



Out of the Illusion.  
Into your Self.  
Where everything makes sense.

# Imagine...

Imagine you are a bright light, pure and unique and, well, divine. As you radiate and move, in beautiful wisps of dynamic light, you pulsate and emit the most vivid colors. There are bright, fast flashes and then soft, slow pulses, then fast again, then slow, and then swift again. All that, all of it, is phenomenal. Divine. Unique.

Now suppose that a veil lies over this light. And another one. And another and another and another. A pile of veils, stacked on top of one another. Some tough and thick, almost opaque, some as airy and light as a freshly woven spider's web.

And that light underneath, at some given moment, no longer really shines through all those veils. It has been shrouded. It is there, always. It can never be gone or 'not there.' But it cannot shine through completely either. Or it may even have become completely invisible. The light itself is not bothered by that. But for you, as a person, it feels bad. Like you are spent. Or empty? Tired? Unhappy? Frustrated? As if there is something missing, you know for sure, but you don't know what? You know there is more, but you don't know how to access it?

Now suppose, you have decided to pull off all those veils in this life. Sometimes one by one, sometimes a few at a time. You are determined to be yourself once more, to know yourself, completely. Pure and real, as the divine being that you really are. You are determined to feel your light again, to experience it, to BE it with your whole body. And to let it shine through your entire reality.

Suppose you want to be awake in who you really are, unveiled and pure. And you also want to be able to express who you are in your own unique way, both in the words you speak and in what you do. Every day. Every minute.

Suppose you have decided to be free, in this lifetime. Free to fly.



# What is a true, free and happy life?

A true life is a life in which you can be yourself completely, without you losing your way by either your exterior (people who think something about you, or for example, situations that have a lot of impact) or your inner world (feelings of fear, insecurity, guilt, shame and judgment, your relationship with time or money, the child, adolescent or young adult in you).

And really, those two worlds are the same: those people or circumstances OUTSIDE you trigger those things INSIDE you. That's all. Those people are pretty much the same as you are: they also want a true, free and happy life.

A 'true' life is therefore not a life in which you suppress everything, act happy and soldier on, while you feel anything but cheerfulness inside. It is not a life in which you are just somewhat free and outwardly happy. (I myself have been a master at that other life and even convinced myself: 'Everything is going very well! For sure!')

Why do we all live like this? How come we have such a hard time being 'true'? Why don't we live with the masks, any masks, off?

The answer is simple.

All of us are constantly learning and growing in three areas, and within these areas, we are all moving from 'little' to 'much' to 'all the way.'

# The three areas

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## Cleaning up your shit

See, as we grow up, we go through stages. The first stage is the child, the second the adolescent and the third the young adult. After that, you are an adult. But that child, that adolescent and that young adult, all three of them never got entirely what they needed. That would be impossible. It's simply not the deal, here on Earth. You didn't come for that (and what you did come for will be addressed later). And these **unfulfilled pieces inside of you** (because yes, they are alive and well!) are scared. They have stress. They are angry. Of course! Because they didn't get what they needed. And so they pull on your sleeve: 'Hello! Help! No! Don't! Yes, but! He did this ! She did that! The world is scary! I cannot do it! I'm afraid! I don't want to! It's up to them! God is mean! My boss doesn't see me! My partner doesn't love me! The world is going to end!' Well, you probably recognize a few of those. It's not surprising that you are insecure, that you have doubts. That you are sleeping badly, feeling tired, feeling low in energy. It's no wonder you feel shortages. Of love. Of attention. Of recognition. Of appreciation. Money. Time. And you are certainly not alone in that. There ARE, in fact, shortages.

In addition to those shortages, you also have **self-created pieces inside of you** that direct your behaviour. You create them within you, to motivate yourself, and to give yourself a sense of security, of belonging, of recognition and appreciation. To move you away from the sometimes excruciating pain of the shortages, and into a kind of sub-reality where you are safe and okay. That reality is not real, you know? But it does help you to survive, and live, and sometimes even be happy.

For example, there is the Inner Slave Driver: the one inside of you who says that it is never good enough, that you are not far enough. That you are just NOT ENOUGH, period. And what about the Ivory Tower: 'I am above all this. No, it doesn't affect me. Doesn't hurt me. I am light and love and those others just don't get it. It is a pity for them that they are not that far yet.' And there's a couple more of those we carry inside, right?

Furthermore, in addition to these unfulfilled pieces, and self-created pieces, you also have something I call **the consensus imprint within you**. You get this immediately as soon as you enter, here on Earth.

This imprint consists of sometimes very extensive packages of judgments and assumptions about certain topics, in all areas you can think of. These are then confirmed over and over by everyone else around you, as everyone has this imprint of consensus.

Your relationship with Time is a good example here: there is never enough. Or your relationship with Money. Or the Good Girl if you are a woman, and the Macho Male Syndrome if you are a man.

So yeah, all of that together, that's your shit!

And the only one who can find their way through this and yet fulfill the unfulfilled pieces (that's what we call 'healing'), the only one who can say goodbye to the self-created pieces, and who can leave and let go of the consensus imprint, is you. The grown-up.

To be able to do this, it is necessary that you love yourself. Otherwise you won't allow yourself to do it. You will think you should behave 'normally,' you should adapt, and above all you should not be difficult. When you don't love yourself, deep down you'll feel that you are not worthy of being yourself. Who do you think you are, right?

## 2 Loving your self

Love is the key to fulfilling those parts of you that have never had enough: your child, adolescent and young adult need real, pure love to be fulfilled. They need your love for them, for yourself, and the willingness to give them what they need.

It's also key to saying goodbye to the self-created pieces: do you love yourself enough to stop pushing and rushing? Bye, bye Inner Slave Driver. And will you also allow yourself to stop being 'above it all', to be honest and sincere with yourself even if it feels stupid or bad or gross? Bye, bye Ivory Tower.

And it is also the key to leaving and letting go of the consensus imprint: for you to love yourself so much, that you no longer believe what everyone else is saying. That you choose what is true, inside of YOU. That you stop serving everyone else and being humble and small. And that you see yourself as most valuable in your reality.

The furthest things from 'loving yourself' are guilt, shame, and judgment. And you can probably see how these 'BIG THREE' have kept all these pieces in place.

*I am ashamed and therefore I do not allow myself to be fulfilled.*

*I judge myself and consider myself worthless.*

*I feel guilty and have to try even harder.*

And so on: like an endless cycle, these three are taking you for a spin. How can you ever create a true, free and happy life for yourself when these three are in control?

Which brings me straight to the last of the three areas, which is 'being able to receive.'

### 3 Being able to receive

If you feel guilt, shame and judgment in yourself, of course you cannot receive all that the Universe has to offer you, either. After all, you believe that you are not worth it. You believe that you have to work even harder. That you have to do more, still. That you have too little time.

You want to receive, but at the same time you brace yourself against life. It is too much, too complex, too difficult, too complicated, too heavy.

Is this ringing a bell? Bracing yourself and receiving are opposite movements. Some of my clients literally have pain in their arms and shoulders from bracing. I used to have that, too.



# The Freedom To Fly

I bet if you are still reading, you have already done a great deal of work within these areas. Because if all this interests you, it won't really seem to be coming out of the blue. You have already been paying attention to cleaning up your shit, you really want to love yourself, and you want to be able to receive and 'just live' in flow, in love and with comfort. With ease and grace. And you have already taken major and important steps toward this.

**I bet you want to be free. Free to fly.**

That doesn't mean that you don't have questions. That sometimes you really don't know what to do. That you can't be frustrated, angry sometimes, even furious. It does not alter the fact that it is sometimes difficult, even exhausting. That you go screamingly crazy sometimes, wondering: 'How can I be truly free? When will I be? In what way do I get there?'

**And that's what I'm here for.**

I'm here for Homegoing Lifetimers, people like you. People who want to remember who they truly are. I have answers because, well, I went looking for them. That was my plan, my intention, see. I have done it and lived it and experienced it and seen it all. It was definitely not an easy path. At times, I cursed it and thought, 'I'll quit, I'll get out.' I went through the deepest valleys, through hell, sometimes, but through all those experiences, I found my way and remembered my Self. All aspects of me. And I remembered my team, my Language of Light, where I'm from, and what I'm here to do. Everything. At the same time, I still keep learning more and more. Expanding. I keep becoming more, and more and more. Just like you.

I'm here for you. To help you remember too. So that you can take off your veils one by one, or sometimes by the handful. Some veils, you can do yourself; sometimes it is easy to pull them off, sometimes difficult. And some veils, they are just so tough and hardy, and you need help with that. Again: that's what I'm here for.

**I have set myself free and now I'm helping you set yourself free.**

## But shouldn't I be able to do this myself?

Basically, all Homegoing Lifetimers think they should be able to 'do it' themselves; they know at a very deep level that they have the answers within themselves. Been there, done that.

But if you start to think like that, you completely ignore co-creation: I am now in your life, right? Didn't you create me too? Do you see how, ultimately, we too are one...? And you ignore the fact that when you have found material and you feel addressed, your inner leader is at the wheel.

You know that story of the man who was drowning and said to every rescue swimmer, boat or helicopter, 'No thanks, God is going to save me.'? Finally he drowned and asked God, 'Why didn't you save me? I believed in you!' And God said, 'Yes, and I sent a rescue swimmer, a boat and a helicopter!'

In other words, never give your power away, not even to me. But also not to that part inside of you that thinks you should be able to do it all alone, because that is really the utmost nonsense. Your reality is yours, and you have planned in advance that you will or will not do this. And maybe, just maybe, you have planned that one day your consciousness will wake up to something. Now, don't deprive yourself of that chance. Just feel whether it will make you happy and whether it will make you (more) free. The only way to know if you want something like this, what I offer, is to feel. From the part inside of you, that KNOWS.

Don't feel from the frightened child, the rebellious and angry adolescent, nor the resentful young adult who wants recognition and appreciation so badly. Not from the critical parent, the rebel, not from anything else.

Feel from your deepest knowledge and wisdom - feel from your core.

xx  
Marieke



# Let's walk with clarity upon this world

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