

tue 2

today there were some interesting visitors at the donjon

first there was a visit from ibrahim , a young burkinese , who came here to give bronze casting courses for two months together with his father during those two months they collected money and clothes, which were then distributed in their village back home since eve had contracted covid she asked me if ibrahim could come and stay here and of course that was no problem

it was a very instructive exchange

ibrahim was very surprised that i decided to lean closer to their austere way of life, while they are dreaming to lean closer to our more luxurious way of life and of course that gave a lot of food for thought

he told a hundred about their way of life

that they grow maize during the wet season, that they grind it into flour

that flour forms their basic food for the whole year and it is mixed with water, which they manually pull out of the 20 m deep well, into cakes.

after that they go daily (!) on foot (!) to the market to sell flour and buy seasonal vegetables with it, which then all go into one sauce, which accompany the corn cakes

cooking is done on a fire of wood or charcoal

the flour is also sold to buy other things, such as petrol or a telephone

very rarely meat is eaten and if so only in small quantities: one chicken is shared with the whole family of 22 people

they live together with the whole family around a central courtyard, around which all houses are built

there is always one house free to receive guests

receiving guests is very highly regarded by them, they see it as an honour

guests also always have priority over the family : if necessary, the family goes to sleep in the warehouse or even under the open sky, so that the guests can sleep in a bed under a roof

gradually he noticed my growing enthusiasm and he was a bit confused that someone who lived in a small castle with running hot water, a gas stove, a refrigerator, a private car, wanted to give up to live more like them

after some explanation about the project he understood it a bit better, but still he could hardly believe his ears

he was also full of admiration that it was just as warm here as back home (it is here all week between 35 and 38 degrees), but that everything is still quite green and water is still pouring out of the springs

a moment that was also thought-provoking was when he opened the fridge to put something back and told me that the fridge was full, when I thought it was actually almost empty and I urgently needed to do some shopping

the conversation with ibrahim also confirmed that I should only buy a new vehicle once I knew what I needed

if I were to join communities that consider receiving guests an honor, all I would need is a vehicle to get around

if, however, I had to sleep in the car for a long time, the need would be very different

in addition, it is also logical to see which vehicles are locally driving around

one of the vehicles that fascinates me are the land cruiser buschtaxis , especially the ones with round headlights and TOYOTA on the radiator grille

new, however, these buschtaxis cost a fortune and for a professional conversion into a caravan with a built-in roof tent you are about 20,000 € poorer

those are amounts that i could relate to five years ago, but know make me dizzy

i found a 1996 hzj75 on *leboncoin* with a built-in roof tent for 16,500 euros (see photo), that's about all I find feasible (more recent models are offered for over 35,000 euros which I think is insane)

only it had the Toyota logo on the radiator grille but otherwise I thought it was great but as said, first we will see what the needs are and what is driving around there

the other visitors were a couple who found the donjon on *park4night* and the one with their volkswagen *westfalia* came camping for a night

it was the first time that I actually crawled into a built-in roof tent and the feeling was super OK

they told me they had friends who had been on a world tour and of all the countries they had visited, morocco was their favorite

first there was the spontaneity and hospitality of the people, the ease that many moroccans speak french or english and furthermore the nature and the landscapes were overwhelming and very varied at quite short distances.

not that it would have changed my choice, but an extra confirmation is always nice

it is now about five days, that i have my *future self journal* and it is also the time to debrief

the first thing that strikes me is the change of mindset towards flatulence and loose stools

where I used to view it negatively, i now view it more as a neutral observer

the best result is obtained for the time being via the combination of oatmeal and rice, supplemented with a plant infusion as a drink

i have also encountered resistance from my subconscious mind, which hates change and tries to demotivate me to continue



that's in the form of the little voice in your head that says the results aren't that spectacular after all

today i also made fruit kefir for the first time
that is a fermented drink based on water, sugar, fruits, lemon and of course the kefir grains (see photo)
it is drunk here as a kind of soft drink, which promotes health as it contains a lot of vitamins and also restores the intestinal flora
fruit kefir is very popular here and it was therefore not difficult to get grains somewhere
i wonder what this will mean for my health in the future



today there is also a new version of the website online, where the maximum and unconditional connection with the true, authentic self is central
the self-evaluation curve has been given a prominent role and I have also added a second curve, the colinda / michèle curve

also the *future self journal* has been given a prominent place
any form of ill health and mental suffering is hereby seen as a teacher, who can bring us closer to our true, authentic self again

today i also got feedback from bernard on the blog
during their visit I saw that he reacted skeptically to the very positive results of michèle
he affirmed that these advancements had happened in a safe environment, such as that of the mother's womb, and doubted that they would remain so if they were to function *in the real world*

that was also pretty much the point of view of lucie , who told me that it was easy to live spiritually if you live like a hermit in a paradisiacal environment my point of view differs and i am also confirmed in this when reading the *how to do the work* book

i myself am convinced that we can only use our maximum potential if we are fully and unconditionally connected to our true, authentic self
that also means that if you don't feel safe in an environment, you will want to leave this environment
as a child it is difficult, but as an adult it is much easier

you can of course argue and say that you are escaping reality
that through meditation and mindfulness it is possible to stay fully connected with your true, authentic self even in the most toxic environment
i will not deny that either, because it is enough to convince your mind that this toxic environment gives you safety and security, and then it will eventually be absorbed into the autopilot of the subconscious

i personally see this as no added value, as current technology allows us to move wherever we want
unless of course you would need this toxic environment to discover, develop or utilize your full potential

i myself see this rather as having no affinity with the real world, which is also true, since *mainstream* society is much less connected to their true, authentic selves and my affinity indeed goes out to people who are connected to their true, authentic selves
I myself will only be concerned if I do not feel good and safe with a community, which lives connected to their true, authentic selves in a setting with which I have an affinity
then i have a real problem, but i have full confidence that when this situation arises i will also regard this as a teacher, allowing me to grow further

my mother told me countless times the story of mary , one of the women who had a great influence on my life
maria was goodness itself, I can't really say anything wrong about this woman
she was a neighbour who was occasionally our babysitter
one night I absolutely did not want to go to sleep and I continuously called maria 's name between crying
at my wits end my parents went to get the neighbour and when she arrived and she said *wardje dodo* i fell asleep like a log
for me this is a wonderful example of feeling safe and secure, just like in the mother's womb

i agree that it says something about your conditioning, when you panic and stress, when you don't feel safe and secure
but when you notice as a neutral observer that you do not feel safe and secure and you move to a place or a situation where you do feel that it has nothing to do with fleeing

that's like saying *no* to someone
when you do that with a sense of guilt, it says something about your conditioning
when you do that with a neutral feeling, it just says that you have no affinity with that

one last example that came to mind was the story of *david venter*
this was one of nelson 's lawyers mandela , who I had asked how that man had lasted so long in prison, when he hadn't done anything wrong
david 's answer stuck with me very clearly : " nelson said : they can take everything from me and try to destroy it, but they can't take my mind, it remains mine and intact "

talking about mindfulness 😊

mon 8

the conversation with ibrahim and especially the story about lack of rain and greenery, made me decide to add the reef middle atlas to the road trip as well
this is actually one of the possible access routes to the high atlas and it is also a region where there is also quite a bit of rain and where berbers also live
that seemed more logical to me than to follow the crowded atlantic coastline to agadir to reach the region below the atlas mountains

in that case it would make more sense to leave sometime in october, instead of january or february
until mid-october the weather in the south of france is pretty good, so there is certainly no reason to leave earlier

this would also allow to explore the riff/middle and high atlas at a leisurely pace and under favourable meteorological conditions during the month of october/november

in december I would stay south of the atlas and then return to tangier in january following the coastline

after that i would work in the garden in the donjon

if the *zuivelfabriek* and *sunshine* wouldn't be sold by october, I could put them up for sale again

maybe i would also go to belgium to clean up the place

in the meantime i have had some feedback about the blog and the website and these confirm my personal feeling

that evolution has once again taken off, that the message has become clearer and the methodology has become more useful

over the past few months I've been with an average of 70% connected to my true, authentic self and that's some pretty spectacular progress too that's the same conditioning I had as a 12 year old and so the *final countdown* to 0 has started

as a 12-year-old i was quite fervent collecting stamps and now i realize that i am quite ardent collecting vegetables from the garden and fruits and feathers from nature ... coincidence?

i assume that this line will be continued by applying the new methodology

the *in utero* feeling, which has been given a prominent place in the new version of the website, has also given me new insights about the new dairy and donjon managers

during my spiritual growth process these buildings and their surroundings were like a womb to me, as they gave a feeling of peace, safety and security

in the case of the donjon, the *in utero* feeling can even be taken quite literally, since the building is literally built into a chalice-shaped valley ... a kind of holy grail so to speak

this *in utero* feeling is crucial in the mental rebirth, because this feeling is the basis for living more and more connected with our true, authentic self that is the function that the buildings have fulfilled for myself and I would find it very useful if they could continue to fulfill this function, albeit on a larger scale that they receive people who want to be mentally reborn a bit every day and that they facilitate this process by strengthening the *in utero* feeling

the new concierges could be the facilitators of this process

the operational costs can then be borne by the free gifts of the guests

seems a viable concept to me, but of course the question always remains how to find funds for the purchase

and at the moment there is of course also the small detail, that there is no one who has come up with this proposal 😊

but i continue to believe that the buildings will fulfil a meaningful *in utero* function in the future

meanwhile I have started to prepare the morocco trip

i'm looking for some used topographic maps and travel guides on *leboncoin* and on the *park4night* and *ioverlander* apps, I'm looking for some private individuals, who, like me, open their grounds to campers

the advantage of this is that you physically have someone on site who knows the area and can therefore also provide information, put you in touch and offer help with practical problems

the place can also serve as a hub to explore the region

i have also decided that it is not a must to spend the night in the car every day

if the météo would be too bad, for example in a freezing cold or sandstorm, or if I needed a lot of electricity or wifi or were ill, for example, I would also stay in a b&b

somehow the journey through morocco reminds me of the missionary journeys of the apostle paul , which are recorded in the book *of the acts of the apostles*

I read the book in two hours and it indeed has quite a few parallels with the *les tours des miracles project*

the trips, where he is a guest of 27 communities of believers, who live very closely connected in harmony with each other and no longer have personal belongings, are very similar to the *tours des miracles* , which i want to do, once authentic communities are mapped have been brought

he mainly travels via the shipping routes, which you can see as the taxis from antiquity, which I now rather see happen via the *taxis de brousse* / busch taxis land cruisers

as a leather worker he also puts himself at the service of the community and for me it is indeed logical that everyone discovers, develops and puts his/her talents at the service of the community

over the past few days I have also had a beautiful experience of being connected with the environment

with the high temperatures there are many tiger mosquitoes on the road in the evening

in the past I would have chased these mosquitoes away and even beat them to death and now I consider them sister mosquitoes, who come to ask me for a drop of blood

i have found out that I do not experience any irritation when I let the mosquitoes land and quietly suck their drop of blood

if I interrupt them half way though, that's when you feel the little shooting pains, then I do feel itching

so yesterday I saw five tiger mosquitoes landing and sucking blood and perhaps more will have passed by which I have not seen, but today I did not feel a single itch

today I also let myself be consciously bitten by a horsefly for the first time

where the mosquitoes sting us, the horseflies use a kind of knife to cut open our skin

this also makes you feel the pain a bit longer and more intense, but I was determined to sit still and let the horsefly do its job

apart from the small scar of a few mm, I did not feel any itching or irritation afterwards and there was no lump at all

that seems to confirm the tiger mosquito story, that if you have the mindset of a voluntary blood donor, the visit of the female horsefly and mosquito will go well

got a call from my mom yesterday too

one of the most remarkable things she said was that she no longer stood behind the things she used to believe and thus taught to her students, but then she knew nothing better

a changing perception of the same event is a nice illustration of our conditioning and the fact that our suffering is an illusion

there is only one reaction, which remains constant, and that is when we are unconditionally connected to our true, authentic self

www.toursdesmiracles.org | info@toursdesmiracles.org

wed 10

when I decided to advance the trip to morocco , I immediately sent a message in the universe to make it possible to sign another compromise before I travelled

yesterday evening all of a sudden a message came from heidi

heidi is [a gestalt](#) and [contextual](#) therapist and when I went to look that up, I saw that the content was very much in line with the current version of the website her partner bart is a teacher, inspirer, writer and listener and besides listening, this is also very much in line with the current version of the website

they already visited the dairy for the first time yesterday and the building and the environment really appealed to them

we had a video call today and that felt pretty good too
the peace, safety and security that the dairy offers will be a real added value for their project
I feel they really qualify to be the next dairy managers

they went to visit the dairy a few more times to see if there was chemistry between them and they also went to check the financial feasibility
if both cases are confirmed, then bart and heidi could become the new administrators

i observed myself and there was no sense of euphoria, but rather a sense of *it's all right*
that was a big difference from last year's euphoria I felt when I signed the sales agreement

fri 12

today *sunshine* passed the technical inspection

I immediately took pictures and offered it for sale on *leboncoin*

either i can sell it like this before i leave for morocco or i look to reclassify it as a van when i return

in both cases papers have to be arranged and for that I will go to the garage in the neighborhood on monday to see if they can help me

i also thought about selling the excavator, but I decided not to

it does not cost me any money in terms of insurance, taxes and inspections and moreover it can really come in handy once it is operational

today milk kefir grains also arrived unexpectedly via the neighbour Antoinette

i had given her a few bottles of fruit kefir and she asked if I was not interested in milk kefir grains

for the first time in years I bought fat milk instead of semi-skimmed and of course i immediately launched the fermentation

since it was again around 40 degrees today, the fermentation started quickly and it was just as if the smell already calmed my bowels

there is exactly future music in this

i have decided to start from monday to decorate toto, that's the nickname of the toyota, and also to sleep in it

I can put a single mattress on this side

I will then have it supported on concrete blocks of 30 by 30

that leaves me plenty of headroom and also some storage space underneath

via leboncoin I also found a second-hand 12/230V converter to charge the laptop when I am driving and I bought maps and travel guides

furthermore i started looking to download some pdfs of interesting books so i have evening reading

the new version of the website is now also online in all three languages

until last month the blog was the most read page, but now I am pleased to see that the pages about true, authentic individuals, communities and humanity are now more read

i can't wait to start inventorying the true authentic communities so it would be great if i could get some input there

because perhaps there have been people in the past who have searched for this

it is enough to bring that information together and the website is the ideal platform for this

In the evening there was another beautiful blood moon

watching this phenomenon from the hammock, in all silence, at a comfortable temperature is a perfect example of the womb feeling

wed 17

yesterday the maps and travel guides arrived and of course I have already started reading the intention is to put *hotspots* on *google maps* and then determine a route based on that

one of the things that triggered me the most was the *djellaba*, a traditional berber robe with a hood I can actually see myself walking around in it right away, but preferably in a sober shape and in a uniform earthen colour

in the course of the day I made several attempts to get *sunshine* insured to make sure the *carte grise* is in order

again I ran into a kafkian situation : to sell, the *carte grise* must be in my name, for that I need insurance in my name and I can't get it because the vehicle is registered as a truck and I don't have the correct driver's license

even if i promise to drive 0 km and take all responsibility, i haven't found anyone to help me yet

before this would have frustrated me immensely, and now i see the suffering of an unfulfilled expectation as a blessing in my deconditioning process

after a long absence, the kestrel has made a comeback maybe the rain and the cooler temperature of the past few days have something to do with it, but at least it was a happy reunion

in the afternoon I started to prepare *toto* for the road trip to morocco

I laid in some planks, which I rest on concrete blocks

there is storage space both under and behind the "bed"

the left side is the "walking path" and behind the driver's seat there is also storage space

the intention is that the things that are stored there cover the entire walking path while driving, in order to avoid sliding back and forth

with this setup I can store a folding chair and about 3 boxes/suitcases, which, depending on the accessibility, contain the things that I will use daily (food) or rarely or never (eg medicines)

i'm making an excel with the things I will use per box/suitcase

wed 31

earlier this month it happened again : the computer's power supply stopped working

in a moment of inattention i had hitched on the power cable and the laptop had fallen from the piano chair to the floor

i kept it pretty calm this time and decided to back-up the new files and keep the rest of the battery for emergencies

a few days later at night I got the idea to see with the neighbour karl if he could fix this

karl had a few pc's at home and they were all running without a protective case, so i assumed he had experience with that that turned out to be the case and after five minutes the laptop could be charged again

for the rest not much happened and so it would be a short blog this month, at least that's what I thought halfway through the month how wrong could i be 😊

the last few days it started to itch to make a new version of the website

in this new version the survival instinct would be central

how on the one hand this had been our greatest ally during our evolution and how on the other hand it was the biggest brake on our current evolution so we could ask ourselves to what extent it was still relevant and what would happen if we transcended our survival instinct

also the diary of the future self has evolved further into a kind of prayer, where I bless things and feel blessed myself

furthermore I also added the wifi/ spotify / ... cell tower symbol to the word (((true))), so that this gets a kind of aura, which comes back throughout the site

I also positioned the donjon as the first (((true))) community on a world map with a descriptive card in three languages

this card states that the donjon can accommodate sedentary individuals, with the only condition that they be at least at point 7, the point I am roughly at, on the axis of (((true))) connectedness

the keep also accommodates (semi) nomads, including myself, on the condition that they are located at least at point 5, the point where lucie is, of the axis of (((true))) connection

today I finished the draft version and it makes me feel satisfied

i feel more and more boddhisvatta, that is a being who not only strives for personal enlightenment but postpones the last step to enlightenment in order to help others find their way back on their path to enlightenment

when I read this definition for the first time, it resonated very strongly

experience shows that every new version is also a sign of my personal evolution, although my daily life is situated 1 unit down on the axis of (((true))) connectedness and that is logical

it's easy to write that we should live in unconditional love and in the here and now, but doing it continuously, 24 hours a day, day after day, is a whole different story



this afternoon I got a call from heid about the *zuivelfabriek*

she had mixed feelings : on the one hand there was chemistry between them and the building and they had many ideas, which they could work out on the other hand, the financial picture was a setback and that caused a paralyzing sense of fear

it was funny, because what paralyzed them was liberating for me

her story confirmed that for them the material was only incidental

with them as the new administrators, the *zuivelfabriek* would not be turned into a money machine

I suggested to her that I would act as a bank for the 100,000 € to be bridged and that I was willing to do this without interest or guarantee

when the phone was down a bliss came over me, far removed from the euphoria of the first time when i verbally agreed to sell the dairy to johan and elisa about a year ago now

in a classic sale, where both parties try to get the maximum, it would never have been possible for bart and heidi to become the new managers of the dairy, without denying themselves (further)

energetically this was the most beautiful solution to increase the energy of the universe to the maximum and that was the reason of my bliss

in the afternoon I was visited by guillaume and éléonore , who had responded to my ad on *leboncoin* for janitors, who would take care of the house and dogs during my first *tours des miracles* trip

in the advertisement I said that the eligible people had to be at least in position 5 of the axis of (((true))) connectedness

I was a bit nervous about what was about to happen

just before their meeting I had started to read the new version of the website and after the first page I stopped because I didn't like the result

shortly afterwards guillaume and éléonore arrived, after a drive of about 5 hours

the meeting was more than pleasant

as is often the case with people who are interested in and aligned with the project, I was speechless and caught myself interrupting them frequently, but that didn't seem to bother them

then came the moment of *truth* : the three of us would make the curve of (((true))) connectedness

the three of us measured all the curves and that actually went with great ease and very natural

the yellow line of éléonore and the gray line of guillaume can be found on the following graph

éléonore told that she had had a strange, not so pleasant childhood, with her family functioning as a kind of clan away from society

she had no TV, no internet, no PC... and actually you can find that in the curve, which remains very high around the value 6 and which is reminiscent of the "dalai lama", which is also grown in a protective environment

at the age of 29 she had a burnout, but energetically there is not much to notice

guillaume also has a very interesting curve, with two sharp declines between the ages of 7 and 12 and 20-22 and also a very spectacular *remontada* at 35 · when he left his job and went on a long-term retreat in a monastery has stayed

there he asked god for help and completely surrendered to his grace

after a few months he had a very profound experience, which was at point 9 of the axis, which lasted several months and which he will tell me more about at a next meeting

anyway i was also interested in their actual values to see if i could use the *gardiens* had found for next winter 😊

with a 6 and a 6.5, the values were well above the 5 value, which I had set first and that confirmed my intuition

I also told them that I would be happy to leave the management of the donjon to them during the *tours des miracles* tour through morocco

that was the end of an intense, exciting, exhausting and fulfilling day

