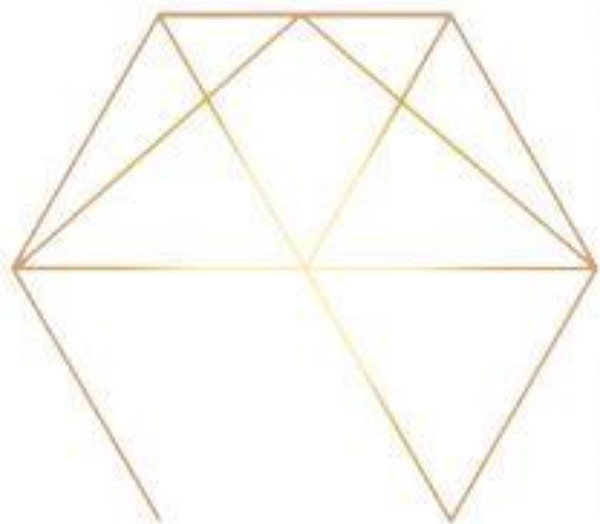


Workbook Awake



m a r i a m





Preview



Workbook Awake

Introduction

This little workbook is made for you. To inspire you to take on your own journey of awakening. Maybe you are already well on your way and maybe you are new to this. Maybe you will follow the activities the way they are, or maybe they inspire you to create your own. It's all ok. Play with it and find the way that suits you. So that you become more in tune and more in love with the true You. And the true You, in my experience, is the earth, is the stars, is your neighbor and is what you see in the mirror. You are everything, and everything is you. Do not walk away from the troubles in your life, but see them too, as a doorway from you to You. You are beautiful, you are sacred and it is my absolute honor that you are connected with me as my brother, as my sister. And whatever place we find ourselves in at these changing times, I hold the vision of us, beautiful humanity, as connected in Love, as originated from Truth and United as the brothers and sisters we can only be. For God is All, God is All, God is All.

Love, Mariam



My Story

I was a sensitive child and have always felt a connection to the more subtle worlds. But the journey that I am on now started a few years ago. It started with an intense prayer for the world. I had just seen something on the news that had upset me and I started to pray to Mother Mary. I asked how to turn our world around and how to relieve the suffering of so many. Suddenly I heard a soft feminine voice: “I cannot do it for you” the voice said. “But I can show you how”.

With these words, a beautiful, exciting and transformative journey started. A journey I would like to invite you to, by sharing my music and my story.

I have been writing songs since I was fifteen years old. After years of performing in the Netherlands and abroad, I decided to pursue a different kind of career as an entrepreneur and nutritionist. But, during a time of spiritual awakening, new songs and different lyrics started to flow through me. These new songs are mostly about a new world, and about new possibilities for our world.

I became acquainted with a spiritual reality beyond our everyday experiences. In this realm I experienced the harmony and unity of all beings. And as I continue to align to this reality, I feel the presence of many loving guides who support humanity in what I believe to be ‘The Great Awakening’ or ‘Change’. They join me in the creation of my songs. Sometimes indirectly in the form of inspiration or directly with a song that carries their message. These are messages of hope, of love, of unity. To bring back to us the memory of who we truly are.



My album

Although my songs are simple, they hold a great promise. I feel the energy of the message when it comes through me in song, and I feel very blessed to be able to share them with you. These songs are part of my own awakening process. I have been receiving them, recording them and polishing them for the past five years. With every major step in my own process I received or wrote a new song about how we, humanity, can heal the deepest parts of ourselves, and how we can restore the brother- and sisterhood of mankind. I had to be very patient keeping them to myself all this time. And now the time is right to share them with you.

The first songs I received were 'Victory' and 'We Are One.' I had booked a weekend retreat to be just by myself as an exhausted mom of three. My youngest was only eight months old and kept me awake most nights. I brought my spiritual books, healthy foods and my guitar. Sitting there, by myself, with my guitar, the first song came through. Within a few minutes, the lyrics, melody and the meaning of the song were all there. I knew the song wasn't of my writing and I was in awe of the whole experience. 'Victory', the first song I received, stands for the one embarking on the path of awakening. It stands for the personal process it entails: of letting go of everything you thought you were, to discover who you really are. It stands for the tremendous fear you can feel when you are just about to let go of your old identity. It can feel like standing on a cliff, knowing there is no way back. Then you let go and let yourself fall deep into the unknown. Discovering that you have had wings all along, flying in freedom. The next song I received that weekend is 'We Are One'. The process was the same; I received a complete download of the song



including its meaning within minutes. What the song stands for, is what the world will be like, when all people have gone through this individual process. When all of humanity has discovered who they truly are. When that time comes, we will hold hands, we will sing and we will dance. We will know each other as 'Self'. We will still be unique, but we will know ourselves as One. This is what I aspire and pray for. That we will know peace, by uncovering our essence and by seeing each other's essence, especially when people cannot see it themselves. This is what will bring peace. Seeing people as they truly are before they see it themselves, is what will heal the world.

The name 'Mariam'

The name 'Mariam' was given to me by my spirit guides. It isn't meant as 'my name' so to speak, it is a symbol. The name symbolizes the awakened feminine. And its meaning is, in my understanding, the equivalent to 'Christ'. We all are divine and our world is beautifully awakening to this. And Mariam stands for the awakening in feminine form. I love language and the roots of modern day words. Aramaic is said to be Jesus' original language and a lot of our words stem from ancient languages like Aramaic. According to Aramaic language specialist Dale Allen Hoffmanⁱ, who does wonderful work of reinterpreting the bible from the perspective of Aramaic language and culture, the word Maria is rooted in an ancient Aramaic word Maryaa which was translated in the bible as 'Lord'. In his words: "Maryaa means: one who shines the obvious, feminine spiritual light" and "Maryam means: the one who shines an obvious feminine light". Both in Christian tradition and Islamic tradition the name Mary or



Maryam is mentioned throughout the holy scriptures. And some believe Maryam, often mentioned in the Quran, to have been a prophet.

Bringing all your creations into the Light

When I was about to look into some ugly stuff from the past, my guides explained that the reason why we need to clear out all our creations which are not in alignment with who we truly are, is because when we ascend on our spiritual path, more energy will be flowing through us. When we haven't cleared our old structures, energy will flow to them and make them more prominent in our lives. As a result the increased energy will be used in service of the agenda of these creations and not in service of the highest truth. This is why we go through a time of clearing when we choose this path of awakening.

When we are encountering our own creations, It may sometimes feel like we have done something wrong and a fear of punishment may be an obstacle to look into them. In our childhood we are often taught that we deserve praise for our good actions and we deserve punishment when we make mistakes. While writing this, my guides jump in with the following message:

My guides:

"We don't see it that way. We look at you as beautiful souls on a journey to the full discovery of who and what you are. All of the lessons you are going through are supported in Love. Therefore there is nothing to be



afraid of. But the fear of punishment is often keeping you from fully opening to God. This is why we are addressing this issue. God is, and will always be, like the mother who loves unconditionally. Her love never seizes. Does a loving mother let her children make mistakes sometimes? Yes. Is she there to explain why it was a mistake? Yes. God has never left your side no matter what you have done. And is there for you to support you in your healing.”

We do not have to be afraid to let God in, in the darkest parts of ourselves which we'd rather hide. It's when we fully open to God, fully open to the light, that we can become fully united with God. God will never judge you for opening up, instead God will bring you the healing that you so desire.

Rituals for healing

I believe in the power of ritual. Not as static actions from the past that we mindlessly repeat. But as a physical confirmation of something we have decided or as a confirmation of a prayer. I believe that in this way, rituals are extremely powerful in shifting our energy and our lives. This is why each song in this workbook comes with either a visualization/meditation, or with an invitation to write, or a small ritual or act in the material world, confirming your intentions. You are invited and encouraged to adjust the visualizations or rituals to whatever feels right to you. If you want to take this album to another level, the workbook can be an inspiration or a guide for your own path. I highly encourage you to take actions in the physical



world to reinforce your intentions and your willingness to change. Writing is a wonderful tool too, so each song in this workbook, has a space for notes.

We are in this together

It is my experience that many loving guides support us in our personal lives and in the Great Awakening that humanity is in at the moment. Countless times I have experienced help from God, from Spirit, from guides or angels when I requested or needed it. For example, from the subtle change in my energy field after a prayer for help, to saving my life on the freeway with clear directions. From answers coming to me in my dreams, to a helping hand just when I needed it. We may have work to do, individually and collectively. But we don't have to do it alone. The thing is, if we want help we'll have to ask for it. And if we want change, we'll have to choose it. There are galleons of light beings waiting for us, wanting to help us with healing ourselves, our collective and our planet. But we do have to ask them.

Before I ask anything to anyone, I make sure I dial the right number, and I do so through prayer. Here is the prayer I use before making requests for myself:

"Beloved teachers, guides and angels who are with me from the highest Divine Truth, the highest Divine Love and the highest Divine Will, who are with me for my highest good and the highest good of All. Who lead me, who bless me from the highest Divine Truth, the highest Divine Love and the highest Divine Will, I ask you for..... (make your request). And so it is.



Thank you for helping me for my own highest good and the highest good of All. Thank you for your guidance and your love.”

I often include the prayer of protection written by James Dillet Freeman. I say this prayer with my children every night before they go to sleep as it brings them peace and serenity. They used to be afraid at bed time, but they haven't been afraid since we've been using this prayer:

'The light of God surrounds me/us

The love of God unfolds me/us

The power of God protects me/us

The presence of God watches over me/us

Wherever I am/we are, God is!'

I strongly recommend that you make time for these two prayers every time before you start to work deeper with the songs and the activities. By doing so you set up a sacred space and connect with the beings of Light and Love who can, and will help you in your own process of awakening.



1. I Am

Lyrics

I Am, I Am, I Am

The marching of souls has begun

The grand awakening of man

I Am, I Am, I Am

How the song came to me

This song was given while cleaning my house. I had planned the entire day for this, and was praying most of the time during my chores. Suddenly it felt like a veil above my head started to open. It literally looked like a renaissance painting of an opening to heaven. The opening expanded to a meter and a half wide and around the opening, looking down on me, stood a circle of beings made entirely out of bright white light. They were humming a beautiful harmony. I saw that around them was another circle of white beings, and then another, and another. There were many, many beings, it appeared infinite. Then they all whispered: "I Am, I Am, I Am". And I felt that all these beings were in alignment with the Great 'I Am' or Christ energy. Then, out of their midst a larger brighter Light Being came to the front. I only saw some vague facial features. I knew that this being was the Great 'I Am', the Christ being. And it sang, it announced itself while the other beings seemed to sing with it as one united voice. It announced the 'Grand Awakening', the awakening of the Christ in



mankind. It was a very powerful and beautiful experience. I tried to repeat the song as much as I could and went to the studio three days later to record what I had heard. It is impossible to recreate the depth and the beauty of the harmonies I heard. But what you hear on the recording, especially in the vocal parts, captures this experience very well.

Meaning of the song

The song has several layers of meaning within it. And this is what I like so much about sound and about these experiences. They transfer multiple layers of information at once. The first thing the experience taught me is that all these Light Beings, although being able to see them as separate beings, were all made of the same light. They all whispered “I Am” and I could feel their brotherhood/sisterhood. Their union. They were united in Christ. In the True Self. Then out of their midst appeared the Christ Being, the Great ‘I Am’. It felt like this being was not larger because it was more important. It was more like a source, like a beacon, like the essence of all these beings. This being felt to me like a loving older brother. With the words *‘the marching of souls has begun’* I clearly saw and felt that it was an announcement from the Christ, about the awakening of all the souls who are here on Earth for the explicit purpose of assisting with the Grand Awakening. Setting off an avalanche of awakening through humanity that couldn’t be stopped. Like a march of Light, growing stronger and stronger in force. It felt like we would become more and more like the many Light Beings that I saw in this Brother/sisterhood of Light.



Activity: meditation

You can listen to 'I Am' in an open way, to receive the vibration and just embrace what comes up for you. Or you may guide yourself with the following visualization. My suggestion is to listen to the song in both ways.

Put 'I Am' on repeat. Imagine yourself to be surrounded by a thick and bright mist of white light. See, feel or know Light Beings, made entirely of bright white or golden-white light, within the mist. You may see the contours or you may just know that they are there, surrounding you. Then, see them coming out of the mist, slowly moving towards you, surrounding you. Feel yourself worthy of being surrounded by your brothers and sisters united in Christ Light. Some call them the 'Great White Brotherhood' or the 'Universal Brother- and Sisterhood'. They are very present on earth at this time, to help and support us going through this shift of consciousness. Know yourself as loved by them. Their love for humanity is beyond words. Feel yourself carried and nurtured by their energy. If it feels right for you, you can ask them for help with your own awakening process. You can ask their guidance for anything that is troubling you, or you would like to change in your life. You can ask them to stay with you for as long as you need. Draw and/or write down any images, feelings or messages you receive. Express your gratitude afterwards, it's good to always close the energy/experience with a heartfelt 'thank you'.



Notes

Handwriting practice lines consisting of 15 horizontal black lines. A large, diagonal, semi-transparent watermark reading "Preview" is overlaid across the center of the page.



2. A Bridge of Freedom

Lyrics

We sing the story of ages coming round and round

We build a bridge of freedom, until every soul is found

We come with beautiful treasures, seeding every heart with love

We value every little piece, so below so above

How the song came to me

I was just relaxing in a center in the Netherlands where people from all walks of life come together to learn and share ideas about how we can build a better world for all. It is a place with a strong energy. While I was sitting by myself, I suddenly felt that something wanted to come through my throat. I grabbed my phone and pushed the record button. It was the first time that a song I did not create myself, flowed so directly through my voice. It was literally sung through me. What you hear on the album is the original recording from my phone, which has been beautifully arranged by my producer Eric.

Meaning of the song

This song is a promise. It feels as if it came directly from the Brother- and Sisterhood of Light. From those beings who have been with us since humanity existed, and will be with us into eternity. It is their promise of



presence with us, during the process of awakening and the changes that humanity faces. And it is their promise that no one will be left behind. Sometimes I notice fear-based beliefs about the awakening process in our society. About how some will go and others will be left behind. But if God is all there is, if everything comes from God, and nothing can be outside of God, how can anyone ever be left behind? And how could anyone ever be unworthy of healing, transformation and the unconditional love of God? My guides have always been very clear about this. The Light that is dawning on Earth, affects everyone and everything. There is nothing to be feared.

When the song was sung through me, I received the meaning of the song simultaneously. With the first sentence I felt that the messengers were ancient. That they have been here before our time, have seen all the different stages and ages Earth went through. They have been the witness of our story and of our development. With the next phrase: *'We build a bridge of freedom until every soul is found'*, I very distinctly saw how they are bridging between their world/level of frequency and ours. That they are building a bridge of freedom (in many ways, in many places and through many different people and modalities) for the lifting of humanity.

'We come with beautiful treasures, seeding every heart with Love'. Again, a beautiful promise. They are speaking about 'every heart'. No one will be unworthy of, or excluded from the beautiful gifts we are about to receive. And then *'We value every little piece, so below so above'*. Often we hear the phrase *'So above, so below'*. I felt that they very consciously turned that phrase around. Meaning that they see us just as much as a holy, and as a worthy part of God's creation as they know themselves to be. They are laying a claim of divinity upon us. Knowing us and seeing us as Divine



and part of God. On Earth, we have created a boundary of separation between us and the rest of God's creation. One evening, when I was living in Italy and didn't start recording yet, I asked my guides for clarification. I was in the middle of deep transformations happening and I asked for more information. Suddenly a part of myself was lifted above and out of my body, and out of the earthly atmosphere, while another part of myself remained in my body. I was looking into the universe, and saw a beautiful and very big 'stardust like' cloud of white and golden light which I perceived to be God or 'Source'. Around the giant cloud of stardust, bigger and smaller balls of light were floating around. My first impression was that they were angels. And they started to talk to me.

"We are singing praise for all of creation. We move through the universe and praise all of creation as holy. And we sing the Glory of God for all to hear. But, Earth can't hear us. Earth is so deep into the illusion of separation that Earth cannot hear our song of praise".

Then I saw Earth, much darker, so deep into separation that it couldn't hear the praise of the angels, the Glory of God. I was shown that humanity, as a collective, feels deeply unworthy of this. Yet it is ours; we have just forgotten. This is changing rapidly now. It is time that we recall our own sacredness and the sacredness of all.

Activity: meditation

My suggestion for this song and this meditation is that you first listen to 'A Bridge of Freedom'; then do the meditation (take as long as you need); and then listen to the song again before moving on to 'Victory'. You may



also make a ceremony out of the meditation with a friend or group of friends. Initiating each other back into the holy circle which you are part of in truth.

The Angels:

“For some individuals, the feelings of unworthiness to be part again of the sacredness of God’s creation, can be very deep and intense. Patterns of unworthiness can be transmitted from generation to generation, and some have a deep and long thread of unworthiness that has been passed on within generations for long, long times. Be patient with yourself if you recognise this in yourself and your family. Help is available right here. You don’t have to do this alone. Many angels are ‘stand by’ to guide you as soon as you ask. For you, my dear human soul, are a loved and worthy part of the Divine”.

Imagine yourself surrounded by a mist, a bright and beautiful thick mist of light. Out of the light a circle of angels are stepping forth surrounding you lovingly. The angels appear in the form that is most suitable to you. You can see them as spheres or sparks of light, as bright white beings, as a feeling or as a sensation or humanlike. Let them appear to you in the way that is most natural to you.

Receive their praise, let them sing to you and let them call forth the glory of God that is within you, just as it is within them. It is their purpose to sing for you and the fulfilment of their purpose gives them great joy. Give the angels any feelings and/or patterns of unworthiness. Lay down the



burden which you and so many others have carried for ages. The burden that you are unworthy of God, that you might have done or said something that has been displeasing to God. You are worthy of being part of God's creation, we all are.

Then the angels step back into the light and another group of beings - the Brother/Sisterhood of Light- are stepping forward out of the brilliant white mist. They surround you lovingly, knowing who you truly are. Let them see you, let them see all of you. Let them know you as they know you truly. Holy, Divine, worthy and loved. Let this feeling sink in and take as long as you need. If any old pain, sadness or unworthiness wells up strongly, allow it. Let it out. Give it to your guides and let them hold you in the knowing that you are, have always been and will always be, a loved and sacred part of God. When you are ready, one of the Light Beings extends a hand, it is yours to grasp. The being lifts you and pulls you gently into the circle of light that they form. Restoring you to your rightful place within the Brother- and Sisterhood of Light. When you are ready, give thanks.

Notes



Preview



3. Victory

Lyrics

Holding tight

Won't let go

Why

I don't know

So afraid

Of what might be

Am I safe

Will you catch me

And then I open my hands

And I fall down

Didn't know the wings on my back

But I do now

And I fly over the seas I fly, this is me oh

Who knew I could be like this



*And I fly, feeling fine,
I fly, feeling Divine oh
Who knew*

*Reaching for the stars
Left the past behind
Now I realize that there is no one else to find*

*Taking every chance, standing on the roof
Now it is the time to stand
And speak my truth*

*And I fly, over the seas
And I fly, this is me oh
Who knew I could be like this*

*And I fly, feeling fine,
I fly, feeling divine oh
Who knew, who knew that this is me
This is what I can be
So beautiful
So complete and whole*



How the song came to me

I received this song at the beginning of my own journey, together with 'We Are One', during a short personal retreat, while reading '*I Am the Word*' channeled by Paul Seligⁱⁱ. When I received this song, I was just about to embark on my journey. I understood the concept of the song intellectually, but hadn't yet experienced it. For me, the personal process described in 'Victory', lasted a few years and I am still learning. When you start to experience glimpses of who you truly are, it feels like soaring in freedom. Flying high in the remembering, in the joy of knowing your Self. The song 'We Are One', as I'll explain later, is a vision of what our world will be like when we all have gone through this individual transformation process. It is the vision we can hold for the world.

Meaning of the song

The moment we have decided to let go of the old, to let go of who we thought we were, we start to transform. We become like a boat, floating from one shore to another, into an unknown territory. This can feel quite frightening or intimidating until we find a way to let go and let the divine wind of change blow our sails into higher consciousness. We can be in a place of 'nothingness' for a while. We have left our old self, but haven't yet come into full expression as our True Self. In spiritual traditions this can sometimes be described as a sea, or a rough sea where we try to hold on to things. However, because we made the choice to let go, there is nothing to hold on to anymore. Or, like I was shown while receiving this song: standing on a cliff, on an edge. While knowing that there is no other way but forward, yet being too scared to let go. Letting go was the best



thing that ever happened to me. I said ‘yes’ to change and my life turned around 180 degrees. Within a couple of months after I embraced change, my husband got a job in Italy. And I literally had to let go of my business, my house, my country, my language and who I had thought myself to be. It took my life into a completely different direction. I could never have guessed where that change would lead me. There were challenges and lessons, many beautiful gifts, experiences and finally a new life after the wind of change had subsided. There is so much love and care for us, we can’t even start to imagine. Part of this love is to disentangle us from the parts of ourselves and from the parts of our lives that are not in alignment with who we truly are. Letting go of the parts that no longer serve us, is what sets us free.

Activity: writing & ritual

Write down some of the things, habits, relationships or thought patterns that you know would be best to let go of. It doesn’t have to mean that a situation or person can’t return to you healed. Just create an awareness about what might be holding you back from fully diving into a state of truth. A state of being where you know who you truly are. Hold those things in your mind for a little while. Look at them on your paper. How would your life change, if you would surrender them to God’s Light? Make a little ritual of it and burn the paper (in a safe place) while you consciously hand these things over to Divine Will and Divine Truth. Then Imagine how your life could be; what might your life look like, living the full-blown truth of who you are? Listen to the song ‘Victory’ after you have done this exercise. And imagine diving off your own cliff into the remembrance of who you came here to be. You are allowed to be that.



Notes

Preview



4. Willing to Change

Lyrics

I am willing to change

I am willing to know myself in different way

And my feeling is that you take effort

To keep everything the same

Listen to me I love you dearly

But I see this beautiful path unfold before me

Where the heavens reach and touch the Earth

Restoring worth

I am willing to change

I am willing to live life a different way

Dancing this beautiful dance

In God's romance

I am willing to fall

Into the depths of knowing

And Know it all



From the biggest part to the smallest of small

I am here

O don't judge me please don't judge me and if you do

Know that I just can't trade this for truth

No don't judge me please don't judge me

And if you do, know that I just can't trade this for you

For I am willing to change

I am willing to live life a different way

Dancing this beautiful dance in God's romance

I am willing to fall

Into the depths of knowing and know it all

From the biggest part, to the smallest of small,

I am here, I am here

How the song came to me

'Willing to Change' is one of the more personal songs on this album. I can't count the times I said to God and my spirit guides: I don't know how to do this, but I am willing. I am willing to change, show me the way. This was my go-to prayer of surrender when I was stuck in my own stuff and not knowing how to get out of it. I wrote this song during a difficult time



in my marriage. I was changing quickly and willingly and my husband seemed to be very comfortable in the life and concepts that I was leaving behind. Fortunately some things return to you healed. And after letting go of our old ways, we found each other again and built a new life with more alignment, more joy and more connection.

The meaning

To me the meaning of this song is surrender. In whatever difficult or comfortable situation you may find yourself in; we cannot change without the willingness to change. Willingness always brought a kind of humbleness into my process. Sometimes I just had to say: I really want to, but I really don't know how. The song 'Willing to Change' is my personal ode to the process of change. And I do believe that we, as humanity, are in a time where change is happening fast. Change is a blessing. Even if it is difficult or hurtful at times. And if you are stuck and don't know the way forward, open up to God and express your willingness to change. Even if you really don't know how to proceed. Life brings us to our knees sometimes, and we have decided that this is a bad thing. But sometimes when you are on your knees, humble, and maybe you have lost all that you value or love; sometimes it is this moment, which is one of the most important moments in your life. Where you, while lying on the ground, might find the greatest treasures. The true treasure when things fall away in our lives, is the discovery and remembrance of the Divine within us. Sometimes we only find what is hidden inside of us, when all we have known and loved has fallen away. I wish graceful and easy change for us all. It is my experience that change becomes easier when we embrace it as part of life, and as a necessity for growth.



Activity: writing

Writing is a wonderful tool to connect to your Soul and to receive insights and guidance from your spirit guides. Write your answers in the writing section below in preparation for the next song.

What does change mean to you and how do you embrace it?

What are the most difficult changes you have ever made in your life, and what did they bring you? How did they help you grow?

Are there things in your life today that require change?



Notes



5. Hail Mary

Lyrics

Hail Mary

Hail the unseen

Mother come back to me

Unchain my hidden sea

Beloved One come back to me

And heal me

How the song came to me

Mother Mary has had a special place in my heart since I was a child. I remember sitting in my room, at the age of eight and working clay with my hands. I was dreaming away and my hands formed a Mother Mary figure while my mind was wandering about. I painted it pink and blue and I will never forget how it made me feel. It was part of me, in a way that I couldn't understand at that age. When I was older, I was always drawn to Madonna's in churches. In my days as a student, I went to Chartres Cathedral in France. I would sit for hours with the Black Madonna and remember needing to drag myself away because I could have stayed there forever. In the Notre Dame in Paris it was the same. This song came to me in my twenties. It wasn't a conscious song at that time because I was still very unconscious about why I related to Mother Mary so much. But it always spoke to me. While working on my album with Eric, he found our



very first recording together of about fifteen years ago. It was 'Hail Mary' and he insisted it would be a part of the album. While working on it, I saw a beautiful vision of the Sisterhood of Light and the healing power of this song. I have translated this vision into a healing exercise in the activity section below.

Meaning of the song

It has only been in these recent years of awakening, around my forties, that I have started to understand more about why my pull to Mother Mary is this strong. It has many layers, but the most important one, I feel, is the Sisterhood of Light. Many of us are starting to remember that our souls have a history. I strongly believe that we have had multiple lives and that we can tap into our collective history as the human race as well. There was a time where women were more connected in sisterhood, a time where we saw God as a mother. A time where the spirit world wasn't as far removed from us as it has been for the past few thousand years. Where it was also more natural for us to be in touch with our sisters in spirit. I hold no judgement to the details of my personal or our collective history because ultimately, we are here to learn. And one of the most important lessons still until this day, is to balance the masculine and the feminine. We can clearly see that there are wounds to be healed. Deep wounds within ourselves and within our collective. And while we are undertaking the journey of awakening, willing to change, willing to heal and grow, we will encounter the ways in which we have denied ourselves and our brothers and sisters our inherent divine heritage. One of the personal and collective wounds we deal with, in my opinion, is the denial of the value of the feminine and the feminine qualities. I do not mean



women in general although it often plays out in feminine form. What I mean is, valuing the masculine and feminine *qualities* as equal. This is a lesson we are learning as a collective.

It is very normal to encounter memories from this life or past lives when you undertake the journey of awakening. You may retrieve memories of being hurt or being denied your inherent worth as a divine being. These things must be seen; not to wallow over what happened, but to release them and to see them for what they have been: the denial of your divinity and of your True Self. Your True Self was never affected by the events in this life or past lives. In my opinion, this is one of the greatest lessons of the Christ. We can be crucified. But it is never the True Self which is crucified. And when crucifixion is experienced in the world or in your personal life, it is always meant to reveal the One inside yourself which can never be broken. I do not condone needless suffering. In fact, I would do everything in my power to relieve it for as many people as I can. But when you are experiencing massive change or crucifixion, know that it is there to bring the True You more into your life for yourself and for others. So that you can be a brighter light, lighting the way home. Part of this process is developing deep trust in the path of change you have chosen, compassion and patience with yourself.

Activity: meditation

Take your time with this song. Clear out your space, make warm tea, have some warm blankets and cushions or take a bath with etheric oils. Make sure you are comfortable, undisturbed and put the song on repeat. While the divine masculine is goal oriented, provides structure and focus, the divine feminine is relaxation, surrender, feeling your feelings, pleasure



and body awareness. Many of us don't allow ourselves time for these qualities, but they are essential for healing. So lay yourself down on a bed, couch or in a warm bath. Close your eyes and picture a beautiful, rather small lake in a luscious green forest. Strings of fog are floating above and around the lake and around you. Imagine yourself in the center of the lake, floating, softening and surrendering more and more with every exhale. Through the mists you see the contours of white beings surrounding the water. Slowly they become more clear and you now see that you are surrounded by a circle of women sending you bright white light. Humming for you, comforting you, rocking you into deeper relaxation, deeper surrender to love, to comfort, and to allowing yourself to just be. Feel yourself safely embraced by the love and compassion of the Sisterhood of Light. Bathe in their love for you. Know that you are safe enough to give them anything you would like to receive healing for. Anything from your past or present. Or maybe something that scares you about the future. Give them anything you would like to change. They are here for you. Feel their light pouring down on you, reclaiming every hurt, lost, bended part of you that is ready to be healed. Awakening the awareness that you are ok, you are of God, that you are a sacred part of creation, whatever you may have done and whatever is done to you. You are holy. Take as long as you need and repeat as desired.

Notes



Preview



6. Mother Earth

Lyrics

My Mothers eyes pierce through my Soul

My roots grow towards Her, she makes me feel warm

And I long to be close

I long for Her Soul

My Mothers heart beats through my heart

Her life runs through my veins

She holds me and she builds me up

She breaks down and she sustains

And I long to be close

I long for Her Soul

My Mother rocks me like her first child

She feeds me everyday

She brings me the pure and she brings me the wild

She brings me water, wood, stones, fire, iron, silver, gold and clay

And I long to be close

I long for Her Soul



How the song came to me

‘Mother Earth’ is a song I wrote when I was about 19 years old. It was a tribute to the Earth, to my own mother and to the Divine Mother. I included it in this album because we cannot see ourselves as separate from Earth. While awakening, we will also awaken to Her, and to all the animal and spirit beings which are part of Her. During my awakening process I had a beautiful and somewhat unsettling experience with the spirit beings of the Earth. Waking me up in the middle of the night with a message to humanity. I like to share it with you.

Message to humanity

Italy; 2018

I am awoken in the middle of the night. I want to sleep but something is asking for my attention. Suddenly I see a beautiful picture in my mind’s eye of many animals, Earth’s spirits and the Earth. I am startled when I hear the words: *“We Speak with One Voice”*. Clearly I sense these many beings, united as One. I see a young, wild boar in the front as the one delivering the message. I see innocence in this being. Pure vulnerability and innocence. I hear it speak: *“We have to learn to trust again. We have to be able to trust and rely on humans again as our care takers, our guardians.”* I see and feel that they don’t trust us anymore. That their vulnerable nature and the inherent soft feminine side of Nature, Mother Earth herself, has deep wounds inflicted by our human behavior. Wounds that need to be healed and bonds that need to be restored. I jump out of bed around 4:15 AM. I take a seat at my kitchen table and let the words flow.



I feel heartbroken as I realize, sensing this group of beings, that *they are* wounded. I realize that we have hurt our Mother Earth in so many ways. Still I do not feel anger or resentment from them, I feel a softness, a soft feminine voice. I do feel sadness though and an appeal to all of us to do something. I also realize that I have not been doing everything I can to make better choices for this Earth Being that is dependent on my choices. I have been comfortably numb. The message continues:

“We are soft and gentle, we speak with a gentle voice. Humanity will have to become more soft and gentle to be able to hear us again. We are many, but we are of a gentle nature. And as long as humanity will make loud noise in their heads, in their hearts and with their machines, they won’t hear us. We seek to establish a good balance again with humanity. As a last resort, so that we can all survive. But humanity must listen! We cannot make ourselves be heard, screaming over the noises that humanity makes, and we don’t want to. It shouldn’t be required of us, it is not of our nature. But if humanity is to survive they will have to listen to us.”

The night before I received this message, I wrote about how, as a collective, we need to find and embrace our feminine nature again. It is my belief that because of the opening to and embracing of our feminine soft and gentle nature, we will be able to communicate again with Mother Nature. It’s not only *our wounds* which we need to heal, we need to heal *Hers as well* to restore Her trust in us again as Her caretakers.



“Humanity has forgotten that feminine nature makes up a big part of this universe. Humanity has forgotten that femininity makes up a big part of their own self, men and women alike. The denial of this, the forgetting of this, and the suppression of this, is the cause of all wrongdoing.”

I sense that this is serious business. Because of this we have wars, because of this we exploit the Earth, because of this we poison nature and ourselves. Because of this we hurt the men and women who speak up where the feminine is harshly suppressed. This is the reason why children are wandering around without caretakers. The suppression of our own feminine nature and the lack of empathy with the feminine planet we live on is the cause of suffering. Because, if we were in balance, *we would care*. We would empathically and instantaneously feel the effects ourselves. We would feel such a love for, and a unity with all of life that we would not be able to hurt it. Our desire would be to care for it. A powerful message, a strong message and a sad message, but true. We cannot heal it, until we have seen it first.

Reconnect with your Earth Mother

We are part of the Earth itself. Therefore it is only very natural for us to know Earth as a mother, to communicate with Her. Hugging trees isn't too far out when we experience that all of life is connected. When we become more sensitive, more able to experience the Oneness of all life on our planet, and all life in general, we feel the Earth and other beings as extended parts of ourselves. We feel them as 'other self'. It is a beautiful experience. I do have to say that, going from that state of being, of



openness into a city or another heavy populated area, to me is pure agony. Still I believe this is the only way forward. Only when we become more sentient, more aware of what our being is doing to other sentient beings, in a body or in a subtle form, change can come. Because as long as we don't feel what our actions are doing to the Earth, our 'other Self', we will continue to do as we are doing. The moment you have an experience of Oneness, life will never be the same again. Because you know that there is no 'other'. There is only 'Self'. And with this realization comes responsibility. Because how will you respond when someone treats you badly, knowing that in reality, this is another part of you. Do you blame or judge? Do you attack? Or do you turn the other cheek? One of my favorite stories is the one of a man being robbed in the city. Instead of becoming angry the man starts a conversation with the robber. Asking him what it is that he needs. Eventually he offers him to eat something together, and the man being robbed ends up giving 'the robber' the money. It is an example of how we can look beyond what is presenting itself, and see the divinity that is always present. This is not to approve of harmful situations, but to turn it around into what is possible.

Activity: meditation

I invite you to take a moment to meditate, then while listening to the song 'Mother Earth', descend with your attention deeper and deeper into the Earth. Feel your awareness falling deep into Her body until you reach the core. Introduce yourself and ask permission to re-connect with Her being. Speak your intention of awakening and of contributing to The Grand Awakening of humanity. You can offer your gratitude for being alive, for being a part of Her. Feel for a response, feel for Her love. When you feel



the love of Earth, bring some of it with you on your way back to your heart. Hold this love within your heart and let it fill your energy field with gratitude for the wonderful, beautiful Earth Being that you are part of. Connect with Earth's core as much as you like. It helps feeling more grounded while raising your frequency. And don't be surprised if you suddenly start to feel, see or hear more of Earth's beings.

Notes

Preview



Preview



7. Oooo

Lyrics

Oooo

Everything is connected

Everyone is loved

God is all around us

We live inside of God

Oooo

How the song came to me

I remember sitting in the hallway of the classic Italian house we rented at the time. The floor was made of marble and it provided a wonderful atmosphere to sing in. I meditated and started to sing in meditation. Repeating the same words over and over again until dissolving into a higher perspective. From this experience the song 'Oooo' birthed. The O symbolizes the circle, the Oneness, the interconnectedness of all life.

Meaning of the song

This song describes the experience of Oneness. From a state of Oneness we can know truths that are sometimes difficult to grasp when we are busy in our earthly lives. Truths like: everyone is loved. This is a simple song, and it is meant to be that way. After the previous activities of



identifying the things you would like to bring into the light, of healing with the Sisterhood of Light, and of reconnecting with the Earth and recognizing Earth as a sentient being, the song 'Oooo' is an opportunity to meditate and contemplate the awareness of being part of Divine Creation. Just know and embrace that you are loved, supported and cared for. You can start this awareness by imagining yourself to be part of creation. It will develop into deeper experiences of knowing who you truly are, and who everyone else truly is. Don't forget to do the prayers on page 9, because the workbook is just a structure, a guidance system. The real miracles come from the Brothers and Sisters of the Light, working with you and helping you while you work with the songs. Ask them to help you become aware of important steps in your process, and let them guide you to the next.

Activity: meditation

Put this song on repeat while you meditate to and contemplate on the interconnectedness of all of life. Know that you are loved and a sacred part of God. God is in you and you are in God. God is you. God is everything. Sing with the song in your meditation, let it soften your heart. It is my experience that the song reaches deeper into your consciousness listening to it multiple times in one session.

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8. Heart

Lyrics

*A new dawn is here
We thought it would never come
But the promise was kept through time*

*The time is now
We feel the wind of change
And we reach out for Your embrace*

*Hello Universe
Hello shining stars
I am from the Earth and like to join in
On the Love you have
On the Light you bare
And I know how to find You within my heart*

*Heart, heart, feel my beating heart
Heart, heart, Feel your beating heart*



How the song came to me

This song came very naturally and was inspired by the feeling of the new dawn after clearing old patterns and healing old wounds. Deep down in my soul I've always felt that I was here on Earth to do something. And throughout my life I've always felt an undercurrent of restlessness. But after the prayer that started this journey, the restlessness slowly subsided and I started to feel more steadfast on the path I had chosen.

Meaning of the song

It is said that the Christ would come again. While writing this song I felt this sense of hope that this really *is* the time of resurrection. The time where all people will start to remember their true nature. Because of the rigid energies we have created, it causes a bit of a stir. We are in a chaotic time, a time of change. But the Christ is here, awakening in all of us. This is a collective process, although it doesn't always appear that way. The thing is, some of us are more heavily rooted in separation than others. For some these changing times may literally feel like their world falls apart. That's because in fact the old structures *are* falling apart. But some of us have known all of our lives, that we have a role to play in this transition. That we are here for that reason. Well, this is the time we have been waiting for.

Activity: writing

In preparation for this writing session: grab a pen and put the song 'Heart' on repeat. Tune into your heart and observe what is there. You do not



have to change your feelings. Just observe them and sit quietly for some time. Then say the two prayers of attunement on page 9 or use your own prayer of attunement and protection. Sing along softly with the song while you tune deeper and deeper into your heart. Singing awakens the heart, and singing while you focus your attention within it, even more so.

Your Soul has all the answers and can give you the information that is important for you at this moment in time. When you are ready, ask your Soul the questions below and listen. If any images or memories present themselves, draw them or write them down. Often while taking these whispers seriously, other, clearer and more detailed information follows. Drawing, painting and writing about your feelings and experiences really supports the process. Your spirit guides can easily step in with more information when you are a little bit distracted, relaxed and open.

What is your experience of these changing times, in what way does it affect you? Have you lost people, a job, did you move? Do you fear what's next? Are things falling away easily? Or are you going through a hard time? There are no wrong or right answers here, just assess where you stand at this moment.



Are some themes reappearing in your mind again and again? Maybe to go somewhere, buy a certain book, call a friend or to start studying a subject? Often, when we've completed one aspect of our life, another chapter unfolds. What kind of things want to be lived, done, studied, read, painted or said? What new steps in life is your Soul asking you to take?

What is your own vision for your future, and for the future of the world? Is there something you know you have wanted to do since you were a child? Or is a feeling or sense of purpose waking up inside you about why you are here? There may be many reasons your Soul has chosen to be here, e.g.: to heal, to learn, to teach, to give or to experience etc.



What beauty has life brought you in the past, which arose out of (a difficult) change or a crisis? Can you name a few beautiful outcomes of difficult changes in your life? Things like; strength, discernment, meeting new people, perseverance, compassion or faith.

Can you trust today, that life will bring you beauty, even if some changes may appear to be too challenging to cope with? Steadily hold your vision for your future; what excites you, what beauty do you see in your life? Listen to 'Heart', while holding your vision of beauty, of hope, of love and light for yourself and for the world.



Notes

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9. Golden

Lyrics

There is a flame in your heart that burns

It burns forever

There is a Light in your Soul that

Never dies

I know sometimes that it seems broken but

We didn't come to hide our Light

For we are golden, we are golden, we are golden

You are golden, you are golden

We are the ones we've been waiting for

So get a hold on yourself

Stand up again, one foot before the other

There is no one else who's gonna walk this path for you

I know sometimes that it seems broken but

We didn't come to lose the fight



For we are golden, we are golden, we are golden

You are golden, you are golden

You are bright just like the sun

There is a flame in your heart that burns

It burns forever

There is a light in your soul

that never dies

How the song came to me

I was talking to a friend who was going through a rough time. After the conversation I thought about her and about all the other people dealing with change, coping with challenges. In the awakening process, it isn't all roses and sunshine all the time. We may slip back into forgetting who we are. We may be challenged by soul growth lessons, old patterns, things we need to look in the eye, before we can take the next step. It may feel like you're doing it all wrong, while actually you are making huge progress. The good news is, that the more people are able to hold a high frequency field collectively, the easier it will be for all of us to stay in the knowing of who we are. I wrote this song in minutes after the conversation with my friend. I perceive it as a gift, reminding us to stand up again after we fall.



Meaning of the song

This song is for everyone challenged by life's circumstances, challenged by their own process. This is for everyone stuck in the mud and not knowing how to get back up on their feet again. When I am in that place, I sing this song to myself sometimes. We all need to be reminded every once in a while, of how worthy and beautiful we truly are. Especially when we can't see it for ourselves in that particular moment. You are Golden, we all are.

Activity: meditation & writing

Put up the song 'Golden' and take a moment just to remind yourself that you are golden, you are worthy, you are a sacred part of creation. Think about what you have to give. What is your unique talent or gift you came to share with the world? Sometimes we can feel as if the world isn't noticing what we have to offer, or it doesn't value the gifts we want to share. The most efficient way to deal with this, is to start believing in yourself. To start believing in the value of what you were born to give to all of us. And in how you are enriching our human collective with your uniqueness. Make time to value yourself and write about everything you like about yourself. This is a powerful way to heal and deal with rejection. Then, get back up on your feet, my dear friend. And move on.

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10. We are One

Lyrics

*When it's all done and over
When the battles are gone
When we recognize each other
When we know who we are
We are One*

*We will hold hands and we will be singing
We will laugh and we will dance
we will rejoice in each other's freedom
At last we are friends
We are One*

*And now peace has come
And we all hold hands
I just can't tell the difference anymore
I know you as myself
We are one*



How the song came to me

During the same weekend retreat I received 'Victory' I also received 'We Are One'. From the moment this song was flowing through me, I was in awe of the words and the energy of the song. Because I could strongly feel that it was actually possible for humanity to become like this. While receiving 'We Are One' I kept seeing a vision of our future, a time where we were finally tired of battling each other. In this vision, people from all walks of life, from different corners of the world, slowly started walking towards each other to form a circle. Taking each other's hands: *'And now peace has come and we all hold hands, I just can't tell the difference anymore, I know you as myself'*.

It feels very important to me that we keep holding this vision, and keep believing that it is possible for us to make it a reality. We create this by attuning our everyday choices to the highest choice available to us at that moment. It is my belief that those seemingly trivial choices and thoughts end up creating the fabric of our shared reality. This is not about becoming fearful of your thoughts or choices. Just about becoming aware that you have the right, the freedom, and the strength to choose differently if you desire change.

Meaning of the song

This song has a very special place in my heart. For it is the vision that I live for and am willing to devote my life to. To me, it means that I will choose to honour and think highly of my brothers and sisters every day. It means that I choose to see God in everyone I meet every day. It means I will look at all the ways in which I still judge another human being or think less of



another human being in order to sustain old ways of feeling better about myself. The homeless man on the streets is just as holy and just as loved as the king. I believe that we would benefit from looking very closely to our 'why's'. The reasons we want things or situations. How is our world, our society reflecting the choices we make every single day? In my experience it isn't true that we can't do anything about what is happening on the other side of the globe. What we need is a recognition of our power and our influence. One prayer makes a difference, one smile makes a difference, one letter sent to a person in need makes a difference, one euro for a homeless person makes a difference. As a child and adolescent I have been told again and again that one person could not make a difference. That my ideals of a better world were futile and naive. Although those words affected me, I had such a strong feeling in my core, that just knew that my vision for a better world was not only possible, but that I had lived it before. Never could anyone truly break my belief that a better world is possible. Change starts with owning your power, and using your power to stand for a world that serves the highest good of all. We *can* do this my dear friends. And all the help we need is available. Start by healing yourself and revel in the knowing of who you are. And after that, just remember that everyone you meet is that beautiful too. Even if they themselves believe it to be otherwise. They will show you what they have created themselves to be. They may hold on firmly to what they think they are. But miracles happen, when you remember their beauty for them. Others do not need our judgements but our willingness to acknowledge the divine within them. And yes, there are those who are heavily rooted in the consciousness of separation. But when we believe in the creations they believe themselves to be, what will that bring us? What will the fruits of that choice be? I invite you to keep holding the vision



described in 'We Are One'. To reclaim your true name and the true name of us all. So that we as humanity may live up to the vision of what is possible.

Activity: writing & ritual

Write a letter to God and to all the Beings of Light that are here assisting with the awakening process. Let it come from your heart, know that you are perfectly loved just the way you are. Ask them for anything you need help with or desire in your life. Things that would support you greatly in your process. Let them know that you are available for the awakening process at the pace that is perfectly right for you. When you are ready, say a prayer of gratitude and burn the letter (in a safe place, like in the fire place) and trust that you will be led while walking your path of awakening.

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