



Please watch
the video
before reading
Module Three and Four

Module Three – Having Your Own Back

When I started doing readings, I was only just beginning to move from ongoing self-abuse and neglect, to caring enough about myself to try and stop that pattern. My inner critic wasn't just harsh towards me, but also towards those around me. Besides being critical, it could be suspicious and mean.

However, the moment I tuned into a client for a reading, I would enter a space of unconditional love. This was a place where the mind talk couldn't reach me. I loved that very much, because I didn't want to judge myself or others, but the thoughts arose before I could stop them. It felt like there were two versions of me, and I liked the loving version a lot better than the other one!

It has taken a long time for the two sides to merge. What has helped me was that I stopped being afraid of having these thoughts. I acknowledged that having such negative mind talk meant that I had big fears and doubts: fears of getting hurt and rejected; of not being good enough, and countless others!

These thoughts were like dark clouds chasing me, and I kept running in an attempt to escape them. Once I stopped and turned around to face them, I found that the reason for my running was that I couldn't accept having these thoughts. Once I accepted them, I was able to let go of the fear and the shame I had around them.

Through my sessions I have learned that this acceptance is something people struggle with. Often, they want to overcome the issue, without truly meeting it. This is why I prefer starting a session without knowing my client's specific problems: describing what I see and feel, including the deeper reason why it is there, creates a shift. There is a moment of recognition. Suddenly their issue becomes real. They are not imagining it. The old mind story – at least temporarily – loses its grip.

After a channelled explanation, I normally ask my client if what was said made sense. Most of the time, I don't even finish the sentence, before

the client asks “Yes, but how can I overcome this?” I understand the unease that people experience, but in between recognizing the issue and finding the solution, there has to be the acceptance of it being there. That is an essential part of the solution.

Trust me on that one.

Our struggle to accept our issues as adults often stem from the society we grew up in, where one size is supposed to fit all. It starts as soon as we are born. When babies don’t develop according to the standard milestones, the parents worry. The educational system is much the same. By the time we are adults, our inner voice has been formed by external expectations, especially those we failed to meet.

When a child is unable to button up their own shirt yet, we (hopefully) do not tell them that they should be able to do that by now. We don’t judge the child, instead we reassure them that they are just not ready, but that it will happen.

In the same way, we adults have matters we haven’t mastered yet. You might argue that it is different for a child; that as adults, we should be able to master the art of living life, but life is a growth process for all of us. If we have difficulties, it is because we haven’t mastered a particular skill in the school of life yet.

With self-love and self-acceptance, it is possible to let go of the illusion that we should have graduated by now. If you are still unable to stand up to your manager, or to ask for that money back, or to stop smoking, it is because up until now, you weren’t ready.

We can only work with ourselves from where we are now, and the key to moving forward is in the acceptance of that. People often panic with this idea, because they think that once they accept their current situation, they will get stuck, and they will never quit smoking or leave their loveless marriage. But that’s not true. As long as the desire for change is genuine, the journey continues. Only this time with the

guidance of our inner wisdom, which gives us a far greater chance of lasting transformation.

If you can truly accept that you can't - for example - leave the job you hate today, something within you will begin to settle. This will create some space, and in that inner stillness, your intuition becomes easier to hear. Being calm makes it easier to follow your intuition.

How to achieve this state?

With self-love, mountains of it!

I encourage clients to imagine that they have a twin, who is the person they love most in this world. This twin is unable to make any decisions for themselves, and they are also incapable of expressing their needs and desires. I ask my clients "Knowing that your twin completely depends on you, would you not watch them closely? To try to understand exactly what they need, and what is to their highest good, in every situation? Would you not make sure that you had their back?"

"You would, wouldn't you? So why not do it for yourself?"

You are the most important project you will have in this life. And for those parents who say that their children are more important than they are: we teach by example. And what better example is there than to live the best version of yourself through self-love and self-acceptance?

Accepting where I am at, has – generally - been easy for me for a long time now. This has two reasons, firstly, when I started my channeling journey, I had about a thousand questions about myself, my life and my circumstances. When I did my bit of "Yes, but how do I resolve this?", the channel told me that the moment we become aware of the issue, it is already 50% resolved. This deeply resonated with me, because once you recognize it, you are not fully immersed in the issue anymore.

For example, the reason why my mother taught me to 'soldier on', was because as a young woman, she lived in Amsterdam through five years of occupation during World War Two. What she learned in those years was to suppress her feelings and to keep going. That was her coping mechanism. As she loved us, that is what she passed on. I became an expert! This caused me to become ill fourteen years ago, and still today, when I push through something instead of allowing, I have a relapse.

However, I am writing about it. This means that I am aware of it and that I have accepted that this is how it is, for now. Consequently, I will overcome it. My problem was not that I kept pushing instead of allowing, but that I couldn't see that I was doing it. My mother only allowed us to stay home ill when we were practically without a pulse. Not before. That was the norm. I knew that I wanted it different for my son, but it didn't occur to me that I needed to do it differently for me. Now I do.

The second reason why acceptance is relatively easy for me, is seeing firsthand how much my clients struggle with this. I do tell everybody about the 50%, but it doesn't always help. In over twenty years, I have never felt judgment about people having a certain issue, but I have seen many people judging themselves. It hurts me to see people at unease with themselves, and it has encouraged me to accept where I am at.

Exercise!

If what our intuition tells us makes us feel uncomfortable, it is often because we don't know what to do with the knowledge. But what if we would love and support ourselves enough to be okay with the not knowing?

What if we acknowledge both what our heart tells us, and our reaction to it?

To stick with the exercise in module two, it would look like this:

I know I long for another dog, and I don't have the courage to tell my family

I want to be free to choose to study, and I'm afraid to lose my fiancée

I know I want to move to the country, and I need my current financial security

When you see it this way, you have two separate truths instead of one situation that you can't resolve. This opens up the space to find what is behind what the heart feels and what the brain tells you.

You might discover that your heart is longing for another dog, but, as a family, this time to travel together is essential to restore the family dynamics. In this case, the need for healing within the family overrules the heart-call of wanting a dog.

Understanding this gives you inner peace.

Or, your brain is longing to study again, and your rational thinking is focused on creating good career options. Your heart wants to keep your fiancée happy by doing what he wants.

You conclude that you are not ready to commit to buying a house together. Deep down you find your fiancée somewhat overpowering. You need time to sort it out, first with yourself, then with them.

From here you will explore how to share some of your feelings with your fiancée.

Your heart yearns to move out of the city, to buy a piece of land, grow your own veggies, plant fruit trees, and keep chickens. Your brain and intuition are trying to show you that currently, you are not ready to take the required steps. To create the necessary financial security, you would need to take a lower position in the company you work for, so you can work remotely. You are nowhere near ready to do that.

Even though it saddens you, the reality – for now – is that you cannot make yourself give up your current position as a manager: you worked so very hard to get there! Until something changes, it will be better to stay where you are, and to find yourself an allotment nearby. (To be continued in module four)

Can you see what a difference this makes? Looking at a situation objectively, which happens when you lose your fear, brings insights. Acceptance of the current situation enables you to create small steps in the right direction.

What surprises me, is how harshly wrong people can be about themselves. Mind you, it happens to me too, but it is more noticeable with others.

For example, people often say things like, “I know I should have done this ages ago, but.....” yet to me, that doesn’t sound right at all. When we explore it together, they come to see that until then, they weren’t in the right space to take action. Maybe the timing was wrong, or there were other valid reasons why they couldn’t move forward.

This means that instead of checking their intuition, they just assumed they failed themselves. That is not self-loving.

I do strongly feel that being in touch with our intuition is our birthright. I might have an advantage in this situation, because if everything else fails, I can always ask the channel, which I do, frequently (and that is an understatement).

But even if connecting to your intuition isn’t easy, give it your all. It is so nice to be clean and open with yourself. Life is difficult enough without it. Most people I know (including myself) are being far harsher, and more judgmental on themselves than they deserve, especially when it comes to matters they have been struggling with for a long time.

So, I would like you to gently step out of your comfort zone while practicing the above exercise. Choose some of the more challenging situations in your life. Check if you are automatically judging yourself,

whether it is for something you did or didn't do, or for being - or for not being someone.

Find some freedom in yourself to be you in situations where it is difficult. Even in situations where you believe you are not allowed to be in acceptance that it is the way it is, like with addictions or what you perceive as weaknesses. This is where you need it most! In sessions, when I see the reasons behind an issue, it always becomes totally understandable why it is there. No matter what it is.

Taking steps in the right direction will only work if there is a moment of acceptance that this is. For now. If you don't do that, you can't make a change, because you are basically saying 'I don't want to know why I have this issue, I just want to change it.' But you can only work with yourself, when you have your own back. Having your own back is self-love. When you want a child to collaborate with you, you will have to work with the child from where it is at. You are no different. You are also a work in progress. Life is a growth experience. Reading this, means that you are still alive, so you are still part of a growth process.

After doing this exercise, you will be ready for Module Four, where you will begin placing custom-made stepping stones, to help you across to the other side of your challenges.



Module Four
Putting Steppingstones



Module Four - Putting steppingstones

Peter enjoyed his weekend massage training very much. Afterwards he realised that it was the first time since his ex-wife left, that he had been completely immersed in something unrelated to being a parent, a housekeeper or breadwinner. He did follow-up training and practiced on the guys from his soccer team. He invested in a massage table, turned his home office into a massage room, and had business cards printed.

Even though he picked up some clients during afterhours and weekends, things remained fairly quiet until Peter's boss offered him a new opportunity. The family business had recently bought a gym, that would be run by the boss's brother. Besides working in the shop, gym members could book massages by appointment with Peter.

Peter was doubtful: the best thing about his current job was that he had regular hours. His boss had hired him knowing that his home situation meant he couldn't jump in for last minute shifts; everything had to be planned in advance. He couldn't imagine finding another employer who was this flexible. When his boss assured him that flexibility ran in the family, Peter, still only half convinced, decided to give it a try.

Initially Peter was happy in his new job: he absolutely loved the vibe of the gym and the challenge of setting up a new shop, plus, being surrounded by people working out meant that there was a lot of demand for sports massages too.

But after the first hype, Peter started to lose enthusiasm. It happened over time, and he didn't notice it until twice in a row someone asked him if he was okay. The girl at the gym's health-food café asked him if he was unwell, because he didn't look his usual happy self, and a regular massage client asked him if something was bothering him, because he looked worried.

When Peter reflected on it, he was surprised to discover that he was cranky at the job. He still liked going to work, but during the day his mood went downhill. This confused him because he was normally

always upbeat. When he mentioned it during a catch-up with his friend Self, the latter started laughing and gave him a playful punch on the arm, saying "This was always going to happen. How long can a sportsman watch other people do what he loves, without wanting to do it himself?" It turned out that Self had given Peter one month before he would burst, driven by envy and desire to join the action, instead of sitting on the sidelines.

Peter was incredulous at first, but the longer he thought about it, the more he saw that Self had been right, and he had been jealous! After that, it did not take him long to decide to become a personal trainer.

Peter had known that most opportunities for working as a personal trainer would be during afterhours and the weekend, but his boss had guaranteed him some hours every week. Those hours turned out to be every Monday morning from seven till ten, when the shop was closed. After all his efforts, he now worked three hours in the gym, massaged sore muscles four to five times a week and for the rest, he was still a salesman of sports equipment.

That was not what Peter had in mind when he became a personal trainer. His vision was to support people recovering from injuries, by offering tailored packages that combined massage, guided workouts in the gym, and personalized programs they could follow on their own. However, he could not afford to reduce his hours in the shop to make it happen.

Eventually, it was his mother who generously suggested he move into her house with the girls, while she moved in with her long-time partner, so that Peter could rent out his own house. This way, he could cut back on hours at the gym shop while building up his clientele slowly. This is what he is doing today.

When we have long-term issues that are especially hard to shift, we often fall into an 'all or nothing' mindset. We either take the leap of faith, or we do nothing.

That's great if it works, but if you can't bring yourself to jump, you end up in a Catch-22 situation, in which you tell yourself that you have to jump, then your fear mind kicks in so you don't, and then your mind tells you again that you should.

Peter's goal was fulfilment: to have the freedom to do what he was passionate about. His long-term issue was that he felt disempowered by life. He was trapped in a life of duties, with no room for his dreams. The changes he made in his life were stepping stones. They weren't leaps of faith. It did take courage for Peter to do courses and to change jobs, but he wasn't taking risks. He loved learning new things, and his boss assured him he could always have his old job back.

Looking at them from the outside, the stepping stones Peter took didn't seem to have a big impact, but energetically, they did. It was because of all the steps that he had taken, that his mother could come up with the ultimate solution that enabled Peter to do what he always wanted to do, in a way that fitted into his life.

He would have never taken the job in the gym, were it not for the fact that he could do his massages, and the thought of becoming a Personal Trainer would not have entered his mind had he not worked there. The fact that he had devoured every written and spoken word of Chance's website, inspired him to become as all rounded when it came to healthy living, as Chance was. This gave Peter the necessary knowledge to put his packages together. Peter's mother was impressed by both her son's passion and by his packages, and this prompted her to move out of her mortgage-free home.

Over time, our limiting beliefs gather energetic weight, and they begin to act like a magnet. Imagine the old-fashioned set of weighing scales: each time we think our repetitive negative thoughts, another weight

drops into one of the bowls. But every time we think, move, or even intend in a new direction, a counterweight is added to the other bowl.

This is the same principle as you have seen in Module One: the moment you interrupt a negative thought stream, even briefly, it loses some of its energetic weight.

You don't need to undertake much action to start to create balance: Peter gained his first tiny counterweight when Self suggested that Peter do a sports massage course. The small weights kept coming while he looked up Chance's website and became hooked on the content.

This doesn't mean that we can't fall back into our old way of thinking: Peter had times when he thought there was no hope for him. The difference was that once he started to take steps, he didn't live in a place of disempowerment anymore, he just visited it from time to time.

Having reached this point in the course, it becomes much easier to shift away from old patterns of thinking. Here is why:

While practicing Module One, you experienced firsthand how the energy shifts when you briefly interrupt your thinking. Shifting an energetic heaviness is not just a concept anymore, you have felt it, you can do it.

In Module Two, you have practiced staying neutral when faced with uncomfortable inner truths. This helped you build the skill of noticing old thought patterns without getting pulled into them. Now recognition is much easier.

In Module Three, you developed a genuine interest in yourself, along with acceptance of where you are today. Moving in the right direction will therefore not be difficult.

How I placed my stepping stones

My version of practicing Module One, all those years ago, was by stopping my cruel inner voice. I created silence by choosing to accept only constructive criticism. As my inner voice had nothing positive to say, there were lots of gaps in the mind-talk.

Learning how to listen to whatever went on inside of me, came naturally to me after a while. I had already taught myself not to get involved with the sneering voice, and the stuff that came up during the many gaps was so new to me, that I had no clue what to do with it, so I let it be.

Then, as soon as I arrived in Western Australia twenty-three years ago, I was introduced to the New Age Movement and to spirituality. I ended up in the deep end in no time, and man, did I enjoy the swimming!

My natural reaction to all those years of relentless self-criticism was to learn to accept myself. Loving myself though, didn't come quite as naturally to me! This came out strongest in my tendency to push instead of allowing myself, as I wrote in Module Three.

One day, about seven years ago, when I felt very self-loving, I promised myself with my hand on my heart, that from that moment onwards, I would always be able to feel safe with myself; that I would never again brush my feelings aside and that I would always have my own back.

That gave me a whole warehouse full of stepping stones, to be used in whatever situation they were needed. And needed they were, because with all my acceptance, I still didn't support myself very well when it came to listening to my own feelings. A combination of taking baby steps, having my own back, and having tonnes of loving interest in myself, has helped me to listen to myself.

One area in my life where I have put this into practice is in finding permission to speak my truth when people hurt or wrong me. People often call me blunt and outspoken, but trust me, there are times when being authentic feels unsafe and scary. This has been a major issue in my life.

What I do, is that I help myself patiently (which does not come naturally to me!) to find out what I truly want to say, and if I am ready to speak. If this is not the case, I look for stepping stones: Do I need more time? More clarity? Would expressing myself through writing or by voicemail be easier?

If I am ready to speak, I figure out how to say it. Short, kind and to the point. No blaming, no shaming, just how it feels to me.

When the moment arrives, but I fail to say anything (no rarity), I debrief with myself afterwards. In a light-hearted way, something like 'Wow, Sistah, great speech'. Then I ask myself what I would have liked to say. I either answer out loud or inwardly, and I listen to it. If my imagined words sound off - maybe they lost their power and I started blaming, or waffling - I workshop them. If it was fine the way it was, I'm happy. The end.

Then I look at the reasons why I didn't speak: maybe the circumstances were wrong, or I wasn't in the right headspace. All this, without making any story out of it. No blaming, no regrets, no mind talk, nothing.

How this has helped me:

I am always able to be authentic within myself. And that means that my outside world has started to match my inner world, all by itself;

Because of my extended practice, I am much more to the point when I do speak. I never feel I failed when I didn't, and I hardly ever feel the once common pain of not being allowed to speak my truth; and

As it has become easier to speak my truth, I often do it in a kinder and calmer way.

My first step is always the acceptance of what I struggle with. It opens the door to many possibilities. One of my weaker points is not being straightforward with my yeses and no-s when I'm uncomfortable with a situation. For example, when someone wants to be my friend, but I don't feel it, or when I'm invited to things that just aren't me. In the

past, I have hurt people with my avoidance, and they have hurt me. Nowadays I always ask myself if I have responded in an authentic, but loving way. If not, I look at how it can be done.

The benefit is that my life feels much clearer now, less complicated.

An area in which I have seen the most everything-or-nothing thinking, is when people would love to leave their job to work with their own modality, products or talents. Often self-doubt, lack of confidence and the incapacity to deal with underlying issues that arise when stepping into the unknown, stand in the way of people turning their dreams into plans.

Watching people give up on their dreams, needs and desires has been the biggest drive to make this course. I believe that there is always a way forward, only not in the way we expect. Sometimes, only our inner wisdom can lead us in the right direction, one baby step at the time.

On many occasions, when I was jumping up and down with enthusiasm, ready to assist someone on towards their dream, telling them: "You've got this!", their doubtful response would be: "That is easy for you to say, you have a gift".

That never resonated with me. We *all* have gifts, and we *all* have fears. Now is a good time to show you just how 'easy' it has been for me:

A year after my book *Blissfully Dead* was published, I officially returned to doing readings (in 2017), following an illness which had forced me to stop in 2011. My energy levels were still unpredictable, and my nervous system was a mess. Most forms of self-advertising made me feel uncomfortable and anxious, so I didn't advertise myself at all. Since then, I have worked entirely by word of mouth, which has been great, because I've worked in a natural and relaxed flow.

The downside was that I missed out on opportunities, and that people missed out on me and on the many ideas I had to share. I had to rely

on stepping stones and make countless baby steps to keep growing in the work I love. For example, advertising felt unsafe, but creating a website that covered all my work was doable, so that is what I did.

I took several coaching-related courses, and while I longed to work with groups to help people connect with their intuition, that idea felt too intimidating, so I started with individual coaching sessions instead. Then, still wanting to expand beyond the one-on-one sessions, I started to make short videos on my YouTube channel. That was doable.

I had been walking around with the idea of this course for a long time, but when I tried to put it into practice, I hit a wall, no matter what I tried. A client of mine was writing on Medium (a platform for writers and readers), and that sparked me to join and write about the course I wanted to make. Best stepping stone ever! Publishing articles was scary too, but doable, and somewhere along the way, I had a big 'aha moment. Suddenly, putting this course together became a joy.

Running the course live on Zoom felt too much for me, so I've turned it into an online course instead, which felt right. The next step is to combine the online content with Zoom sessions, which is starting to feel doable too.

So much for it having been easy for me!

Exercise!

Going back to the person who wanted to move to the country: as it turned out, he happened to read the examples in Module two and Module three and called me. He was somewhat irritated, telling me that I could not write his dream off by suggesting an allotment somewhere close to the city, instead of the real deal.

His name is Ash. When he contacted me, he had come as far as 'I know I want to move to the country, and I need my current financial security'.

What he couldn't work out, was where to go from there. And that didn't feel right to him. He said that the least he could do, was to explore what was actually possible.

He was exactly where he needed to be, because that is what stepping stones and baby steps are: possibilities.

I said I would be happy to help by investigating the space between his dreams and his needs.

I explained to Ash that this is where people get stuck in that they lock onto the most obvious or logical solution, and they keep hammering on it. But they don't take into consideration that there might be a very good reason as to why this particular path doesn't open up to them, no matter how sensible it seems.

The reason I explained this to Ash, was because my gut feeling told me that downgrading his job, even though it seemed like the obvious solution, wasn't doable for him. What was holding him back was his own insistence on taking the lesser position. Recognizing this, would enable him to explore what was a realistic path *for him*.

Ash gave me several reasons as to why he found it hard to give up his job as a manager and return to being part of the team at the firm he worked for. The way he listed them – almost mechanically – made it clear he had gone over them in his mind a thousand times before.

I insisted he dug a bit deeper, and eventually we got to the core:

Ash was the son of immigrant parents who did not receive education beyond primary school. They had met in the factory where they both worked, and it had taken Ash's father twenty years - and a lot of hard work - to be promoted to supervisor. The day that happened, was the proudest day in his parents' life. Ash grew up believing that being a supervisor meant that you had made it in life.

His parents had deprived themselves to provide their children a good education, and they still saw financial security as the priority in life.

In our session, when Ash first realized how deeply attached he was to stay in his role as manager, he felt confused and lost. But I reassured him that acknowledging the impossibility to leave his position (for now), would enable us to find a possibility.

We shifted focus. What would be possible if he stayed in his current role? How far was he willing to travel? What was it exactly about living in the country that attracted him? If it was about growing his own vegetables and keeping chickens, would he be willing to compromise and look for a house in the hills surrounding Perth, or in one of the suburbs that had big blocks of land surrounded by bushland?

By the time the session finished, Ash felt like a weight had fallen off his shoulders. The weight of having to keep trying to kick in a locked door.

In this exercise, I would like you to look at whether you too are trying to achieve something in an obvious way, but that is not doable *for you?*

For Ash, he had to stop believing that he should be able to downgrade his job position.

My locked door was thinking I should be able to push through when it came to being more 'out there' with my work. Once I understood and accepted that I simply didn't feel safe enough to do this, many doors opened.

Whether you are struggling with a mindset or a specific situation, remember we are transitioning from being disempowered to being empowered. Look for the trap and remove it.

Then you will find that other doors will open. Accept and support yourself unconditionally, set yourself free. We are a mystery and life is a mystery. We are a work in progress, because life is a growth process, and this is how it will be until you stop living.

Once you free yourself from going in circles, the journey becomes lighter and more alive. You might not have all the answers yet, but you are no longer stuck in the hopelessness of feeling there is no way forward.

Ash and his wife are currently tossing up between working some more years before retiring early and moving to the country or going for a country-style home close to the city.

And me? Well, I don't exclude giving a Ted talk one day, so there you go!

Take your time. Explore new possibilities and make that a habit. That is self-love. That is self-care.

In this way, solidifying the progress you have made so far, which is exactly what you will be doing in the following module, will feel like a natural next step.

