

Martin Brune

Reinvent your life: Phoenix rising from the ashes

How the Power of Presence and Vesseling meditations reinvent your life

Would you like to invite Martin for a talk and energetic healings in groups? Please feel free to contact us: institut@martin-brune.com

I wish to thank the clients and participants of my seminars, but first and foremost I wish to thank life, which has allowed me to experience all of this.

At this point I must emphatically point out that the participation in my consultations or seminars can and should not under any circumstances substitute consultation of a physician and his/her diagnostic practice and treatment or the medication prescribed by a physician!

Preface

There is none. We start immediately. We have no time to lose. The reason will become clear at the end.

Phoenix from the ashes

At the time I wrote the first edition of this book (the German version in 2005) I felt certain I had found the philosopher's stone.

I'd had an engineer's degree and my own company, yet I was a man seriously ill from burnout. I came close to death several times. For a short period of time I was living on the street. I became an energy teacher and healer, a musician, the founder of the Vesseling seminars and workshops.

What I have experienced was the real-life story of phoenix rising from the ashes.

Wikipedia: "In Greek mythology, a phoenix (Ancient Greek φοίνιξ *phóinīx*) is a long-lived bird that is cyclically regenerated or reborn. Associated with the sun, a phoenix obtains new life by arising from the ashes of its predecessor. ...In his study of the phoenix, R. van der Broek summarizes, that, in the historical record, the phoenix could symbolize renewal in general..."

In 2000 I had hit rock bottom, only to rise from my ashes into a normal life again.

Based on this experience I instituted the course system of Vesseling teachings, which has inspired and given (more) strength to many people. I am convinced that I am holding the key to my happiness in my own hands, and that everyone is capable of finding their own key.

I liberated myself by doing what I teach now: simply by emptying my body (Vessel)ing) of heavy energies (or dark spots) through the power of presence. That's where the invented word "Vesseling" is coming from.

My journey and my quests have taken me to some of the most remote places on this earth, brought me together with some unusual people, led me to altitudes of over 4,000 meters when travelling from North- Southamerica – until I eventually realized that, after all, none of these travels could actually help me: only I could help myself!

So, during the last 14 years (now being 2017) an Energy, Meditation and Vision School was created from this process, a school that offers people a tool towards helping themselves by using the power of Now, through which life-enriching visions can be nurtured.

I have always dreamt of being able to do all these things, but I would never have accomplished them without following the process taught in my seminars and retreats. But that's enough of self-advertising. Reading this book, you can find out for yourself if Vesseling could inspire you to find "your thing" in life.

"It's not so bad if dreams do not come true. But it's terrible if one doesn't even try to make them come true."

Since we love numbers and stats in our world:

The Vesseling Meditation and Vision Institute was founded in (2002/2003).

In 2005 I wrote the first edition of “On to happiness” as repeating my story continually was becoming increasingly exhausting. The book was to speak for me and relate my story to those interested.

My story was as unintentional as it was incredible, and I became a ‘hype’. Some people called me a “healer”, others a “charlatan” or “magician”, while a few labeled me somewhat humoristically as “ShaMartin”, or even “the shaman”. I found all those names questionable and couldn’t identify with any of the words describing me.

Some liked me because they felt better after my sessions, while others were keen to get to know me because they wanted this crazy guy amongst their circle of friends. Yet they all had one thing in common: Martin Brune and what he did became a permanent topic of discussion.

“You are only dead when people stop talking about you”, an American hard rock musician friend of mine told me once.

The mix of people coming to see me for energetic consultations was rather interesting:

German and American politicians, CEOs, managers, musicians, rock stars, but also many without such status – students, school children, ordinary people of all ages.

Even back then, at the time of my “healer hype”, everything seemed pretty laughable to me. I saw life, and above all MYSELF, from the bird’s eye perspective. By the way, with “laughable” here I don’t mean “ridiculous”, or “unappreciative” – rather, that life and myself (!) were making me laugh.

“There was this young man called Martin; he always dreamt of wanting to be big and important, and now he has become just that – Martin Brune has become a consultant to really important people... respect!”

Megalomaniac, ludicrous, I thought at the time, and would laugh my head off about myself. I had been pursuing an illusion of grandeur for years. As soon as this became clear to me I lost the final fortress of my ego. That’s when I stopped caring about who came to my consultations. I no longer had the need to bask in the glow of an illusion. All people were equal to me. My main concern was my ability to help them.

A fire started to burn inside me, the fire of enthusiasm – and it still does! What the participants learnt in the Vesseling Energy School helped, and it still does! Both themselves and other people too (including companies). The courses even brought a kind of euphoria for life to some of the participants.

What we experienced during the courses kindled my enthusiasm, and this enthusiasm continues growing to this day. What I discovered really had what it takes to make the world and, with it, humankind a little more livable.

Man is capable of anything: of negativity, stress, aggression, and war, but also of peace, love, and unity. And it's exactly this wondrous transformation in people that I experience day after day in the courses. When I go back to the "normal" world after the end of a course, I always find this world a little bizarre. If only all people could undergo a deep energetic process, I think sometimes, the world would be a different place. I believe deeply and firmly in the project of transforming humankind. The experiences made in the courses are a proof of this.

For a start: I am not a guru!

Nevertheless I believe that every person has a type of 'mission' on earth:

Mine is these: To help people and to inspire them to become happier. That is my greatest passion that has fascinated and excited me for over 14 years.

And: Naturally there is a connection between inner clarity and outer beauty! **Why should it be any different?**

I worked as Dipl.ING. (TU/Electrical engineering) for many years, and lost my way in the wrong visions and ideas, I chose the wrong job, got involved in difficult professional relationships and reached a serious (near death) crisis. And that is somewhat of an understatement. That was more than 16 years ago. I could no longer do my job as an engineer; I was rigid with illness and lived in Cologne Volkspark. That was the end of my meteoric vehicleer.

Through the help of many, many doctors and psychologists I got better and began to find out 'why' my life almost came to an end. I got a second chance at life, and my doctors couldn't help me anymore, I went searching in the world of alternative medicine. My search didn't take me in a spiritual direction, rather pure survival. **It didn't matter to me what helped, so long as it helped!**

I made a find. I visited many seminar series from South America to Nepal; however, it wasn't some great healer or Indian who healed me. It was the long slow, fantastic process of learning and practicing meditation: I discovered the unbelievable power of (Thoughtless!) presence in several steps through extreme personal experience. Put shortly: I got better again and more:

People started coming to me, in order to learn from me. I couldn't believe it at first, but through the overcoming of my past life problems, I had found my true calling: To inspire people and to find (life) ideas. Hence causing a series of seminar over the years, to help people with the power of presence and the courage of vision. The seminars are made from my experience, as someone who was at rock bottom and made it out again. I had searched for such a person but never found them. For this reason I have been consulted by therapists, doctors and people from all backgrounds. Many come to my (Thoughtless! Meditations and Compact) seminars. Taking part in the seminars is a great chance for them, they recognise the chances.

Meditation? You already know that? That's what I used to say, however after overcoming my bodily and psychological problems I found out that meditation is not deeply taught. That is what led the development of the Thoughtless! Course.

Thousands of people have gotten to know this presence work. Umpteen assistants help me to conduct the seminars. A significant part is in the Thoughtless! Meditation, in order to get more in to the calm state to discover the source of our being (presence). It is then possible to find your thing in life, as I did. In my book "With the power of now on to happiness!," which was a bestseller in 2007. You can order it here.

Who comes to the courses? Those who see the seminar as a great chance.

No sick people come to our seminars. Sick people need medical professional help, as I did. The focus of the seminar is on improving **happiness with life** and finding the **life vision!** Therefore participants need to have inner stability. We do not see our energy work in a therapeutic, medicinal or religious context. We do not treat illnesses during the courses.

I see myself as a teacher of presence. The 'come down', the 'Thoughtless! Meditation' the 'relaxation,' vision finding are all central points of the courses and seminars.

People who want to find out how to make progress 'for themselves', find visions and just want to have more fun in their lives (again) come to our energy schools. That means that there is a lot of dancing and partying on the courses.

We do not represent a 'direction,' holistic approach and no manipulative concept of healing. We teach facilitation of the body's energy through the power of calm, through mediation, in order to find ideas and life visions through this power. You learn the form of the Vesseling session as a Vesseling practitioner as well as in groups of meditation.

We make no promises, diagnoses ('only our approach works') and do not create an unrealistic picture from teacher and assistants (a la magicians). We do not want to save the world or do missionary work (then the beginning lies with each person themselves), we do not want any identification with us, no dependence and no fighting talk.

Our seminars and retreats is something where you learn the 'presence' as a transforming power.

The first discovery: the world of energy, liberation from blockages

"Looking back at that time today, I realize that I would not have come out of my depression without medicine. People who come to our "The power of presence and vision" retreats and workshops are not ill. Ill people need medical help, just as I did back then. I am still very grateful to all the doctors and psychologists who treated me at that time."

A book...?

The suitcases still stand in the hall of my institute. Having just returned from a series of lectures I gave in Vienna, I arrived punctually for our consultation at eight o'clock in the evening. Treatment over the telephone. Elenor is a client from Los Angeles, one the most successful women shamans in North America. They need treatment too, for they come into contact with a lot of people, which often leaves them exposed to extreme energies.

Despair and a sense of grief were "her issues", she told me during the first brief telephone conversation: the permanent feeling of grief and of "somehow being inhibited": stagnation in life.

During the subsequent session Elenor resolves her life stagnation herself: she and her husband have been trying to conceive a child for over 15 years. It hasn't worked. She has had three miscarriages, so she has pushed aside the idea of having a baby. Still, she would never have thought possible that her despondency, her frustration and the sporadic feeling of senselessness in life could be caused by the energy disturbance of a pregnant woman, which manifests itself as the lake and the other visions, although she herself works as a shaman.

Since I started to work as a teacher and founded the school and the institute, I have been extremely busy. I enjoy my occupation infinitely. The consultations are extremely successful. So I have to write a book about it: About energy work, meditation and infinite space and how this all works.

Hello, I am Martin Brune. I still dress the same way as I did before, I don't wear flowing white guru togas or the gentle permanent smile of a good man on my face, have no Spirit Centre and make no promises.

I think that writing books really is reserved for humans with a lot of staying power and an extreme urge for research. So what am I doing writing one? Is it just because I have many students and clients (the word "patient" is reserved for physicians) who often ask me when will I write a book and publish it?

What are the book's intentions? To make money is not one of the aims. To spread the knowledge? Yes, perhaps, it could be that. If it serves that purpose I will be happy to write it. Even though "knowledge" cannot be prescribed just like that. And because nature has not actually provided for illness, the book must be kept short – why should a great big book or even many books about illnesses and their treatment be necessary? Trust me, nature intended an easier way.

The preparation

These are the two reasons for continuing to tell my story. The first is the incredible feedback from my clients, both in quality and in quantity. The second is my path – an overwhelming experience – from one who has been healed to a healer who, step by step, finds his feet in the energetic world without consciously choosing it – and in doing so experiences things that I would not have thought possible. There is one thing I wish to say beforehand: as soon as something changes in our energy field, everything around us changes – above all the quality of life. This is what happened in my life. At the end of energetic healing processes you will find "happiness and freedom", which is your life

contract that has at last been liberated thanks to the energy healing. Exactly as it happened to me.

You can read my chronological development in the "El mundo energético " (The energetic World) chapters, and what happened and why in the individual chapters of the three parts: HAPPINESS AND DESTINY; ENERGY, IMBALANCE, HEALING AND CONNECTING; TREATMENT, DESTINY AND HAPPINESS).

No one has to "believe"

I do not want to and will not tell you what you have to believe. You will not be drawn into an unfathomable course that has no end. A healing session with my clients takes no longer than thirty minutes and is carried out a maximum of three times in the beginning. We don't even have to draw the curtains in the room. The phrase "whether you believe it or not" is irrelevant in shamanism. After the session you can forget everything about it. You don't need to interpret things, pursue the issue, you don't need to ponder, reason or think about it. I have already removed it.

It's natural to try to see rhyme or reason in it. In what? Perhaps in the fact that we suddenly feel better after the treatment; that the neurodermatitis disappears; that the constant quarrelling with your mother is automatically settled; that you suddenly receive an offer for a job which you have always wanted and have never been able to get.

Essential is the fact alone that this type of healing has been successful thousands of times. Confirmation that testifies to this can be found in the second part of the book, in the testimonials of clients who believe it is right. And this is exactly the intention of the book: the treatment works. It's as simple as that. It is a tool that can spare us decade-long processes of "work on oneself", bad conscience, misery or accusations (towards one's parents, for example). What is more, one doesn't even have to believe in it. Welcome, dear skeptics.

Live one's own dream

And when "things get going", Meditation can make one happy. Many of my clients have said that the parameters of their life changed, as though a compass had readjusted the cardinal points.

Most of us do not live our life's dream. We have a job, but actually we've always wanted to be a musician, a writer, a gardener, or just work with other people. We have a partner, the relationship with whom works reasonably well but only to some extent, and what is missing from it we find elsewhere. We have the city we live in, from which we have wanted to get out of for a long time, but the dream of life in the countryside is still hanging above us like a question mark.

Only few – Mozart, Goethe, Prince, Bill Gates, to name but a few, highly talented people of their respective times – start at an early age to live and work in full possession of their pure energetic powers. To them, what they do is not "hard" work. Because they work with their gift – and have done so from an early stage in life.

On average, most of us experience our real destiny at the age of forty years, because that is when a drastic experience often occurs, such as an illness, the loss of a partner, or

simply a midlife crisis. But because nothing has happened for a long time, we keep moving according to the same patterns. And we are surprised because nothing changes, because we continue to move in a circle rather than forward, or, for example, because each new partner brings along the same problems.

This is why I am writing this text. It does not heal. Nor does it offer advice. It reports what has happened to me since I became a healer and what happened along the way. This however gives the book the character of a presentation of evidence. Evidence of powers at work, which, when observed from the outside, have a tremendous effect. But I can observe them from the inside. I have learned to see energies and work with them. But let's take things one by one.

This is the story of my biography as a Teacher of presence, of the effect a successful retreat or seminar has on the participants's meaning of life, on "finding" one's destiny in the form of a vocation, love, or any other areas of life.

What is being described here makes this booklet different from other texts whose aim is to teach healing methods, from Ayurveda to Reiki. Healing is only done in practice, not in the head. And anyway, healing is not what this is primarily about. What is more important is that through our healing we find the happiness we have always been searching for.

Those who heal are right, says a proverb

I owe it to the pressure my students put me under that this stock-taking has come into being as a booklet. With this text I give them something back. So far, I have treated some 5,000 clients, had 10000 participants in my seminars, workshops and retreats. And it is only through the feedback of these clients that I know that what I tell them is true and right.

Everything that is written here has happened. Therefore there is nothing in this book that one could not understand or grasp. These are results. You must believe me, I needed a lot of time myself to understand it all. And yet this is knowledge which also existed in Europe a long time ago, including Germany. It is knowledge we have lost through various culture-historical events. But this "primal knowledge" slumbers deep inside us and needs only to be brought back to the surface.

In the retreats and seminars I teach how to reclaim the enormous powers of intention and intuition. In this way one's own wounds, indisposition, pain, or illnesses are transformed into sources of power. One learns to resolve unfavorable life circumstances and find a happy, healthy and prosperous future.

"Healing" is a word I would like to banish from our vocabulary. Illness takes up far too much space in our world. Also, healing implies that we are ill. But are we really ill? Nature did not provide for "illness", as we call it, at all. In our retreats and seminars the topic of "illness" occupies only a fraction of the time we have to live, and even less of that to think. The aim is to live our dream, for ourselves and for our children!

It is not our task to regard life as a "path of illness", as our western civilization has ingrained into us almost as a matter of course. Life is about healthy growth, which is also

the way of nature. The main responsibility of our existence is therefore to cultivate the field of our life – with the power of vision.

A better expression for "illness" or "healing" is: we are not yet on the correct path. Painful rocks still lie about, and they have to be removed. Only when we heal our wounds can we find a future that brings happiness and achieve growth.

The solution is easier than we think. So easy that the things I write here must strike a decent, reasonably educated person as odd. And that's exactly what it is to some extent... the "philosopher's stone" more or less lies in front of our door – provided we are prepared to turn our world view upside down.

HAPPINESS AND DESTINY

El mundo energético uno

Cologne seemed very strange to me. The city was loud, wet and dark. Energetically dark. And my apartment was the same. The pictures on the wall, the chairs, the tables, the cabinets, the ornaments on the window sills: all junk. It was all stuff from the past, I thought when I returned to my apartment.

Over the following days I cleared up. I threw out more or less half of the furnishings. Until it was bright. "The interior manifests itself on the exterior", I remembered that my intuition told me once, "never the other way round."

How can we find happiness?

It is not easy to put my invented seminars and retreats into words. Moreover, the techniques and meditations I developed, are a lot more than just healing, illness, or improvement.

It is about everyone's future. About one's destiny, in the sense of achieving self-realization. Our healing is a basic precondition for this.

When we become really healthy, we can attain, can live our destiny. Because then we are released from all unnecessary burdens, be it fears, doubts, indisposition, or physical complaints. Because then all our life parameters change, in the same way that we abandon old habits when we marry, or think and live differently when we have a baby – this is exactly how things change around us when our energy can flow freely.

Conversely, our life is composed of all "internal" parameters that surround us. A simple example: if you dislike driving your car for long distances, you will be largely bound to your home. Finding a better job would be impossible if it required a long journey by car. So, because of your anxiety, you stay with the same job. We come to terms with our problems and develop avoidance strategies in order not to confront our fears.

If on the other hand we are really healthy, and only few of us are, then we can only attract healthy thoughts, because then deficient thinking does not exist.

Ninety-nine percent of my clients suffer from this sense of inadequacy or fear. The fear that one day they will no longer have enough money, not enough to eat or enough air to breathe – that there will be not enough of something or other in their lives. Many fear that love may go or, even worse, never come back. If we are healthy, then these fears do not exist. During the first stage of the "Seer" course at the Vesseling Energy School we work on this fatalistic way of thinking and eliminate it "energetically". Energy fills the spaces these dark spots occupied – your life's energy, so to speak. And through this the actual life contract comes to light.

Should I write about it? Is it interesting? Should the readers know these things? Is the word "destiny" not too religious? Is it not too strongly connected with "fate" and thus with some kind of sacrifice? Should I write that many people who booked my courses have found their destiny? Perhaps I should write about the Vesseling Energy School being

much more than a healing school – actually a life school, in which people can learn to fulfill their life with energies?

I cannot answer all these questions now – I can't make up my mind. So I will drive to the institute first. Today I have 16 sessions – a normal working day.

Franziska

I begin with Franziska. Her issue is an enormous resentment for her parents-in-law who refuse to accept her, and even less her work. In their eyes, she is just one of those "Yoga freaks". Their attitude is condescending and they talk about her with her husband behind her back. She could explode just thinking about it, she says.

"Not here please", I say jokingly and end the preliminary conversation. I can already see the source of her anger, the disturbance in her energy field. She must now lie down on the treatment bench, close her eyes and do absolutely nothing. Nothing at all. She must observe her body, whether it is hot or cold, whether she can feel pressure anywhere; perhaps she thinks thoughts, sees pictures or hears noises. All she has to do is just observe everything, I whisper to her.

This is what the majority of the clients find most difficult. Particularly in our "enlightened" world, we try to solve everything with our head. We are never and can never be quiet. To simply observe ourselves we find very difficult.

We must always do something. And even when we just sit there doing nothing, most of the time we think about our misery. But then our mind is a rather inept instrument. The mind only rarely reaches the deep levels of energies. So thinking is of no use at all, and brooding even less so.

With Franziska I look in the proximity of the solar plexus, the third energy centre (chakra) of the body, and see two or three connections from her energy system to the outside.

Energy flows permanently between humans through connections. Two of the connections I can see are very black, the other one is grayish. From this I can see that nothing good flows between Franziska and the three persons. I sever the connection and observe Franziska. After a few seconds she sighs strongly and murmurs: "... I feel lighter, I feel energy flowing through my body ..."

After the session she tells me how she experienced it. Franziska has an excellent memory. What about your resentment, your rage?, I ask her, cutting it short. Franziska's eyes go thoughtful. "It's gone", she says, beaming.

Now you will probably ask yourselves again: What? How can it be so simple? It is not. It's only simple for those who can really "see".

In the course of the afternoon I receive clients with the most diverse issues: anxieties, panics, partner problems, allergies, fear of the future.

'Fear of the future', I think. One can only fear the future if he is not there, where he belongs – when he is a long way away from his destined path, his gifts, his talents. A job we keep just because of the money must make us unhappy in the long run.

Thomas

"A friend told me you hold energetic sessions that can bring destiny back to me", says Thomas, a departmental manager with a telecommunications company. He is the last client today.

"What are you expecting from it?" I ask him.

"Well, I think that it could be the fastest way to find what makes me happier. My job is not bad, but it's not fulfilling", he continues.

"What's not fulfilling about it?"

"The colleagues, but mainly my boss. We don't get along. I think he has something against me. Besides, I feel like the odd one out, a loner, which is certainly not my fault, it's the company", he says to me.

Boss, departmental manager, regional manager – these words bring back old memories, from the days when I worked as an engineer in the industry.

"The people with whom I do this kind of treatment already have a, let's say, certain basic energetic purity."

"Basic purity?", Thomas asks, frowning.

"In a nutshell: you must work on a few introductory issues in order to prepare your energy system to fetch back the future energies."

"Introductory issues?", he asks; he is skeptical.

"Yes, for example your discontent, your rage against your colleagues and your boss... these are issues. It cannot be possible that all of 20,000 employees are bad people. How are things with your friends, with your family? But for now I shouldn't, and may not, say any more. I don't want to prescribe or give you your issues. I'm not allowed to do that – however, this is exactly the work that needs to be done."

Thomas was not prepared to work on these issues on that day, but his rage and discontent would have been a good place to start.

What does all this have to do with our own happy future? What does all this have to do with happiness in life?

Most of my clients or participants in the seminars try to "wish away" problems. The issues are very diverse, for instance: "I would like to live without fear", or "I want to stop thinking about my ex-partner", or "I want to be able to sleep again", or, as in Thomas's case: "I just want to find my destiny and finally attain inner peace."

One cannot wish away his problems. It is not possible. It would be like a dentist putting in a crown without removing the caries first. The caries, i.e. the problems, would return, since they have not really been treated.

Only when we really heal our wounds (problems) and turn them into sources of power will we be able to find and live in happiness. There is no other solution. One should take all those out there trying to lead us to believe that there is an easier way, be it mentors, positive thinkers or motivational trainers, with a pinch of salt. Dealing with our past and our experiences is very common in our culture – words like "guilt" or "failure" spring to mind. But one cannot reverse the past.

My retreats and seminars are part of a different way. A way which doesn't rely on cause and effect, which doesn't make destiny conditional upon the past or give everyone a chance that one can totally mess up. This culture doesn't know desires or "goals", to which one is a slave until they are fulfilled. Or even happiness, in the sense that one must attain it. This culture doesn't even like to ask questions.

El mundo energético dos

I invited some friends around for sessions. At the time, I wasn't thinking of working as a presence teacher, but on the other hand I didn't want to waste away my gift. Besides, I wanted to find out whether my healing powers would work in the "real world".

The first five friends came to me with wholly different problems. They hadn't chosen the worst issues, I noticed – probably because they didn't want me to "look into" their most intimate spheres. On the one hand, that was very moving, but on the other I was annoyed about it.

So I had to deal with backache, breathing problems, itching, sleep disorder and tiredness.

The sessions were fun, enormous fun. I really enjoyed them and could hardly wait for the next scheduled appointment.

I asked all of them to come twice and explained that in the first session I would take out the burdensome energy and in the second I would rebalance their energy field. My friends laughed during the sessions – they found it very amusing to be treated by me. They were also very skeptical. They knew I was a good businessman... but a teacher of presence?

Our life contract

Today is Wednesday. The day begins at eight a.m. Of course by now I have assistants who answer the numerous telephone calls. I would much prefer to speak with all callers personally, but there's simply not enough time. The run is too big. Fortunately my assistants can work energetically just as well as I do. This is what is so great about it: anyone can learn it. Some time anyone can heal anyone who needs to be healed. That was the case in former times, and this is my mission, so to speak. Still, I would like to remain accessible for everyone.

In the days when I myself was looking for a solution to my problems, I was often annoyed about not being able to get in touch with the authors of self-help books. It is evidently a fad of German literary figures: publish something, gain a half-god status with the middle-class intellectuals by writing a book, and then be no longer accessible to anyone. Paulo Coelho, who has sold millions of books worldwide, is fantastically reachable through his team. Because of our common interests we are in mail contact. Every single mail I have

written to him has been answered. I think this is fair. Everyone has a place in this world, and if they show interest in the meaning of their existence they should be helped.

It really exists, the "meaning of life", a reason why we are in this world. It hasn't just happened. According to many mystery schools, we are all born with a certain life contract. With an energetic life contract, which is embodied deeply inside us, and which will be fulfilled.

I had serious doubts about it. "Destiny": we are not here without a reason, everything is predetermined, the discussions that went on for hours in the religious education class of my youth... all this did not exactly make me very receptive when it came to resurrecting this topic.

Through my work with clients however, this topic came back. In fact, it came through their feedback, hence from their healing process.

Life issues

Each contract is unique to each person. The healthy human intellect as well as the experience from one's own life are proof of that. How many times in our childhood did we try to copy idols and wanted to be as successful as they were? How many adolescents have made a pathetic effort at a keyboard at home, obsessed by the idea of becoming a great musician? But not everyone can be a pop star. And, in adult life: how often do people try to do or copy things that others have gained success with?

Why do most of these attempts fail? Why can't we just copy the happiness of someone else?

For the very simple reason that we must fulfill our own individual life contract. Every one of us. We must find our personal contract, with which we can experience the inner, the real wealth.

Why this contract does not manifest itself in our life is a question which we can answer ourselves. For this we only need to appraise our present quality of life with a critical eye. In order to perceive our life contract by instinct, and thus energetically, which is how it should actually be experienced, we must focus on the four most elementary areas of our life:

Partnership/love, occupation, physical health and mental health.

Now if you take these four areas and answer the question "Am I really unconditionally happy in this area?" sincerely, then you will find how you honestly feel in relation to these areas.

This is nonsense, you will think. No one can be happy without exception in all areas. I say: yes, they can!

Those who live very close to their energetic life contract are happy. They are people who are often looked at with envy by others who are worse off. They are the winners in our society, the people to whom allegedly "everything comes easily".

But what is this energetic life contract? What does it say?

Also here, this contract is first of all "mere" energy. At the end of the book it will become clearer, of which material the contract consists. Just one thing beforehand: if we can find the contract again and live according to it afterwards, then we will lead a really happy life, a life in paradise.

This is also the reason why we are often dissatisfied. Deep inside us lies dormant a paradisiacal conception of life: our dreams. Dreams which we've all had in our childhood, and which become blunted as we grow older and are destroyed time and again by a sober adjustment to reality. They are the dreams of a better life, of a great love, of fullness and richness in all areas of life.

And this is the reason we keep searching.

We believe that our way of finding these things lies in making exterior changes (in relationship, occupation, residence etc.), in order to feel better inside. Everyone knows that this is a very difficult way, and often what we get in return is exactly the same as what had caused us the trouble before: how often do people change jobs and, after an initial period of excitement, find the new position just as bad as their old one? It is often the same with relationships. We change the partner, but not the energetic pattern. We enter into the next relationship carrying the same problems, often attracting the same type of partner, and after some time we begin to face these problems again. Those who admit this will say: "Fundamentally I was only trying to escape". Because we change something only outwardly, but do not work on the true issue.

What do we escape from?

Every human being has an issue, at least one. It can be physical symptoms such as chronic backache. It could be fears, phobias, envy, sleeplessness, sadness, depressions, diverse symptoms on all levels.

Often they are also flagrant existential things, such as our environment and the circumstances, that can determine our existence. No, not often – always! "The interior manifests itself on the exterior, never the other way round", as Humberto says. We always believe however that we are determined through our environment and from the prevailing factors in it.

The very opposite is the case.

When we change something inside us, when we really heal our wounds, then everything else changes, and that includes our environment. And if we can continue along that path, then we will find our true happiness.

It is the issues that we try to escape from.

Changes don't happen inside our head

In my practice I increasingly came to realize the connection between the intensity of the symptoms and the veering off from one's life path, dreams, vocation, from one's destiny.

In most cases, people who are particularly unwell, both physically and mentally, are those who have a relationship that is no good for them, or a job that makes them unhappy, or live in a place they shouldn't be living in, or do things they shouldn't be doing.

This is logical, everyone would think. And the solution is very simple: we just have to take some steps and change things, change ourselves! We give up smoking, end the relationship, look for another job and simply avoid the things that are not good for us.

The problem is: this is not the way it works. In fact, such decisions work out for maybe a few days or even a couple of weeks at the most, but never in the long run. Only very few can manage to change their inner emotions – and thus their energy – through a conscious decision made in their head.

One of my best friends is one such hardcore case: he decided "in his head" to give up smoking from one day to the next. But although he hasn't smoked since, every time I see him he tells me how much he craves a cigarette. The addiction, and the energy that fuels it, are still there. Evidently, the "head" decision has not healed the addiction, so the craving remains and moves into other areas.

So a decision in the head will not work at all. The root of the evil lies in a deep energetic disturbance. And it is this disturbance that always deals us the same type of partner with whom a relationship will not function, that always puts us next to the type of colleagues who will annoy us. It is this disturbance that always brings the same unhealthy circumstances. Because we basically "attract" what is stored in our energy field, just as a magnet attracts iron filings. It is our untreated deep wounds that keep crying out for manifestation on the exterior. And exactly that prevents us from living our destiny, until we transform the wounds into sources of power – but if we do, our whole life changes. Automatically. And according to the law of resonance, we only attract what is good for us. It's as simple as that.

El mundo energético tres

Though none of my friends called, I knew that they would be better. I knew instinctively that the backaches, breathing problems, itching, sleep disorders and tiredness would disappear.

During the workshop I had treated each of them twice I had no more appointments for other sessions.

Four weeks had now passed since the last treatment. No feedback. It can't be, I thought, and had self doubts. That was probably it, I thought at the time. That was the brief history of the workshops of Martin Brune.

I did not call my friends. I was too scared of failure. Innerly I tried to forget the sessions, and the intensive work with my companies helped me in doing so.

Until, on a Friday, a man called Heiko phoned me.

He was calling me because Uwe had recommended me and given him my number. Uwe had been treated by me because of his backaches, and although he wasn't sure that it was me who'd made the pain go away, his suffering had stopped ever since. They were in the same tennis club, and now he, Heiko, would like an appointment too if possible.

I was speechless. Totally taken aback. Someone was asking for an appointment with Martin Brune, engineer and company owner, to do a healing session. A stranger, of all people?

Happiness finds us

Most of us are classical objectors of destiny. Yet everyone knows their "destiny": deep inside we all have a concrete idea of how we would prefer to live. And there is a simple way to find out:

Close your eyes and ask yourselves how you would like to live if you had the opportunity. Where would it be? Who/which persons would be there with you? Would that be a full life? How would you live in a relationship? In which city? Which job would fulfill you? This simple exercise demonstrates the big difference between what we live (reality) and what we see as an ideal. For some of us it can be quite disappointing, because the difference is often enormous. But exactly what we see when we ask ourselves these simple questions is the condition in which we would be at our healthiest and happiest.

Missing our calling and talents in life

When I was twelve, I wanted to study psychology. I thought it would be interesting to work with other people, have deep conversations and be able to help them. In the end however I studied electrical engineering, as, manipulated by my education, I thought security was more important.

There were signs, many of them, that told me not to take the path of security, but I rejected all these generous indications and miracles of life, all the chances, until one day I became very ill.

I was very successful as an entrepreneur and had a very "male" world view, meaning that I felt that men who did yoga were very "shallow" and strange. I was a knight, who bravely continued to ride toward success despite a blood-covered face. Always straight into the lance of the opponent, always ignoring my true talents.

Believe me, I was so far away from my talents and had lost faith in me to such an extent, that never in a lifetime would I have thought that I would work as a Vesseling Practitioner one day.

Energy: the path to destiny

In one shape or other, we all come across signs several times during our life. These are often omens. But since we are so extremely driven by our head, we always manage to run away from them.

Literature is teeming with self-realization books, in which the authors describe the serious illness they have gone through and how they found their vocation through this illness.

In actual fact: do you know someone who, while lying in hospital, has decided to work 60 instead of 50 hours a week in future when he goes back to the office? Those lucky enough to survive a heart attack, for instance, change their life immediately. They realize that old ideals and values suddenly become totally meaningless. These are the famous stories in the style of "the manager who became a farmer".

Therefore, a fundamental change must occur. But in order to find our destiny, we actually don't need to do anything. It finds us, as soon as we are energetically cleansed. One way or another, automatically, everyone. If we don't become "pure", the path to achieve this can be very arduous, painful, or we might set out on it too late or even not at all in this life.

Not everyone must find his or her destiny like I did, through a serious illness. There are tools and techniques which we can learn in order to find our destiny without having to go through a serious illness AND in this life. The old mystery schools possessed this knowledge. In the Vesseling Energy School students learn energetic techniques that help them discover and also experience "destiny" – in this life. In the "Vision" course one learns to "manifest" his/her dreams, and thus fulfill them in real life. And, trust me, it could turn out that the reason for your existence on earth can be a lot more than your nameplate on your desk.

El mundo energético cuatro

Heiko's "issues" were also healed, and he recommended me to about ten new clients. Word of my treatment seemed to get around. But I still felt a little uneasy. During that time every action I undertook in the energy field of a client caused an immediate reaction. I was learning. I was learning more with each client, and I felt like a magician who could move between worlds. Energetic swords were pulled out, and the backache disappeared. Iron balls were removed, and the gastritis was gone. Glass splinters were extracted, and the asthma vanished.

I had no one with whom I could talk about it. I was all alone with this. As far as I knew there was no one else in Germany who worked in the same way. I was fighting not only against the dark light of the clients, but also against myself. Against my own skepticism. It was a time when I too underwent radical changes.

After about three months the weekends weren't enough anymore. I had to add Friday as a day for treatment. I decided to take clients every other Friday – that could be arranged with the other work I had to do in my companies.

"A Vesseling Practitioner is an intermediary between worlds", I read in a book once (The word "Vesseling Practitioner" I will explain soon). An intermediary between the real, manifested world and the invisible world of intuition and energy.

That's exactly how I felt. As a warrior of the light, who could relieve illness by pulling out energetic symbols and objects. And I gradually got better.

ENERGY, IMBALANCE, HEALING and CONNECTING

What is energy?

So what stops us from living our happiness – and I mean here and now and not at some time in the distant future? The answer is very simple: it is the energetic stains, the internal dramas, the experiences from our past in this and in previous lives, which always look for new manifestation in our everyday life. If we are energetically pure, then we live in our destiny. Because then we only attract "pure things".

A picture analogous to our life is that of a river, which has its source somewhere in the mountains; at first the river flows, then it comes across the first obstacles, the first big boulders, which change the river's course so that the river floods large areas and does not reach the sea (the destiny). This is a way of describing the energy balance, and thus in a transferred sense the life of a human being.

What energy medicine does is simply remove the boulders, the impurities in our energy system.

This does not happen in a lengthy, psychoanalytical process, neither does it involve physical work or drugs. It happens very fast: with the aid of the seeing abilities of a Vesseling Practitioner, a spiritual doctor, who just clears away these boulders in a few simple treatment sessions, and just eliminates the shadows in one's energy field.

The emphasis here lies on "fast" and "simple". All the students who attend the Foundation course of the Vesseling Energy School for the first time share the same enthusiasm about how quickly even the most serious problems can disappear within a few minutes.

In my Vesseling Energy School I have given this procedure the name "clearing process"; it is the "wiping out" of black spots, of traumas in our luminous energy field.

Body, soul, mind, and ... energy

Everyone knows that there are different levels on which we are engaged in the world. We classify these into the categories body, soul and mind. Simply put, the condition of a human being can be "divided" into and described by these three constituents. Everyone takes into account these three conditions. When we ask ourselves how we feel at any given moment, then we "enquire" with these three constituents and obtain a result. For instance: my body feels tired (body), I feel frustrated (soul), I am thinking about it (mind).

There is however a constituent that has been forgotten, and this is energy. Moreover, it is exactly this part that is the root of all evil in the river of life. It is not the body, not the mind, and not the soul, but an "imbalance" of energy which causes us to think about a symptom (mind), experience an indisposition (mentally), and feel an illness (physically).

To clarify this once again: the reason for a physical problem is not the body. The reason for a mental, psychological problem is not the soul. The reason for eternal brooding is not the mind. The reason always lies in a disturbance of our energy.

So what is this energy, about which all spiritual schools, yoga trends, energy and mystery schools tell us? How can we envisage energy? Before we talk about "light", we should perhaps start with the dark energies, the energy disturbances: the "black spots".

El mundo energético cinco

Despite the increasing number of treatments – meanwhile I was having sessions and workshops on all evenings of the week – I was still feeling very uncertain and lonely with all of this.

I believed in what I was doing, but I still had doubts, and there was no one around who could take them away for me.

These doubts only had to do with myself. A latent fear was lurking that I might lose my grip one day and go totally insane.

A flood of images. I had now done 200 workshops. I was receiving so much feedback from successful healings that it would make your hair stand on end. Allergies disappeared, asthmas vanished, no more nightmares, no fear of the future, fear of flying disappeared, long mails were received about positive changes in the circumstances of my clients. Over 150 mails about improvements, enormous steps forward that clients had made, and everywhere at the bottom "thank you, Martin".

Yet my self-doubts remained. For heaven's sake, I thought to myself, everyone here says that what you do has a positive effect.

It was one Sunday in spring, I lit a few tea lights and closed my eyes. It is very quiet here, I thought. Unusually quiet for a city. It was dark. Sometimes it does us good just to close our eyes.

In my mind I saw a figure, or rather his index finger, pointing to the sky. I saw a ray of light that shone through the ceiling, through the roof of the house, past the trees, into the sky, through the clouds, and reached the stars. I followed this ray of light that seemed to have no end, through the stars, past the moon, further and further away.

I opened my eyes. The treatment room was dark. The neighbors across the street were cooking, I saw. I closed my eyes again. The journey of the light continued. Until it reached a door, a door made of light. What on earth was that? I didn't get any further. The ray of light seemed to end here.

"It's all in your mind; you've always had a wild imagination, ever since you were a child", I thought. I opened my eyes and made myself some tea.

Chakras and black spots

What happens now in these energy fields?

According to the views of many mystery schools, what holds the knowledge of both our physical and mental problems is not our memory or our body, but the luminous body. This is new, but at the same time old. This knowledge was part of our culture many years

ago – but it has fallen into oblivion. Today we think that every trauma, every memory will be stored in our brain and thus in our head.

However, a human being consists not only of a physical body, but also of an energetic, a luminous body.

Let's take a psychoanalytical treatment by an analyst, such as I have experienced hundreds of times. The session usually begins with the analyst asking how we are. Let's assume we don't feel so well physically at that moment, maybe we feel weak, and our motivation is also at a low ebb. The analyst then notices that the association of "physical weakness" and "low motivation" has already existed before at a certain point, and goes into this specific situation in our life. And all of a sudden, we find ourselves dealing with an issue from the past during treatment. We talk about it, old feelings come up, and the physical pain intensifies, or maybe subsides for a while.

Of course, this is a rather simplified example, but it demonstrates that, during such therapies, we move through the three levels: body, soul, and mind. Therapies can sometimes go on for many years without finding the true source of the problem: the energy imbalance. The true source of the problem lies in the luminous energy field of the client – in the individual chakras. The traumas and illnesses can basically be found in the luminous field of the client, which envelops the physical body. Dark spots are, simply put, the traumas, the energy disturbances which release a symptom, either mental, or physical, or both. Once all these spots have been removed, the chakra is "clean" and the client/patient has no symptoms – he is healthy.

Energy is also information.

But what is in a black spot?

First of all, it is information that is embedded in a black spot, also in the form of energy. Going back to the story of Elenor at the beginning of this book, the entire scenery, consisting of the condor, the landscape, the woman, the boat and the burning house are embedded in it. Not only the images are in this black spot, i.e. in the energy disturbance, but also the drama, the fears, the suffering, and the coldness of the image. The drama of these images, which are the emotions lying "beneath" the images, is actually what the client feels in "real" life. This means that the energy disturbance, the black spot, has at some point in the past penetrated into our energy field and permanently informs our entire perceptual mechanisms: the levels of the soul, the mind, and the body.

When we, in real life, feel fear in certain situations, then our mind already makes the first mistake: we think that the situation is the cause of the fear. But the situation has basically only activated a black spot in our energy field – with all its emotions, with all its drama.

The situation is therefore only the trigger for something which lies dormant deep inside us as an energy disturbance.

The students at my Vesseling Energy School who learn to "see" the energies, can actually see the history that is behind such a spot. They can see and decode the energy of the pollution, of the black spot.

As soon as a spot has become visible, a Vesseling Practitioner can easily take it away. This is achieved with intent. The Vesseling Practitioner "extracts" with his intent the black spot from the chakra, i.e. from the luminous body of the client, and the symptom disappears, as the source of the energy disturbance has been removed.

What takes the place of the black spot is light. Pure, clean light. Simple, isn't it? You don't believe me at all, do you? I admit that we are used to having to work on everything, and that at the bottom of everything there always must be an achievement. Everyone has heard of book titles such as "Illness as a way forward", "What my illness has taught me" or similar, but: nature does not intend a complicated healing procedure! Healing can happen unbelievably fast. This is my experience day after day in my practice and at my institute.

When you cut your finger while doing something, have you ever observed how long it lasts until the blood clots and a scab is formed? Three hours, two hours, one hour, twenty minutes, five minutes, one minute? Probably not even thirty seconds. And that is the same with all wounds, irrespective of whether they are mental or physical. It depends on the size of the wound, some will say: Yes, it's true... but the bigger the wound, the bigger the energy disturbance the wound is based on. And when this disturbance disappears, then even the worst symptoms will disappear.

El mundo energético seis

Meditation between worlds

Let's go back to our different perceptual mechanisms and the levels of body, soul, and mind. These are now completed with the addition of the level of energy.

The healing process is enabled through these levels: a change at the source, at the energy level, i.e. the removal of the black spots, informs the soul level, the soul level in turn informs the mental level, and the mental level then informs the physical. Therefore symptoms such as fear of flight (soul) can disappear completely after just one session, but a severe backache (body) may take a week. This happens because the change of energy, which is the source of the backache, must first be "communicated" to the soul, then to the mind and finally to the body.

It can therefore take some time before the healed energy is passed to and manifested in the other three levels, and thus before the disappearance of the symptom becomes evident and, more importantly, "felt".

The Vesseling Practitioner moves between the world of body, soul and mind, and the world of energy.

In order to understand the simplicity of this medicine we must only learn and accept that the source of our problems is always an energy disturbance and that the world of energy does exist! However, energy disturbances cannot be removed by using our head/mind.

Elka

Today I have ten private sessions. Elka came at five o'clock in the afternoon. She says she would like to know what her mission in life was. Her issue: the constant nervousness

that accompanies her; also, she assumes that something must have happened in her family tree with her grandmother, and that is the reason why she has such problems. She has never had contact with her grandmother – and she would wish that she could be able to establish contact with her and could she learn to do that...

"Phew! That's a lot!", I say. "Things are getting mixed up here. First of all you should know that your mission, or your destiny, will actually find you automatically when the energy can flow freely. What stops us from identifying our destiny is our energetic contamination. What is important, and what we have to look into, is what your search for a mission does to you. I mean, where does the desire to know your destiny come from? Uncertainty in life? What does your life do to you at the moment? How do you feel?" "Sad. Life makes me sad", says Elka.

Elka comes with an issue, for which, like every so often, she has a cognitive solution on hand. The cognitive solution however, which is based on the mechanism of the mind, does not change the basic emotion of sadness. Her soul says to her that she must know her mission, or destiny, and then she would feel better. Her mind even advises her to look more into her past (grandmother) and ponder over it – because if she knew what happened at that time, she could then solve her problem.

With this example, we can see how intricately the mind works: it constructs something "round about", in order to change the basic sense of melancholy that one feels.

Many people want to change their lives but start in the wrong place.

Many change the external circumstances, move from one place to the next, change their jobs, or change their partners. But the problems or the pain remain. Sadness is what the Vesseling Practitioner works with, because sadness, a deep feeling, is closer to the level of energy. Sadness is the issue, not the search for a mission, not the past of the grandmother. Sadness is basically the springboard, from which the healer or Vesseling Practitioner "jumps" into the invisible world of energy to explore which energy disturbance produces this feeling.

The process is always to transform the wound, in this case sadness, into a source of power. When the sadness (dark energy) is eliminated, only cheerfulness (luminous energy, bright light) can take its place. So the task consists of looking deeply into the wounds and transforming them. Yet this is a task that takes a lot of courage, because we must "look" directly into the problem, no matter how much it scares us.

Uwe

Uwe has a purely physical problem, he says. His knees ache, particularly in the morning.

"Do you have a, let's say, superordinate idea about your knee problem?", I ask.

"Superordinate?", Uwe asks, frowning.

"Yes, it could be that you are under a lot of stress... or at least have the feeling..."

"One is always under stress, no?", says Uwe defensively.

We see that stress is normal for Uwe, but physical symptoms aren't. His example shows how separate from ourselves we can live.

During the introductory discussion I often lead the client from a pure physical issue, from the body level, to the notion of a somewhat deeper level. For the physical symptom is always a manifestation of energy imbalance in deeper levels. An aching knee can have as its source a relationship problem that was repressed long ago. Because the source of ALL symptoms is the imbalance of energy.

I cannot repeat this often enough: the reason for a physical problem is not the body. The reason for a mental, psychological problem is not the soul. The reason for eternal brooding is not the mind. The reason can always be found in a disturbance, an imbalance, of our energy.

For that reason the illness is not important to the Vesseling Practitioner, because after all the illness is only a consequence of the energy disturbance and the "entry point", from which the Vesseling Practitioner commences the journey to the levels of energy.

Franka

It is Monday, eleven a.m. Franka from Vienna calls me for a long-distance treatment.

„I am very excited!“, she says.

„This is normal! Most of the people who come to me for the first time are, because this type of treatment is new“, I say.

„Yes, but my case is particularly bad. I just don't know who I am.“

„I see, that's the reason you're calling. What exactly do you mean by that?“

"Well, I have changed jobs over 30 times in my life. One job was worse than the other, and at the moment I'm unemployed again. It's not that there are no jobs in Vienna, but I always feel unhappy with these jobs.

Before, I had dreams and visions about what I wanted to do with my life, but now even that is gone. No more dreams – no more visions. I always thought it was normal, but what is normal in the end? I assume that other people are better off in this way. Right now I feel crazy. I'm somewhere in the middle, and..."

"Stop, Franka, stop, this is all too fast... tell me, how does all that affect you? I mean, how do you feel about it? Maybe under pressure, helpless, depressed?"

"How do I feel about it...", she repeats. She is quiet and thinks for a while. Then she says: "Nothing!"

„How do you mean, nothing?“, I ask.

„You see, this is another one of my problems... I just don't feel anything. I can't even do that...“, she says.

"Ok, but don't you feel anything physical?", I ask, virtually begging for symptoms.

"Physical? Yes, I have problems with my stomach, I often suffer from headaches, and I have an ache in my chest, but that's been there for a long time", she lists her ailments.

During the course of the treatment we found a deep sadness, connected to a fear of failure in life, to be the actual reason for her constant job changing. When the responsibilities became greater, she fled from them.

It is always interesting to see the edifice of thoughts our mind produces in order to analyze and "fix" the reason for our problems: in most cases our misery is the fault of other people.

Sometimes it is our partner, or our mother, father, our colleagues, the circumstances, the house, the children, or shortage of money.

With my energetic work over time, I have come to the conclusion that roughly 90 percent of all the theories about the "why" are wrong. As I've already mentioned at the beginning, our mind is a rather inept instrument for solving emotional, mental or physical problems.

Thinking is not the solution.

Can we transform ourselves?

This is the most frequently asked question at my seminars. Yes, we can. It really is possible. Then why is it not so simple? Why can we not just lie down, give the instruction "self-heal" or, better, "please heal me!" and simply wait to be healed?

The reason is very simple: the average human being is not able to reach into the depths of his own heavy energy disturbances in order to set them free. That is the only reason.

I am aware of the contemporary trend towards self-healing; but I can also see that it suits more our ideal western self-perception of doing everything alone without any help from others.

There are numerous writers who propagate self-healing in their books. All these authors have one thing in common: they have gone through a serious illness, and the techniques they have developed in order to master their illness are now supposed to help others.

Yet other people are not as seriously ill as these authors, who were on the brink of death. In the end, these authors had no choice but probing very deep into their own energy disturbance in order to finally set it free – and this is what saved their life. Average human beings, at least those who are not about to die, will be too scared to encounter the darkness deep inside themselves.

It is not necessary for each client to go through a heavy process. The Vesseling Practitioner can, instead of the client, look into his/her dark energy disturbances and remove them, without the client having to experience or even "re-experience" the pain.

Another reason why self-healing can be difficult is that we often don't know or cannot accurately identify where the problem lies. Most clients come with a rather spongelike feeling, with a "mash" of many symptoms at the same time. This is the reality. Where are we supposed to start with our self-healing?

At first, a Vesseling Practitioner helps to remove the largest rocks from the river of our life. I do not want to belittle the works of other authors, their work is wonderful, but if you can make no progress, then do not give up! Use someone else to help! Once a certain degree of purity has been reached in your energy system, then you can still think about self-healing the distressing symptoms that remain.

El mundo energético siete

Forms of energy

Monday, nine in the morning. I must read through 103 emails. My co-author has written again: "Martin, you write so much about energy, this is very woolly to the reader – what is this energy – how can one imagine it? A little more please... "

"A little more please", lingers in my mind. How am I supposed to describe energies? "A little more please": that's what they're like, the intellectuals. I never wanted to write a book about it. Books consist of words. Words belong to the mind level.

Energy medicine has nothing to do with the mind – one can only "experience" it. This desire to always want to "understand" everything makes me mad. "Wanting to understand everything" actually means seeking security – a very western, energy-draining approach. Nonetheless one does not find security through words, but only by feeling it, experiencing it.

Most participants of the retreats are surprised by the fact that I often answer their questions in brief or sometimes even return the question. The reason is that most questions we ask others have only one purpose: to find "security" in the shape of the life energy of another person. Often we ask for fear of doing something wrong; we want assurance. What most people don't seem to notice is that most questions already contain the accurate answer.

In my retreats there are no manuscripts – we only hand out few "papers". The knowledge of healing, and what it is about, is a knowledge that is passed on purely verbally. Our course consists of practical exercises at a ratio of around eighty percent. It is about experiencing how symptoms disappear: fear of the future, the fear of flying, tinnitus, backaches, the nightmares. Then usually the questions also stop coming, and the doubts disperse. The mind is turned off, and one arrives into the liberating state of "simply acting".

Everyone can see "energy" – we just don't know how. One hundred percent (!) of all students who do the Seer course can see energy.

So what are energies?

When, for instance, we ask someone we pass how he is, in most cases he will say: "Fine, thanks for asking", and will ask us back how we are. "Very well, thanks", we will reply. After this exchange we go our separate ways. Perhaps in the evening, when we are back home, we might think of this person and realize that he probably didn't really mean the "Fine, thank you" he said. We have the impression that he didn't feel so fine. Perhaps we also have a distorted picture of him in our head, in which he looks almost as if he is about to cry, or even crying. And that basically means that we can see "energy" – the true face behind the mask.

In the Vesseling Energy School the students learn to see the real, the energetic picture of the client and how to heal it.

Minor energies

Minor energies are energies which enter us briefly and are exuded again by the normal energetic motion of the luminous body, just like respiration. There are hundreds of situations, in which minor energies enter us from the "outside" but do not settle inside us. An example could be a brief, annoyed discussion about overcrowded trains with the conductor, which is usually forgotten after a few minutes.

Children are usually energetically very pure at birth. Ask a small child one hour after he's had a tantrum what the tantrum was about. In most cases he will probably not even remember it. That is because the energy system of a child is usually less polluted and pure like a crystal. By breathing, which causes a higher and faster vibration of the chakras, the less-dense energies are simply expelled from the luminous body again: everything is forgotten. Adults, on the other hand, dwell on things, become upset and often furious, trapped in their own memory. The energetic memory, which is the number of black spots, increases with age unless it becomes cleansed.

Imagine that you could forget as quickly as children do. Life would be a delight, every day would be a new day. So in order to become strong and healthy again, we must become pure like a crystal, like a child.

Heavy energies

Manuela has constant backache. She has been suffering since her teenage years, she says. At the age of 15 she was in a traffic accident. The pain cannot be seen from the outside, and X-rays furnish no further information as to where this pain comes from.

I look at Manuela's luminous energy field and discover an enormous metal bar (of course in a purely energetic sense, as an image) from her neck down to the buttocks. I carefully pull the bar out, Manuela's body "twitches" a little, and she begins to weep. After the session Manuela feels a lot lighter; she can still feel the pain, but it is already much more bearable, she says.

Many clients who have suffered accidents come to me because they are still in pain. Physically, everything has healed, the doctors can find no symptoms. In most cases the reason is an energy, which still "sits" in the luminous energy field and manifests itself as pain. Such an energy can enter into the luminous body through an impact of an accident and settle there. Then the energetic wound is not yet closed. I've had clients who have still had pains from an accident which took place over 30 years ago.

These heavy, or dense, energies are formed in the human energy body over the years as a result of a life in energetic environments such as family, school, job; factors from which we cannot flee so easily.

A child growing up in problematic family conditions will have dark energy spots in his luminous body from a young age. These spots will persistently seek repetition of these experiences on the exterior.

That is because of the law of resonance, which I will explain later in the book. It is because on the outside we can only live what is energetically stored in our luminous body.

The energetic drama continues at school. If energetic spots already exist in the luminous field, then, during the school years, these spots look for manifestation in the real world as traumas. In addition, a child may have schoolmates he cannot stand. He doesn't really get on with anyone. He becomes an outsider and doesn't know why.

Did you have an easy childhood?

What do you think would happen in the life of a client if one could erase the childhood spots, these heavy energies?

The root of the evil is the energetic disturbance and not the childhood memories, which must be reappraised laboriously.

In retreats and seminars the participants learn to remove the energetic connections to our parents. Ninety percent of all humans are not free; they are still molded by their parents' dramas and relive these. Ninety percent of all humans have "open" issues with their mother or father – even when they are long deceased. In the Seer course tools are offered to dissolve, to terminate these issues. There exist many different types of therapies, and they offer important insights into the family drama, but in our school we deal with the energetic solution to the issue. Students report of an enormous energy impetus after "stripping off" this heavy burden from their past.

Energies and death

Very few people know that, at the moment of death, the luminous energy field stays on the body of the deceased person for about another 24 hours, and only then does it slowly become detached from the physical body.

At the moment of death most people, predominantly out of fear, decide not to depart from this world because essential things are still missing from their life or are incomplete. Only few have found their destiny in life, and the fear of death, the fear of the unexpected, is the greatest fear of all.

It is the apologies one has never offered, the "I love you"s never told, the still open conflicts between us and our friends, brother, sister, father, or mother. Often it is the never expressed "thanks for everything" that still want to be voiced.

At the moment of death time is limited. Most people do not die surrounded by their family or among their close friends, as is often the case in films.

Everyone who doesn't know how dying really is is very frightened of death. But which living human being could possibly know what dying is like?

Not many people have real company when they die; in most cases they are not let go by those closest to them.

The fear of death and the panic of that moment, together with the desire to live on, cause the luminous body, the energy field, to be transferred into another living energy field. The physical body dies, but the luminous body of the dying person lives on in another body.

Those dying mostly select a person themselves, a person to whom they had a great connection and openness in life and energetically merge with this body.

I admit that this sounds quite eerie. We should not imagine that a whole human being turns into another. What does pass on is the energy of a dying person: all their traumas, qualities and characteristics. Their energy "continues to live" in somebody else, in an attempt to fulfill their life contract, to find their destiny through the new host.

In my retreats participants learn to bring these energies out into the light. They learn to speak with occupiers, ask them where they come from, what they died of, under what circumstances. After these psychodramas, the energies usually consent to be led to the light. Quite a few of these energies are hundreds of years old and still inform our everyday life.

El mundo energético ocho

While before it happened I had always worked directly on the light field of the clients, now, at the beginning of the treatment, I saw the energy field of the client but also the room, decorated with gold and jewels, and the beautiful marble light table. The client lay energetically on this table.

It occurred to me that the energetic way is one of abundance. The assistance upon which we can fall back is gigantic. Different energies appear for each client, different specialists with new knowledge.

I was able to ask the Universe and my Intuition. And they answered. They are like very experienced doctors, like highly skilled energy surgeons, who trained me, instructed me and sharpened my awareness.

They would instruct me what to do; the smallest deviations from their instructions were met with criticism, which was expressed immediately in the form of signs.

At first I thought it was me doing the healing. My ego was strengthened and flattered from the clients' positive feedback. I was like an artist who always wants to hear how wonderful his paintings are.

The treatments became increasingly effective and faster – better and better. The clients would come to me with their issues, and the spirits would tell me in fractions of a second in which energy centre the illness or the problem was to be found. I would then move into this chakra, look at the "real" story "behind" the illness and perform the energetic healing.

The real energetic stories I could see increasingly took the shape of mystical animated cartoons. In the second chakra of one client, I saw her energy tied to a steel chain by a man in uniform – she always got involved with dominant types of men. With someone else, I saw in his fourth chakra that he was flying over a landscape on fire – he was suffering from difficulty in breathing, constant panic and tinnitus. With yet another client, I saw in his third chakra his energy trapped inside a gas lamp which was buried in a shelter deep under the ground – this client had asthma and agoraphobia. Another time I saw in someone's first chakra his energy jammed in a cage surrounded by poisonous water – the client was suffering from permanent backache and felt often tired and listless.

"What am I supposed to do with these symbolic mystic stories?"

"They are just images, Martin, nothing more. They are the renditions of energy into images – nothing more than that", was the answer I was given.

"But what is the point of these stories – if one cannot change them?"

"We can change the stories. Remember that you are in a chakra, and that every living creature consists of energy. Think about how it should be!"

"How it should be? Am I to simply remove the darkness, the poison from the chakras and transform them into light?"

"Stop asking so many questions, just do it". "Yes, but how?", I asked myself.

Energetic connections

Babette

I worked with Babette for the first time. She travelled from Spain, because she had attended one of my seminars in Barcelona.

Babette could not describe her problem. She was actually doing really well; she had a great husband and two children, and had recently moved back home to Barcelona from Italy. Soon she would begin to paint again, do something for herself.

Nonetheless she often felt terrible; it was like a feeling of heaviness, she said, as if something was pulling her down. And then there was this sadness, an incredible sadness that would sometimes come over her without warning. She couldn't say where this weariness came from, she said. In any case this definitely had nothing to do with her life, seeing as everything in it was all right.

After she had been lying on the treatment table for a short while, I was able to identify the cause of her issue: going out from her third chakra, which is the solar plexus, she had a connection that looked like a cord. This cord went out from her luminous body, across the treatment room and out through the window like a hose.

"It would be interesting to find out where the connection goes to", I thought and looked as if by coincidence at a globe I had in my practice.

I imagined the map of Germany and saw the connection stretching from Cologne, past the border and across France to Spain. To the north of Spain.

"Your fantasy is getting the better of you again", I joked with myself.

"Northern Spain", I thought. It can't be right. She said she was from Barcelona. But somehow I saw the connection ending in Andorra.

I've never had anything like this before, I thought. Have I gained a new ability? I went to the end of the connection and saw the energy, or rather the energetic image of a woman, perhaps in her late sixties. She did not seem happy.

Amazing, I thought, but I did not dare to ask Babette.

"I see an energy, a feminine energy", I said carefully.

"Feminine? It must be me", said Babette.

"No, I mean a connection to a feminine energy in Spain", I tried again.

"Feminine energy in Spain? It is my mother! My mother!", she said.

Bull's-eye, I thought. Now if I also get right that she doesn't live in Barcelona but in Andorra, then I've got another thing that I cannot tell anyone about because they'll think I'm crazy.

"Tell me, your mother doesn't live in Barcelona, does she?"

"In Barcelona? No... she lives further north..."

A cold shiver went down my spine – I felt like a tracker dog, able to track down the prey from miles away.

"Maybe in Andorra?", I asked with a shaky voice.

"Andorra?", "No, no, she doesn't live in Andorra – she lives in the Basque country."

"Oh really?", I said. Damn, it would have been too good to be true, I thought. It would have been sensational.

During the session I cut off the connection and cleaned her third chakra. Babette felt better at once. She admitted that she was thinking of her mother often, and said that when she heard that a connection to her existed, it became clear to her that the sadness was not at all hers, but that of her mother. This energy, the weariness of her mother, was permanently "flowing" into her.

Many clients describe this effect as a feeling of permanently being "sucked out". This can be coming from the partner, a friend, or the children. With healthy human beings this connection is separated automatically.

A few weeks later Babette sent me an e-mail, in which she wrote that she was feeling extremely well. Her mother had phoned a lot more often since, as though she had noticed that the connection had been separated, but Babette said she had nothing more to give her. Now her mother was looking for a therapist.

Great, I thought. When such connections are cut off, then the healing doesn't only include those who came to see me, but also those to whom the connection existed.

With many clients I still see connections to ex-partners, to relationships that have been over for many years. Most of them are in a new relationship, but the energy still seems to flow into the old relationship. This is also the reason why a separation is not necessarily complete when a couple move apart. Everyone knows that. One of them could move as far away as Toronto, but the energetic connection remains until it is cut off. The separation from a partner can happen a lot faster and, more importantly, less painfully, if these connections are energetically separated.

Weeks had passed since I had first identified and separated connections. My daughter was in the practice with me, playing with the globe.

I could see Spain on it. I thought of Babette again and looked at the northern part, and I couldn't believe it: it wasn't Andorra, of course, that lay in the northernmost of Spain – it was the Basque country. I had got the countries mixed up. I had been exactly right. I had

really seen that her mother lived in the Basque country – which I had thought was Andorra...

„Yehhhhhiiiiiiiiiiiiiiyoouoooooooooooo“, I cried out in jubilation. My daughter looked at me questioningly. "Dad, are you all right?"

El mundo energético nueve

I sold my companies, but i couldn't get much for it. I could simply no longer live in this old, traditional world of moneymaking. The process of breaking away from my old life happened swiftly. First it was the Fridays that I reserved for healing sessions. Then came every other Thursday, then every Thursday, then the Wednesdays...

My doubts dispersed. I had great success with the healing, and the clients wrote me mails about it. This feedback encouraged me, because it was the successful healings that made me a name, not marketing.

For the first time in my life, I really had the feeling that I was doing something meaningful. I helped humans and by that time could also make a living from it.

With time, I started getting into esoteric literature a little. Amazing! The things I discovered were unbelievable. I found it extremely interesting just how many people were following this path.

But what was even more interesting were the things that I had learned through the extensive work with clients (at that time I already had nearly 1,000 clients around the world). I had never read books on that subject. It was the practice, the feedback of the clients and my reflecting on it that had trained me. In the books I often found confirmation and learned the esoteric terminology.

Yet these terms were of no importance for me. It was interesting to see how others would try to put into words a subject as difficult to comprehend as energy medicine.

Because actually the issue here was to regain one's own intuition, and to strengthen the seeing ability as well as the proper use of the natural power of intention.

It was all the more interesting to read literature about incredible healing methods, complicated affirmation techniques, complicated exercises. "Healing is a process of consciousness", is a sentence written by a well-known promoter of alternative healing methods, whose books sell very well. "Healing is a process of consciousness"... this is something that one has to sit and think about. And believe me – no one can really understand this sentence. And what does it mean anyway?

As I gained experience it became increasingly clear how simple the way nature had provided for healing was. How simple it was, if one could regain his natural powers to bring about healing.

Define the problem (intuitive feeling), find it (seeing) and simply blow it out (intent): that's all there is to it. Anyone can learn that. Everyone must learn that again, I became

more and more aware. To do so, one did not have to travel to Peru or Siberia or Hawaii. To do so it doesn't take a journey into the jungle.

Energetic possessions: the war is not yet over

One can quickly recognize possessions in the energy fields of clients, provided one can see energies. We can picture them as someone energetically going along with or hanging on to the client. One can recognize from the clothes, the hair, or the face of these possessions whether they are male or female entities, and how old they are. One can also speak to these energies – because that's what they are – about their psychodramas and ask them where they come from, how they lived and how they died.

Most of these possessions are very scared, desperate creatures who haven't managed the transition to light, or did not attempt it for fear.

Many clients know about them, and often even comment about feeling possessed. Inner self-conversations with someone strange, the feeling of not being able to make the decisions ourselves, not to live our life or be able to practice "our" vocation can be signs of a possession.

Verena

Verena is 28 years old and cannot bear to be with men, neither on a personal nor on a professional or any other level, she says. This is the case in all areas of her life, even with things as ordinary as when she gets into a taxi and the driver is a man. This is naturally problematic in the long run, especially now that she has finished her studies and is looking for a permanent job.

Verena was suffering from a very aggressive and anxious male possession, whose energy manifested itself in Verena's life through the total rejection and extreme fear of men.

By explaining this, I am not trying to generate an unnecessary fear of this subject. These possessions are just "energies" – though of a very, very strong kind. We should always keep in mind that they are not beasts which energetically cling onto us, but mostly the energies of the dead in the shape of images, of people who had a great fear of dying and want to live on inside us, hoping to escape death.

Approximately two-thirds of the clients who come to see me are occupied by such energies. These energies have totally different origins. Many of these energies are our grandparents, who experienced the wars. Wars are times of great fears. Fear for survival, fear of dying, the resolution to somehow pull through at any cost, the fight for survival in the trenches. Sixty percent of all the possessions (entities) I encounter are war possessions, energies of people who died in the war.

Seventy percent of my clients with job-related problems come to me because of intimidation and bullying at work – the working environment can be like a battleground. Bullying means betrayal, intrigue, humiliation, exclusion, cheating. I am here, the others are there. As soon as you have or show a weakness, it's your turn. But we know this from somewhere, don't we: most of these clients "carry" possessions from the Second World

War. Although the war ended on 8 May 1945, energetically it's not over by a long shot – it just continues on other levels.

I recognize war entities from the clothes and uniforms they "energetically" wear in the energy field of a client: soldier's uniforms, Gestapo overcoats. So they live on energetically and affect the life of other people in all areas to an extreme: in the choice of a partner, at work, with one's hobbies, preferences, clothes, life attitude, courage, fears, nightmares and behavior in all situations. A client with a possession always behaves like a fusion of himself and someone else.

Peace, real peace in people occurs only when these possessions, these living energies, are released by a Vesseling Practitioner and led to the "light" carefully. Then bullying should no longer exist in our world.

El mundo energético diez

Energy-resonance

At the beginning we already established what the first words of my mentor meant: the way we experience the outside world is a mirror of our inner world. Never in reverse.

Energy disturbances manifest themselves not only on the interior but also on the outside: wretched life circumstances, wrong friends and partner, unsatisfactory job and so on.

An imbalance in one's inner energy has always a one-hundred-percent manifestation on the exterior. People coming to me with an issue such as "lack of self-confidence, deficient thinking", will have trouble making it big in the real world.

Imagine a client who carries two possessions from the war plus other "black spots". This client would probably find it extremely difficult to believe in a world that is safe and without dangers. This person is likely to lead a very safe life, lock his door three times at night, put money aside for a rainy day and be very suspicious of others.

After the sessions, most clients ask what they are supposed to do now. Quit their job? Ask their boss for a raise in salary? End their relationship? Move houses? Emigrate? "Nothing", I tell them always. It is absolutely essential that we don't take any action. For if we are internally cleansed after the treatment, we attract "clean things". When we are "clean", energy spreads. When we are full of energy, our environment changes, and happiness finds us. Then things happen automatically, without any effort on our part. Our circumstances change for the better, our charisma is contagious to others, our enthusiasm and new-found curiosity for life show effect: suddenly we find a partner (he/she comes to us – "coincidence", you might say), everything in the relationship works better than ever before, we attract the people we always wanted to meet, the road to a career is opened, and often one thing follows the other. For in the same way that it attracts the good towards you, it also resonates from you. The smile you send out returns to you. People love you. Love is the highest human form of energy. This is resonance, energetically seen.

Even after thousands of treatment sessions, I am still astonished by the amount of feedback reporting positive changes in the circumstances of my clients. Houses or

apartments that had been very difficult to sell were sold almost immediately, new ones have just come to them, a new partner has more or less appeared at the doorstep, the relationship with their children has suddenly improved, orders have been coming in, or an excellent job offer...

You must believe me: mere trying, fighting or overworking is not enough to achieve your goals, because you don't follow the energy flow of the universe. This energy flow will evolve only when we become energetically "pure", when we find the right path. Then everything will find itself automatically. It simply comes to us.

This way of healing is one in which the wounds are transformed into sources of power. The results are evident not only through the healing of the illness, of the symptom, but also, and this often happens very very soon, in the peripheral things in life.

This is basically our greatest chance. Through our healing our quality of life improves. Through our healing new possibilities are created in life. Real alternatives, perspectives, perhaps a new future.

There are no coincidences in life. In the Vision course people learn to read the signs (coincidences) of the future. The word coincidence comes from coincide, derived from the Latin co-incidere, which means "to fall upon". As we can see, originally this word had a completely different meaning, and so it becomes clear that we are not victims of coincidences, but that things or situations fall upon us, that they are products of our progress through life. Consequently, what falls upon us is only that with which we are in resonance.

A simple example of resonance is that we, one way or another, always meet people who are compatible with us. Whenever I give seminars, the participants always form small individual groups immediately. There might be one group of people who come from the same area, another group that perhaps already has some energetic knowledge from before, or yet another consisting of people who have already attended several courses of this kind. It could be groups of businesspeople, physicians, nurses, yoga teachers. The participants come from all walks of life, most of them have no prior knowledge, some are from Austria, others from Switzerland, but all are interested in the topic "working energetically". People in such groups have things in common, they feel relaxed, and it is easy to get to know each other.

Later, when they get to know each other better, the groups reform completely. Then the weary ones come together, the merry ones, the smokers, people sharing the same world views. Exactly this is the level of energy, the level of resonance. We could bend over backwards, but we would still attract those people who we like "energetically".

"Tell me who you go out with and I will tell you who you are", says the proverb. If we have a high degree of energetic pollution, then we attract others who live in the same condition. Anything else is not possible, since we want to spend time with someone who understands us. An optimist will not bear a lethargic depressive for a long time. This is also why the rich always become richer, and the poor poorer. But if we can heal ourselves we can break through this resonance cycle.

Carmen

Energetic possessions and their resonance can even send us to foreign countries, as the example of Carmen shows. Carmen is from Colombia but lives in Barcelona. She no longer knows what she's supposed to do in Europe. She's been living in Spain for ten years, is alone again, but can't go back to Colombia. She is "caught in a trap", she says. She learned Italian in Milan, now she is back in Barcelona, but she can't really settle anywhere. All this makes her very sad, especially when she looks into the future and asks herself what she's suppose to do with her life... then she begins to cry. "I don't know why I cry", she says. "I never wanted to live it up, but now my business is doing badly, I feel alone, and I just don't know where to go."

I start with the treatment quickly, because I don't want her to relive her drama. In her third chakra I see her as a maid in a previous life. She is standing in a bedroom making the beds, when a man comes in and begins to hit her. He speaks French and says something like: "You are just a servant, you are not to interfere in our affairs."

"But I haven't!", she says.

"Then from whom has my wife found out about us? You must have spoken about it with the others, you can't keep your mouth shut." Enraged, the man grabs her by the throat and strangles her.

The follow-up conversation with Carmen reveals a lot: "Yes", she says, "the image is interesting. I've always had poorly paid jobs. I've always been scared to take on responsibility, because I thought that I would be punished for what I do. There's also an association with French. When I was young, I always had the feeling that I had to go to France. I've also lived there for three years. Hadn't I told you that? I've always had the feeling that there was still something to be done there."

I was happy to appease her: not only was the aggressive male energy led to the light during the session, but her entire trauma was energetically eliminated.

Four months later we received a mail from Carmen. She was back home in Colombia and was very happy to have ended a journey that had taken nearly ten years.

El mundo energético once

TREATMENT, DESTINY AND HAPPINESS

The treatment

"Martin, you must describe in more detail what you see, and most importantly it must become clearer what is so extraordinary about this 'spiritual medicine', as you call it", says my co-author.

It is Thursday again – my writing day.

"It's not easy to write about it; I mean, the fantastic thing about this medicine is its simplicity."

"Then describe this simplicity."

"You can talk. It is the complicated things one can write pages about."

"Martin, just write how simple this medicine is. What happens during a treatment? Just describe an energetic session – it will help to clarify things!", he says.

"The treatment is very simple. The client comes with an issue, mental, physical or a mixture of both. We talk about it for two or three minutes, and by then I can already see the energy disturbance that causes it. The client selects a stone from a variety of stones that I present to him. This stone must be picked instinctively to correspond to his problem

the closest. Then the client blows his problem into the stone, puts it on the treatment table, and I begin to work with him. As soon as I see the disturbance, I can just remove it, like a weed. And because the source of the illness is energetically eliminated, the problem disappears too."

"How do you take out the energy disturbance? With a stone?"

"No, the stone is a kind of energy storage device; it stores the issue of the client and informs me. Stones are very wise; they are millions of years old and support the healer in his work. The stone is then placed on the chakra of the client that is affected. In this way the dark energy from this chakra can be transferred into the stone. In addition, I see the energy disturbance and can blow it out with my breath and with my intent. I never touch the client."

"You mean there's no diagnosis, no lengthy preliminary discussions about the problems, no medications? You just blow it out?". He is surprised.

"That's how simple it is if one can see energies and learns how to extract energy disturbances from the luminous energy field of the client with one's own intent."

"So this means that people come to you, tell you about their problem for a couple of minutes, and then you blow out the problem or illness and it disappears?"

What definitely disappears is the energy disturbance which has become visible through the verbalization of the problem or illness. Of course, one cannot predict how long it takes for the illness to disappear. Physical problems might need some time to heal, as the body is at the end of the healing chain of "energy, soul, mind, body".

As a spiritual teacher, I may not make promises, but the healing chances of this medicine are very substantial.

The Vesseling way of healing is one of power. It is a way of nature. For it is not the healer who heals the client, but ultimately the client who heals himself. All the healer does is to activate one's self-healing powers.

El mundo energético doce

The long-distance treatment

Lars

Lars's wife accuses him of always "shutting down" and becoming unapproachable when she talks to him. He, on the other hand, is always afraid of being inadequate – of not delivering what others expect from him, and that torments him, he says.

We hang up. Long-distance treatment basically works just as person-to-person treatment. First we briefly speak about the issue – the client blows the problem into the telephone receiver while I hold one of the healing stones by the receiver, so that the stone takes in the energy of the client. Then we put the phone down and start to work.

I hold the stone in my hand and feel Lars's energy, which is now stored in it as information, like a copy. Any change in Lars's energy field that occurs in the treatment room is then passed to him. Lars will tell me about it later.

I look at Lars's energy field – it seems totally black in the centre, like a volcano. Near the third chakra, where the solar plexus is, I see two pipes, connections to the outside. They look like umbilical cords. They lead to two feminine energies, to two living women. A Vesseling Practitioner can at some point feel whether an energy is male or female. I go along one of the cords to this energy, and I see the image of a very dominant but affectionate woman, the all-protective mother type. The other connection goes to a younger woman, also dominant, strict. I separate the connection and observe how the chakra spins in fresh light. It already looks much brighter.

Then I wait for two or three minutes for the energy field to regain its balance and I go into his third chakra again – this time a little bit deeper. It is dark in there, very dark. I clean it, and now I can see a platform in the fog. It is enormous, maybe 30 meters tall. Lars is standing on it. I see hands. Hands surrounding the platform. I continue from the hands over the arms, remove dark energies, and see the face of an old woman. She is distraught; she wants to die, is filled with bitterness, perhaps even anger. She is very much afraid of dying.

I remove the platform, eliminate the dark energy and see how one of the severed connections wants to "come back". Now I remove all the dark, foggy residual energies in this chakra. The connection disappears again.

I speak to the old woman, ask her whether she doesn't want to finally come to the "light" after all the years. She is frightened. She insults me, screams at me to go away. I offer her a better future than in Lars's body, a future in light and love. She thinks, hesitates and finally consents.

I look at the clock. The treatment has taken twenty minutes. Lars calls and tells me what he experienced. He tells me of a deep gloominess that had suddenly disappeared, and of pictures of old people and landscapes he saw that he didn't know. His body feels warm, he says. He could say that much already. He also feels calmer, he says.

"Well, let's wait for a while", I tell the clients often, because the deep energetic changes will look for manifestation on the outside. This will certainly happen. His dominant wife and dominant mother were a result of the inner possession Lars carried within himself, not the other way round. The law of resonance applies always.

After the extraction of this and the other energies Lars's life will change to an extreme extent. Perhaps the relationship with his wife will improve greatly, become more affectionate, and perhaps they will discover each other's new, nice sides. It is however also possible that they will separate. Because the affinity, the control issue in Lars's energy field has been eliminated – it no longer exists.

If the healing benefits from a separation, then it is totally normal and a step in the right direction.

El mundo energético trece

The questions after the consultations were always the same: "Martin, how can it be that I feel better? I mean, I blow my issue into one of these stones, you rattle it a bit, then blow and my sleep disorder is gone. It can't possibly be so simple – how does it work? How do you do it?". That was a standard question after every treatment session.

At first, when I had only 2-3 sessions a day, I was able to answer these questions in depth and tell the clients quite a lot about healing mythology, energy, light and such, but when the number of daily sessions increased this was no longer possible. I had to cut the "after-treatment" short – I couldn't offer much background information. So at first I started recommending books, then films, and then someone suggested that I hold a brief seminar, at which I could talk to those interested about various energy techniques. That was a good idea.

The seminars always consist of two parts: the first part is informative; it describes energy medicine, how healing works, why we often feel unwell, why we are or become ill and what the causes for the symptoms are. It is about energy, about the fact that we are all connected, and about how easy it is to be healed.

During the second part of the seminar I always perform a healing journey with all participants. In his fantasy, the participant travels back to the time when the origin of his illness manifested itself and heals his trauma in the past, thus healing at the same time his problems in the Here and Now.

I always describe this group healing journey as "casual". A proper healing journey that is normally accomplished during an individual treatment, not in a group, is a far more in-depth experience. This "soul retrieval" can heal the most serious illnesses.

It was on a Saturday in April – by then I had done numerous seminars. The participants were lying on the ground. They had prepared themselves for the journey, had innerly articulated their "issue" (the illness, the symptom, the problem, psychological or physical), and were ready to be "led" by me. One of my students was assisting me and accompanied the journey with rhythmic rattles. After ten minutes I closed my eyes and couldn't believe what I saw...

On to happiness

The immensely important clearing of our luminous body is a deeply energetic process.

One can compare the energy balance of a normal human being with a dark river full of large dark rocks. These are our heaviest issues.

At the beginning I work with each client three times at the most. The client must prepare himself for the three most difficult issues in his life (diseases, problems, physical or psychological). We begin with the most difficult problem, which often affects the other issues too.

Returning to the above parallel, we basically clear away the heaviest stones from the river, until the river from very dark gradually turns murky and then becomes clearer and clearer.

This work cannot be compared to other styles of therapy, as the treatment here is deeply energetic.

The more of these energetic issues – the black spots in our luminous energy field – we rid ourselves of as we get closer to our destiny, to happiness in all areas of our life. Because energetic healing transforms our own wounds into sources of power, releases us from old burdens, from which we could not emancipate ourselves otherwise.

The South American peoples teach us to shed our past, just like the snake sheds its skin. The deep sense of this picture is the speed it comes to pass. The snake only needs a few days to get rid of its skin – maybe even less.

I experience the healing process of the clients just as fast. People with deep-seated fears, nightmares, gnawing doubts, problems of the most diverse kinds lose these issues in the shortest of times. This goes totally against our western understanding of how long we need to shake off an illness. In our western world everything is associated with achievement, and accordingly we accustom ourselves to a long convalescence. Lengthy therapies are not at all a part of the indigenous cultures. The problem is located and simply removed from the energy field, just blown or taken out. That's it.

Just think of the term “skive off work” that we widely use in our society – no one among the indigenous peoples would “invent” an illness or use an illness as an excuse in order not to have to go to work.

Working with children

It makes no difference whether a Vesseling Practitioner works with a child or with an adult, because the Vesseling Practitioner always works with the luminous body – and that has no age.

In the institute we also focus on the work with children. A successful removal of an energetic blockage can to a great extent set the course for the life of a child. Working with children is fantastic; children are still able to freely describe their experiences in the shape of pictures. Hyperactivity, neurodermatitis, nervousness, problems at school, separation of the parents, pressure to achieve – these are some of the issues children come to us with, to name but a few.

The importance of a Vesseling treatment at an early age is immense: it greatly shapes the future of the child. Imagine the life of a child with a fearful possession in his energy system. In real life, this child will permanently feel pressure and fear – at school, at the kindergarten, anywhere. The child will then develop avoidance strategies to block this fear. For instance, it may be that the child never learns to swim or ride a bicycle or does badly at school because he is frightened. The consequences can be devastating. Therefore it is never too early to start with energetic healing as soon as disturbances arise.

Of course, it is not always possessions that are to blame for such problems. Often it is also energies within the family that settle in the luminous energy field of the child. When

parents enquire with us for an appointment to see their children, we usually ask them to come for a consultation first. The reason is that, in every case, children reflect the dramas of their parents. We often see that when a member is healed, the whole family is healed too.

Destiny means therefore to experience happiness in ALL areas of life, to find our life contract, our calling. When we are innerly pure we live in richness, not in want. When we are innerly pure we can only attract pureness on the outside. Then we are ready to attain what we dream of.

Shedding our past like a snake sheds its skin sounds very enticing. Believe me, it is as simple. And with this I go back to my scanty preface. Because we have no more time for illness. Isn't it a pity when one wrestles with a permanent condition for decades, tormented by the same problem, possessed by the same recurring demon – isn't it a pity when this prevents one from working on the fulfillment of one's actual dreams, one's life contract, one's happiness. We have no time. We must hurry!

A life lasts several decades. An energetic treatment takes about 30 minutes and requires no interdependence, no subsequent work and no mental or financial "reckoning". Because what is gone is gone. Again, for the last time: I never would have thought it possible myself, but I have really experienced it.

You should live your life your whole life long. In perfect happiness. In your life contract. This is the reason you are in this world, why nature created you. You alone by the degree of your healing can allow happiness to become the architect of your life, changing and organizing it positively. Because only when you become really healthy can you also attract healthiness, brightness, and richness. Your happiness will find you automatically; you will no longer miss the signs.

Nature is generous. Deficiency is not at all one of her objectives – only growth. She is light, love, life. This is my mission, this is the purpose of this book. That's why today is actually the first day of the rest of your life.

Believe me, you will set out on the most exciting journey you've ever experienced. And the most exciting thing about this journey is you! Do not waste time.

El mundo energético catorce

In the room that I saw with my eyes closed there were no walls, no doors, no floor. Only energy. I counted the number of rays of light coming from the bodies of the participants: "One, two... eleven, 49... wow!"

I opened my eyes wanting to check whether the luminous bodies were really corresponding to the physical bodies. And they were.

Sweat was running down my back. Even for me, this discovery was eerie. Still, I couldn't stop myself from closing my eyes again. And there it was again: the luminous bodies of the participants, the rays of light up toward to the sky.

But there was more: around the luminous bodies seemed to move creatures of light, and they appeared to be performing an "operation" with a female participant. It seemed that they were "extracting" dark energy from her chakras.

When happiness comes to us: vision

"We are more afraid of the light than of our darkness", someone said once. As I have mentioned here before, most of us are objectors of happiness and destiny.

When we have the most severe wounds in our life healed, our life on the exterior usually changes in the extreme. Those friends who never were real ones leave, new friends take their place, our debts become fewer, we are offered a new job, a new partner finds us, a new place to live too. Unbelievable things can happen, can come into the river if we get rid of our burdens, our fears, our anxieties, our black spots.

Then happiness will come knocking on our door, and it is then that most of us will encounter our most important issue, our largest black spot: the fear of accepting happiness. The fear of saying yes to the changes it will bring along. Of saying yes to the journey on which we must set out.

For no matter how bad things were in the past, we have grown accustomed to it all: to the strategies developed to avoid fear, to the discussions about "how terrible everything is" with our friends, to the "wrestling" for attention because surely we are the worst off. We have got used to smoking stinking cigarettes, knowing full well that smoking is harmful and smokers are often regarded as idiots. We have got used to the neighborhood we live in, with its dark faces or the petit bourgeois neighbors, to the daily telephone calls from mother who can't let go, to the domineering boss, to the boring partner, even to the bad weather. And for some, healing also has financial consequences: it could be that, after the healing, one will be able to work again – just imagine that!

Many clients come to us with this last issue: the fear of finally jumping into the fresh raging water of life. Because this is just another issue and can also be treated energetically. And when this fear disappears we automatically open the door to let in the fresh fragrance of the summer wind, which will take us in its arms and carry us into a future in paradise, a future full of happiness.

Life contract. Destiny. Happiness.

As I mentioned above we all come into the world with an energetic life contract which needs to be fulfilled – this is the reason for our quest in life. What stops us from "realizing" this contract are our energetic disturbances, our black spots.

When most of these spots are erased, this contract will become more active. It will present itself on the outside, manifest itself. Then we will recognize, we will feel our destiny, because the search will suddenly end, for our life will feel "right". "Right" in the sense of loving, whole, fulsome. What does this mean exactly? How can the energetic life contract present itself in real life?

Earlier in the book we did the exercise of imagining how our life in all its areas (job, partnership, mental health, physical health) would be, if there were no "yes, but"s. The

readers who did that short hypothetical exercise will have realized that the vision was heavenly.

And this is exactly what our life contract contains purely "energetically": a life in paradise, a life in richness. More is not possible.

Which specific job will come up along our way, how our future partner will be, how much weight we will lose or gain, how stable we will be psychologically – all of this remains to be seen. But one thing is certain, and this we can trust: nature and the universe will support us with all their powers.

Some clients experience the change in their life in a very dramatic manner and in a very rapid process. During the transition from our past mediocre life to a healed life, the dark house which we lived in can collapse very quickly. This transitional phase can be painful, as many of our old patterns will disappear. This can become evident physically and mentally, but also on the outside. Some people who are in the phase of reorganizing their lives – and remember: everything happens automatically, we don't have to do anything actively – complain of an initial deterioration, which, however, is completely normal.

It may sound crazy, but when new clients come to us we always ask them whether they really are prepared to enter the adventure "new life".

Who are our clients?

The people who come to us are those who have the courage to confront their issues. Despite the common belief that the Vesseling Practitioner is the last resort ("Well, if nothing else helps, I'll try it"), only few come to us with acute physical illnesses. Such people are advised to seek medical assistance anyway, as energetic treatment cannot substitute the casualty ward of a hospital (it is something that's effective in the long term) or offer quick relief from physical problems.

People from all walks of life come to us with all kinds of issues: the departmental manager who has problems with his staff. The nurse who always rubs her boss the wrong way. The actress who doesn't know why she is always sad. The woman who still suffers from her dominant mother. The businessman who can't let go of his business. The salesperson who can't close any deals, the car dealer who doesn't sell his cars, the life counselor whose practice is always empty, people who always meet the same type of partner, or just people who are afraid of life.

Among our clients are also people who are compulsively materialistic, possessed by consumerism, and have the associated fear of loss which is very widespread in our consumer and credit-oriented society, adults with sleep disorders and children with all possible symptoms.

Disconnected from ourselves and from everything else

Most people live disconnected from themselves and from everything else. We often receive enquiries from people who just wish to get rid of their "illness" and come to us by recommendation. "We are not physicians, we don't treat illnesses", we have to tell them in such cases. We work on the energetic level and cannot, and may not, promise

anything. Yet if your energetic disturbances are removed your life's other aspects will also change; this is the way it works.

Only few are aware of the connection between inner energy, soul, mind, body and external environment. If one works on his inner energy, this automatically has consequences on all areas of life. Most separate the body from the soul ("everything has a psychological origin") and do not make the connection between their exterior life and inner healing.

There are so many human beings who do want to heal their issue but are afraid of letting go, afraid of what will happen then. And it is exactly this fear, the distrust of our inherent direction, that makes us ill. The fear of trusting life and therefore ourselves. If this fear is healed you will land in the warm lap of Mother Earth again, and she will guide you safely.

Happily unhappy

The average reader, including you, will probably realize when reading this book that he is actually not so ill after all. Everything is sort of all right, you will say. And perhaps you are right too. But believe me, my experience says that this "sort of all right" is the most deceitful feeling one can have. This is exactly the standard in quality of life at which we somehow learn to live with everything, even accept that the way we live is okay. But is it really?

During my seminars I ask the participants whether they can identify themselves with the following statements:

"My job isn't bad, it brings money in and it's safe... of course I'd rather write books or make a living from my art, music, riding my bicycle, fishing, or whatever else, but..."

"My relationship is okay. Of course, one can't have everything, but..."

"I actually feel reasonably healthy, except that from time to time I suffer from backache, I am nervous, stressed, or feel rushed, but this is normal nowadays ..."

Most people to whom these answers apply trundle through life; sometimes there are "highs", maybe through a new love, or a motivational shove with a new job, but when the novelty wears off their life trundles along again. No improvement, a permanent discontentment and the annoying issue of the search for something that will finally make them happy.

So if you identify yourselves a little in these examples, you have already found a fund of issues that can be energetically worked on.

What comes afterwards?

Then comes the creation. Once in this state, we have achieved a high inner purity. The struggle and the search are almost over, and we discover two amazing things: we are creators of our own life, and we are aided by tremendous powers.

There are an incredible number of books in relevant literature that have been written on this subject too: about the notion that we can resolve to be happy, empowerment books like "The power is within us" etc. They are all right.

I don't know how you felt after reading these books; I always felt very enthusiastic while reading them, because everything was so clear and logical. I mainly read before going to bed, so I would fall asleep content and with my head full of great new inspirations. But when I woke up everything had disappeared, all the wise words and sentences.

Everyday life – real life – is different. The more of these "life counselor books" I read, the more impotent and helpless I felt. Try and tell a depressive person with possessions inside him that he is the creator of his life. The only thing you will achieve is to give him feelings of guilt.

For the "inner" clearing, the energetic extraction of one's burdens as a tool, a method, for getting rid of one's problems properly and for a long time, was not mentioned anywhere.

I had the immense fortune to regain old energetic knowledge; better said, it returned to me.

This knowledge lies dormant in each one of us. Just as happiness in life waits for us.

My destiny is to spread this knowledge and, by doing so, to bring people onto the path of happiness. How do I know that? Because I do it with extreme joy and devotion.

Let your happiness, your destiny, come to you. Those who do it with their whole heart will be aided in the realization by amazing powers. Then your visions, if they come from the heart, will have real power.

You could now put this booklet aside; tomorrow you will be confronted by your everyday life. But now there is a difference: you now know that a chance exists, that there is a possibility to transform your traumas into sources of power. Happiness will then come to you automatically. You just need the courage to do it.

El mundo energético quince

The link of the third eye to the heart chakra has been described in many books. The intuition and the universe however taught me how to install it in the luminous energy field of the client, so that the student could learn to see very quickly. They taught me how to open the third eye of the participants.

Within the following weeks I set up my Vesseling Seminars. The first course (Compact course) was booked out just two weeks after its publication on the Internet.

Those who follow the way of the heart, who put their heart into what they do, will be aided by the whole universe. For the assistance of the intuition and the universe is infinite. "You call the intuition, and the intuition answers" – always.

I was so delighted with my abilities that I took off in a flight of fancy. I had a unique gift in me, and I kept reaching new heights of healing every time. In the beginning there was the success in the sessions, then the work with my intuition during the sessions, then the

group healings... I was over the moon, and I decided to have a ceremony one day as a way of showing my gratitude.

The intuitions' reply was: "Thank you, but don't be so full of self-importance always; you must have a consultation about it with one of your students."

I hesitated for a long time before I did it. But afterwards I was free. I no longer had an ego. I had left my ego trip behind. Every graduate of the Vesseling Energy School is a very good practitioner.

To happiness into the Now!

Dark pressure

Something has been boiling inside me for months. And today, Sunday September 30, seems to be the day on which it will reveal itself after some nine months of building up. The time has come, and I am amazed at how the words flow through me into my hands and on to the keyboard. Outside is a little warmer for a change and I'm thinking about my recently finished "On to Happiness tour", which, among other things, was about prophesies and climate change.

When I first completed the book I had promised myself that I would never write another book again. Writing is a lot of work, and many things cannot be put into words easily. But worst of all: the readers take you at your word.

What has been written once is there for good. No changes are allowed. This was the main reason that I did not want to write again: on the one hand people in our Vesseling Energy School learn to leave the past behind, but on the other hand I had produced something lasting in the shape of a book, something that will remain on a book shelf waiting to be pulled out again one day. Even in 50 years' time the more cerebral critics will be asking the same questions. Because of my book.

And yet I am writing again. I am expanding the "old" book, though for a reason: it rouses people and makes them curious about the energy school, in which one can "learn" again how to become one and whole. The issue is actually that we must re-learn something that we have forgotten: the knowledge of our own natural powers is what is regained in the energy school.

Pretty dark – somewhere at Lake Constance I

My body feels terrible. It is as if someone's pulling at me. I'm sitting in a café looking past a mast at the lake, which is full of small boats.

"Stupid mast", I think to myself and realize that the café tables are arranged awkwardly, namely diagonally to the lake so that the mast is always in the line of the view. I stand up and move my table so that it is now parallel to the lake.

"There", I heave a sigh of relief. Now I have a better view. Without the mast.

People here are eyeing me curiously, I realize. They are all dressed in their Sunday clothes, suit and tie, even the children are dressed well. Only I stand out with my orange t-shirt. It was a present from a course participant, with a mandala handpainted on it. I feel like an alien, a leper, with the other patrons looking me up and down. Even the children probably find me childish with my orange t-shirt.

Five minutes later a lady appears, probably the head of the other waitresses, who are all younger and dressed in crisp black suits.

“I see you’ve made yourself comfortable... but it’s not a problem”, she says and laughs nervously.

Pretty clear – the root of all evil: the dark spots

I’ve already explained in the first part of the book that we do not consist of just a material, manifested body, but are also enveloped by an energetic, luminous body. What is more, the luminous/energy body pervades the physical body.

Please try the following exercise in order to convince yourself of your energetic body:

During the following moves you should be able to feel the “exterior” layer of your energy body with your right hand. Stretch out your arm and move it very slowly with your palm facing you towards your chest and heart. Take notice of how your hand feels during the movement, but most importantly focus on the feeling in your chest. Can you perceive any resistance, do you feel your heartbeat, or do you maybe feel warm or cold? Most people feel a slight resistance at a distance of about 30 cm from the body.

If you don’t feel anything please repeat this exercise very slowly. Most of us namely try to sense something with our head. We will elaborate on this later, but in a nutshell: as soon as our head with its thinking and expectations interferes we will not feel anything.

If you do feel something, the perceived resistance is the first indication of a dark spot.

Pretty dark – somewhere at Lake Constance II

“I see you’ve made yourself comfortable...”. the phrase is still ringing in my ears as I watch the head waitress walking away. Her posture indicates she’s angry. She reminds me of the strict governess from *Heidi*, Frau Rottenmeier. She walks the same way, and also her voice is almost identical.

I take a deep breath. My body feels as heavy as lead and like rubber at the same time. To top things up, there is a superior family at the table opposite mine on their Sunday outing. The children look like little Mozarts – at least like Mozart was depicted in paintings. They seem to envy my t-shirt. They keep looking over at me, but are not allowed to leave the table because their mother, another Frau Rottenmeier, Rottenmeier 2, will not let them. I manage to get a smile out of one child. My body begins to feel lighter. But soon the smile disappears from the girl’s pretty face – his mother wants her to finish the food on her plate. The mother also glances over at me, and it feels like her look is withering. Yes, she is definitely Frau Rottenmeier 2. My body is aching again.

Pretty clear – where do the dark spots in our energy field come from?

After the exercise described in the previous chapter you have now hopefully noticed the energy field surrounding our physical, our “real” body.

Another exercise is to watch people. Divide them into those you like and those you don’t like.

All the people you don’t like, and also those you don’t like much, activate a resistance in you, and thus a dark spot. Why this happens I will explain later.

But how are those dark spots created in our energy field?

Pretty dark – a laugh to start the day brings sorrow and pain

I watch Frau Rottenmeier 2, then my eyes wander back to the girl, and I cannot help myself: I feel like I’ve travelled back in time 35 years and I’m sitting at the breakfast table at home with my parents. It’s early morning, I’m five years old and quite jolly.

My father is reading his newspaper, and I am trying to read the page facing me back to front to him. I find this game hilarious. What is more, because there is a light burning behind my father, I can also see through the paper and read the text he’s reading. “desolc sloohcs – eci kcalb”, I read backwards and cackle like a chicken.

“Shush!”, hisses my father behind his paper. The kitchen goes quiet again. My mother sits to my right, sipping her coffee and looking out through the window into the garden. She doesn’t see me put at least 20 sweeteners into her coffee, and then it occurs to me what the newspaper says: “desolc sloohcs – eci kcalb” means “black ice – schools closed!”. Yay! No school today!

The room is quiet, but inwardly I’m excited. I’m waiting for my mother to finally drink her coffee. When she does, she pulls a face as if she’d bitten into a lemon.

I start to laugh and cackle again.

My granny who’s also sitting at the table looks irritated: “A laugh to start the day brings sorrow and pain”, she says prophetically, almost menacingly. I recoil for fear and stop laughing at once.

For a while I keep quiet and stop trying to be funny. The room is quiet again. I take my boiled egg, put it in the egg cup and imagine inside it were a chick. I hold the egg to my ear and can hear the chick cheep, at least I imagine I can. I find my idea very funny, and start to laugh again.

“A laugh to start the day brings sorrow and pain”, comes out of my granny’s mouth again, sharply.

My body shudders and I stop laughing.

My cheerfulness turns to embarrassment. But it was so funny, I think to myself.

Maybe my jokes weren’t funny enough, I think, and try a couple of different pranks on the following morning.

Yet eventually the same phrase, “A laugh to start the day brings sorrow and pain”, is hissed at me.

I wince and shudder – the words are branded into my memory. And eventually I stop making fun in the morning altogether.

Pretty clear – the meaning of life: why we always attract the same types and have similar experiences

The sole meaning in life is growth and enjoyment of the game that life constitutes. Our energetic destiny contract does everything to let us grow.

This is the reason why we experience the same situations so often. This is the reason why we always meet the same type of partner.

This is the reason why dark spots meet in relationships.

If the meaning of life is to grow, why do I stumble upon so many difficult and problematic situations? Why does the universe not always send us light and sparkle if this is what it wants for us?

The answer is very simple: our energetic destiny contract sees a life in total purity, a life in vibrancy and love. Here, there is no room for dark spots.

There is only one reason why our destiny contract brings us into resonance with “dark”, difficult situations: in order that we recognize them and cleanse the dark spots.

Once all the dark spots have disappeared, we live without inner resistance, without being innerly divided, without fear or doubt. The Ego dissolves. It becomes still. Totally still. And only then does our life begin again.

We should learn to be open to all the “dark” events in our life, be it separation from a partner, job loss, lack of recognition, or loss of friends. For it is life that sends us all the supposedly “dark” problems, so that we can grow from them: by registering them and not running away from them and thus building up inner resistance.

A radical practice would be to be grateful for the problems we have. Can you be grateful for the darkness in your life? Or would you rather do away with it? When you cannot be grateful for your problems, then you have already found a large dark spot that amplifies all your problems. You must realize that each problem is a sign. A sign for inner growth.

For the darkness carries important information about the course of your life. The only thing we can eradicate is the resistance against it, against the darkness.

Pretty clear – the trouble with expectations

The inability of the ego to be in the Here and Now, and thus in contentment, keeps on generating new conceptions and expectations of how we should be in order to feel good.

Therefore, every expectation is tied to time. Every expectation has to do with the future, with tomorrow, with Monday, Tuesday, the party next week, the new job, and so on.

The ego, and therefore the dark-spotted aura, learns the mechanism of expecting or wishing very quickly – as early as in childhood. People without a dark-spotted aura have no expectations or wishes, none. They simply live contentedly in the Here and Now – they are perfectly happy.

The ego, the dark-spotted aura, becomes bigger in the course of a person's development, and the larger it gets, the more numerous the inner resistances, and with them the "no's", become. This in turn nourishes expectations of a supposedly "better" future, so as to avoid confronting this inner pain.

Yes, the dark-spotted aura is painful, and what the ego does is keep on generating expectations in order to escape from "itself", from its own inner resistances.

It would be so easy if only we could say "yes" and thus give up our inner resistances. Then we would break the cycle of endless expectation-making, which is based on the illusion that things will get better one day. Then we would be free at last. Perfectly happy in the Here and Now.

Those people who have an energy session say "yes" – "yes" to their problems, their issues. In the knowledge of the energy seer's safe guidance they tackle their problem, say "yes" to it. This is the great secret of reconnecting to the natural powers.

One could ask the question: does the energy seer actually take the client to the power and reconnect him with it? Not at all – the client does it himself. Because when he says "yes" to his problem, he says "yes" to himself.

Such a simple word: "yes" – and yet so difficult to say. The reason lies in its very simplicity, the simplicity whose existence we have forgotten in our expectation-ridden over-intellectuality.

We can learn it again, but to do so we must say "yes".

The second discovery: Vesseling, the second dimension of Now and *the power of presence!*

Vesseling and the offloading of heavy thoughts

"The night is long. Awfully long if you look for answers. I moved a chair near the window and sat down. The clouds had dispersed, I can't remember what time it was. But as soon as the last cloud disappeared the moon shone on the roofs of the neighboring houses. The starry sky seemed frozen, motionless. Not even an airplane to break up the stillness, which made me wonder."

My teaching is unrelated to any "approach" – and I myself am the living proof of what I teach others. At the time when I needed help, the focal point of my spiritual quest was to find a teacher who could convince me of the things he taught, someone with an authentic approach. However, I couldn't find anyone who possessed and taught this authenticity. .

I came across shamanic anthropologists, yoga teachers applying yogic concepts, Ayurveda, Far-Eastern approaches, complex light therapies, light hands healing, various

shamanic approaches, quantum healing, and so on. Yet most teachers and their teachings made a conceptualized impression on me. Even though the weeks spent at the various seminars were pleasant, afterwards I came to realize that those seminars were concepts based on the perception of the teacher, and had nothing to do with reality or real life. They always evoked the same reaction from me, that something was missing. Does one really need this?, I'd think to myself. Even during the time I was very very ill I had the same nagging doubts. But then again, as I explained above, what I'm writing about here are my own impressions – the experience might be different for other people.

The body is like a container (glass) which can gradually fill up with heavy energy (and, as a result, problems). Is your glass (body) full or empty? How do you feel after a meeting, a session, a massage, a visit to the sauna, a family gathering, or after returning from your vacation? How do you feel while and after being with other people – heavy or light? What is it like during work, or after work? Do you live in luxury? Are you rich? Are you poor? Does this feel heavy or light?

If you've answered one of the above questions with "heavy", then this heaviness will eventually become a problem – your job, your partner, your personal living circumstances, and even your wealth will become a problem, until one day you are so loaded with heaviness that you yourself will become the problem.

This is exactly what happened to me – not a commendable "journey", I must admit in retrospect. But thankfully it all went well in the end. Basically, due to my ignorance about energies I had managed to make a total mess of my life. Twice I was nearly at death's door.

When did I start feeling better? When I shed all identification, my ego, which dissolved the heavy part in my vessel – only then did I become free, and I became filled with space and lightness. My relationships changed. I became a new person.

So what exactly is this "vessel"?

Just as an empty glass is crystal clear, our body is light and clear without heavy energy. We were all like that in our childhood, we all had a light body (vessel). "Become as little children", a wise man said once, and that is why!

If our body were light and clear when we grow older, we wouldn't have any "problems". We would only think positively – we would be free of heavy thoughts.

And it is exactly this liberation that I have experienced. The sensation lies in simplicity: is the vessel full or empty? This is the only relevant question. Ninety-nine percent of our negative thoughts would not exist if only our vessel were empty. This discovery alone is sensational: we cannot change our thoughts if their source, the heavy energy, does not dry out.

The filling up of my vessel, "my journey", ended with an extreme burnout, and that's when I was 200 hours into psychoanalytic treatment. The therapy aimed at changing my thoughts was evidently not having an effect.

So what is a burnout in the context of my vessel? My vessel was full to the brim with

heavy energy! My body collapsed, my vessel overflowed, that's all there was. That was my symptom. "Burnout" is just a term we use for it!

But what had happened with my vessel in all the years prior to the burnout?

To cut a long story short and in order to make it clearer here is a small table showing how my vessel filled up and the conditions I experienced.

My vessel with heavy energy: The energetic vehicle (body):

1/10 filled with heavy energy: childhood – one starts to think in terms of me/you; I'm this, the others are that, I'm wrong and imperfect, the others are ... etc.

2/10 filled with heavy energy: sudden experience of nervousness, sweating...

3/10 filled with heavy energy: very mild depression (Sundays), anxiety and sometimes insomnia, poor school grades, difficult relationships...

4/10 filled with heavy energy: the identification with my (heavy) "self" became stronger, problems with people, situations, education, occupation and orientation.

5/10 filled with heavy energy: the identification with heavy energy led me to attract other heavy vessels (problematic friends), identification with serious music, first search for healing solutions.

6/10 filled with heavy energy: I now consisted of 60% heavy energy, meaning I had become a living problem in all areas of life ... first physical problems.

7/10 filled with heavy energy: winter depression, it's the employer's fault, other people are to blame, constant fear, the world has been hostile to me.



8/10 filled with heavy energy: the beginning of my physical symptoms: cold, sweaty hands, itching, sweating, nightmares, thoughts of escaping into another world, constantly depressed, cigarettes, alcohol, desire to identify with healing concepts, etc.

9/10 filled with heavy energy: severe daytime drowsiness along with the other physical symptoms, lack of joy, thoughts of suicide, temporary unfitness for work.

10/10 filled with heavy energy: burnout, incapable of doing anything for several months, had to be fed, needed help from the outside..

"Changing my relationships with other vessels (humans) and letting the heavy energy out of my body (vessel) gave me back my health..."

In brief: I discovered how to get rid of the varying degrees of heavy energy described above, how to reverse the process.



At this point I feel it is very important to emphasize that the conditions and symptoms described above were MY OWN experiences, in order to avoid possible dogmatic pressure of the type “it’s the same with all people”. Just let the idea sink in.

What influence do other vessels/people have on our energy balance?

A very big influence! Where do you think your negative thoughts come from? From the heaviness in your body vessel! And you have this heaviness because you are in "vessel relationships" with other people.

It is a realization, or better yet, truth, that I myself, being a qualified engineer, took a long time to believe and accept. Other people can affect your vessel even **from a distance**, i.e. even if they are NOT in the Now. I have researched these areas for many years. Even if you don't see a person in "reality", that does not mean that he/she has let go of you (and your vessel). This realization is probably the only esoteric concept I will require from the reader to accept.

Why don't you just try the following exercise: close your eyes for a few minutes. Note the names of all people whom you think of during that time – visually, mentally or in any other form of memory. A few minutes later you'll have a whole list of people. Where do you think these names come from? I'll tell you: people with vessels have recently established a connection with you (and therefore with your vessel). It is possible that it was these very people. I mention this so you don't become paranoid after reading this book. The names may be correct, but they don't have to be. Fact is: behind each name there is a vessel (person) that had an intention towards you.

That is why I very rarely build a connection with the participants of the courses. I have no intention towards them. The participants seem to experience it differently: according to them, my name tends to appear frequently, but it is not me. It is another vessel, usually a "real" representative from their close living environment, and their mind has assigned my name to it.

Let's return to the experiment: in any case, these were the vessels of people who were connected to you. How the mind relates between the energy of the people and the name is, as I said, unimportant for now.

Astonishing, isn't it? "Nonsense" you will say, but that's your ego speaking. Believe me, it's true.

The resentment or anger directed at you from your mother-in-law, your mother, father, friend, partner, boss, or colleagues, will burden you even if you are at the other end of the world. You will feel strange. You will begin to think heavy thoughts. If you yourself have a heavy vessel, then your ego will have nothing else to do other than struggle with thoughts. You (your ego) will rebel innerly – and should the angry vessel from a distance try to establish contact with you at that very moment, you will know the real association between the name and heavy energy.

Whether another person can change your energy balance or not is not dependent on the distance between you and them. This for me is the second dimension of the Now, the understanding that along with a "real Now" which is visible with one's eyes, there also exists a "Now" which consists of long-distance relationships with other vessels. I will elaborate further on the second dimension of the Now later in this book.

The way out

“...I sat there for maybe an hour, when the sky suddenly sent me a present: a shooting star. It was amazing – it shot from the very right of my view frame to the very left. A feeling of happiness shot through my body. No sooner than it had appeared the star dissolved into nothing... it came from nothing and became nothing, space equals nothing, nothing equals space, birth, death, everything comes from space. Space! Space! Space! That is the answer to my question, I thought. It hit me like a lightning strike. Space equals stillness, stillness equals nothing, nothing equals space – it is the space that’s still, without the nothing there is no shooting star, for it came from nothing and disappeared into nothing, and the nothing, the space, is infinitely larger than the shooting star and has infinitely more power, just like a thought is so unimportant because it also comes from nothing and disappears again. No one gives much thought to a shooting star or mourns it when it’s gone...”

In my view the only way out is always the path of our own inner light. I have managed to free myself firstly by emptying my vessel and secondly by clearing the above mentioned egomaniac relations to the outside. If all the egos would dissolve, one would not even need the second stage; everyone would only think of themselves, be themselves.

“If everyone thinks of themselves, then everyone has been thought of!” is the actual meaning of the above sentence, not the egomaniac “look after number one” interpretation.

Everyone would work on themselves – humankind would be transformed. The world of nature without man – the plants and animals – needs no transformation, since it does this naturally.

The reason why so many people come to our energy school, or rather, why many people bring “their vessel” to our vessels, is to learn a process that will eventually allow them to automatically have their vessel permanently self-cleaning itself – thus attaining freedom from heavy thoughts and realizing the vision of their life!

The second dimension of the Now! Why do many spiritual teachers talk of the present moment, of the power of Now?

Those teachers of our time who have probed into the "power of Now" show for a start that they have moved away from teaching concepts, for each concept carries with it a distance from the present, a kind of time quality, and the present moment has no past or future. Those teachers are concerned with the Now, for the Now is in the present. Because everything is just the way it is. It is therefore hard to argue against the Now. This is one aspect.

The other aspect is that in the Now lies the power to recognize that the Now is related to what goes on in our heads. Therein lies a great power of knowledge, yet not enlightenment. But why not?

Here, too, there seemed to be something missing. Why was I suddenly feeling like this and then like that, even though the Now was peaceful and in order? Why was I taken by surprise by spontaneous emotions, such as sadness, anger, or fear, although there was no apparent reason in the "Now"? Even this knowledge could not change my feelings.

The incredible second dimension of the Now!

"...I was very excited – I was certain I had found the secret of just about every malaise and illness: the shooting star came and went from the vast outer space, a space, a nothing, that made this possible. Without this nothing, without this space, it would be impossible to be a shooting star. The shooting star could come and go "freely" through the space, through the stillness, which didn't stop it from burning up in the Earth's atmosphere. The nothing, the space, seemed to have no resistance, the shooting star could make its way, there was no struggle – born millions of years ago in the nothing, in space, out of the stillness, before perishing and transforming itself. Everything could exist in this gigantic space, the space did not hinder the shooting star from existing..."

The reason is a kind of second dimension of the "Now" – I have already explained it above: other vessels (humans) can produce a distortion in the body of another person even over a distance, and thus produce a loss of energy. I admit that this sounds scary, but it's true.

As other people see you (and your vessel), the image they have of you can generate a sense of lacking or magnitude in you. I have personally experienced that this is where most feelings of fear, rage and anger come from.

This is the reason why most adults visiting their parents will have an outburst of fury after some time; parents see their sons or daughters not as adults but as children, and this unreal child image distorts the adult body – the adult son/daughter gets angry. All this can happen over distance too – many people get these outbursts after speaking with a parent on the phone for just a few seconds. This is how easily accessible our vessel is to other vessels.

Vesseling and the death of pop stars

“Excited about my discovery, I continued with my reflections:”How about if every shooting star was a blockage, a feeling, a thought, and we allowed everything to happen and pass through, just like the universe lets shooting stars happen? How about if we could connect more with the stillness, with the gigantic space, rather than identify more and more with our issues and thoughts? What if we understood that our consciousness, and consequently we, are much more than ‘just’ our thoughts, our feelings, our pain?”

Recently I was shocked by an experience while watching a documentary about the death of Michael Jackson:

People who were “close to him” were interviewed trying to shed light on the background of the untimely end of the “King of Pop”. His marketing manager appeared on the TV, his producer, his dozens of advisers, his siblings, his father, his mother, and many more.

“He was close to all these people?” I asked myself while watching the documentary. The vast majority of those people seemed to me like fat vampires, people who must have had, and probably still have, multi-faceted interests in Michael Jackson.

The interviews took place at various locations – a fancy living room, a great big villa, by a pool. But what was more interesting was that all interviews started with, “Well, you know...Michael was like this, or like that...” Everyone seemed to know what Michael Jackson was like, what he had done wrong and what he could have done differently.

No one actually related themselves to Michael Jackson – I found that strange. Everybody talked about him as if they had played no part in his life. The interviewees seemed to withhold a dark relationship between their selves and Jackson, namely the true (vessel-to-vessel) relationship to him.

Such relationships have a great influence on the quality of one’s life. Can you feel good when you have people around you who hate you? Or people who always want something from you? Can you feel good with people who always have issues with you? I asked myself.

How much love, in the form of “unconditional love”, did really exist in Michael Jackson’s life, I asked myself. And my body answered, “None, or very little. He must have been surrounded by vultures”.

During the break for commercials I went to the bathroom. In the silence, it suddenly dawned on me who had really killed Michael Jackson. “What a shame”, I thought, “that we don’t have courts for energy relationships yet.”

After the commercial break the program continued; the report took a different course. The true relationships to Michael were brought into light and my theory was confirmed. And all these “personal witnesses” were paid for the interviews too! Buried by his own supporters – it has happened to many others, including past spiritual masters. Macabre.

Now please re-read the chapter “Vesseling and the death of pop stars” once again, and this time exchange all the “he” with “I”. Don’t many people live in similar relationship dynamics? Don’t we all live like Michael, especially in these materialistic times?

Dark energy – quantum physics?

“...A feeling of well-being took hold of me at that moment. Only a couple of hours ago I was thinking stillness was a stubborn mule, because it would not offer me any answers in the shape of words, for words are like shooting stars and the answer to the question is the stillness itself... Therefore the stillness can only answer with stillness. So I had been given the answer, but I hadn’t understood the language it was offered to me in...”

I personally respect every opinion, direction, counter direction, religion, whatever. Because what I am talking about is basically physics: every cold vessel seeks a warm one to compensate its temperature, and vice versa.

The fact that the observed (human/vessel) changes through the observer (another human/vessel) is not new – it is one of the core **findings of quantum physics**, which only few within the spiritual sphere currently take into consideration.

The observed changes through the observer: "The observer will have to be included in the experiments, as he significantly changes the outcome of the experiment through the detection or measurement of the precise path of a given particle" (from Wikipedia: the double-slit experiment). This sentence is very interesting.

Think about the above sentence. What happens to your body when you are with a person that minimalizes your image (i.e. minimal image of women, minimal image of men)? What feelings arise in your body when you are together with people who see you as a (physically) grown up child? What feelings arise in your body when you are together with people who want to be great, but make you feel small in order to strengthen their identity?

History shows us many examples of such people. Dark energy. But there were also the revolutionaries who recognized this and did not agree with it. Thankfully.

From my viewpoint and experience I believe that (almost) all diseases come from these disturbed (power) relations. Smoking, drinking, or eating, in my experience, do not have nearly enough power to destroy the human body as the force of the second dimension of the Now does: how other vessels in your environment view you, and what distortions this creates in your body.

What can be done realistically?

“Suddenly it flashed through my body and I BECAME the stillness. I became the space, and it felt as if I had changed sides. I could observe how my body became lighter – the heaviness seemed to melt away. This sense of well-being remained in me, the heaviness was no longer so heavy, and I felt a little crazy because all of a sudden I was focusing on the space more than on the stars. I suddenly found the space between the stars a lot more interesting than the stars themselves. The space between the objects in my bedroom, between the chairs, the plants, the bed and the bedside lamp, became a lot more exciting

than the objects themselves. And the space "in between" created a sense of inner lightness – the space, the stillness, the space outside, they all seemed to produce space, peace and love inside."

If the entire environment of a client does not take part in Vesseling sessions, one can affect the changes in burdening relationships with the sword of decision. This does not mean that one should abruptly inform his/her family that: "I saw an energy seer, and we found that you are making me ill because of the way you see me, so good riddance!"

This is certainly not the way to do it. When making decisions against vessels and people who are burdensome to us, it is very important to find the right dose in dealing with stressful relationships. Do you remember my "Vesseling" interpretation of the history of Buddha? Letting go of people does not mean that these people will let go of us. And their vessels are still "attached" to our vessels even from a distance.

What makes other people remain attached to our vessel? It is their intention. The intention of a person that wants something from you is what causes the distortion in your vessel and makes you feel constricted and heavy.

If you live or grew up in a difficult environment (family, partner, employment, or neighborhood), sooner or later you have to learn to change the intentions that are directed at you, at your vessel. And this can be learned in the context of Vesseling sessions with an energy seer, with the aid of acquired images (finding the decisions with regard to your environment, for example what may be expected of you, and what not).

When I was frequenting the psychiatric outpatient clinics, there were a not insignificant number of patients who felt immediately better when their mother (family/partner) broke ties with them. The supposed love of the mother (a mother ONLY wants to see that her child – who's already an adult – is happy) was destructive! It sounds macabre, but this is how it is. Does your mother/partner/boss ONLY want you to be happy?

This mechanism between the real world in the Now (first dimension - inner body) and the second dimension of the Now is the reason why so many people who have been meditating for years don't really feel any better or lighter. They have not learned to change the intentions of other people towards them. They are depressed, questing people in the Himalayas and the Andes or on the tributaries of the Amazon River with unhealthy (distant) relations on their backs distorting their body from a distance. That was my story too.

When I work with people today, I see pretty quickly the second dimension of the person, the fact that many people are "hanging on" to the client. It is ballast which is often reflected in one's movement, posture and gestures. Who can possibly bear this weight? Isn't one's own body heavy enough already?

In my view, a truly holistic liberation from suffering is the liberation of both dimensions which can be realized in two stages:

1) **inner work**: the release of heavy energy (dark spots) from the body, and thus the dissolution of the ego,

2) **external work**: clarification of the (intention-related) relationships with the outside, decisions regarding life situations.

The third discovery: reading the soul map (the energetic vehicle)

“With these last thoughts and realizations in my head I went to bed and fell asleep. Finding the answer to the question of “what actually happens during a session” had already filled me with pride and anticipation. I had been teaching something sensational for years without having seen the sessions from this perspective, and suddenly the secret of all and any therapy approaches had become clear to me: it has always been the space, the stillness, and consequently love that heal.”

States, leaders of states, societies, clubs, couples, groups, music groups, issues such as the education of children, businesses – everything is made up from the vessels of people, thus being a hotspot of intentions and aims.

Being moderately but blissfully happy is unthinkable in our competition-driven and power-obsessed world – everyone wants to be the greatest! More than a few people become ill with their own success, their own determination.

This dogged determination bends one’s energetic vehicle (just another term for body or vessel) and fills the soul with heaviness, so much so that it becomes “bent”.

One becomes unhappily successful. One falls unhappily in love. One destroys himself, because the idea of self, the self-image, does NOT correspond with the real attributes of the energetic “feel good” vehicle. What happens is an inner tear, a displacement. One gradually alienates himself from his “self”, and becomes unstable!

You only need to look at the grim, somber faces in the pedestrian areas of any city – all of them people who cannot see the way, who fail to notice the “Now”, people whose thoughts are elsewhere, totally displaced.

Many people are only together with other people so they are not alone. How sick must one become from one such relationship before he sees it? Our world is a "in order to" world. But this is of course wrong in the interests of self-liberation. "In order to" displaces one’s vessel, it makes the body ill – trust me. Recently someone wrote a book entitled: "Germany abolishes itself" – I quietly thought to myself: "Man abolishes himself".

In most cases, the intentions in our western world are “in order to” intentions, i.e. many people maintain "in order to" relationships with other vessels. Companies advertise in order to make profits, invent products in order to increase sales. This is principally not a problem, but: do these products feed the ego of a person or do they support him in his liberation? The liberating companies will be the enterprises of the new era. Even television empires could count amongst them, if they started showing light and inspiring content and movies.

The world could be so beautiful. The idea that our children are also becoming victims of the "in order to" world worries me deeply. Let us start the Now – of course in both dimensions of the Now.

"Be the change that you wish to see in the world" – Mahatma Gandhi

The energetic vehicle and its qualities

"If it's only the stillness that makes our issues and resistances disappear, then what is the point of having a session? I woke up with this question in my head. I remembered that I had recorded several lectures and began to listen to them again. I would listen to one every other day (they were about one hour long each), or sometimes I would stop halfway and continue listening to it on the following day. I also listened to lectures given by others, spiritual masters of the past. There were only few amongst the present-day lectures during which I sensed 'stillness' between the words while listening, which gave me a feeling of 'having arrived'."

The energetic vehicle can be equated to an empty vessel or a body free of heaviness. There is one such vehicle in every human, and it is unladen. In other words: the energetic vehicle is us "without" the dark spots.

I was amazed to discover that, through a certain technique, one could make the energetic vehicle of a person visible, even if there were dark spots in his energy field. I found out how to travel past the dark aura and bring out the deepest destiny images of the soul. For it is the soul that determines our happiness, and not our (egomaniac) thought and behavior patterns.

It is indeed possible to uncover our "innermost", and not only that! I also discovered that all forms in the world have their own energetic vehicle. By form here I mean every manifestation: every cup, every fork, every meal, every candle, every car, every house, every dog, every cat, every animal, every project, every company, every political party, every society, every country, every continent have their very own energetic vehicle. This means that every one of these manifestations was born at some point and will perish or be transformed at a certain point in time. Put briefly:

The knowledge of the energetic vehicle is interesting to many entrepreneurs, in order to find out whether their ideas befit them or not. Many young people come to me to find out whether something they have in mind is suitable for them! Any questions are allowed during such consultations, for example:

Should I change jobs, will it befit me?
I'd like to open a branch in Spain, is that in my vehicle?
I'd like to learn a certain profession, but is it my thing at all?
I want to start my own business, is it my thing?
Can you see me working as a teacher?
How should I restructure my company to make it grow?
etc., etc., etc.

The knowledge of the energetic vehicle, and therefore of your soul map, answers one of humankind's existential questions: "Why am I here?", or "Why is everything the way it is?" "What do I need to be really happy?" it provides results and distinct proposed solutions towards happiness, not towards "egomaniac needs".

The energetic vehicle contains the information about what could make us feel good – that is the decisive aspect. Which means that those who can drive their energetic vehicle, i.e. live, will set sail towards a sense of well-being.

But what does our energetic vehicle consist of, apart from our physical body?

Just like a “real” automobile, our energetic vehicle has inner characteristics and qualities. It has a break to reduce the speed we travel through life. With most people the break is permanently stepped on – a Porsche with the emergency brake on. Then there is the accelerator and the various instruments that provide information about temperature and velocity. For a few years now vehicles have also been equipped with an automatic navigation system that helps to know where we are and tells us how to get somewhere.

The energetic vehicle of our life also has seats – depending on the way it’s made it has a certain number of seats, offering us the possibility to take along passengers on our journey through life.

Those who have a two-seater will probably never have a family in the traditional sense, but then maybe the vehicle has a trailer in which there is room for many friends – possibly a family substitute.

The “traditional” family issue is very significant for many women and men. Hopefully the above mentioned model can offer them some reassurance. No one can influence whether people have children or not. From my energetic point of view, children are also passengers on the energetic vehicle (or not), namely on the timeline of the vehicle, which means that the energetic “point in time” is clearly predetermined. This explains why some couples try for years without success while others conceive immediately.

To regard the subject of family and children from the viewpoint of the energetic vehicle along a timeline of “things pending” can be very disburdening, as one can do only one thing: not stress himself out about something that’s not there yet but pending. On the other hand, one can work energetically to dissolve the resistance against “what’s not there yet”.

Those people whose energetic vehicle is a bus probably have the potential to lead other people, become a pop star or comedian, or to run a company with several employees. All that is also written, engraved on the energetic vehicle. Everything has a meaning, the “energetic” meaning of life.

I know that by now I have reached a point in this book with which many will, or will want to, disagree. That is because most people cling to a concept which has been a cornerstone of our society: if you try hard enough you can achieve everything and be happy.

But you can’t!

You can only be happy with whatever is in your energetic vehicle!

Without a doubt, happiness can be found in our energetic vehicle – it’s always our inner resistances against “what is” that make us unhappy.

The notion that everything is predetermined in our energetic vehicle will frighten most readers. The control mania of many will be addressed, every control maniac and dreamer

will break out in sweat – because every control freak knows how other people live and thinks he should live at least equally well. And now some Martin Brune comes along and says that this is not a successful life concept.

I am a seismograph

“So the reason why a Vesseling session must be the way it is can be found in the functioning of our brain, which, in most cases over decades, has been becoming more and more congested due to the constant generating of resistances, and therefore the generating of “non-space”. For an issue is nothing other than “non-space, non-stillness, non-love”. An issue is always a type of blockage, a congestion, and becomes a problem. The more we think about a problem, the more congested our body becomes.”

Many musicians, cabaret artists and performers one step away from becoming well-known come to me. They suffer. They feel an enormous pressure and don't know where it comes from, and which is likely to worsen once they become popular. In the beginning I always try to influence the soul map, so that they can continue to do what they're doing but without all the stress and pressure. I read their energetic vehicle in respect of: “How do I get to feel less pressure but still manage a breakthrough in my career?”. By the way, there is no significant difference between an artist and an entrepreneur. Both do something for other people, and in this way they expose themselves to diverse relationship dynamics.

I was soon given a nickname among business circles: the seismograph (not that I am particularly keen on the expression :-) !). Due to my discovery of Vesseling and the techniques I taught, but particularly after working with so many people, I became more and more confident and certain over the years. I had the abilities of the “seer” in me, or, better said, the energetic vehicle of a highly-sensitive “seer”, from as early as childhood.

I can walk along a company's premises and sense, “smell”, in each room what the attitude of the staff towards the company is, or whether the air is laden with conflicts, disagreements left unspoken, bad atmosphere or problematic relationships with clients.

I can energetically appraise company buildings very quickly, and determine whether a building carries a burden – those are all things that will also have an effect on the customer. For every business transaction is ultimately done between humans.

“A fish rots from the head down”, says the proverb, but though often true, this is not always the case. I speak with company owners or CEOs for several hours, in order to form an impression of their company.

Based on all this information I then produce a kind of company soul map, which after a few days will help to make the right decisions for the benefit of the company.

Clearing interhuman relationships, especially among employees, is always my main focus in this respect. I have developed a seminar concept for companies, which aims at taking the whole company to a higher level of contentedness, from the general manager to the cleaning lady, for all is one.

The demand for this type of coaching for companies is currently so high that we unfortunately don't have enough consultants, as the energetic vehicle of the consultant should of course contain both a heart for entrepreneurship as well as for Vesseling. I sometimes also take on consultancy requests – I wish I could split myself in two so I could take on more. There is so much to do.

“I was an extreme dreamer before – my head was bigger than the whole of Cologne. I was a “I can become anything religious warrior”. I wanted to have everything, to become everything, to be able to do everything, everything, everything, everything. But 90 percent of what I actionistically did brought me more hassle than happiness because I was generating the wrong “feed”, the wrong “life energy”, and that made me ill. Life only knows one clear language: results in the form of well-being, or suffering!”

This is how I was in the past – but let's continue with the characteristics of the vehicle:

Along with the seats and the interior instruments and fittings, the inner part of your energetic vehicle has something like an area for special talents. These are qualities which differ from person to person. In this area is determined what your natural talents are, and which talent you could live in lightness with if only you would live it.

This is crucial: these are talents that would come naturally to you personally and can be lived out.

Participants in the Vesseling Energy School learn an energetic clearing process (starting with the Foundation Course, while things become clearer in the Seer Course), through which those talents can be brought to light again after removing the ballast from the energetic vehicle.

As everyone has a different energetic vehicle, each person's talents and burdens differ too. Many people associate talents and gifts with artistic achievements, but this is a very narrow interpretation.

Talent shows such as “X Factor” or “Next top model” are hip nowadays, but a special talent could also be, for example, to remain calm in difficult situations. How many can do that? “Keep your calm” – it would be a fantastic talent to have, especially in our days.

It's obvious that a young person would rather possess a talent to become a pop star rather than someone who can stay composed in a crisis. It is not a sexy talent to have. But imagine if there were shows like “The next cool person”, “The next nice chief executive”, or “The next mother of three children and chief executive”... This might sound absurd at first, but it demonstrates how limited the focus of our society is in today's world: everyone wants to be a pop star, while other manifold talents are not appreciated or ignored.

Every person has talents and gifts that are characteristic to him. This is one reason why not everyone can excel “in everything”. Yet one could become very good at what is written in his energetic vehicle.

Most people associate talents with a certain line of work. But professions are also oriented to a clearly defined purpose. Who would need an aesthetician or a cosmetic surgeon if there was no demand for “more” beauty? No one would need architects if there were no

houses. No one would need a dustman if no rubbish were produced, no one would need a postman if there were no letters or parcels, no one would need a canalization worker if there were no sewage systems. Could you imagine being happy and living your energetic vehicle in any of those jobs?

Believe me, there are people even in those professions who live “their” energetic vehicle and are happy with their job. In Cologne we have the singing dustmen – they are the heroes in the orange overalls.

And as in all professions there are also those who want something else for themselves and try to change desperately – then there is more clearing work to do in order to clear the silted-up energetic vehicle. For this desperation leaves its marks on one’s body – I’ve already mentioned the egomaniac determination of many people who always “want” something.

Imagine how beautiful you’d be, how the wrinkles and the severity would disappear from your face if you could at last live your energetic vehicle.

Those who perform the clearing work of inner blockages are the true heroes.

The energetic vehicle – can I be everything, and will that make me happy?

“So that was the solution. I had to find something very fast, something that steers my attention back to me, back to my inner energy, so that I could make my life flame larger.”

No! Once again: what is the meaning of life? Earlier in the book I cited that we should serve, be of use to this world.

Sometimes people ask me: “What is the sense of having to suffer for your entire life, when for example you are seriously ill?”

When you’re in pain you must find it very difficult to consider yourself the architect of your own fortune.

The truth about happiness is that life doesn’t care if we’re happy or not. Happiness is a matter for the boss, and the boss is us!

No one has asked us if we wanted to be born. We were born and thus put in this life with our qualities, talents and opportunities, with our bright as well as our dark sides.

Our energetic vehicle has shaped our body and placed us on a timeline. It is “energetically” apparent how long our journey in this world will last. Along our energetic timeline we make our experiences, as many and as often as is designated for us.

Looking back, I now know that I was actually depressive for over 30 years. But not so for the last 16 years.

It’s great, but it could have ended differently – I could have ended up living on the street or being a permanent guest in psychiatric clinics. Only few who have been as low as I was back then have managed to bounce back and make it as far as I have. This offers proof that there must have been another power at play which steered me towards a different future – my energetic vehicle.

What can one change on himself through consciousness-raising work?

“I would never have thought that the body is like a receptacle that stores energy. But the new thing I learned is that the body has an “OFF” switch, seemingly erratic – all of a sudden the emergency shutdown is activated: burnout.”

Yet is the body really so unpredictable? Today I know that it is not. It sends us signals permanently. Feelings, pain, and thoughts – all signs of the shutdown.”

It is an ever-increasing phenomenon in our society that people strive to become something that doesn't do justice to them at all. But the awareness of our own self can be altered and strengthened, and that's one of the intentions in the energy courses.

Let's look at “X Factor”, at all those young people casting for the talent show. They seriously believe they have a musical talent, a voice worth listening to. They believe they are people who could develop a presence big enough to go on stage in front of a large audience. We entertain ourselves with the unfortunate performances during the auditions, we laugh because we are embarrassed by the fact that people totally misestimate themselves and their talent. This show is a good example of one's ignorance about his talents, his energetic vehicle. It is fundamentally right that the jury is honest and frank with the contestants and tells them that they should devote themselves to other things in life. But what things? People who are convinced they could become superstars are maybe never going to find out. The key to everything is the knowledge of one's energetic vehicle.

Not everyone can be a pop star, football player, artist, or pilot, despite people often being talked into believing it in our society and despite all the books promising “You can achieve anything you want”.

Not everyone can be a good teacher, doctor, gardener, author, salesman, or nurse. If one still tries one will require considerably more time and energy, for one invests in a “what I want to be” concept. Concepts that are not evolved from within oneself cost time and money, and soon enough one will feel empty or misguided. One bends his self, and will eventually become mentally ill.

Many do what I did back then: they strive for an existence that is not compatible to them. Most people will never experience such a massive breakdown as I did, and yet many often have the feeling that something is not right. They drive through life at half-speed, while they could progress a lot faster in another area. Their energy supply, the fuel they receive, is not really nourishing.

They feel undersupplied or thwarted. But they still cling on to their life concept, which was either talked into them or they imposed upon themselves.

For change is something most people are afraid of, as it also costs energy and can be painful. Besides, who can guarantee that things will improve after a change? Who can guarantee that one will be happier in a new job or in a new home or with a new partner? Guarantees, total security is what many people want. I can say with certainty that neither guarantees nor security will be present unless one recognizes and accepts his energetic vehicle, for until this happens one will not be well.

Life is not a test drive

“Most people believe ‘thinking’ is normal, view thoughts about their so ‘problematic’ life as normal. Because they all do. Because they all suffer. Because they are all egomaniac.”

Every thought that doesn't spring from the bright, blazing flame of life, but from the egomaniac, dark aura and originates from anxiety and worry, is a warning sign, a kind of preliminary to the mind being heavily loaded, which in turn will also weigh down the body."

Life is not a test drive because our time line is not unlimited. We all know that, even though it is hard to imagine when we are young and believe that we have so much life ahead of us, so much time and energy to eventually accomplish what's written in our energetic vehicle.

What we don't take into consideration however is that, by doing so, we senselessly waste a lot of time and energy, and that these cannot be caught up with afterwards. Or we fill ourselves with so much bad or wrong energies that these make us unhappy or ill, or maybe even destroy us. Just as a vehicle that is filled with bad fuel and cannot drive properly, if at all. Our propulsion is damaged, sometimes irreparably. I came across several people during my psychotherapy days who had completely lost their impetus in life.

A person who lives his talents will do so with lightness. A gifted pianist will always play better than one who maybe practices ten times as much but doesn't have the talent. For the former is in the "flow", he does his "thing". And his thing is his talent. Those who strive to be something they are not will not only find it difficult, but will start wondering about the meaning of life one day. But the meaning of life is in one's self!

When one does what he can do best, he will do it with love. And everything that's done with love is done well, and is also helpful to people, both on the larger and small scale.

The meaning of life?

At some point almost everyone will ask the question about the meaning of life. Most will never find an answer. The vast majority begin to wonder about the meaning of life when they realize their life choices seem doubtful, when they face disappointments, blows of fate or challenges that are too much for them or make them unhappy. There exist countless vague answers to the question about the meaning of life – 1.6 million hits when you do an Internet search – but which is the correct answer?

The question about the meaning of life is: what do I live for? What meaning does the lifetime granted to me have? For me and for others? Should life primarily be about doing things that make one happy and are of benefit to others? Being happy with one's deeds while helping others at the same time is something one can only achieve by doing the things he is destined to, the things he is energetically made for. But how can one recognize these things? What is more, can one discover why he is in this world if he has lived for many years, or even his whole life, at variance with his energetic vehicle?

Yes, one can. And in this case age is totally irrelevant. The earlier the better.

Each human being has a highly individual meaning in life. Each human being can find an answer to the question about his own gifts and talents, which he should put into use to help himself and others.

This aspect, the uncovering of the energetic vehicle, will be a new approach at the Vesseling Energy School along with my work to date on finding visions and dissolving blockages.

Visualizing the energetic vehicle

"...All of a sudden I knew how important it has become to offload your thoughts, and thus your suffering, in a time when the media, which are evidently also generated by

egomaniac people, produce more and more noise, content and stories that feed our dark-spotted body – this is the main reason why news programmes are full of disaster reports. The egos need this food and most industries make a sizeable profit from them. It's nothing but macabre...”

During the last few years I have worked a lot with young adults. It is noticeable how much more aware they are than older people about what talents they possess.

But with every year that passes living at odds with their energetic vehicle, their engine silts up, their load platform becomes more and more loaded with useless knowledge, they constantly tank up wrong energies, drive through life with their brakes on or with their foot permanently on the gas.

One day they reach their limits and start to wonder about the meaning of life. Friedrich Nietzsche proclaimed: “Those who ask about the meaning of life are already ill.” I would say, those who ask about the meaning of life are in a situation where they muster the courage to say “stop” and venture to make changes, even though these may be painful. It is such courageous people that come to our energy courses, people who want to leave the “old ways” behind.

The seeing abilities I have developed with my work over the years enable me to visualize the energetic vehicle. Due to my years of experience in session work I can tell whether what I see in a person is a blockage in the shape of “resistance against what is” or his energetic vehicle. Which are the blockages that have been building up through years of driving into a brick wall?

And which is the energetic vehicle that should at last come to drive at the speed and be tanked up with the fuel it is meant to?

This is the skill one must learn in order to work as a consultant in my team. One must learn to be empathic, to fully side himself and his seeing abilities with the consultee. Which means that one must know himself exceptionally well in order to be able to differentiate between his own and the other energetic vehicle. If you may be interested in the training to become an energy consultant you can contact us. After the end of the Foundation, Seer, and Vision courses, the energy seer can attend a Master course at the Vesseling Energy School to extend his knowledge of the world of energy.

With this additional training the participant learns tools and techniques to facilitate his path into becoming an energy consultant.

The most important work however is learnt during the first three courses – Foundation, Seer, and Vision – where one learns how to uncover the energetic vehicle, and therefore how to expose talents and gifts buried deep within.

Examples from real life: the consultations

“...Americans have coined a new phrase to describe the Germans' identification with their pain-body: “German angst!”. So becoming NLight! The power of presence seemed to have the meaning “being without identification to a dark-spotted body”. I continued with my studies, and they increasingly took the form of self experiments. For the following weeks I arranged to hold three sessions per week...”

I have often counseled people with specific problems and issues, such as a transfer of business, questions concerning a good location for a company, strategic dissolutions of marriage, company policy positionings, and so on. The questions during consultations are as complex as humanity itself.

I hope it has become obvious what people need to bring along to a consultation: themselves, of course, and as concrete as possible consultancy requests in the style of: “How should I solve this problem/issue?”

For the secret in answering complex questions lies in the consultees’ own energetic vehicle!

The solution to our problems is inside us – we are only not aware of it!

Here is what happens during a consultation (no matter whether it’s a workshop or an individual session): you receive an initial idea and inspiration towards your individual, realistic feel-good solution! You will be surprised at the answers your energetic vehicle can deliver!

People coming to us have a specific question about their life, or sometimes also an ailment.

There was a doctor who asked me concretely whether it was the right thing to do to buy a house for his family and whether his wife and he should have another (third) child.

There was a head of department in a company who wanted to know how to come to terms with his divorce as painlessly as possible.

Recently a very successful businessman came for a session – in order to invest his money wisely he had, among other things, founded a property management company. He came to me with a persistent and quite severe back ache. I saw that property management was not consistent with his energetic vehicle. There was nothing of such a company in the image I could see of him. In the meantime he has given up the property management company, and his back ache has disappeared.

Many women with full-time jobs come to me too, and often I can see that this full-time occupation is not written in their energetic vehicle – instead, I see something less stressful. So it’s no wonder that the day-to-day routine stresses them out.

I also have consultations with entire companies. After having seen one company owner, he came to me soon afterwards with his sixty members of staff. I worked with all of them and saw which positions within the company would be the most suitable for each one. It is remarkable to see how much strengthened a company becomes after each employee finds their respective place, always in accordance with their energetic vehicle. I am also able to see in which positions companies should be outsourced, or in which areas they lose out, i.e. invest unnecessary energy with no prospects of success. Moreover I can reveal if your relationship with your clients is healthy or not.

Another example is a young fashion entrepreneur (27) who wanted to open outlets abroad. One could (*not*)? recognize in her energetic vehicle whether these outlets were pending or not. The image I saw presented a magnification of the client’s doubts about her expansion idea. Every doubt manifests itself. The fashion designer finally decided to wait for another year. Subsequent communication informed me that her idea to open new outlets was right, but the time she had originally chosen would have been indeed too early.

The programme director of a television channel (49) was faced with a decision about a new series. He was wrestling with himself because he didn’t trust his (usually right) instinct. In his energetic vehicle I could see him with his family enjoying some leisure time, not with more work and a new series. At first the client felt pressure, before he later realized that his vehicle meant he was to retire, which he did a year later.

One woman, mother of two, who had opted to stay at home and had taken on an easy part-time job, decided to start her own business at the age of 42, acquire clients, make a living for herself and be financially independent. She had a husband with whom she got on very well and who was supporting the family, many girlfriends who she met regularly, and so on. Her energetic vehicle showed me a sideline job, undemanding work, and a man providing for the family. She actually realized that she already had everything. And yet she built up a resistance against her energetic vehicle at first and asked me why she wasn't happy. Her vehicle had made clear to her that she should accept what she had and dismiss the misconception of wanting to become a successful business woman. During the next session she was very moved, for she had recognized that she already had what she wanted and was pursuing a delusion. In the meantime she has learnt to enjoy her life with what is.

After the consultation every individual can make his own decision whether he changes something in his life or not. I have seen musicians playing their respective instrument much more effortlessly after having energy sessions, painters creating artworks no longer only "from the head", writers learning to write more intuitively, from their energetic vehicle. Many of the consultees came to the Vesseling Energy School after the end of their sessions.

We have counseled large spa hotels, because here too there are powers to be generated that should be unearthed. Architects find the consultations highly inspiring, and so do doctors and psychologists who learn something about energy techniques.

I have been allotted a certain high sensitivity, and although it is sometimes taxing, rather than fighting against it, I channel it into my work as an energy seer. This way I can help people – and that's what is destined for me in my energetic vehicle.

In old cultures highly sensitive energy advisers were consulted before projects were instigated or life-shaping decisions made, in both personal and "business" matters.

The energy seer does not solve the problems of others – rather, he serves through his mirroring as a source of inspiration. This is of inestimable value, for the client finds answers to concrete questions regarding his vocation, suitability in partnership, right through to entrepreneurial plans. I counsel many corporate executives, managers of medium-sized companies, young professionals, and people who wish to find their vocation.

Companies are relationships – more benefits of the clarifying communication

"...It must be due to the power of reality, I realize in Now, and yet nothing causing heaviness has happened in "Now", i.e. in my room!? Where does this energy come from? There seems to be a kind of "collective field", a collective energy. My home is Cologne, a city of one million inhabitants. This collective energy builds up where many people exist in a small space. As most of them have dark-spotted auras, a collective dark energy mounts up. This dark energy requires a lot of attention, and as soon as one's own attention goes to the energy (to the "Outside"), one, i.e. the body, is drawn into it. That was the explanation and at the same time the solution: one must stay connected to his own source, to his "self", even when the outside energies are heavy. That's the answer..."

So far we have expanded on one energetic vehicle, so as to understand the model. The connections become a lot more complex when more than one energetic vehicles meet and

correlate. This is the case in business organizations, in societies and associations, in cities, and even in a family, which can also be regarded as an “undertaking”.

When several energetic vehicles meet, all kinds of relationship dramas imaginable arise – both in a positive and in a negative sense.

The core features of each energetic vehicle (and thus of each drama) are:

1. it requires love energy in all forms (attention, reassurance, power, money, etc.)
2. it moves along a timeline on which certain experiences are predetermined
3. with regard to any relationship, be it to a colleague, a client, or a partner, the length of the relationship is determined in each energetic vehicle.

A company or undertaking is no more than a congregation of energetic vehicles living all three of their core features.

The satisfaction of the first characteristic, the fact that every human being needs attention and reassurance, already entails major frustration if this love energy does not begin to flow within the company. This seems to be one of the key tasks of any manager or leader – to give this energy. But how should this work if the company is large and has many employees?

If the employees do not receive this energy the clients, who are also humans (i.e. energetic vehicles) will notice. This example illustrates how complex these interrelationships are, how important it has become to maintain healthy relationships in a company. Customers will only rarely buy “just” products – in most cases they buy a “feeling” (obviously this is sector dependent). It’s a pity if the company’s basket is full of sour lemons – the client will notice.

The second characteristic, that a human being and accordingly his energetic vehicle moves along a timeline, demonstrates clearly what a skill the entrepreneur must possess in order to single out the application of the right candidate at exactly the right time. Being the decision maker in human resources would require a person to have a very deep and clear contact to his “self” and connection with the company’s objectives in order to sense if a applicant is the right one. In addition, people develop along their timeline, which could mean that an employee may be the right person for a given job for a year or two but no longer after that – this is something no one can do anything about, as the energetic vehicles of the company AND the employee have both moved further down the timeline. It is possible though that other abilities of an employee will reveal themselves after a couple of years – and what matters here is to find the right position for him. This is an area where again high sensitivity is required, in order to give the employee what he needs to develop his full potential.

The second and third core features of the energetic vehicle are also identifiable in couple relationships. Two energetic vehicles meet (I admit that sounds rather cold in this context) and fall in love.

According to my observations, each of the two vehicles carries a highly individual predetermined life span of this relationship. That is the reason why separation can be normal: in the energetic vehicle of each human being a relationship can last a lifetime, or until the children grow up, or maybe only for one or two years. Then comes another

relationship, or several over a lifetime. Some people get together only in order to have children, others never have an intimate relationship in life as a couple.

That's the reality (of the energetic vehicle) – it is up to us to make the most of it, i.e. to say “yes” to what “lies within”.

As described above, accepting what “is”, dissolving resistances, and lightening the load platform of the energetic vehicle are some of the key aspects in leading a more liberated life. And this is what I teach in the Energy School. The Vesseling Energy School graduates are energy seers who can expose the energetic vehicle, i.e. dissolve the blockages, in sessions. Nowadays there are many energy seers in quite a few countries around the world.

The reading of a company's energetic vehicle will help in drawing conclusions about how the energy flow is, where there are snags and what can be done to rectify these. Management goals and styles are changing, and with them the relationship to the clients; a global “human” straightening up process with incredible effects could take place – with humans becoming the focus again. Imagine if all HR managers were able to read all the energetic vehicles in the world: no one would employ the “wrong” staff, and it would be possible to find the “right” position for every employee in the sense of energy flow.

Many budding entrepreneurs come to the consultancies to have their energetic vehicle read, in order to see whether they are suited to the business world. Gaining this knowledge can save one substantial investments. Experienced business people also have their energetic vehicle read before making major investments.

The clock of life, an outlook

“...The sessions with my assistants were an island of stillness, in which, by keeping the body still, I was increasingly able to lose the identification with my own body, i.e. to not react to physical feelings.

It would seem that this was another key to happiness: not to react to what “is”. Leave the body immobile, and let the body do the clearing work “from within”.

I had been on the right path for years, had been teaching the “right” thing, but had disregarded myself. During those moments of stillness I felt my passion about working with other people rekindling. And this flaring up was GedankenLos!, didn't involve any thoughts – it was a feeling, it was love. I was saved by something that I had developed and was teaching myself. Once again I became the living proof for the effectiveness of the things I teach...”

The clock of life is ticking. Realistically seen, life complies with very characteristic energetic laws. We do a lot in order to avoid suffering and augment happiness.

I am deeply convinced of the model of the energetic vehicle both in a “private” and in a “business” aspect. I am living proof of that. I am certain that it will be of increasing significance to us and our children to familiarize ourselves with the energies that nurture us.

I can energetically analyze the most complicated interhuman relationships, systems, companies, groups, or sport clubs, grasp and record the situation in a matter of seconds, and create energy maps which show clearly “where the problem lies” – one of the most frequent questions I’m asked.

Yet what are the limits of this work? They are written in each individual energetic vehicle and thus determined inside you.

What I can assure you as the “maker” of those workshops and the Vesseling Energy School is that a lot has been achieved through my work on individuals and companies alike. You have to see for yourselves.

If I were in your place I would simply book a “blockage removing session” with one of the energy seers we have trained. Leave your trepidation behind, and make a first experience in exposing your energetic vehicle! Some energy seers (Vesseling practitioners) have discovered their vocation in energy work, others learn the techniques “for themselves”. Perhaps you know an energy seer (Vesseling practitioner) among your circle of friends and acquaintances.

Overcome your inhibitions – just enquire about a session when you have the opportunity.

The fourth discovery: the Vesseling Meditation Retreats and Seminars. How one can learn and teach it all.

“...It was an amazing experience. Days later I was so tranquil and calm – even eating became arduous. After my body had become stiller and stiller, my inner world now seemed to follow. I noticed a clear decline in my stream of thought, and one day something extraordinary happened, like a further step forward: I realized that I was observing my thoughts and could perceive the space between my thoughts, the space between words...”

Wouldn't it be great if we could bid farewell to all of our life's ballast, our dramas, our traumas? If we could leave everything behind once and for all and look ahead? If we don't do that we take along kilos of dirty laundry on to the raft that sails down the stream of our life. And when eventually the laundry soaks up water and becomes too heavy we will inevitably go down.

So let's face it. We must first jettison our ballast, cleanse ourselves, and that is only possible if we are prepared to look deep into our wounds in order to transform them into sources of power. This means one has to work on himself. But this work has nothing to do with performance; rather, it only involves perceiving and understanding our own problems, making them into an “issue”, and then transforming the wound – in other words, saying “yes”.

Then it will be those sources that will push our raft full speed ahead towards our destiny, towards happiness and self-realization. Every obstacle will be dealt with, every heavy rock on our way removed. Until there's no more stopping us...

The obstacles and resistances are our unsolved problems, traumas, past conflicts, the apologies we never offered, our difficult childhood, our brother, father, sister, the squabbles with our mother. All those energies still inform and determine our daily life. How are we supposed to attain our destiny and self-realization unless we throw out our pile of dirty laundry and remove the rocks in the stream?

Actually there is no time to deal with problems – the field of our life needs to be cultivated now! There are dreams to live, there is happiness. Not the happiness prescribed in formulas and manuals, but the fulfillment of the dream that is our calling in life. Rather than just claim to be happy, we need to make happiness livable in the Here and Now.

Anyone can learn energy techniques. And here too the success stories are astounding. What I myself had perceived as suffering and managed to transform into a power by saying “yes” I can now channel – and others can simply study and practice it.

How do I actually benefit from the energetic process?

“...The space between the words in my thoughts was like an opening, a gate to the heaven of bliss. In the space between the words there seemed to be the world shining, there seemed to be space. The gap between the words in my thoughts became bigger and bigger. The few seconds at the beginning later became minutes, then hours. I was freed of thoughts – GedankenLos!...”

The students of the Vesseling Energy School learn all the techniques that help one to become energetically “whole” – and becoming “whole” means to undo the disconnection to oneself.

One of the most vital experiences the course participants make is that they “return to their body”, which means they free themselves from worrying, from too much thinking, from brain decisions. One could also say that the ego dissolves, that the dark-spotted aura, i.e. the resistances against the supposedly dark, changes.

Because the disconnecting ego dissolves, one can concentrate on his body again – whereas “body” here is not merely the physical body, but, more importantly, the luminous body, the “essential self”. Though this might not be easy to grasp, “returning to the body” fundamentally means that we reconnect ourselves with an intelligence much broader than cerebral intelligence.

For it is the intelligence of the body that controls incredibly complex processes, such as the development of a human from a baby to an adult.

Our linear cerebral intelligence would never be able to control such complex processes.

The more guided by our head the less connected we are with our body intelligence. Yet the intelligence of our body contains our knowledge – not in the shape of formulas or of remembering facts and historical dates, but rather in the pure and authentic form of certainty.

There is certainty in our body, and it can defy the knowledge coming from our head. This certainty feeds our intuition, which then steers our life onto the right path and helps us make the intuitively correct decisions, once the ego is switched off. Having this certainty in all life situations can bring us happiness and security. The course participants at the Vesseling Energy School learn how to return to their body.

Educators who return to their body teach children things about life with heart and intuition – they become life-teachers.

Musicians who return to their body play their instruments more intuitively and effortlessly. The music comes from the heart and that in turn touches the hearts of the audience.

Physicians who return to their body work with their patients in a wholly different way.

Film makers who return to their body start making films that move people emotionally.

The works of artists who return to their body move people with their colors.

Entrepreneurs who return to their body transform their company into an intuitively managed business, which is guided by the power of intuition, of inner certainty. Such companies are nurtured from the principles of achievement and vision. Success is sure to come.

Those who return to their body have faith in themselves, possess genuine self-confidence, and feel inner security and stability.

Who takes part in these courses?

“...Because of this freedom from thoughts something opened up inside me that has always been there: my pure consciousness. A dark curtain was gradually lifted – the identification with my stream of thoughts. The curtain resembled a dark screen in front of a camera lens: it blocked my consciousness, my entire perception...”

Ordinary people!

The reasons for taking part in our courses are as varied as the people themselves. Some are here to receive a first-class training and become energy seers. Others want to use what they learn here in their life (career, family etc.) or to discover new opportunities.

There is one thing however that all participants have in common: the main emphasis during the Foundation, Seer, and Vision courses is on working on themselves. What everyone wants is to find more clarity in life, for only then can we discover our powers.

Our course participants come from all professional fields and walks of life: actors, musicians, teachers, physicians of all specialities, businesspeople, therapists, lawyers, social workers, technicians, engineers, and many more. Many companies also enroll their employees in our school.

Many people are interested in our school because they learn energy techniques that can be applied in a variety of areas of life. In the Vision course we learn techniques that allow us to energetically manifest our life projects in all areas of life. Here we learn playfully how to wish and to envision our life.

Most of our students come with no previous experience or esoteric “leanings”. Our school has nothing to do with “esotericism” and whatever is associated with it – only with simplicity and authenticity.

What is the Vesseling Energy School, and what is it not?

“During such moments I would wonder around the park in a frenzy of happiness. Everything seemed to be surrounded by space. The trees were the greenest I had ever seen them and bathed in a golden light, everything smelt of life - I was connected with the park and with myself, we had become one. I was rid of the heaviness, had reconnected to my inner source. I came to realize about the NLight! The power of presencetechnique that every session people have with an energy seer is intrinsically already a meditation, that every energy seer (Vesseling practitioner) is a giver of stillness and love. The path to inner peace therefore seems to be shorter than one would ‘think’. A person is always closest to himself.”

Learning to let go of energetic blockages (heaviness) is a natural constituent of the courses. Yet the focus is on improving our *joie de vivre* and on finding visions! This is the reason why one needs a certain level of inner stability in order to take part in the course. The context of our energy work is NEITHER therapeutic or medical NOR religious. We DO NOT treat illnesses or other medical conditions during our courses.

The people who come to our Vesseling Energy School want to get a little further for themselves, to find visions and above all bring fun back in their lives. That’s why we dance and party a lot during the courses.

We DO NOT represent any “approaches”, healing methods and systems or manipulative healing concepts. We teach how to relieve the energy body through the power of stillness, through meditation, and how to use this power to find ideas and life visions. One learns the structure of a Vesseling session and becomes a Vesseling practitioner as well as how to meditate in groups.

We make no promises, provide no diagnoses (in the style of “only our approach is effective”) and don’t promote the unreal image of the teacher and his assistants (Mr. Clean). We don’t want to save or convert the world (for the initiation is within ourselves), we don’t want anyone to identify with us or become dependent on us.

Our Vesseling Energy School is a school in which one experiences the “Now” as a transforming power.

Our goal is to detect energetic blockages and to assist people in improving their quality of life and bringing joy into it.

“It is important at the present juncture to make emphatically clear that the Vesseling meditations and vision finding as well as the participation in the seminars or consultations

cannot and should by no means substitute a visit to a physician and his diagnostic work and treatment. Nor should you stop taking any medication prescribed by physicians.”

The participants at the Vesseling Energy School are of relatively young age (roughly between 20 and 55) which of course does not exclude older persons from taking part in the courses. As regards their profession, our participants come from all walks of life: businesspeople, therapists, psychologists, physicians, celebrities, but also people who are not public figures with “normal” occupations. Several take some time off work in order to attend our courses. However, one’s profession plays no fundamental role on the individual development process.

The power of presence and vision. The new retreats and seminars with Martin Brune

Whether as a company owner, teacher, therapist, engineer, personnel, masseuse, healer, doctor, coach, musician, artist, DJ, flight attendant, pilot, project manager, agency boss or in a company: This course is for everyone, for those who want to be more awake, more relaxed and have more energy in their everyday life, in private as well as professional.

“The power of presence and vision”. For people and companies. The development of this seminar has taken 15 years. Here the essence of all teaching is consolidated.

How can human relationships be improved?
How can you listen better?
Why do we often feel exhausted?
How can we establish a border between our inner-selves?
How can you remain resourceful?
How can you overcome tiredness?
How can you sleep better?
What do I really want in life?
What fulfils me, makes my heart beat faster?
How do I implement this?
How do I stay young?
How can your body stay young?
How can I distress my everyday life by 100%?

“True beauty comes from within,” that is how we could describe some of the results of this new “nLight” seminar. For when the body is relaxed from the inside, it shows on the outside! Seminar terms are sometimes clearer in English: “Light/enlightenment” comes from light, from brightness, source and when you have learnt to reactivate these within your body then you open up a true gate to inner happiness. This seminar is a unique journey, a true adventure into your inner world; let yourself be cleansed.

The resolution through nLight naturally has very positive and lightening effects on the body, our appearance, our relationships, the ability to distance oneself, inner happiness, our happiness with life, the words that we choose in communication and for all things with the people that we are “attracted” to. It is a wonderful energy process that awaits you.

Motivation: All conditions of people are always mirrored in the body as feelings or emotions. There the participants learn through Martin's guidance with the new nLight seminar in (work) everyday life/love/ and family life to be happier and more balanced. Words cannot describe nLight, it is simply new and an experience, a firework of experience and relationship (above all with yourself)!

Through many exercises and short lectures you will be connected, with what one might call source, a kind of fountain of youth. Once connected with the now and the presence of life, life develops as if by itself and: the body, the face, the hands, the eyes, the attitude and the skin relax and change. It is a great journey to our source, which is hidden deep within us.

Who is this course interesting for? For all participants, who have a lot to do with people, both professionally and in private.

'In the presence of the now lies the heart, in the heart lies the enthusiasm, in enthusiasm lies the power.'

I invite all of you!

Concluding thoughts:

The first edition of this book stirred up enthusiasm among the readers. Yet there were also some who viewed this book as a "marketing leaflet". It is very difficult to inspire people in Germany. A cautious skeptic will suspect a trick in anything and everything. I used to be like this myself, I can understand that. But this book is no trick, it is the reality I've experienced.

I am deeply and firmly convinced I have found the core of people's problems, though I know what some people will think: "How can he say that, he is a nutcase!" Many people receive Vesseling with enthusiasm, others reject it. Believe me, to do what we do in this envy-riddled world is not easy.

"Envy must be worked hard for, compassion is free!", a friend of mine said once.

To shed our past like snakes shed their skin sounds very appealing. It is very easy, trust me. And with this I get back to my scanty preface. We have no time left for heaviness in our lives. Isn't it regretful when one struggles with a permanent condition, is burdened by one and the same problem for decades and is hence prevented from working on fulfilling his actual dreams, his calling in life, his happiness? We have no time left. We must hurry.

The Vesseling Energy School is very authentic, just as this book is. In the early days of Vesseling this was not the case. During the seminar weeks I used to live in line with concepts: "Wake up early, meditation, stillness imposed from the outside, go to bed early, no smoking, no beer, no wine, no parties, turn inwards, no distraction".

Over time I realized that this concept was just a model, and that it was alien to life. Even though many people search for such concepts, they are nothing but counter programmes

to real life, and I opted for the integration of true life instead. Because everything is as it is!

Why shouldn't the train of life pick up people from the station platform where they are already standing? Smokers will quit their habit in the course of time naturally (note: I myself was a smoker, I was addicted – now I occasionally puff on cigarillos), but why forbid it through a concept? This is not what life is about! It happens often during the course weeks that we all have parties: dancing, celebrating, making music, being boisterous or sometimes not. We smoke, we are loud, then quiet again, the courses always start at nine in the morning, and what happens before then is also part of life! On to happiness in Now!

For those wondering, here is the place to answer the question why a reclined lady and a standing man are depicted in the *NLight! The power of presence* writing on the book cover. We believe that every human being carries a masculine and a feminine side inside them. During the course we also endeavour to integrate those two sides.

During the day we find issues and work on dark spots (blockages) in the energy body. We ask participants to take the wood we make fire with in their hand and smell it. Sometimes we spend time outdoors, smell the air, feel the rain and the sun, and if we have musicians amongst the participants we make music with real, acoustic instruments. The contact is real and authentic. And although some participants are shy and feel a bit like strangers at the start of a course, a few days later this changes completely. We all become friends, and that can only happen if the contact is genuine.

We are strong and firm believers in the project “human being”. The experiences we make during the courses are proof of it.

A life lasts for several decades. An energetic treatment takes around 30 minutes. It is not necessary to be dependent on something before you come to one. What gets removed is gone for good. I will say it again for one last time: I myself was reluctant to believe it before, but I experienced it myself.

Over the last few years I have worked with many people (and companies). I would never have thought it possible.

You should live your life for your whole life. In total happiness. In your calling and vocation. This is why you are on this world, this is why you were created by nature. You alone can determine by the degree of your energetic improvement how happiness becomes the architect of your life, positively changing and organizing it. For only if you are really healthy you attract health, light, and richness. Your happiness will find you automatically by means of signs which you can no longer overlook.

Nature is generous. Shortages are not on her plans – only growth and stability. Nature is light, love, life. And that is my mission, that is the purpose of this book. That's why today is actually the first day of the rest of your life.

You will enter upon the most exciting journey of your life, trust me in that. And the most exciting thing about this journey is yourselves! Don't waste any more time.

Some people are fortunate enough start to live and work in full possession of their energetic powers from a very early age.

Destiny means to find happiness in ALL areas of our life, to discover our calling. When we are pure innerly, we can live in richness, not in poverty. When we are pure innerly, we can only attract purity on the outside. Then we are ready to make our dreams come true.

The Vesseling path with the power of Now proves that we can all live our destiny (be it our vocation, the joy of love, or any other area of life) if only we are prepared to accept that we are “more” than just body, soul and mind. And if we are prepared to meet the natural powers of Here and Now, then we will embark on the most thrilling journey. We will turn our conception of the world on its head.

People with an illness should not come to our Energy School. Ill people need medical help, just as I did back then. The people who come to us are those who can probably already sense that something is going to happen eventually if they continue along the same route they have taken until now.

The people who come to us work on themselves; they want to discover their “self” and advance. Companies book our courses in order to familiarize their employees with the things we have discovered and teach: clarifying communication, meditation, the techniques of vision finding, and much more.

Concluding, a word towards all skeptics: I myself was the greatest skeptic. Especially because of my down-to-earth past, I always give attention to keeping my feet firmly on the ground, remaining pragmatic, and making feasible plans and dreams (despite all the fun, irony and jokes, and my frequent “I don’t want to be taken serious” attitude). Because life doesn’t take place in the conjunctive, but in the Now. For only in the Now can a peaceful new world be constructed and sustained for both man and corporations.

Getting started:

The first experience for some readers is an energetic session or a consultation (energetic vehicle). Others enroll straight into a course. Companies often book a meditation and vision training or a clarifying communication seminar. For some companies (human resources development, company development, stress prevention) I also design tailor-made seminars. Such seminars can be extremely successful in all areas where people work, create and envision together.

The money issue: some people who have read the book and become interested tell us that our Vesseling offers are expensive and they don’t have enough money. But is this really true?

Our experience from many discussions and interviews is rather different: many people tell us they spend a lot of money (thousands per year!) on smoking, drinking, cars, leisure time and holidays. Our courses cost a fraction of that. For the participants of our Vesseling Energy School the money issue is no longer an issue, because the experiences they made here are priceless. What is more, we offer a scholarship for young people. Those who really want to will find a way to come to us!

Vesseling consultations on the energetic vehicle:

In old cultures and traditions highly sensitive counselors would be called in to deal with pending developments, projects or life decisions – both personal and professional. These counselors were not expected to solve other people's problems; rather, they were to serve as „mirrors“ and **sources of inspiration** with their clairvoyance and sensitivity. The questions they were asked by the consultees varied from entrepreneurial enquiries to private issues.

The counselors were able to look holistically at the feasibility of ideas and proposals, taking into consideration the consultee and his surroundings along the line of time. Based on that, they provided decision-making aid. In this way, many rash decisions and mistakes were avoided beforehand. Mirrorings, if done properly, contain the energetic truth of the client.

This type of consulting session has become my speciality. However, due to the large demand I can only satisfy a limited number of enquiries every month. Just send us an enquiry.

Sessions with Vesseling practitioners (energy seers):

You can have Vesseling energy sessions (dissolving blockages, “dark spots”) as well as Vesseling source sessions with other Vesseling practitioners who have trained in our school. They enjoy our absolute trust. To book a session you can just send an enquiry.

The courses:

Those amongst you interested in an intensive weekly seminar should be advised to attend our “The Power of presence and vision” retreat, for here begins the deep energetic, seer and vision process.

We are living in fast-moving times, in which the human body is put under ever-increasing strain and is in danger of “burning out”. We need a retreat, and that is exactly what we do during the courses.

In the *NLight! The power of presence* Retreat and Practice course we will take a step back and unwind, while learning the deep “*The power of presence*” meditation will calm and relax us even more. You can also start your journey with this course before you attend the Foundation course. Both are courses for beginners.

Lectures:

Currently I receive lots of invitations for (short) lectures from companies and public institutions. The lectures are about Vesseling or about my life story, guided meditations or lectures about vision finding (energetic vehicle). All those lectures are interesting to follow and can be funny at times – they evolve spontaneously as they progress. The lectures are very authentic and lively – not conceptualized sales talks with a mission! You can also get to know us on one of these lectures.

Contacting

us:

Would you like to invite Martin for a talk and energetic healings in groups? Please feel free to contact us: institut@vesseling.de

You can contact us directly describing your issue. As we often work with people who are in the public eye we are familiar with the prerequisite for discretion and confidentiality. All enquiries are handled in strict confidence.

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On some days the volume of incoming telephone calls may become too much to cope with, so we recommend you contact us by email at: institut@martin-brune.com

As we do not want to stress our vessels (bodies) too much by replying to enquiries, you will receive a reply within a few days as a rule. Slow and steady wins the race, so please have a little patience!

More information on all seminars can be found under: <http://www.vesseling.de/englisch>
Your Martin Brune :-) & the entire Vesseling team