#### mon 4

today i got frustrated a few times and that is obviously a sign of conditioning in the beginning of my spiritual quest i found that to be a problem, because i wanted to become perfect and so every problem had to be overcome i still saw the world as a battlefield

now i only see expression of conditioning as a blessing, a teacher, who gives me the opportunity to grow a little further

first there was the neighbor, who called me, that the fourth fallow deer was located in geluveld the police had arrived and a vet had also been called

I was excited : all that hassle and expense for something I hadn't caused myself... although I realized afterwards, when I looked at the situation as a spectator, that I was actually at the root of the problem since I was the one who at the time had chosen to buy the animals and lock them up

furthermore, there was a kafka moment with the french administration every year I have to send a form and now they had decided to digitize this in mid-January I had sent the application to obtain a digital identification and after 6 months this was still not in order and I threatened to have to pay a fine of 9.000€

when i called the service they told me to put everything on e-mail and then i got excited again again all that hassle for something I hadn't asked for myself although I realized afterwards, when I looked at the situation as a spectator, that I was actually at the root of the problem since I was the one who had chosen to buy the property at the time

finally mr toumi came to pick up some sheep goats and thus avoid inbreeding in the herd the intention was to catch the sheep with 4 men and for that purpose he had brought some helpers it was 9:30 am and dusk when they arrived and after 1 hour it was clear that the strategy was not going to work

again I was excited about the lack of efficiency and commitment, especially of the two helpers although I realized afterwards, when I looked at the situation as a spectator, that I was actually at the root of the problem since I was the one who had chosen at the time to temporarily keep animals on the pasture and lock them up, in order to have the meadow cleaned up

all negativity says something about ourselves, our conditioning, even though it is triggered by an external situation and so we usually associate the problems with the external trigger

don't shoot the pianist as the English say beautifully

actually we should be thankful to the triggers because they make us aware of our conditioning the mental suffering is spiritually not a problem at all, no, on the contrary: it is a blessing because it makes us aware of our conditioning and thus is a tool on the way to our liberation

to put it in the words of piet huysentruyt what have we learned today?

what I learned today is that I don't want animals to be deprived of their freedom because I want to, find it beautiful, find it useful... what I learned today is that I don't want to fill out forms, papers and the like for all kinds of administrations and that I will have to stop that somehow in the future

## tue 5

lately I've been under the spell of documentaries about cults not for the thrill, not to pass judgment, but because these are very striking examples of conditioning and because they illustrate the project very nicely

cults invariably have a negative connotation

most people also have something like how is it possible when they see how cult members were conditioned

well, for me classical society is also a cult

it just comes down to which perspective you look from

a well-known example of this is Christianity, which is now the most normal thing in the world, but in the beginning was considered a sect we live in the *illusion* that the others live in a cult, while we ourselves also live in a cult, only it has different values and customs

that will come in strange to most people, that's why I'll explain this a bit so it might be useful if we include the definition from wikipedia

if we consider the mainstream society, which many like to be called "the system", then it perfectly fits the definition below

In modern English, a cult is a social group that is defined by its unusual religious, spiritual, or philosophical beliefs and rituals,[1] or its common interest in a particular personality, object, or goal. This sense of the term is controversial, having divergent definitions both in popular culture and academia, and has also been an ongoing source of contention among scholars across several fields of study. [2][3]: 348-56 The word "cult" is usually considered a pejorative.

let us take as an illustration an individual who wants to break free from the cult xyz, which in turn has broken away from mainstream society if we take the above definition, the mainstream society, the system, is actually also a cult, because their views and customs differ from those of the xyz cult thus it is plausible to regard society as an internal cult, the sect to which we belong, and the other cults as external cults

that there are millions of individuals who have joined external cults illustrates that many people are aware that the conditioning of the internal cult they don't feel good about this conditioning and actively seek to recondition themselves therefore they join an external sect whose views and customs are more in line with theirs so one conditioning ring is replaced by another

it gets interesting when the internal and external cults come into conflict for some reason because then they go into survival mode to defend their beliefs and customs

and then the law of numbers comes up and the internal cult always wins

it also becomes interesting if someone wants to break free from the internal or an external cult the individual is so connected to the cult, both physically and mentally, that it is actually helpless if it had to stand on its own two feet, just like bambi on the ice

that is invariably used as an argument to show that the individual was brainwashed, thus conditioned, by cult, but in principle this is actually 100% similar in an individual, who wants to leave mainstream society

it is almost impossible to give up all physical (passport, money, place of residence, work, family ...) or mental (relationships, status, property, identity ...) ties to the cult and that confirms that our society also is a cult from which it is extremely difficult to break free

although we are supposedly free, because we are not handcuffed, we are effectively slaves to the system, without most people realizing it

so let's go back to the essence, namely that there are millions of people worldwide who realize that they have been conditioned by the internal cult of society and feel uncomfortable with it

the solution to this conditioning is not a new conditioning by joining the xyz cult in the xyz cult the guru thinks for them

of course that is very easy, but personally I do not think that is the right choice, as I am convinced that we can find all the answers to all questions within ourselves, although the latter is a bit more difficult

it always reminds me of the *kiekeboe* comics, where the neighbor vanderneffe in the army begins his sentence countless times with "I thought ..." and where his superior invariably interrupts and snarls "don't think, the army thinks for you"

so basically most people free themselves by enslaving themselves again that in itself is funny, if it weren't so sad

but of course we remain worldwide with these millions of people, who are aware that they have been conditioned by the internal sect of society and feel uncomfortable with it

the good news for these people is that there is a solution and that this solution is immediately accessible to everyone and is also free the less good news is that this solution does not come in a *ready-made* package and requires a very large, long-term effort

the best guru is in ourselves and consists of our soul at the time of our incarnation

it contains all the info about what we were like if we lived unconditioned in the truth, in the light of the sun we ourselves are the only way to permanently free ourselves, even if it this is not easy, just like someone who wants to break free from the xyz cult but at the same time it is also the most beautiful gift we can give ourselves

these are the miracles that the project *les tours des miracles* is all about to make people aware of this and to facilitate this process, first at the individual level, then at the level of society and finally at the level of humanity

# wed 6

I got a long phone and a long email from lucie today

the mail was so related to the project that I decided to ask her to include it in its entirety in the blog ... and she was fine with that, if I also included my answer

ward,

There are things that are easier to say in writing, I would have liked to have sent you a letter because I find the email rather impersonal.... Indeed, the story is always told with the tone and colors of the person telling it and how he/she may or may not want to embellish it according to his/her point of view, his/her sensitivity, his/her experience, his/her filters, his beliefs, his experiences, his wounds.....etc etc etc

Indeed, a reset of the hard drive of the human brain could "improve" perception and thus make it more accurate, more true, less conditioned Anyway we are the way we are, where we are in our evolution, and here we are not perfect, we are sometimes useless sometimes stupid sometimes great sometimes beautiful sometimes ugly we just "are"..., and who i am today is not the same person who I will be tomorrow in many ways. The creative principle, the universal loving intelligence, life itself is pure truth and love. Man, the animals, the elements the earth are instruments to express this truth this love. In every man is his portion of the Truth. It is expressed by the heart and intuition and are basically quite reliable guides while the head/ego can make us go round in circles and suffering....

In short, I will not expand 10 pages on my existential beliefs. I'm just going to tell you as honestly (and briefly) as possible what I've been feeling over the past few months. I hope you will take the time to read me to the end.

When I arrived in Péchon, it was no coincidence. We experienced such intense and deep moments because we were ready to live them and use the experience to grow.

The first time I came to visit it was like answering my soul's call, I felt it was right and I didn't ask myself a thousand questions

I trusted because something deeper inside me was drawn to a powerful attraction. You then told me that "if the place accepts you, you can stay as far as I'm concerned". And I didn't hesitate to come.

At first it was not easy for me, but little by little we relaxed, the contact was more fluid and authentic, less cold and more spontaneous.

The wonderful moments we shared together when we were both candid, the spontaneity, the carelessness, the benevolence, the joy are for me unforgettable moments in an earthly paradise.

The togetherness we had to achieve things was very nice and pleasant. We were a nice close-knit team. The moments in your arms filled me with happiness and I felt confident and safe there.

We did the "little challenges" together in a fun way, especially when Manon had her accident, when Dodi and Titi broke out, when we were both bad off at the beginning of the year, when I fell on my head, or when you had to go to Belgium...

What I could see is that intimacy showed you tender sides, cuddly, teasing, funny, spontaneous, benevolent, but once there were people around I felt more distant as if the fact of our rapprochement bothered you. I thought it was shyness of modesty. Maybe it was something completely different, fear? I don't know, I didn't understand.

The beauty of the place brought me peace of joy of serenity, I felt safe there, I felt a lot of gratitude. The people I met also touched me enormously. Sometimes I found that you could be proud, obnoxious and impudent to me, with misplaced pride. So you shut up like an oyster and cold and hard like an ice cube when something offended, bothered or upset you. Like when you deliberately kept your distance when Christophe was there to contact you. Perhaps you have misunderstood and misinterpreted the fact that we get along well?

It hurt me, but I've forgiven you. I'm aware that sometimes I'm not the easiest to live with either, I'm sure of that....

The way you chose to put distance between us was very harsh and brutal to me, I didn't understand.

The reasons seemed purely practical and purely rational arguments like "you would have made further progress if you had been alone" and you "don't want residential residents" because of potential new administrators.

With these words I understood that the time had come for me to leave, and that my presence was becoming disturbing to you.

While I saw a complementarity and a compatibility between the two of us.

It meant part of my heart closed, and it hurt me, I couldn't remain unmoved, my tears of sorrow are also tears of love that I had to let go, let flow. The reasons that prompted you to let me go, that I was a brake on your development, an obstacle to the project, a threat to stability, a contradiction to the concept you are developing. Does this search for love reflect a deep lack somewhere? Isn't that a way to control what scares you?

Then there were ambiguous/contradictory moments on your part that left me in a very uncomfortable confusion. When you told my parents that they could come back this summer, that you hugged me the night before I left, that you told me I could stay and it would make you happy... I felt a conflict between your heart/your soul and your head/the reasons why you let me leave.

So I accepted the fact that now you'd rather walk alone and that I'm not part of the team anymore. I left out of love and respect for myself because the situation was too confusing and uncomfortable and also out of love for you by leaving room and freedom to evolve in your path. I think it's extraordinary and wonderful what we went through together in 6 months when we didn't know each other and that we were around 24 hours a day, it could have ended very well after the <sup>1st</sup> week of living together...

Anyway, now you are a man who has stirred something in me, made me grow that I truly and deeply loved with all my heart. A man I completely opened up to and welcomed into my being into my sacred temple (womb) in a way I had never experienced before. Today I understood that it was not just the place that radiated this attraction, it was you, your heart/your soul and also the love of the Fifettes.

Sometimes there are complications during pregnancy and childbirth hurts, but a new version of myself was born, a rebirth. I am grateful that I was able to experience all this with you three, I hope that in your heart you will find the real love that you are looking for

I continue my journey of wonders guided by life (and not by my head) and I will see what opens up before me.

O Mitakuye Oyasin (we are one big family) Latcho Drom Ward (good trip ward)

Love cannot be sought, sometimes it is right in front of our eyes.

PS: It would be very unfortunate and contradictory if the bank (the most rotten and corrupt system) were to take possession of the buildings while others could turn them into beautiful places. Maybe you can relax your criteria to give someone the chance to bring these magical places to life?

here's the answer I wrote to her

hello lucie

thank you for this beautiful letter, which comes straight from the heart you have summed up your stay in péchon very nicely and it is also clear that you have done a lot of self-reflection in recent weeks

the letter fits in very nicely with the project and that is why I would like to ask you to include it in its entirety in the blog it might even make sense to consider keeping a blog of your own that testifies about your path

for me it was the first time that I have lived so intensely with a woman for 6 months, so in that respect I have stepped out of the comfort zone quite a bit looking back I can confirm what you have told me : we have experienced moments where our mind and body were very close to pure love, an experience that many people will never even experience

on the other hand, we have had many moments of suffering, which at the moment made us feel uncomfortable, but which I now consider to be blessed moments as the conditioning, triggered by you, now allows me to feel even more and more efficient in the process of deconditioning myself

I've never experienced this "amplitude" in a relationship before that's what I wanted to say to you without words, when I came to give you a hug the night before you left that's what i also wanted to say indirectly when i told you that you are one of the three women who have influenced my life in a significant way

a big hug

ward

in the evening mr toumi came to get 9 more sheep this time he also brought extra people for 2 hours we have been walking behind the sheep, completely unstructured and without coherence where the lack of efficiency had frustrated me a few days ago, I was just now watching an episode of *america's funniest home videos* 

after an hour I got the idea to involve the dogs in the catching manon didn't feel like joining us, but luna all the more

her instincts came to the fore, because without training and without giving any commands, she managed on her own to isolate 4 sheep goats and hold them by the scruff of the neck, until I got there

as a reward I gave her a box of sardines afterwards and it goes without saying that she appreciated that

the sheep goats were then pushed into the trunks of a few cars and transported in a not very animal-friendly way probably many will not survive the Feast of Sacrifice, so in fact I am complicit in mistreating and killing these animals that made me sad and I also felt guilty that was another confirmation that confinement and breeding of animals is contrary to what i want and that will have to change sooner or later if i want to be honest with myself

# thu 7

I had a moment of deep suffering during today's morning walk since luna has been limping a bit the last few days, she now walks on a leash to prevent her from running as a loose canon it's funny to see, but in this case it's manon, who takes over the role of luna : she walks tens of meters in front of us to explore and sniff everything

at one point manon started to bark next to a red-brown spot a few meters away I didn't realize it at first, but it turned out to be a young stag that layed curled up in the tall grass after a few seconds it stood up and slowly started to walk away with manon immediately chasing after it

that happens almost daily, but the deer, especially in the woods, are much faster than manon and so I wasn't worried suddenly I heard about 30 meters further manon deep and persistent barking, something she had never done before

I went to take a look and saw manon standing right next to the deer buck i decided to tie luna to a tree and go have a look

I could also get close to the deer buck I got the idea to take it home and then take it to an animal shelter when i wanted to grab it, it suddenly jumped up and ran towards luna like an accomplished rugby player, luna put the young deer down and really started biting it like she had never done before

to make her stop, i gave luna some good blows

when I took hold of the deer, I saw some bite marks from luna, but mainly a tear of about 20 cm where her entrails came out the tear was straight and without blood, I don't know what would have caused it, but I assumed the young deer wouldn't make it anyway so I just put it at the edge of the road to let nature take its course

once I got home I locked both dogs in the basement for two hours to indicate that I didn't like how they had behaved afterwards I released them without resentment and gave them an intense hug

I had come to realize that I was actually more angry with myself than with luna due to my curiosity I had caused extra physical suffering for the animal

actually we should have just continued our walk, because honestly I couldn't do anything useful for the animal

it would have been different if, for example, it had been stuck with its head in a fence because then I could have freed it simply and without further ado

# sat 9

the last few days I decided to go to morocco this winter, regardless of a possible sale I would do this by myself with the land cruiser and not with the renault the land cruiser had proven to be a reliable partner in all areas for several years, I knew it inside out, it was more convenient and comfortable to drive and big enough for a single-person road trip of several months in a sunny climate

but then some extra money had to be found anyway and that idea has been haunting my head for a few days and then suddenly a solution literally fell out of the sky *coincidence is god's way of staying incognito* as einstein has put it beautifully

julie had come to ask me last week to let her two elderly horses graze on the meadow and I was ok with that I decided to clear the edge of the meadow with the brushcutter and the tree saw in france, however, it is the law that you are not allowed to saw off overhanging branches from the neighbor's tree and of course I did not know that so the neighbor came to see what I was doing

at first he was a little angry, but when he saw that I had no bad intentions and that I was not cutting branches of ancient oak trees, he calmed down and then he asked out of the blue if I didn't want to sell the meadow to him

I really didn't have to think about it for two seconds

my spiritual development was an order of magnitude more important than owning or not owning a piece of land in addition, the meadow is effectively more valuable to him than to me, as it is right next to his house, so this neighbor is the ideal buyer candidate I told him that I was going to ask the market price through a notary and that I would then contact him with a proposal

the sell of the meadow, would allow me to explore morocco this winter and bridge an extra year financially if necessary

another, or possibly additional option, is to pledge *sunshine*, which I don't need for the time being, to jef or someone else for 10,000 € bridging loan I have to be sure that I will get it back for the same amount afterwards

### tue 12 to sat 15

there

yesterday I sent lucie a message to meet up

she called me in the evening to ask if I didn't feel like camping together for a few days along the banks of the dordogne

it was a nice reunion between lucie, the dogs, the horses and myself, although the first contact was a bit awkward

the camp adventure took an unexpected turn the second day, when lucie got sick

she may have had a heat stroke and covid could not be ruled out, since stéphanie and éric, where she had previously stayed, had both contracted the virus in consultation I her them back to her friends in the evening and I stayed with the dogs and horses at our camping spot

a day and a half later, stéphanie, who was still sick, came to collect the horses and I took lucie with her material back to péchon

the short camping experience taught me a lot about myself

despite the many obstacles I remained quite zen the whole time , there was no real suffering

first, there was the verbal aggression of a holidaymaker, who felt that I was making too much dust when driving the 4X4 on a country road then there was patrick's phone who informed me that all the sheep had escaped only to call back later to say he hadn't looked closely and all the sheep were still

there was also the history of lucie's heat stroke and babysitting the horses and dogs during the fireworks of the *quattorze juillet*, which resonated on the falaises there was also a neighbor who came to get a story because the fence of the horses prevented his free passage, the bottle of sunflower oil that had emptied in the wagon, the broken folding chair, the noise of the cars and trains ...

the short camping experience also brought a lot of useful information for the planned trip to morocco in terms of food, feeling of safety, comfort, energy and waste management, ... life changes drastically and also the lack of unlimited mobile data was something that I had a very hard time with

what I remember most are the moments of intense connection with nature in general and the Dordogne river in particular

because it was sweltering hot, I often sat in the shallow part of the river on a stone, which was about 20 cm below the water surface and that provided the perfect cooling

dozens of dragonflies have settled on my head and hands and dozens of small fish came to tickle my legs too chanting mantras while the sunlight reflected on the water also gave something extra powerful

in addition, the cave houses in the falaises appealed to me enormously and the blood moon was also breathtaking

Saturday in the early morning it turned out that I had brought a small present for myself from the Dordogne: I woke up with 39 degrees fever I had the fever, headache, throat and muscle pain for about 6 days and that was quite strange in the middle of summer I kept myself in quarantine as much as possible, in fact that's how I already live most of the time only I caught myself that I didn't have the reflex to put on a mask when visitors came and that felt not okay

during the illness period I had extra time to do mental work

this is how some things have accelerated

first of all I decided not to sell the meadow for the time being but get rid of sunshine

I also asked jef if he would give me an interest-free loan if the finances were exhausted and I would have to put the zuivelfabriek in the hands of the bank

a beautiful illustration of my spiritual evolution also came to mind

in 2005 I was looking for a prestige loft in the region of Ypres, Ghent, Roeselare and Kortrijk

in 2015 I was looking for a medieval building in the middle of nature in the region of the Cathars / Templars

in 2022 i will look for unconditioned, true societies south of the moroccan atlas mountains and maybe afterwards around the richat structure in northern mauretania, if southern morocco proves too cold in winter

#### wed 20

during the wheat harvest the harvest engines were followed by many buzzards I had the idea to look for buzzard plumes in the fields after the harvest I have traveled many miles without finding a single plume

today we went for a walk twice with lucie and the *fifettes* around péchon and what a wonderful plum harvest it was we found a total of about 20 plumes of the buzzard, the jay, the woodpecker and even one of the night owl

#### wed 27

today bernard, michèle and the rest of the family stopped by on their way to the ocean it had been since march since i had seen michèle again and man, oh man, what a positive evolution there was to notice again... she just beamed with positive energy

I suggested her to measure her authenticity curve and it confirmed the spectacular *remontada* until she was 18 she had a kind of classic curve, starting at 100 at birth, then dropping to about 45% at the age of 12 and then stagnating on a kind of plateau until she was 18

after that the curve dropped very spectacularly to about 20%, which roughly corresponded to our meeting last november, and which may be linked to a very intense trauma

in march of this year she had bounced back just as spectacularly to about 60% and is now at about 80%

it was the first time that I met an adult person with such a score in person and that was special

what interested me most of all, of course, was how she had managed to do this she talked about the tools from the book how to do the work : recognize your patterns, heal from your past and create your self by nicole lepera, which she had followed very rigorously

she summarized the book and that was very much in line with the project *les tours des miracles* : the patterns are your conditionings, the healing is the deconditioning and the mantra is what you want to create

for weeks I was saying it was a pity that I didn't meet anyone who had evolved further than myself i had even told this to bernard, michèle's father, without him responding to it and then the answer came out of the blue totally unexpected today in the form of michèle

I repeated my question to michèle, to document her story and thus inspire others, and this time she was more open to it

a further interesting fact was that the mother colinda was born conditioned also that was the first time I met such a person that confirmed that when the mother suffered a trauma during pregnancy, it effectively affected the fetus this was possible in cases of alcoholism, partner abuse, but also simply if the pregnancy was unwanted

what a day, what a day ...

# thu 28

today lucie left for the dordogne to continue her journey with the horses and meet new people

since yesterday i have watched many videos of nicole lepera and her project is indeed very close to what i want to do through her psychology degree and practice she can of course name and describe everything in a much nicer way and describe it more concretely, as she has her own personal experience and that of her patients, which she can share anonymously

there are a few things that triggered me : the *re-parenting of the inner child*, the *belly-breathing* to bring ourselves to calmness/rest/security and then the *future self journal* 

the latter is actually a nice, necessary addition to the mantra, because it allows to concretely decondition the autopilot of the subconscious mind through conscious focusing

in the *future self journal*, one property is selected after self-observation, which we wish to decondition a daily intention to decondition a habit is then consistently written, until the deconditioned property is included in the autopilot of the subconscious mind

below the first version of my future self journal

mantra : day after day, in every way, I am more and more the most healthy and authentic version of myself again today i practice to have a healthy stool I am grateful for the choice of food, the time to experiment, that I can evaluate the result daily today I am aware of the impact of diet and the way I eat on the gut change in this domain allows me to see myself better and also proves that I am mentally evolving in my deconditioning process today i practice by eating slower, chewing better, paying more attention to taste and eating unprocessed foods

as i write i have the habit of visualization

as already said, the brain cannot distinguish between what actually happens and what we imagine with enough repetition of the message, and boosting the energy with the emotions of belief and a desire for, the result is that our subconscious mind will do everything in its power to turn what we imagine into reality it's that simple

the manual of the *future self journal* states that the deconditioning takes in principle a month, but I am confident that after one month I will already be on the second or third topic 😊

this terminology and examples will certainly also be included in the new version of the website, because this feels like a nice, practical, useful and very valuable addition to the project

## sun 31

I am still *flabbergasted* by the visit and especially the progress of michèle I think she has no idea of the enormous, positive impact that her testimony of her evolution over the last 8 months can have on humanity to be so true to her true, authentic self at 8 months after a trauma, those are the miracles that the *tours des miracles* are about

there are some of my beliefs that she has indirectly confirmed, such as, for example, that authentic people do not need make-up and do not participate in the classical economy

however, there is one thing I don't understand and that is the fact that she can just live in the conditioned, anything but authentic world, where I am drawn to the authentic nature such as the desert, oceans and mountains and thus was convinced that authentic people should live in authentic nature

there is one more thing that came to my mind

as a child I spent hours reading encyclopedias

if I think back to that now, it may also be an illustration of my search for the truth, the authenticity because for a 6-year-old obviously thinks a dictionary is the pinnacle of truth

finally I've been thinking a lot about jill, the youngest daughter of agnes the last few days

## when I first met her, she was 4 years old and a real light being

however, her father had a borderline personality disorder, which combined with alcoholism turned out to be an explosive mix

when agnes told me one day that her drunken husband had destroyed their toys in front of the children, I had simply brushed it off, trying to reassure her, saying that the children were anything but looking traumatized to me

I only now realize how wrong this statement was

just because kids aren't physically abused or neglected doesn't mean they aren't traumatized sure, we are talking about mini-traumas, but they remain traumas, which each time remove them a little further from their true, authentic self

meanwhile jill is a grown woman and quite far from her true authentic self which i remember from that first time I sincerely hope that one day she will discover her greatest talent as well as her greatest gift to herself and be able to regain loyalty to her true, authentic self

I am convinced that she will succeed and that she too can then have a major, positive impact on humanity