



# ENERGETICALLY FIT

How can I be energetically fit and emotionally in balance?

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## INTRODUCTION

I love people. I always have. And it affects me when I see the people who I love, are uncomfortable in their own skin. Then something awakens in me and I want to help them. I set myself 'ON' and I am attracted to them like a magnet.

Intuitively I set about my work. Sometimes my hands are extremely warm and then I instinctively feel that I have to place them somewhere on their body. The other times I pick up negative emotions, which I have to help them release. Or I see images or situations when another person has become stuck. Literally anything can happen. There are no rules or methods. There is only an exchange of energy.

For more than 15 years this has been my work. I estimate that I have spent approximately 20.000 hours giving sessions, in groups and to individuals over the entire world. If I also include people from within my own social circles, then I think I have been privileged to help more than 40.000 people. And from all the people who came to me, there was not one from whom I did not learn something about myself. I have literally seen and heard everything that affects people pass by ... from stress about paying the mortgage, to lying awake at night about demons in the house. Each session gave me more insight what is actually happening to all of us. And more important: how little we know about energy and the power of thought.

Even though I could have written this book much earlier, the idea actually came to me in the past year. I discovered that my sessions began to take on another character. Where previously there had been much more questions about getting rid of fears and blockages, as well as awakening someone's potential, I saw the tendency that people are 'energetically' exhausted. They come to me, not to change anything, but just to recharge themselves. The so-called 'quick fix'. Then they leave as reborn, through the door, to be back where they began four weeks later.

In 2018 a lot of people have difficulty with the intense, rushed life in the western world. The result: they become weak and over stimulated. And I don't just mean the 'oldies' that are not able to keep up with new trends. I am talking here about the 20 and 30 year olds who collapse at home and at work. Based on their age they should be in the prime of their life, but they are not. They are tired every day, down, uninspired and continually distracted. Someone with a burnout around the age of 30 is not uncommon these days. It often occurs that teenagers stay at home because they miss the energy to tackle the challenges in life. How can that be?

In this book, I will give you the main reasons. I will share with you why in these times we are energetically 'out of shape'. Why we are all affected by stress. Why we are suddenly tired or down. It is all because of our sensitivity and how we evolve as people towards a higher spiritual consciousness. If you were busy with eating healthier food, drinking and movement, then this book is for you. It shows you how you too can also remain energetically fit.

'Energetically Fit' is my gift to you, to help you keep emotionally in balance in these busy and lively times. With huge thanks to all of those who shared their problems with me so openheartedly and gave me the insights and experience to be able to write this book.

From heart to heart,

Janosh

## INTRODUCTION

What is this book for? And why should you actually read it? To be able to answer this, you need to ask yourself three questions:

1. Do I need more energy?
2. Am I willing to look beyond my current problems?
3. Do I believe that I have the answer myself?

If you have answered ‘yes’ to all three questions, then we can begin. Just know that I am not going to give you quick and ready solutions. I am going to give you the main themes. The ‘bigger picture’. What you do about it is up to you.

There are so many reasons why you can suddenly lose the spirit. If we zoomed into your life, then we could probably find hundreds of conclusions why you feel as if you are swimming against the current. In the same way I do not believe that we need to talk about each and every detail, I am convinced that this book will give you enough insight in what can actually bring your energy down.

It is so that we as people are not so different as we think. We only see diversity on the outside. On the inside we are all struggling with the same thing.

Fifteen years of research and experience with processes of consciousness has taught me that in our times, there are four main reasons for emotional imbalance and they are: fear, stress, radiation and sleeping problems.

The behavior that we show at the moments when we are confronted with these four reasons, I call ‘programs’. These are the things we automatically say and do and bring our surroundings and ourselves down. Think about picking a fight, shutting yourself off for your surroundings, making judgment on someone, talking about bringing yourself and others down or feeding an addiction. That is exactly where I am going: to the source of the behavior, why you keep going into the same energy slurping situations.

One of the four major causes is related to the image of time in the 21st Century and that is radiation. This is coupled with the technical progress in the world and how Internet and mobile phones have become a fundamental part of our lives. I will come back to this later.

Finally, before you browse the book, I ask you to read the first chapter – [Energetically Fit – feeling good every day](#). Based on the list of contents, you will probably already have been attracted to a certain theme (depending on what you are struggling with at the moment), but without Chapter 1 there is no value. First of all you need to understand what makes it happen and how the energy field works, and then as far as I am concerned, you may scroll on down to the chapter, which seems the most interesting to you personally. Just enjoy the process!

## 1. ENERGETICALLY FIT – FEELING GOOD EVERY DAY

Energetically fit, what do I mean exactly? Simply said: feeling good. Feeling the willingness for new things. You are energetic, sharp, motivated to grow. You want to get the most out of your day and the majority of your thoughts are positive.

Whilst you are exerting yourself you are also re-charging. Look at it like a telephone, which is charging. You are seldom tired. There is a constant stream of energy and inspiration. Just as if you are attached with a tube to a huge vat of power drink.

Does that sound so crazy?

Perhaps you cannot image how it feels to feel good every day. Of course there are days that you get out of bed sparkling. But you also have days when you feel as if you have been run over by a truck in the night. Fluctuations are normal, I know. But even so ... what I mean by ‘energetically fit’ goes just a little bit further.

### 1.1 Our Energy Field

We are so much more than our bodies. If you were to switch off the 3D filter temporarily, then you will see a sort of energy hologram. An energy field surrounds us. A beautiful and complex energy field that is made up of different layers, which we call the ‘Mer ka ba’. This understanding comes from ancient Egypt, which means ‘body of light’ – ‘Mer’ represents ‘Light’, ‘Ka’ for ‘Mind’ and ‘Ba’ for ‘Body’.

The Merkaba is a geometric field, which in its form is similar to the Star of David. In the majority of us, this reaches to approximately a meter outside from the physical body. You can feel this when you stand close to someone (you are literally standing in their energy field). Some people find this fine; others directly have an unpleasant feeling.

Our light bodies – and yes, we have more – are in fact our ‘feelers’. We search our sur-

roundings in this way. Perhaps you will recognize a situation when you walk into somewhere that you immediately get an uneasy feeling. You pick up the energy, for example of a serious argument between your colleagues before you came into the room. Such a negative atmosphere can ‘hang around’ in your system, which makes you feel het up for the rest of the day. You don’t understand why ... and that makes it even more frustrating!

## **1.2 How we can control our energy**

Energy is everywhere. It flows through us and gives us life energy. The soul has energy channels for this. According to ancient Tibetan scripts there may be around 72.000 channels in the human body!

The soul works with the physical body through the nervous system and the brain. People think that a soul actually sits in a body, but actually it includes our body and sends it energetic currents. Our chakras – look at this in form of rotating wheels – catch the energy and pass it through the remainder of our energy field. There are seven, each one with its own colour, vibration and meaning.

As we take a breath we automatically pull life energy into our bodies. This goes through the Merkaba and through our energy channels into our body cells. There it is taken into our physical body. We absorb the energy in our muscles, brains, organs etc. Breathing out releases the energy once more. This is much stronger when you yawn. You instantly feel more relaxed. A good, controlled breathing is essential for your life energy – it is not without a reason that a lot of attention is paid to this in yoga and meditations.

If I had to explain this process to a child, I would place a sponge in a bucket of water. The sponge is our energy field. We absorb the water from the tap (the abundant energy that is always there for us). The bucket is our body, in which we ‘catch’ the water. If the sponge fills itself again and again and is squeezed out above the bucket, then the water will fill up right to the top. The bucket is filled and eventually flows over. There is never any shortage. This is how it would be if you are energetically fit.

## 1.3 Energy Blockages

When there is something wrong with one of the light bodies, then this eventually becomes tangible or visible in the physical body. Then energy blockages occur, which interrupt and block the flow of life energy. Disease occurs, problems and also mental problems, which become much worse as the blockage continues to grow in your energy field.

Energy blockages are caused for many reasons. A fear, an accident, a trauma. Sometimes it begins with something quite innocent, such as a discussion. You battle with someone about who is right and actually that is nothing different than trying to enter one another's energy field. The one who 'wins' feels that they grow. For the loser it feels as if the other one has taken energy away from you. You block and feel smaller.

An energy blockage can in many circumstances be touched again. Each time this occurs, the impact becomes even bigger. You can walk around for years without realizing this and then suddenly land in a situation where it 'explodes'. This is why heated discussions about the past lead to a lot of unnecessary energy loss.

## 1.4 Leaking Energy

When I give someone a session, then I always pay attention first of all to the chakras. In this way, the blockages become visible to me, I see it as flashes of light. Compare that to a defect light bulb that flickers. But sometimes I see something completely different: a black hole into which all the light disappears.

Such a 'black zone' is a sign that the energy is leaking. This occurs when someone repeatedly empties on people or situations in their surroundings. Burnouts are often the result of this. It is not so much that you are overworking, but you are not keeping hold of your energy. Because it leaks outside, then little is actually absorbed by the physical body. The lack of energy makes you weary and gives the illusion that you have far too little rest.

I have worked on many people with a lack of energy and my conclusion is that we are not sufficiently busy with how we control our energy. We see the solution mainly in the physical, in taking more rest, eating more healthily. Often we don't take note to what we are attaching our energy to and how, we as a person, are standing in life.

## 1.5 Feeling good every day

To the question "How can I be energetically fit and emotionally in balance? My answer is: by opening yourself with more awareness. For love. For the light. For the nature and the universe. For the people who elevate you. I believe that we all have it within us to effervesce every single day with energy. Even if you are busy and have had a short night, that does not matter. You are not energetically fit because you have slept for 8 hours. You are, because you are 'connected'.

*Yoga and mindfulness thank their popularity from the coming of Buddhism to the West, in which people believe that the prana (life energy) by each and every breath comes into the body and flows to all parts of the body. Prana forms the life power that everyone needs to function on a physical, mental and emotional level. It is not without good reasons that in yoga and mindfulness (according the Buddhist monks), special breathing techniques are used, with visualizations to fill the body and mind with prana.*

An elevated spiritual consciousness brings us in the heavenly frequency, which we (consciously or subconsciously) are all looking for. Buddhist monks meditate every day for hours. And on the wave of 'mindfulness' in the West we are on the way to the same level of enlightenment.

Even so, I am convinced that for such enlightenment, you do not have to actually sit in the lotus position. If a way can only be made through prayer and meditation, then this would mean that you are a sort of robot that needs to be connected to a power source for

a number of hours. No. Where I want to inspire you is that you do not actually need anything to feel powerful. You are a born energy channel: which is able to be 'up' the entire day. The only relevant question is how to stop ourselves from feeling 'down'?

In the next chapters I will share what can bring our energy down.

## 2. FEAR: THE BIGGEST ENERGY CONSUMER

They often say: Fear is a bad advisor. Here we are not talking about fears that warn us about a life threatening situation, such as a fear of heights, or being afraid of violence. I am talking about unnatural fears that are standing in the way of our personal growth, which activate our programs.

About three quarters of my sessions with people are about fear. It is the biggest energy consumer that we have. Fear keeps us away from our dreams, desires and the things that elevate us. It is chasm from where we are actually standing now and the things that make us ecstatic. In fear we are not 100% free – we feel that we are numb – and that feeling of anguish makes us energetically tired.

Fear knows many guises. People thrive on this in psychology. Fear of mythologizing, fear of dramatics, and fear of numbers ... the list is enormous and you come across the most bizarre fears. Personally I am of the opinion that the definition of fears separates us from what it is really about. What I have learnt over the years is that fear can come to the surface from all directions, but basically there are a few fears that actually influence us energetically.

### 2.1 Fear of Rejection

By far the majority of problems that people come up against come from within the fear of rejection. That sits deep in us. We find it really important that we are accepted and taken seriously. We really do our best for that. Some people actually go to any length to be seen.

And what does rejection do to us? It gives us an inferior feeling. Just as if you don't count. And that is something that we all do not want, the feeling of being shut outside. That is because, basically from source, we are really 'herd animals'. Our desire to connect with one another is in our genes. That is the reason why we attach a huge amount

of value to a compliment – we can keep going for years – but at the same time be really sensitive from rejection from our surroundings.

I recall when I first started to give presentation and the first rejection I was confronted with. It was in a small theatre, where approximately 100 curious people were sitting ready for my art presentation. I had really done my best; beautiful images and chosen music to make it into a real experience. I shared first of all my fragile side and everything about how I looked at life. Of course I was extremely nervous! I hardly dared to come onto the stage. And just as if I felt it was going to happen; during the presentation, two people got up and stormed out of the room. My biggest nightmare had become reality and I knew it instantly: this work is not for me.

When the presentation was finished, I received a loud applause. People had been touched: but I could not enjoy myself. I only thought back to the moment when two visitors in the front row had walked out of the room. At that moment I felt as if all the energy had flowed out of me. I was really upset. Happily someone who told me to look at it differently inspired me. He said to me: ‘The 98 other people, who applauded, did not go home and that is lovely. But the two that walked out, they were the one who you touched the most. They will remember this evening for quite some time. And every time that they think back to it, a transforming emotion will be freed from them’.

*Insight: One rejection makes us grow more than 100 compliments.*

## **2.2 Fear of Failure**

Connected to rejection is the fear of failure. I see this often in business types and often in men between the ages of 30 and 40, who have a certain kind of pressure in them that they have to count. Opposite to that is that they often postpone their most important life lessons. Everything is under the sign of being successful and how to enlarge that.

Several billions are earned in serving of people to give them their desires. Think about

the status symbol of an expensive car, a detached house and trinkets like jewelry, technology and gadgets. Also books and workshops about the secret of success sell themselves, because to be seen we have to be the best. Competition overrules our world. We are fed every day how we can become part of the small percentage of people who dictate the terms. The idea that this does not work and that we (so-called) fail is a thought that many of us have difficulty in absorbing.

*Reflection: Do I live from my heart?*

### **2.3 Fear of disease, poverty and getting older**

One of the most well known fears that I come across I call the fear of the ‘downwards spiral’. This is if you actually have everything to be happy, but you are afraid of losing it. Believe me, this occurs in more people than you think. From the outside everything looks perfect, but in the inside there is fear. I have had a number of clients who were afraid of getting ill, a crisis, going bust or physical decline. They actually come to see me for a check: Is everything OK with me?’

Fear of illness is a big theme here. This occurs in people who are used to doing far too much and feeling over responsible for their surroundings. Especially if you don’t think there is a net to catch you and suddenly you’re standing alone for everything, and then the idea of suddenly becoming sick or over strained and stuck at home can really make you worry. This way of negative thinking costs you energy. It keeps you imprisoned in a sphere of negativity.

Fear of poverty can also be really awful. This is just a bit different than a feeling of fear. If you are afraid of poverty, then you have a real fear of shortage. You get lost in a world, which you think that everything you own can be taken from you. Perhaps you were once teased, humiliated or had to live on the street, or you have seen that in your parents, or friends. It can also be that you allow this scene to come in through a story or by overruling opinions. It is a real fear, which is fed totally by a lack of self-esteem.

Getting old can also be a fear. It all amounts to the same (fear of losing control over the present situation), in which you are sensitive to impulses from your surroundings. Not wanting to miss anything, being everywhere and absolutely not having to take a step backwards. Self-reflection is very difficult when you are confronted by this fear, because you are in denial. You refuse to begin the next phase of your life.

*Trigger: Can I really not let go of anything and have I made myself irreplaceable?*

## 2.4 Fear to Live

A fear that I encounter more often in these times is the fear to live. Then I mean: that you do not dare to connect with the world and materials. You live in a sort of bubble in which you actually do not touch the ground. Earthy reality is strange to you. It feels as if you have landed on the wrong planet.

What is attached to this fear is a really deep solitude. You don't make many connections and prefer to live safely in your own cocoon. Eventually it leads to the point where you ask yourself in how far life has any meaning for you. People, who have a feeling of depression, can be very dramatic and destructive. They shut off their surroundings, isolate themselves from society. You cannot reach them because they are emotionally disconnected.

Depression is a theme at the moment. The World Health Organization (WHO) announced in 2017 that on a worldwide scale, more than 300 million people live with depression. That is one out of 24 people who are not emotionally healthy. The expectation is that between now and 12 years, depression is the biggest disease. It shows me that there is a huge need for leadership on a spiritual level and that we need to reposition our thoughts from rational to emotional processes. What makes you happy? Where do you get energy from? What is your unique contribution to this world? These are questions, in the next few years, which will sink down in to the mass consciousness. The question

is if we are prepared to go to work on this and give up the role of being a victim that we with conscious awareness take up our place in this world.

*Reflection: When was I last touched in love and joy?*

## 2.5 Traumas

If you have witnessed something that had a huge impact on you, this leaves a scar. A huge blockage in your energy channels has occurred, that starts up programs, which can make you depressed or even paranoia. A trauma is connected with a certain happening, in which you are reminded of the moment when something happened or was done to you. Think about an accident, abuse or rape of a situation in which you were threatened or manipulated.

Traumas are really sensitive and need special attention. Someone has to start talking about it themselves to bring the pain points to the surface. Fanatically talking to someone or trying to pull someone through this can be really bad. If I pick up a trauma in a session, I am extremely careful. I just show the next step, which can be taken in order to bring movement into the process. We cross the street together, hand in hand, instead of me screaming from the other side.

There are also other traumas, which are more difficult to define, for example negative memories from past lives. Perhaps you find this rather vague but I can tell you: it really happens. People who have strange dreams or see strange images of war for example. These are memories that have not detached themselves from the soul. That is why people are 'energetically stuck' far away in the past.

*Insight: A trauma needs to be treated with lots of love, understanding and tenderness.*

## 2.6 Mass Hysteria

The final fear in this section is at a social level: mass hysteria. This happens when people are dragged into negative situations or conceptions. We see that people massively live in fear. This happens when for example the media speculates over a possible disaster or crisis. People become obsessed with the fearful idea that they will become a victim and the threat of doom and gloom temporarily becomes their filter. It can influence all their choices, which means they are no longer free and constantly live in a state of fear and readiness.

A great example of this is the 2012 Mayan prophecy. Even I have been busy with this, because I felt and believed that it was an important turning point in our evolution. The prophecy was that 21st December 2012 would be ‘the end of time’ and those who paid attention to that knew that this was about the energy on Earth and our position in relation to the planets and stars. The mass translated it completely differently. People talked about ‘the end of the world’, just as if we were all heading towards an apocalyptic happening. I read the strangest stories about people building bunkers, stockpiling food for years and just before the 21st December leaving the cities. Blinded by fear they were pulled along in the mass hysteria. I am curious to know if they did more research about this theme after the event.

*Trigger: If the majority claims something, do I accept that as the truth?*

## 2.7 Awareness as a remedy against fear

Nothing is so powerful or clarifying as reminding yourself why you are here. Call it your passion, your purpose, your life purpose, your soul path ... whatever name you give it; it all comes down to the realization that you are here on Earth to do something. You are not a robot with a task. You are person with a calling.

Awareness is the very best remedy for fear. It eliminates doom thinking and hanging around in the role of the victim. With huge passion, I spend a lot of my time by awakening the same passion in people. I find it totally unimportant if others understand me or not. It is much more rewarding is that I am able to turn them 'ON' in another way. Then you see something change in their energy field. A power is released. The dullness goes away in their eyes. Something emerges, a soul that wants to live, experience, discover, and play. Nothing more stands in the way of people to do what he or she has come here to do, even if at first, it is not exactly clear what.

*Insight: Awareness is the magic against fear. It makes me strong and free from worries.*

### **3. STRESS: HAVING TO COMPLY TO SOMETHING**

If, for example, you consider this to be the most interesting chapter, then you are definitely not alone. Stress is really something in our time. We live in a digital time frame, where Internet and technology, have definitely increased in our daily lives. Everything is 'on demand' and easily obtained. As a consumer, we hardly need to go out anymore, because you can organize everything online. And therefore there is a much higher expectation pattern than say compared to people fifty years ago. We want a reaction NOW, not tomorrow. We want a result NOW, not in a month's time. Today's news is over the next day and the time literally flies by. In this intense and speedy existence, we are only given one choice: take part or let go.

The stress that occurs when people expect a lot from one another, or do not give one another any space, leads to irritation, anger and exhaustion. I came across this problem in my own sessions over the past few years: people are either hyper or burnt out. Regularly people dump a huge amount of 'mud' all over me, with stories full of judgment, reproach, and then they feel a bit better and relieved. I have hardly said a word. Strange isn't it?

#### **3.1 What energetic stress does to you**

Where fear creates blockages, stress has a different effect. It pursues us and makes us irritable. Because of the tension, the body has a chemical reaction and this has an effect on your focus and presentation capacity. When this continues for a long time and there is no release, then the energy cannot break free. You more or less blow yourself up, like a balloon, which is about to burst.

The emotional opposite of stress is irritation. When you are put emotionally under pressure and then energy is not released, then everything in your surroundings begins to irritate you. You do not have any empathy anymore. Everyone can be a 'red rag' in front of your eyes. And because we often restrain ourselves, we change more or less into a

walking time bomb. The very first person that knows how to press the right button is confronted with an explosion.

It is also possible that the energy is pushed within. This makes you tired and weary. This usually happens with people who are used to hiding their feelings. The stress shoots into the body, which can result in bad complaints. The majority of signs are neck, back and shoulder problems. Also headaches, panic attacks, rashes and hyperventilation can also occur.

There are several forms of stress that you cannot distinguish. In all forms energetic tension is built up, but there are however, different reasons in the process.

*Reflection: How often am I irritated by my surroundings?*

### **3.2 Work Stress**

Stress which is work related, is because of expectation patterns. You are constantly in a loop of promise, presenting, delivering. When promises are made, often too fast and too often, you get into problems.

I often have problems with this myself. Over time I have learnt not to start more than one project at a time, and only to begin with something new when I have finished the previous project. The difficulty in this is, that you have to resist the temptation to pick up other things in between, which is also nice, educational or fun. The alternative is that you may earn more or perform more, but you also have to conform to more expectations. And the more that is expected from you, the bigger the stress.

Work stress builds itself up in phases. It is mainly in the neck, back and shoulders. Headaches happen often (your brain cannot take the pressure anymore). Under extreme work pressure, panic attacks and hyperventilation can occur. Immediately clearing your diary is not a guaranteed solution. You also have to look critically at yourself why you

give yourself so much to do. Each deadline is actually a promise that you make with yourself. How ever much influence others have, you are the one who finally decides.

*Reflection: Should I say 'no' more often?*

### 3.3 Choice Stress

Another form of stress is the inability to choose. I often pick this up with people who are not grounded. They want to grow but have difficulties on making definite choices. They always want to keep back doors open.

When too many opportunities are offered, then they get stuck. A sort of cramped need occurs (from the ratio) to weigh matters against one another, when in fact actually the pressure only increases. The silly thing is that the best choice is in fact always the obvious one. More often than not, the gut feeling is usually the right one. It is the responsibility of the choice that people cannot deal with. The idea that you cannot turn back and in that way shut the door to the old trusted reality, people find strange.

Choice stress makes people perfectionistic. It allows us to zoom in on miniscule details that add nothing, just slow down the choice process. I have to think back to the time that I was thinking about beginning for myself, but did not dare to make the move. I studied everything that I could find to prepare myself properly, which almost became an obsession. There was constantly something that I needed to learn before I could take the step to become a self-employed businessman. Until suddenly the choice was made for me: the company where I was working decided to close down my department. I was fired and suddenly I had to jump!

One year later I knew it was the best thing that ever could have happened to me. I had never worked with so much passion and creativity since the beginning of my own company.

At a certain moment we all come to stand at a crossroads. The worst thing that can happen is that you do nothing. By postponing the choices, the energy does not flow. It gets stuck in our third chakra (the energy point just above the navel). A blockage at this point creates impatience and has an effect on our stomach and colon. The longer you wait for action, the more tension you build up in this area. Remember: the frustration of remaining in the waiting room, costs you much more energy than the step towards the next station!

*Trigger: Why am I standing where I am?*

### **3.4 Financial Stress**

Struggling with financial problems is stress that builds up in the base chakra. It affects the basis; your connection with the earth. This makes you a victim of shortfall, makes you desperate. You don't earn enough to live the life that you want, which means that you are prepared to do anything to earn more money.

Financial stress is not necessarily coupled on the level of your income. It can also be that you already have more than enough to live on, but from your personal beliefs, think that it is not enough. This frustration lays a filter of your reality: you are lacking something. It brings your self-esteem downwards, which makes you less critical about how you get your money. Also your creativity becomes less and you have problems with trust. Asking for help is difficult for you.

*Trigger: What if money was not an issue for me?*

### **3.5 Social Stress**

Social stress often happens when you find yourself in surroundings where you do not feel at home. You are constantly sitting in an adaptation module. It costs a lot of energy

to keep being nice and keeping up appearances. You are acting a role, which eventually does not help anyone.

All sorts of physical complaints can result from social stress. Often this occurs in the heart. (you cannot connect yourself from love) or on the lungs (you choke under the pressure of groups). People can also 'plug into' your energy field and you feel this in the knots in your back.

A strange side effect of social stress is that from one moment to the next (without any reason) you are tired or down. This happens if you are energetically connected to people who, from thought or feelings, are sitting in another frequency. They pull you out of your element (depending on the atmosphere) and down energetically.

I seldom give advice to people to suddenly remove themselves from a social circle. I believe that self-reflection always comes first that that you need to look really well how you manifest yourself within the group. But if I see that someone repeatedly empties themselves on the people who are around them, then a change in surroundings is inevitable. It should not be that you become afraid to connect with others. Then you are definitely not in the right place.

When I used to work in advertising, 'fast guys', smart talkers with an opinionated character constantly surrounded me. As an introvert duffer I did not really fit in, so in order to be able to keep up with the rest, I had to scream out above myself. For many years I shouted from the highest towers and it all worked reasonably well, until the day I literally collapsed in a heap. I could not keep doing as if. The term 'burn-out' was not really known at that time, but I had literally all the symptoms. Even so I still went on, because I was not someone to sit at home – I am from the generation of 'not moaning but working hard'. It took years before I saw that I had chosen for the wrong environment and when I stepped out of the advertising world, I felt enlightenment for the first time.

*Insight: Suddenly feeling down or tired can mean that others have plugged into me.*

### 3.6 Stress from the Past

The final form of stress that I often pick up in people is stress from the past. You are constantly reminded of choices or situations, which you are sorry about. Or you feel guilty about something you have done to someone. The fact that it is still in your system means that you have not closed off the chapter. This feeling gives tension. Energetically you are fastened to a chain that holds you back in the past.

An example is, if you have ended a relationship in the wrong way. You still have something to work out with your ex-partner. Or you regret a fight or a wrongdoing. What I often come across, is sadness that something has not been solved peacefully with someone who has died. You long to go back to a moment when he or she was still here, to make something right or to say something that should have been said. The frustration is that this is no longer possible, there is energetic ballast which presses on your self-confidence and stops you from moving on.

Considering the past purely as a lesson for the future, I think is like a 'saying' that does not really help the majority of people. Letting go of the past is something serious. Do this in a really conscious way, with action or a ritual. I often stop my workshops and presentations to allow people to pick up their phone to forgive people for something. Or I put a box by the door where people can place notes about situations in their past which they want to release. Sometimes we throw the notes into a fire. When you see how people flourish and how their entire energy changes, then this confirms to me how meaningless it is to keep feeling guilty. Somewhere there has to be a point where you consciously decide to sort something out, or to literally break the connection with the past.

*Insight: Guilt is a meaningless emotion and serves no one.*

## **4. RADIATION: ENERGETIC DAMAGE**

It has been proven in nature that every atom and every molecule has its own vibration number. This is based on the number of small particles that are related to one another, so that a molecular structure is formed. In its perfect form the structure is geometrical. This is what Plato said in his times: The whole universe is built up from geometry. We do not only see this all around us. As people, we too have the same profile. Our cells, organs, the measurements of our body; everything is geometrically connected to each other.

Electro-magnetic radiation (EMR) disarrays this geometrical structure. It is made up from frequencies with changing electrical amplitudes. See this as pulses that are used to send digital information extremely quickly from one place to another. The discoveries of EMR have given us, television, mobile phones, cordless internet (WiFi). Every day we use this a lot, but the question is, at what price?

### **4.1 The effects of electromagnetical radiation**

When we make contact with our telephones or tablets with Internet, then our apparatus has become a source of radiation. We hold these sources of radiation on our laps (laptop/tablet) or against our heads (telephones). It is already clear that this is unnatural and science has already shown that EMR has negative effects on our cell mitosis. Because of said radiation we subject ourselves to a higher risk of cancer, brain damage and infertility.

It is also known that the brain of a newborn child, and small children in general, much more sensitive is to EMR than the adult brain. In children not only in the brain is a huge amount of cell mitosis, but also nerves migrate to their eventual place. A lot of connections still have to take place, a process, which can be disturbed by EMR. Too much exposure to electromagnetic radiation can make a child grow up with behavioral problems like ADHD and dyslexia.

What the effects of EMR will be in our generation in say 20-30 years from now, I do not know, but I fully expect that we will not be pleased about it. Amongst other things I am very disturbed by how we have become so dependent on digital communication and in every house, office and restaurant, there HAS to be WiFi. And it has to be even faster and in the meantime we are already busy joining with the 5th generation (5G) network, which means: even more radiation.

*Reflection: How often do I use mobile internet?*

## **4.2 Effects of the Energy Field**

Next to the physical impact, we must also not forget that EMR has an effect in our energy field in the first place. It reduces our energetic defenses and makes us emotional, tired and restless. Because of this we have weaker boundaries, less concentration and we are much more sensitive for fear and negativity. The worst thing is that here, we have little recognition for this in trade and industry, even though we are expected to perform every day of the week for 100%. People who complain about the effects of a send mast, should in my opinion, be taken more seriously. Their problem is not an excuse for not doing anything. They are actually bothered by this radiation and they can be less able to concentrate properly.

It is difficult to continue to see the difference when you all are in the same field of radiation. I know, because I have felt the difference. For the past number of years I have been to Siberia each summer, where I went into the most isolated areas on horseback. In the mountainous region of Altai – also known as the Russian Tibet – and I was surrounded by beautiful un-spoilt nature. It is an area completely free from radiation (and you feel it). After a couple of days you feel how the nature heals you and elevates you, something we no longer experience as strongly in the suburban areas.

In Siberia I felt big, like a sort of spiritual god. There was no noise anymore. Everything around me was clear. I felt totally relaxed and as light as a feather. Even the heavy phys-

ical journey did not make me tired. Back in the normal world this feeling disappeared again. At Moscow airport I collapsed into a heap, felt my energy shrink and felt smaller. And I felt unsafe. With the first phone call with my mobile, I felt as if a hundred pins were pricking in my head. I immediately got a headache and had difficulty concentrating on the conversation. Even my fellow travelers experienced the same setback, just as if we had agreed with one another to feel down in a certain place.

*Reflection: How often do I expose myself to radiation?*

### **4.3 Warning Signals**

Some time ago I spoke to someone who was worried about a 5G mast being placed on the roof of the building where his company is situated. The idea that he would have to work every day in a radiation zone, made him feel uneasy. I could only agree with him. The planned transition to 5G is only and purely meant to respond to customer's wishes. It earns a lot of money for big companies. Network providers and the makers of cordless apparatus can keep going for years to come. And even though we still do not have any answers about how big the damaging effects are of EMR and how we can reduce it.

There are a number of signals that warn you against the effects of radiation. The most obvious is difficulty in concentration. If you have this every day, not just for a while, but also for several hours after one another, then you have to be alert. Migraine, nausea, chronic tiredness and an uncomfortable pain in your muscles and joints are also warning signals.

Of course, in this book I cannot go around cancer. We are actually talking about radiation and the negative effect on our cell division. Cancer is a sensitive subject and I prefer not to make any conclusions. At this moment a lot of research is underway about EMR and in how much this affects our health, from microwaves to send masts. Scientists are continually in discussion with one another and I do not feel called to join in with the battle of 'who is right'. But I will throw out the question; if we really need to strive for

a higher up- and download speed, when from the opposite side we know so little about cancer and how to cure it. It feels a little bit like if we would like to fly in an ultramodern airplane without fully knowing how the laws of nature work.

*A good test to see if you are suffering from the results of EMR, is to compare it to a hangover. If you have ever had one, then you know what the symptoms are. Think about a heavy head, feeling sick, a weak and burnt out body. Your movements are slow and somewhat painful. Actually you would prefer to spend the whole day in bed. If you have this a lot (when you have not drunk anything of course), then you should immediately go to the beach or a forest area to experience if the feeling immediately changes.*

*Trigger: Do I think that the internet is more important than my health?*

#### **4.4 Remedy for the Future**

For more than two years I have been thinking about the idea of doing something about radiation. I have fantasized about my contribution to a healthier living and work situation and what that would look like. From my experience with geometry (my art is built up from this) I know how positively we react to geometric forms and patterns. It activates the power in us because, what is out of balance, is energetically healed.

The funny thing was that I had my vision in Altai, far away from areas of radiation in the populated world. It was there that I saw what I can contribute to, not only my own energetic health, but also that of others. At the same time I also saw that I had to let go of my own aversion to EMR to come to something more valuable. I did not have to look at it as something that I had to fight against, but more as a way to reach what I wanted.

WiFi is nothing more than an energetic network. Energy fields that are connected with one another through frequencies. It is as simple as that. The radiation that is released is

in my opinion not the problem. It is the energy that is attached to it which determines if you become ill with it or not. Compare it with radio senders: in principle they do not form any threat. It is what you get to hear from these senders, that has an influence on you. Is the source pointed to love, connection, harmony...? or is the source connected to money, influence, domination...?

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The question, which we have to ask ourselves, is: which frequencies do we give to one another? A frequency, which heals or a frequency, which separates? This question has motivated me to develop a number of products in which you use the WiFi network to spread positive energy. In fact, you do two things: neutralize the destructive energy in your home and add positive frequencies. These conform to geometric values, so that they are inspiring and healing.

Ask yourself the following: the radiation, which you expose yourself to every day, breaks nothing down, but actually feeds it. It is an accelerator for your mental and physical growth. You use it for more focus, self-confidence, and self-love. In a field of light you are elevated, just like in nature. Positive super radiation, we shall say. It could quite possibly be a remedy for the future.

*Reflection: which energy would I like to have all around me every day?*

## 5.SLEEPING: PARTLY HERE, PARTLY THERE

The bridge between electromagnetic radiation and sleeping is obvious. Those who for example have a waterbed or an electric blanket, expose themselves to radiation, because both products are connected to the electrical circuit. But also spring and pocket mattresses hold magnetic fields too. This is because the springs are made from iron, and this works like an antenna. They conduct the electromagnetic radiation, which is present in your bedroom.

A good night's sleep is essential for energetic fitness, even though I feel obliged to tell you that this is not one of my specialties. I therefore do not give any of my client's advice about sleep. But I do talk about the spiritual side of the story and habits, which influence your sleep both positively and negatively. Think about sports, reading, meditation, a smart phone beside your bed or watching television before you go to sleep.

*For those of you who would like advice about sleeping problems, as well as information about beds, mattresses and sleeping pills? Then I advise you to have a look at [mattress.info](http://mattress.info). The owner – Chris Nederhorst – is well known to me and his vision about sleeping and how we can best re-charge ourselves during the night, forms in all areas a contribution to what I am sharing with you in this book.*

### 5.1 Astral Traveling

Sleeping is much more than just allowing our body to rest. It is a temporary disconnection of mind and body. The majority of nerve functions are closed down so that you don't feel anything. When someone falls asleep, you recognise this process with the small shock movements. The soul slowly becomes loss from the earthly and moves away from the body. She makes the transition to another dimension, which in spirituality is called 'astral traveling'. Or as I prefer to call it: the soul may go home for a while.

Astral traveling is what happens when we dream. Then we can see all sorts of things.

We may be able to see real life situations, or completely abstract images. We can dream about ourselves, our family and friends and even people who have died. Even contact with an angel or a guide can be a part of these scenes. If something in 3D has made an impression on us, then the soul may want to re-live it and adjust the experience to understand it better. It can also be possible that the journey leads you to a temple of wisdom, where you may be offered a very useful piece of knowledge.

*Did you know that Einstein's greatest theory was based on a dream? Einstein dreamt that he slipped down a steep mountain, and then so fast that he almost reached the speed of light. At that moment he saw how the stars all around him had changed – they were in a different relationship than he was. This gave Einstein the idea for his theory of relativity, which is considered to be one of the most important contributions to science ever.*

Often we forget our dreams. We come back into our bodies and only remember the things at the moment just before we fell asleep. For all the times that we do wake up with a memory, we should really have a notebook next to our bed. With me one of my first pieces of artwork came from a dream. Whilst I was dreaming, images presented themselves to me. When I woke up I still saw them. Usually I get behind my computer to reproduce them. Then I was sometimes here and sometimes there. It was just as if I was not completely back in my body. I was in a sort of trance: in two worlds at the same time. And by taking these dream images seriously, everything changed. It was a decision making phase in my life.

*Insight: Dreams can contain information that give me my life.*

## **5.2 Absorbing impressions**

A good night's sleep is important for absorbing impressions, and definitely in phases when we learn or experience new things, we have to keep thinking about them in our sleep. It is my experience, a misinterpretation that the amount of sleep determines how

fit you are. A connection should be made much earlier between the amount of stimulations you receive and your ability to be able to come into a deep sleep (or meditation).

A lot of people are not well rested because they wake up regularly in the night. They are unable to reach a deeper sleeping level (in which they step out of their consciousness) and then the physical body does not get enough opportunity to file away the information received during the day. In this way, certain memories hang around in the energetic body. If this happens often, then there is a sort of mist all around you (you cannot focus). You feel just as if you are a zombie, as if you are not really living.

People, who are easily able to surrender to the unknown, in general have no difficulties in going into a deeper sleep. For the control freaks amongst us, that is difficult. They can stay awake all night, tossing and turning and staring at the clock. Often the first thing they use is a sleeping pill, to be able to sleep. Personally I find this strange: that you can trust a chemical substance to turn off your bodily functions, even though everyone knows you can become addicted to them. Sleeping pills do not help at all to be energetically fit. You may think that you are coming to terms with your sleeping rhythms but at the same time you are losing control over your body.

Meditation is a much better solution – on Google, people are searching a lot for ‘sleep meditations’. That helps you to relax just before bedtime, even though I would begin myself by restricting the number of impressions during the day and here and there give away more control. Just as you manifest yourself in this world, your soul takes on the same habit in the astral. Releasing here is at the same time releasing there. It is a question of bringing the scales into balance. Finally you are in your sleep ‘partly here, partly there’.

*Trigger: If I can surrender to the unknown effects of sleeping pills, then why not sleep?*

### 5.3 Waking up incorrectly

Do you know that awful feeling when you wake up and almost cannot get out of bed? Just as if the entire night has not given you anything. Even after 8 or 9 hours of sleep I can still have this feeling. I have often asked myself why this is. I have experienced the same in a deep meditation: that suddenly from a beautiful floating feeling you have to make a hard landing. What happens to you at that moment?

Sometimes we all get up in the wrong way. You are actually awake, your senses work, but one part of you is still in a dream state. You are so called not completely back from your journey. When you are sitting in another world, you are energetically ‘bigger’ than your body. Your consciousness swells up. It becomes detached from the physical body to which it is attached. Look at it like the genie from Aladdin’s lamp: once you are out, then the mind comes into its form.

Now there is something in your bedroom – the alarm goes off – and the genie has to hurry back into the bottle. Sometimes it is easier than others. The most ideal is when you are in the ‘descending phase’ of your flight. You slowly come back into your body. Tiny shock movements show you when you get used to your normal form again and regain the control over your nervous system. You perhaps need a little bit more time to regain yourself, but that does not take long.

How different can that be if you are still far away, in your deep sleep, and you wake up in a start! Your mind is still in a trance. Your body is hardly activated. You feel heavy, tired, irritable. Each noise sound feels like a prick in your brain. This is absolutely the worst way to wake up. You can literally take hours to ‘re-charge’ and in the meantime tiny nerve impulses and shock movements and all of that on an energetic level, everything happens to push “the Aladdin’s genie back into the lamp’. If only you had got up earlier or a half hour later (every natural sleep cycle is about an hour and a half).

*Reflection” How often do I wake up tired and irritable?*

## 5.4 Lack of Sleep

Lack of sleep does different things to us. First of all we all have a shorter fuse. This makes us defensive and we shut ourselves off for our surroundings. We are even tempted to complain quicker and take everything out of content. The sharpness has gone. We miss the ability to decipher the real from the unreal. Add to that physical and mental weakness and you have the perfect cocktail for a really bad day!

On the other hand there are also people who are still fit and productive with very little sleep. Even with only a few hours every night, they can do their work without problems. You could say that biologically they are composed differently or in a smart way use their lack of sleep by taking better care of themselves. Where is the difference now? And how much sleep do we need on average to not collapse during the day?

Whether the sleep advice says that you need at least 8 hours a night, or four stages of 1.5 hours, or varied a couple of hours and then a powernap, it does not matter. Our need for sleep is that great as the soul longs to go home. If you prefer to be here, because you feel that you have something important to do, and every day you are satisfied with what you are doing, then you probably need less sleep. If you do not feel at home in this world, or you miss passion or a goal to live for, then you will prefer not to be here. You long for the subconscious from 'the other side' where you can re-charge and you don't have to deal with the earthly reality.

In my life I had stood on both side of the scales. There were times when I was always tired and could hardly get up out of bed. Every day I wandered around like a zombie at home, hardly going out, without any idea why I actually existed. These were the times that I thought that I was happy with lovely things and a top job, but what I missed was awareness.

These days I get up with the feeling that I have little time to lose. I want to get the most out of my day, which means that sometimes I work on until deep in the night without the

feeling that I am actually working. I live on passion, fire and desire. Especially in the sessions that I give people, I re-charge whilst I am actually busy. Then the energy flows through me. Also at other moments, at the office, I am motivated. I feel why I am doing what I do. I am not worrying about whether I am getting enough sleep or not. I only stop and think whether I am in the proper flow or not.

*Did you know that Leonardo di Vinci only slept for an hour and half every day?  
With little 'powernaps' he won at least 20 more productive years at the age of 67.  
People are still suprised how he actually managed it. Maybe he knew how you  
can energetically re-charge whilst you are busy?*

*Insight: The need for sleep is as big as my soul longs to go home.*

## **5.5 A lovely journey**

Is sleeping a problem for you? They try and experience it as a journey. Just as if you are going on holiday by plane. There are a number of phases where you go through during your journey. You have the preparation, the departure, the long flight (sometimes with a bit of turbulence) and finally the landing and the arrival at your destination.

If you are going to make this comparison (you are going on a journey) isn't it a good idea to:

- Check in on time? – close off the day and go to bed on time
- Hand in your luggage? – Leave your laptop, mobile and magazines downstairs
- Sit still in your chair? - Go and lie down in bed and do not get up again.
- Slowly take off? – Follow your breathing. Relax your muscles, close your eyes.
- Enjoy the flight? – Make sleeping a ritual with music, perfume or meditation.
- Making a good landing? – Wake up gently, Do not get up too quickly. Give your soul time to ground.
- After the landing, walking slowly to the gate? – Don't begin your day with too much haste.
- Arrive relaxed at your destination? – Take the energy with you to school or work.

## 6. STRANGE PAIN AND PROBLEMS

In the previous four chapters I have talked about energetic pressure (fear, stress, radiation and sleeping problems). In this chapter I am going to give you a summary of the most common complaints in my sessions, which show energy blockages. They are physical discomfort, which you do not necessarily go and see the doctor about, but have influence on how you feel and how you behave.

### Heart Palpitations

Built up emotions. You do not feel free to share your feelings.

### Coughing Attacks

Blockage in the throat chakra, which stops you from being able to speak your truth.

### Migraine attacks

Destructive energy waves that push themselves into your energy field. This can be radiation, but also impure intentions from others. Usually there is manipulation in the game (the beginning of a way of behavior or addiction).

### Tightness in the Chest

Lack of energy, which makes your breathing increase suddenly. You have urgent need of more joy and freedom of movement. You do not dare to take responsibility for your choices.

### Cramp in arm and leg muscles

Not finding any flow in the daily dealings to your dreams and desires. You block in your intentions, giving them 'hands and feet', so that the energy channels literally become silted up in strange places.

### Knots in your back

This shows 'hooks' in your energy field from people who have made themselves dependent on you or vice versa: you try and make yourself dependent towards the other. An energetic line keeps you telepathically connected. When your feelings and thoughts no longer resonate with one another, you feel cramp or sudden pain and can suddenly become extremely tired.

### Heavy Dizziness

Negative energy forms or 'lifters' in your energy field (entities that have hung on to you).

### Warmth alongside your body

Contact with a positive, feeding energy form (a guide of a loved one who has passed on).

### A strange gut feeling

A warning signal that you should take care. There is something not quite right in your surroundings, where you run the risk of being injured.

### Pain in the base of your spine

Belief that you always have shortfall. This often leads to financial stress/problems.

### Compulsive Neurosis

You are over stimulated. The mind wants to take control of reality and searches for lots of little things to do to remain in contact with the material world.

### Cold Feet

Relates to bad grounding. You are afraid to make contact with the earthly.

### Itchy or little bits of skin on your hands

You are attracting abundance. There is money on its way!

#### Noises in the ears

A soul in another world wants to make contact with you.

#### Having to yawn a lot

Poulted energy/emotions are being released.

#### Ezcema or skin problems

A sign of weak limitations. The outside world has a lot of influence on you. Especially people with large persuasiveness are easily able to enter your energy field.

#### Loss of Hair

You have difficulties in dealing with the past. Negative memories hang around in your energy field, so that you remain in the role of a victim.

#### Problems with your Knees

You are stuck in the earth. This shows the fear to move freely. From inside you are plagued with the feeling of living in a harness.

#### Hallucinating/Daydreaming

A sign of spiritual growth. You are activated more and more as a channel

#### Warm or tingling hands

You react to energetic blockages from others. By placing your hands, you can give them energy on to them.

## 7. SELF HEALING

At the end of the book I want to inspire you, from the bottom of my heart, to the thought that you can heal everything in yourself. If you are suffering from fear, stress, sleeping problems or physical complaints, you would not be confronted with them if there wasn't also a method to heal them.

We are not as restricted as we think. Certainly in a time when we are all becoming more aware sensitively, then 'inexplicable healings' will occur more often. I am convinced of that. Even stronger: I am a part of this myself. In my mission to help as many people as possible to come into their own power, I have seen many magical things happen along the way. And we all have that within to become energetically 'in shape', no matter what is wrong with us, I don't doubt that at all.

Sometimes when I look people in the eyes, I see myself in a mirror. Then I say something when I often think later: 'Goodness, someone could have said that to me too'. In this way I learn from my clients about myself. I see processes that I live through myself, but the only difference is that I have made it my work, to unravel these processes from the deepest source. I am always busy with the question: 'Why does this person have to encounter this?' And the answer is almost always the same: there is always a turning point in self-healing.

### 7.1 Energy follows thought

For those of us who have been wandering around in the world of spirituality, we always come across this sentence. 'Energy follows thought'. What we think, sooner or later becomes reality. This is just not any other theory. This is a universal law (The Law of Attraction) and it applies to all of us.

By being aware of what energy you transmit, you get a better understanding of the people and the situations, which resonate with you. Your words, intentions and thoughts:

they all have influence on what you attract. Think big and you get the biggest experiences and difficulties. Think small and you come across all sorts of obstacles. Think in abundance and you will be offered endless choices. In training your power of thought, lies the key to freedom. It is purely a question of repeating and trusting.

When I am able to touch people in my sessions, at the end I always give them something. Usually it is a card or an affirmation. This is their anchor point. They can use it at home to go back to the feeling that they were left with after the session and it reminds them what they really want. Being repetitive enlarges their power of attraction. Synchronicity follows automatically: magical happenings that confirm your thoughts.

*Insight: The key to my freedom lies in the transmission of my thoughts*

## **7.2 Visualization for Self-healing**

In the past I have often recorded meditations that help with processes of awareness. There were some meditations especially directly to self-healing. I have used the following visualization a lot and you can try it yourself, when you want to meditate.

### **PART ONE**

You find yourself in a white space. In the middle of the space there is a chair. Gently take a seat and follow your breathing. Breathe through the nose and out through the mouth. Each time that you breathe in (do this slowly) imagine that there is a golden light from the cosmos flowing into the crown (crown chakra). It fills your head, your neck and shoulders and spreads further to your chest, arms and hands. When you breathe out, the light flows downwards. It goes through your belly, buttocks, and legs and eventually flows out into the ground through your feet.

With the following breath the golden light comes from the ground. Through your feet it moves upwards to your legs, buttocks and belly. When you breathe out, the light goes

through your chest, arms, neck and shoulders. It fills your head and leaves your body through the crown.

{Repeat this four or five times}

#### PART TWO

After a while the golden light changes to a beautiful cobalt blue. It flows faster. You feel how the light, takes away the tension in your body.

#### PART THREE

Visualize that you now raise your right hand. Physically you do nothing. You only lift your energetic hand. Then place it back gently. Now do the same with your left hand. Visualize that your entire body begins to move. Physically you are still sitting in the same way: you only move your energetic body to and fro.

When you feel comfortable doing this, then in your mind, stand up. Feel how you leave your physical body. Turn around and look at yourself. Observe your beautiful body: your bridge between the earthly and astral worlds.

Visualize that you raise your hands up into the air. Stretch your arms completely. Pull on the golden light from the cosmos and collect it in your hands. Then stretch out your hands towards your physical body and place them on places where you feel that there is a blockage. Allow the energy to come free from your hands. Feel how the golden light heals your physical body.

#### PART FOUR

When you are ready, turn around again. Sit gently back down in your chair. You become one again with your physical body. Keep breathing gently, deep and slowly and visualize how the blue light passes through your body. It slowly changes into golden light.

Finally take a really deep breathe and exhale everything slowly. Open your eyes and

come slowly back. Stretch yourself fully to re-ground and close off the meditation by drinking some water.

### 7.3 Tools and Tips to remain Energetically Fit

When you have reached this point, then you are probably prepared to bring everything you have read into practice. Therefore I will give you a summary of a number of tools that I have developed to help you keep energetically fit.

#### Energy sprays and oils

Especially for highly sensitive people I set up a special line of aromas, with sprays and oils, which have a protecting and cleansing effect. There are different frequencies, like Focus, Protection and Self-Love. The aromas activate these frequencies in your energy field, and they make you feel different right away. Daily use helps you to go through a healing process even more quickly.

*Tip: The frequency Protection works well if you have weak boundaries.*

#### Transmitter device tag

A sticker that protects you from the harmful effects of mobile telephones and other cordless technology. It contains a geometric code that neutralizes electromagnetic radiation. The apparatus continues to work normally, only without a negative effect on your health.

*Tip: Place the sticker on your router, so that the internet in your home does not have a negative radiation.*

#### Body Activation Tattoo

A tattoo, which increases the frequency in your body. The unique, geometrical design brings a frequency of feeling into the cell memory, so that you obtain an active attitude and mind-set. The tattoo remains in place for a number of weeks and during that period opens the energy channels in your body, so that eventual polluted and cropped up emo-

tions are removed from your body.

*Tip: Place the tattoo on your left under arm, this will open the energy channels on the side of your feelings. This stimulates you to dream and to desire and allows them to flow into action.*

### Energetically Fit Online

Do the online workshop, in which I will share videos and meditations to work with your energetic resistance. It will not take up a lot of your time and after a few days your energetic level will increase!

## 8. WORD OF THANKS

Thank you that you have taken the time to read this book. I have worked on it with a lot of pleasure and passion and I hope that I have inspired you in every way to look more closely and even more so at the signs in your mind and body. Even if you have remembered one thing from this book that is more than enough for me to know that I have been able to contribute in a small way to your growth.

And so as I said a bit earlier, I could have never have written this book without the huge number of people over the past 15 years, that opened themselves up to me. I would like to thank everyone who, in the past, has taken part in a (private) session with me or a workshop or a retreat. Without your vulnerability and trust in me, I could never have come so far to write 'Energetically Fit'.

Furthermore I would like to thank my fantastic team: Marije, Benjamin and Karin. Also to Jill Kramer, my translator, Your help and inspiration contribute enormously to the mission to put people back in their power all over the world.

Finally I just want to take a moment to think about Uncle Jan Steers, one of the best mediums I have ever known. He passed away in 2012. Uncle Jan was a master in energy and power of thought. I think of him as my most important mentor, from whom I have learnt so much about seeing and healing energetic disease and blockages. He was always there for me and always whenever things were difficult. He was a true and loving friend, I always felt completely at ease with him.

The last words are for you: trust your own truth. Listen to your body and also your feelings. The first step towards being Energetically Fit is that you take yourself seriously. Dare therefore to ask the 'why' question more often, and begin with the most important question to chance your life. 'Why not now?'

From heart to heart,  
Janosh.