the DNA test. It triggered a lot of fear as I remembered all these movies where innocent people were setup and 'proven' guilty. What if 'they' changed my DNA sample for that of the little girl! Daily my conditioned mind would trouble me with the most fearful scenarios of being sentenced to jail for many years. Finally it all turned out fine, nobody switched the DNA. There was no match.



2003 A More Luxurious 'Hotel' Room

Day 11 in jail. The 'Collective Ego' was only allowed to keep me at the Police station for ten days. After that, they had to transport me to another facility. This turned out to be a big step forward. This room was really like a hotel room. It had a shower, a television and it was way bigger. Maybe even a 120 square feet. Now I could buy phone cards, groceries and I could even go to the gymnasium for a workout. There was only one thing I did not like about the room. They closed the door from the outside!

We had two daily breaks where we could step out to an 150x150 feet open area. I had never used this opportunity as fear was still there for some of my fellow prisoners. My neighbor was already angry with me as I used the telephone booth too long. I had also already noticed that some of the other prisoners were very aggressive. Though I understood that this all came from a lack of love in their past, I was not yet having sufficient power to be with all of that. I decided to mostly stay in my cell. Daily twice they would come. Open my door and ask: "Do you want to go out?" I would say "No, I rather stay here!"

2003 A First Miracle

Day 12 in jail. In my newly acquired 'room' I started writing a next future for the Sustainable World Project. I wrote about a future interactive event in the year 2035. Here is the link - [Vision 2035](http://www.SustainableWorldProject.com) You can also download it from our website www.SustainableWorldProject.com. While writing this story, I had moments where I was completely inspired. It was a profound experience. I realized I was moved to tears while being locked up in jail. **I am not exaggerating.** It proves the point that circumstances do not define who you are. You do! There is a tremendous power inside all of us. It is waiting to be unleashed. My dear, dear reader, claim your power and create that life of your dreams! You deserve it as you are the most beautiful and wonderful being alive this day! We all are!

2003 Most Embarrassing Moment of my Life

Day 13 in jail. My parents came to visit me. I wanted to give them a note with next steps in our action plan. However, before I could see them I was taken into a separate room. Here I had to give up the note as this was not allowed. Next I had to fully strip and bend over while someone would check whether I was smuggling any pills or notes in my @ss.

It was the single most embarrassing moment of my whole life. Next time, I will make sure I eat a big portion of raw onion and garlic and take my revenge when they come close to my butt to take a look.

**2003 Acting Against the Cultural Conditioning**

Day 14 in jail. Meanwhile Yasmeen needed my parents' support. It was difficult for her to get the backup with all the email addresses as she was in India and my parents were thinking differently about the whole situation. For an Indian daughter in law it is very difficult in their culture to go against the parents in law. However, she rose above this limiting cultural conditioning and started all actions required. She wrote and sent hundreds and hundreds of emails to friends all around the world, sharing what happened and asking for sending letters, their love and intentions for my release. As a good Indian girl, she also launched lots of prayer meetings and even woke up all the Indian Gods and that is quite a job as there are so many! Thank you Yasmeen! You got me out!

As I had met many people during my traveling, slowly letters from Australia, US and India started being sent to Holland. The universe started to shift!

2003 Forgiving, the only way out of Human Suffering

Day 15 in jail. I started to work on forgiving the mother and the daughter. Forgiving the daughter Rudy was not too difficult. This whole episode happened around her fourth birthday. The mother had told me that she would very often check with her daughter if anybody had touched her inappropriately. Any therapist can tell that this is indicative for the mother's past. A child of four years old would simply repeat the words unconsciously and see what kind of attention it gets. When Rudy said that I showed her my 'tully', she must have gotten a lot of attention from her mother. So she just kept on saying it. I could easily see the innocence in that. Rudy, therefore was quite easy to forgive. Sindy took some more time. Luckily, being in jail, time was the one asset I had in abundance.

2003 Witness the Insanity of the Collective Ego

Day 16 in jail. Next I had heard that they had deployed the full 'child abuse' package on Rudy. They questioned the 4 year old girl and recorded it with a video camera. They did DNA tests and God knows what more.

I believe this all made it a lot worse for all involved as the context in all daily conversations was the 'abuse'. In this whole episode you can clearly witness how the Ego finds an illusionary problem. Next, it will focus all its attention, get more people involved and turn it into a problem of epidemic proportions. Then we reach the point where the fear of the collective Ego is so strong, that it justifies some form of attack.

As the context of abuse was ongoingly brought to the little girl, Rudy tried to put a coin in her vagina. Of course Sindy made it mean that actually something must have happened, not realizing that actually she caused this herself. Her fear in the present, coming from a not accepted and unforgiven hurt from the past, created this whole drama.



How to get out of this insanity? Stop resonating on other people's emotions. How? By increasing your awareness. By knowing who you truly are. By acting from who you truly are! By thinking thoughts from who you truly are. Think, Choose, Communicate and Act from Love! Refuse to make choices based on fear!

What to do when the 'fear' still gets us? This is what I do. **I simply reach out to my friends and ask them to just listen to me. I ask them to accept what I temporarily cannot. This unconditional love will transform my experience.**

What if no one is around? What if it is in the middle of the night? Well, sometimes I still talk to people in other time zones, but at other times I use the camera on my phone. I turn it on and then I complain as long as needed. My phone 'listens and listens' and after some time I am again getting present to who I am. I have many YouTube videos showing this process. At other times I give myself Reiki or read a book which inspires me. You make your pick. You do what works for you. But please do whatever is needed to get out of this fear. **You are so worth it!**

2003 The Power of Forgiving

July 3rd. Day 18 in jail. I wrote a letter, wholeheartedly forgiving the mother for the very first time. One hour after I had written the letter, someone came to my door and said: "You are released! You are free to go!". Good, at least I am faster than Nelson Mandela. I learned the lesson of forgiving and unconditional love in just 18 days.

The police loved me too and they gave me a free ticket for taking the train home. The synchronicity between the release and the act of forgiveness is still intriguing me today.

Stepping out of the gates of the prison facility and looking at the blue sky was a gift never to forget. I called my parents and asked them to pick me up from the train station. On the parking lot, as I walked towards my parents, I saw my dad was crying. This whole episode had had a huge impact on my parents. My moms bitterness to society had grown and this whole episode had strengthened her belief that the world is going to the dogs. The Ego Beastie dogs, to be precise.



Illustration 71: The attack of the Ego. Though often the Ego occurs like this. It is not the ultimate truth. It is MY Ego's perception. I am still reacting to life from being identified with the lower awareness of my Egoic mind.

Reflecting on this I can now understand that it requires a lot of awareness for people to be able to turn around these so called 'difficulties' in life. I feel deeply grateful that in the whole process of starting the Sustainable World Project I had already learned so much. Though it still took me many years before I could see the 'gift' in my prison adventure, I already felt grateful knowing I would be able to turn this around. Now in 2013 I feel even more grateful as it is not just that I have been able to turn it around, I now also realize that this whole adventure was needed to give me the learning needed to launch the Sustainable World Project.



Illustration 72: We are all innocent! The collective lower awareness has us identified with painful thoughts in the conditioned mind without knowing so. If we stop reacting with punishment, which strengthens this conditioned mind and instead start healing the mind by bringing awareness and unconditional love, then soon we will see a new world arising. It is actually already happening. Now ask yourself? What do you bring to the collective mind? More joy and love? Or more fear and anger? Choose wisely!

2003 Going to Court

The whole episode was not yet over. Now the legal process started. I was friendly invited to come to court. It is called a court order. Going to court is absolutely one of the most horrible experiences the collective Ego has created. Enjoy the ride!

My friend Anja and my parents joined me. To have someone with you in these horrible legal processes is a true blessing. Thank you mom. Thank you dad and thank you Anja!



After arriving in Lelystad we parked our car. We had to wait in a large room. Many more people were already waiting there. As we entered I looked to the left . . . and there she was, Sindy with her friend. She looked horrible as no doubt her Ego had given her nice big quantities of guilt towards her daughter. When the Egoic mind is fully identified with a certain scenario, going over and over the same unbearable thoughts, then it is always the body which will suffer. Only one word comes up to describe her. Broken.

Again witness the insanity and the power of the Ego. Create a problem which actually does not exist. An illusion. Then drive yourself and everybody bunkers. Then turn to judgment, violence and create separation. Then suffer and create suffering for others in the whole process.

Since it was such a big room we thought it would be better to sit on the other side. After some minutes, I had to go to the bathroom. When I came out her partner in crime was waiting for me. He stared at me with the most angry and scary look I have ever seen in my whole life. Have you ever looked into the eyes of someone who wants to kill you? No enlightened words came to me. I was frozen by fear. Fear always paralyzes. I informed my lawyer. He informed security.

When there is such a strong Ego attack, it is very difficult to be who you truly are. You will be very much challenged to remember who you are. This is actually a big opportunity in life. Use every challenge to remind yourself of who you are.

Next, I remember walking into the court room. It was big. On the left and right side were many benches. The furniture was dark. It was all extremely intimidating. If there would have been any confidence left in me, then now it would have been taken away by this environment.

I had a good lawyer, but on the day of the trial he said: "When the judge says you are free to go, then you can thank him if you want to. However, do not say that you will never do it again!" I was shocked as this indicated he did not believe I was innocent.

The short version of the verdict of the Judge was this: " We didn't find anything in the DNA samples, but this doesn't mean you have not done anything. It just means we cannot prove it, so I have to let you go." Forget about "You are innocent!". Forget about a ' I am sorry, we put you through so much trouble!' It was just about them not being able to prove me guilty. Thank you judge! We left Lelystad. It took some years before I went back to this city as it was now so strongly linked with this horrible experience of going to court.

My Insight

Judgment always takes away power. It attacks the truth. It makes us feel small, inadequate and separated. It attacks the truth of who we truly are, which is 'eternal oneness' in other words connected. In the end judgment leading to separation will never win as we are what we are and illusions do not sustain themselves. It is the nature of



illusions. Judgment is from the Egoic mind and just like the other mechanisms of Ego it is simply an illusion. A powerful, stubborn and persistent illusion, but an illusion none the less.

2003 Rehabilitation

When I was released the next process started. I was asked to go to a rehabilitation center. Their objective? Their objective was to get an idea who I was. Only now they wanted to figure out what kind of a person I was. They could have done that before they sent me to jail!

The very first time I had to go there I was feeling very awkward. It felt like now I had to prove that I am a normal person. Reflecting on that I can see now how this negative context of abuse strongly triggered me. I only had my most automatic ways of being. Being very serious and being someone who tries very hard to make his point.

I wore my long coat, stepped into my car and went to the center. In the whole conversation I was very serious and trying very hard to be normal. This never works so well, and I felt uncomfortable throughout the whole conversation. They asked me about my parents, my brother, what I do and much much more. However, it is always the context which is decisive for the experience and this context of being accused of child abuse was a tough one to be with. However, in the end of this whole episode it turned out to be a gift. All these events challenged me to become bigger than my identity; to become bigger than how people see me; to become present to who I truly am.

It took years and years of processing to come out of this being falsely accused of child abuse. The lesson I learned was to dis-identify with how people see me and become present to how I see me. To come to a knowing of who I am; a knowing of who we all are. Now, more often, there are moments of power and self awareness. No need to get confirmation from others. This awareness, this vibration I can now give to others. This will liberate them from identification with egoic thought. This process will liberate our world from egoic thought. The result will be a sustainable world; a world that works for ALL people. Therefore this adventure of being falsely accused as always in life was a 'gift'. God, the Universe, your Higher Self, you pick the label is always aspiring in our favor. Always and in all ways.

**2003 Letters from around the world**

When I came home I started reading the letters people had sent from around the world. This supported me very much to remember who I am. Here is one example.

Dear Sir/ Madam,

I met Richard while he was traveling through the United States gathering support for his global project to unite different cultures and people through videoconferencing. His idea and his enthusiasm for a world of understanding and peace was so compelling that I offered him a place to stay in San Francisco. He stayed at my home for two weeks in the summer of 2002 and during that time, I came to know him well.

While staying with me, Richard and I had many wonderful conversations about the nature of integrity and love. While he was with me, he never broke his promises. I came to understand that for him, breaking his promises would prevent him from reaching his dream of a world that works for everyone. I remember being shocked one day when I discovered that he had deleted all his illegally downloaded music that he had obtained from the Internet. He realized that he was stealing, and could not claim to be a man of integrity while having music that he did not pay for on his computer.

My absolute conviction is that in an effort to get attention, the child involved in this case said what she knew to be the most attention-getting thing she could say. Children do this all the time, as any person who works with children will tell you. Parents must deal with children who say things ranging from "I hate you!" to "You're the worst father I know!" In the context of a child not receiving what they want (attention and toys are high on the list), a parent learns to ignore these statements that otherwise would break the parent's heart. Although I know that one day the little girl will regret what she said, at this age, however, she can have no real understanding yet of the impact her words have in the world.

There are few men in the world who stand for integrity at the level Richard does and I work with many men in my business dealings. Never, ever will I be convinced that Richard did what the little girl said he did.

Please consider my points in your decision and choose to clear the good name of Richard.

Sincerely,

André Angelantoni
President/Founder

<http://www.postpeakliving.com>



Illustration 73: Another Hero for a life time! I met Andre on the second world tour in 2002. He hosted me for some days in San Francisco.

2003 Rehabilitation, Second Visit

The second time I went to the center I felt more relaxed as I had slowly started to regain my power. The lady taking the interview addressed I was more at ease and that now I was wearing a short coat. The first interview I wore a long coat. Observe how soon we judge by appearance and are not aware that we are doing so. We identify with our thoughts and therefore think they are true. I don't know as I am just another fool. But what the heck do clothes have to do with who you are? **I think any judgment is false as it is from Egoic mind.** It always separates and separation cannot be true as we are one.

**2003 The start of a multi year process of healing**

The next process of many years started. I have shared this story with hundreds of people. I had learned in my trainings of OneWorld Education that sharing is the key to transformation. In the first years I never liked that first minute of sharing as I knew people would go through that initial thought of 'is this true or did he do it'.

It took me some years and then I was more able to consistently remember who I am and stopped resonating on other peoples opinions and judgments.

I remember I was very moved when I shared with Yasmeen about this. I asked her if she considered for even a second that the accusation of child abuse was true. Without any hesitation, she said: "Absolutely not!" This meant the world to me. To have someone believe in you without any doubt is a true gift in life.

My Insight

Though confirmation from outside supports it is my job to know who I am. For this I have to go beyond identification with negative judgmental thought that my conditioned mind abundantly and automatically offers me.

2003 Some of the Impact of being Falsely Accused

Before this incident occurred, I loved observing children. Whenever I would pass by a school, I would stop and watch children play. I was watching, eager to learn how to regain those values we loose while growing older. That joy and happiness! That total self expression. That being in the now!

However, now I was worried that someone might be watching me. If I watched children, it could be misunderstood for stalking or looking for my next victim. I could see how the collective Ego was putting this fear inside of me, but I was not yet able to go beyond that.

A next impact was that it had become slightly difficult to trust children as the conditioned mind now said: "You cannot trust them! They might falsely accuse you again!"

Later when the school had started and some of the parents became close friends I could see more of the impact. Sonja and Paul had invited Yasmeen and I to come over to their house. We had dinner and then it was time to put the 5 year old Jip and the 7 year old Janneke to bed. All six of us were upstairs as Sonja put the kids under the shower. Seeing the naked 5 and 7 year old immediately the past came back. What if someone saw me? I felt very uncomfortable and again I shared. Everybody understood and that supported me to feel okay again.

A next impact was that my relationship with the police fully changed. After I had turned 18 and did not ride on my black motor bike anymore, my relationship to the police became pretty good. Often when I would see the police I would briefly talk to them and



acknowledge them for the good work they do. After being falsely accused and being exposed to a very different police I developed a relationship of fear. Fear of authority and specially the abuse of that authority. Now I avoided them.

2003 Powerful Access to Forgiving

As it was still so difficult to be with this whole episode I started looking on the internet. I felt an urge to know more about Sindy. How could it be that someone is so hurt. I looked and looked and looked. Then I found something that brought a very powerful completion of this whole adventure.

I had noticed that Sindy was spelled with an 'S' while mostly it would be written with an 'C'. On the internet I found a letter of a young girl. The letter was addressed to a therapist. The young girl in this letter had also spelled her name as 'Sindy'. To be very clear with you, of course I do not know whether this was the same Sindy. However, this was actually not so important as I got to understand that Sindy must have experienced something similar traumatic. Being present to that I was very able to forgive her. This is the short version of the letter:

"I can't wait till I am sixteen years old and leave the house. When I was eight, my mother told me that my father was very sick. And that we need to help him. She said that if I tell the doctor that my father touched me here and there, the doctor will help my father to get better. I did what my mother asked me to. My father was sent to jail and there, he committed suicide."

So whether this story is about the Sindy I met, or not, is not important to me. What I did know for a fact was that Sindy had told me she was hit during her pregnancy; that she was locked up in a house in Crete, that she had fully broken with her mom and that she checked regularly with her daughter whether people touched her inappropriately.

So there will be 'some story' of her past which explains her conditioning. Having her past not yet accepted she communicated with her daughter from a fearful being. That's the mistake. Her actions were from fear. Operating from fear, we actually create the things we are afraid of. The fear got to the police, they got afraid and justified using force, violence and abuse of authority to pick me up and put me in jail.

Now Rudy will grow up in a context of 'being abused' while this has not been the case. I know that this will impact her whole life. Having understood that, I was still committed to work it out. I hired a mediator and paid him very well to create a dialogue, but they didn't want a dialogue. For now I had to let it go. I gave it all I got and writing this paragraph in 2013 I feel very proud of myself.



2003 This was the learning

- After having been in prison for 2 weeks I started writing a future for our world in the year 2035. In this writing I was able to achieve brief moments of total happiness and inspiration. Circumstances do not define who I am. I do. I create my reality.
- June 16th 2003 I was taken to prison. July 3rd 2003 I had forgiven the mother and daughter for the very first time. That day, I was released. That day I learned the power of forgiving.
- We have to learn, and change the system, of going to jail, court, right and wrong, punishment and reward, victim and perpetrator. We need to replace this system from the old paradigm of Ego and Separation with a system in a new paradigm coming from a new awareness. A system that works for all involved. A system with guided dialogues which bring healing. A system with mediation. A system in a paradigm of oneness and unity. A system where the context is completion and workability for all involved. This is very possible. Not only is it possible, it is already happening.
- Sharing is the key. In reaching out to worldwide friends I learned that the only power is in love and it can cause any result!
- In loving unconditionally I learned that this is the highest purpose.

In the beginning of my 'jail' story I wrote about having compassion. This led me to open my house to Sindy and Rudy. I posed the question: "Is this a good quality?" As promised I am now coming back to that.

Initially I judged myself. Many people around me judged me too. A not so good friend of mine said: "You are naive!" Others said: "You have been irresponsible and put yourself in a vulnerable position." This is all a reflection of their awareness. I forgive them and I accept them. The following is what I believe. In 2001 I declared "the Sustainable World Project will create a world which works for everyone". I believe that from that time onwards the Universe, God, my higher Self or maybe just me started attracting energy in the form of people and events to give me the learning needed to achieve this goal.

As the universe works in ways which are way beyond our comprehension, we mostly do not immediately recognize the learning. As the goal was big, big learning was required and was generously provided. If you want people worldwide to forgive. If you want people worldwide to be present in the Now. If you want people worldwide to love and accept each other, cross border, cross culture then you need to be an example. In other words you need to own that being, vibration or frequency. Only then through the Universal Laws it will spread to others.

So did I make a mistake? I don't think so. All the above events have been giving me the learning needed to transform who I am. They have increased my frequency or vibration, altered my being and moved me more towards who I truly am; or actually who we all truly are. I believe that as we all move towards who we truly are, we also all move towards a world that works for all.



So, for now my conclusion is: Compassion rocks! Some circumstances I create for myself out of having compassion might 'shake' me up for some time, however this 'shaking' seems to be necessary to remove the 'crap' out of my conditioning.

2003 Restarting the THRIVE Empowerment Center

I restarted the THRIVE Empowerment Center with Dean, again the only student. As the collective conditioning in Holland thought it was strange to run a school with one student I got myself on national television. For one full day, every hour when the news was broadcast, it showed Dean and I. As it was high summer I was wearing my shorts.

Some of my colleagues judged me for being on television in my shorts. It was Jo however, who could go beyond her judgment and said something I never forgot. She said: "I don't mind changing my outfit so people can hear my message." Though I hope to live long enough to experience these judgments about looks disappearing, I do understand now, that as an expression of love, I can choose to dress in ways that trigger the least amount of judgment. Judgment reduces peoples capacity to listen.

As usual it took me some years, but now I am learning that I can be, dress, talk and act in such ways that it does not trigger peoples judgments. If I talk to the public then I am talking to the collective conditioned mind. I can be present where people are in terms of awareness. This way, my message is heard and I achieve my goals. Otherwise, I am simply operating from my Egoic mind. I am being right about that I should be able to dress anyway I want. **This is called being a 'Rebel'! Just like being a 'Victim' or being a 'Conformist' these ways of being are not effective.**

Jo taught me. I, now teach the Sustainable World Leaders.



2003 A Powerful Transformation

In August 2003 Nadia participated in the pilot project of the first THRIVE Empowerment Center in Almere, the Netherlands. With 20 children between 4 to 18 years old we experienced the power of transformation through innovative and interactive learning. Take a look at the photo and you will see labels are not needed to see the challenges Nadia was facing at her traditional school. She requested us whether she could join for 1 day a week and whether it was okay if her mom would come along. We said: "That is totally fine! You are very welcome." We understood that her request reflected her sense of safety and wanted to provide her the safe space she so much needed.

Nadia started her first week in our very first THRIVE Empowerment Center. The other members and facilitators just let her be. We knew she had all that was needed inside. As no one interfered with her, she started to feel safe. When she felt safe, she started to inquire about what to do. Few months down the line she came to us saying: "I would like to rewrite the book Lord of the Rings." We said: "Great, go ahead, enjoy!" It did not take long and Nadia came to us asking: "Can I come twice a week because I am really enjoying my time here?" We said: "Of course you can!"



Illustration 74: August 2003; Nadia at the start of the pilot.



It took about one year and then Nadia started coming full time. We saw her take more and more initiative. She started taking leadership in the weekly meetings. On request of some of the younger children and with her own consent, she started teaching them English. She started expressing her creativity in art. We started to see more smiles.

The respect for young people in our center had become internalized in Nadia. The value we saw in children had become internalized in Nadia. After two years, the pilot was over. Nadia's growth however continued, as she had now discovered how valuable she was. In other words she had learned to accept, love and appreciate herself. This new foundation had her make new choices in life. As our external world is always a reflection of our internal world, I think that the next photo shows the transformation which occurred during and after the pilot project.





2003 The Egg Timer

At our center we had different costumes for children to play with. The “Zorro” costume was most popular. Often the children would fight over it. As the children became more and more aware of their power in setting rules, they came up with an interesting one. The exact moment you would be 'Zorro', the egg timer would be set to 30 minutes. After 30 minutes the egg timer would ring and the next person could play with the costume.

Who would have thought that having one costume would bring learning in creative leadership to share resources? I cannot help but share my thought that maybe two countries should implement this rule, when they fight over a piece of land which both claim to be theirs.



Illustration 76: The Egg Timer Rules!

As our sabotaging Ego is not so easily discouraged, the children started fighting over the egg timer. Our 8 year old Dean came up with the smart idea of trying to turn the egg timer anti clock wise. The egg timer died a quick and ringless death. I remember having the conversation with our two 8 year old boys. “It is his fault!” Dean said pointing at Mick. “No, no, no, no, no it is not my fault!” Mick said with a naughty smile. Dean looked very victimized. “You can wipe that victimized look of your face.” I said, “There is nothing wrong. We are just looking at how to deal with this.”

At a THRIVE Empowerment Center, the children learn very fast that every action has consequences. Also they learn that these consequences come without the usual anger, blame and punishment. It took only one conversation and then Dean confessed. He was the one who terminated the egg timer. “What do you think you can do now to restore the situation?” I asked. “Pay!” he said, still not looking too happy. “Exactly!” I said. “But I don't have any money!” he whined. “Well, that is something we can resolve very easily. Do you see those dirty windows?”, I said while pointing at the huge windows in our center.



Dean started cleaning the windows. Quickly, his victimized being disappeared. He came up with a smart plan. First he went to the store to figure out what would be the cost of an egg timer. Then he enrolled one of our other facilitators to drive him around. First, to his home, where he had 1 euro and 50 cents in his savings. Then to his mom, who owed him another euro. With the money made by cleaning the windows, he could now afford to buy a new egg timer. On top of that he was also able to pay the facilitator 17 cents for gas. Together they went for the ride.

When they returned I could see the transformation. What normally would become another item on the long list of things we messed up in our lives, had now become something to be proud of. I will never ever forget his face. A proud smile showed the transformation. A humble lesson for all of us. What if we can give every human being an opportunity to clean up their mistakes and restore integrity and power. What if we learn while we are young, that it is okay to make mistakes, that there will be no punishment, but only an opportunity to correct the mistake, what will become possible when we are adults? What will be possible for our world?



Illustration 77: Dean thinking about the "Egg Timer"

**2003 One Computer, One Classroom and Seven Students**

After having started the school in my private premises, we now could afford to use one room for our Empowerment Center. Now we had one classroom, one computer and seven students. We expected some trouble to come from this ratio. Soon the first children would come to us. "I want to work with the computer. He is never letting me. It is his fault." We were mindful not to solve the problem. "Do you want to talk about this?" we asked. "No", they said as they already knew how boring most conversations are with adults. We waited.

Some small fights started. Finally after the first 'human' escalating signs of violence, they all came to us. "We want to talk", they said. "Okay", we said, "What do you want to say?" Then the complaining and blaming from the old communication paradigm started. "It is his fault, that older boy!" the young ones would say, "No, it is the little ones" the older children would say. We listened till all emotions came down a bit. Then one facilitator asked: "How can you solve this?" It took some back and forth. Actually, it took a couple of meetings, but them, finally one child said: "Maybe we can make a schedule".



Illustration 78: One computer with 7 students.



As facilitators we put our hands over our mouth to shut up our Ego which was thinking: "I could have told you a long time ago." This is exactly the point where we adults often fail. We forget that (young) people have to go through a process themselves and come to the solution themselves. Then, the learning will be there to stay. If not, and an adult intervenes and brings the solution as an external authority, then there is only one possible outcome. The adult has to make the schedule. Which he will do proudly and it will look very good. But then it starts. As the children do not 'own' the solution the only way to implement this is by setting up external rules, manage it, control it, force it, punish them if they break the rules and finally all be miserable. This is the core of why the world does not work people! True responsibility comes from within. We cannot use authority and force it, though many still try very hard. Just bring the awareness. Make (young) people think by asking questions. For a facilitator it is our (difficult) job to stay aside, to be with the young people and let the process unfold. Needless to say that the schedule created by the 7 young people has worked ever since.

Reflecting on this story, I wondered how the world could look like if a critical mass of young people would get this new learning in the many, many THRIVE Empowerment centers all around the world. What if these young people end up in the police force or government? What if they grow up and they solve their issues through dialogue inside a context of what works for all? This instead of the selfish context of what works for me or my group and then turn to violence and going to war?

A next realization for me was that you don't need fancy schools with expensive infrastructure. It is not needed that every student has a computer. All is well. This way they will actually learn to share resources. Sharing is the Key. This realization also shows how THRIVE Empowerment Centers can be started with a very low budget.



2003 The Mice

There is a lot of learning possible by being in touch with nature and animals. At one of the weekly meetings 8 year old Mick and his sister, the 14 year old Priya, came to us with the following request: "We would like to keep some mice as pets."

The primary objective of the Sustainable World Project is to create a world which works for everyone. The basic context with any request in the weekly THRIVE Empowerment Center Meeting is derived from this. It is: "How can it work for all involved?"

We asked them: "How will you make it work for all involved, including the mice?" This request came in the first year when the center used a part of my private premises. The children said: "They can stay in a cage in your living room." As a facilitator in a Empowerment Center your borders will continuously being challenged. All our facilitators have learned (the hard way) that you need to get very straight with yourself and others. You have to stop being nice. If not (young) people will take you for a ride. I said: "That will not work for me!"



Illustration 79: The shed as location for the mice

Next, the children said: "We will put them in your shed outside." As winters in Holland could get towards minus 20 degrees Celsius we actually did not know whether the mice would survive. As it also needed to 'work' for the mice the children decided to go to a pet store and ask an expert. The pet store owner said: "This is not possible". The children



returned, feeling defeated and very victimized. "It is not possible." they said with a sad face. We asked them: "Now what? Will you give up, or look for other possibilities?"

For some weeks the children were again going through a very important process. The process where we internally decide to give up on our dreams or whether we continue to pursue. As we are bad observers, most of us adults might miss this learning and judge the center for having kids waste their time with some stupid mice. But look closer. Imagine what it could mean for our world if all our children have this value instilled in them to pursue their goals with great determination. The quality to 'never ever give up until success is achieved' is giving young people a very high level of self-esteem. To value yourself is to value another. I will keep repeating: "We do not know who we truly are. We do not know how valuable, wonderful, powerful and beautiful each and every one of us is!"

Worldwide research has proved without a doubt that many issues in the world are derived from the lack of self-esteem people have. This means that having a system in place where our young people develop self-esteem is of the utmost importance. How to do? Let them go through their process and give them the space to turn failures, or in other words stepping stones, into successes. Do not solve their problems! Do not give unasked advice! Never!

We kept encouraging the children and were clear that we had to set the example. We did not give up on them giving up on themselves. Finally the children decided to go for a second opinion at a different pet store. This owner said that the cold should be no problem as long as the mice have sufficient hay to keep themselves warm. Fully excited the children returned. In a next meeting the mice were again on the agenda. Location was solved but who would take care of the mice in the school holidays. Creatively the children said: "Whenever it is a holiday we set them free and when the holiday is over we get new ones." We thought that this was not such a good idea. Finally the children decided that they would take the mice home in the school holidays. Some other issues were dealt with and then the day they had been waiting for arrived.



Illustration 80: The mice cage with sufficient hay.

As the children had gone through the process, they had become fully responsible for having it work for all involved. In terms of finance, food, how to take care and location, they had step by step resolved all issues and could now claim their prize. They went to



the store and when they came back sorry, as I am writing this I feel my emotions coming up as I am so present to how important these processes are for our children. It overwhelms me and inspired by our children I also commit to never ever giving up making these centers available for every child worldwide the children came back from the store and I believe I have never ever seen a child so happy and proud as little Mick and his sister Priya.

2003 The Key to Self Esteem and Success

When we would leave our center through the backdoor, then we had to walk through a corridor ending with a big gate. The young children would often take the keys and run ahead. When the rest of us would arrive at the gate one of the 8 year old's was still trying to open the door. Immediately the adults would see that he was using the wrong key. Our facilitators are rigorously trained not to interfere. You can bite on your tongue, you can slap yourself, or cover your eyes, but you are not allowed to tell him the solution as it would disturb a very important process. Again we lack as observers. We do not see learning, we see a waste of time, right? No, wrong, what is happening is a project. The child is the project manager. The project is to unlock the door. There are two possible outcomes. Success or failure. Interfering of an adult or a child will immediately lead to failure of the project manager. Failure will lead to a lower self esteem. Success will lead to a higher self esteem.

Finally Dean picked the right key. Then he turned it the wrong way and moved on to a next key. All others practiced patience, a good side effect of this project! It took a few minutes but then he had it all figured out. He opened the door and if you are very present as an observer and look into the eyes of a young person in such a process, then you can see a proud twinkle. This is the deposit in the account of self esteem. Now multiply this with thousands of these small projects turned into a success in the 14 years the children are at a THRIVE Empowerment Center. Would that built a strong foundation of self esteem? We believe so and we have seen so.



Illustration 81: The key to success and self esteem



Some of you might think now: “Where will you find facilitators with this kind of awareness?” This is where technology makes a big difference. As every THRIVE Empowerment Center is not only connected with all other THRIVE Empowerment Centers, but also with all the other interactive locations of the Sustainable World Project's network, every facilitator can tap into the vast resources of the whole world. Worldwide facilitators and members will have many dialogues with each other. The more aware facilitators will impact the new facilitators in a very organic process.

2003 E-mail 16: a Wild Wedding

This is Richard in Almere, the Netherlands. This is a new update on the Sustainable World Project.

WHAT IS HAPPENING

- The first THRIVE Empowerment Center has started with 5 students aged from 7 to 16 years old.
- We have been on the radio and national television.



Illustration 82: The hunt for land for the first THRIVE Empowerment Center had started.



- I wrote a future for the Sustainable World Project for the year 2015. If you are interested in this then email me at richard@sustainableworldproject.com.
- We have obtained two more houses where we rent rooms to create income for pursuing the Sustainable World Project.
- We have 4 facilitators working at our THRIVE Empowerment Center.
- In June we had the first Global Interactive Event between Holland and India.
- Two friends in Holland are sponsoring Shabnam, an 8 year old Indian girl. Because of that, she can now go to school.
- Using Yahoo messenger with audio and video two friends of mine met Shabnam and her sister. The children sang to them. They said: "You are welcome in India". Everybody left inspired.
- Tomorrow October 6th between 11:00 am and 1:00 pm Amsterdam time we will have a 2nd Global Interactive Event. Now the children of the THRIVE Empowerment Center in Almere will meet the children from the Madiwala area in Bangalore, India.
- Upcoming Tuesday October 7th a request to support the Sustainable World Project will be given to Bill Clinton in person. Please send your prayers.
- December 20th to 31st 2003 I will get married to Yasmeen Iqbal. The wedding context will be 'Borderless Relatedness'.



Illustration 83: Wedding Day One. Borderless Relatedness. We thought that since Yasmeen is from a Muslim background and I am from a Christian background that performing a Hindu ceremony could be a way to celebrate the diversity in religions.



REQUESTS

- Who would like to contact more schools to join in on the 3rd global interactive event?
- Who wants to sponsor a child in India? For 20 euro per month you can give a child a new future.
- Who would like to do some text editing for the Sustainable World Project?

Thank you for your time and support. Have a wonderful day.



Illustration 84: Wedding Day Two!
Mike's Insight



After reading this story test reader Mike from the Philippines said: “Inspiration flows as a wave of consciousness and the vision of the Sustainable World Project is this kind of inspiration. Richard did not create the inspiration but it is due to his recognition of this in which he chooses to be a medium for this vision to be acted upon.” I liked what Mike said so much that I added his insight to the workbook. It reminded me that the work we do is not about me. I am not the 'owner' or smart @ss who thought of this project. It just came to me through the shared consciousness. This insight can support to keep the Ego out. At least for some time!



Illustration 85: Wedding Day Three!



2004 The Horse

It is February 24th 2004. An eleven year old girl named Lisa had one big dream. A dream to have her own horse. At most schools this is not possible. When you are studying at a THRIVE Empowerment Center anything is possible. In the weekly meeting she expressed her wish. We said: "The conditions are as always. It has to work for all involved. It has to work for you, for us and for the horse." Obviously we could not keep the horse in the center and we encouraged Lisa to explore how to finance the horse, where to get, where to keep and how to maintain. Fully excited, Lisa started surfing on the internet to do research into keeping a horse. In our monthly newsletter we added the horse to our list of wanted items. The list looked like this.

- Notebooks
- Colored pencils
- Books
- A horse



Illustration 86: Lisa pursuing her passion to get a horse

Even exceeding our own expectations the newsletter found its way to France. Here a Dutch family was living on an old farm. They loved innovative education and they had one young horse which was allergic to a local bush growing in their neighborhood. All they wanted was a good place for their beloved horse. They were even willing to bring



the horse to Holland. We also had one facilitator who was willing to pick up the horse. Do you see the abundance in this?

After the initial happiness now Lisa really had a problem. How to manage the financial aspects? Where to keep the horse? On the internet she had already found all the information needed in terms of what to feed the horse and how to take care of him. Through putting an online ad she had made a new friend who could support her in taking care of the horse. Lisa now started calling the administrators of the city to find a location.

I was just one, among the many facilitators, who found himself inspired by Lisa. Calling the bureaucrats was also not one of my favorite things. As Lisa had almost handled all the needful the adults caused a breakdown. Our team had not been able to raise Lisa's mother's awareness sufficiently. Despite repetitive efforts her mother did not understand how the THRIVE Empowerment Center operated. Tuition fees were not paid and slowly things started escalating. Finally Lisa and her mom left the center. We sent an apology letter to the horse and owners in France and concluded this event with an experience of being proud of what is possible in life when we dare to think big.

2004 Victor

Our oldest student was Victor. He was 16 years old. For two times in a row he did not pass his grade in the traditional school he attended. When we talked to him soon we discovered that he was very smart. The fixed systematic way of learning at his old school was too slow for him. He got bored and lost his motivation. We asked him: "What would you like?" He said: "I would like to study at my own pace and go straight for the final exams. We said: "Fine, go ahead." He himself arranged all the right books and in between some playful fights with the 8 year old boys he mostly studied. He made a first attempt for the exams and failed. Another excellent process to build sufficient motivation to move powerfully through failures like an unstoppable train to the goal you have created for yourself.

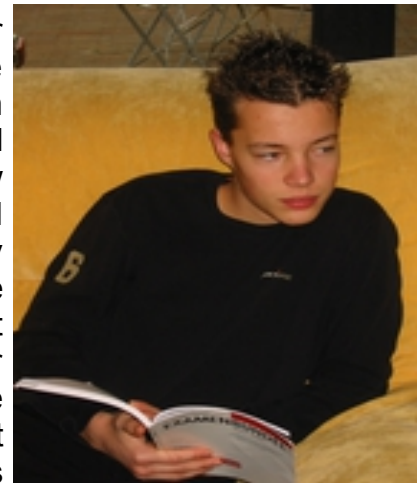


Illustration 87: Victor studying for the final exams.

Many adults underestimate the importance of failing young. Mostly we develop a weak relationship to failure and as adult we give up our biggest dreams and goals after a couple of attempts and failures. When we learn young, then we can instill a relationship to failure as stepping stones towards our goal. Instead of creating a lot of drama after failing we immediately start looking for what is there to learn.

I speak from a lot of experience here as in the last 13 years of pursuing the Sustainable World Project I had often felt as if I was failing. Only in 2012 I started to realize that all



past events were gifts in disguise for the learning needed to start the Sustainable World Project. I realized this view of failing came from my traditional education. That is where we get strongly programmed. My aim is that the THRIVE Empowerment Centers will provide a new more empowering foundation for our children.

2004 The Titanic

It is June 4th 2004. This evening I saw the movie Titanic. The movie made me present to how suppressed we live our lives. When I look around me I see so many people being guarded. When I look around me I see so many people desperately trying to be in control. This is not being alive dear people, this is being dead. I want more. There must be more to life than just this?

I also saw that when I express myself, play the game and express my love that the collective Ego does not like this at all! Sometimes it even attacks. It might be verbally, but it is still an attack. Why? It is because the collective Ego is terrified of love. Why? Love unites and the ego separates. The ego can only survive in the illusion of separation. When people are being present to love, there is no place for the Ego. So the Ego fights for its survival. Do not underestimate the power of the Ego.

If I want to create the Sustainable World Project, I will have to break through my Egoic conditioning and truly express the vision of the Sustainable World Project. I am aware of the fact that I am still holding back too much. Pfooh, my throat is hurting and I am sweating. I am sitting at 0:28 am behind my desk in my room in the Musicalstraat 2, Almere, the Netherlands. On my laptop I am writing this chapter for the workbook. Looking at the map of the world I realize I have to get myself amongst people and just share my heart out. I have to share without thinking what other people will say or do.

Maybe I could start sharing the Sustainable World Project and request people to drop their skepticism and cynicism. Maybe I could say: "It is time to choose. Who do you want to be? Do you want to be right? Do you want to create more separation? Or do you want to join a game which can bring quality of life to all people worldwide?"

This night, again I am considering selling everything. After selling off everything I could use that money to put an advertisement in some of the worldwide newspapers, to build a team for the Sustainable World Project.

In my frustration, I turned to God and said: "What would be needed to start the Sustainable World Project? Please tell me." "She kept quiet! What would that mean? Maybe money is not required?"



Illustration 88: On my laptop I am writing this chapter for the workbook.



2004 Interactive Events

As a facilitator one of my passions was to organize interactive events in a home like environment between the young people at our center and the young people in India being sponsored by our Ahaan Foundation.



Illustration 89: Indian children teaching us some dance

As always the children who would like to participate could do so and others could choose their own activities. In the interactive events the children could ask each other any kind of question. "What are your hobbies?" was one of the questions. "Playing cricket", Harish said. Then 9 year old Annie in Holland was asked. "In the summer I go on the lake with my little boat.", she said. The children in India were very excited about that and wanted to play with Annie on her boat. "Can I walk to you?", Tabassum asked. Then we talked a bit about countries, distances and flying by plane.

Next, it was time for some action. The children in India wanted to teach us a dance. One of the many many things I learned while being at the center was to stop being so concerned about what other people will think of me. I learned again to participate in life. The other students enjoyed while Dean and I were making a fool of ourselves which finally led to all of us having a good time.



When we came to more serious conversations the children in the Netherlands decided to raise some funds. On a next trip to India we would be able to bring some gifts. Around the Christmas holidays in December 2004 Yasmeen and I went to India.



Illustration 90: The gifts from the children in Holland given to the children in India

In a next interactive event the Dutch gifts were distributed among the children in India. The children in Holland were amazed to see so much happiness on the faces of the children in India. They started realizing how spoiled they were. When we shared that for some children this might have been the very first gift ever received, we literally saw a shift in awareness on the faces of the Dutch children. In Holland Nadia took a next initiative and more money was raised. Ten euros made it possible for us to buy slippers for all the sponsored children in India. The next day we bought the slippers and in a spontaneous action to express their gratitude Radikha and Sandhya turned to the camera and said: "We love you Nadia!" This was my first profound experience of what could be possible in a live interactive event. I knew this was just the tip of the iceberg!

**2004 Age Mix**

The power of the age mix. Starting in our teens we become very aware of ourselves and our bodies. Often discomfort arises in expressing ourselves physically. Weekly in the center we would exercise doing Step Aerobics. Our 5 year old Jip would be the DJ. He had to almost stand on his toes to insert the CD into the player.

At the center, we had a system of certification. For any activity which involved something expensive or dangerous, the children had to certify. This meant that they had to show us that they could use the equipment or perform a task in a responsible way. Any child of any age could request for this certification. As Jip was very careful he was allowed to operate the stereo system.

His face showed how proud he was and with utmost care he would insert the CD. When the music started he would freely dance to the music. Sixteen year old Nadia was sitting on the couch, being more conscious about her body. Jip just jumped on her lap and continued swinging. After some more minutes Nadia joined in and we all enjoyed the experience of dancing.

2004 Learning Abilities comes Naturally

After the Step Aerobics Jip confiscated one of the steps. He laid down some plastic letters and numbers. After he was done he started picking them up and putting them up straight. A more difficult activity. As I was observing him I realized that in many schools we have all this material to ensure that children develop their fine motor rehearsal. "We are so blind." I thought. "It is not needed to ensure this. If a child is in 'the world' he will develop everything needed. This was actually the reason why we had named our school 'The World.'"

Many schools run in the paradigm of Ego. Ego always wants to be in control. If you look around in the world you can see systems of control everywhere. Not only at schools, but also at work, in the governments and we even try to control nature. Recently I saw one documentary where a rhino was captured, transported for many miles by helicopter to another area where it was released. It was supposed to bring a better balance or something. I thought it was very funny. Do not get me wrong. I do not judge this and I am also crystal clear I have an ego and all the same ridiculous habits. I do think however it is very much time to take a deep breath and learn to laugh at ourselves. At our significant dramas and at our arrogance that we actually think we can control people or situations. You can start laughing now. I will wait for one moment.

Now take a look at Jip. [photo] Do you see how concentrated he is working? He is not just putting some stupid letters and developing his fine motor rehearsal. He is learning way more. A first thing I see, is that he is training his ability to concentrate. I know that we all lack as observers. I am sure he is developing way more than just that. Another ability I see being developed is that he is learning to trust himself. Values I see being



developed here are: Confidence, Trust, Focus, Happiness and Determination. You might even see way more!



Illustration 91: Jip putting letters on a step

2005 Not Giving Up on Completion

I was still often processing the past of being falsely accused and sent to jail. Experience had taught me that, to create completion, we have to engage in dialogue. The collective Ego however had created a strong separation between Sindy and me. What to do if the other party doesn't want to engage into dialogue? I did not want to give up on completion. On May 15th 2005 I decided to write a letter to Sindy. She had moved to a different city, but the address was in all the legal papers. I sent her a letter which resulted in a life changing phone call. This was the letter:

Almere, 15-5-2005

Dear Sindy,

It is about 2 years ago we met. On the internet I read a letter about a 17 year old girl being angry with her mom.

Of course I do not know whether this is about you. You have told me how you have broken up with your mom and how you were abused during your pregnancy of Rudy. You also told me how you both were locked up in a house in Crete. I can imagine that something more must have happened in your past which has damaged your trust in men. I want you to know I understand this.

My wish for you and Rudy is that you can complete this difficult past. I also hope you have found more space to consider that nothing has happened between me and Rudy. It would be a shame if Rudy will grow up with the idea of being abused, while actually



nothing has happened. I also believe it will provide tremendous value for as well you as me if we could leave this whole misunderstanding behind us.

My intention in writing to you is:

- To show you that I do understand your reaction to what you thought had happened.*
- To be in communication and build a level of trust in which we can get clear what did and did not happen. This way the big impact on both of our lives can disappear.*
- To let you know I am not angry but aiming for quality and workability in both our lives.*

In the last 2 years our THRIVE Empowerment Center has fully started. The center moved to a building across the street. It is now ran by Anja and Tanja. Anja was already there from the beginning and Tanja joined last year. We have expanded our business of renting living space to 5 houses in Almere. At the ending of 2003 I married Yasmeen, my girlfriend at the time we met. Together we are raising money for the education of 16 children (photo) in India. Currently we are preparing the start of a new school in India.

That's it for now. I look forward hearing from you how you are doing.

Regards, Richard.



Illustration 92: The photo in the letter showing the children sponsored by Ahaan in 2003.



2005 The Ending of our THRIVE Empowerment Center

At this time we had three facilitators, Anja, Tanja and myself. In the Christmas holidays I had gone to India. When I came back something had changed in the center. A dissatisfaction had spread to parents, staff members and a few of the children. I understood that they thought there was a problem. The school did very well and many valuable processes were unfolding. However, not all the adults could see that. The collective Ego in the school had as always created an illusionary problem.

For example, there was Will, who loved computers. After a year he had enough of working on the computer. It was difficult for him to find what he wanted to do. He was getting bored. Very often children complain when they are bored and the parents who cannot be with that try to fix that. More and more parents wanted us to 'entertain' the young people. It is very important not to do so as you will take away the opportunity for the children to become responsible for their education and their life. Parents have to learn to just be with their children. To simply be a loving witness. A loving witness to a life unfolding. The Ego however is always judging and next looking outside for something or someone to blame. The projection of the Ego keeps it out of the consciousness. The Egoic mind never looks at itself as the source of all trouble!

One incident was where a girl was locked up in a cupboard. They blamed me that I didn't do anything about it. First of all, I didn't know that she was locked up. Second, it was a great learning opportunity. I might have just let it unfold a bit so all can learn. The judgmental conditioned mind however is not looking for learning. It is looking for opportunities to judge, separate and fragment. It is how lower consciousness had created society. We had put responsibility at all the wrong places.

We had a meeting with parents and the staff members. I had ten adults telling me that I was 'crazy'. I was the one who was wrong. We should start doing more things for the children. At that time I did not have sufficient confidence in who I was. This meeting triggered my Ego. I said: "If you think so, then why don't you run the school". The two other facilitators ran the school for a few months. Then their collective Ego said: "This doesn't work". They shut down the school. I had put in a lot of effort and went through a tough process to be okay with this. It was difficult for me.

Anja had told me that I was talented with a lot of things but not with children. It took me many years before I realized it did not say anything about me, but about her. It is the usual projection of the conditioned Egoic mind.

However, if what other people say about me resonates with me, then it means I also think like that about myself. It is an opportunity for healing. It is an opportunity for remembering who I truly am.

The other staff member Tanja had said that there was something terribly wrong deep inside of me in how I relate to young people. I told Tanja: "Let's say this is true. Then



what would you like to do about this? Do you want to support me in this area?" She said: "No".

Dear reader, this is not how you empower someone. It was again all a projection of her non acceptance of herself on me. The result was that in 2005, the pilot project ended. The way it ended started the next learning process of discovering who I truly am. After a few years I realized that whatever we did at the school was very powerful and I committed to restart. This happened around 2015 in India.

Reflecting on this I learned so many things. First is that all is well in life. Always and forever! Everything that happens brings learning. This learning brings me to remembering who I truly am. Next I learned was not to judge others. They are innocent as they all operate within their current awareness. When I realize that, then it becomes more easy to forgive them.

Reflecting on all of this I can now clearly see the collective Ego. It is there in all cultures. Often it says: "Something is wrong!" Next we fix and fix and fix until it all falls apart. That is the Ego winning by causing the illusionary separation. All separate elements and people, instead of the bliss of being one. The bliss where all and everyone is included. Where all diversity is celebrated. But no worries. It is not real. It is an illusion. The higher truth of Oneness will finally win. When? That's up to us. I say if we practice observing the Ego then it disappears. This is the doorway to love and a world which works for all.

So, am I angry with Anja and Tanja? No, not anymore! Remember that the quality of your life always comes from what you focus on. If I focus on Ego; if I only see Ego, then I am in my Ego. I will be miserable. If I choose to focus on love? Then, what I see love. What I see is Anja coming along to court in the whole drama with Rudy and Sindy. This was a huge support and I will never ever forget this. The friendship with Tanja was profound and made the year 2004 one of the best years in my life. When I will see Anja and Tanja next I will simply open my arms and prepare for a hug.



2005 Threatened to be Killed

The phone rang. I picked it up. A man said: "Is this Richard?" I said: "Yes." He said: "If you want to live any longer, you better stop contacting them." This was the response to the letter I sent to Cindy. This was a next gift in disguise. It took me quite some time to recognize it as it triggered the Ego's biggest fear. Fear of death or in other words attachment to Life. I was not able to be. I could not sit still. I did not know what to do. On Yahoo messenger I spoke for hours and hours and hours to Yasmeen in India. Day after day I shared, shared and shared. Weeks went by, months went by and it was incredibly difficult. The THRIVE Empowerment Center had just ended. Now I got this death threat on top of that. It challenged me as never before.

I considered stopping the Sustainable World Project. Why would I do anything for others if the result is that they will kill me. F*** them all! I went to India as I felt more safe there being physically far away from Cindy and all her criminal friends.

Finally I decided not to stop this project. If it is my time to go, then it is my time to go. If I stop with my projects I'm 'dead' anyway. I decided, to play the game fully, to live life fully, no matter how long or short it would last. It had been a very powerful process as I started dealing with the process of letting go of the ultimate attachment; the attachment to life. This is why so far I had played the game of life so small, I was always afraid. All Egoic fear leads to the fear of death. In some more years I would learn that the physical death is the biggest trick of the collective Ego. The biggest illusion there is. Keep on reading!

2005 How to Fund?

I mistakenly thought: "A lot of money would be required to launch the Sustainable World Project." From 2005 onwards I started to spend time on developing an innovative funding system to bring value to all parties involved and the world. This would finally lead to the arrival and disappearance of element 3 of the Sustainable World Project. The Innovative Funding System.

I wanted a sustainable system that brings quality of life to our clients and to the disadvantaged children in our world. Ourselves included! I thought: "Let's get this done!" Little did I know that I had started a next 9 year long roller coaster ride. Forget about the carnival ride with the German girls. This roller coaster ride got me a lot more sick than that little bit of nausea in Lohr am Main. Though I did not know at that time, again this learning was needed for the project. Keep on reading!



2005 Falsely Accused! Again!

An important element in empowering our youth is providing valuable exposure. We need actually very little knowledge. Maybe a book of this size is enough, of course it should be written by someone else! Someone wise, not by this fool! Why is this exposure important for children? Exposure will bring many new valuable experiences!

Imagine growing up in a slum with a lot of violence around you. Do you think self esteem can be learned from a book? We need to cause valuable experiences for our children. This means we have to let go of external authority. All our work is about experiencing love, joy, peace of mind and other goodies! When young people experience these, then the rest will mostly take care of itself. But boy, oh boy, sometimes it seems like we are addicted to spreading suffering and pain!

To bring this exposure to the young people in our world we would often do the following. Through our Ahaan Foundation we would take the children to restaurants, shopping malls, organic farms, parks, forests and more. At the organic farm they would learn about appreciating nature. In the shopping mall they would marvel about all the shops had to offer. In the restaurants they would eat with fork and knife and they would teach me how to eat with my hands. Valuable interchange and lots of fun. I often tried to capture some of the experience on camera. This movie material we would use for promotion.

Almost always I would go with my wife Yasmeen, however this one time I went to a restaurant with just five kids. A lady, who was sitting at the table next to us, started giving us some interesting looks. She was from Goa. "Why are you filming these children?", she asked. I explained I was from a charitable foundation. However, she had heard about a Westerner abusing children. That guy was also filming the kids, so obviously I had to be the same guy.

Learn about the mechanisms of the conditioned mind. We hear a story, next we see some element of that story, the past gets linked up and there is the projection. We project on people we have never even met before and are so identified with the mental concept that we lose presence of reality. Who we are has disappeared at such a time. All that is left is the conditioned mind acting out the old programmed responses. This is a reaction. It is not a chosen response from a higher awareness! After the projection we judge, the next mechanism and then the fun really begins.

Soon we will have build sufficient negative energy to justify verbal or even physical attack. Next, the person who is attacked will also attack or defend, which is actually the same and there we are. The Ego in action sustaining suffering and pain in our world. The only way to break this cycle is to stop reacting from Ego to Ego. A person with a higher awareness will know that the 'perceived' attack is nothing but a cry for love.

Remember there are only two types of communication in the world. Expression of love and request for love. **The request for love comes from the experience of absence of**



love. This is also called fear. Those who attack have forgotten who they are. Now here is THE QUESTION. Who will remind them? In this question I discovered my only job. **Something happens and I respond with love.** Someone says: "You are an idiot!" I smile and say: "Thank you, You are right. I love you!"

The most important thing in the world is to simply generate experiences of love. When I say love it includes a range of wonderful experiences. Joy, peace of mind, full self expression, gratitude, generosity, bless and more. You pick your favorites!

We often attack people we don't know at all. Because if you 'get to know' your enemies they will simply turn into your friends as they are the same human beings. The same human beings with the same shared humanity. They are literally the same, as on a level we cannot see yet with our eyes, but can feel with our hearts, we are one! Can we speed up the process of gaining awareness please! I am sick and tired of having to be so careful to express my love! oh, and by the way, I love you!

After a few minutes experiencing this unexpected bonus of being falsely accused again, my Ego got triggered. I started crying. Weep, weep, wanker, wanker! It triggered my past with Sindy and Rudy. Nobody in the restaurant was speaking. No one stood up for me. Poor me! It is okay as I know it is just because we all don't know who we truly are. We are mostly given by the powerful illusion of fear. After this whole episode some of the people in the restaurant apologized to me for not taking any action and acknowledged us for the work we do.

I was wondering: "What the hell is wrong with me? Am I a magnet for false accusations?" I am happy though, that the drama ended here. The lady had gotten a lot of 'fools' resonating and one guy was now arguing with my brother in law who had come to the rescue. Next, Yasmeen also quickly came from home and her calm being soothed everyone. She listened and listened and listened and kept slowly repeating in a very loving way: "We are doing good work sir!" Being so calm and clear she made the difference.

You want to know the power of people's words? Until today, June 2013, I have not gone to Goa as that city is linked to this story. So, my dear reader be very present what you tell people. You are powerful beyond your imagination. Use your power to spread love and joy! Next, invite me to your beach house in Goa. This way you can bring some healing in the collective mind.

**2005 E-mail 17: Starting the Money Game**

I started investing on the stock market in India. My last monthly return of investment was 15%. Meaning that with 10.000 euro I made 1500 euro net profit after taxes. I trust that I will be able to make returns of 100% yearly and maybe even more.

Reading this in 2013 I am laughing loudly. How arrogant is my Egoic mind?

In Holland we are now working on borrowing 50.000 euro so we can increase our investments. At this rate of growth, in 2006 we will be ready to buy land outside Bangalore, India. Here we can start our first THRIVE Empowerment Center. The context of all these Centers will be: Children and adults will all come to learn what it takes to go beyond our existing circumstances. At these THRIVE Empowerment Centers people will learn powerful values such as freedom, responsibility, leadership and initiative. All that is needed to create a life which makes a difference for themselves and the communities around them.

Latest summer 2007 we will also restart the THRIVE Empowerment Center in Holland. Then we will connect these 2 centers with the newest video conferencing technology and start element 1 of the Sustainable World Project, the interactive events.

REQUESTS

Would you like to come to India and experience working with children from the slums? Would you like to sponsor a child's education for 20 euro per month? Do you have any interest in investing money in India? That way you can support our projects while creating financial freedom for yourself?

Thank you for taking the time to read this email.
Richard.

2005 Embarrassing Moment Number 1512

In Almere, I would regularly take a massage. This way, I was aiming to reduce the stress in my life. As massage was quite expensive I could not take more than one massage a week. In a local paper, I found an advertisement where a foot reflexologist was looking for a volunteer. She was about to start her business. Before she would treat clients, she wanted to try out her skills.

I was happy to volunteer. On my fourth session, I was not present. I thought I was going to get a massage and I stripped to my underwear. Fully embarrassed, I realized my mistake and quickly lifted my pants. This triggered my past with being falsely accused and I felt very awkward. I shared this with the lady and it was not an issue for her.

I realized that the past was not yet fully in the past. I still had to do some more work, to leave these difficult events behind.



2005 Money Money Money Post 1

In 2012 I put 7 posts on a Forum about trading. The adventure started in 2005. This is the first post.

In this thread we will be in an inquiry together on what it takes to be successful. I will share all the mistakes I have made and there are plenty! Together we will learn from them. We will talk about internal and external discipline. We will talk about Ego, identity and why we need to understand this. We will inquire into our past as that has shaped our identity. It is our identity which is sabotaging our effectiveness. We will also look at what we truly want out of our trading. To some of you it might be different from what you think. Okay, lets start! I will write in an ironic way to break the significance around money. Enjoy the ride, learn and laugh.

In 2005 my wife Yasmeen and I took a look at some of the Indian stocks she was holding for 1 year. The lowest return was 30% and the highest around 80%. On average it was a return on investment of 40%. Our greed, specially mine, got triggered. We opened an account with \$2000 and immediately I started day trading. I thought: "If by doing nothing you make 40% then by doing something for sure I will make more!" WRONG! First learning: Trading is about being, not doing! And us human beings are terrible at being! Try waiting in line at the supermarket.

I would look in yesterday's newspaper for the fastest risers and I would buy them. What a smart ass! Next day the stocks would correct a bit and out of fear of the stock coming down more, I closed them with a loss. The very next day the stock would go up again. This is called 'JUST DOING SOMETHING'. This is called 'BEING STUPID AND NAIVE', which was my field of expertise. I had a masters in it. I graduated with credit and my education successfully took all my wisdom and replaced it with a lot of useless knowledge. What we do mostly in traditional education is memory training. It does NOT prepare you for life. Second learning is PREPARE. If you expect to be successful without preparation, you might get disappointed.

However, I was a not only a greedy ass, but also a stubborn one. I took a 1 into 3 margin. This means pay 1, get 3 on interest and be miserable for 4. I made a bit of money and now the greed kicked in big time. I bought a lot and with the first correction, margin went down, my broker called and I had to add money or close and take the loss.

Luckily I had many friends I could abuse. I took their money and within a few months we we were playing with approximately 16.000 Euro. The third learning is risk management. Be careful with margin trading. Define your maximum loss of your capital. If you reach it, then take an extra job to make up for that loss. You will be so annoyed having to work so much that you might transform the sabotaging parts of your identity.

Every time we made some small profits and then bigger losses. However, I just raised some more money through the triple F's; Friends, Family and Fools. In case you get offended. I am just joking. Don't take life too serious. Consistently raising money made



the account grow. I did not yet realize who was the biggest fool. In 2006 we started playing with more than 40.000 Euro and build it up to roughly a 150.000 euro by making losses and just depositing more money. The account was growing. Yes!! The fourth learning is money management. You can fool yourself and therefore the triple F's, but not forever!

Now it was time to lose big. I had set my mind on making a 100.000 Euro so we could cover all our past losses. A new stock was about to be offered in the Stock market. There was a huge hype about its initial public offering. I went all in and on the big day all other similar fools like me paid a big price at the opening and then the price went down.

I had checked with a senior broker and he had advised against it. But, hey, I am a civil engineer and I graduated with Credit. I know better. I am great at building air castles. They are beautiful, like a bubble, they just don't last so long. This cost me approximately all our money and a lot of other people's money. Oops.

Now of course this was all not because of me. The blame was at the Indian stock brokers, crappy software and crashing exchanges. This last one actually happened. I thought: "Trading stocks does not work. Let's trade currencies!" Next learning was: You can change the item you are trading, but if you bring the same foolish mind, then soon you will be in the same trouble. The same applies for other 'products'. You can trade in your spouse however if you have not learned then soon you will be in the same trouble. Fifth learning is: Take responsibility for ALL in your life. Do not blame others, markets or whatever. Claim your power and learn to look at yourself without judgment!

Tomorrow I will write about the adventures on the currency market. More potential! Bigger profits and way bigger losses . . . Haha!

Now you might think: "Haha, this Richard is a fool!". You are right, but what is more important to get, is that it is easy to see others' mistakes, however we do not see our own. You do not see your own foolishness easily. This is where we can support each other. Find people, team up with them, share with them. Find people who are committed to you, care for you and LISTEN to them. Find people who do not judge you. Yes, I know it is difficult to find these people, but it is a must as judgment always slams the door of learning.

Your Ego a.k.a identity might not like all this feedback, but it is a must to be successful in the long run. If you want to be a fool like me, then do it all by yourself and take 10 years to learn what you can do in less IF YOU ARE OPEN AND WILLING TO LISTEN!

If you have lost less than 500.000 euro you are invited to share these mistakes as you are not the biggest fool in this forum. Read tomorrow and you will discover I am the winner in that. If you lost more than 500.000 it will take some courage, but hey it does make you the number 1 Fool and that is worth something.



By the way, if you do not share your losses and mistakes easily, guess what? You are still identified with them. Haha. Unconsciously or consciously your Ego or identity will see yourself as a loser or a 'not good enough' trader. Guess what, this will be in the background when you are trading. Guess what, it will be in your results. But the good news is that this is not who you truly are. Everybody can overcome their conditioning. Join this conversation and share honestly what you are seeing about yourself. Not only will this support others, it will also support YOU! TOGETHER WE CAN BE SUCCESSFUL!!!!

2007 Money Money Money Post 2

After blaming the stock market and the brokers for my failure in stocks I was ready for new failures. A little bit of sense had gotten into me and I decided to do a teeny weeny bit of PREPARATION. In August 2006 I did a 4 day FOREX course in London with Rob Booker. He said all the right things, he talked about money management, risk management, emotional management and strategies. If I would have done as he told me, I most likely would have done good. HOWEVER, I knew better and here comes the next learning. KNOWING THE PATH IS NOT THE SAME AS WALKING THE PATH. Though I had the knowledge, I was SOMEHOW not able to apply it.

My painful journey of making some wins and then bigger losses continued in August 2006. I borrowed 35.000 Euros from a friend, now ex-friend. No worries, I am almost finished paying her off. Next, I gave half of it to someone with no experience and he lost it for me. He took some work out of my hands! A next learning was IF I DONT VALUE MYSELF, I DONT VALUE MY MONEY AND I GIVE IT TO FOOLS. THESE FOOLS CAN INCLUDE MYSELF!

If it bugs you that I call people (including myself) fools then remember the following. Whatever words you cannot be with end up owning you. It has power over you because you react to it. You take it serious, a part in you identifies with it. A part of you believed it. Know who you are and it will simply not matter whatever people will say about you!

With the other half of the 35.000 I started trading on Forex. Few month down the line. First Margin Call. All money gone. Found some more fools who gave me money. I learned that actually very few people have good money management skills. I started trading again and then I saw the DVD 'The Secret'. This was a first shift and I started to understand a bit more about how I was feeling in relation ship to the results in my trading. When I was trading I mostly felt greed, fear, and pride. I learned that these were powerful emotions or energies which highly influenced me. I LEARNED THAT THERE IS MORE TO TRADING AND LIFE THAN MEETS THE EYE.

**2006 The Secret**

In November Ms Branch-Wood came to India. Our hero for a life time had brought a new DVD. It was a documentary called 'The Secret'. This DVD was about the Universal Law of Attraction. I can highly recommend you to get it. It explains some aspects of how to manifest the life of your dreams. As I was in the 'Money game' I decided to visualize making 30.000 euro. I copied 6 bills of 50 euro on a A4 paper. Next I added two zeroes after the 50. This made it 6 bills of 5000 euro. For some weeks I visualized making this money and by the end of December 2006, we had made a profit of 30.000 euro.

2006 December 31st Smiles in the Slum

On December 31st we had organized a party for 300 children. For a full day, the children could enjoy singing, dancing, drama, painting, eating good food and above all they could experience how valuable they are. It was the best day of my life at that time.



Illustration 93: Smiles in the Slum



2007 A High Risk Game

Hmm, interesting, something had worked but I had no clue what it was. Trading became more mysterious by the day. Later I did see that overall I was feeling much better this month. There was less emotion in my trading. We had organized a big party named 'Smiles in the Slum' for 300 children. There was a lot of love and joy in that month.

As I was not yet able to fully understand what had worked, I was not able to repeat it. I lost that cool winning vibe and a next Margin Call emptied my account. Luckily there were still enough fools left in the world and I raised some more money. By now my cumulative losses were around 150.000 Euro, I needed a bigger game. I took 7 bills of 50 Euro, copied them on an A4 and added 3 zeroes. The game was to make 350.000 Euro before March 7th 2007. This was my planned return date to Holland. If I would subtract all the losses, then I would still have made a nett 200.000 Euro profit.

2007 From Zero to Hero

It was the ending of February 2007. I had a next fight with my wife and as usual I left the house. Wellington Park, here I come! No, this time I actually went to another place. I went to a fancy hotel. In this hotel there was only cold water, brrrr, and a lousy internet connection. Friday March 2nd 2007 I took my laptop and went to my friend Sundar's house. On his rooftop in the city of Bangalore I played in the fall of the currency pair GBP/JPY and I turned 83.000 Euro into 123.000 Euro. Risky as hell, but hey, I was a little devil, so that seemed appropriate.

That weekend I looked at the charts and thought that the GBP/JPY fall might continue. I decided to get up very early on Monday morning. The currency markets would open around 2:00 am local time. I wanted to make sure that I was ready right at the opening of the market.

I did not grow up with any religion, but I thought it cannot hurt to pray to God: "Dear God, if you let me win I will be a good boy and do some good work in the world." As you might remember our intention is to use the profits to launch the Sustainable World Project. In the evening I gave some food to a poor person. Well, not as poor as I would be in 6 months! I surrendered the outcome having understood that I cannot control the markets.

I woke up and opened the 5 minute candle chart of the GBP/JPY. Miraculously I did not have any internet problems that morning. After an hour or so the fall started. Sell 1000k, sell 1000k, sell 2000k, book some profit, sell 2000K, sell 5000k, buy 2000K, (accidentally I clicked on the buy button) saw it some minutes later and closed it, sell 2000k . . . book some profit, . . . Five hours later I closed all positions looking at more than 420.000 Euro on my account. If you want to see the report of that day, then [Click Here](#). I made my game and I made it before March 7th. Something worked. Was it God? Is She in control of the markets? I was very happy but still did not understand how it had happened.



For a few days I was a hero. And yes, it is a very cool experience. It does not matter what you do anymore as there is nothing to do and nowhere to go with that kind of money on your account. When you make your sandwich you are just doing that. There is no more rushing to the next thing in life. Later I learned this great experience was actually NOT because of the money. Haha! I will not tell you now, so I can manipulate you to read further!

Then my Ego thirst, which is never satisfied, wanted more. If you are identified with your Ego (and most of us are most of the time) then sooner or later you will get into trouble and you will cause trouble. My UNDISTINGUISHED Ego had said: "The fall will continue, lets make more money, a million sounds cool!" I took a big short position at a price which later turned out to be the lowest price for many months. Then I waited . . . and waited . . . and waited.

I had withdrawn 50.000 euro of our profits. I reinvested 30.000 with a broker in India. Isn't that an interesting term? Should I give money to someone who is 'broker'??? This broker lost more than half of it and in 2012 I released him of having to pay me back. His health was even more down than mine.

There was 400.000 Euro left on the account. I vowed that I would never let it get under 350.000. Haha. The floating margin went down and down and crossed 350.000. I was now a 50.000 euro in loss on my open position. My undistinguished pride, a part of my identity, prevented me from taking that loss and reversing my position. If I would have done so I probably would have made that 1 million. However my strong identification that making losses meant that I was a loser prevented me of taking the loss. Though I had been able to distinguish this, the mechanism of pride and the identification with money was still too strong.

I prayed, I shouted, I made new A4's, but the GBP/JPY went up and up. I used all my will power hoping somehow to control the direction. A next learning was that CONTROL IS AN ILLUSION. If you think you are in control of the markets and your will power can force the direction, then you are mistaken Then your Ego is in control of you! The same applies for your life. If you think you are in control of your life or other people's life and your will power can force an outcome, then your Ego or identity is controlling you!

Control is an Illusion!



2007 From Hero to Zero

Around August 2007 I lost all our money. I did not only lose all our money, but also all money of friends and family. Now there was only one thing to do. Jump off a bridge. But also that I could not do as I felt responsible for the money I had borrowed. I wanted to return the money to all our friends, family and yes, even the fools, the banks.

I walked to my bedroom and literally lay down with the blankets over my head. Weep, weep, cry, cry, wanker, wanker. I was planning to do this weeping and wanking for the rest of my life.

Two hours later I got out of bed. As I could see that emotion was the weak link, I vowed that I would make an automated trading system. Computers do not have emotions, right? A next phase, finally with thousands of hours of learning and PREPARATION started.

For today, as my arms hurt a bit from the typing, you have to wait till tomorrow for part 3.

Your homework for today:

I AM A FOOL, Now you repeat after me: I AM A FOOL. I do not know anything. Please repeat! **If you find this difficult then remember, whatever you cannot say ends up owning you.**

There is tremendous power in accepting this. Knowing something for sure is one of the most dangerous things in life as it leaves out ANY OTHER POSSIBILITY! These days if someone asks me something, then I will start saying: "I don't know, lets see, lets talk about it, lets inquire, what do you/others think? That way we are open-minded.

If you open a position for trading then always have the positive scenario and the negative scenario as a possibility. Be prepared for both. Define your risk and your reward. Then stick to it as a matter of you valuing yourself. We will start talking more about Ego, Identity and discipline in the next days.

Okay, I hope that your homework freed you up a bit. **Consider that next to 'not knowing a thing' that you also do not know who you are.** In this we are going to find the solution for success. Stay tuned.

**My Insight**

I believe there is a divine intelligence with a brilliant plan. Not a fixed plan, but a plan in which I am co-creating. A plan which cannot be understood by my pathetic Egoic mind. Every person, animal, thing and event is playing a role in this plan. This plan leads me to the discovery of who I truly am. This plan might even likely unfold over several life times. This my Ego definitely does not like as it is attached and identified with this physical life! I preferably would like to make the money this lifetime. The lesson on money turned out to be very different than I thought. But I had to wait another 5 years to find out.

Reflect

Reflect on your life what is the most difficult circumstance right now you are in. What opens up for you when you think that this is part of a brilliant plan? What if this will somehow be good for you in the process of discovering 'who you truly are'?

Take Action

Write down one difficult circumstance from your past and how that has been good for you. How it has increased your awareness and therefore your quality of life. Next share your reflections about your current difficult circumstance with five friends.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and other people. Lets engage in a dialogue and see what has shaped your life!



2007 Fight Number 332.847 – Richard left the White House

A next fight with my wife. I thought: “It is enough. I am done with this place. I am done with her!” I decided to walk away and never come back. I packed my bags. Without one single word I left the White House. At the 1st cross I stopped. I looked to the left and wondered where to go. I looked to the right and saw a long road leading nowhere. I thought for a moment: “Where shall I go?” After 5 minutes I still did not have an answer. I walked back to our house and said: “Honey. I am home!”



Illustration 94: Without one single word I left the 'White House'.

My Insight

I choose the length of my dramas. The moment I regain presence I can make a new choice. If there is something I do not like in my life then I have three options. I change the situation, I walk away or I accept. The rest is madness.

Reflect

Reflect on your life how long your dramas last. Reflect what is valuable for you? Do you value mental positions and materials or do you value experiences? Experiences like peace of mind, joy and love.

Take Action

Find one long drama from your past and inquire with five friends which of the options you could have taken. Next inquire why you did not pick one of the three options.



2007 Money Money Money Post 3

So there I was. Broke and in debt for roughly 200.000 Euro. It was at this time that we went for a family photo shoot. Take a look at the next page and laugh at the world of appearances. Who would have though that these royalties are actually broke.

I started programming an automated trading system (ATS). I had been a software engineer before and in August 2007, I started coding the ATS.

I programmed till June 2008 and tried this first version. After 3 profitable months the fourth month wiped out all profits. Haha, I did not know it yet, but I had programmed my identity into the software. Quite an accomplishment.

End of 2008 I had my last big loss through identity. (in my dreams) I started programming again. Beginning of 2009 I launched a 2nd version. We ran it for 1 year. The system would have made 90%, but because of my interference we made only 5%. I learned that even automated trading will do you no good as long as you have not developed DISCIPLINE. If you can push the buttons of your software and you are not in control (by awareness / presence) of your identity then your identity controls you and therefore the buttons and therefore the ATS and therefore your returns.

Also I realized I had made a system that was too complex. I had programmed a rough 2000 hours. I had 3 strategies and every one had 3000 variables looking at all kind of information in terms of RSI, MACD, STOCHASTIC, SMA, candle shape, long term and medium term trends, different divergences and more. I had 25 computers running full time to optimize this strategy. Though the system performed well, I experienced it as too risky as there were too many variables. I learned that COMPLEXITY = UNRELIABILITY. Nature is not complex. I discarded the 2000 hours of work and started working on a 3rd version.

These hours were not thrown away as later I learned that by making these hours I had broken my identity of being a perfectionist. What do I mean with the word identity? It is the conditioned character of someone. Conditioned by the past. If you are not present enough to your identity then the identity runs (read sabotages) your life. How does it work? Something happened in the past. It does not matter whether it was mild or intense. You made a decision about yourself, repeated that 5000 times as you grew up and next this decision became your identity. It is who you think you are. It is not who you truly are, but it is your identity. It can be: 'I am not good enough', or 'I am a failure', or 'I am unwanted', etc.

When I was young, some stupid teacher made me jump into the big pool while I could not swim. This and other events formed a strong issue in trusting myself and others. Then at the end of primary school they told me I had fear of failure. It had never been there for me, but now it was put in my mind and fear of failing or losing became part of my identity. Then the Dutch cultural conditioning which you get as a 'bonus' merely by being born there was added. This is: 'Don't tell me what to do and I can do it myself.'



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I ended up with an identity with strong fear of failure, compensated by being a perfectionist. I did not trust myself or others. I did everything on my own and no one could tell me what to do. This also meant that no one could contribute to me. Little bit of seriousness, enthusiasm, drivenness and doing my best on the side and there it is! **My identity**. Now you will understand that if I identify with this identity that I will not BE a successful trader.

HOW TO BE SUCCESSFUL?

STEP 1 FIND YOUR IDENTITY

STEP 2 BREAK THE IDENTIFICATION WITH YOUR IDENTITY

Later more about these and I will support you with these steps if you like to.

Back to the trading. 2010: I started reading books about Universal Laws. Best read: The whole elephant revealed from Marja de Vries. I learned that nature flows with least effort. Going with the flow reminded me of going with the trend in trading. I took a long hard look at a tree, and tried to turn the movement of a tree in the wind into a strategy. Believe it or not this has actually formed the foundation of my current strategies. Haha.

Imagine a tree in the wind, the branches are the positions. If the wind blows uptrend you go long with the trend and set different limits to take profit for different branches. This way you average the reward as with little wind you make small pips and with big wind the bigger pips. If the wind relaxes and strengthens again in the same direction I see that as a correction in the trend, but direction remains the same. This strategy has in the last 2 years developed into the strategies we are running now.

Since 2011 we are managing a PAMM account at our Forex broker and including our two manual accounts we are moving slowly towards \$ 100.000. If no more surprises come, then by the end of this year we should be able to cover our monthly expenses and in 2-3 years all debts should be cleared. Then finally we can start building our schools, though, as the process took so frigging long, all the children we worked with so far, will have grown up so we will have to start the THRIVE Empowerment Centers for their children.

Okay, that is it for today. Tomorrow a next class. More to come about identity, Ego and discipline. Meanwhile everybody who reads this is invited to share what you get out of this post so far. Take the time as in writing it down you strengthen your skills as a trader. See you tomorrow.



Illustration 96: The tree which inspired in how to build the new strategies

My Insight

The simpler the better. Go with the flow of life. This is actually an universal law. The law is named 'The Law of Least Effort'.

Reflect

Reflect on your life and find one area where there is a lot of effort. Is this effort bringing you happiness or is it more feeling like a sacrifice in order to achieve something? Consider that you are making this effort because you have a specific result in your mind and a specific way to produce this result.

Take Action

Stop all the action which requires effort. Surrender the result you want to the universe. Detach from when and how the result should come. Now start taking joyful and loving actions from inspiration while holding the intention for the result.

Engage



Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and other people. Lets engage in a dialogue!

2008 Moving house

Our house in Indiranagar had become too expensive to keep. Some tough choices we needed to make as all our money was now gone. I still had one room left in Holland where we would stay at the times we were in Holland. Despite the many challenges, my inspiration for the Sustainable World Project was still huge. I decided to rent my last room in Holland and in India we decided to move to a cheaper apartment. For a few weeks we stayed at my parents in law who gave up their room for us and slept in the living room. In Jan 2009 we moved to our newly rented apartment in the gated community Jal Vayu Towers.

My Insight

If I create a powerful inspiration then it will always motivate me again and again to do whatever is needed.

Reflect

Reflect on your life and think about your purpose. What is your true self expression? Have you created something so powerful that it always gets you back on track? What are you willing to give up to achieve your purpose?

Take Action

Write a ten page vision for your life in the present tense. Make it as grand as your mind allows. Write it as a story and describe all the powerful experiences you want in your inspired life. Read this story at least once a week, preferably every day.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and other people. Share what value you got out of this assignment.



2008 Money Money Money Post 4

Hi guys, mostly guys in this Forum as I think that girls are too smart to lose money.

More about 'Identity' and remember though you might be able to clearly see my identity, it will be difficult to see your own. If you can describe your identity, then please do share it with us as it will provide a lot of value. You yourself will get more clear and through your sharing others can start to get more clear about their identity.

I had promised to talk more about the ending of 2008. For now, that was when my last big loss occurred. The identity has often different elements in place which work together to keep the identity alive. My identity: Being a Hero, being unstoppable, a Good Boy, Fear of Failing, Perfectionist, Non trusting, Don't tell me what to do, I can do it alone, serious, driven, enthusiastic and doing my best.

What happened at the ending of 2008? I thought: "Now it is enough. I want my Million. I am going to resolve this whole nonsense in 6 trades. If I double my money with every trade, then starting with 25.000 euro I can turn it into 50k, then 100k, then 200k, then 400k, then 800k and last step just simply to 1M. In a matter of 5 days I turned 25.000 into 95.000, the 2nd step. Then, when I went for step 3 I lost it all. No money management, no risk management, no strategy and no emotional management.

Now let's look at each part of my identity. Fear of failing had me often trade without stop loss, or move the stop loss in the wrong way because I did not want to make the loss. Losing meant I was a loser. To compensate being a loser my identity tried to be perfect. I fooled myself that I would make the perfect trade again and again. There was no space for even 1 losing trade as that was not perfect.

I fooled myself into playing a perfect game. A game which would turn me into a hero. My expectations of myself were a teeny weeny bit high. That is perfectionism. Next you see the drivenness in playing it in 1 month and making 100% returns in just 1 trade. It did not occur to me that making a return of 4000% in 1 month might be a bit too much to expect of myself. Perfectionists always set themselves up for failure so they can prove they are not good enough. That was the game my identity was playing.

Risk management I don't even dare to talk about as it was simply not there. The only word which comes to my mind is insane. An insane amount of risk. All insanity in the world comes from Ego and Identity. We have to understand this and 'own' this before we can go beyond it!

Of course I did the trading on my own. I did not share much and if I did then either my strong enthusiasm convinced others or if they said: "Are you sure this will work?" or they said "You are an idiot, you should do it like this!" then the "Don't tell me what to do" made sure the contribution was not let in. I knew better as I knew it all, I was Mr. Perfect.

I analyzed well and took the 1st trade which was step 1 to go from 25k to 50k. At this



time I was calm and present and I made it. Same for step 2 and in a few days I was at 95.000. Now the 1st element of identity kicked in. Drivenness, since it was going well I became overconfident and went in while actually there was not a good opportunity, this 'driven' part of the identity now triggered the rest. Trade went the wrong way. I moved my stop loss as I was not willing to take the loss as then I would fail and my game would not be perfect. Margin went down down, I got more upset and we know how well that works and where that ends. A next account being blown up!

Do you see how all the 'machinery' of the identity works?

1. Now lets support you to find your identity. This is how you can start. Find 10 people who care about you, love you and are committed to you. Take a note book and ask them: Can you tell me my strengths, weaknesses, good habits, bad habits and what I can do to improve? This should give you a fair idea of your identity.

Now if you find this difficult then your identity is already in play sabotaging your growth. Start with someone you feel safe with and remember that no matter what they say it is NOT who you truly are. Your identity is a conditioning by past and culture. It is NOT who you truly are.

2. Now when you have found your identity you need you to dis-identify from that! We will talk about that tomorrow because now I have to go and do the dishes. Grr, no automated system for that!

Next money post is in the year 2012. Yes, learning takes a lot of time!



2008 A Difficult Choice

In 2008 all money reserves were almost gone. My bank account was coming to zero and with the starting recession, no more fools could give me their money. All of us fools had given our money to the rich elite in the world! However this I would only understand in another 4-5 years. I had now reached the point that I had to make a choice. I could either stay in India and use my last savings for pursuing the Sustainable World Project or I could buy a return ticket to Holland and get a job.

Though I am clear there is nothing wrong with taking a job I decided to trust and stay in India. Every time I experienced the following choice: Doing some work to generate money outside the context of the Sustainable World Project or to trust that in my pursuit of my dream somehow I could sustain. All those years it has always worked out. A deep trust in the providence of life slowly started building. **A surrender in the powers that govern life if we dare to just do what we love to do.** This was the start of more significant changes to come.

**2011- Emirates Flight EK148**

Sitting in my aisle seat I observed the selfless service of the flight crew. I saw a blanket, a smile, a drink and a friendly word. It made me remember how much love there is in the world.

I decided to write a poem to honor this flight crew. I wanted to let them know I see their expressions of love. I wrote for 30 minutes. Then, it took me another 30 minutes to raise the courage to share the poem. I walked to the back of the plane. I read the poem and eyes started shining bright.

A crew member from Australia said: "I needed to hear this." For a moment the hearts of 8 people were connected. For a moment these 8 people from 6 different countries experienced that all is well. All perceived problems disappeared. We were reminded once more that it is just the mind which perpetually perceives things as wrong.

If daily we connect the hearts of a critical mass of the 8 billion people in our world, then that WILL lead to all minds transcending the judgment that something is wrong. The reflection of that will be a world where all perceived problems disappear. In other words a world that works for ALL. This is the objective of the Sustainable World Project.

Words will never suffice to express the images and feelings that emerge for me being present to this possibility. However, I am willing to spend some decades trying to express this possibility . . . ;)

We will all 'give' our lifetimes to something. I am inspired by the possibility of a world that works for ALL people. I believe this is my purpose. I am ready to give my life for that. Now what turns you on? What is your unique gift to the world? What is your purpose? For what possibility are you giving your life?



**2012 Embarrassing moments.**

On a Monday morning in January 2012 I was sitting on the couch at ClubFIT, the Fitness Club where I was teaching Step Aerobics. I was sitting on a comfortable black couch near the reception desk. I took a bite from my banana. It was slightly green. I took another bite. Then my stomach growled and I realized the banana was too raw. I had to let one go. I looked towards the left . . . and no one was there. I looked towards the right . . . and no one was there. Quickly I released the poisonous banana gas. Then again I looked to the left . . . and there he was . . . no, not my new boy friend. It was Barry, one of the members of my Step Class. He just walked into ClubFIT giving me a big smile. Then his smile disappeared and he started sniffing. "Hmm", he said, "something is smelling really bad here!" Now what to do? Tell the truth or not? . . . Difficult one . . . After a few seconds I decided to tell him. "Sorry it is me", I said feeling all embarrassed, "my belly is troubling me". He smiled again. "No problem!" he said.

Next class Barry was not there. Now that makes one wonder. I know we are all powerful, but this was not my plan. Finally it took a month and then Barry was healed and returned to the Step class. He had done a 1 month training at his work. I was relieved and took a bite of my next banana. It was slightly green.

My Insight

We make mistakes, learn and then again make mistakes. Sometimes even the same. But is it really a mistake? Or is it just being human? Often we have to make the same mistake several times until it reached our consciousness and we start to 'see' how we create our own suffering.



2012 Learning to Enjoy the Ego

The Ego is terrified of love. Why? Because love means connection, unity and oneness. No space for separation. But the Ego thrives on separation. All different, different bodies, animals and things. All nicely troubling each other. You want to see Ego. Here enjoy a bit of the Ego babble. Specially written for you. (Egos like to be special!)

Judge, judge, ah, time to attack! He is stupid! It is REALLY true, I will tell you why. I will beat him up. He will learn from that. It will be good. It is my expression of love. What is he doing? Oh, he is from a different religion. Then we should really help him, let's chop him into pieces and save him. What a good people we are, don't you think so. Yes, you are right, we are. I knew it. Well, I think different. Hey, you hear that. An outsider. Let's take him to court. He needs to be put away. Ahh, thats done. Now I feel good again, let's buy a car. No, let's buy two. Ahh, I feel good. Whats next? Again I don't feel good. Let's make some money! How many million shall we make. Run, run, run, take here, take there, take everywhere. Hey, let's take from him, that guy with 1 leg. He does not need so much. He can do with 50% as he has only 50% walking capacity. You are right, what a smart person you are. You are so special. Thank you Ego, you are right too. Let's look some more. Ah, look over there. A whole country full of poor buggers. Let's install a few people at key positions in the government and a Central Banking System. Lets give them loans and jobs and pay them a dollar a day. Then they can buy all our products and we keep them stuck in debt forever. Also done. What now. Again I am bored. How much money do we have? Well, we have about 95% of all the money in the world. Hmm, I actually want more. Yes, you are right, we are doing such good work, we deserve it all.

How is my body looking? It is looking great. Thank you. Have you seen my new house? I now have two more houses. After we caused the latest market crash, friends of mine went bankrupt. I could buy their house under market price. My highly leveraged mortgage even paid for the procedure to remove my friends from the house. You are so smart and so handsome Ego. Thank you other Ego, as always you are right. Come let's collect our rents for this month. Yes, let's do that. It is after all why they call us the collective Ego.

I hope you enjoyed it as much as I did. I am learning that we human beings make only few mistakes. One is that we think it is only in others. Haha. Remember you cannot 'see' Ego without you being in your Ego. There is no them as there is nothing outside of me! Tough one eh?

Another mistake is that we forget that our Ego is only an entertainment machine, I should remember not to identify with it. I should not mistake that voice or thought for who I am or who they are. Don't take the Ego so serious. You need to take the Ego's advice with not just a pinch of salt but with a whole pack or maybe even a boat load. The Ego's communication paradigm of judging, comparing, opinionating, reacting, justifying, attacking and defending simply does not bring any lasting happiness.

**2012 Family Expectation and Attachment**

I considered staying in Holland for some time and I asked my brother for a room. In 2007 I had given him the whole room renting business. To my surprise he did not want to give me even the smallest room. He said: "If you want to, then you can make a deal with the person who is in this 8m2 room as he is never there."

As humanity has been deeply conditioned in scarcity, lots of us have difficulties sharing freely. I learned not to judge this, but I can choose how much time I spend with which people.

We humans are also conditioned to have to spend (a lot) of time with the family you are born into. The reality I see is that often this does not empower the family members. This took me more than 4 decades to get this and detach more. Now the people who share my values of unconditional love, sharing and supporting the transition to a higher consciousness are my family. With them I can fulfill on my purpose. It is with them I want to spend time.

My Insight

I learned that often I give with expectation. In 2007 when I gave the business to my brother I did so thinking: "He is my brother. I can trust him. I take care of him. He takes care of me." I later learned that there was expectation from my side so this was conditional giving. Unconditional love gives without expectation. Unconditional love gives and detaches. This is not easy for the Ego as attachment is one of the strong mechanisms of Ego.

Reflect

Reflect on your life and observe how often or how little you give without expectation.

Take Action

Find one area which is important to you and where you had given something but did not detach. Realize that you are not free now and let go. Share this with 10 people.

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.



2012 the Disappearance of Ownership

As I have stayed in the house of many people around the world I have seen that depending on awareness and culture, ownership often comes hand in hand with inequality. What do I mean with that? It almost always starts good and people say "Feel at home!" But soon I learned that if I want to stay I have to be very aware of the hosts conditioning and be responsible for what I say or do! Otherwise I get kicked out.

Our Ego does not like to be confronted. Be aware, if you tell the confronting truth to your hosts, it might get you into trouble. It did with me! It got me kicked out in Chicago, Sydney and Bangalore. You have to learn to communicate in such a way that you are responsible for the current awareness of your hosts. Otherwise the host might say: "If you do not behave then you have to get out of **MY HOUSE!**" As long as ownership can be used by the unconscious Ego to dominate other people, it will limit the arising of equality and a world which works for everyone.

I do believe that if awareness arises sufficiently, ownership will slowly disappear. Care-taking and sharing of resources will arise. If I get present to this, then it moves me deeply. Sharing is such a profound expression of love. Whether it is sharing your feelings or sharing resources like a house or a car, it all brings us one step closer to oneness.

2012 Make Everyone a Hero

June 18th, 2012. The doorbell rang. I went downstairs and opened the door. A delivery man handed me a box with some Herbalife products. I said: You are my hero for the day! I have waited for these!" He said: "That, I don't hear very often!"

If we acknowledge someone then we might bypass the Ego. We see someone for who they truly are. He walked away with a big smile on his face. As always, since we are one, the love came straight back to me and I walked back inside the house with a big smile on my face. How easy it is to make a difference to someone else or maybe I should say: "How easy it is to make a difference to my Self".



2012 Money Money Money Post 5

Continuation of talking about dis-identification with the identity.

Before we go here, let me address a couple of things.

1. Words are always lacking, they are describing, they are pointing towards. They do not easily give you a lasting transformation of who you are. Which is needed to BE a successful trader. Altering your being requires practice. So in short all I say and write you can call relative truth, it points towards the ultimate truth.

2. There are paradoxes in life and language. This makes it sometimes difficult to understand things as opposites can both be true depending on the context.

If we take a closer look at identity then every aspect I have told you about my identity has as well a positive as a negative effect.

Here are the aspects of my identity: Fear of Failing, Perfectionist, Non trusting, Don't tell me what to do, being unstoppable, being a good boy, I can do it alone, serious, driven, enthusiastic and doing my best.

Doing something perfect is not bad. If you do the dishes perfect you might be happy that it has all become very clean; for sure your partner will be happy. However, if in doing so you suffer as the dishes are never clean enough, dry enough or whatever, then it is not so nice.

So here it comes: YOUR IDENTITY CAN SERVE YOU IF YOU OWN THE IDENTITY. HOWEVER WHEN YOUR IDENTITY OWNS YOU THEN IT WILL NOT SERVE YOU. IT WILL SABOTAGE YOUR RELATIONSHIPS YOUR RESULTS AND THEREFORE YOUR LIFE.

How do you own your identity? By moment to moment being present to who you are so you can choose your actions consciously. Now how the h#ck to develop that?

1. Some people like to use meditation for this. This is not so much for me I have discovered.

2. By sharing your thoughts and awareness with people you strengthen your Self awareness / presence of that. Specially sharing your 'crap' is extremely effective. However, the trick is, that if you are only identified with your identity then most identities do not like to share. Haha, funny design we human beings have! What I love about SHARING is that it has the positive 'side effect' that it gets you profoundly related to people.

3. As I said I did not grow up with religion, but I start to understand that also praying can support you in training yourself to be present.

4. Through suffering we become aware of our identity, not such a nice way, but it does work. After my gazillionth loss I was present that I had a choice to get upset or not. I had 'burned' a part of the Ego is another way I sometimes say it. This is dis-identification



with the conditioned mind; dis-identification with the painful thoughts. This is you owning your Identity.

5. There are also many people who give all types of healing and workshops which might support. Go online if you are interested in that. Some which has supported me are the trainings of OneWorld Education and Reiki.

6. There are of course countless other ways, but this is what has worked for me.

Now let's go deeper into the mind where all these interesting trading decisions are coming from. I have talked about identification. I have talked about insane risk. There is something insane inside all of us. When we are identified with that part we create insane results. If you do not believe that, then take a look at the world. If you believe that only they are insane and not you then you are in denial and project your judgment about yourself on them. Denial and projection are the main weapons of our Ego. Ego is what we are going to talk about next.

Remember your last vicious fight with your partner, parents or children. Where you said some things you might regret now. Haha! Don't worry, that was not YOU, it was NOT who you truly are, it was your Ego. Now what the h#ck is Ego?

Remember I am speaking all relative truths to support you to come to the ultimate truth. What I am giving you is just a jacket. Try it on. If you like it then wear it. If not, then don't. However, I can tell you from EXPERIENCE that this is very powerful stuff. A Power Jacket turns a Jack ass into a Power Jack. Great powers will flow through you!

In our mind we are doing all the thinking. Let's split our thinking in two parts. Crap and good stuff. First the bad news. We mostly think crap and we are not even aware of it. Haha. Isn't it great to be a human being! The good news is that once we know this we can witness our thoughts (self awareness) and dis-identify from the crap by seeing it, laughing at it and then choosing a new thought. The crap comes from the part we will call Ego. The good stuff comes from a part we will call your True Self. They are just labels, pick any label you like.

If you are interested to learn more about Ego. Read The Power of Now and New Earth from Eckart Tolle. A BIG recommendation! If you are REALLY keen on dealing powerfully with your Ego then I recommend practicing the 'Course in Miracles'.

Tomorrow we will talk about internal and external authority. We will talk about internal and external discipline. We will talk about how almost drowning had shaped my identity. We will talk about how traditional education messes you up. It will be a fun ride again! See you tomorrow!



2012 Money Money Money Post 6

Remember the story about the swimming pool? Where the teacher made me jump and I thought: "This is it. I am going to drown!"

In this story you see how an identity is built. Remember events can be mild or intense. That does not matter. **ACTUALLY IT DOES NOT EVEN MATTER WHETHER YOUR MEMORIES ARE TRUE!!** Repetition of decisions in our mind creates strong beliefs. Strong beliefs become habits. And, yes, too bad, we create a lot of bad habits! Haha! Bad habits will not make you a successful trader. Obviously!

Also in this story you see how external authority (the teacher) brings external discipline (someone else telling you what to do). External authority (force) is an element of the Ego. The Ego lives in fear and therefore needs to control. This control creates more fear and sustains the Ego in our society. Trading from Ego is in my experience not creating sustainable profits. It might cause some, but wipe out will follow.

External authority destroys inner discipline. At traditional schools we have mostly been told what to do. Not only what, but also how, when, where and with which method and with who. This enormous lack of respect towards our youth has mostly created victims, rebels and conformists in our identity. None of those three will make you a successful trader. You need to recondition yourself.

If you read this and think: "I don't have an Ego. I don't have an identity." then it is actually those 2 speaking. The denial from the Ego is a strong mechanism and by projecting on others most people fail to look at themselves. This actually separates them from the gift of growth. Most people, look around you, suffer in very similar and repetitive ways. I want to tell you from the bottom of my heart: **YOU ARE TOO VALUABLE FOR THAT!!!!!!**

Slowly I am rounding up these money stories. Any questions, then now is the time. I strongly recommend you to also share your experience. It will strengthen your self awareness and contribute to all the readers.

I have taken about 2 hours every day to write these posts about money. My intention is to bring value to you and to create long term partner ships. I sincerely believe that the only way to get there is **TOGETHER !** Contact me for any questions. Richard



2012 Learning about Health

As human beings we judge. What happens when we judge? We separate from what we judge. But, what looks like something outside of us, is us, as all is one, all is connected. Also, all is love, so do you think it is healthy to disconnect from yourself? Do you think it is healthy to disconnect from love? Love is the only source of life, the only power there is. You are like a battery on the charger of life. If you judge one thing, anything, then you disconnect with the source of life and you WILL fall sick.

Where does that energy come from when you are passionate and feel loving? It comes from the source of life. It comes from a place beyond our physical world. However, it only comes when you are connected. It only comes when you allow yourself to do what you love. If you do what you love you will experience love. You will BE love. When you are being love, you vibrate at such a high frequency, that the whole universe lines up to you. That's the power you feel! You are connected to everything there is. Your battery is fully charged!





2012 I Thought I had a Heart Attack

On July 5th 2012 7:00 am I woke up. My left arm was numb. Cramp in my chest. I thought: "Oh my God, I am having a heart attack!" Yasmeen immediately wanted to measure my blood pressure and told me: "Let's go to the hospital". I did not want this as I did not want to choose from fear. To act motivated by not wanting to die. I only wanted to be present to love. In this last year my belief in the existence of a wise and loving intelligence has strengthened. Call it Love, call it God, call it the Universe or whatever label you like.

It is only when we get really stuck that we do what we should have done right from the start. I fell down on my knees and turned to God. I said: "Okay God, if you want me, then take me now as I am done with it! You know what I am up to. You know about our project to create a world which works for all! You know what I have been working on for 15 years!"

Well, God did not take me! It turned out I had severe acidity which had caused heart burn. That night I believe I surrendered my life for the very 1st time. I learned that I am not in control. I now believe that maybe how the universe works is 'To get it all, you have to be willing to give it all'. I think it was that night that 'faith' came to me. A deep inner knowing that all is well, the divine plan is unfolding. I realized: "Yes, I am willing to literally 'give my life' for the mere possibility of creating a world which works for ALL people." An unprecedented experience of peace came to me.

I surrendered to that intelligence thinking: "If it is my time to go, then it is my time to go. I thought how I wanted to spend my last minutes. I decided I wanted to leave a message to all people. A testimony to my life. A last will. I recorded three Videos. You can find them on YouTube.

After this night a lot of positive things came into existence. Read along to discover how living a 'surrendered' life, where you trust and have faith leads to miracles.

Videos

**Not so Final Will Part (1/3)****Not so Final Will Part (2/3)****Not so Final Will Part (3/3)**

DISCLAIMER: These videos are not edited and therefore obviously not free of emotion. One of the many commitments in this workbook is to teach people to accept the authentic experience. To accept without conditions. That is what love is. Take a look and accept it all.



2012 Anger can give Power

As I had damaged my health so much, that same morning I finally did go to the hospital. Here the breakthrough came in a very funny way. The doctor's aid wanted to take some blood. He asked me whether I was comfortable with needles. While I was saying that I never mind, he pricked me in a wrong place and hit a tendon. It was the most painful injection I ever had. If I think about it, again I get angry. This doctor's aid triggered the buildup of all anger inside of me. The anger of letting many boundaries being crossed in the last years. For 7 years I had wanted to live in nature. However, I had not valued myself enough to make that work.

Anger can give energy to make difficult decisions. On Facebook I asked my friends for some tips on where I could stay in nature. I booked a taxi and the very next Monday I drove around with a strong commitment to find my place in nature. Again, this was one of the very few times in my life where I truly committed. The same power and energy was put at work which in 2000 caused the Blind Date and in 2001 sold my house. I looked at 4 different places and the very same day I found my place in nature. The place was named Fireflies Inter Cultural Center. Here I designed the structure to create a sustainable world. One week later I arrived in the evening and started living in nature. A dream of many many years was manifested in just one week time.



Illustration 97: Arriving at Fireflies. Here all processes for the Sustainable World Project accelerated and manifested many miracles.



2012 The Possibility of receiving Millions of Dollars Funding

It is July 15th 2012. I am feeling very depressed. It is in the middle of the night and I feel so sick. I turn on my computer. Normally, at Fireflies Ashram they turn off the internet in the night. This night, miraculously the internet is on. I start chatting with a new friend Angela in the US. She is asking me whether she can call me on my cellphone. I say "Sure, no problem, call me in two minutes as I need to go up to the second floor. It is only there that I have a good signal on my cell phone." I step outside and walk up the second floor. Next Angela called again. Angela is sharing a personal challenge in her relationship which stops her from being all she can be.

The last days I have been feeling very sick again. The benefit of this is, that every time I think I will not survive, I feel free to fully express my love to people. I tell Angela with sincere love: "You are too valuable to stay stuck! The world needs people like you."

This made Angela take a long postponed decision to move to a different city. When she arrived on the airport of her new hometown she checked her email. She received one email which said that her submitted proposal for funding was honored. She had been working on this for several years. But it only happened after she had the break through of valuing herself.

I did not fully understand what Angela was doing at that time. In that night where I felt so sick, I just wanted to express my love to a fellow human being. Badly bitten by the mosquitoes I went to bed, fulfilled that I had reminded another human being about how wonderful we all are.

Later Angela told me: "A hundred people had told me to move, but somehow when you said it I got it". When I reflected on this, I realized that this is the power of love. As I truly thought I might not live for very long, feeling so sick, I expressed my love fully.

Angela told me that three wonderful innovative projects would receive more than 200 million dollar funding. In a next call Angela said: "I will make sure that the Sustainable World Project will also get funding!" I started crying like a little baby. I felt so overwhelmed that after 12 years of pursuit the Sustainable World Project seemed to come to a new phase. The phase of worldwide implementation.

Angela supported me to write a proposal and make a budget. I submitted the final version in early 2013 and as soon as the other 3 projects receive their funding, she will submit our proposal. Very exciting! So we are in the process for acquiring 86 million dollar funding for the first three years.

Reflecting on this story I can see so clearly that there is only one Power in life. That Power is 'Love'. This Power is so huge that it can move mountains or generate millions of dollars of funding. I am deeply inspired writing this story and I trust that the Sustainable World Project, which is all about bringing love, will at the right time attract all the right resources in terms of money, time, people and technologies.

**2012 Near the Village Kaggalipura**

It is July 20th 2012. First night I slept good again. 7.5 hours. Yipeeeeh! I am healing. The Power of Love is winning!

My Insight

It is not 'time' which heals all wounds. It is love or in other words it is a higher consciousness.

2012 A Squirrel Explaining Universal Laws

Yippee. Again I slept good. 8.5 hours. More healing. The Power of love is still winning!

I am sitting on my terrace. A squirrel just jumped on the concrete slab on the left side of my terrace. Then a minute later it jumped from the slab on to the roof below and I lost sight of it. For no reason whatsoever my mind visualized the squirrel now jumping on the concrete slab on the right side of my terrace. Immediately, I forgot about it as obviously there was no importance or significance about this image in my mind.

Then, just 1 minute later the squirrel jumped up on the concrete slab on the right side of my terrace exactly at the spot where I had visualised the squirrel. Of course the conditioned mind will immediately judge this. It will say: "It is just your imagination. It is just a coincidence" But what if it is not? What if everything we see in the world starts in the mind? Reflecting on this I wondered if we are really that powerful in creation. Even if that is true then I can still see how difficult it is for us human beings to be detached for things we really want.

The squirrel reminded me of the book 'The whole elephant revealed' from Marja de Vries. It reminded me of two Universal Laws:

Law of Attraction. The visualization started manifesting the event.

Law of Detachment. The strong detachment manifested the event very fast.

My mind was struggling with letting go of the old conditioning, but at the same time I was intrigued by the possibility of that there is more to life than what we perceive through our senses and conditioned mind.



Illustration 98: The terrace right next to my cottage at Fireflies.



2012 Inspiration from a Banyan tree

It is July 27th 2012. One of my favorite places to work on the book is under the big Banyan tree at the amphitheater in Fireflies. Yesterday the owner was leading a tour for some Canadian students. He said: "This Banyan tree is still a young one. It has only 1 trunk." Then he explained: "A Banyan tree is lowering roots from its branches. These roots dig into the earth and become a next trunk. This process continues and one tree can grow over many acres and have many trunks. Finally the very first trunk dies after having given life to many others."

I find myself inspired seeing the selflessness of this tree. It is not saying: "Let me take most water and other goodies and keep it all for me, me, me!" No. It builds a network. A network, just like the Network of the Sustainable World Project, where sharing is the key.

In this tree every member of the family is independent with its own trunk and at the same time connected with all others. It gives life and when its time has come leaves the physical world without any attachment or possessions. It's legacy? New life! Wow.

And what about us human beings? Uh, well, we are learning. Slowly. The banyan tree reminds me of the movie Matrix. Agent Smith is classifying human beings as a specie. He makes the point that human beings are actually not mammals. They are more like a virus. They spread, use all resources and then need to move to new areas to find new resources.

However, I have some news for you Agent Smith. This human virus is about to evolve into a next one. It is called the 'Love' Bug. It is a truly evolved virus as it spreads faster than any known virus before and can even heal its own host. Now that is what I call "The Power of Love"!



**2012 Sleeping Better**

It is August 11th 2012. For almost 2 weeks I am sleeping quite good. Sometimes I still wake up at 3 or 5 am. But at least I sleep from 9 pm to 3 am which is a decent 6 hours. Yeaah!

2012 Money Money Money Post 7

A bit more about the Ego. The Egoic mind is always looking to identify with either a mental concept or something in the physical world. In that way if you look around, then you can see how people are identified with their bodies, thoughts, cars, money, houses, their looks, their status in society and more. If you 'touch' whatever they are identified with, then the Ego shows its ugly face and it attacks. It will start with a thought and then it will be spoken. But be careful as it can quickly escalate to a physical attack. Haha.

If you are trading on an exchange, your Egoic mind will pick a direction, it will create an elaborate story around it. Let's say your mind has created a scenario where the price will be going up. Then the trouble starts. If the price moves against your identified direction, it will be VERY DIFFICULT to change your mind as you are IDENTIFIED with the mental picture of price going up. It means our mind will defend this mental position (direction) with everything it's got. LITTERALLY! And when you have given everything you got, you are left BROKE.

The good news is that this you is not the real YOU. And being broke is one of the best teachers. Haha. HOWEVER, THIS IS LEARNING THROUGH SUFFERING!!!!!! In post 5 you see many other options for learning how to own the Identity (Ego) in such a way that you are not given by that.

I have been broke a couple of times as you have read. What did I learn? I learned that I am NOT my balance on my bank account. To break the identification with money is a tough one. Lots of money and you are a hero in our conditioned society. No money and debts, then you are a loser! Believe me I have been there.

Again this is NOT the truth. They are simply mental concepts of the collective Ego. Let's talk a little bit about our goals. Most people who are trading have money as their goal. Here we need to be a bit careful as money is actually a means to your goal. Your true goal is probably happiness in some sort of future you created for yourself. I will let you in on a secret that happiness cannot be found in the physical world. Not in money, cars, houses, a private plane, a sexy wife, 10 sexy wives, a handsome husband and whatever we have thought of. Oh, oh, our Egos don't like to hear this. They are ready to attack. Monitor your thoughts as you read this. They might say : "He is wrong, that is not true, bla, bla, Bla" Haha!

Happiness arises out of personal growth or raising your awareness. The good news however is that through chasing money and other materials OR MENTAL CONCEPTS, we will automatically one fine day arrive at this conclusion. And this fool (me) speaks



from experience. I am not some dull professor preaching while not living what I am saying!

TRUE HAPPINESS ARISES WHEN YOU DETACH FROM YOUR EGO AND IDENTITY.

HOW?

BE SO PRESENT THAT YOU SEE YOUR THOUGHTS. IF THEY ARE EGOIC THEN CHOOSE A NEW THOUGHT.

Do not get me wrong about money. I am committed to make the millions. However, I do know now it does not say anything about who I am. I have (for some extent) broken the identification with money. If you are not yet able to lose some money with a happy face, then guess what you are still identified with money. Your sense of SELF or your SELF VALUE comes from the \$\$\$\$ or €€€€!

NOT DOING THE LEARNING THE HARD WAY THROUGH SUFFERING IS YOU VALUING WHO YOU ARE!!!!

Though I can see I have gained mental, emotional and spiritual growth, I also see that all these adventures have had an impact on my physical body. In 2007 I had felt the pressure in my chest for the first time. I started to be concerned for my heart. I went to the hospital and did a check up. No problem was there. I just experienced some heartburn coming from acidity.

Luckily I had a little bit of growth and I picked up these signals. From this year onwards I slowly, very slowly, started learning. REMEMBER THAT THE MIND MAKES THINGS VERY REAL (Have you seen the movie MATRIX?) When you trade money it is just some numbers running over your computer screen, but boy oh boy, what an impact in emotion and body!!!

Now nearing the ending of 2012 my heart is at peace. I still have a bit of sensitivity in the stomach and sometimes a heavy feeling in my head. I am trusting that this will all heal in the time to come as I am now slowly moving up on the ladder of becoming more aware or more happy, WHICH
TURNS OUT TO BE THE SAME LADDER.

MY CONCLUSIONS:

TRANSCEND YOUR EGO AND IDENTITY! THIS LEADS TO SUCCESS AND HAPPINESS IN EVERYTHING!

HOW CAN WE DO SO?



BY REACHING OUT TO OTHER PEOPLE WHO CAN SUPPORT YOU WITH YOUR GROWTH. BY SHARING YOUR HUMAN EXPERIENCE YOU WILL INCREASE YOUR SELF AWARENESS OR IN OTHER WORDS YOUR PRESENCE.

FOCUS ON GROWTH AND THE REST WILL COME!!! FOCUS ON LOVE AND JOY AND THE REST WILL COME!!!

How did the money process evolve further? In 2013 I started learning on the rich elite and their Central Banking systems where they manipulate the masses by creating money in scarcity. Watch - <https://www.youtube.com/watch?v=0MSEHQVRIug> Scarcity is the fear there is not enough. Fear is the absence of love. Therefore conditional trading in a money paradigm created in scarcity will never lead to love and happiness. In 2014 I stopped trading. In 2017 I stopped working for money. Only when we stop chasing and start attracting our perceived reality changes. In 2018 money started to flow to me and the Sustainable World Project took off. Now I don't chase money anymore. My life is about expressing my purpose. The rest I leave to God or the Universe. Key lesson was learning to have faith and live surrendered instead of operating in the egoic illusion of control.

REMEMBER THE ONLY WAY TO GET THERE IS TOGETHER.

2012 On one of the many walks in nature

It is October 2012. While walking in nature so many insights have come to me. Here is one about the Innovative Money Project. Read all about it in our Game Plan. How would the following be? Somewhere in the 21st century, the whole world will have a bank account at the Sustainable World Bank. A new promotion in the Sustainable World Project is starting. The slogan is: "Do you want to be a Billionaire?"

Imagine that we open one community account at the OneWorld Bank. Next, we invite all people in the world to join this community account. Now every expense you make will be taken from the Community account, but at the same time it will be paid to someone else also from the Community account. This means the balance will never ever change. Finally, if all money is on one Community Account, then you can buy anything at anytime and have a Billion dollars available for all eternity. Then we truly experience abundance. Then we truly realize that money is actually not needed anymore. You do what you love to do on a daily base. It will work for all involved as all people want different things. As awareness of oneness is there it will all be in balance with mother nature. A world which works for all involved has arisen.

2012 On a Next Walk

It is still October 2012. I am on a next walk and I am realizing that for decades and decades I have been judging myself for falling in love so easily. **Now, finally I**



understand that since we ARE love that falling in love is actually the most natural thing to do.

I want to stop judging myself. I want to stop judging! It does not matter whether I judge someone else or myself, as this is the same as we are all one. I am going to allow myself to fall in love with all there is. If Mr. Collective Ego does not like this, too bad, I will kick his ass! No just kidding, I will even love all the Ego Beasties too. They are not real anyway! Ego is not the highest truth. I feel so liberated. I love you! I love you! I love you!

My Insight

If I am aware that falling in love is not the desire of a body and that it is simply about accepting someone without conditions, then we can allow ourselves to fall in love with everyone.

Reflect

Reflect on your life how easy it is for you to fall in love with all there is.

Take Action

Take a walk in nature on your own. Get present to the miracle of life. Get present that all is love. If you happen to meet someone on your walk then practice being as loving as you dare to be!

2012 On a Next Walk

If I think about love then sometimes I wonder. What is that? What is love? I must admit that the feeling of love arises in my consciousness. I am feeling very good! I might say to someone else: "I love you!" But, is it really the other? I love my feeling. So, actually it is that I have fallen in love with myself. Anything wrong with that? No! However, when now the other person has to do a, b, c and not do x, y, z to sustain that feeling of 'love', then it has become something conditional. Love is unconditional so now we have come back again to the Ego's version of love. Anything wrong with that? No! However, do know where you are and choose wisely as the results in terms of quality of life will be very different. So, choose and choose wisely.

**2012 Judgment, Projection & Denial**

It is November 8th , 2012 2:00 am in the night. Throughout the workbook I am sometimes joking about myself being a 'loser'. If this irritates you then read this paragraph again and again. If you judge a person or situation in any form or way then you create an illusionary separation. If you truly believe in Oneness, then whether you like it or not, I am a part of you. If you deny this and don't accept your larger 'Self' then you cut yourself off from who you truly are. Though this separation is not real, the Ego will make it very real. Why? Because you will be fully identified with those thoughts when you are in Egoic mind. These thoughts create your feelings and there we are, suffering. These thoughts and feelings make us literally sick. Please don't do this to yourself!

Here is the bad news. Everything you don't like in this workbook is a projection of you not accepting your Self. Me saying that might still trigger your Ego, but if you can get it, then there is a chance you start to feel so great, as now you get access to starting to accept it all, to love it all and enjoy the miracle of life. Ain't that good news?

That is why I share it all in this workbook. So you can keep on practicing to accept it all. When I say accepting your Self then Self is all there is. It is all you. It is all One! Acceptance of Self or acceptance of all there is is the doorway to love. When we experience true love, the one without conditions, then finally life makes sense. Finally life becomes worth living. That is my commitment with this workbook. That is our commitment with the Sustainable World Project.

My Insight

If I give away my power to symbols and words then I will suffer. It is my Ego which takes life so personal.

Reflect

Reflect on your life and look which words and symbols you take very personal.

**2012 The Learning**

I have now learned by experience that if I line up with love that the whole universe lines up with me and that is where a 'Power so Huge' is coming into play. Watch the 2 YouTube videos I made when I came to Fireflies.



Empowerment (1/2)



Empowerment (2/2)

If you connect with this 'Power so Huge' then not only you will benefit, but everyone else too as we are all connected. A divine being slowly waking up. Bit by bit. Join us! Wake up!

Life is too good to be asleep!



2012 The Power of Sharing

It is December 5th 2012. This morning I woke up early. I read a bit in the Course of Miracles. It said: 'The only way to increase anything real is by sharing.' Wow, do you get this? This is why joy and love increase if I share it. It is because it is real. This is why anger, sadness, grief, guilt etc. decrease when I share. It is because it is NOT real. By taking away what is not real we are left with what is real. The Ego however sees sharing very different. It thinks that if I share then afterwards I will have less. It is not the truth.

What we can learn from the above? If we start sharing worldwide then we take away all that is not real. We will be left with only that, which is real. We will be left with who we truly are and the reflection of that will be a world that works for all. How can we create a structure to have people worldwide share. Aaaah, I remember, the Sustainable World Project.

Reading the Course of Miracles turned around my disappointment of the decline for funding of the Sustainable World Project by the Ford Foundation. I know that the Sustainable World Project works. I know it. I know it. I know it.

The last days I have gone through some challenges and I had some minutes where I wanted to give it all up. The intensive process in completing my marriage, the missing internet, the missing team member Daisy and the decline for funding were temporarily too big to contain. I felt all support systems disappearing. With no internet, there is no communication to the outside world. With no co-creator showing up at work I had no communication on location. I only had my Egoic train of thought and we all know how entertaining that is.

The only option for communication I had left was to go deep inside beyond the Ego. I walked to my favourite spot in nature. I laid down my yoga mat and started feeling what was there. I found anger, frustration and sadness. I started to just allow and accept these feelings and slowly they became less loud.

Later that day the internet came back, though with very low speed, so no international calls. Still I felt grateful for the possibilities it did offer. Also Daisy confirmed she will not extend her absence of work and I am in communication with Yasmeen about completing our marriage. Confidence is coming back. We are always big enough to deal with our circumstances. You too, my dear reader! If you are going through a difficult phase too, make sure you come online and share with us! It takes away so much of the burden. You are worth it! Join the next Interactive Event and connect with your fellow human beings. Go online and take a look on next the page for more info.

www.sustainableworldproject.com/joinevent.htm

**2013 Being Proud**

March 10th, 2013. I had a brief moment of being proud of myself. In the last 12 years I have detached from: my company, my car, 6 houses, my cats, my country, my piano, my yellow couch, my room, my money, my wife, my parents, my brother, my home food, my bicycle and finally even my wide screen television. How wonderful life becomes when I practice detachment. It is when true love arises! I am proud of myself. Are you proud of yourself?

My Insight

There is nothing wrong with authentically being proud of yourself. It can be an expression of love.

Reflect

Reflect on your life how easy or not it is to be proud of yourself. Not from a place of Ego, but from a place of love.

Take Action

Make a list of 20 things you are proud of and share it with 5 people!

Engage

Go online and check www.sustainableworldproject.com/joinevent.htm on how to connect with the author and others. In a next interactive event, share the value you got from this story.

**2013 Life: Simply an Opportunity to Create an Experience**

Last Sunday, March 31st 2013, I made my evening walk. The gardener joined. He does not speak English, but by now we know that love does not need a language. He kept saying 'Preethi' which is 'love' in the local language named 'Kannada'. He kept petting me on my back. He even joined the walk mostly holding my hand.

I realized the gardener was drunk. This had him go beyond his conditioning. I was inspired by his 'love', but also a bit uncomfortable as he was drunk. While I was walking with him I was present not to resist and I trusted that clarity would come. It came. I remembered another insight. It was: "Life is nothing but an opportunity to create experiences for yourself!" The question is. Do we create unconsciously from the conditioned Egoic mind? Do we create more fear, more separation or more suffering? Or do we have an awareness of who we truly are? Do we create all the wonderful different flavours of love and joy? Choose wisely!

If I am not present than my Ego would have me walk with the drunken gardener because otherwise it would judge me for not being loving or have me feel guilty. Dear reader there really is no right and wrong in life. That is just all the conditioned mind whining. Just choose what you want to create. Walking with a drunk person was simply not an experience I wanted to create for myself. I stopped the walk, dropped him off at Fireflies and decided I will not do this again. I realized what I can do is to make our TID (Transformational Interactive Dialogue) Program available for him so he can transform his life not needing the alcohol anymore.

Vidya, one of my test readers, said that some people need this alcohol to express themselves. Out of this I realized that the Sustainable World Project will also heal all alcoholics and addictions! What a smart project! I wonder who invented it?



2013 Early Morning Reflections

It is April 3rd 2013, Wednesday morning, 3:36 am. Having moved to Fireflies in July 2012 a next process in life started. As usual words will be limiting so let me say it in a few different ways. It was a process of deepening my connection with life or the 'source' of life. It was a process of becoming more of who I truly am. It was a process of being more and more present to unconditional love, joy, peace of mind and full self-expression.

It all started with being worthy enough, valuing myself enough to move out of the city in July 2012. That was the first breakthrough after years of suffering in the city. I believe that this step transformed my vibration. I became more worthy and was therefore according to the Law of Attraction able to attract more worthy things, events and people.

The next step was that at Fireflies I fell in love with nature. I am sure you read about the many walks and maybe watched some of the videos. I fell in love with the Banyan Tree, the Lake, Meditation Rock, the High Terrace, the Butterflies, the Doggies, the Parots and much much more. I also started experiencing more and more moments where I experienced the love with the people around me.

Then next in this process was working with Daisy in October and November 2012. We spend many hours sharing, working on this workbook and practicing healing sessions and dialogue for element 1 of the Sustainable World Project, the worldwide interactive events. In all these activities I started experiencing a next deeper level of this unconditional love.

In December, working with Daisy ended, as we disagreed over time and money. Having finally learned a bit about attachment I was able to go beyond that and let her go. She will remain a lifelong hero as the difference she made in the journey to who we truly are was huge. I find tremendous peace in living life inside a belief that things do not merely happen by accident. When I believe that there is some sort of divine plan which is way beyond my pathetic Ego's understanding, I stop resisting what is happening in life. I go beyond my attachment towards people, things and circumstances as I know it is all for my good. 'My' means 'the bigger me' here. For the big Self, which includes all there is. In short, living with this belief supports me to deal more powerfully with the mechanisms of the Ego. If there is a divine plan unfolding which is good for 'ALL' then why would I judge, resist or attach to anything. If I am aware of this then I do not need to protect the Ego by denying anything by projecting.

When I say divine plan I do not mean something fatalistic. It is not that we have no influence. No, not at all. I believe there is a paradox. There is a divine plan unfolding. It is a plan to return us to who we truly are. And . . . we choose how this plan unfolds by remembering and forgetting who we truly are. If we remember, then we create worthy and wonderful experiences of love and joy. If we forget then we (mis)create or make not so wonderful illusions which bring suffering and pain. These illusions however are all in



the physical world of separation and are not the highest truth and will finally lead to remembering.

In January 2013 I started working with Sunitha who would become my best friend. In practicing the healing sessions for the Sustainable World Project I could feel how sometimes in a matter of minutes my acidity and fatigue was subsiding. Wow, was this the true Power of Love? It reminded me of the healing miracles of Jesus, Sai Baba and Paramahansa Yogananda. After reading some books in early 2012 I was committed to learn this. Was it already happening?

I believe it was, though I do think I am still very much at the beginning of this power without limits. Now in April the strong sour taste in my mouth is mostly gone. Stomach is more calm. That heavy feeling in my head is almost fully reduced to zero and I know that the Power of Love is healing me. I am so happy I did not yield again to this medical circus with doctors and hospitals. I knew I could trust the bigger 'Me'. Yippeeh!



2013 Our Weapons of Mass Seduction

Currently at Fireflies we do many activities to seduce the masses to become fools in love. We offer the following flavours:

- Healing
- Step Aerobics
- Latin and Ballroom Dancing
- Singing
- Walking in Nature
- Fulfilled Parties and Events with children, elderly or other groups.
- Interactive Workbook Events.
- Vision work
- Pre Production (script writing) of our movie Global Transformation.
- Cooking
- Meditation / Visualization / Breathing
- Watching Movies
- Reading Books

For more information about our current activities please take a look at our website www.sustainableworldproject.com



Illustration 99: Our healing session at the party 'Shining Gold' for the elderly people.

**2013 Fun in the Forest**

On June 16th 2013 we had our 'Fun in the Forest' party for 250 children. Here are some photos: <https://www.facebook.com/media/set/?set=oa.143586819169206&type=1>

2013 More Gifts from Being Falsely Accused

As this whole drama of being falsely accused unfolded over 2003 and 2004 and the drama of being threatened to be killed unfolded over 2005 and 2006, a neural network around abuse, falsely accused and punishment got built in my brain. This means that now every stimulus which has some correlation with these events can trigger the start of the now strongly programmed response of feeling unsafe and fearful or feeling angry and aggressive. This neural network needs to be dismantled. How? By forgiving and bringing love and acceptance. By all of us remembering who we truly are. How can we do this? We can accomplish completion by sharing and listening. Every time we share a difficult event from our past and someone listens WITHOUT judgment, then we are healing ourselves.

Very important to learn is that when we express mental, verbal, emotional or physical violence then we sustain an unworkable world. The violence roams around in the collective consciousness. We have to heal this to bring about a sustainable world. All the on-going questioning and thinking on the incident of being falsely accused had built a sensitive easily triggered neural network. I can now understand why fear and violence spreads so easily. Someone brings the violence to me, I want to bring it to someone else. This is why the world is the way it is. This negative vicious circle can only be broken by remembering and acting from who we truly are. It can only be broken if we reach a higher state of awareness.

Also do not forget that all minds are connected. As long as we punish people and send them to jail, then all the challenging, fearful, painful and angry thoughts in their minds will come back to our minds to haunt us. All minds are connected! If we do not take care of 1 mind then painful thoughts will move through the collective consciousness and somewhere it will be 'downloaded' to another mind. Then a next body will identify with that painful thought. Then we have a next person ready to make the same 'mistake'! Isn't it time to stop this madness? How? Stop punishing and start bringing healing to all minds. How? The Sustainable World Project!

My prayer is that I will be present enough to not move away from truth and add more pain to the collective consciousness. Every act I take from Ego is bringing more pain to the collective. My commitment is to take away pain from the collective and inspire others to do the same. The best thing is to have structures in existence outside the polluted mind to ensure this. This is what the Sustainable World Project is for me and this is what the Sustainable World Project can be for everyone. Heal any upset before escalation and awaken experiences of love and joy.



My prayer for Sindy and Rudy and all other people in the world who are struggling with their past is the following- I wish that we all tell the truth. I wish that we all forgive. We should forgive all the people knowing it has just been a mistake coming from not knowing who we are. **As said before, when we are identified with the Egoic mind and if Ego is not who we truly are, then you could say that no one has done anything wrong ever as 'they', meaning who they truly are, were not there. This is why everyone is innocent.** If someone was not there, then how can we punish them?

My wish is that Rudy tells the truth and that Sindy will not be angry with her. That they both forgive the 'mistake' they made and accept their past. This way they can heal this hurt from the past and leave it powerfully behind creating the space to manifest new more worthy experiences for themselves. As all is connected to all, then this will also heal the collective consciousness and create new worthy experiences for others. This is what the Sustainable World Project is all about; bringing unconditional love, forgiving all involved and healing all pain in the collective consciousness. This will awaken a realm where people can powerfully create new, more worthy experiences. This will awaken a world that works for all people.

2013 More Reflections on Living a Life you Love!

When we work with the Universal Laws we have to keep in mind that we have a conscious, an unconscious and subconscious mind. If the conscious mind creates being healthy but the subconscious mind is programmed being unworthy than the strongest one wins. It is very simple. Look at the perceived reality. If your dreams are not manifest than at some unconscious level of your mind you are sabotaging your own dreams.

How to get out of this? We have to heal the mind. How? We work in two different ways. One, on the level of energy or spirit we heal our subconscious mind directly through our healing sessions. The other way of healing the mind is to get the subconscious and unconscious to the conscious, so we can look at this and heal the programmed negative convictions sabotaging our lives. This we do by reading this workbook together online and by doing research. In this process we will support you to bring the sub- and unconscious train of sabotaging thoughts and bad habits to the conscious. There you can choose again. You will literally change your mind. By doing so you will actually heal yourself.

A Couple of Examples of what Value People got.

In four sessions of 1 hour a friend in Africa became aware that after his brother had died he had never been happy anymore. He blamed his brother. Seeing that, he could now choose again. He went beyond judgment and blame. Several sessions later he was able to be with a friend and support him to value himself and stop the plan he had to kill himself.

In ten sessions a person in Asia became aware that having an affair during her marriage had got her stuck in guilt and suffering. She communicated with her husband and a new



power came to her life. She went beyond fear. Now the person she had the affair with also wants to come clean by communicating.

In one session a person in Asia confessed she was abused when she was young. She could now start releasing the anger from her unconscious mind which poisoned her life.

In four sessions a friend in Europe went beyond the denial that her abusive past did not influence her.

In ten sessions a friend in South America could see she was not valuing herself. Becoming aware of that gave her the choice to now start valuing herself.

Someone strengthened his decision not to get the regular job, but do what he loved. Someone expanded her business. Someone improved the family relationships. Someone started educating her children with a new awareness. Etc. etc.

This workbook is all about seeing the mechanisms of the subconscious conditioned mind. If we see it then we can make a new choice. We break the chain of repetitive sabotaging thoughts, feelings, communications and actions which created our suffering. More and more glimpses of happiness or in other words experiences of who we truly are will arise. Are you worthy of that? I think you are. Do join us online. More on www.sustainableworldproject.com/joinevent.htm

2013 The Ultimate Gift from Being Falsely Accused

In the years to come we will go even deeper into this, as an ever increasing awareness is starting to understand that, 'bad things' I was sure that happened to me, maybe did not happen at all. All my perception is coming from my consciousness. Maybe consciousness is the defining power. Ego will say: "But I saw it! I heard it! I felt it! I was robbed, raped, hurt, he was killed. Drama, drama, drama!" However, these are all electrical signals of the senses going into the brain. Remember the movie 'Matrix'. What if we would be able to send the same signals of 'something bad' happening to someone else his brain? Then it would occur like that same 'bad thing' would be happening again to that person, right?

Now what if life works a little different then we think? What if it is just our consciousness projecting a non-existing light matrix out there, which we think is real. Or, if non-existing is too strongly worded for you, let's say that there is a higher or ultimate reality beyond the physical 3D world, we know so well.

What if in this consciousness there is a 'false' part named ego. It is not who we truly are but it keeps on projecting fearful images. Then this same Ego also picks up these same fearful images and that way it creates a very powerful vicious circle of illusion. But it is still not true or not the highest truth.



Now what would happen if we realize this? The spell would be broken and we realize that what we see with our senses is the illusion and what we know from wisdom or maybe from our heart is real. Somewhere we all know that there must be more than THIS madness we 'see' in the world. Like Neo in the movie Matrix, somewhere we all know that this madness cannot be real. We all wonder: "Is this all there is to life?"

No, it is not!

There is a different world or experience behind this madness and it is the most wonderful and beautiful thing you have ever seen. There is a higher 'Truth' than what we 'see' on a daily base. Through the Interactive Events of the Sustainable World Project we will give people more and more glimpses of that 'Truth'. They will start to get who they truly are! They will start realizing and experiencing 'TRUTH' for themselves!

If we would all remember the above, if we would all have this awareness then the world will transform instantaneously. Within 1 second! This is what the Sustainable World Project is about. Reminding all people of who they truly are. Look at the word remind. It has 're' and 'mind' and it means putting all minds together as one. A 'mind melt' as they said in Star Trek. By bringing awareness we let all minds know about the Ego so we can see it and say: "Thank you for sharing! That is not who I am!" After this 'seeing' we choose new thoughts, words, dialogues and actions. All from a place of knowing that who we are is love and that we are one. Remember that the word community means come into the unity!

Quickly we will be taking away any residual pain in the collective. Every act of Ego will be answered with love. Every person, or, in other words, piece of consciousness will be reminded of what it truly is. Pure love and pure wonder. Pure potential. What will be left? An experience of a world that works for all. Excited? I am, come on, let's start!

This unprecedented event of global transformation will unfold in the time to come. It is actually extremely simple, we just need to start reminding everyone of the truth we have forgotten. We are love! We are One! The rest is an illusion. Don't be bothered by this illusion and definitely don't react to this illusion as that means you still see with Egoic eyes! It is your Ego! Start seeing with wisdom!

**2013 Congratulations Dear Reader**

May 4th 2013 I had an insight that if someone is not able to complete this workbook that it could mean the past is still too strong. The conditioning is too strong. If the resistance, judgment, denial, projection, fear, guilt and attachment is too much, then the workbook will be put aside. Same I have noticed in working with different test readers. Not everyone makes it till the end in one shot. I wondered why. Then I realized that this workbook is simply one of the many ways to grow and learn. People can choose their path. It all does not matter.

Apparently, even though time does not exist, there is a unique time and a unique road to enlightenment for everyone. One of the biggest lessons for me is to learn that all is well and that one journey is not better or worse than another. It would simply be a next judgment.

If you have come till here though, then I do want to congratulate you. Well done! Enjoy the remaining chapters and receive the ultimate gift of understanding life!



2013 Liberation Day

It is May 5th 2013. This morning the final chapters came to me. It came as an experience of how life works. What a wonderful synchronicity that this came on such a meaningful day! I was on my morning walk. However I did not come very far. As I entered the big hall of Fireflies I sat down to do my daily 2 minute visualization of the interactive events. Then a flow of information came to me and for one hour I was writing while walking circles, creating many full circle moments! I truly hope you will be as excited as me. Here it comes.



Illustration 100: The last chapters came as a stream of thoughts while walking circles in this big hall.

It started with thinking: “What if people think of you while being afraid or angry?” We have learned now, that we are all one, we are all connected. Do you think it will not influence you? If I am in the presence of someone who authentically loves me, I feel good; I feel empowered. The same will be the case with people who don’t think so good of you. What can we learn from this? We can learn from this that space, just like time, is an illusion.



Thoughts from a 'distance' are therefore as effective as someone saying their thoughts to you while you 'see' them. That is why distance healing works and many people thinking good of you will empower you.

It also works the other way around. When people are angry with you or afraid of you, they can trigger lower frequencies in you. Most likely the body will be the first to notice as the Egoic mind is always so busy judging and fragmenting life. If you are pretty enlightened, then no worries. However, if you are still here and there asleep like me, then it is very important to understand this influence, also described as the Universal Law of Correspondence.

- Law of Correspondence: There are different levels of reality. There is the material world we are all familiar with. Then there is a world of energy. A world of spirit and finally a world of unity or oneness. All these levels exist simultaneously. Everything which exists in our material world also exists on the other levels. Every change in one level will influence the other levels.

Why do we need to understand this? Because then we can take the right actions to become more accepting. We can support angry and sad people by reminding them who they are. This is the only way to bring all of us new levels of peace of mind and finally ultimate peace of more mind.

If I understand correct, then as we remind more and more people of who they truly are, then finally we will break that karmic cycle of reincarnation. When awareness of who we truly are increases and increases, then bodies become lighter and lighter as our frequency goes up. As all in the occurring physical world becomes lighter, becomes more light, becomes like light, becomes more transparent then finally as our frequency is so high we will become invisible like the people in the movie Celestine Prophecy. The physical world as we knew it has disappeared. The universe has disappeared. This is that end of the world 'Judgment Day' which had the collective Ego be so afraid. But it is a good thing. It is the end of the world as we knew it. The end of that 'crappy' world. No more judgments, no more Ego and the physical human beings have now become energy beings operating on a higher level of consciousness on our eternal journey inside oneness!



2013 Conclusions

Why do we human beings so often feel bad? It is because we do not know who we are. Who are we? We are divine beings, pure love, pure wonder, pure potential, powerful beyond imagination and worthy beyond words. How to deal with feeling bad? Remind everyone including yourself of who we truly are. How do we that? How do we remember?

As long as needed create structures outside the polluted Egoic mind which will remind you. This brings us to the Sustainable World Project. It is a possible structure to ongoingly remind all people worldwide. This interactive workbook is one element. It reminds people and then reminds people and then reminds people. Then we will all grow in awareness, being aware of the powerful illusion of the ego. By seeing and looking at the mechanisms of Ego, without judgment, projection, denial, resistance, attachment, fear and guilt we automatically overcome it. Next we can remember that all is love. If I perceive any ego in someone else, it is a mistake on my side as ego does not exist. It was my Ego saying: "Hey look at that Ego!"

Next I do not react to that 'Ego'. I just correct my thought which briefly said: "Ooh that is real!" **No, it was not.** The rape, the war, the killing, the pollution is in **that way** all not real.

Maybe an easy way to explain all of this is the following. See your mind as a projector, like in the movie theater. The world would be the screen. Our Egoic mind starts the movie and it plays the drama, it says: "You did this to me. You hurt me! Bla bla bla!" It is however your ego projecting or broadcasting. It is our collective Ego, which keeps on playing the same boring and violent movies. Next, our ego also watches and listens to it as if its true. Our ego conveniently forgot it is just a 3D movie playing. It was started by my Egoic mind clicking the play button! If you react to this movie then you are also in Egoic state and you strengthen the illusion. It is like walking to the movie screen and hitting the character you do not like. Not too smart, right?!

Don't answer ego with ego as it shows that you thought it was real. It was your Ego! Imagine all people in the movie theater running to the screen and bashing up the characters they don't like. Pretty funny, right! However this is what Ego does! It answers false with false, illusion with illusion! We stay asleep, be unconscious and it all strengthens our unhappy illusion. We are all at the screen trying to fix the movie on the screen instead of changing our mind, which would be changing the movie which is being projected.

A little bit of bad news. If you got this and are truly excited (like me) then I am here to tell you that most likely you will forget again pretty soon. Somewhere in life you will again react, walk to the movie screen (the occurring physical world) and 'attack' something. Our collective mind muscle is not yet strong enough. For sometime we need to remind ourselves ongoingly. We need to be told continuously: "Hey, remember who you are!"



You are love! If you react to the illusions you project or the collective reacts to the collective illusions projected, then you have forgotten who you are.”

Any bit of upset or disturbance is a sign. The smallest discomfort tells you that you have forgotten. If you experience profound beauty in something, if you authentically can see the miracle of life unfolding, if something makes you moved to tears, if you see every thing and person as never before, if you see the wonder in all, then you are getting in the neighborhood of who you truly are.

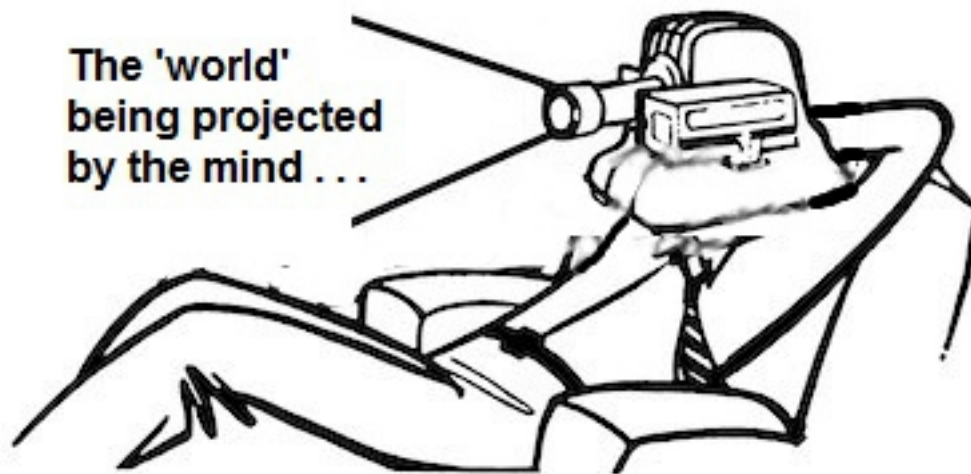
What is life?

This is what I think. **I have learned that life is simply an opportunity to create different experiences.** If however I create unconsciously then most likely the quality will not be so good. If I create consciously then I can pick. Let me be clear it does not all have to be 'hallelujah' any experience is valid. If you love listening to music, then listen as long as you like. Then switch to the next thing you want to experience. All the right and wrong is just some Egoic drama. It is just some mental concepts. Don't be bothered by it. Or if you do, then 'heal' yourself by remembering who you truly are.

**2013 What Do We Do When We See Ego?**

We DO NOTHING, we just remember that it is a mistake in **our** perception. We are cheated by our senses. Remember that seeing through our eyes is nothing but electrical signals. Lets say that I would be able to record the electric signals of me sitting in my room looking out of the window. Next I would hook up this recording to a blind man's eyes. Now he will perceive the same. He is thinking or 'seeing' that he is sitting in my room and looking out of the window.

So what if life is not so physical as it occurs? What if the real material world with bodies, trees, cars and houses is not so real as we think it is? What if there is a higher reality? **What if our minds project this so called material reality?** Do you remember the movie matrix? Now I do not believe we are batteries for the machines, however the movie shows how a human being can be fooled into what is 'reality'.





2013 Do our Minds Project this 'Material' Reality?

What if our minds project from the false part of our mind called ego? Then we `see` that insane world. Now if we know how it works we can simply stop reacting to these projected insane images remembering that it is just a very high quality (and sometimes very violent) 3D movie. It actually shows how powerful we are. It shows the power of our mind! With our collective mind we have given the illusion the power by believing in it and made it the best illusion ever.

Take a moment to laugh at it if you get this. It is hilarious how we have created illusionary borders and boundaries and next we fight over it. Yes, you are reading correct. We fight over illusions. We fight over illusionary bodies and countries. We draw an imaginary line and say this is America. If you cross it without authorization, then I will attack. This is my house, my car, my wife, my money, etc. and if you do not behave as I like then => ATTACK! Haha, I am very sorry, but we really are some 'funny fuckers'!

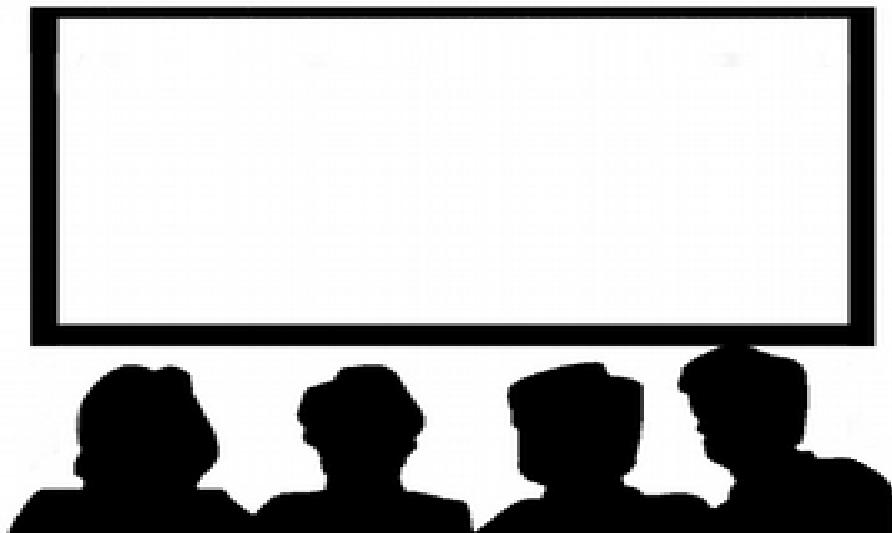


Illustration 101: Collective Projection. What if we see the projection not on a screen but we see it as the 'world'? What if the mind perceives this 'projection' as 'reality'? What if the mind creates this full circle of projection and perception? Then 'reality' is not outside of us! It is inside of us! Hmmm, interesting!



2013 The Second Journey Completed

All my life my heart was yearning for love. After 27 years of suffering I experienced this love for the first time in the Reiki Weekend. This led to the start of my first journey around the world in 2001. In 2002 I completed this first world tour. When I reflected on this, I realized that me looking for love outside was a mistake. It is inside and it was arising more often as my awareness was expanding and I became more aware of the Egoic mechanisms.

Then my heart was yearning for all people to experience this love. Again I traveled around the world. This time to give love to all people. Having returned home I found that besides love also all people are inside. When I reflected on having the second world tour completed I realized that me looking for people outside was also a mistake. Just like the love the people are also inside. This makes total sense when you remember that who we truly are is love. Finally I realized that everything is inside. It starts in the mind and THEN it gets projected so it looks like it is outside.

Home is not a physical place in the occurring world. It is a state of awareness. It is knowing who you are. We are simply consciousness and our true state is one of love. When I say love I mean a whole range of experiences like love, joy, peace of mind (absence of mind), power, full self expression, etc. Welcome home my dear reader! Welcome home my dear friend! Now you also understand this we can co-create a world that works for all! How? Simply by changing our mind.

Knowing this does not make any difference. Life is not about knowledge, it is about applying the knowledge! As the Egoic conditioned mind can be very strong it requires very strong structures to rise beyond this mind. My confidence in the Sustainable World Project is huge. The challenge is now to show this to others? How? By letting them experience first what is possible when you raise your state of consciousness. For this we have created the Sustainable World Project. (www.SustainableWorldProject.com)

**2013 Now what? Step 1**

If we understand all the above then we can switch from projecting from collective Egoic unconscious mind to projecting from a higher awareness. That way we can start projecting a more worthy illusion. That is just step 1 but already a great one as many human beings or in other words pieces of consciousness are deeply suffering. Though it is not real, they will experience it as real. We have all been there, right!? If you are still present to any significance, any seriousness then you are still given by your conditioned mind. Reread these last chapters, get online in the interactive events and snap out of it. This new paradigm is so much more enjoyable. Now we only project / create experiences which are worthy of us. Anything! Pick your favorite flavor!



Illustration 103: The collective Egoic mind projection!



Illustration 102: Projection by a Higher Awareness!



2013 What more? Step 2

As we all become more and more aware then finally the veil of illusion will be fully lifted and we will see life as it truly is. A paradise already there but waiting for us to increase our frequency or vibration by becoming aware or by remembering who we truly are. Only then then we will be able to see and experience this 'heaven'. How will it look? I do not know. I imagine that we can create any experience with the speed of thought. I cannot wait as the brief glimpses I have seen were already so profound.

Lets relook at the story 'Awkward Hero'. A projected 'aggressor' by the collective Egoic mind was harassing someone. How to deal with that? First remember that it is not real. You think you see a 'body' attacking another 'body', but you are looking at the 3D movie screen. Words always lack and even though the following is also not true as there is no brain, just think of it as electrical signals coming into your brain.

It is the collective Egoic energy coming through your brain. First you have to vibrate high enough to stop all your ego mechanisms. This I was doing by being present to wanting to make a difference out of my love for all involved. Don't project outside creating a villain and victim. Stay present to love. Now we are simply going to 'manipulate' the energy. We are going to change the projection with our mind. We move our frequency to a higher one, so we can transform the frequency of the projection. This is the Universal Law of Conscious Transformation of Energy.

If you still feel upset by the power of the illusion then keep sharing this and layer by layer the illusion will lose power and then disappear. This is what I did by sharing I was afraid. Then for example ask an open question. That's the next thing I did. With this we might stop the pre-programmed response in the collective Egoic mind. Then in my case the 'aggressor' stayed on the train and we left. Best is to stick together (if possible) and let both parties share. We listen. All the illusions will disappear or in other words the lower frequencies disappear. We are back to who we are. Pure love and wonder. Is it simple or is it simple?!

Remember who you truly are. Only respond with who you truly are and that is LOVE. How? By sharing, listening, asking questions and answering questions without conditions towards the perceived 'other', as in our communication we should accept the other. This unconditional acceptance is true love and it is the doorway to experiencing who we truly are.

Do not put any condition towards the other, as then you have already judged and we are back in the false realm of ego. This can happen very fast. One minute we are happy and few seconds later a judgment came and we are lost again. The more we understand this the easier it becomes. The more we practice this, the easier it becomes. This is why I promote the Sustainable World Project as this will be an ongoing structure for millions of people to practice all of the above.



The Sustainable World Project

The Sustainable World Project is a project to impact the quality of life of ALL people by connecting communities worldwide. Through the use of visual communication technology and guided by mature hosts, we will start creating interactive events between multiple locations in each and every country worldwide. Single events will become a 24 hour 7 day per week ongoing event. The first locations will be the homes of the Sustainable World Leaders in our Sustainable World Project. Later, any location, whether it is a school, a movie theater, a conference room, a church, a restaurant, a mobile location or your own home, can join to participate in a new conversation. An authentic guided conversation about our shared humanity; people expressing their experience of life in areas like parenting, education, health, relationships, work, money, our passions, our fears and much much more.

Recognition of our shared humanity, through high-speed fiber and new cutting edge technologies, like automatic speech translation and 3D holographic projections of people, will bring self awareness. It will also bring experiences of love and unity, people have never ever experienced before. The self awareness will lead to more experiences of acceptance, joy, peace of mind and full self expression. Those experiences will automatically self motivate people to operate inside a new paradigm of 'Oneness'. People being present to all these experiences will think and therefore feel, choose, communicate and act in new ways. This will lead to new ways of collaboration and finally to a world which works for all.

An interactive workbook and an interactive motion picture will be used for promotion.

Let me end with telling you something funny. Today I had a workbook session with Vidya. For 4 weeks now we are working together for just a 12 hours per week. Today she really 'got' the project and she could see how it changed her whole perception of life. We both realized that if this is possible within 1 month with 1 person, then what if we would have the exact same dialogues with millions of people? This made it a possible reality for her. She saw how the Sustainable World Project can create a world that works for all people. You know what? It just needs one month. That's how powerful we are. It is just a change of mind. A change in our (mis)perception of life. So, maybe the 15 year project which became a 150 year project can now become a 50 year project. We just need to setup the structures. The internet is there. Bandwidth is ever increasing. All the technology is there. It is just a matter of putting a couple of minds together. The world transformed by the year 2050. Are you game?

LETS SHARE AND BECOME SELF AWARE



4 FINISH OR RESTART

Now you have read workbook 1. Most likely you liked some stories and some not. Remember that all is love so whatever we read, see, hear, feel and think which is not love, means that our Egoic conditioning is still running the show. Do not judge that, but just look at it. Then choose again. If you are able to accept every story and video in this workbook, all other books, all people and everything else, then you have mastered your life. It is an option to reread the stories you find difficult and reflect on it, till you can see the Egoic mechanisms sabotaging your quality of life. Watch the videos over and over till you get that all is love. God or the Universe created a game of experience. All experiences are valid. If you are satisfied then you can read the next chapter, otherwise read along.

If you right now think and feel your life is not yet a life you love in every aspect, then that is your conditioned mind talking. It is not who you truly are. If you want to use this workbook to train yourself and practice to remember who you truly are, then you can do the following. Read the workbook from the very beginning and observe what every story triggers in your conditioned mind. Reflect on that by using the following ten questions:

1. *Who or what am I judging that brings suffering?*
2. *Who or what am I resisting that brings suffering?*
3. *Who or what am I attached to that brings suffering?*
4. *Who or what am I afraid of that brings suffering?*
5. *For who or what do I feel guilty that brings suffering?*
6. *What am I denying that brings me suffering?*
7. *Where do I try to be in control? What was I expecting?*
8. *Where does the illusion of time and space bring me suffering?*
9. *Where am I sacrificing myself which brings suffering?*
10. *How did you see yourself as separate, became a victim, lost your power and started suffering? We are one! You are connected to all and therefore co-responsible for ALL. At the same time 'Oneness' means that you are ALL powerful. Now claim that Power!*

Answer the questions without getting into judgment, denial, projection, resistance, attachment, fear, guilt and sacrifice. Invite your friends and ask each other these question. Remember to listen to each other. Give the person a lot of space to answer these questions.

Then, after every story, slowly read this out loud. Be present to the words as you speak them: *I'm sorry, please forgive me, thank you, I love you. As we are one, it is all me, I release all judgment. I take responsibility for all projection outside and I go beyond the denial of me being all powerful. I am connected to all and therefor all powerful. As I am not my body, but eternal spirit, eternal consciousness, I cannot die. I am perfectly safe, I release all fear. I trust in the intelligence of life and I surrender to life. I release all resistance and give up control. I have faith. I trust life. As my only purpose is the*



ongoing creation of the different experiences of love, joy, Self expression, peace of mind and service, I don't need any specific physical reality. I therefore release all attachment to anything and anyone in the perceived external world. As all 'mistakes' come from the conditioned mind and that is not who I truly am, I am innocent, all deserving and all worthy. I release all guilt. Can I accept my Self without conditions? Yes I can!

In the above feel free to replace life, with love, God or universe, whatever empowers you. Make it your version which empowers you! Now start reading from the beginning!

After reading the whole workbook again re look at your life. If you are satisfied then you can read the next chapter, otherwise read along.

Okay, now you have read the workbook two times! Are you finally satisfied? If you are satisfied then you can read the next chapter, otherwise read along.

The only option left now is for you to write your own autobiography! We will have interactive events to support you! Take a look at our web page for more information: www.sustainableworldproject.com/joinevent.htm



5 FIRST LAST NOTE

If any encounter with another human being, animal, nature, a thing or a circumstance inspires you, as you know all is one and all is love, then you have reached enlightenment. Your mind does not produce suffering anymore. What to do next? Then you should find me and teach me! Let me be very clear. I know that I still have many moments in the eternal now where my experience of life is given by the conditioned mind. How to deal with this? What works in my experience is to build structures in this so called reality. Structures which remind us of who we truly are. A structure is basically a periodic recurring engagement in an activity which empowers you. My structures are found in our 9 programs for radical transformation. Now you choose what structures you want to create for yourself.

Our aim is to bring these 9 programs for radical transformation to more people in our world. You can join our Facebook group with 20.000+ leaders who are committed to create that world that works for all people.

<https://www.facebook.com/groups/YoungWorldLeaderProgram>

WHAT IS NEXT

In workbook 2 you can read stories about what could be next. It is about the disappearance of ownership, borders and boundaries. It is about the disappearance of violence, crime, prisons, war and all other forms of attack which came from the egoic consciousness. It is about the birth of new systems and structures all coming from a higher awareness. Whose? Mine! Just kidding! Of course I mean the big 'ME' which includes you and everyone else! We see all old systems transform. We see the birth of Sustainable World Education, Sustainable World Media, Sustainable World Banking, Sustainable World Energy Management, Sustainable World Peacekeepers and more.

This workbook is obviously not about the creation of a one world government with a one world army. No, that was the Global elite's plan and by now it has become clear they have failed. It is about the disappearance of government, authority controlling through violence and manipulation. In the years to come we aim that all decision making comes back to the community level. All decision making will be done by consensus. The context will be 'what works for all involved'. In the end the sovereign individual will be awakened. No one's free will is going to be thwarted. The principle of non-violence is honored worldwide on planet Earth.



6 MY LEARNING

- First learning in reading this chapter, is that I should not try to read this chapter in one shot. When I did, it was driving my conditioned mind crazy! Just use it for lookup or read one and do a round what is present. No more than 3 per session.
- We are all one. Humans, animals, nature and all else.
- Who we truly are is consciousness experiencing itself. There are no bodies. There are no people! There is no material world! It is all a projection from the mind perceived by the mind.
- Time and space are illusions. There is only an eternal now in which the parts of the consciousness experiences itself. There is no here and there. At a level we cannot see yet all is connected to all. All is one.
- Every moment in life has all I need. It is just my conditioned mind which disconnects me from that.
- When something happened in our past we find difficult then the conditioned mind tends to guard this event by not sharing it. This actually imprisons us for the rest of our life. The more difficult something was, the more you HAVE to share it. Start with people who can listen without judgment. If you don't know anyone, then share with me!
- Love is confused with feelings, emotions, wanting, needing, sacrifice and not to forget sex! For me, love is simply the unconditional acceptance of all that is and is not.
- The experience of love can only come when it is freely given AND received. The moment love is claimed or forced, it disappears. Hence, the enormous importance to learn to be responsible for my expectations and attachments as they keep love away. Hence, the enormous importance to learn about resistance as that is the 'non acceptance' of how life is. Hence, the enormous importance to learn about judgment as that is the rejection or also 'non acceptance' of how life is. Hence, the enormous importance to learn about projection and denial as that is the Ego's smart way to never ever look at itself and see the 'non acceptance' of how life is, or in other words the 'non acceptance' of 'Self'.
- Death is confused with danger. It is from our conditioned mind. Death is NOT dangerous. It is the biggest liberation of the illusion of time and space we perceive by our conditioned consciousness. I should not live my life in a context of 'trying ' not to die. Then, I am dead already. If I understand who I am, that I am eternal spirit, then the Egoic fear of death will start disappearing. A new experience of being alive arises.
- Life is not about what I do or say. It is about who I am being. It is not about doing big or small projects. It is about me being who I truly am, while I am doing something; while I am saying something. It is about being loving, being worthy, being joyful and being at peace. I can allow myself to find something I love and pursue it with all my heart.



- Life is just an opportunity to create different experiences for myself. There is no right and wrong about it. There is no need to defend what I want to create or attack what someone else wants to create. I can simply choose which flavors of experience I would like to create.
- When relationships and friendships ended in my life, I have realized there is a lot of Egoic drama around that. The ultimate truth is that we are one, so the ending never happened. It was just Egoic conversation. This truly soothes and heals the pain. Separation is always an illusion.
- I believe there is a divine intelligence with a brilliant plan. Not a fixed plan, but a plan in which I am co-creating. A plan which cannot be understood by my pathetic Egoic mind. Every person, animal, thing and event is playing a role in this plan. This plan leads me to the discovery of who I truly am. This plan might even unfold over several life times. This, my Ego definitely does not like as it is attached and identified with this physical life!
- Having gone through my past again and again, seeing my own humanity and other people's humanity, I am finally left with love. The love for myself seeing myself going through the teachings of life. A small boy in love not knowing how to deal with it. Then a bigger boy on the outside, but still a small boy inside making mistakes and trying out new things. I also started learning to receive the love from the people around me, who tried and sometimes succeeded and sometimes failed in reaching through to me with their love. Remember, if you don't get through, pause, recharge from the source and keep radiating love in different expressions until you do. Finally I also experience the love for the people who made mistakes in interacting with me. I have also made my mistakes and realized that every mistake deserves to be forgiven. Every human being is worthy of love. Every human being is love. People may have incarnated on planet earth to give you the learning to fulfill on your purpose. Bless your perceived 'troublemakers'!
- Love is the highest power. It is the only thing which matters. It is the only truth. It is the beginning, the journey and the destination. It is actually the only thing real there is. The rest is an illusion.
- For now I choose to believe that in my thinking are three elements. My Ego, which is mostly crap. My higher Self, a voice connected to a divine intelligence and the observer which can see both and choose who to listen to. Choose wisely.
- Identification with the Ego gives identification with the material world. A world of separation, judgment, denial, projection, attachment, resistance, suffering, guilt, fear and I am sure by now you can name some more!
- Identification with the 'Higher Self' or 'Who you truly are' gives access to love, self expression, peace of mind and ongoing joy.
- After meeting more and more heroes I realized that we are all heroes, as it takes so much courage to live one's life.
- In completing my past in writing this book I have fallen in love with all the actors in this drama, including myself. Your story is also worth telling. I highly recommend you to write your book. Even if it is just for yourself!



- Only in the safe space of love the conditioning comes up strongly. It is good, in this space it can be healed.
- If I am upset, then I prefer to not take any action, other than what is needed to come back to who I truly am. Otherwise I add more pain to myself and the collective consciousness.
- This is what I do when I am already upset:
 1. I share with people asking them to listen to me and accept me.
 2. I observe, acknowledge and accept my feelings while laying down on my bed or in nature.
 3. I suffer my way through it! Ouch! Not recommended.
 4. I talk to my recording camera.
 5. I sing along with music.
 6. I read this book or any other book I love.
 7. I join an interactive event.
 8. I do some physical activity as it will draw all energy from the mind to the body.
- This is what I do to prevent getting upset:
 1. I setup external structures which are not dependent on my mind.
 2. I keep on reading and learning and traveling to increase my awareness.
 3. I train and request people around me in just listening to me and loving me.
 4. I aim to do daily healing sessions.
 5. I take massage
 6. I do breathing exercises, I meditate thrice a day, I visualize and practice being grateful.
 7. I cause a loving community / family to live in.
- This is what I try NOT to do when I am upset:
 1. Talking to the people my mind sees as involved.
 2. Giving people a 'piece' of my mind.
 3. Using force or violence as it all comes back to me.
 4. Reacting in any form or way.
- These are my lists. You find yours. Find what works for you. Then set it up as an external structure outside your mind.
- I can only experience happiness, love, forgiving, compassion when I go beyond my Egoic conditioned mind. I have to go from the Egoic monologue in my head to an interactive dialogue with someone else.
- Life is not about whether I am doing something right or wrong. It is about me choosing what experience I would like to create for myself. What kind of flavor of experience do I want today.
- The Ego has life mostly upside down. It means we do exactly the opposite of what serves. Example: We keep a high paying job which makes us miserable so we contribute financially to the family. This is not contribution! If you allow yourself to stay in any of the Egoic mechanisms (judgment, projection, denial,



resistance, attachment, fear & guilt) then you are adding more suffering to the collective. The only contribution is by creating experiences of love and joy. Focus only on that and then you strengthen the collective and impact all there is!

- We don't need special heroes. Together, we have all that is needed as together we are one. I should not try to change myself. I should just allow myself to be present to who I am by engaging in whatever brings me love and joy. Then my vibration goes up and I connect to all. I become all powerful. I should continuously be present to what is my purpose as it can change. My purpose is what brings me love and joy. That is being a hero. Daily dealing with my humanity, to find that purpose and pursue it, that's being a hero. Being human, that's being a hero. You are my hero.
- When do I feel related? When do I experience oneness? When I am present and have chosen the words I speak. Mostly I speak automatic. It is just the conditioning. We just say something. What could be beyond this? Before I speak a single word I should think whether these words will empower or not. If the first then speak, if the latter, then be quiet and think of something else to say.
- Great words. Feel free to steal. Someone experiences difficulty. Say: "I'm sorry! I trust you. I love you. / You are loved." Someone expresses their love. Say: "Thank you!" Remember that all communication is either an expression of love or a request for love. The two above responses are basically enough in life. If I experience anything difficult. Say: "I forgive you, me or the situation! I accept what I feel. I'm sorry. Thank you! I love you."
- Other goodies without words. Practice my most encouraging smile, my most loving facial expressions, give countless hugs, pets on the back, shake hands, put hand on the shoulder and hold hands for longer time.
- It is by the way not the words which make the difference. It is the being! Learn to generate being joyful and loving and all around you will resonate.
- How do I make a difference to others? To 'Self'? To all as all is One. The ONLY way is by generating experiences of love. For yourself or others does not matter as we are one. I should find my true self expression. My purpose. Realize my Self. It does not matter whether that is baking a pie, watching a movie, giving Reiki, receiving Reiki, it is whatever makes me experience that true love and joy. It is whatever makes me vibrate at that higher frequency. This will automatically, with NO EFFORT transform others. If in this process of expressing my true self I experience difficulty, then that's good, as the most transformation happens on the edge of chaos. It just means more and faster learning! Forget words! Forget actions! Starting from my being I generate a higher frequency. I generate an experience of love and joy and then do whatever I do and say whatever I say. It will transform! It is a matter of law. Not the fearful and ineffective external governments laws, no, it is the Universal Law governing life.
- Some people will think: "This book is still largely written by Ego!" It is true and all is well. The Ego is also a part of God. God has created the Ego as a way to forget who we truly are. Then the magical journey of experience starts to remember who you truly are. Just get the intention. The intention is to learn the



mechanisms of the Ego. Seeing our Ego / conditioning without judgment breaks the identification. Next we can re-choose our thoughts, communications and actions. Choose them from love.

- Everything written in this book is not true. Huh, what are you telling me now? Remember that truth is only found in experience. A word is just a word. It can point to an experience, but is not the experience itself. The only truth is the experience of love itself. (joy, being free of mind, fully Self-Expressed) Of course I hope you experience many of these moments while reading and that the book supports you to create more and more experiential glimpses of who you truly are throughout your whole life.
- Expecting something to happen shows the error in my thoughts that I somehow know what will happen in life. Expectation keeps me in the illusion of control. It always leads to upset and suffering. I need to continuously be reminded of this so I continuously release my expectations.
- In the whole book “I” and “Ego” are used and mixed up. The same happens in life. It is why we are so confused. Everything which is not love is 'Ego'. Is that wrong? No! It is simply incorrect. A false thought. Power given to a false belief. Actually Ego does not even exist. It itself is a false belief.
- My learning in communication is this. Basic rules. The Communication Game: Ask, answer and listen. Share random without agenda or I can tell my agenda, all after requesting permission of course. Wait at least 10 seconds, preferably more, before I speak. I can look into peoples eyes and connect before I speak. That way I can see if they are ready for dialogue or not.
- I learned that the new Hero is an authentic every day person daring to tell the truth. This new Hero dares to express his love. This new Hero is unafraid to say: “I feel bad, can you love me?”
- A life I love in every aspect arises when I am so aware that any Egoic thought is instantaneously transformed. I bypass the Egoic mechanisms of judgment, projection, denial, resistance, fear, guilt and attachment. I therefore do not create any more suffering. I accept life as is. No conditions. This unconditional acceptance is what love is. This way I love (my) life in every aspect. A life I love is not about: *results, expectations and wants all met. It is not about all materials in the form of body, car, house, etc. acquired! It is not about always feeling bliss by having the picture perfect from the collective Ego.* It is about dis-identifying with the material world and accepting life as is. This is where I can find true peace of mind. This is where unprecedented experiences will occur.
- When I look back into my life, I now see that only my EGO, my conditioning, while it was not distinguished, gave me all those crappy thoughts and therefor this crappy experience of life. I related to those thoughts as real. I used to see my past as “Never good enough, no friends and very clumsy with the girls!” Now I have learned that those thoughts are not me and not real. The “I” in my thoughts is not who I truly am. My aim for the people worldwide, who have never heard of EGO is, that they learn about the mechanisms of EGO and its sabotaging ways. When we see Ego without judgment, it disappears and we can have a different



quality of life. For me it has completely transformed my relationship to my past. Now it has become a funny and rich adventure. One with many opportunities to learn about myself and life. All adventures have been leading me towards who I truly am. For this I feel grateful. I hope this book supports you in you finding who you truly are.



7 NEXT LAST NOTE

All people in this workbook are accepted without conditions. There has been no intention to offend or discomfort anyone. If anywhere you perceived judgment, then I want to remind you that this was not my intention. I know I am not free of Ego. Wherever it shows in this workbook I apologize. When I joke it is just my intention to heal through laughter.

We had many systems in the world which did not serve us. The undistinguished Ego had infiltrated and corrupted all systems: Economic systems, education, environment, government, health, infrastructure, justice, media, relationships, science and spirituality. The perceived illusionary external reflection of the undistinguished internal mindset of Ego was a world full of suffering. Do understand that the rich elite was a projection of our shadow side. When we heal our shadow side, a new projection will arise.

As we now understand a higher reality of who we are, we can take responsibility for the low life quality of life in the old system. As we now understand that there are no 'people' but just a collective field of consciousness, we realize it was not 'THEM'. It was us. The masses asleep created that field of Egoic consciousness. From this field of consciousness a few people 'downloaded' and identified with thoughts of lower awareness. This would not have been possible if the critical mass of people would not have put these 'negative' thoughts in the collective. If you understand this, then it becomes clear we cannot blame 'them'.

Now we have awakened and have become aware of how this Ego works, we can dismantle this old system. How? By non-violent non-participation. As you wake up you can observe which roles you play in which chains of action. If any of these chains lead to violence and suffering you can withdraw your participation. Simultaneous to withdrawing our energy to this old system we can create new systems which reflect a higher consciousness.

New systems like mediation, which replaces the old legal system with law suits and arguments. Mediation is done in a context of what works for all involved instead of the old context of who is right and who is wrong. Mediation does not lead to punishment but to healing. It leads to an increase of love and acceptance in the collective instead of an increase of fear and suffering.

New systems like THRIVE Empowerment Centers, which will replace traditional education which expressed authority and judgment. I do not believe in external authority, or systems where safety, love, equality, trust and respect are lacking. I do however understand that most people were asleep and had good intentions or were reacting from a painful past. It was just the awareness which was missing. **It is very important to forgive and accept all in life, otherwise transformation is not possible.**



New systems like our worldwide interactive events will empower and inspire people on a daily base. Instead of spending a lot of time in Egoic monologue we will enjoy an empowering dialogue from a higher consciousness. Again this leads to an increase of love, joy, peace of mind and acceptance in the collective, instead of an increase of judgment, fear and suffering.

Remember that everybody has a story worth telling! Feel free to share your story with me. Whatever you have done or not done I can already tell you what I will say: "I am sorry for the difficult moments you experienced. I forgive you for your mistakes! I love you without conditions and thank you for sharing your life with me!"

After a workbook full of promotion for the Sustainable World Project I will tell you something funny. The paradox is, that this project is not needed at all. If you understand the Universal Laws and the phase humanity is in now, where higher frequencies can transform lower frequencies, but not the other way around, then we can only evolve forward towards the higher frequencies, or in other words towards oneness. Further I like to say that the project is also not needed, as there are already millions of people awakening and they have already created many wonderful and valuable projects. I do believe that the Sustainable World Project could be a structure to connect all these wonderful people and projects. But that is all it is. It is just, one of the countless vehicles to reach our destination of a world which works for everyone. If you like the vehicle, then embark. Otherwise you choose your own vehicle. It all does not matter as finally all journeys lead to the same destination. What is important is to remember that you are loved either way. What is important is that you enjoy **your** journey.

I hope to see you soon in one of the Interactive Events, a THRIVE Empowerment Center or anywhere else in this wonderful world.



8 DECLARATIONS

1. As described in our 'Game Plan' for the Sustainable World Project, this workbook is bringing the 10 key people from the 10 different continents together. These are the 10 continents: North America, Central America, South America, Europe, Middle East, Africa, Western Asia, South East Asia, East Asia and the Pacific.
2. These 10 people are launching the Sustainable World Project.
3. Sustainable World Leaders and Participating Audience together co-create the online Empowerment Platform, the Empowerment Camps, the THRIVE Empowerment Centers and the interactive movie 'Global Transformation – the Game Plan' with the world at large.
4. These elements are mobilizing a critical mass of people to participate in the Sustainable World Project.
5. This critical mass is causing a world that works for all people by the year 2050.
6. This is a world where all are united in Oneness. A world where we celebrate diversity. A world with an Abundance of Love, Joy, Playfulness, Peace of Mind, Self Expression and Service.

9 NOT SO SERIOUS NOTE OF THE AUTHOR

Names and places have been changed to protect the innocent. Luckily we are all innocent!

This workbook is fully based on reality. It is just that I don't know anymore what reality is!

When I was young and stupid, I did foolish things and suffered deeply. Now I am old and stupid, I do foolish things and enjoy them deeply.



10ACKNOWLEDGEMENTS

Thank you to Mom, Dad, my brother Hans, my extended family, Pete, Silke, Tonja, Notti, Karin, Chitra, Steve, Patrick, Ellen, Brenda, Bob, Ginger, Fred, Edna, Ron, Ms Branch-Wood, Jolanda, Rani, Kiki, Angelina, Mylene, Melchus, Simone, Robin, Carmen, Eric, Beth, Yasmeen, Anja, Tanja, Raju, Siddhartha, Savitha, Shabin, Rajesh, all other Fireflies staff, Daisy, Angela, Mike, Helen, Sunitha, Jasneet, Veena, Vidya, Vyas, Ankit, Bhuvan, Raghav, Lakshmi, Naveen, Bandana, Mubarak, Smitha, Rushil, Rishi, Angelique, Saba, Tabalwi, Leannate, Mahoro, Ramesh, Vidyaranya staff, Gift & all other Sustainable World Leaders.

The last thank you is for you! The reader! This workbook 1 shows us that in our humanity we are all heroes. Whether you are born in North America, Central America, South America, Europe, Middle East, Africa, Asia or the Pacific. It takes tremendous courage to live your life. I want you to know that you are MY HERO.

I am sorry for the difficult moments in your life. If you sometimes think you don't matter, I hope this workbook can remind you that you do. If you sometimes think you are not worthy, I hope this workbook can remind you that you are. If you sometimes think you made serious mistakes, then I hope this workbook can remind you that you are forgiven. I love you without conditions. Thank you for being a witness of my life. Now I will be one for you.

I know who you are. You and I are 'One'! Together we are LOVE! Lets remind each other and celebrate life! See you soon! Richard



11 INTERESTING WORDS

- Community has the two words 'come' and 'unity'. Maybe it means come into the unity. Come and join the Oneness.
- The words 'won' and 'one' sound very similar. Maybe we have only truly 'won' if we have all remembered that we are 'One'.
- The words 'whole' and 'holy' are also friends. We are only holy when we become whole!
- Inspiration. Being in Spirit or in other words being who we truly are. That is why being inspired feels so good!
- Remind. It has 're' and 'mind'. Could it mean putting all minds together as one? A mind melt as they said in Star Trek. What do we get when all minds become one? Gods mind? Divine consciousness? Lets find out!
- The word remember has 're' and 'member'. It is like saying we all have to become members again. To regroup. To re-member. To become one. So, to remember means to become one. Cooooo!
- Information has 'in' and 'formation'. It means in the process of formation. In other words manifesting from energy to form.
- Intuition has 'in' and 'tuition'. It is the tutor inside. The teacher inside. We could opt to listen to this voice, instead of the voice of Ego.
- Together has the words 'to', 'get' and 'there'. Maybe it means the only way to get there is together.
- Everyone. It has every and one. Is it that every person or all people together are One?



12 LAST LAST NOTE

The workbook will also be made available as an app or hardware with extra features. Amongst other features there will be audio, video and possibilities to go online and participate in the interactive events.

For any updates on our work take a look on www.sustainableworldproject.com.

Here we will also make all announcements in regards to the Sustainable World Project, including the dates and times of all upcoming interactive events.

What now?

And? Was this workbook 1 worth the time? I hope it was beyond your expectation. If it was not, then here is a possibility. Maybe you did not apply the wisdom. Wisdom as intellectual knowledge is useless. Please value yourself by reflecting on your life and taking the actions recommended. I promise you miracles. If you find it difficult to do on your own then join the interactive events and we will do it together. We already facilitating weekly sessions every Saturday at 6pm IST in this Facebook Group. All are welcome. <https://www.facebook.com/groups/YoungWorldLeaderProgram>

If the workbook provided value then let us know how it contributed to your life. You are invited to share with us in our weekly session or you can send me an email at the following address. richard@sustainableworldproject.com.

If you are inspired and you want to financially contribute to the creation of a world that works for ALL people we do then go to the following page on our website.
<http://www.sustainableworldproject.com/donate.htm>