

Personal Preface

This book could have been a small book. It's about Love. All you need is Love. That is an ancient message. It is the core message of all religions: "God is Love, live that Love, love your neighbour as yourself and all problems are solved." Simple. But we don't do it. Maybe we just can't. Many people live a selfish way of life. We learn at school that humanity has never done anything else. So, why would you be different? *Can* you be different? On your own?

This question puzzled me my whole life. Why is the situation as it is? Why do we always have to make war and does the love only come when people take care of the victims? The deep feeling that nothing seems right also means that intuitively you feel that it *could* just as well be right. I experienced a deep longing to fully understand the big picture. In the late 60's and early 70's there was a strong sense of belonging among the youth: "We will do better; we are not aiming for capitalism; ban the bomb and everyone is equal". That feeling of togetherness among the younger generation always stayed with me. Together we seemed to be stronger; we became a larger unit. Life continued and the conveniences of prosperity and the responsibility for my children slowly moulded my life in the conventional mainstream attitude. Love and Peace slowly faded.

My Protestant religious education brought an image of God and Creation that did not seem to touch my life and what was happening in society. The stories of the Sunday sermon were about a far away desert country where very exciting things were played out. This had little to do with the problems I was facing. God was big, very far away and I was little and did not have a clue. The deep trust that everything could still be alright stayed with me and intensified in the Swiss mountains, in my music and my inspiration to artistic expression. My parents expressed their faith in a very loving attitude towards their immediate environment. I had enough warmth and care for myself. However, the bigger picture..... the world was full of wars, famine and injustice and God seemed far away. Still, I kept looking for the deeper meaning behind all things. I wanted to understand life.

When I was 30, I had a thyroid disorder and this turned my whole life upside down for a while. After this crisis, I realized that by just thinking about things I didn't change how I felt. If you *feel* badly you cannot *think* yourself back to happiness. It was 1985 and I started my search in the emerging New Age movement that gave name to more things between heaven and earth than my parents, the schoolteacher or the preacher in the church ever did. This quest led me to many books, lectures and introductions to various spiritual groups. During this research one thing became clear: to be able to understand everything I had to get rid of the fixed images I gathered over the years. My logical masculine mind, from which I had been operating for 30 years, had to step back (be quiet) to be able to perceive and integrate insights of a larger order. I had to use and to trust my feeling nature, my intuition.

After a few experiences with spiritually oriented groups and alternative healers I was introduced to the Foundation for Higher Learning. This international spiritual school is led by Imre Vallyon. In my whole life I had never met a spiritual teacher who was able to explain everything in such a grand way. He used a terminology and a conceptual understanding that was not part of my cultural background at that time. After further investigation I had to conclude that I was dealing with someone who really had a higher state of consciousness than mine. I decided to join this school and to accept him as my teacher.

The Foundation for Higher Learning works with knowledge (Gnosis) and meditation. This knowledge fuelled my inquisitive mind. The meditation techniques gave me the opportunity to really *experience* the transferred knowledge. These experiences subsequently gave me insight into my own situation; they also gave me more understanding of the universal laws which lay at the foundation of my life. In this school I really learned to meditate. I had done meditations with my eyes closed and visualized that I was walking through a rose garden, but here I really entered another state of 'being'. This teacher and his meditation techniques established my growth in consciousness (awareness). I trusted it and fully surrendered to it. It is obvious that this was a big step for a simple guy from the Dutch flat land. I trusted my intuition and felt that an open receptive attitude could bring development in my quest to 'see it all'.

My wife Jenny shared my spiritual quest and together we attended the weekly meetings, workshops and international retreats. The knowledge that Imre Vallyon brings via the Foundation for Higher Learning is vast. It is a school of synthesis. We work with the knowledge and techniques of Taoism, Buddhism, Hinduism, Sufism, Zen, Kabbalah and the Christian traditions. The various meditation techniques brought me the *experience* of the essence of all these world religions. One of the main things I noticed was that there are many similarities in the basic structure of all religions. They just vary by country and the time period in which they arose.

My vocabulary of spiritual affairs and my understanding of religion grew and I was able to read a large number of esoteric books. I noticed over time that I effortlessly 'stored' all information that *felt* right to me. In other words, it took no effort to remember, to contain everything, because it was already there. It was more recognizing than learning (in the sense of *adding* information to your knowledge). The lectures of Imre Vallyon, the experiences in meditation, and everything that 'stayed' after reading, merged into one system. This system contained many data but it was held together by a 'non-logical', associative magnetism. The system is basically very simple but it has many branches and layers. In other words, approached from different angles, it can look very different and it can bring many different experiences. It is still the same 'Divine building' that we explore.

This 'quest' brought me a large overview. Large in the sense of time: the developments of the last 4 billion years. And large in the sense of the greatness of God and the consciousnesses active in Creation. Mankind is small but we are able to do great things because we live in a system in which everyone and everything is connected. We think we're alone. That is *what we think*. Thinking on its own limits us.

The feeling from my childhood that somehow everything *could be* just right, kept me going and came back in a coherent understanding of God and Creation. There is no doubt, God exists. God is Love. But that Love works in a certain way, within certain laws. Everything exists, grows and flourishes by virtue of that Love. You can feel that Love, inside yourself. A free experience of the Divine Love *inside* yourself is opposed by a number of processes and cosmic laws. Mankind is the instigator *and* the victim in this story. This needs to be explained in detail. Therefore, this is not a small book and a lot of words are needed to explain the Divine Laws of Love.

In September 2000 I bought a laptop and sat down to write about all the universal insights I had gathered. I made many coloured diagrams to make the laws and structures in Creation visual. Initially I put the key pieces of knowledge together. But gradually the writing and the interrelationships became clearer and the story 'wrote itself'. At some point everything fell in its place. In my meditations the insights and the geometric relationships were visible and tangible.

The knowledge of the Kabbalah and the Tarot served as a background to bring the laws back to a mathematical order. On this journey a new basic formula to understand Creation was born. One formula ‘happens’ on a large scale and from there it evolves into a sequence of the same ‘happenings’ on smaller scales. This formula got the name “**the Process of Creation**”.

The whole Creation is a play between male and female forces. In ourselves this is the game between the male and female, self- and subconscious minds. Most world religions are **male-oriented**. That is a one-sided picture. God includes all masculine and feminine qualities. We can see God as a masculine God and then Creation is governed by strict laws. We can also see God as the Goddess who nurtures and protects everything. We can see a strict God who is distant from us or a Goddess who is very close and has compassion for all life.

The Foundation for Higher Learning gives a lot of praise to this Divine feminine principle. **Tripura Sundari** is her Sanskrit name in the Hindu tradition. This is the same archetype as **Maria** in the Christian tradition, **Quan Yin Shin** in the Taoist tradition and **Isis** in Egypt. Working with the Divine female archetype from the Eastern traditions brought me much inspiration to work on the insights of this book. It gave me a strong sense of simplicity about the apparent complexity of everything. Her inspiration led me to write this new vision on Creation in accessible modern language. Not new in the sense of otherness, but just without many culture, place, time or religion-related fixations. Of course, I make use of existing terminologies and existing imagery. There is no need to reinvent the wheel. But, today we can explain much better why the wheel turns, how it turns, and what effect that turning has on us.

After 28 years of meditation and many conversations in my practice as a breath consciousness trainer, it became clear to me that everybody has behaviour patterns which are useless, hold the true human potential down and can lead to fixation, fear, burn-out or depression. *There is so much useless suffering in the world.* It is my sincere intention to bring light into the lives of people who want to recover themselves within the grand order that is basic to Creation. In that order there *is* harmony, there *is* peace and above all: there is **Love** and **Compassion**. In harmony you can live free and from harmony beauty can arise. *We* are not in harmony, *we* do not live in peace. This is true in the world but it is also true within ourselves. In yourself you are also in conflict; you keep repeating negative cycles and thereby maintaining unbalanced inner feelings. You can ‘reset’ yourself to harmony and open up to the Divine Compassion. The Divine Love can only ‘come through’ in harmony and not in conflict.

The insights and knowledge of this book can bring understanding and acceptance of yourself and your life situation. It shows a cohesive (interrelated) perspective on everything that ‘happens’ to you. These insights and knowledge (Gnosis) can lead to wisdom. Wisdom that already for centuries was among humanity but often hidden or inaccessible. All this knowledge came ‘down’ through Love. This knowledge shows you how to return to that Love.

Love is an experience

Sometimes that experience just ‘happens’ to you

You can also choose to look for that experience consciously

How do you do that? What is stopping you?

