

What steers your behaviour, your life?

Is it your free will?

Your genes?

Your brain?

Or is it

something else?

personality

ability

**mental
health**

**physical
health**

occurrences

circumstances



**The subconscious mind
around man,
and how it determines
personality and life**



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Offer: 20 hours of free distance treatment

I offer some free distance treatment to anyone who has reads this book. Distance treatment means that I work on your subconscious mind without you being present with me, or without us being in contact with each other during treatment. You can simply continue with your daily activities during treatment, there's no need to allot time to it. It is possible to receive 20 hours of free treatment (two hours a day for a period of two weeks), but there is one condition: you have to have read this book. In order for me to be sure that you have read and correctly understood the book, I will ask you some questions about its contents. If it is obvious that you haven't read the book or if your answers are completely wrong, then you are not eligible for the 20 hours of free treatment. When you qualify for free treatment, you have to send me a picture (preferably several pictures taken on several occasions) of yourself, so that I know who I have to work on. You also have to send me some information about yourself and the problems that you want to have treated. Then I will start with the treatment, and we'll keep in touch in the course of the treatment. It's possible for me to treat several people from a distance simultaneously, that's why I can offer this 20 hours of free treatment.

Preface

This book is about very important discoveries concerning our human existence and the subconscious mind. I have extrasensory perception abilities that enable me to perceive the subconscious mind as a certain substance in and around man. In this book I describe this invisible world. In my view, the subconscious mind is the most important factor that determines our personality, our life and misery in the world.

The theory that I advance, offers an explanation for life as we know it. It offers an explanation for human behaviour, views of life, occurrences and life circumstances, the existence of richness and poverty, the presence or the absence of talents, health, love, ... It explains the sense, or rather the nonsense of life as we know it on this planet.

I have developed a pioneering psychic method that can act profoundly on the subconscious mind, which I have called "**the SL technique (SLT)**". SL stands for 'Soul Liberation'. This psychic method is a powerful means to fundamentally improve personality, abilities, life circumstances and health. According to my views, the subconscious mind contains millions of programmes that suppress our original being, knowledge and capacities for almost 100%. The SL technique can restore the suppressed potential of man (of the soul that resides in man).

The SL technique is a path to a better world. The SL method is a way to bring about profound, previously unseen changes in man and in life, thus putting an end to all kinds of misery.

Although the SL technique is a psychic technique that requires a person to have exceptional psychic abilities, it is possible to be trained in this method, although there is often a long way to go in order to achieve this. As a result of this training, one will acquire the ability to perceive the subconscious mind and to profoundly impact on it. And then one will have a powerful tool at one's disposal to change one's own personality and one's own life as well as those of others for the better.

People sometimes tell me that the other methods that exist for improving personality and remedying all kinds of problems, are also capable of doing the same things as the SL-technique, or that other people with psychic abilities can do the same things as with SLT. However, this is not true. I'm the first to recognize that the techniques that exist certainly have their value, and that they have helped many people with all kinds of problems and that people with psychic abilities without a doubt have helped many people. Nevertheless, there are thousands of issues that can't be fixed by the existing techniques or the known psychic abilities. There is a great deal of misery in the world, which the existing techniques can't do much about, otherwise the world wouldn't be in the condition it is in.

There are tens of thousands of people with psychic abilities, but these abilities are not the abilities required to be able to perform SLT. And there are hundreds of techniques that can indeed remedy a number of things. But, as I mentioned before, there are thousands of problems that can't be remedied by all those methods. For example, no single one of those techniques can turn a psychopath into a loving person. This is only one of the thousands of issues that can change with SLT, although many hours of work would be required for this result to be accomplished.

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A new view on man

This book is about the SL method, or the 'Soul Liberation' method. This is a technique for freeing the person/soul from the grip of the subconscious mind. This book will introduce you to a radically new view on man and on the mechanism responsible for character, behaviour, views of life, abilities, occurrences, circumstances and health.

There is an invisible world the existence of which is not yet known. This world is visible to me. I have extrasensory perception that allows me to perceive a substance present in and around man and animal. This substance consists of a light matter (negative) and of something I call 'energies' (positive). What I'm referring to is not what is called 'the aura' in healing techniques. This substance located in and around man and animal is the subconscious mind.

Scientists believe that the nature of man, his talents and intelligence, his capacity for happiness and unhappiness and all kinds of diseases, originate from the genes and the brain. Nothing is further from the truth, science has got it wrong as far as this is concerned. Scientists will never find what is the cause of character and behaviour and all kinds of problems and diseases, because the cause lies elsewhere than where science is looking.

The nature of man, his abilities and most diseases, as well as the things that happen in life and the circumstances in which man lives, find their origin in the subconscious mind, which is situated in and around man. The knowledge of the existence of this subconscious mind around man and the ability to impact on it is of paramount importance to the world, to humanity. This invisible substance of the subconscious mind has an tremendous impact on man, has an impact unlike anything else ever known or discovered.

The SL technique is a psychic method intended to fundamentally improve personality, health, abilities, things that happen and life circumstances. By profoundly impacting on the subconscious mind, this technique can remedy thousands of issues that could not be changed before. If SLT were applied on a large scale, the world would have a tool to put an end to numerous dreadful conditions for which no solution existed before.

I have called a person who applies the SL technique a 'soul liberator'. A soul liberator has psychic abilities and can perceive things that are not visible with the naked eye. Thanks to his psychic abilities, the soul liberator can perceive the invisible substance of the subconscious mind and he can act on it; he can destroy the negative light matter in the subconscious mind. He can also do this from a distance, i.e. when a client isn't present with him in person. In the SL method, the soul liberator always works from a distance, so the person whom he sends energy to in order to break down the light matter in the subconscious mind is not physically present with him in the process. The person who receives energy doesn't have to know when exactly this happens and he can meanwhile carry out his normal activities as usual.

Unfortunately, most people don't have psychic abilities and therefore the SL technique is not immediately accessible to other people. However, SLT can lift the blockage that prevents people from having extrasensory perception.

It is possible for everyone to develop the abilities required to perceive the invisible subconscious mind and to treat both oneself and other people from a distance when a sufficient amount of

blockages have been removed from the subconscious mind with SLT. However, I must immediately add that it is often a long way to achieve this. Psychic abilities aren't acquired just like that, there is a long way to go to acquire the abilities that I have. These abilities can only be achieved by having large amounts of the light negative matter removed from the subconscious mind by a high level soul liberator. For most people, this process takes quite a number of years. In some people, however, the abilities will manifest themselves in the short term, but that's the exception rather than the rule.

In short, the philosophy behind the SL technique is as follows. Man and animal are souls in a body. The body is a lifeless object, the soul is the driving force that steers the body and that determines personality and the course of life. The soul has not come into existence, but simply exists, it is immortal and was not created by a God. Originally, the soul was free, and only surrounded by energies, which made the soul a perfect being. (The subconscious mind has a negative part and a positive part, the energies are the positive part). The soul was omnipotent, was perfectly loving, was capable of creating matter, was perhaps even capable of creating something like a universe. The soul acted out of free will, which is on the basis of energies.

For some or other reason, the soul got trapped in a very evil programme, which we know by the name of 'the subconscious mind', or more accurately, the negative part of the subconscious mind. It consists of a light matter and contains millions of individual programmes. The positive part, the energies, were suppressed in the process. This programme is a prison that reduces the soul to a billionth of its actual being, to a billionth of its immense capability and love. This programme makes the existence of the soul into a struggle and causes the soul to think, feel and act on the basis of commands from the subconscious mind and no longer on the basis of the free will. In addition, the things that happen in life and the course of life are not steered by the free will, i.e. by energies in the subconscious mind that steer things in a positive way, but by the subconscious programmes that steer things in a negative way.

The soul got trapped in, among other things, a programme of eternal reincarnation, of forgetting everything about the past life and of having to live a next life time and again, with more or less the same things happening in every life, and without the soul undergoing a positive evolution in this process (like so many people believe). Quite the opposite, the soul is trapped in a downward spiral, in every life more negative matter accumulates around the soul. The soul is imprisoned in a body (man or animal), an object that has to walk about on a planet, and which has to struggle in order to survive from birth till death. From birth onwards, the body needs food and shelter, which is not just there for the taking, but which has to be worked for, for an entire lifetime. The soul got trapped in programmes of all kinds of bizarre convictions, like the ideas of the religions, the 'New Age' ideas or bizarre cultural views. Religious views result from the programme that is the subconscious mind. They are not the truth, and they aim to lock up the soul, and therefore man, in a very restrictive mental prison.

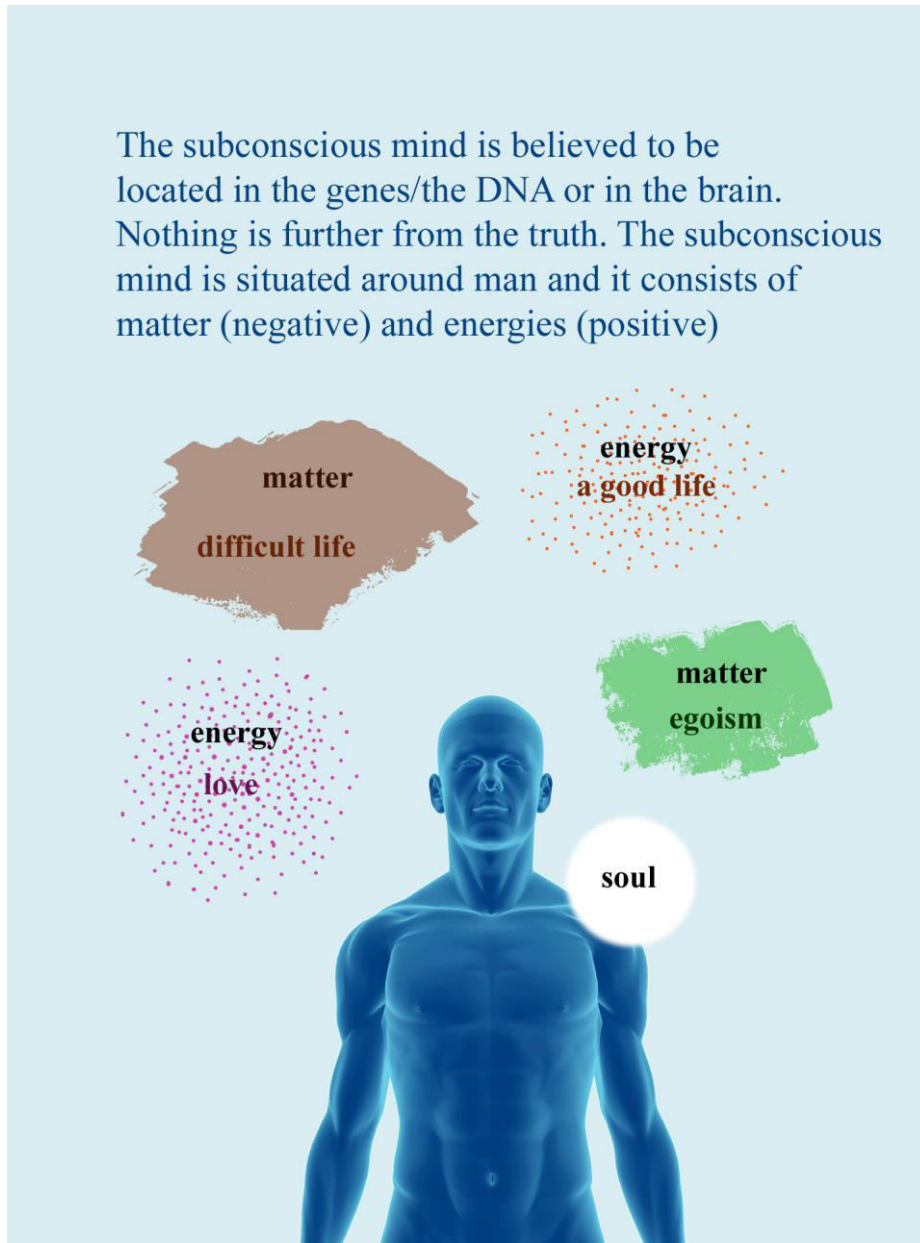
The purpose of the SL-technique is to free the soul completely from this prison, from the negative part of the subconscious mind. The purpose is not to free a person from a few problems, after which the breaking down of programmes with SLT will stop. The purpose of SLT is to break down the light matter in the subconscious mind as much as possible over the course of one's life and eventually (after several lives) to be completely freed from all programmes and from the eternal cycle of reincarnation, and to release all suppressed energies. The purpose is to restore the soul to

its original state.

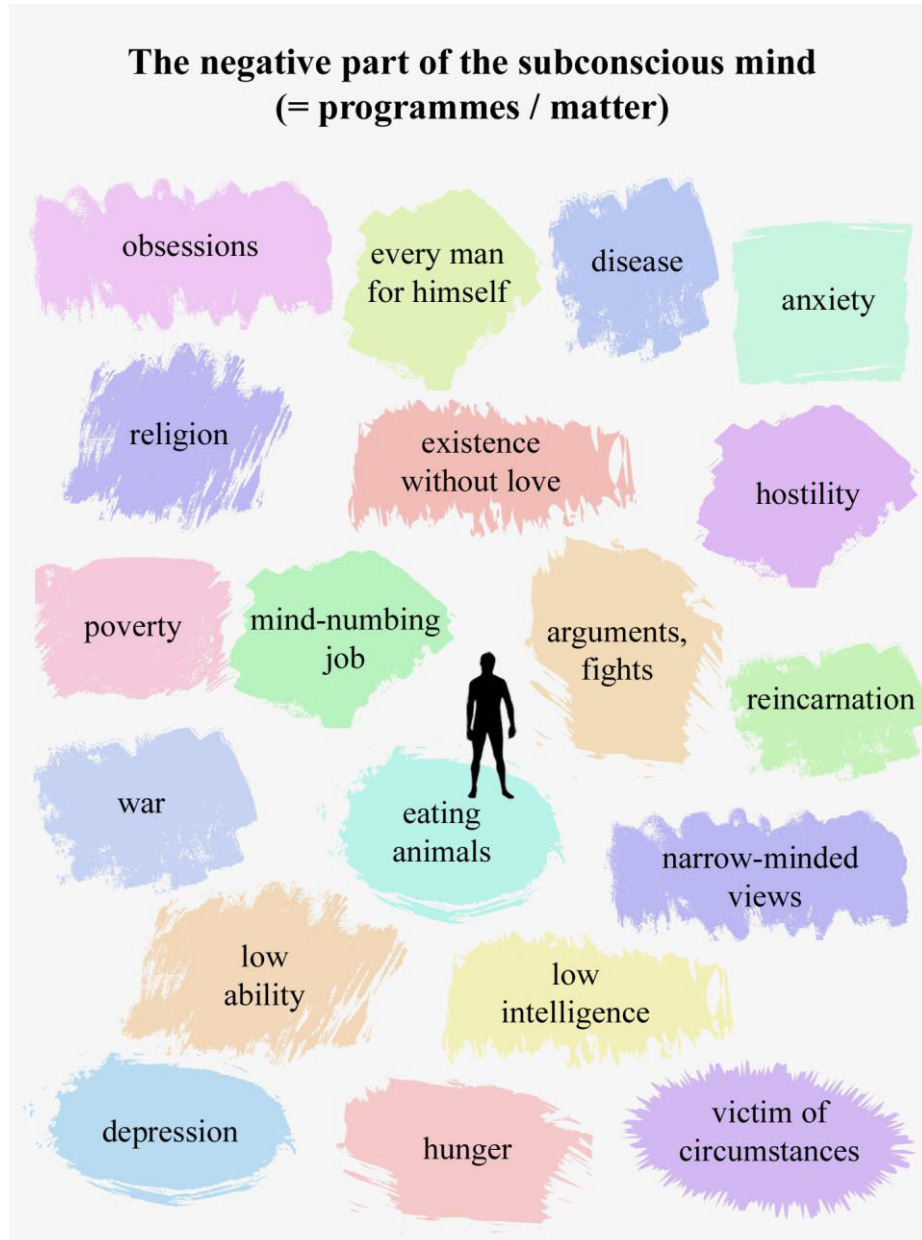
The things that happen in the world, are the result of the subconscious mind around man and animal. For the moment, the subconscious mind is predominantly negative (and it has been like this for a very, very long time); the greater part of the energies are suppressed by the programmes. The things that happen in the world are mainly caused by the negative programmes and not by the positive energies. Hence the many dreadful situations in the world. The state of the world can only improve when there is a sufficient number of people/souls who have been completely freed from the programmes and whose energies have all been freed. People/souls who have been freed, are capable of freeing the others and of changing the existence of the creatures/souls in a positive way, whether or not they have incarnated in a body. If people/souls are not freed from the programmes, the situation in the world can never change.

The subconscious mind is located around men

The subconscious mind is believed to be located in the genes/the DNA or in the brain. Nothing is further from the truth. The subconscious mind is situated around man and it consists of matter (negative) and energies (positive)



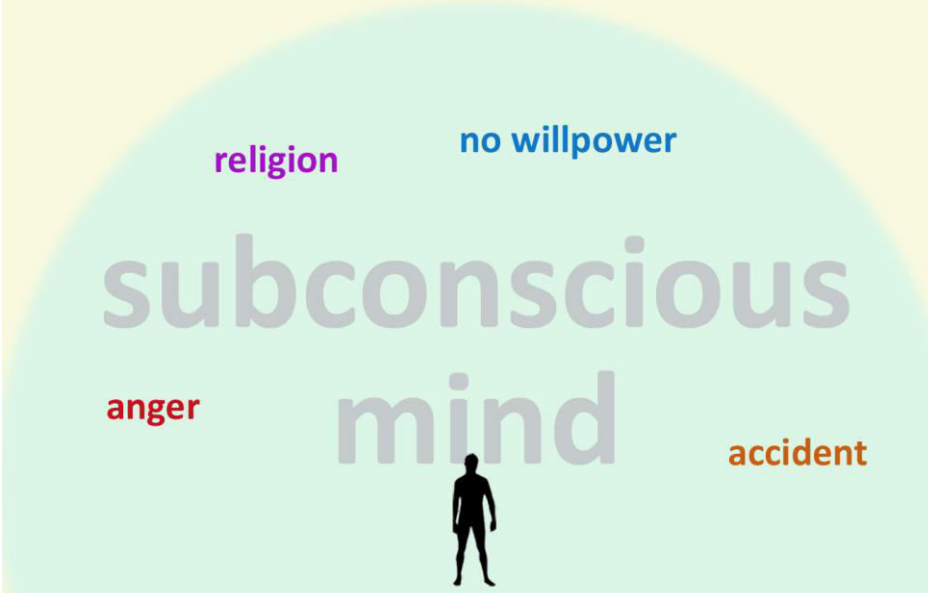
The light matter surrounding the person



The energies surrounding a person who is free from programmes



Man does not act on the basis of free will, but on the basis of the programmes in the subconscious mind



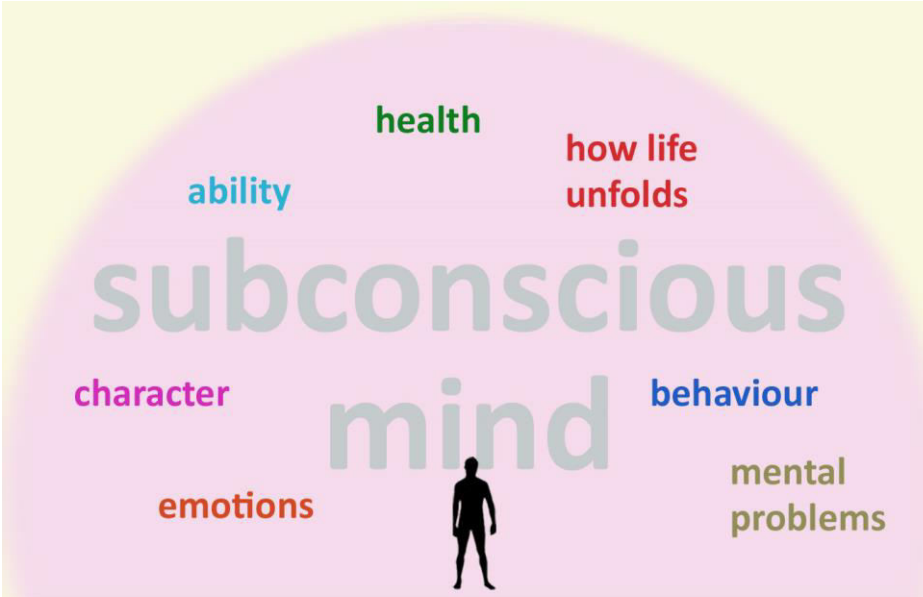
religion no willpower

subconscious mind

anger accident

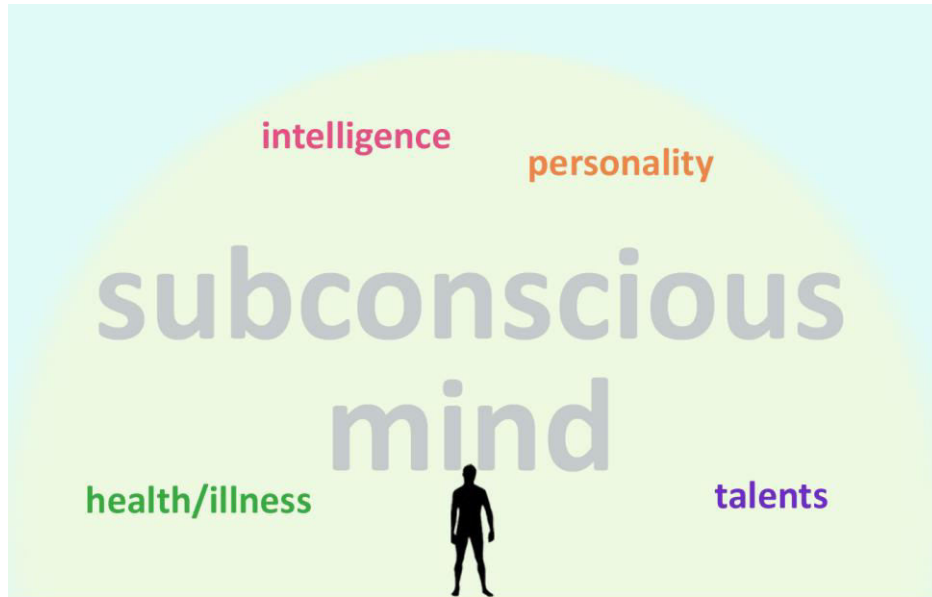
The subconscious mind is responsible for all behaviour and for almost all problems that exist in the world. It is believed that people act according to their free will. Nothing is further from the truth. Personality, actions, beliefs and things that happen in life are mainly steered by the subconscious programmes and not by the free will.

The cause of personality, the course of life, health and ability is not located in the brain or in the genes



Science is looking for the source of emotions, behaviour, character, physical and mental problems, diseases, ability in the brain and the genes. However, science will never find the source, because they are looking in places where it cannot be found. The source is located elsewhere, namely in the subconscious mind that surrounds man.

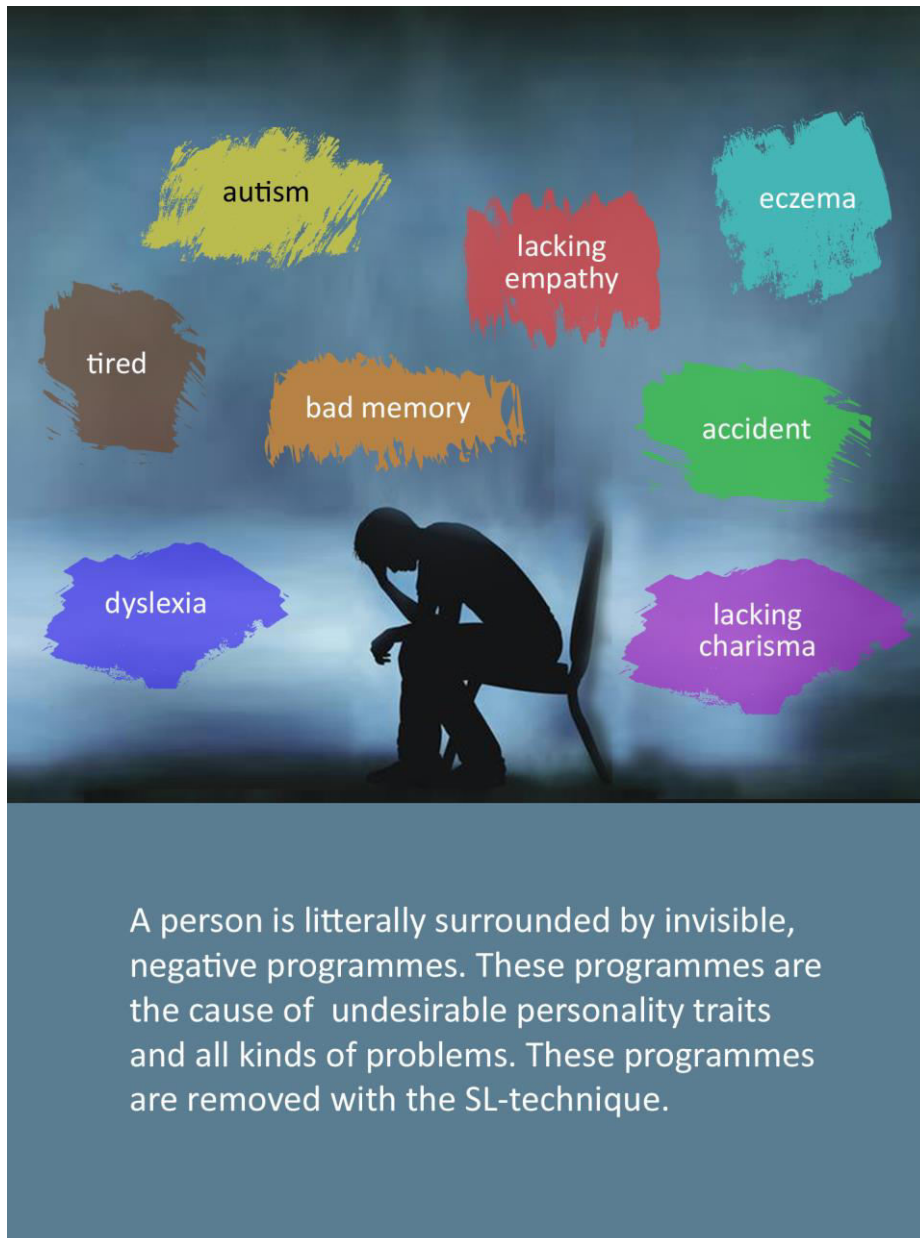
Intelligence and personality and most diseases are not hereditary



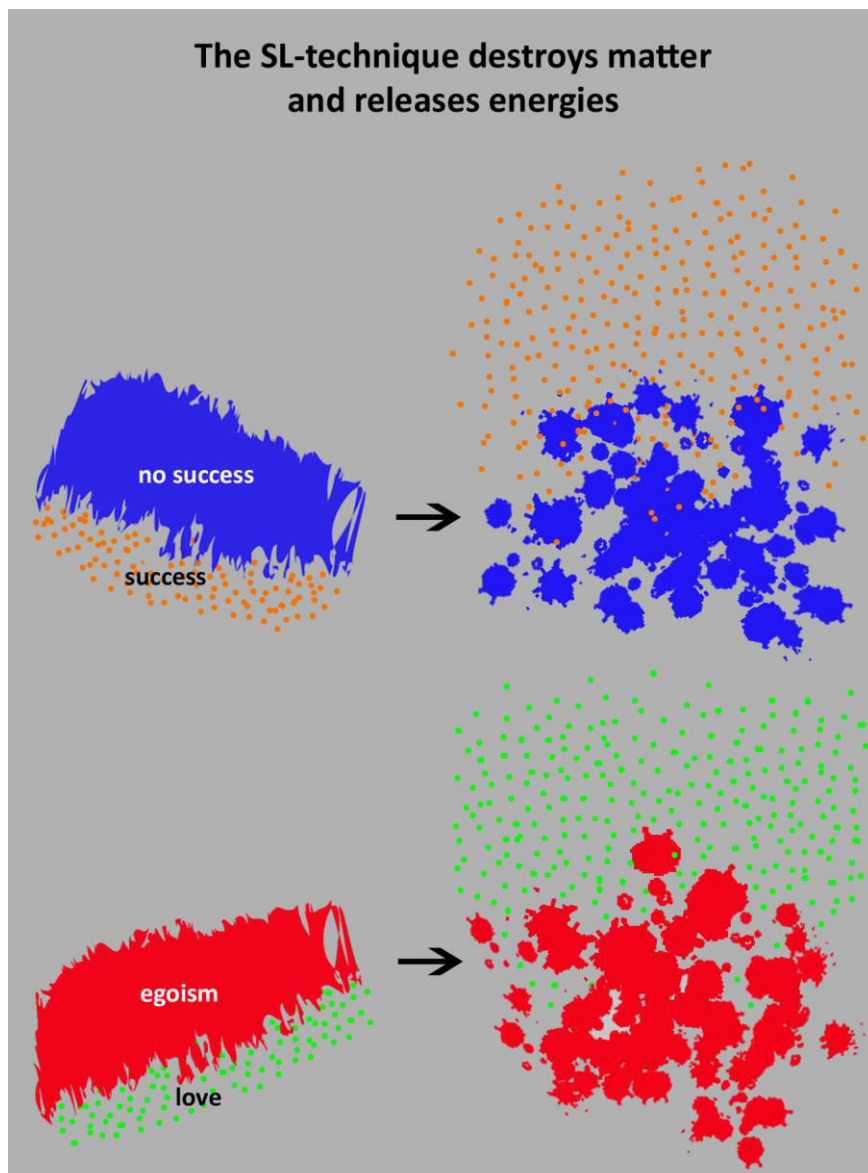
The diagram features a light blue background with a large, semi-circular yellow-green gradient area at the top. Inside this area, the words "intelligence" (red), "personality" (orange), "health/illness" (green), and "talents" (purple) are arranged around the central text "subconscious mind" (grey). A small black silhouette of a person stands on the horizontal line separating the yellow-green area from the light blue area below.

Contrary to accepted beliefs, ability and intelligence are determined by the subconscious mind and not by the brain or the genes/DNA. Contrary to what is generally believed, intelligence, personality and most diseases are not hereditary.

Personality and problems originate from the subconscious mind



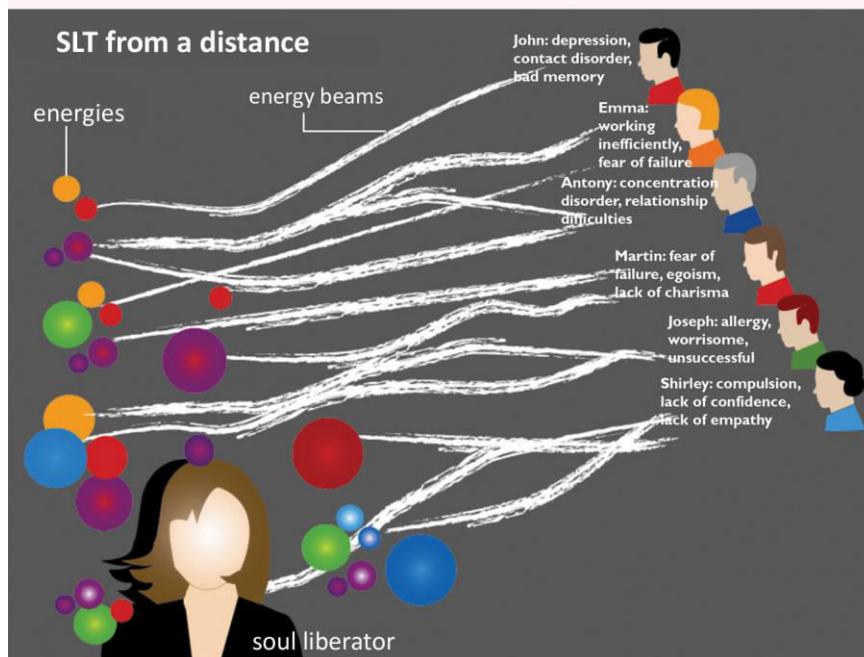
Egoism, the lack of success (and thousands of other problems) are caused by the light matter in the subconscious mind. This light matter is crushed with SLT and in this process, underlying energies are released. Consequently, one becomes more successful and loving (and experiences numerous other changes).



SLT can change thousands of issues

The SL technique can:

- considerably improve character, behaviour, personality
- remove inhibitions and psychological problems
- change negative situations, turn your life for the better
- increase abilities and talents
- considerably improve health
- restore the soul to its original condition, liberate the soul from the eternal cycle of reincarnation



SLT can profoundly improve a person and his life. But it takes time to reach this, this can't be achieved in the short term. SLT is meant for those who want to have all the programmes destroyed and who want to regain all the suppressed energies, as a result of which the soul will be free and regain its lost potential.



remove your inhibitions

gain empathic abilities

develop psychic abilities

have a better memory

take the right decisions

be free from anxiety, worries, compulsion, autism, schizophrenia, ...

be a stronger person

be more able

Try the SL technique

and so much more ...

Real-life examples of the application of SLT

As mentioned before, SLT is a method to free a person from all the subconscious programmes. In order for this to be achieved, the various programmes, which are the cause of all kinds of problems, have to be removed separately, I cannot destroy all the programmes at once. Therefore, a person who undergoes the SLT, has to state what he perceives to be his most urgent problem issues. These issues will be dealt with first. Others will be dealt with next.

In the past, I wanted to show how an SLT application is done and what results could be achieved. For this purpose I presented a few example treatments on my website (which I had for a number of years). Therefore, I had looked for people who were willing to release their identity. They also gave me permission to have the description of their situation published openly on my website and they agreed to report on a regular basis about the improvements that they had thanks to the SL technique. In exchange for this, I performed the SL technique on them for free until all their problems were solved. A detailed description of the problems and the results was placed on the website. These people also made a few videos in which they described their problems and the results of the SL technique. A man called John K. was the first candidate. This was in 2006. A detailed written description of his various problems and the results obtained with SLT are to be found in chapter 19. Seven more real-life applications of SLT were displayed on my website in the same way. Additionally, several other examples of SLT were described on the site, of people who wanted to stay anonymous.

The reason I did this was, among other things, to convince the scientific community of the importance of the SL technique for the world and of the importance of the knowledge of the existence of the subconscious mind around man and animal. Eventually I decided to continue working without this website in order to no longer attract the attention of the 'powers that be' on the internet. With 'the powers that be' I mean those that have power in the world, and this certainly isn't the common man. The truth is that the establishment shows more hostility than interest for techniques that deviate from the existing norm and over which they have no control. The 'powers that be' are more inclined to suppress and destroy methods like the SL technique than examine them objectively. This is certainly the case in the Western world. This is what happened in the Middle Ages and it still happens now in exactly the same way.

The example of John K.

At the time when SLT was applied, John was a medical student. Meanwhile, he has become a doctor. He started his medical training when he was somewhat older (43 years). He worked as a nurse before he received his medical degree. When his case was presented as an example on my site, he was still working as a nurse in the weekends and combined this with his medical training. John had suffered from eczema from the age of seven. For 24 years, he had suffered from a very serious form of chronic diarrhoea. He was very sensitive to bowel infections. He had a severe lack of energy, he felt chronically tired and washed out.

He was extremely insecure, both when interacting with people and about his achievements. He

was extremely insecure and constrained in relationships with women. John had difficulty making contact with people in general and with women in particular. He was very anxious and constrained when interacting with other people.

He felt ugly and stupid and inferior in many ways. He had a huge fear of failure, a low frustration threshold, feelings of depression, stage fright, headaches, a chronic nose cold, cold-sensitivity, tensions in the shoulders and back, sleeping problems, severe abdominal cramps, flatulence, belching, underweight, a rash in the groins, a sensitivity to throat infections and colds, sexual problems (premature ejaculation).

John had difficulty feeling love for other people. He had numerous psychological problems and he had study problems (concentration, memory problems). Also, he didn't succeed in finding the right woman. He had never had a steady or long-term relationship in his life.

Because John hadn't found relief in traditional medicine, he tried all kinds of alternative therapies, for 20 years long. But it was to no avail, the problems remained.

SLT was applied for three and a half years. There were dozens of different problems at the start of the treatment. All problems have greatly improved or have been solved completely. There were issues that changed very quickly and there were issues that only changed in the long run, which goes for any application of SLT.

The fact that any problem (that can be dealt with the SL method) can always be solved if the treatment continues for long enough, is specific for the SL technique and is, as far as I can estimate, unique in the world. This has indeed been demonstrated by the treatment of John.

Overall, the following results have been achieved:

From the beginning of the application of SLT, John was better able to concentrate and his memory improved to the extent that he was able to process an amount of subject material in six hours, whereas it took him ten hours before. In the course of the treatment, his memory improved even more.

John can now accept his looks, which he couldn't before. Relationships with people are more relaxed and interactions with people are more easy-going. He feels more confident in social situations. He feels more love for people and he is better at showing his appreciation. John is able to interact with women in a very different way. The relationship with his parents has drastically improved.

John feels stronger in all kinds of situations and he feels no more pain or frustration in difficult situations. He is no longer depressed, he is happier and he has a more determined attitude towards life. He is able to enjoy things and relax. He is happy with who he is in numerous ways, he is satisfied with himself, his capacities and his achievements. He no longer suffers from fear of failure, neither about taking exams nor about giving presentations, nor about not having enough knowledge, nor about dealing with people in all kinds of situations. John can lecture fluently. All the fears and the feelings of shame he had, are gone.

John is no longer concerned with what other people think of him. He has gotten better at expressing his feelings. He feels more comfortable in groups. He is better able to stand up for himself. He is more respected by others, he gets compliments from others. Women are more interested in him.

His sleeping difficulties and symptoms of fatigue are things of the past. All physical complaints

are gone, John is in good health now. He now weighs 88 kg whereas he barely weighed 80 kg before the start of the treatment (he's 1m 96 tall).

He no longer feels reluctant to do all kinds of things. He is better at organizing, he can work better and more efficiently. He is better able to think, talk and write in a structured way. He is better at expressing himself. He has become more dexterous.

John has an enjoyable relationship with a woman now. He no longer suffers from premature ejaculation and he enjoys sex more.

He doesn't feel like his life is one big battle anymore, things go more smoothly. There are far fewer disappointments and setbacks.

Development of the SL method

When I was 26, I came into contact with alternative therapies, especially regression therapy (I was born in 1959). I was very interested in self-development and improving my personality in every possible way. I underwent regression therapy, I received training and I started to work as a self-employed therapist. However, I very soon realized that the techniques I had learned – regression, rebirthing (a breathing technique that breaks blockages) and hypnotherapy, couldn't bring about many changes in people. For instance, when I treated someone who wanted to be cured of paedophilia, these techniques allowed me to dig into this person's past and bring about a few personality changes, but that was all that could be achieved, the person remained a paedophile. One day, however, during one of my therapy sessions, I could suddenly perceive a field around my client. In this field I sensed emotions and ideas of this person and I saw images.

In the domain of personal development techniques, there is the concept of 'patterns', which refers to all kinds of character traits or certain characteristics of a person. For example, the characteristic 'carping at people and situations' is called a pattern. 'Lack of ability to concentrate' is another pattern, 'being easily discouraged' is yet another pattern.

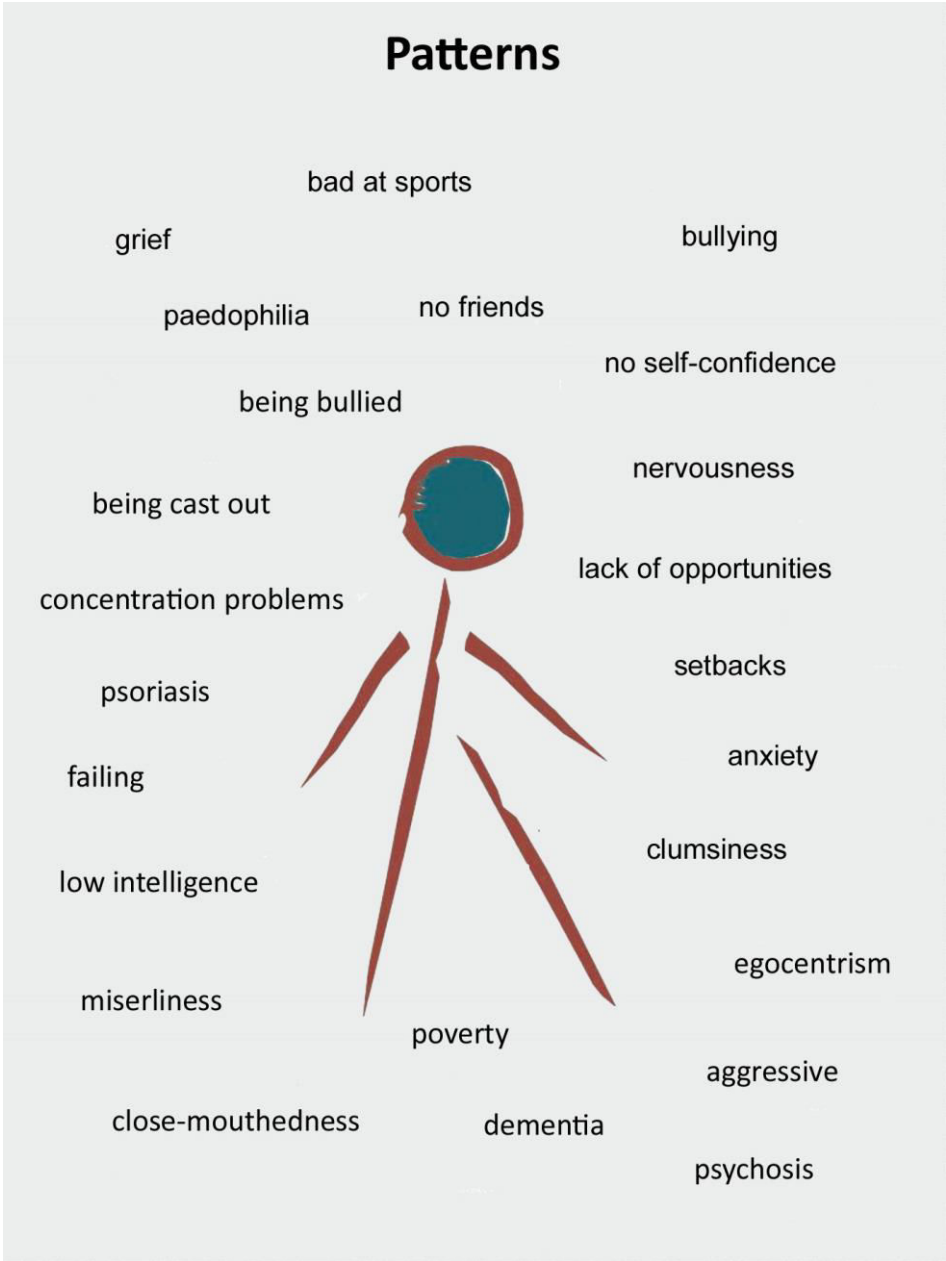
So, for example, when I had a client sitting in front of me who was not successful in business, then I could sense the pattern 'you can't attract the right people' around this person, or 'you get off the ground initially, but then you are confronted with obstacles and eventually you are back to square one', or 'there is no success', or yet another pattern 'you may not have money'. I could literally feel the presence of these words or sentences around my client, at a specific location in the vicinity of the body. For example, I literally felt the sentence 'you may not have any money' at 20 cm distance from the person, on his right side and at heart height.

When someone was lonely and alone, I could sense patterns like: 'you are alone', 'you can't find love', 'there are no friends at all', 'there is no warmth in your life', or the terrible feeling of 'loneliness' itself.

In the case of claustrophobia, I could sense the pattern: 'the room is oppressive, the walls will be closing in on you, you'll be crushed, you have to get out of here', and the intense fear and panic that accompanied this.

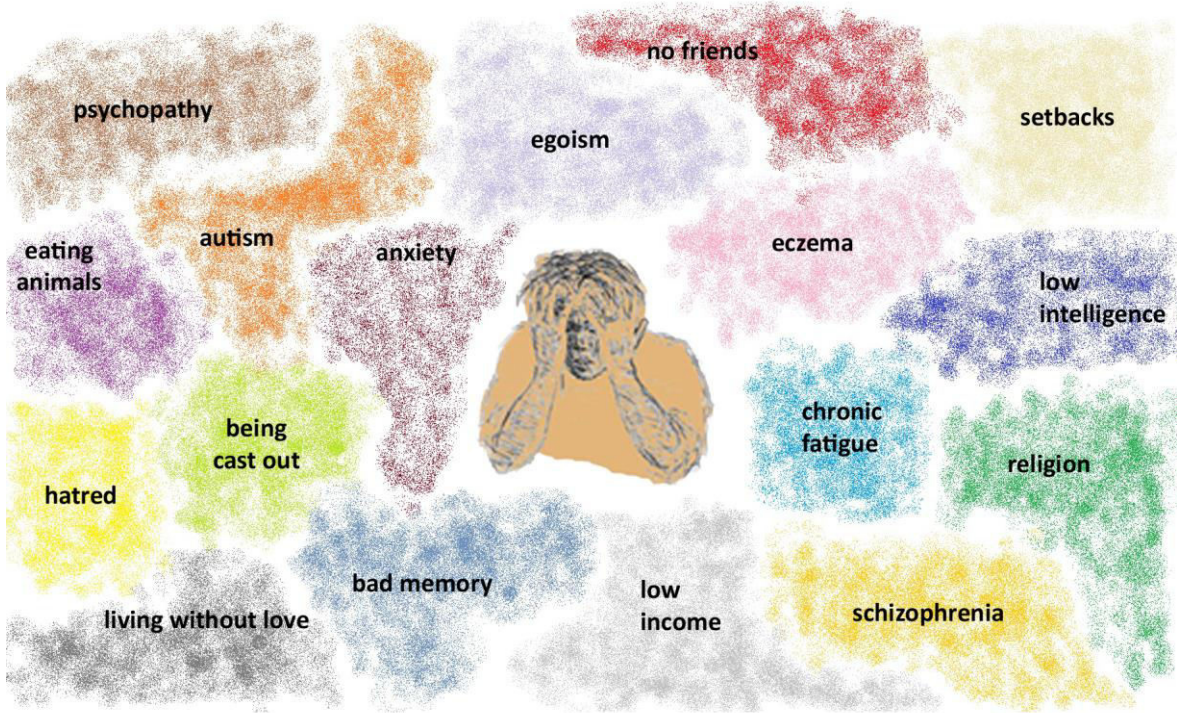
I realized that these patterns controlled people. For example, people are selfish because there are patterns that force them to be selfish, not because they choose to be selfish out of free will. These are patterns like: 'take care of yourself', 'as long as you're alright, the others are not important'. A 'programme' could be another word for a 'pattern'. For example, the programme 'you're nervous' will cause someone to be nervous, the programme 'you feel inferior to another person' will cause someone to feel inferior to others.

The patterns are literally present around the person

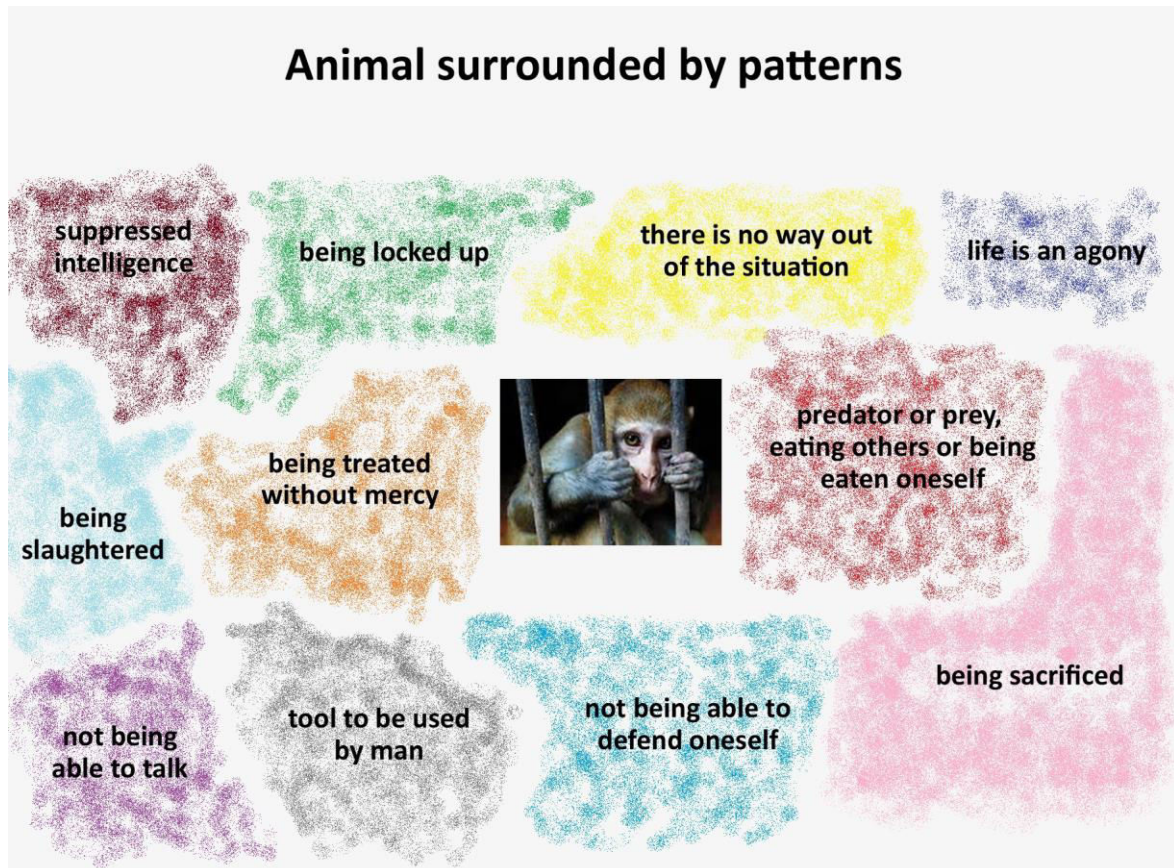


The programmes or 'patterns' are present around the person in the form of a light matter

Man surrounded by patterns



Animals too are surrounded by patterns, an animal too is a soul trapped in an eternal cycle of reincarnation



I realized that if people could be freed from those programmes or patterns, both their behaviour and the incidents that happen beyond their control would change.

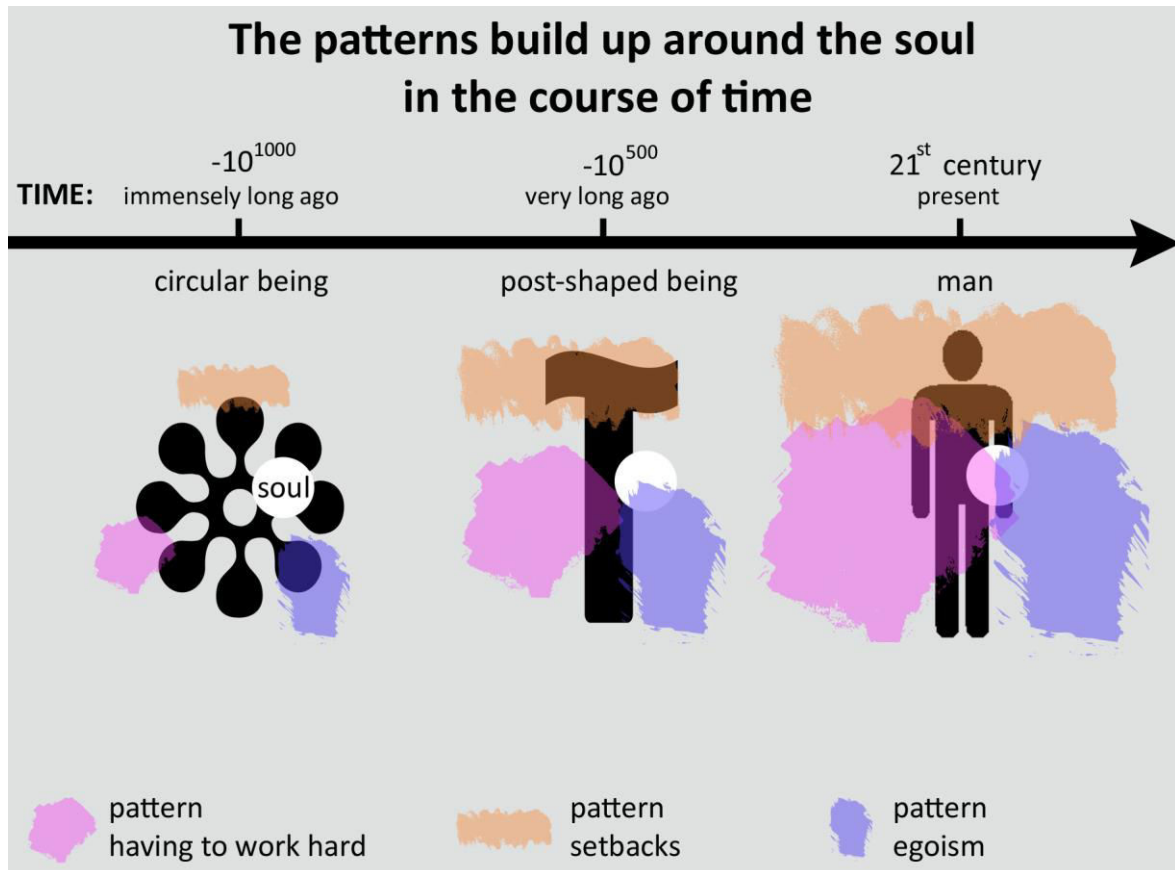
When I focused my attention on what I sensed around people, I could feel something break, as if some kind of matter was breaking to pieces. That which had initially surrounded the person, was gone. The ideas, emotions and images I had perceived, were no longer present in this place. Several disciplines in the field of personal growth, like e.g. meditation and regression, refer to a system of layers and peeling off those layers. With this in mind, I started looking for deeper layers of a certain theme. I could find new ideas, feelings and images in the same place or in a different place, for example above or in my client's head. I also managed to break down those layers by focusing my attention on them and by sensing entirely correctly what it was about.

I understood that this technique allowed me to have access to someone's subconscious mind and in doing so change things that other techniques were unable to change. For instance, I could remove the pattern that caused a paedophile to act the way he did and free him from this behaviour. I was able to work on increasingly deeper layers and I had access to thousands of variations of a person's patterns. The client felt changes in his behaviour, his thinking, his feelings, his health and the situations in his life.

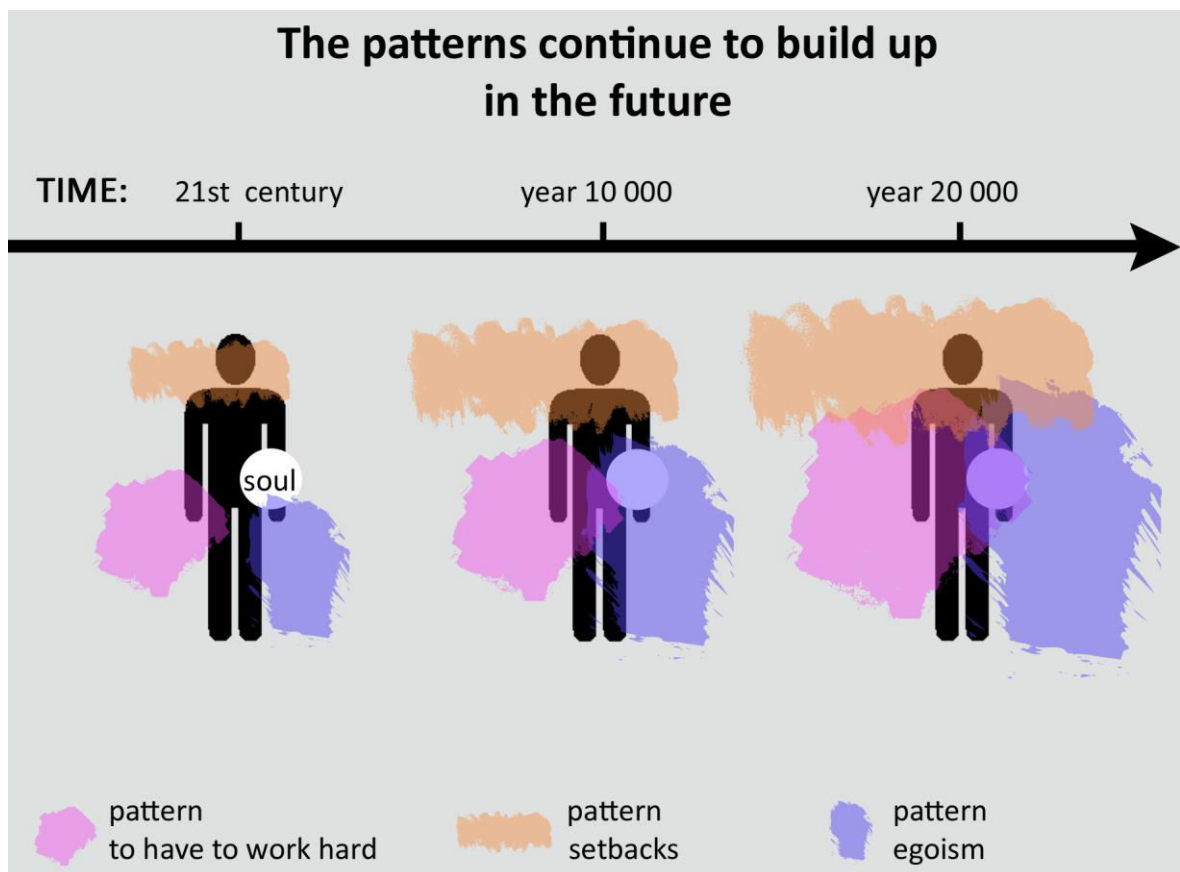
From my training as a regression therapist, I was familiar with the idea of reincarnation: the idea that a soul has successive lives in different bodies, the soul that enters a body, leaves this body at death and again enters a new body.

The things that happen in the various lives, are stored on the patterns in the form of images, emotions, ideas. When you then further apply this technique of looking for and crushing increasingly deeper layers, you automatically come upon images from previous lives. Occurrences of hundreds or thousands of years ago emerge, when the same pattern was active as well and caused the very same problems as it does today. Suppose someone feels inferior or is exploited now. When the deeper layers of the patterns are being peeled off, one can see incidents from the past, from past lives in which this person felt equally inferior or was exploited just as much. When we continue to peel off layers, images from before the existence of our planet arise and creatures other than man can be perceived. You can see occurrences that took place in lives on other planets prior to the incarnation on this planet. When you dig even deeper, times prior to the existence of the universe appear, and when you keep on looking deeper and deeper and keep on breaking the next layers of the same pattern, you eventually reach times that have to be expressed by making use of involutions. For example, 10 to the power of 15 or 1,000,000,000,000,000 years ago or 10 to the power of 150 or ... years ago. However deep you dig, the pattern is always present on a deeper layer and caused the same problems in those times long past as it does today. By further breaking down the layers that come across, which is after a great many hours of work, finally, the base of the pattern is reached. Then there are no more next layers and the problem the person had, will be gone once and for all.

The first patterns came into existence aeons ago



The patterns continue to build up,
unless they are destroyed to the root by SLT



At a certain moment, I noticed a presence (or some presences) around me, which I perceived in certain shapes and colours. In the New Age religion point of view, these presences would be called 'guides' or 'angels'. In my opinion, however, the idea that there are souls around us to help and to guide us, is false. I didn't have an explanation for this phenomenon for some time, until one day, I suddenly realized that what surrounded me, was part of myself. I called these things around me 'subsouls'.

While I was breaking down patterns in my clients with this newly discovered treatment method, it happened that one of the subsouls around me sent something that seemed to be like a beam to the client. Or actually it was the subsoul that sent this beam to the pattern that I was focussing on at that moment, which was present in front of me and next to, in front of, behind or above the client. This beam broke down a layer of this pattern.

At the time, I had never heard of alternative techniques that are applied from a distance, like healing and reiki, or by people with psychic abilities. 'Applying a distance technique means that one person tries to have a positive influence on another person by using certain techniques, whilst this other person is somewhere else. The second person can perform his normal activities, and doesn't know when the distance technique is applied. What it boils down to is that someone makes contact with another person's subconscious mind from a distance.

One of my clients who had an appointment for removing patterns called me one day to tell me that she couldn't come because of engine trouble. She started to talk about a certain problem over the telephone and I could automatically feel the pattern, in the same way like she would be with me. I could simply perceive the pattern in front of me, fix my attention on it, sense its exact contents (the exact sentences, feelings or images) and feel the pattern break. This was my first experience with working from a distance. From then on, I only applied the technique from a distance, the client's presence during the process of peeling off patterns layer by layer was no longer required.

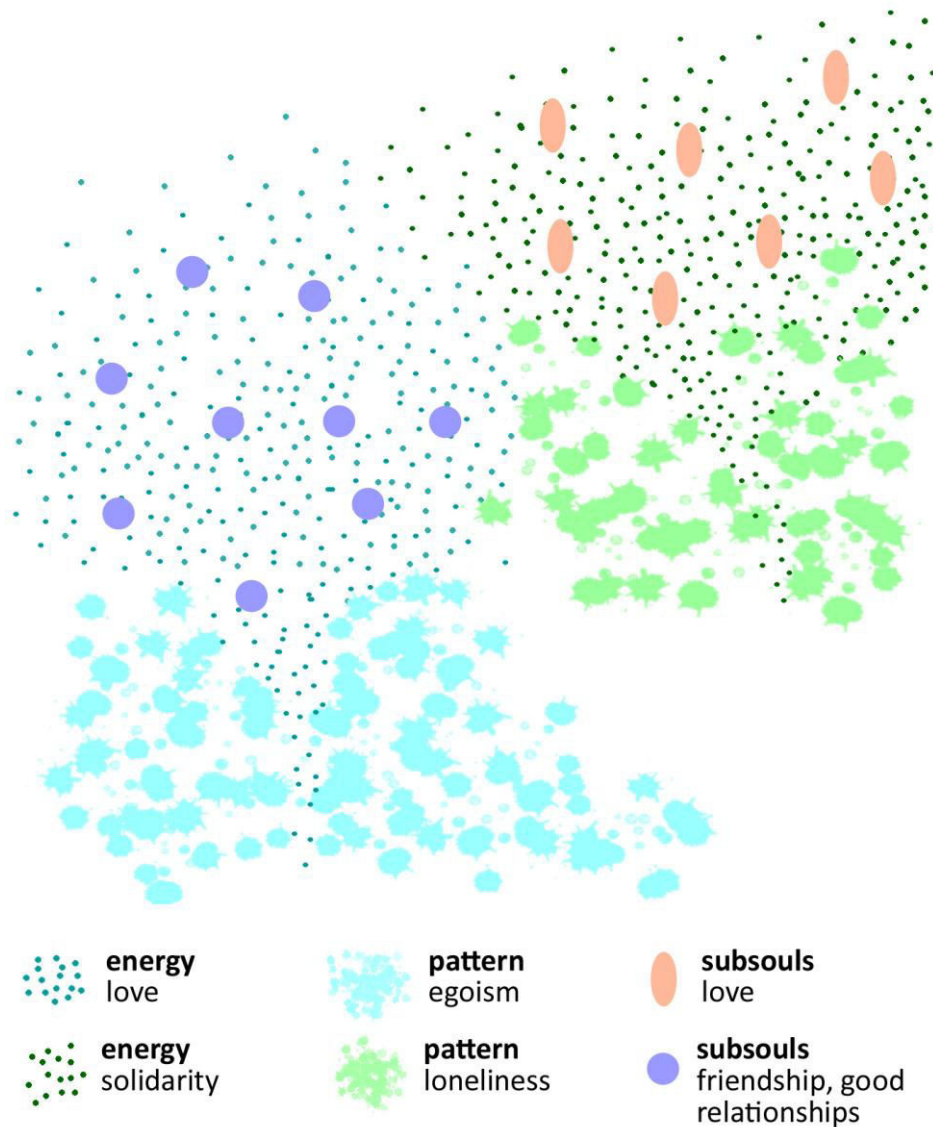
Meanwhile, I had started to experiment with working on several people at once from a distance and with working on different patterns of one client at the same time. I could simply focus my attention on various issues at the same time and break them at one go. I could feel the patterns of various people next to one another in front of me, and I could feel various patterns of the same person in front of me at the same time. As soon as I was certain that I could achieve good results in this way, I started to work on several people simultaneously from a distance. But then something extraordinary happened. The subsouls around me suddenly took over control. They lined up the patterns (which are made up of matter) of the various clients I was treating next to one another, two metres in front of me and one and a half metres above me. Next, they sent some kind of energy or beam to the patterns, which were crushed as a result. When one layer broke down, the next, deeper layers automatically emerged at the same spot. The method that I would continue to apply from that moment on and which I would later call 'the SL technique', was born.

Later, I also discovered the existence of energies. When I broke down patterns, I felt something was released, some energy that represented a quality. For instance, when I destroyed a pattern like: 'I won't be able to do that', then I felt that an energy was released that represented the feeling: 'I can do it, I've got value'. When a pattern broke down, like 'nobody loves you', then an energy was released that signified 'you can find love'. An energy responsible for 'affluence' was released from under a pattern of 'poverty'. I later also discovered that not only energies, but also subsouls were suppressed under the patterns.

When the energy of affluence surrounds a person, then there will be affluence. When this energy is

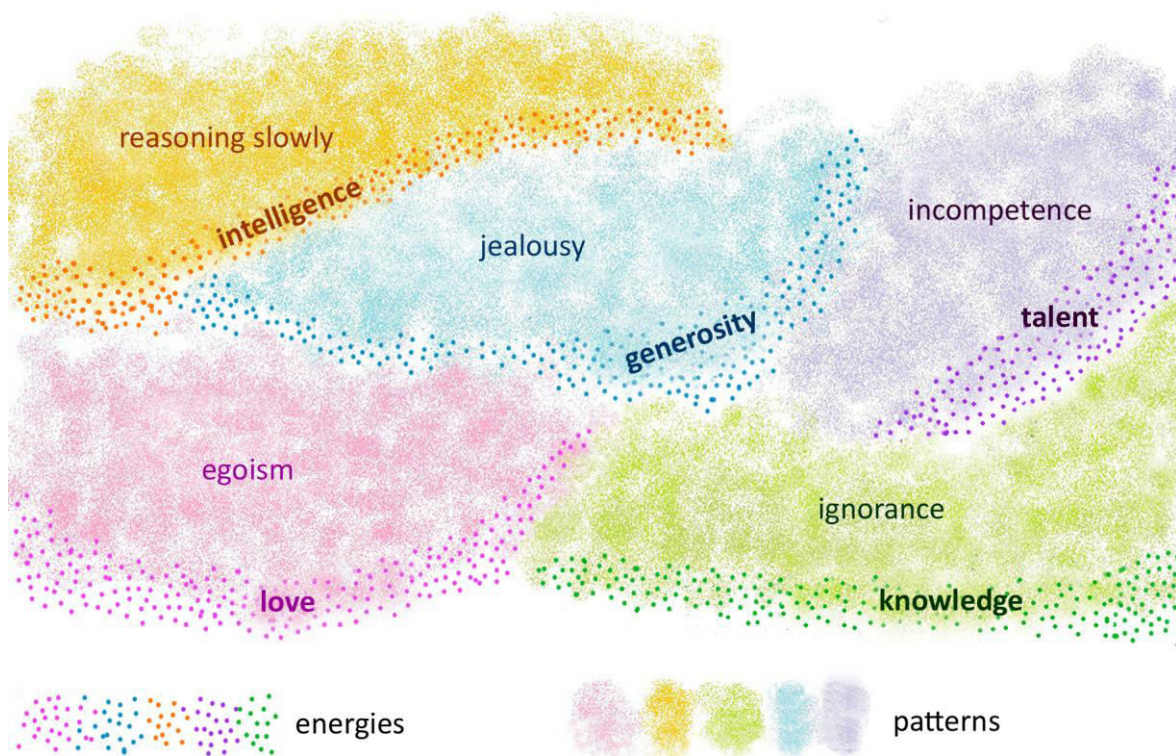
suppressed by the pattern of poverty, by which it is covered, then there will be poverty. Every quality we can think of, is the result of an energy and/or a subsoul that surrounds a person. Every negative characteristic is caused by a pattern, which consists of matter. Psychic abilities are the result of specific energies and subsouls that hold that quality, which freely surround a person. When someone doesn't have psychic abilities, the energies and subsouls responsible for these abilities are suppressed by patterns. Extrasensory perception is achievable for everyone if the necessary energies and subsouls are released. Psychic abilities are nothing supernatural.

When the patterns break, energies and subsouls are released



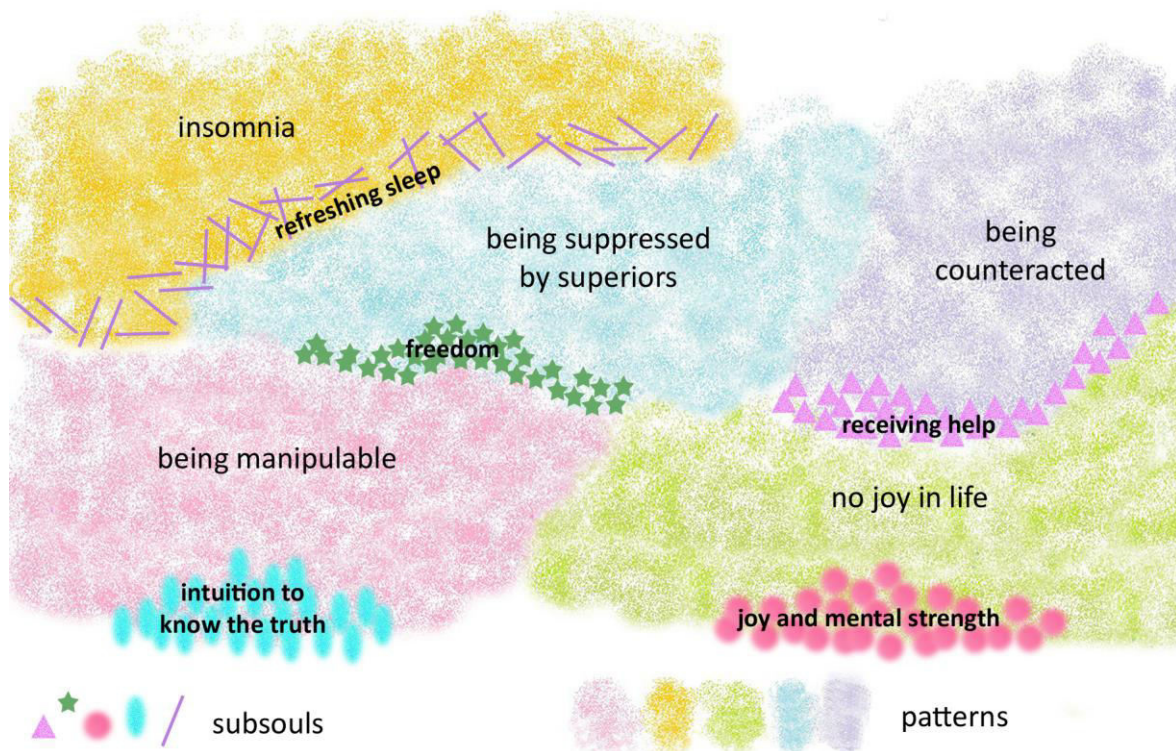
The energies intelligence, generosity, talent, love and knowledge are suppressed under the patterns reasoning slowly, jealousy, incompetence, egoism, ignorance.

Energies suppressed by patterns



The subsouls: refreshing sleep, freedom, receiving help, intuition for what is the truth, joy and mental strength are suppressed by the patterns: insomnia, being suppressed, being counteracted, being manipulable, no joy in life.

Subsouls suppressed by patterns



Small quantities of energies and subsouls are also suppressed by the upper layers of patterns and those immediately under them, but the largest amounts of energies are mainly present in very deep layers and at the bases of the patterns. For example, if we want to make someone successful, then the patterns that block success have to be peeled off for a large part before the greatest part of the energies and subsouls can be released. Only then someone can become successful.

In order for certain negative issues, like for example anxiety, to be removed, the underlying energies do not necessarily have to be released from under the pattern of the anxiety to be gone. As the pattern of anxiety is being peeled off little by little, the anxiety will disappear to the same extent. If the energy 'being courageous' is additionally released, not only the anxiety will be gone, but the person will then also be more courageous.

Subsouls are conscious, energies aren't. A subsoul can perceive, think and act, and represents a quality, is responsible for the existence of a quality, like for example honesty. An energy represents a quality, is responsible for the existence of a quality, for example honesty. Energies are coloured and I perceive them as a whole of small dots or as a glow. Subsouls are also coloured and they come in various shapes. Examples of patterns, energies and subsouls are described in chapter 20. The soul itself is consciousness that thinks, feels, perceives, acts according to the steering of the patterns, energies and subsouls. A soul that is free of patterns, consists of a core (a ball, an oval) surrounded by millions of different energies and millions of different subsouls. It is my view that human behaviour and talent are linked to the soul and not to the brain and the genes, and that they are caused by the patterns, the energies and the subsouls around a person. I don't agree with the view held by science that claims that behaviour and talent originate from the brain and the genes.

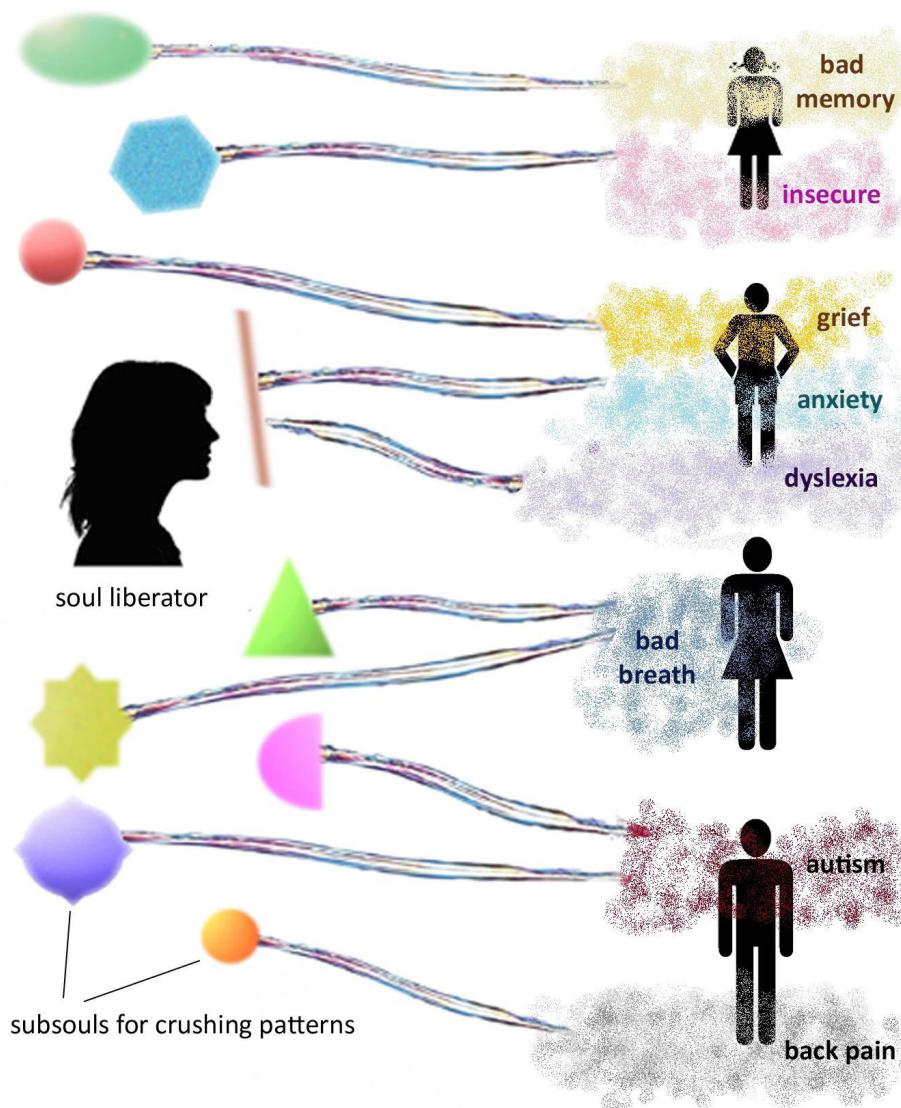
When I now work from a distance, I line up the patterns of various people in front of me, side by side. So, these patterns are present very far in front of me (hundreds of metres) and very high above me (dozens of metres high). I order my subsouls to start (I simply think I want to begin). My subsouls gather behind me and above me, at the same level of the patterns in front of me and produce a beam to the patterns of the different people in front of me as a result of which these patterns break down. I can't break down all the layers of a pattern at once, but I start working on higher layers and I go increasingly deeper until I reach the base of a pattern (this process is spread over many hours). My subsouls line up the accessible layers in front of me, break them down and then place the next layers in front of me. I work at enormous depths in the subconscious mind, like for example '10 to the power of 1000' years ago. This depth is typical of the SL technique. Many different patterns are dealt with simultaneously in every person who receives SL energy. So, different issues are simultaneously worked on per person treated, or actually it is my subsouls that do this. Some of my subsouls and energies also place themselves on the patterns themselves, which are in front of me at a distance of a few hundreds of metres, and they are working there at the spot, and other subsouls aim a beam at the patterns from a distance. So, actually it is my subsouls and my energies that peel off the patterns, and not me.

For example, I break patterns in person A related to dyslexia, in person B regarding feelings of guilt, in person C regarding anorexia and in other people for other issues. One layer of every pattern (dyslexia, feelings of guilt, anorexia, etc.) are present in front of me next to one another. Not only the dyslexia, but various other issues of person A are also dealt with. They are put in a line behind the pattern of dyslexia. These other issues can be, for example, be lack of self-confidence, bad breath, having difficulty making decisions, anxiety, being too gullible, talking too

much, aggressive outbursts, sadness, concentration problems, ... The same happens for person B, C, ... There are several other of person B's patterns, which stand (in a line) behind the pattern 'feelings of guilt', which are treated as well. Etc.

The soul liberator sends energy to various patterns of different people at the same time

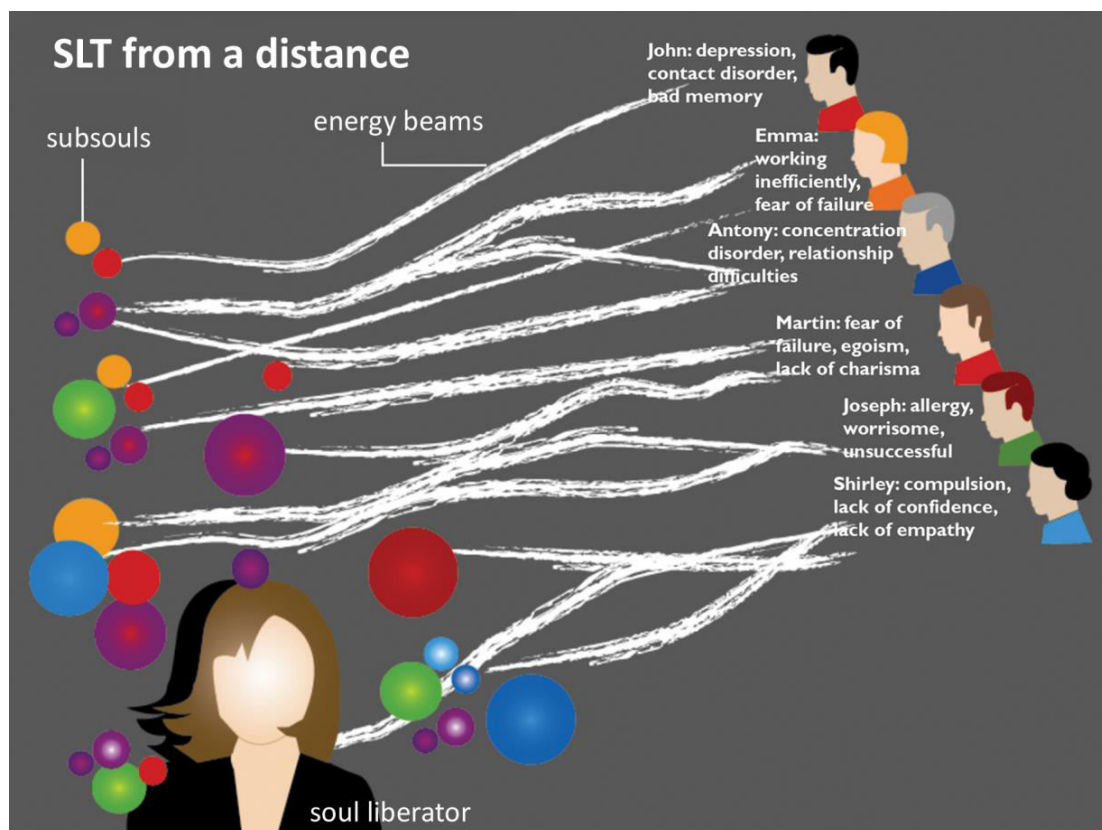
Breaking down patterns from a distance



The previous picture and the next one are schematic representations of a soul liberator who, from a distance, is sending energy to several people at the same time. The soul liberator's subsouls are sending beams to different patterns of various people at once.

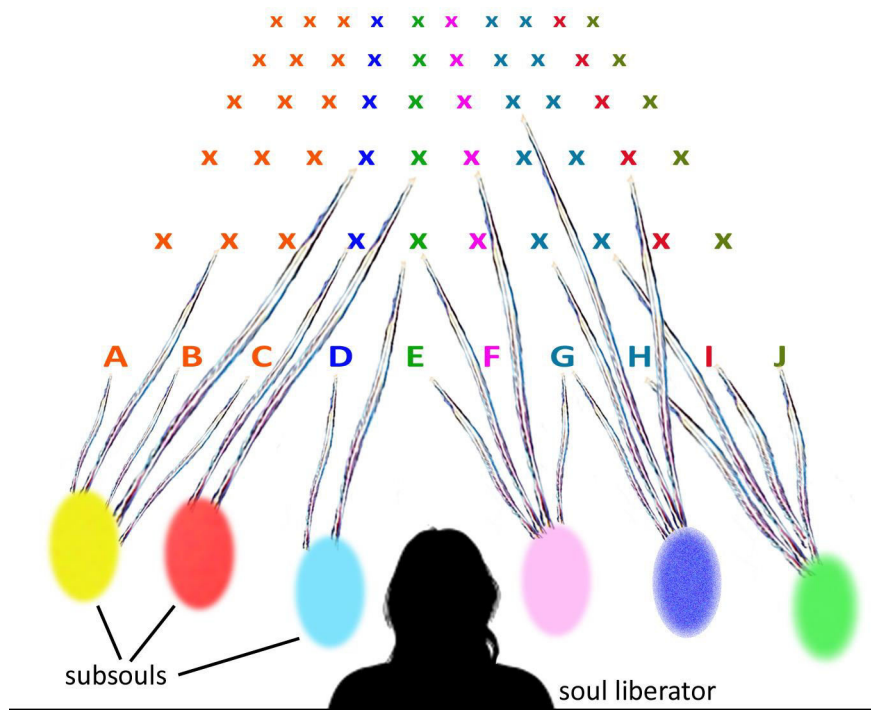
The soul liberator's subsouls are sending beams to various patterns of all the people to whom he's simultaneously applying SLT

Exemples of patterns that are hit: John: depression, contact disorder, bad memory. Emma: working inefficiently, fear of failure. Antony: concentration disorder, relationship difficulties. Martin: fear of failure, egoism, lack of charisma. Joseph: allergy, worrisome, unsuccessful. Shirley: compulsion, lack of confidence, lack of empathy.



The soul liberator sends energy from a distance to various patterns of different people simultaneously

SLT applied to several people at the same time



SLT is applied to **person 1** for problem A, B and C, to **person 2** for problem D, to **person 3** for problem E, to **person 4** for problem F, to **person 5** for problem G and H, to **person 6** for problem I, to **person 7** for problem J

A = insomnia, B = setbacks, C = back pain, D = alcoholism, E = anxiety,
 F = financial problems, G = difficult relationships, H = depression,
 I = egoism, J = schizophrenia
 X = other problems that energy is sent to

The theory behind the SL method

The first person who detected life in a drop of water by means of a home-made microscope, made quite a discovery. When he tried to convince others of his discovery, their reaction was: you have to be mad to claim that 'thousands of small animals live in one single drop of water'. This researcher had the advantage that he could easily prove his statement by having others watch through the microscope as well.

Just like the man who discovered the existence of micro-organisms, I advance theorems that sound strange according to the current way of thinking. These insights are the result of the perception of the subconscious mind (the patterns and energies in and around a person), in the same way as the aforementioned researcher could see the little animals through his microscope. Someone who could sense the information in the subconscious mind just like I can, would come to the same conclusions, just like the researcher with his microscope could convince others because they could determine the presence of life in the water for themselves. Unfortunately, other people can't perceive the patterns and energies around people just like that, therefore I can't prove my propositions this way. However, it is possible for other people to perceive information in the subconscious mind, namely by breaking down a sufficient number of patterns and releasing energies and subsouls to a sufficient extent, since that's how the blockages are lifted that prevent someone from perceiving the subconscious mind. Every person who will achieve this, will come to the same conclusions as I.

Another way to convince others of the fact that there is an invisible world around man and animal, is by describing the patterns which are present around people. This can either be for someone who is with me in person or it can be done from a distance. When I start looking for patterns, or when I work from a distance, then I place the patterns of a person at some distance in front of me. I also do this with my own patterns. When I want to work from a distance, I place the patterns very far in front of me, but when I simply want to sense the patterns, then I place the patterns at a distance of approximately three meters in front of me. I can describe patterns of any given issue, or I can look for random patterns of a person. Both patterns regarding personality and patterns regarding situations that may occur can easily be found and described. Since people will recognize the description of their own personality and circumstances, they may be convinced easily. People are especially impressed by the description of their own patterns, more so than of other people. Hearing one's own patterns described helps to believe that our life is steered by something that is present around us. Something else that can help to believe the truth of what I'm telling is when the results of the distance therapy come very easily, and in particular when the person concerned doesn't know about the treatment, like for example a child who is treated by order of its parents. Energies are much more difficult to describe, they can less easily be perceived, one of the reasons being the overwhelming presence of patterns and because most energies are suppressed. I will give a few examples of the contents of patterns in the way I describe them. Suppose that someone has difficulty making decisions, then the following patterns may be present with this

person and impose this behavior:

. 'You don't know, you hesitate, you have to ask someone else about it, then you'll know for sure.'

. 'You can't decide, you're still thinking about it, you're still thinking about it, you once again ask someone else about it, you once again talk about it to someone else, but you still don't know, you once again talk about it, and again, and you still don't know, you can't decide, because it could be the wrong decision, suppose it would be the other thing that was the right one, suppose it would turn out wrong, suppose it would still turn out to be different than expected, what then, then you couldn't reconsider your decision, what should you do then, so you once again have to ask about it, because suppose it were the wrong decision, so you ask it once again, and then once more, and then you will decide, but ... suppose it were the wrong decision, what then, so ask about it once more, ...'

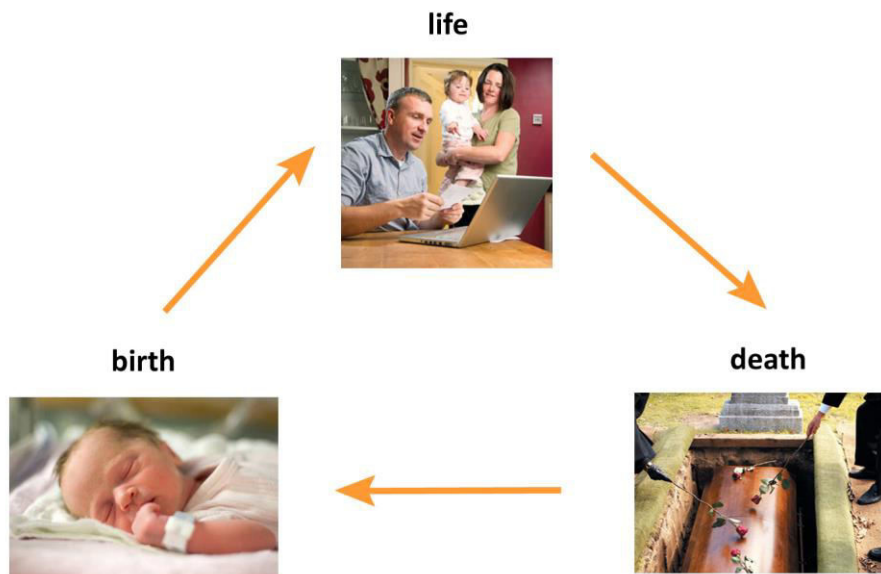
. 'You don't have to decide yet, wait a little more, maybe something will change, and then you may have made the wrong decision, so still think about it, wait a little more, talk about it once again, take your time ...'.

. 'A great anxiety of having to decide about something, a fear that it would be the wrong decision, so always asking for other people's advice, then there's less anxiety, and there's also the confidence that this other person will take the right decision.'

. 'You don't take any decision without having sought someone else's advice, a compulsion to wait for what the other person thinks about something and a compulsion to ask for another person's opinion (this results in a feeling of reassurance) before deciding about something.'

According to my views, man is a soul in a body. The soul leaves the body when a person dies and incarnates into another body. The soul is kept prisoner in an eternal cycle of reincarnation from which it can't escape. More or less the same things occur in various lives due to the patterns. Eternal reincarnation is completely pointless. The soul is eternal, both in the past and in the future and it wasn't created by a god. Several souls incarnate into the same body. The incarnation of the various souls takes place from conception onwards, during the months of pregnancy and in the first months of life. In the course of life, more souls may get attached to the person.

Eternal reincarnation and eternal repetition



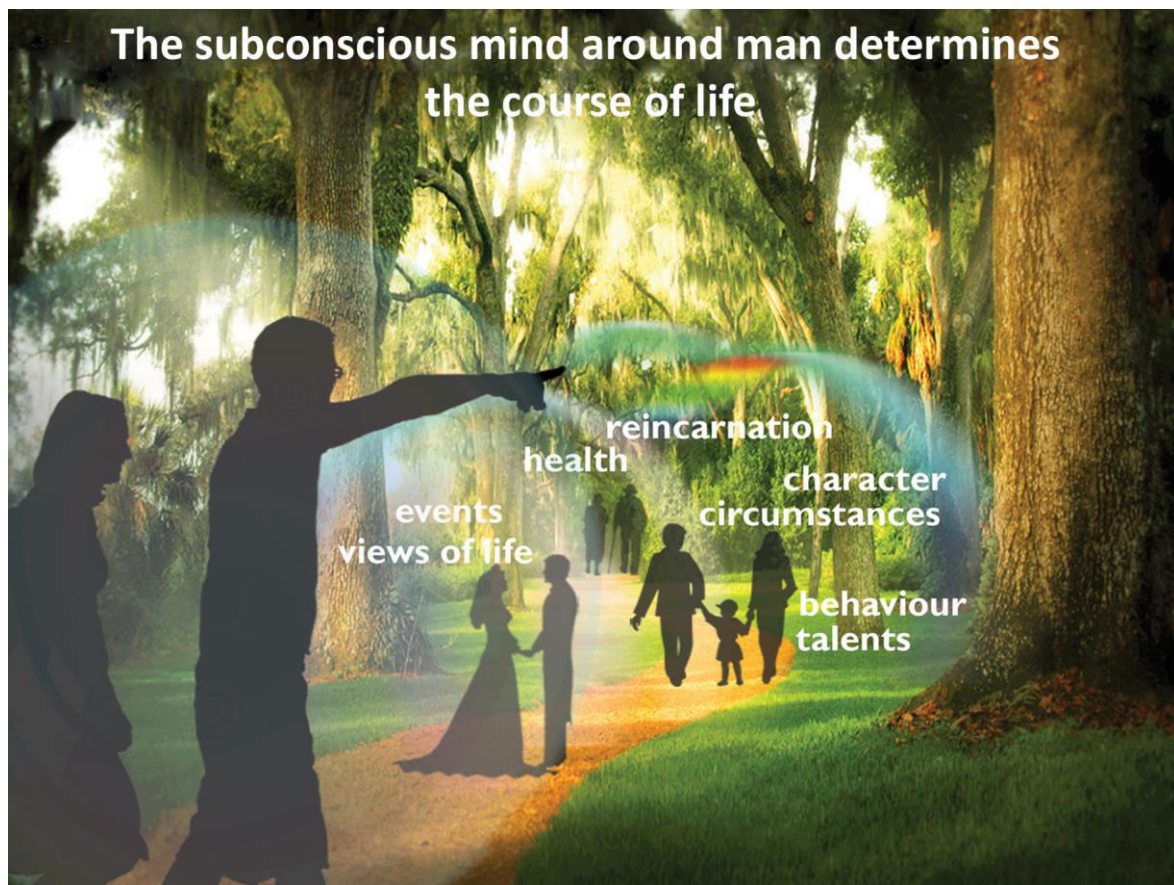
The soul or 'consciousness' in man and animal is surrounded by the subconscious mind, which is present around a person in the form of matter, energies and subsouls. I call the matter 'the programme' or 'the negative subconscious mind'. The whole of the programme consists of millions of smaller programmes or 'patterns'. The energies and the subsouls are the positive subconscious mind. This subconscious mind stretches out very far around people and parts of it can be found beyond our planet.

The programme or the matter around the soul is evil, and it is the cause of the negative behaviour of people and of suffering in the world. The programme is located in and around the body. Positive behaviour, success, talents, intelligence, the right truth, free will, good health and everything that is positive in the world, are the result of the energies and subsouls. For example, someone who has the ability to understand the viewpoints of everyone in a group of people and to think from each person's perspective, acts on the basis of energies. Someone who can only see things from his own perspective, acts on the basis of a pattern.

The programme around people is made up of millions of different patterns which originated in times long past. They have continued to accumulate in the course of times, and consequently, each pattern consists of a vast number of layers. The basis of the very deepest patterns was formed aeons ago. The patterns manifest themselves in the various lives and continue to cause the same problems time and again. They suppress the free will. The choices we make, our thinking and our acting are mainly the result of the patterns and not of the free will.

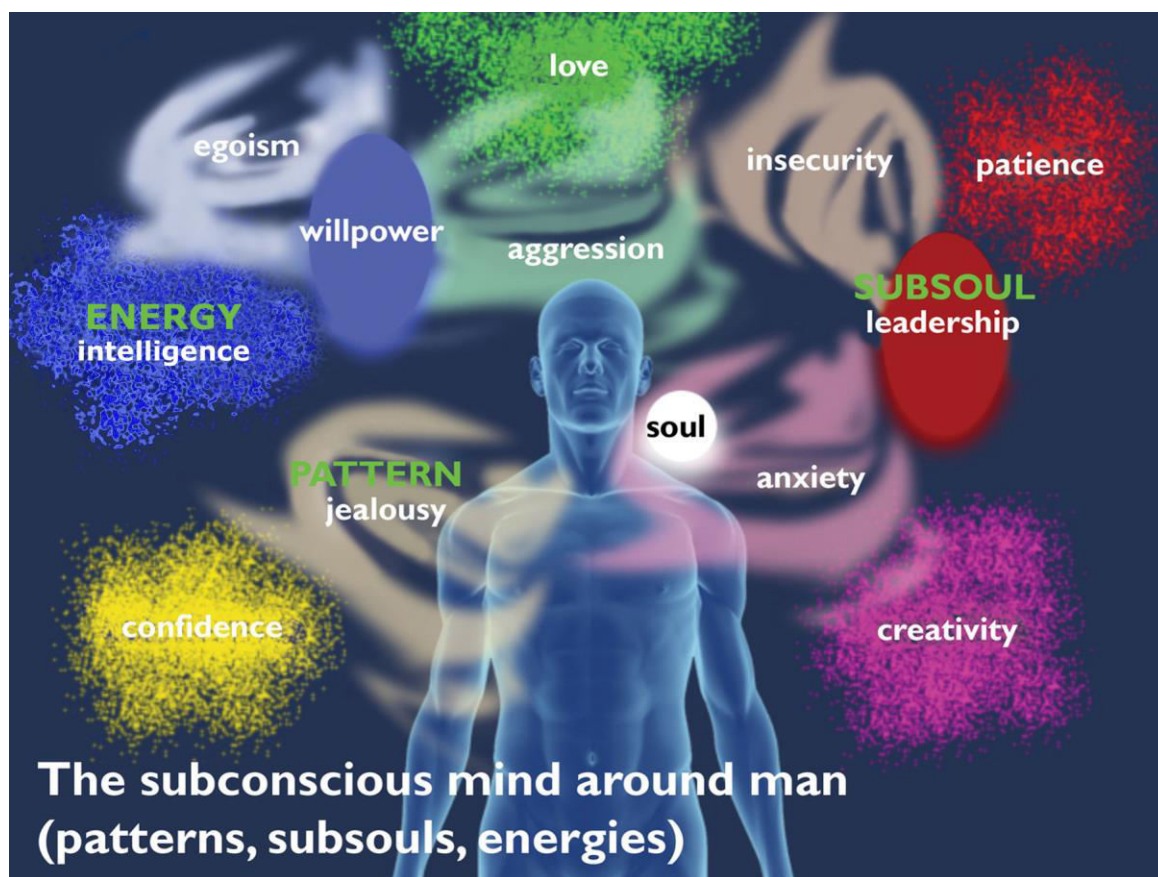
Each negative character trait or situation is caused by one pattern or by several patterns. If a certain pattern is not present in the subconscious mind, the negative characteristic will not occur. For example, if someone doesn't have patterns of cruelty, this person will never be cruel, in no

circumstance. If someone doesn't have patterns of financial setbacks or of a certain disease, he'll never suffer financial setbacks and he'll never get that disease. If someone doesn't have patterns of religious fundamentalism, this conviction will never manifest itself. A child that does not have patterns to be victimized by a paedophile, will never get into the hands of a paedophile. The largest part of our behaviour, most situations, many diseases, low intelligence, lack of certain talents, religious convictions, many values and standards, injustice, wars, racism, ... are caused by the programme around people. Everything positive, the right truth, the right knowledge, are the result of the energies and subsouls. From the millions (or possibly billions) of varieties of energies and subsouls that belong to the free soul, only a few thousands of varieties are free and in some people perhaps only a few hundreds or dozens. We are extremely suppressed and limited in our human existence compared to what we could be, if all the patterns were destroyed and all energies and subsouls were free. For that matter, a soul that incarnates in the body of an animal is even more suppressed than the soul that incarnates in the body of a human being.



This picture is a schematic representation of the course of life of man, which is determined by the subconscious mind around man. In reality, the subconscious mind extends out very far around man.

Representation of a soul in a person surrounded by the subconscious mind. Patterns: egoism, aggression, insecurity, anxiety, jealousy. Energies: intelligence, love, creativity, self-confidence. Subsouls: willpower, leadership.



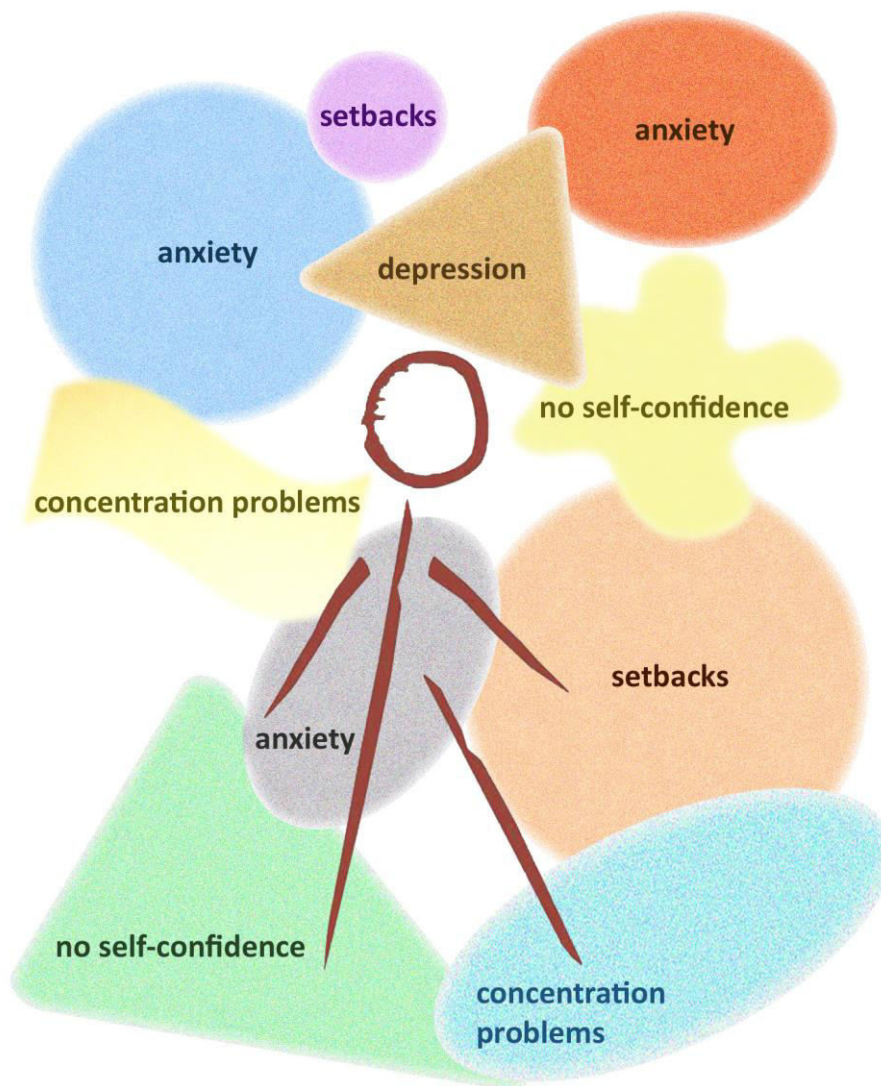
I will try to explain how I perceive the patterns, the energies and the subsouls. The patterns, the energies and the subsouls have various colours. I perceive the matter of the patterns as a slightly discernible, grey or coloured shape, comparable to a shadow, a phantom, a haze. 'Subtle matter' might perhaps be a correct term. One particular pattern does not form a coherent whole. It's a collection of a large number of shapes in all colours of the rainbow (one colour for each shape) which are all located in different places, close by or far away from the body. These shapes are three-dimensional and they are rectangular, spherical, wavy, ... all kinds of shapes. They can have a diameter of 10 centimetres, 20 centimetres, 50 centimetres, 1 metre, 10 metres or more. For example, I might perceive a one metre high by 60 centimetres wide light, red oval behind a person. And I might perceive a light, 20 cm long, yellow bar-like shape on the head and partially in the head. And I could perceive a light, 10 centimetres diameter blue ball behind and partially in the right ear. All these various forms together, which are located at different places, could, for example, make up a part of the pattern of 'sadness' in someone. For example, a pattern of anxiety could consist of the following parts: a 20 centimetres diameter round, orange ball in the belly; a

brown, 50 cm high and 30 cm wide jagged form behind the head; a two metres diameter, black mass under the feet; an 80 centimetres yellow oval somewhere in the neighbourhood of Africa, etc. (The matter extends out very far around people).

Several forms can occupy the same location. After a form has been destroyed (which is what we do in the SL method), another form can be perceived in the same place later on.

These forms have a content in the form of a concept, a feeling of an image, for example, a feeling of inferiority, an attitude of tyranny, a feeling of compulsion, or a concept, such as 'everything fails', 'you are without love', or an image from this life or a previous life.

Patterns



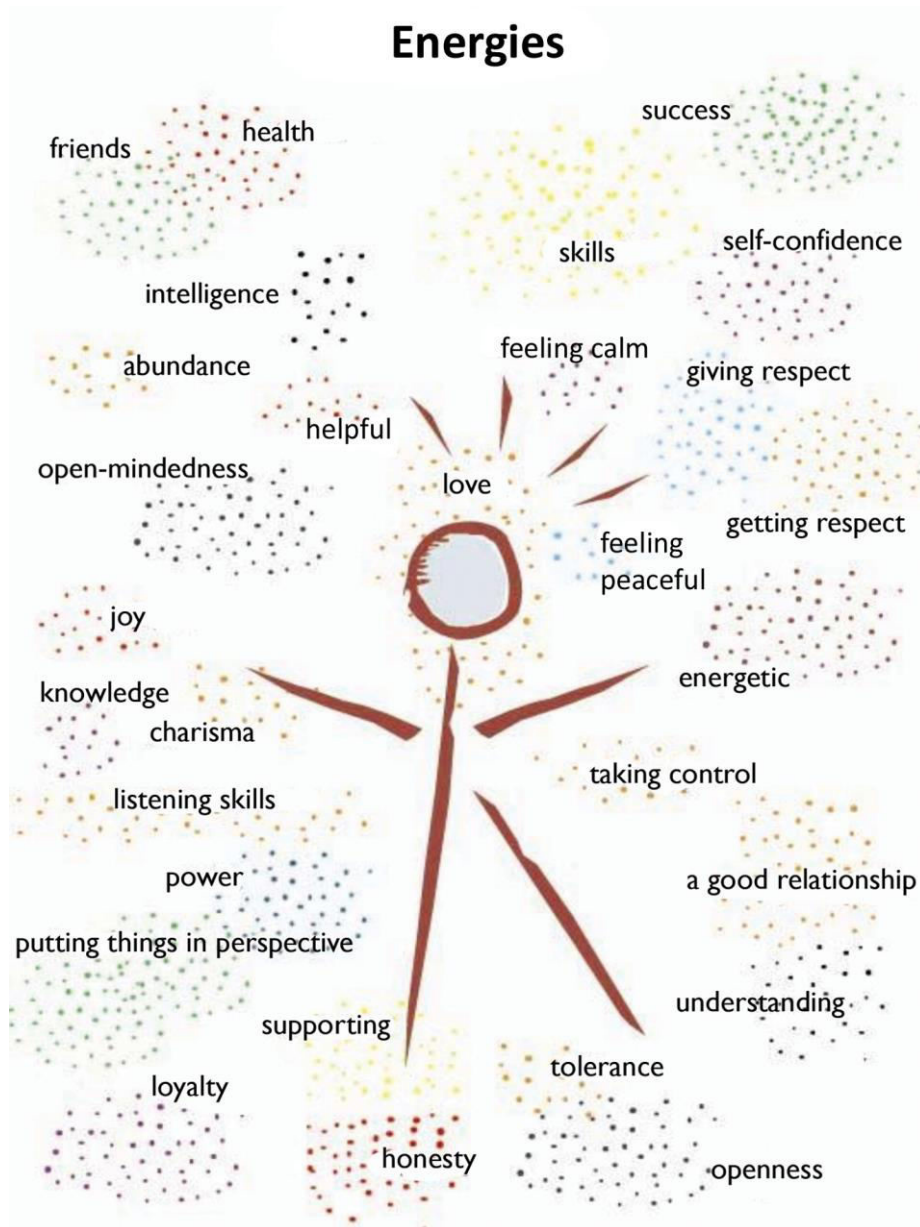
As mentioned earlier, the positive part of the subconscious mind consists of two types: the energies and the subsouls. The subsouls are conscious, and the energies are not conscious. There are millions (perhaps billions) of varieties of both kinds, at least, if they were free. The majority of the energies and subsouls are trapped under the matter and have lost their potency. I usually perceive the energies as a collection of dots, which together have a certain volume, or (rather exceptionally) as shapes similar to those of the matter. These groups of dots and shapes have various colours (one colour for each energy) and have both small and large sizes. Energies represent qualities. An energy contains, or rather equals a quality, for example: love, honesty, being understanding, stamina. The energies that are free are not stuck in a certain location, like the forms of the patterns, but move freely around a person, at a smaller or greater distance.

The subsouls are the conscious kind. They also have various colours (one colour per subsoul), various sizes and the most diverse forms. These shapes are two dimensional or three dimensional and they can be, for example, a thread, an oval, a ball or a flat surface with branches, a triangle, dots, a humanoid form, etc.

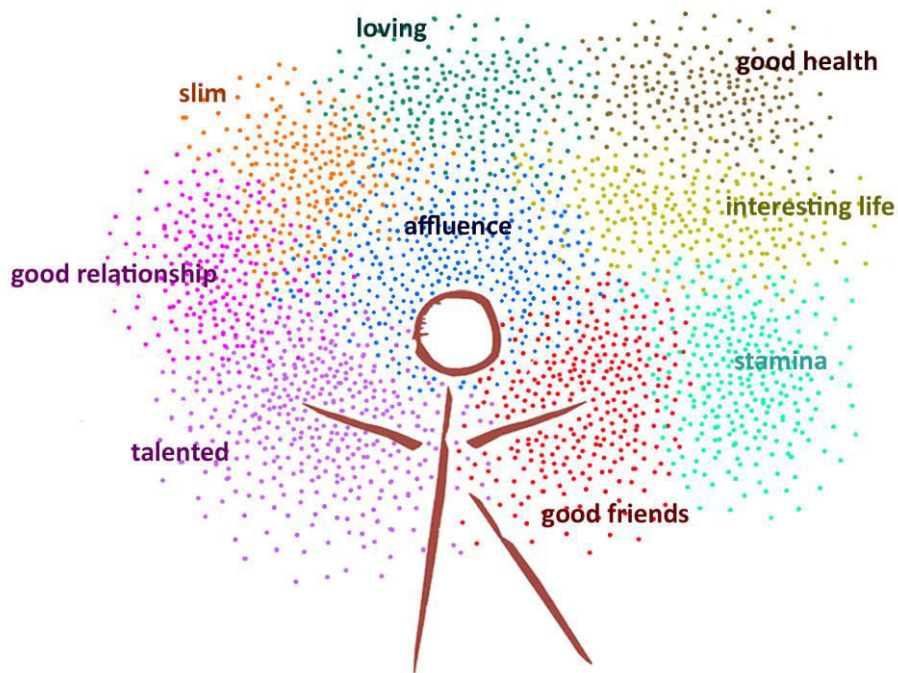
They represent qualities, just like the energies, but apart from that, they are conscious. They can undertake actions and reason, just like a human being. However, the functions of a subsoul are limited: each subsoul has one function, just like the energies. For example, if someone is very good at maths, this mathematical insight can originate from a subsoul or from an energy or from a combination of both. For example, someone who is good at mathematics can have a subsoul that has the knowledge of 'mathematics'. This subsoul represents 'mathematical insight' and nothing else. Another subsoul or another energy is required for linguistic insight. The subsoul of 'mathematical insight' only has mathematical insight and doesn't hold love, or persistence, or linguistic insight. There are other subsouls for that.

A subsoul can steer somebody's actions. A subsoul can go and look all over the world for something that someone needs and it can steer things so that the things he needs will cross his path. A subsoul can also contain every possible quality, like for example 'empathy', 'honesty', or whatever.

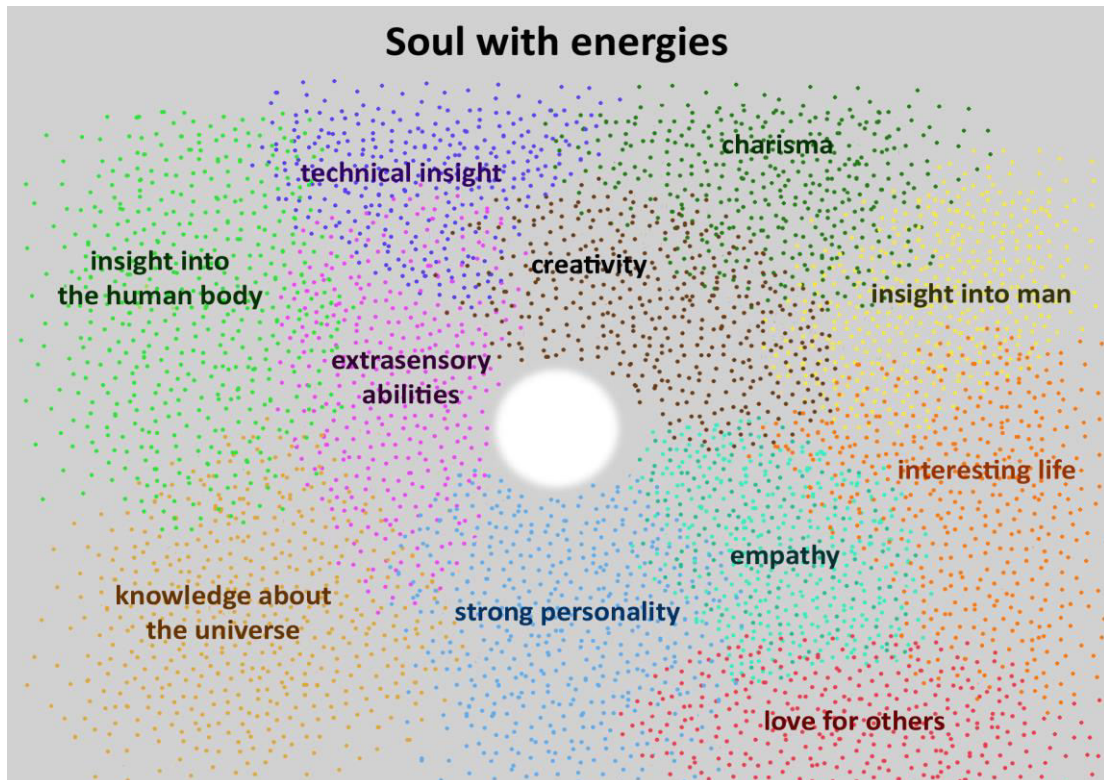
The energies look like groups of dots



Energies around man

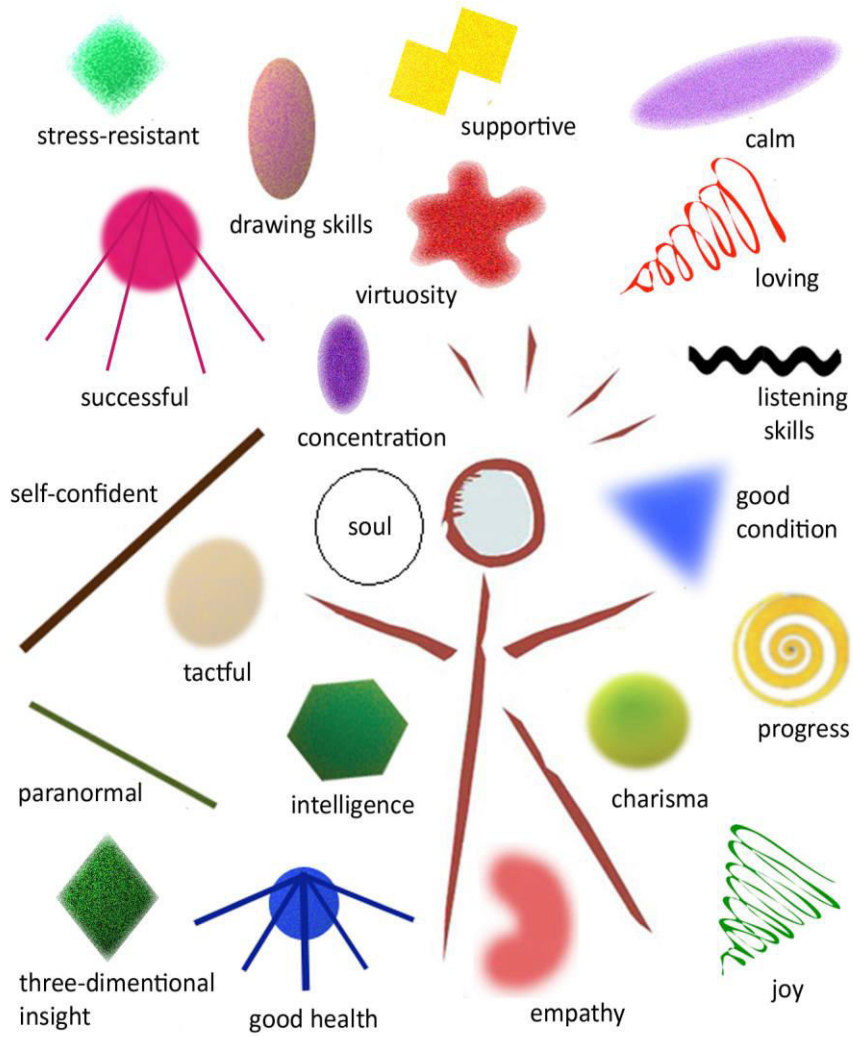


Soul with energies



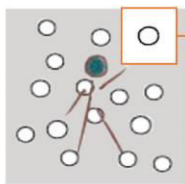
Subsouls around man, they have different shapes

Subsouls

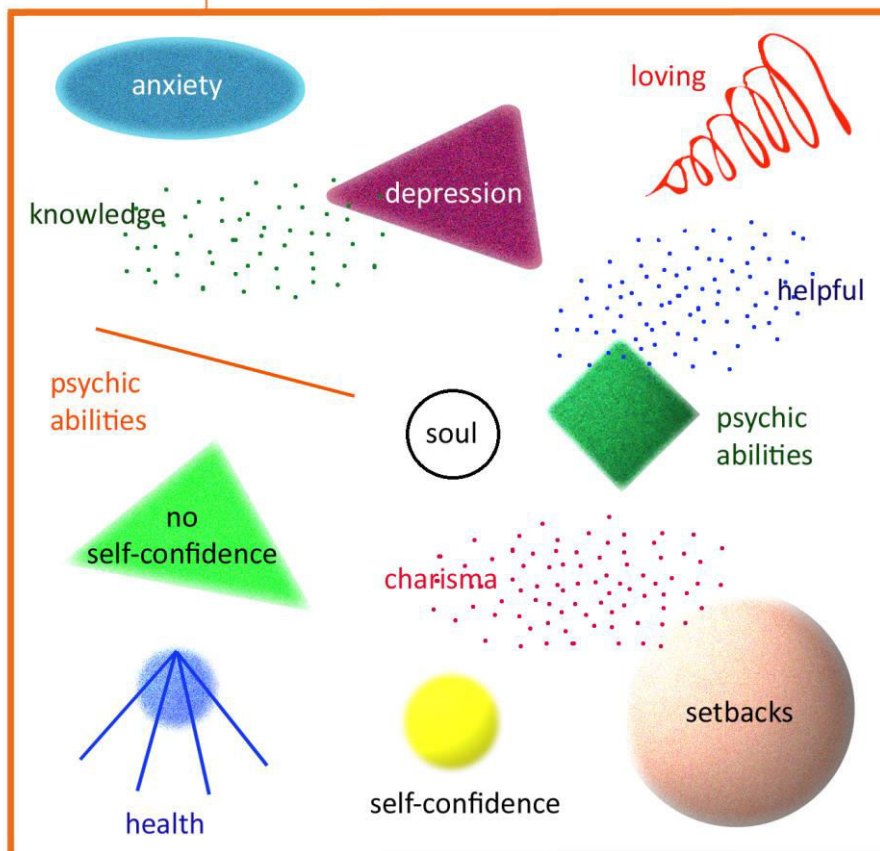


Several souls incarnate in a body, each soul is surrounded by patterns, energies and subsouls

Soul surrounded by energies, subsouls and patterns



Various souls have incarnated in man, and every soul is surrounded by energies, subsouls and patterns.



The ideas, feelings, properties that are present in the patterns, energies and subsouls, are experienced by us as our own ideas, feelings, properties although they belong to something that surrounds us. Someone who feels jealous, actually feels the jealousy that is present in the pattern. If someone has an extraordinarily developed talent for sports, like, for example, gymnastics on a balance beam, whereby the gymnast swings from one beam to another and performs the most complex movements, then there is a subsoul outside the body steering and controlling the body. However, we perceive this control as coming from ourselves. We perceive the knowledge of a subsoul as our knowledge. A subsoul enjoying itself is experienced by us as us enjoying ourselves. Feelings of love or pity, that originate from the energy of 'love' or the energy of 'pity', are experienced by us as originating from ourselves.

However, this is different in the application of the SL technique. The beam that I aim at the patterns in front of me when I work from a distance, is produced by the subsouls, and I also perceive it as produced by the subsouls. So, in this case, I do actually perceive that these beams as being produced by the subsouls and not by myself. There are people who feel like there is something that guides and helps them. This feeling can result from patterns, but it can also come from a subsoul who does indeed help and lead. In that case, one does not attribute one's actions to oneself.

I suppose that the soul in its original state (aeons ago) was only surrounded by energies and subsouls, without being trapped in one single pattern. This could be called a divine state, in which the soul might perhaps even be capable of creating something phenomenal like a universe. Somehow or other, the soul got trapped in the patterns, which have continued to build up in the course of times.

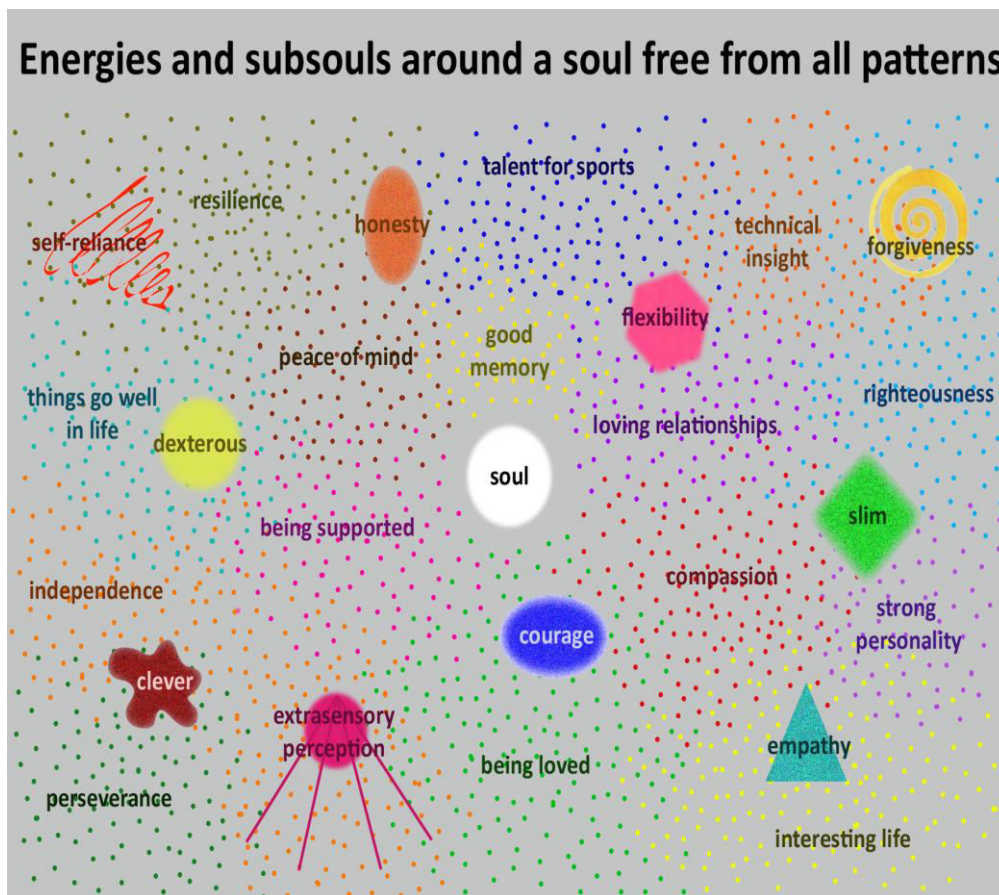
The goal of the SL technique is to release a person (or a soul) from all these patterns, as a result of which the soul will reason and act on the basis of the free will, which means reason and act on the basis of energies and subsouls instead of on the basis patterns. A soul that is freed from the patterns, will be freed from the reincarnation cycle and will possess the right truth, based on energies, instead of wrong truths and values imposed by patterns. A free soul has the highest possible ability, the highest possible knowledge, the highest possible love, the highest possible happiness and total control over the way occurrences and life unfold.

An example of a false truth caused by patterns is: 'someone who is rich, is of more value than someone who is less rich'. An example of a right truth that is the result of energies is: 'all people are equal'. Prejudices, narrow-mindedness, living according to restrictive rules and values that are considered the only right thing, religious convictions are the result of patterns and are therefore incorrect truths. Open-mindedness, being able to see things from various points of view and having the right views on the existence of man (which one day we'll know, when all the patterns will be removed), are the result of energies and are consequently right truths.

The purpose of the SL technique is to destroy the millions of patterns and to release the millions of energies and subsouls. We want to completely break down the programme or the negative part of the subconscious mind, which is present in and around a person, and to free the person from the eternal cycle of reincarnation. This takes a lifetime (and more than that). SLT is not a method intended for people who are looking for a solution to just one or a few problems. It's a technique meant for those who want to be freed from all patterns and who aspire to have all the energies and subsouls that are part of them, once again at their disposal. It's a technique meant for people who are willing to work their entire lives to achieve this goal.

For the sake of convenience, I will henceforth only use the word 'energies' when I talk about energies and subsouls.

Below you see a representation of a soul free of patterns, this is the situation that we want to achieve with SLT



It is my view that someone doesn't choose his negative or less favourable behaviour. People's behaviour and convictions are controlled by patterns and not by free will. There are lots of patterns in the subconscious mind that protect the continued existence of the programme, to make sure the patterns will never be destroyed. If someone doesn't want to change or doesn't want to be helped, this wish is not the result of the free will, but of a pattern in this person that ensures that the patterns will continue to exist and that someone will continue to have their problems. If someone is treated with the SL technique, who doesn't know or want this, this person will still be very grateful afterwards that the problem is solved. It is my view that everyone in the world (man and animal) has to be released from the programme.

Suppose a magician or a hypnotist with evil intentions possesses a technique to hypnotize others from a distance or to implant a programme in someone else's subconscious mind, (which is what (black) magicians actually do). Suppose the magician implants something that causes someone to

become very egoistic and to only want to earn his living by stealing. Together with this, the magician will also implant that this person doesn't want to change his behaviour. The person with this implant will never be interested in self-improvement and in becoming a better person. It's a good deed to free him (against his own will) from the implanted programme that made him an egoist and a thief. As soon as this person is freed from the implant, he'll only be very grateful for the help he received.

Religious and new age ideas are also the result of implants (patterns) that prevent someone from feeling the desire to be released from the patterns, and that prevent the world from ever being freed from misery.

According to the new age ideas, man's purpose on earth is to learn lessons. This is a trap that has caught those who believe this. When one believes this to be true, one passively undergoes the things that happen in life and in the world, because one believes it has to be this way. When one believes this to be true, one will not be inclined to get out of the patterns, or to want to do something about the misery in the world, because one believes that someone who suffers has to undergo this in order to evolve. The view that we are here on this world to learn lessons, is the result of patterns and is not the truth. There is no single evidence of the truth of this view.

However, it is very easy to prove that someone acts on the basis of patterns or has problems caused by patterns. For when someone's patterns are worked on with SLT, it will be possible to find changes in this person, even if the person in question doesn't know anything about it. The new age ideas (for example: we are on this world to learn lessons, we have to go through karma (so, one can't interfere), only wanting to hear nice things and refusing to face the reality of everything that's ugly in this world, one may not free others from the patterns if they don't know or want this, one is not selfish because of the patterns, but because one chooses this behaviour and one will evolve to a more loving person by learning lessons) are a means used by the programme to protect itself. When you believe that you have to learn lessons, and that after many incarnations, you'll be enlightened automatically, you won't be inclined to want to be freed from the patterns. Since these views are totally wrong, these people will never be released from the patterns and will never be freed from the cycle of reincarnation and will never be enlightened.

Also when you believe in God and in the heaven where you'll go to after this life, you won't be inclined to want to be freed from the patterns. There is no heaven where you'll go to after this life, nor is there a source, a creator to whom you'll return. There is no single evidence that this idea is correct. On the contrary, you'll be reborn and you'll once again believe in God and once again you won't be drawn to a technique that can free you from the patterns. The belief in God and in heaven after this life is a trap, and it prevents the soul from ever being freed from the patterns, it causes the reincarnation cycle to go on forever and every life to be roughly the same.

So, is there any evidence that my views are correct? It is fairly easy to prove that great results can be achieved with SLT, even when the person whose patterns are worked on doesn't know this. Not everyone reacts in the same way (this is dealt with in detail further in this book), so it is not possible to find quick proof when a person does not react fast, but it can easily be proved that SLT works for the people who react fast. Moreover, someone who continues with SLT for long enough, will obtain the ability to perceive the subconscious mind, and the patterns and energies, and will be able to ascertain that problems are caused by patterns, and that changes will occur when the patterns are removed. When one can perceive the subconscious mind oneself, one will find that there are ever deeper layers of patterns. One will see for oneself that the patterns continued to

build up in times long gone and that the layers of patterns are present down to enormous depths. Then one will find for oneself that the greatest egoist or the most religious fanatic can be fundamentally improved or can be brought new insights, by breaking down the patterns and freeing the underlying energies. In this way, it can easily be proved that the SLT theory is correct and that the world and the human race will never be able to change unless the patterns are removed and the underlying energies are released.

Categories in the programme

I distinguish five categories in 'the programme' or 'the negative subconscious mind'.

Category 1: Personality and behaviour

The first category concerns people's behaviour, character, emotions and feelings, convictions and views of life, and psychological problems, in short, personality. Someone who is nervous by nature is the victim of a pattern (or programme) of nervousness. When someone has a calm personality, then this is due to an energy of calmness. If someone is sadistic, this originates from a pattern of sadism that compels this person to behave this way. Someone who is compassionate, has an energy of compassion. Someone who suffers from fear of failure or from a phobia, has a pattern of fear of failure or fear of ... If someone is a compulsive eater or drinker, there is a pattern behind this that compels this person to eat or to drink. The person feels compelled to eat or to drink and is unable to resist. As soon as the pattern of compulsive eating or drinking is removed, the excessive eating or drinking will stop. If someone feels a daily reluctance to do his job, then this feeling of reluctance is the result of a pattern. As soon as the pattern of reluctance is broken, this person will enjoy going to work. Lots of standards, values and prejudices are the result of patterns. Someone who thinks that the value of people depends on whether or not they wear designer clothes or have a degree, thinks on the basis of patterns. Someone who feels unconditional love for all people, acts on the basis of energies.

I look at each characteristic as something different, separate from the others and separately programmed in the subconscious mind. When someone is restless and is also meddlesome, has concentration problems, is worrisome, often feels bad, easily postpones things, has an urge to eat from dawn till dark, doesn't feel comfortable in confined spaces, has obsessive thoughts, hesitates in making decisions, is being far too good to others and feels inferior in the presence of people who are more beautiful, richer or more intelligent, then these are all separate characteristics that are the result of separate and unrelated patterns.

However, if someone is obese and has a complex about that, then these two issues are evidently linked. When an open, vivid child is abused and consequently becomes very introverted, the pattern of introversion is activated by the abuse and those two issues are linked. However, the abuse and the introversion wouldn't kick in if these patterns weren't present in the subconscious mind in the first place. A child who is abused, but who has no pattern of introversion, will not become introverted. A child who doesn't have a pattern to be abused, will never be abused. Personality patterns are the easiest to correct. Compulsions, addictions, egoism, egocentrism, procrastination, miserliness are more difficult than other issues.

Although behaviour is only caused by patterns, it can be influenced by a deficiency or a surplus of certain substances in the body or by medication. There is a link between the brain and the programme around people. I don't know how this works exactly. This is something that could be examined by science, as soon as the SL method is scientifically investigated.

Category 2: Situations and things that happen

The second category of the programme involves both negative situations and situations that are considered to be normal. For example, someone who runs a self-employed business and works for 16 hours a day, can consider this to be a normal situation. But if something like that wasn't programmed in the subconscious mind, then this situation wouldn't occur. If the pattern of working for 16 hours a day is removed, this situation will change. Some people are always lucky in their lives, this indicates the presence of energies and the absence of patterns. Others seem to be pursued by misfortune. People are often held personally responsible for this. People whose lives are difficult, are thought to cause this or bring this about themselves. However, the course of life is determined by the subconscious mind. A situation can only be permanently resolved by destroying the patterns. Good intentions, positive thinking or fighting for a lifetime, won't have a (lasting) impact. The negative subconscious mind is stronger than the free will and it will win. When a child is bullied at school, then this is not caused by his behaviour. Another pupil who displays the same behaviour, will not be bullied. The child is the victim of the pattern 'you are bullied'. Pupils who bully, have the pattern 'you bully'. The patterns 'you are bullied' and 'you bully' activate one another. If the pattern of being bullied is removed, the bullying will stop. A child who doesn't have the pattern of being bullied, won't be bullied, even if it comes into contact with fellow pupils who usually bully. Children who don't bully, don't have that pattern and will never do this, even if they come into contact with a child who has the pattern 'you are bullied'.

A child who doesn't get love from its parents during childhood and who is abused, has patterns that contain: 'there is no love', 'no one can love you', 'you are beaten by your parents', 'you don't get enough food', 'others only feel aversion towards you', 'others are irritated by you', 'you irritate your parents and you are disowned', 'your father is strict', ... The parents have patterns like: 'you are unable to love somebody', 'a child has to be suppressed', 'a child is a nuisance', 'you have to beat a child that is difficult', 'you can't be patient with a child', 'your child irritates you and you will disown it', 'you are strict with your child', ... When a second child in the same family does receive love, then it doesn't have patterns that cause the situation of 'not receiving any love' and it does have the energies to be able to get love. The parents also have a free energy of giving love to that second child. If the parents didn't have this energy of love, then the soul of the second child wouldn't have incarnated with those parents.

Situations are determined by someone's personality only to a limited extent, they are mainly caused by specific patterns that control the situation. For example, when two entrepreneurs both start a similar business with the same resources and the same engaging personality, then the business of one of them can go well and the other man's business can go bankrupt. If someone has patterns that determine that their business will not be successful, and which also suppress the energies responsible for success, then the business won't be successful, no matter how nice or competent this person is. An entrepreneur who sets up a publicity campaign and who has patterns of being unsuccessful, will not achieve results. Someone else who does the same, but who has free energies of success, will attract a lot of new customers as a result.

It goes without saying that someone's personality plays a part in running a business. If a salesman is unfriendly, he'll sell less. If a business manager runs his business carelessly, then it's evident that this may result in financial losses. But someone can also be unfriendly and careless and still have a good business. An entrepreneur who approaches his customers in a rather brutal way, and yet has

free energies of success, will sell more than someone who is very engaging, but who is blocked to achieve success. If an entrepreneur is unfriendly, this is determined by a pattern that makes him unfriendly. The fact that his business doesn't go well, is caused by a completely different pattern, a pattern that dictates the business will not go well. It is this pattern that will determine whether or not the business will do well and not the pattern that causes him to be unfriendly.

If someone doesn't find the right partner, then there are patterns in the subconscious mind that contain: 'there is no love', 'you are alone', 'there is no partner'. Of course, a man who is very shy and who is afraid to approach a woman, will remain single as well. In this case, the situation can change by resolving the shyness. If there is still no relationship then, or if he attracts the wrong partners, then there are still other patterns impeding love, apart from the patterns of shyness. If someone fails his exams, there may be a pattern that determines that a degree may not be obtained, irrespective of his level of intelligence. If the pattern 'not getting a degree' is broken, the student can pass.

If several people are involved in a situation, they all have their own patterns for their share in the whole picture. If a woman doesn't get pregnant (although no physical causes can be found), then both the man and the woman have patterns that prevent the woman from getting pregnant. If this pattern in the woman is removed, the man's pattern can be deactivated as a result and the woman will get pregnant. Sometimes, however, the pattern in the man has to be broken as well. This woman has patterns like 'you don't get pregnant', 'there are no children', etc. and the man has patterns that say 'your wife doesn't get pregnant', 'you remain childless', etc. If a woman only gets pregnant after the adoption of a child, then both the father and the mother have patterns that prevent a pregnancy, unless a child has been adopted.

A woman who dominates her husband, has the following pattern: 'you suppress your husband', and he is the victim of the pattern 'you are suppressed by your wife'. A man who doesn't have patterns of being submitted, won't feel attracted to a woman who has patterns to submit a husband. If a man who doesn't have patterns of being submitted, yet marries a woman who has patterns to submit, this woman won't submit him because this pattern won't be activated by the man. However, another partner who does have these patterns, will be dominated by this woman. Patterns are activated or not, in accordance with the patterns of others.

Sometimes, a pattern like 'dominating someone else' (or whatever) that is present in someone, is connected to the pattern 'being dominated', which is present with a second person (it is one pattern with two contents that is present with two people) or, for example, the pattern 'experiencing jealousy', which is present in one person, is linked to the pattern 'being jealous' present in someone else. A pattern can consist of two (or more) opposite parts that belong to different people. If the pattern of one of the people involved is removed, the part(s) that belong to the other(s) will automatically be destroyed as well.

The mere presence of the pattern of a certain situation (or whatever) in someone's subconscious mind, doesn't necessarily mean that this situation (or whatever) will certainly occur, since lots of patterns are never active. They can surround a person, but they are inactive, they have no influence. But if a certain situation (or whatever) takes place, a pattern that causes this situation will always be found.

It often suffices to remove a pattern from one of the parties concerned for the situation to change, since the patterns of the others involved will be deactivated as a result. However, the latter may be stuck in the pattern to such an extent that it is impossible for the situation to change by removing

the pattern in someone else. If person A feels that his or her partner doesn't listen in conversations, then a pattern of person A is active that causes the partner not to listen. There is also a pattern active in the partner for not listening to others or to person A. One has to have a free energy of 'interest in others' or of 'being able to listen to others' in order to be able to listen. If this energy is totally absent, then the partner will still not listen, even if the pattern that the other doesn't listen is removed from person A. However, the situation will change for person A (since the pattern that the partner doesn't listen, is no longer present), because he will no longer be bothered by the fact that the partner doesn't listen or because he can find another sounding board or because he will leave the partner who doesn't listen, or the partner's pattern of not listening will be treated as well, so that he will listen.

In some situations, especially 'absence of money and success' and 'absence of love' more hours of breaking down patterns are required than in the case of character issues in order for results to be achieved. The latter are located higher in the subconscious mind, whereas the bases of patterns of some situations (especially those that have to do with money and love) are located at much deeper layers. The patterns involving money and love consist of a greater amount of matter and, therefore, they require more time to be peeled off. Moreover, there are more variations of these patterns than of those that have to do with personality traits. The energies that have to be released in order to have affluence and love, are mostly present in deeper layers of the patterns, and therefore, a pattern has to be broken down for a great part before large quantities of energies can be released. Regarding personality issues, the release of energies is not always required for the problem to be solved. For example, it's sufficient to break down a pattern of grief for the grief to disappear, without energies having to be released. The symptoms can get better as soon as a piece of the pattern of grief has been destroyed, even if there are still remnants. Money and love are amongst the most difficult issues to be solved.

Category 3: Diseases and physical complaints

Genetic disorders, diseases that result from micro-organisms or from parasites in the body, and physical injuries can't be cured with the SL technique. However, the fact of coming into contact with micro-organisms or parasites and catching a disease and dying as a result, or being injured, can be prevented by removing the pattern that causes these situations preventatively. Even the fact of carrying the gene for a certain disease can be determined by patterns. In a woman who suffered from early dementia, I could perceive a pattern that is activated in between two lives. This pattern caused her to be born to parents who both had this gene and caused her to inherit this gene.

I make a distinction between symptoms caused by matter of the most diverse patterns (for example: anxiety, jealousy, poverty) which is present in the body and in the organs on the one hand, and diseases generated by a pattern that influences the internal functioning of the body and which is located in and around the person on the other hand.

For example, a headache is often the result of blockages in the body. When there are patterns of sadness, resentment, setbacks or whatever stored in the head, you get a headache when these patterns are activated. Constipation, diarrhoea, an upset stomach, heart problems, back problems, calluses on the feet, pressures, pains or tensions and lots of other symptoms are often the result of local blockages and can often be resolved easily. The matter of a pattern only has to be removed from a body part to make it function normally again, or to take away the pain. However, the same

complaints can also be the result of patterns that dictate this disease and which are present around someone. In that case, lots of layers have to be peeled off, which takes many more hours of treatment than in the first case.

Diseases are the result of complex patterns that disturb the physiology of the body. These patterns contain all the steps that occur in the body in order to cause the disease, down to the smallest detail. They contain information about organs, glands, cells, hormones, enzymes, all kinds of substances ... and their functioning. Diseases may require lots of hours of treatment because the patterns that cause them, consist of large amounts of matter and are stored deeper in the subconscious mind.

If a scientist could perceive the patterns of diseases, he would have access to a wealth of information. It's possible to read the patterns of any disease and to discover what happens in the body during the disease process. Very valuable knowledge about the brain is also hidden in the patterns. If medically trained people were capable of reading the patterns, they would immediately gain a better insight into diseases they have little or no information about. If researchers in the pharmaceutical world had access to the information in the patterns, they would be able to develop the right medication much faster and thus save significantly on research costs. The ability to read the patterns could also be a very valuable tool for making a diagnosis. A physician would only have to scan his patient's subconscious mind and look for patterns that are linked to a symptom, a physical ailment or a part of the body to get incredibly valuable information.

Since I am not medically trained, I don't always understand the contents of the patterns when I treat diseases. Nevertheless, I can always find the patterns and break them, even when I'm not familiar with a certain disease. I don't have much experience with diseases, though, because I usually treat people who want to improve their personality.

Lots of incurable diseases, like for example schizophrenia, Alzheimer's disease, cancer, are caused by patterns and can be cured or prevented with SLT. In fact, the diseases for which no explanation has been found so far, and which are still incurable, are the ones that are caused by patterns. Science is looking for the cause of incurable diseases in the physical body, in the genes. However, scientists will never find the cause, because they look in the wrong place. Autism is also the result of patterns and can be completely cured with the SL method. An example of SLT applied to a 7-year-old boy is to be found in chapter 19.3 and an extensive description of this boy's patterns of autism are in chapter 20.2

Cancer can, to a greater or lesser extent, be caused by external factors, like radioactive radiation, viruses, certain foods, all kinds of chemicals, but can also be caused by patterns that influence the chemical functioning of the body. Sometimes, there's a pattern that dictates that there will be tumours from a certain age onwards. Apart from that, the same person also has patterns that contain a description of the chemical processes that occur in the body in the case of cancer. Sometimes, a pattern that causes cancer is linked to patterns of painful situations. For example, when someone has much grief or a great many worries, then a pattern of cancer that is linked to the patterns of grief or worries, is activated.

Even if cancer is caused by external circumstances, then there are patterns behind it. For example, someone will never get cancer as a result of radiation if there are no patterns that determine that you will end up in a situation where you are exposed to radiation.

Alzheimer's disease is caused by patterns. However, there is a form of Alzheimer's disease that

begins at a young age and for which science has found a gene. So, this form of Alzheimer's is not caused by patterns. However, a soul can only end up in a body where that gene is present if it has patterns that cause it to incarnate in that kind of body.

Schizophrenia is caused by a whole series of patterns, both by patterns that influence the chemical functioning of the brain and by patterns with ideas like 'there are voices', as well as what those voices say, for example 'they are dangerous, they'll do you wrong', 'you are the master of the world', 'you can achieve anything you want, nobody or nothing can harm you', a feeling of confusion in combination with ideas like: 'you don't know reality, what is reality?'

The following is an example of a pattern that influences the functioning of the brain in the case of schizophrenia. 'The brain activity slows down, and then suddenly, there's a very intense brain activity. There's an acute start of intensive chemical processes. Mental data (images, ideas), which are present in the brain in the form of chemical data, are very quickly retrieved from the brain and next they are subject to abnormal chemical processes that make them distorted. These distorted data are stored once again, and then this process is repeated. This leads to the creation of a jumble of a huge amount of distorted data. This causes hallucinations and delusions. There is a jumble of thoughts and images in the brain, which results in great confusion. There is no coherent whole of ideas, but a jumble of the most distorted (insane) ideas and images.'

The SL method can cure schizophrenia and it can prevent Alzheimer's disease and cancer. Once someone has cancer or Alzheimer's disease, it's too late to interfere, unless perhaps in the initial stadium. The patterns of schizophrenia, cancer and Alzheimer's disease are located deep in the subconscious mind, they are huge, and require much time to be destroyed. In the case of schizophrenia, there's enough time, since schizophrenia is not a life-threatening disease.

As far as depression is concerned, there are two different types. The first type is the result of personality patterns like, for example, discouragement, feeling washed out, sadness, not being able to come to terms with a loss or a setback, feelings of inferiority, loneliness etc. These may or may not be activated by a difficult situation. Apart from that, patterns that contain the feeling of 'being depressed' are also active. This kind of depression can easily be resolved, because in this case, there is nothing physiologically wrong with the depressed person, and the depression will disappear by removing the patterns that cause the painful feelings. A second type is caused by disease patterns that cause certain substances not to be present in the body in the right amounts. It takes longer before this type of depression has disappeared. The following is an example of such a pattern: 'There are substances A, B, C, ... that have to react with each other, but the pattern contains a formula that causes the substances to combine incorrectly. The wrong chemical reactions take place between these substances. A substance D, which is needed by the cell in order for cellular processes to occur, is absent as a result. Since the normal cellular processes can't occur, another substance E can't penetrate the cell, and is rejected. Some essential cellular processes can't occur as a result. Consequently, there is a lack of energy in the cell. This causes depression, listlessness, fatigue.'

Also in the case of sleeping problems and fatigue, two types can be distinguished. Sleeping problems can be linked to worries, excessive fretting, excessive thinking, grief, anxiety, etc., or there is simply a pattern present that dictates: 'you sleep badly', or 'you wake up at night' etc. In these cases, even the most severe sleeping problems can be resolved in the short term. However, sleeping badly can also be caused by a pattern that disrupts the normal chemical processes that induce and sustain sleep. This type is more difficult to remedy than the previous one.

Fatigue can be linked to disappointment, having a difficult life, a pattern that contains the feeling of fatigue or 'you are tired'. In this case, the fatigue can be resolved quickly. However, if the fatigue is the result of a pattern of disease, it will require more effort to be remedied.

The ageing process of the body is certainly genetically determined to some extent, but it is also programmed in the patterns. The patterns dictate what has to happen in the body in order for the body to decline. The decline of the eyes that occurs with ageing, is also in part dictated by patterns.

A low or high pain threshold may be genetically determined for some part, but there is also a pattern in the subconscious mind that determines the pain threshold. A high pain threshold is the result of energies. A pattern causes us to be fixated on the pain and to be unable to distract our attention from it, which makes the pain even more unbearable.

Premenstrual symptoms disappear when a woman is treated with the SL technique. This could lead us to conclude that these symptoms are caused by patterns and not by hormonal fluctuations. Excessive vaginal discharge is also the result of patterns and disappears as soon as the patterns in question have been broken down.

In most cases, bad breath is the result of bacteria in the mouth that produce gases. However, these bacteria are present in everyone's mouth and yet some have bad breath and others don't. Unless bad breath is linked to a disease, it is the result of patterns and this problem will therefore disappear when the SL technique is applied.

In the case of obesity, there may be patterns to be found in the subconscious mind that dictate that someone has to be fat. Sometimes, someone can lose weight by breaking the pattern 'you have to be fat' or 'you may not lose weight' without having to change his/her eating habits or his/her way of life. Diseases are often activated by a situation or by someone's behaviour. For example, a pattern of stress can be linked to a pattern of a disease. These two patterns are connected, when one pattern is activated, the other will become active as well. For example, eczema gets worse when there are problems at work or with the children, or when someone doesn't get enough attention, then they develop anorexia or some other disease. The following example really happened: a boy who failed his exams subsequently got cancer. The pattern that caused this said: 'you have failed, you no longer have any value, you deserve to die' and next the cancer pattern was activated, since there was a link between these two patterns in the subconscious mind.

Diseases are sometimes activated by patterns like 'you have to suffer', 'there always has to be a disease', 'you have to get attention', etc.

When people are very healthy, there are no patterns of disease which are active and there are lots of free energies that feed and influence the various body parts.

Somehow or other, there is a link between the brain and the patterns. Patterns can be activated more easily if certain parts of the brain don't function normally. A person's state of mind can also be influenced by medication that influences the brain, even if this state of mind is caused by patterns that are present around the person.

What happens in the placebo effect is the following: the pattern that causes the ailment, is deactivated because people expect the ailments to disappear.

Category 4: Intelligence and talents

Worldwide, it is assumed that intelligence or the lack thereof as well as having an aptitude for certain things or not, are hereditary and are determined by the genes. And it's almost impossible to look at it otherwise, certainly in cases where it is found that the level of intelligence and talent of

people in the same family are very similar. And yet, I have another explanation for this phenomenon.

Intelligence and talents are the result of energies and subsouls around people, in combination with a normal functioning of the brain with regard to storage, retrieval and comparison of data (the chemical processes in the brain). Lack of intelligence and talent is caused by patterns that suppress the energies and the subsouls responsible for ability, in combination with patterns that impede the normal functioning of the brain with regard to storage, retrieval and comparison of data. The energies are literally present under the patterns. A soul with certain energies or patterns will mainly incarnate in environments with the same energies or patterns and therefore certain things seem to be hereditary.

Someone who has a talent for sports, who is dexterous and who has a mathematical turn of mind, has the following free energies: 'the energy of sports', 'the energy of dexterity', 'the energy of logical insight'.

Examples of patterns of low intelligence are: 'slow thinking', 'you are unable to assimilate', 'not understanding', 'you are unable to see connections', 'you have to repeat something a dozen times before you are able to remember it', etc. The patterns that influence the functioning of the brain cause the brain to work slower or cause chemical processes in the brain to go wrong. If the brain functions smoothly, this is due to energies that feed and control the brain.

Here are some examples of patterns that influence the functioning of the brain in intellectual processes:

- When information in the brain is compared (a process that occurs when we reason), incorrect data is created: one of the elements of the comparison (data in the form of a chemical substance), is chemically distorted, which results in flawed reasoning.
- An error happens during the conversion of data into a chemical and the subsequent binding of this data to another chemical for storage in the brain. The pattern contains the formula of what goes wrong (a formula of chemical processes).
- Data converted into chemical information is stored at a certain address in the brain. There is a defect in a chemical substance or in a process related to the address management, and as a result, the data is stored at the wrong address. The same error occurs when data is retrieved: information is retrieved from the wrong address. Consequently, the wrong data is used in reasoning.

Concentration problems are almost always the result of patterns like: 'your thoughts are elsewhere', 'you can't focus', etc. In a minority of cases, they are caused by patterns that influence the functioning of the brain. Concentration disorders can often be resolved quickly, unlike increasing intelligence, which is one of the most difficult things. In most cases, (there are always exceptions) significant progress is only achieved in the long term and after a great many hours of peeling off patterns. Patterns that suppress intelligence are located down to deep layers of the subconscious mind and consist of large amounts of matter. The energies that bring about intelligence are mainly present in the deeper layers of the patterns. Hence, it takes a lot of time to get through the layers of the patterns and to release the energies. However, some increase in intelligence can usually be achieved in the short term. Sometimes, there are patterns that hold a concept related to intelligence which are not very

large, which aren't stored in very deep layers, which don't suppress a great many energies, but which rather cause an inhibition that can simply disappear after the pattern has been destroyed. For example, the pattern 'when someone explains something to you, your thinking is blocked'. Someone who has this pattern will find himself unable to think as soon as someone explains something. Once this pattern has been removed, they'll be able to think normally when something is explained. As a result, the intellectual processes will go more smoothly.

In general, it takes less hours of peeling off patterns to improve the memory in order to memorize subject matter than in order to improve intelligence. Some people may even experience significant progress in this area in the short term. Some people may also see their talents like dexterity, talent for sports and other abilities improve in a reasonably short term.

A mental handicap can be due to brain injury, but in most cases, it is probably the result of patterns. Brain damage that is present from birth can be caused by patterns that cause deviations in the brain during the formation of the foetus.

Category 5: Common patterns of all people

The fifth part is about a common programme for everyone. We all have patterns like:

- Eternal reincarnation. We live our lives and negative things that occur, are repeated in a next life and in the lives after that, and have occurred in previous lives as well. When someone is born in a poor family, is abused as a child, later marries the wrong woman, has handicapped children and can barely make ends meet, then this scenario will repeat itself in the next lives, unless these patterns are broken.
- The existence of the universe and the bodies on a planet with the purpose of capturing the soul in matter.
- We, as a soul, are imprisoned in an object, namely our the body. This object has to be fed continually, and it has to be sheltered. In order to fulfil these needs, we need money and we are forced to work all our lives. This causes life to be a condition of imprisonment and a struggle.
- We are stuck in the present, we always live in the present, we always experience moments in the present. Life is a sequence of moments. We think that this is normal, but this is because we are stuck in a pattern that makes us experience life this way. I don't know what the situation would be like if we were not caught in this pattern, but the way we experience time is the result of patterns.
- Eating, sleeping, working, sex, eating each other (man eats animals and the animals eat each other), living for a number of years and dying.
- Things happen to us, we have little choice over how we want to live our lives, life decides for us, we are born, we are rich or poor, beautiful or ugly, intelligent or stupid, successful or marginal, healthy or ill, we get cancer, there are inundations, we die ... The only thing we can do, is try to cope with certain situations and adapt.
- Being subjected for a lifetime to the culture's (narrow-minded) laws and standards in which we are born, which are mainly the result of patterns. We follow the group mentality, we are afraid of what others will think and there is no individuality. Someone who thinks differently and who tries to do something about the habits or abuses, stands alone in a society of conservative people. The ability to have a critical look at the values of one's own

society is almost non-existent, almost everyone does as the others do, without a critical evaluation of the way of life.

- Starting as a child, having forgotten everything about previous lives, behaving like a child, growing older, going downhill and suffering before dying.
- Reproduction: the sexual drive with the purpose of maintaining the cycle of reincarnation.
- Women have long hair, men have short hair.
- The distinction between man and woman, the inferiority of woman to man, the sex stereotyping, the different characteristics and the different talents of man and woman. Science has established that male and female hormones have an impact on the behaviour of men and women, that a man's brain functions differently than a woman's brain. This is the result of the contents of the patterns. Talents that are present to a lesser extent depending on the sex, can be released with the SL technique.
- The pursuit of money, greed. Wanting to gather material things and not sharing with others.
- Inequality and injustice in the world and the existence of rich and poor.
- Having to work for a lifetime, often for a mere pittance.
- There is little love in the world, people are focused on themselves and live for themselves. The world revolves around egoism, injustice and money. There is almost no interest to improve oneself, for example with a method like the SL technique.
- We all look at the world from our own point of view, rather than from a perspective with an overall view of the whole.
- We only know our own inner world, without knowing the inner world of others. We are mentally cut off from the others.
- Loving one's own family and one's own children more than other people and other people's children, being willing to do a lot for one's own limited circle and the indifference towards the problems of outsiders.
- Life is mainly about having a partner and children, apart from the pursuit of money and power.
- Poverty, dreadful situations, life is a struggle for many people.
- The system of money, the economy, periods of booms and periods of recession, the stock market, the rhythm of the stock market.
- Disasters and wars, drought and famine.
- Racism, differences, hate and wars between ethnical groups.
- The worldwide activation of common patterns that cause disasters, so that plane, boat, train and other disasters occur one after another in different places in the world.
- The low intelligence and the limited knowledge of the human race (compared to the intelligence and the knowledge we would have, if we were free from the programme).
- Having to find out how the universe is put together, not knowing this spontaneously. Having to learn things and not knowing everything spontaneously. Not being able to perceive atoms, micro-organisms, the universe.
- The general absence of extrasensory perception, not being able to perceive the energies and the programme around people and therefore not being aware of their existence, as a result of which the programme can't be destroyed and the soul is forever imprisoned and suffers eternally.

- The conviction of science that there is only a body and no soul and that extrasensory perception can't exist; the fact that science looks for an explanation for behaviour, intelligence and too many diseases in the genes.
- The various religions, which are the result of patterns that suppress the right truth in the form of energies. The ideas of the new age movement.
- The idea that we act out of free will.
- The belief in God, which is the result of patterns and which once again suppresses the right truth, which is based on energies.
- The opposition against and jealousy of new discoveries and new ideas. The opposition against psychic and energetic therapies and their persecution.
- The programme is a lot more negative and oppressive than in souls that are programmed to live as animals than in souls that are born as human beings.
- The genetic encoding is possibly the result of patterns.

The SL technique is applied from a distance

In order to apply SLT, I don't need to have seen a client. For example, when a mother asks me to treat her son, I don't need to know this son, provided that I have met the mother or that I have had contact with her by telephone, or that she has sent me a few pictures or a video of herself or her son.

In the SL method, someone's past is not important. We only look at things as they are now. For example, when someone feels inferior, we're not going to dig into their past to find out what could have caused this. This feeling is caused by a pattern, we'll break this pattern and the feelings of inferiority will disappear.

Whether or not someone is motivated, sceptical, believes in distance techniques or is aware of the fact that a soul liberator is working on their subconscious mind, is not important at all for achieving results.

Before the start of distance work, a questionnaire has to be filled out. With this, we aim to find the problem issues that a person has to deal with in his life. The questions in this questionnaire are designed to obtain information about someone's personality, psychological problems, life circumstances, health and lack of abilities. Subsequently, the distance work starts. The person who receives SL energy can proceed with his normal activities and he doesn't need to know when the distance work happens. A number of people experience reactions such as headaches, fatigue, aggression, sadness, ... at the beginning of the treatment, but this again disappears after a few days. This is because patterns have been activated which are normally inactive. After 20 hours of working on patterns, there is a first evaluation of the results. These 20 hours are spread over one or two weeks. People are treated intensively with SLT, at a pace of two or four hours a day, and sometimes more.

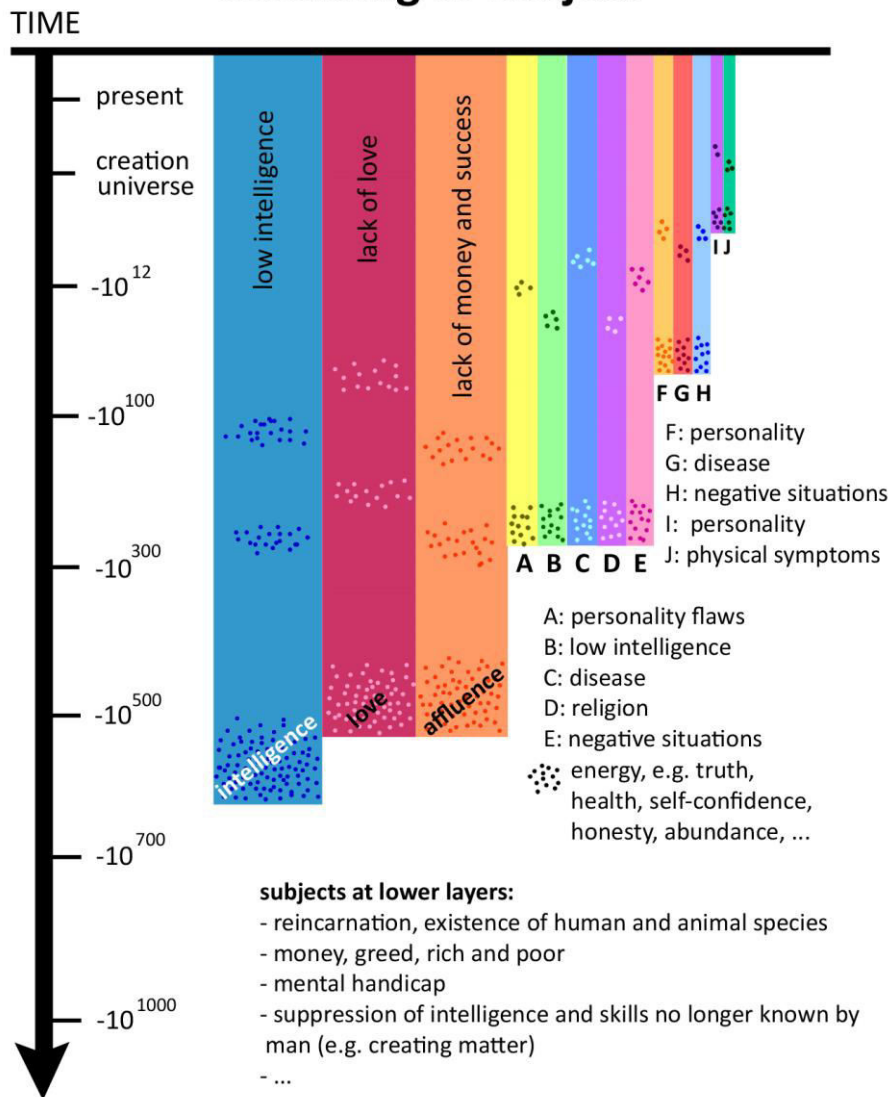
Different people don't obtain results equally fast. In fact, people react extremely different from one another. The SL technique is powerful in the sense that every negative situation can always be permanently solved. However, the required number of hours of treatment can be low for some issues and for some people and very high for other issues and for other people. The SL technique crushes the matter that is present around a person. This matter is converted into energy that remains present around the person. This energy is different from the energies that are released from under the patterns and that represent qualities, like for example 'love'. The amount of matter of which a pattern consists, varies greatly depending on the issue and is especially very different depending on the person. There is also a difference in the density of the matter. The matter around people who react faster is lighter and breaks more easily. If a pattern consists of a small amount of matter, then the symptoms will be resolved quickly. If the pattern consists of a vast amount of matter, then the pattern can still be broken, but only in the long run or sometimes after breaking down patterns with the SL technique for years on end.

I will henceforth use the term 'small patterns' when I mean that the amount of matter of which a pattern consists, is small, and 'large patterns' when the amount of matter of which a pattern

consists, is large.

Many personality issues and physical symptoms are caused by small patterns that are located in upper layers of the subconscious mind. In general, those will be the easiest to change. Situations like 'lack of money and success' and 'lack of love' are the result of dozens of large patterns, the bases of which are located in deep layers, and it takes many hours to break these patterns down. Other situations, on the other hand, are often the result of smaller patterns and can be resolved more quickly. Lack of intelligence and talents, as well as serious diseases and religion, are larger patterns than personality issues, they are located down to deeper layers and require more work to be removed. Homosexuality is also the result of large patterns.

Depth and size of patterns according to subject



When we start applying SLT, it's sometimes possible to improve many issues in the short term, because we're dealing with small patterns. But next, things go more slowly and it takes longer to change the rest of the issues, because larger patterns have to be dealt with.

The results are only stable when a pattern has been peeled off entirely or for the greater part. However, when a part of a pattern has been broken down, a significant change may occur or a symptom may appear to be completely resolved. But at a later point in time, deeper layers may crop up again and the problem will consequently arise once again, to the same or to a lesser extent than before. What then has to be done, is to continue to work on the same pattern to destroy the next layers. When all the layers have been peeled off, the problem will never return again.

When we evaluate the results, we need to pay particular attention to the things that have already improved and not focus on the things that have not changed yet. It's not always the thing that you want to have changed first, that will also be the first thing to change, even though it is specifically worked on. I mentioned that SLT is meant for people who want to be freed from all the patterns, but in the first years when I applied SLT, everyone could receive it, also people who only wanted to be freed from a complaint. Clients who are very interested in profound self-development are very perceptive of every single small change. Every improvement is of great value to them. They can very easily accept the fact that it may take a little longer for other issues to be solved. People who only want to be treated for a problem and who are not interested in general and in-depth personal growth, don't pay much attention to all the things that change. As a result, they don't see the improvements or they have not much appreciation for them. They want their problems to be solved in a limited number of hours, which is often not possible. Results can always be achieved, but not necessarily within a preconceived number of hours.

Every small variation in personality, in situations, ... is the result of different patterns. For example, someone who has a low frustration tolerance or who suffers from anxiety, may find that these feelings have improved in certain situations, but not yet in others. When things still don't go as desired, one part of the situation may already have changed whereas another part has not. Or things may already go more smoothly in one situation, but not yet in other situations. People who want to evolve, can see every single improvement. However, people who are only looking for help because they want to be relieved of a problem, will feel like nothing much has changed, since the problem has not yet been completely solved.

That's why SLT is not suited for people who only want to be freed from a problem. Sometimes a complaint can be solved quickly, as desired, but sometimes it can't. Clients who want to be freed completely, are not fixated on the number of hours that they want to receive SLT nor on the results that are achieved within this number of hours, they just continue and see what changes. That's the way to look at it when you're interested in receiving SLT.

There's a big difference in the amount of matter between different sorts of patterns, but there's an even bigger difference in the amount of matter in different people. In 35% of the people, the patterns are small (the fast group) and results come quickly. The patterns in 45% of the people (the middle group) are 5 to 20 times bigger than those in the fast group and results come more slowly. 25% of the people have huge patterns (the slow group), I estimate that they are 200 to maybe a thousand times bigger than those in the fast group. It takes great effort to remove the patterns of people in the slow group. One in a thousand people or even less than that is part of the very slow group, and their patterns are up to 10,000 or perhaps even up to 100,000 times bigger

than those in the fast group and these patterns are yet quite a lot more difficult to peel off than those in the slow group.

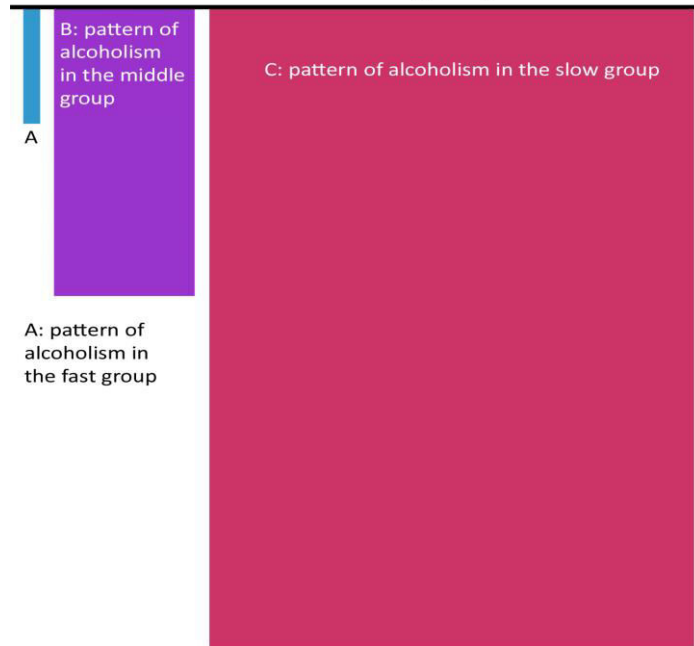
So far, I have said that the patterns can always be removed, although some issues and some people sometimes have to be worked on for years on end in order to achieve this. But for someone who is part of the very slow group, I have to give a bit more information. For someone in the very slow group, very difficult issues that are limited in number can require up to 20 years of continuous SLT work. Of course, in the course of this 20 years, hundreds of other issues will have changed.

Fortunately, the very slow group is not very prevalent. I'm part of the very slow group myself, and it takes many more hours to solve all of my issues than those of my clients. And a few of my issues are really very persistent. Nevertheless, I'm very grateful that the SL technique exists, because without this method, nothing could be done about it, with no other technique at all, never, not in a hundred or a thousand years' time. But if appliances existed that could help to peel off the matter in people of the very slow group, they would be very welcome. In spite of that, my thesis that patterns can always be peeled off, is still correct, although for people in the very slow group, there's a very long way to go in order for very persistent issues to be solved.

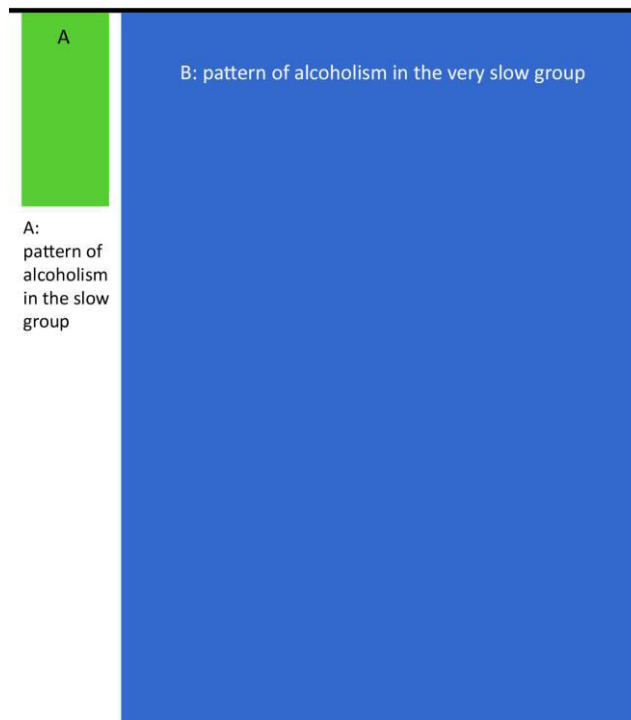
If we compared the groups with amounts of water, then we could compare the fast group to a pond, the middle group to a lake, the slow group to the Atlantic Ocean and the very slow group to the worldwide ocean.

People who are part of a certain group attract one another and are to be found in the same circles of family and friends. So, if the first family member reacts very well to the SLT application, then the other family members will probably also react well. When I treat someone who is in the middle group or the slow group, the rest of the family members will probably also be in same groups. However, this is not an absolute rule. There are also mixed circles of family and friends, so that three members of the same family or three friends can also be part of three different groups (fast, middle, slow).

Difference in the amount of matter in the fast group, the middle group and the slow group



Difference in the amount of matter in the slow group and the very slow group



People sometimes ask me where the programme comes from, how it came about. I don't know about that, but it's a fact that it does exist and that it is the cause of an awful lot of misery, and that results are achieved by working on it is another fact, a fact that can be proved.

In times long gone, the basis of the upper patterns was laid by a deeper programme that gave rise to these patterns. For example, the pattern 'feeling inferior' came about because its basis was formed (implanted) at a particular moment in time. When people progress more slowly and their patterns take more time to be destroyed than those of others, this means that the bases of their patterns were created earlier in time and are present in deeper layers than those of people or issues that progress more quickly. In the course of times, the patterns have continued to build up on the bases. However, how the very first patterns came about, as a result of which the whole system could develop is still a mystery for now.

The purpose of the SL technique is to remove all the patterns and to be free from the eternal cycle of reincarnation. All the patterns means millions of patterns. A seemingly hopeless task, certainly for the slow group and the very slow group. Then again, a high level soul liberator has the power to bring about the automatic breaking down of the programme of a client, after having worked on this client's patterns for a sufficient number of hours. A continuous automatic destruction of the patterns is set in motion. The patterns automatically break down layer by layer, without any outside influence. This probably happens because of the power exercised on the patterns by the soul liberator. One could compare it to giving a push to a swing. The swing keeps on swinging for some time after the push has been given. When the soul liberator continues to work on a person, this automatic peeling off will keep going (24 hours on 24 and 7 days a week), until some time after the distance work has been finished. Eventually, the peeling off will once again stop when the soul liberator no longer exercises any power on the patterns.

In a first stage, the issues peeled off, are the ones that are first available in the subconscious mind. These are issues which are to be found in the upper layers, for example, lack of self-confidence. When the power of the automatic breaking down increases by the continuous power exercised by the soul liberator on the patterns, the peeling off will switch over to issues that are activated at a certain time or to issues that someone is preoccupied with. In the absence of such issues, the issues that are first available will continue to peel off. For example, when two people have an argument and feel bad afterwards, and the patterns are peeling off automatically in one of them, then this peeling off will switch to the patterns that make him feel bad and the ones that caused the argument. When someone is in a bad mood and feels depressed, then the peeling off will switch to the feeling of depression and this person will feel better afterwards. When a child who has had a sufficient number of hours of SLT, will start primary school, the automatic peeling off will switch over to patterns of intelligence. When someone starts up a business and has already had a sufficient number of hours of treatment, the automatic crumbling down will switch to patterns that impede success.

Thanks to the help of the automatic breaking down of the patterns, it's always possible to achieve results with regard to a particular issue, although this may only be in the long run for certain issues. People in the slow group and in the very slow group can only be helped thanks to the automatic peeling off mechanism. If the patterns didn't break down continuously and automatically, these people would have very few results. The patterns in the slow group are so huge that there's often little to no improvement, even after a certain issue has been worked on for

quite some time. Change only occurs when a pattern has been able to peel off by itself for a number of years. And it is only after certain patterns have been destroyed, that other patterns that are located underneath them, can be tackled. While 20 to 30 problems can be completely or partially solved in the fast group after a high-level soul liberator has worked on the patterns for 100 hours, in the slow group, there are not many changes after 100 hours of SLT, except for physical symptoms that are caused by patterns stored in some part of the body. For someone in the slow group too, these kinds of problems can sometimes easier be solved than other problems.

In exceptional cases, there may initially be a sufficient number of results in someone of the slow group, which may give the impression that we are dealing with a middle group. But when we continue to work, there are no more improvements within a certain number of hours of breaking down patterns with SLT and therefore we have to conclude that we are dealing with someone of the slow group. More changes can be achieved with someone of the fast group in 100 hours than with someone of the slow group in three years' time. Nevertheless, results will always be achieved in the long term if the treatment is continued, thanks to the automatic peeling off of the patterns. It is very important for people in the slow group to continue the breaking down of patterns without interruption in order to boost the power of the automatic peeling off, and to make sure that the automatic peeling off doesn't stop.

The fact that the patterns continue to peel off automatically is an extremely important trump card of the SL technique. First of all because all negative issues can be solved as a result (in the short or long term), and second, because negative or painful feelings that are activated by a certain situation, will quickly disappear because the patterns that are activated will be broken down automatically. Therefore, it will no longer be possible to become e.g. depressed, because the layer of depression that is activated, will be peeled off automatically after a few hours or days.

It requires more work to resolve addictions than personality issues. If someone has an alcohol addiction and this person is in the fast group, this problem may be solved in 100 hours, as well as a series of other issues, since a high-level soul liberator can treat various issues at the same time. If someone is in the middle group, the alcohol addiction will possibly be alleviated, but it may also be unchanged, so that after the initial 100 hours of treatment, we still have to continue to work for some more hundreds of hours. However, after the patterns have been worked on for 100 hours, there will be changes in several other issues. The treatment to solve the alcohol addiction of someone who is in the slow group takes three to five years at the least, at a rate of 50 to 100 hours of SLT a month, regardless of the enormous help of the continuous automatic peeling off of the patterns. Apart from the alcohol addiction, however, many other issues will be resolved as well. Of course, it's also possible to work at a slower pace, but then it will even take longer for the addiction to be resolved.

When someone only drinks because he often feels bad, and because alcohol makes him feel better, the alcohol problem is less difficult to solve. In this case, it suffices to remove the bad feeling, which is easier than to solve a real addiction, as a result of which the person will no longer resort to drinking.

Fortunately, the SL technique can be applied to several people at the same time, since many hours of peeling off patterns may be required per person. People from the slow group get four times the number of hours that people from the fast and the middle group get (people from the slow group

pay one fourth of the price that is paid by the others, at this moment (in the year 2020), the price is 4 euro per hour for someone of the slow group, and 16 euro per hour for the others). But regardless, it still takes longer for them to achieve results than for the others. It is not possible for a beginning soul liberator who has not yet achieved a high level, to achieve results with larger patterns and with people of the slow group. In the very slow group, the SL technique has to be applied for 10 to 15 to 20 years for certain problems to be solved, and then only provided the soul liberator has achieved a very high level. Luckily, it doesn't often happen that someone is part of the very slow group.

The SL method can be applied to several people at the same time, and then their patterns are lined up next to one another in front of the soul liberator. Similarly, various issues of one person can be worked on simultaneously. We can, for example, we can work on someone for six hours a day on dyslexia, lack of self-confidence and having a sweet tooth. If the treatment were to be expressed in hours of treatment, this would be 18 hours a day. This way, we can work on the slow and the very slow group a very high number of hours a month. This does not mean that results can be achieved quickly, but that we can make an effort to keep the power of the automatic peeling off going more forcefully, and in doing so diminish the number of years we have to work. In the fast group and in the middle group, we can speak in terms of hours and in the slow and very slow group we have to speak in terms of years.

I can't tell in advance which group someone is in. I don't have an overall view of the whole because the patterns extend very far around people, some of them beyond the dimensions of our planet. However, there may be some signs that can give me an idea of the speed of the results in advance, but they are not completely watertight. I'm only entirely sure of the level of difficulty when I evaluate the results after 20 or 100 hours of treatment.

While applying the SL technique, I can suspect someone is in the fast group because I feel that the matter breaks down easily and because I can easily move through various patterns or because I feel that I can quickly reach very deep layers. When someone progresses more slowly, I continue to feel the same patterns and I can't work on very deep layers as quickly.

Some people have results by the mere contact with me, in person or by telephone, since the energies that surround me immediately work on the matter that surrounds people, as a result of which pieces start to break off. If there happen to be results by the mere contact with me, this often means that someone is in the fast group. A couple of times, I have come into contact with people with no special abilities in whose presence pieces of my patterns broke off. So, these people had an energy around them that worked on the patterns of others, without them being aware of it themselves.

When someone has had another therapeutic treatment that yielded results, this is also an indication that this person is not in the slow group, because someone in the slow group will obtain little or no results with whatever technique of psychotherapy or energetic work (with the exception of homeopathy).

With the SL technique, we have access to whatever pattern. We work at an incredible depth in the subconscious mind and consequently we can peel off a pattern down to the basis. We work on patterns that were built up in bygone times of a one followed by tens and hundreds of zeroes. When we think of times of 10 to the power of 15 or 1,000,000,000,000,000 years ago, these are still the upper layers of the subconscious mind for the SL method, compared to the immense depths

that are to be found underneath. We continue to work on a person year after year, at a high or lesser rate. The patterns continue to crumble automatically. We work on several people simultaneously and various issues of one person are simultaneously worked on by the soul liberator's energies. When people make slow progress, it is possible to work very intensively because the soul liberator lines up various issues of the same person next to one another instead of issues from different people. Apart from all the issues that are dealt with specifically, a great many other issues are worked on by the soul liberator's energies. Because of all these things together, we can always achieve the desired result with this technique, in the short or longer term, in spite of the fact that the amount of matter of which a pattern consists, may be vast, and that there are millions of patterns that have to be peeled off.

When someone's subconscious mind is worked on on a regular basis, the patterns keep on peeling off continuously and this won't stop. Therefore, all the patterns present of personality, disease, negative situations, low intelligence, low ability and false convictions, will be removed in the long term. Hence, someone who receives SL energy for long enough will become loving, intelligent and competent, free of diseases and he'll get a life with sufficient love and friendship in which everything goes smoothly and everything is fine financially and in which he has the right truth.

Since it takes many hours of SLT to cure certain diseases, it is very beneficial to receive a lot of SLT preventively, in order for the patterns to continue to peel off strongly. This way, diseases will be prevented, because their patterns will no longer be present in the subconscious mind after having peeled off by themselves for a number of years, and therefore they will no longer be able to cause any problems.

Someone who receives a lot of SLT, also has the advantage that he or she will start to master the SL technique little by little. As soon as someone has achieved a certain level, they can continue on their own if they choose to do so, and they don't need to receive any more help from someone else and they will also be able to use this technique to help their own circle of family or friends.

all groups. A soul liberator with a limited level can achieve a number of results in the fast group and in the middle group regarding personality and physical symptoms. In order to solve more difficult issues and issues in the slow group, the level of the soul liberator has to be very high to achieve results.

A number of levels can be distinguished according to the capacities of a student soul liberator. Some students who start with the training can perceive and break patterns in and around themselves and in and around someone else sitting in front of them within a fairly short term. They also manage to work on one person or themselves from a distance. When one works on oneself from a distance, then one has to line up one's own patterns, just like one does with the patterns of other people. A number of people already have this beginner level, if they are shown how to do this, without SLT having been applied to them. At this stage, someone can access the very upper layers of the subconscious mind (the patterns that have been built up in this life and in the previous lives on this planet).

When working from a distance, the soul liberator puts a layer of a pattern in front of him, senses its contents (ideas, emotions, images) as a result of which this layer is destroyed. This means that the matter of the patterns breaks as soon as the student senses its contents or looks at it in great detail. The same thing happens when an incident is discharged in regression therapy: the incidents are stored up in matter, and when an incident is remembered or examined once again in great detail, the matter in which it is stored up, breaks down. For example, when regression therapy is applied to go through an incident in which there is a lot of anxiety, anger, sadness or whatever feelings, then the anxiety, anger, sadness is gone once the incident has been discharged. When one goes through the incident once again, then these emotions are no longer present, and you can remember the incident in a neutral way, without any painful emotions. However, it is necessary for the contents of an occurrence or of a pattern to be sensed entirely correctly, this means a 100% identical feeling, idea or image, because only then the matter that this feeling, idea or image is composed of, will break down. So only when the contents perceived is 100% identical to the stored information, the matter of which the contents is composed, will break down.

At this stage, the student soul liberator breaks down small parts of matter at once, and this takes some time. When the student soul liberator has advanced a little more, he can crush somewhat bigger pieces and he can break them faster than before, and he can reach layers that are a little deeper (layers that have built up in the lives that existed since the beginning of existence of the universe and just before the beginning of the universe). The student can reach deeper levels than before because of the SLT performed on him by the soul liberator. The latter removes subconscious material on very deep layers in the student's subconscious mind and as a result, the student can perceive deeper layers in his own subconscious mind and that of others.

At the next level, the student is able to treat more than one person at the same time from a distance, he can work on even deeper layers, he can break bigger parts and he can break them faster, and finally, the capacity to instigate the automatic peeling off with many hours of SLT. However, this level is much more difficult to achieve. There have to be subsouls that have been freed that can simultaneously work on various people in order for someone to master this. The ability to perceive subsouls and energies is more difficult to achieve than the ability to perceive patterns.

The next level: the ability to work on very deep layers, the ability to instigate the automatic peeling

off in a shorter term, the ability to treat lots of issues in various people at the same time, the ability to break bigger parts of matter at a higher speed. This takes years.

The most difficult thing of all is to reach the very deep layers. Even after subconscious matter has been broken down in a student for a great many hours, they can still only sense the upper layers. Even if they can perceive depths of past times of 10 to the power of 30 years ago, then this level is still too low and there is still a long way to go before they are able to sense and to crush much deeper layers.

As soon as someone can work from a distance on various people at the same time, they can simultaneously work on these people and on several of their own issues from a distance. Therefore, they have to line up their own patterns in front of them, next to the other people's patterns, and their subsouls will work on their own patterns in the same way as they do on those of the other people. A soul liberator who wants to achieve a very high level, has to work on himself for the rest of his life in order to continue to increase his capacity, apart from the work done by another high-level soul liberator, regardless of the fact that the patterns are peeling off by themselves. The patterns that surround us, consist of incredible amounts of matter and it certainly isn't easy to get out of that. That's why the soul liberator's level can never be high enough.

A student can sometimes work on himself after a short time with the level he has so far achieved and he can continue to do so for the entire SLT process performed by the soul liberator. Moreover, the automatic peeling off is kick-started some time after the start of the treatment. Nevertheless, it takes about 100 hours of SLT (400 hours for the slow group) per month performed by a high-level soul liberator for a period of five to ten years to form a new soul liberator who can continue on his own.

If someone wants training for private use, in order to be able to help oneself and one's own family, then such a high level is not required. In that case, it is possible to continue on one's own after fewer hours of SLT and one can increase one's own capacity by further treating oneself. It's not that important for your level to be very high since every hour that you work for yourself, is free anyway. But when clients have to pay, your level has to be high.

Why am I able to do this? Actually, I don't know. I don't know why I have this ability and others don't. I think that I haven't been caught in something, something in which others have been caught, but I'm not sure about that. However, I have been engaged in personal growth and I have been working on myself in order to get out of the programme for a very long time (in times prior to this life). I am in the very slow group. I was born with the ability to perceive very deep layers. My insight into the subconscious mind is not something I have learned or have looked for somewhere, I have simply remembered it. Working on several people at the same time was also something I was simply able to do. I have already applied the SL technique in previous lives. I can find times long gone from my past through regression techniques and in this way I found out that I had applied SLT in those times too.

As soon as I mastered the SL technique, I started to work on myself from a distance. As a result, my power has increased significantly compared to when I first started and I can work on increasingly deeper layers. My own programme is peeling off continuously and I continue to work on myself so that my capacity will still significantly increase compared to the level I have now, since energies continue to be released. And this goes for every future soul liberator. When I now need a certain number of hours to achieve a certain result, then this is fewer hours than ten years ago and more than in ten years from now.

The potential of the SL technique

The SL technique can solve thousands of issues that seemed impossible to solve before. It may sound incredible, but provided the SL technique is applied for long enough, this method

- can correct any undesirable behaviour and fundamentally change everyone's personality for the better;
- can cure all psychological problems, neuroses and psychoses;
- can change any undesirable situation that occurs in someone's life for the better, provided that this situation doesn't depend on world situations or events or legislation on a larger scale than someone's personal life, as long as all the patterns have not been removed;
- can permanently cure lots of diseases and physical discomforts, except for genetically determined diseases (presumably) and diseases that are the result of parasites or micro-organisms, like for example aids;
- can create or increase intelligence and talents;
- can free people from religious convictions (since they are the result of patterns) and other misconceptions;
- if applied on a large scale, can free humankind from negative, desperate and unjust conditions and can bring about happiness and harmony on a large scale;
- if applied on a large scale, would lead to lots of discoveries in various scientific disciplines and to the development of new scientific fields;
- is important to the field of psychology, the medical world and the pharmaceutical industry;
- is incredibly fascinating and reveals an entire new world in a domain so far unknown and undiscovered;
- can be acquired by everyone (in the long term), despite the fact that it is something psychic.

All issues can be solved, if treated for a sufficient amount of time. However, it may take quite a lot of years to solve certain issues for people belonging to the very slow group. Fortunately, there aren't many of them.

We, human beings, as we currently exist, are extremely suppressed by the programme around us. It reduces us to less than one millionth of our capacities. A tremendous amount of knowledge is suppressed both in domains that science already knows a few things about and in domains the existence of which we can't even imagine. Almost 100% of the energies and subsouls of knowledge and ability are buried under patterns. The knowledge we have on this planet is not even one millionth of the knowledge we could have. A soul that is free, has all knowledge within itself, knows everything and doesn't have to learn anything anymore. We have to learn things because we are suppressed. If millions of energies and subsouls were released on a large scale, an inconceivable new kind of knowledge would break through and new scientific fields would emerge.

Sometimes people ask me how long they have to have to receive SLT. My reply to this is: 'As long

as you aren't able to create an entire universe with all the trimmings, you are not free and you still need a soul liberator's help or you still need to keep working on yourself when you master the technique yourself'. I'll leave aside whether or not we'd be able to create a universe, if we were totally free, I say this to illustrate that what we want to achieve with the SL technique is more than simply solving some problems, correcting some negative character traits or achieving the level at which someone is happy. As I have already emphasized a few times before, the purpose of the SL technique is to break down all the millions of patterns and to be released entirely as a soul and to once again have all the potential and the right truth.

Instead of having to work for a lifetime because we simply need the money, instead of having to deal with frustrations and with people who are neurotic/unpleasant (because of the programme, which makes people difficult to get along with) on a regular basis, in a world significantly lacking in love, in a world where life is very difficult for lots of people, instead of all of that, we should have an unlimited choice as to what we want to do and how we want to spend our time, we should be able to enjoy and create without limits, in a world with an abundance of love for one another, in a world of happy people (or happy souls).

To be freed from all the patterns is most likely not possible in only one lifetime, but nevertheless, we can still make a significant progress in this life. It would be ideal if everyone in the world, all people and all animals, could receive SLT continuously. But I think this is not realistic, it will take a very long time for this to be possible. But perhaps it's possible to develop machines for breaking down the matter in the subconscious mind. It would be fantastic if appliances existed that could break down the matter down to very deep layers and that could release energies. Who knows, perhaps in a few generations' time?

The activation of patterns

Only part of the patterns are continuously active or at work. When someone lives in poverty or feels inferior all his life, then these patterns are active for a lifetime. However, lots of patterns are present around a person without having any impact. For example, a pattern of 'being tortured' will not easily be activated in a democracy. However, the same pattern will have had a reasonable chance of having effect in previous rougher times.

It is not possible to know whether or not a pattern is active by sensing the patterns. For example, I can perceive that someone has a pattern of alcoholism, but I don't know whether or not this person is drinking. If this person doesn't drink excessively, the pattern isn't active. If the same person becomes an alcoholic, then it is active.

It is still largely a mystery to me why certain patterns are active or not or how the activation mechanism of the patterns works.

A pattern can be activated because something occurs. For example, when there is a pattern in the subconscious mind that says that birth will be difficult, this pattern will be activated by the fact that you are born and it will cause birth to be difficult. However, it is often not very clear why a pattern is activated.

The millions of patterns present in the subconscious mind are programmes that hold concepts, feelings and images and which are not interrelated, at least not in most cases.

Diseases are often linked to another pattern and then the disease develops because the first pattern is active, for example, you get eczema when you're stressed out. In this case, there's a pattern that causes the stress and there's a second pattern that causes the eczema. The first one is linked to the second and causes the eczema. But usually, there is no link between different patterns.

For now, I still haven't found an answer to the question in which cases patterns are activated.

Suppose you have a pattern with the contents: 'you fail'. Some things in life are going well and you fail in other things. You don't fail in situation A, but you fail in situation B. However, there is no connection between situation B and the pattern 'you fail'. I know that I can correct the failing in situation B by removing the pattern 'you fail'. But it is not always clear why the pattern 'you fail' is active in situation B (and not in situation A).

When someone tells you you're stupid as a result of which you feel inferior, then this is because the pattern 'you are inferior' is activated. The fact that someone calls you stupid, happens because the patterns determine that someone will say this. So, there are two patterns active here. The first one is 'someone tells you you're stupid'. The second one is 'you are inferior'. There is no link between these patterns, these patterns are not interconnected. And still, you feel inferior when someone calls you stupid.

If it doesn't make you feel inferior when someone calls you stupid, this is either because the pattern of feeling inferior is not activated, even though it is present, or because this pattern is not present in the subconscious mind.

Although you may feel inferior when someone tells you you're stupid, perhaps you don't care when someone tells you you're ugly, even if the pattern 'you are inferior' is present in the

subconscious mind. Once again, it is a mystery why the pattern 'you're inferior' is activated when someone says you're stupid, but not when someone tells you you're ugly, since none of these patterns are interrelated.

Somewhere there has to be something that determines this activation mechanism. There is possibly another pattern at a deeper level that controls the functioning of the patterns. Or perhaps, the mere presence of material regarding a certain issue in the subconscious mind may cause it to be activated. When there's nothing to be found in one's subconscious mind regarding the issue of feeling ugly, then nothing can be activated either. But when material regarding the issue of feeling stupid is present, then this can be activated. Another possibility is the following. There are junctions to which several patterns are connected present in the subconscious mind. These patterns are not connected to one another, they don't have anything to do with one another, and they can hold the most diverse issues. But let's assume that both a pattern of feeling inferior and a pattern that says that someone tells you you're stupid are connected to the same junction, then these patterns may possibly be activated together, as a result of which you feel inferior when someone tells you you're stupid.

Patterns are also activated because it is determined before birth that something will take place at a certain moment in life. The broad outlines of the course of life are controlled by something I call the 'timeline'.

At death, a pattern comes into effect that erases the events of the previous life from the memory (this usually happens, but there are exceptions, there are children who remember their previous life). Before the incarnation in the next body, a timeline for the new life is made by the same pattern, a programme is drawn up. This programme contains the broad outlines of what will happen in life: the environment in which you'll be born, the kind of upbringing you'll get, the people you'll meet in life, the education you'll have, the kind of work you'll do, the diseases you'll get, the setbacks you'll have, the person you'll marry, the children you'll have, various situations that will occur and their consequences, when you'll die, ... Sometimes, not everything is programmed in one and the same timeline, but there are several timelines, pertaining to various areas of life, for example, to studying, relationships, work, disease, money, the purchase of a house, children, ... This timeline, which is actually also a pattern, cooperates with the other patterns. If the timeline specifies poverty, then this will cause the patterns of poverty to be active. If the timeline dictates that a situation will take place that will make you depressed, then the patterns that have to cause this situation, will become active. If the timeline says that you will be abused by a paedophile as a child and that you'll also become a paedophile at a later age, then the corresponding patterns will be activated. When the timeline describes that, as a child, you are abused by a paedophile, but that you are normal in later life, then things will happen this way. If the timeline indicates that you'll become a paedophile, even if you had a perfect youth, then you'll be a paedophile at a later age.

I never look for the timeline when I treat someone. I break the patterns and once they are gone, they can no longer be activated by the timeline. If someone is treated for long enough, both the timeline and the pattern that develops the timeline in between two lives, will be removed. This pattern is to be found at a greater depth than other patterns.

It doesn't have to be laid down in the timeline that, for example, someone will be abused by a paedophile as a child, for this to happen.

The presence of the pattern 'you are abused by an adult' can be sufficient to cause this situation. If

an adult who has a pattern of abusing a child, crosses this child's path, this situation may occur. Both people may also have a pattern that determines their mutual relationship. This pattern, which is present in both of them, then dictates that the one person will abuse the other. In every life in which these people cross each other's path, the same situation will reoccur and their interrelationship will be the same. Actually, many people who cross each other's path have patterns between them that determine their mutual relationship. In every life in which they meet, the same situations will then occur.

I don't know how it is possible that patterns can have the impact that they describe. If someone has a pattern like 'you don't succeed', then I don't know why this pattern can actually cause this situation to happen.

There are also the energies, which can be dominant and neutralize the working of the patterns. For example, someone can be predestined to be a nurse, based on the patterns, but they can also have energies of musical talent and start a musical career because of this.

Later life is neither determined by what happened earlier in life nor by the kind of environment in which one is born. One's entire life, from beginning to end, follows the predestination planned in the timeline, the patterns and the energies. Things happen in a certain way because they are predetermined, both in youth and in adult life. The way in which you react to the things that happen or to their consequences, is also determined by the timeline, the patterns and the energies. So, the things that happen in later life do not happen because of the kind of youth one has had. One has a certain youth because it is predestined to happen this way. Later on, one has a certain kind of life because it is predetermined that it will be like this.

When I have to treat someone who is, for example, sexually inhibited, then I'll look for patterns of sexual inhibitions and break them. I won't look for what activated these patterns, that is not important. If these patterns weren't present in the first place, then they could not have been activated. Even if they were activated by sexual abuse in youth, the symptoms still occur because of the presence of patterns, which can be activated, and not because of the abuse as such. However, the fact of being abused is again determined by the presence of patterns of being abused. If these patterns hadn't been there, then the abuse wouldn't have happened and other patterns wouldn't have been activated as a result. Traditional branches of psychotherapy try to solve sexual problems by recalling incidents of incest or by digging in one's youth in the hope of finding the cause in there. However, nothing much can be achieved with this way of working since the patterns of sexual inhibitions aren't broken down by digging into one's youth, even if they have been activated by certain incidents. Sometimes, however, some results can be achieved this way, because the patterns can be deactivated by laying bare an incident that activated the patterns. And when a painful incident has been discharged (the negative feelings have been removed from it by remembering it again), this can sometimes also offer a result, but certainly not always. But even if there are results or there is a result, the patterns are only inactive and they are not peeled off and they can once again be activated at a later point in life or in a next life.

Thousands of souls incarnate in one body, every soul has its own timeline and its patterns and energies. I don't know how the mechanism works, which souls, timelines, patterns or energies are dominant and which ones are less prominently present. For example, a pattern of fear belongs to one soul, a pattern of submission belongs to another. A talent for sports belongs to one soul and a mathematical turn of mind to another soul.

Some patterns are continuously active, like for example: poverty, egoism, not finding love,

concentration disorders, ... They are active from birth, throughout life or part of life, or they are activated by some or other (sometimes unknown) reason at a certain point and they continue to be active from then on. This may also be a certain disease or situations like: 'you must suffer', 'craving for attention', 'fear of life' or 'fear of responsibility and independence'. These last four patterns can in turn activate other patterns, e.g. patterns of diseases or setbacks. Fear of life or of independence tends to activate diseases that make someone dependent of others for their entire lifetime, like for example schizophrenia.

A symptom may also suddenly arise because a new soul enters, a soul of someone who has just died or a soul that has been wandering about for some time. The souls that attach themselves to people are usually negatively charged. When they enter someone, they bring their patterns along with them and problems start to emerge as a result. The SL technique can't prevent a soul from attaching itself. When someone has had sufficient treatment, the patterns of a soul that has entered the body will be broken down in the short or long term due to the power of the automatic peeling off, as a result of which the symptoms that have arisen, will again disappear and the soul will leave the person. A soul that has attached itself to someone can be removed with SLT, but we have to make sure that sufficient patterns have been removed before the soul breaks loose. Otherwise, it will attach itself to someone else and this person will start to experience complaints. A soul that has attached itself can often very easily be removed by discharging just one traumatic incident in this soul. Sometimes, it only takes a few minutes before the soul can break loose. As soon as the soul breaks free, it will incarnate normally.

Personality and life circumstances are mainly determined by the patterns and energies that surround a person from birth. But in the course of life, copies can be made from the patterns from the people around us. By this I don't mean following someone's example, but really taking a copy, like you can copy a piece of paper, resulting in two copies. If this happens, this is due to a pattern present in a person's subconscious mind that determines that they can copy data from others. I don't know very much about this mechanism, but I can tell an anecdote from personal experience. When I was working on a man (from a distance) I saw an incident from his childhood in which his father hit his mother. At the exact moment when this happened, the pattern 'the father hits the mother' was copied. From the moment that this incidence took place onwards, this pattern was present in this man's subconscious mind in the form of matter. He already had a pattern that made him a witness of an occurrence like 'the father hits the mother', from the position of a witness, as a child, otherwise he wouldn't have experienced this incident. And he also had a pattern that could copy this occurrence. And by taking a copy, the pattern 'the father hits the mother' was also present in his subconscious mind. This was then stored on top of similar material that was already present. Because this incident was stored in his subconscious mind, there was an increased chance of him later ending up in the situation in which he was a father and had a child that witnessed him beating his wife.

The contents of patterns can be very radical, whereas in reality, a situation or behaviour occurs to a lesser extent. For example, a pattern that contains: 'you'll always drink' may be present and active, although the person concerned has drinking bouts only occasionally. Patterns are contradicted by other patterns and by energies, as a result of which they don't always have as strong an effect as determined by its contents. For example, there is a pattern of 'poverty' present in many people who don't have real poverty, but who are rather short of money. The pattern of 'poverty' is made less powerful by the contents of other patterns and energies.

The SL technique of asking for energy

The SL technique is fantastic since it can solve any problem in the short or longer term. However, there is a disadvantage to this technique: some issues take quite a lot of hours of SLT to be solved since vast amounts of matter have to be broken down. Moreover, it takes a lot of time to form high-level soul liberators. There are seven billion people in the world and even more billions of animals, and all of them have to be freed.

Fortunately, reaching the level of a beginner soul liberator is not such a long way to go. Even if SLT were only applied on a large scale on this beginner level, some issues could already be changed where before they couldn't be solved at all.

The mere contact with a high-level soul liberator already yields results, since their energies automatically start to break down patterns of someone with whom he has contact. Results can also be achieved by thinking of a high-level soul liberator for a certain time a day in a focused way. When people think of each other, their patterns or energies make contact. When people think of a soul liberator, the energies of the soul liberator that break down patterns move towards them. They have to know who this soul liberator is and preferably have a picture of him or her in order to be better able to visualize him or her. They also have to ask for energy, for example, 'send me energy and help me with my gluttony'. The soul liberator's energies move towards the person who thinks of him or her and break down patterns in this person's subconscious mind. Patterns of various problems are simultaneously broken down.

This can also be done for someone else, for example, for one's child or for an animal. In that case, the energies move towards the person who makes contact with the soul liberator and towards the person for whom he asks for help, and they work on both of them at the same time. I call this the SL technique of asking for energy. A disadvantage of this technique compared to SLT applied by a soul liberator is that it is not possible to target one specific issue. Someone can ask: 'send me energy and help me with my gluttony', but this does not mean that the pattern of gluttony will be affected. The issues are formulated like this in order to be better able to stay focused on the process. Even if someone asks: 'help me with problem x, y, z', the issues that are first available in the subconscious mind will still be dealt with first, instead of the subjects that have been asked for. Someone who tries to have results with this, would do well to keep a diary in order to keep better track of the changes that occur. Lots of people are not always aware of changing personality traits, and certainly not when they mainly want to get rid of a certain problem. For example, when someone who asks for help mainly has the issue of money in mind, he'll tend to think nothing has changed, since he's still not rich. Character issues and some physical symptoms change more quickly than financial situations and this goes for everyone, whether people receive SLT from a distance or whether they apply the SLT technique of asking for energy. People have to pay very close attention to themselves, in every way. Before starting with this technique, it's interesting to fill out the questionnaire, in order to have an overview of the initial situation and to be able to evaluate progress more easily.

In appendix I you will find a step-by-step description of how to apply the technique of asking for

energy and in Appendix II you'll find the questionnaire. This questionnaire is the same as the one that has to be filled out before the start of the application of SLT by a soul liberator.

Thanks to this way of working, people can be helped on a larger scale without a soul liberator having to make any effort whatsoever and without it costing any money. It doesn't inconvenience the soul liberator. He may feel that his energies are going somewhere at the most. Unfortunately, not everyone finds it easy to apply this technique of asking for energy. Some people have difficulty concentrating. Some people experience physical sensations when doing it, others don't feel anything at all, even though the technique works and many good results are achieved with it. However, when someone doesn't feel anything when applying it and one doesn't know anyone else who does it and one does not feel any immediate change, then it's not always easy to keep on doing it.

The technique of asking for energy is less powerful than SLT performed by a soul liberator, but nevertheless, many people have good results with it.

A second way to work on a larger scale is by the application of SLT on a group. A soul liberator can perform SLT on a limited number of clients at the same time, but when they are present with the soul liberator, thousands of people can receive SLT simultaneously. The soul liberator can line up the patterns of all the people in the group in front of him (for example at 10 meters high and at a few dozens of meters far) and produce a beam towards these patterns in order to break them. A disadvantage of this is, of course, the fact that one repeatedly has to travel in order to spend a few hour's time with the soul liberator.

Souls in man and animal and reincarnation

I perceive a soul almost exclusively as white or translucent. I once saw an image of a pink soul in a session of regression. On the internet you can also find pictures of colored souls, apart from white and translucent souls. When I sense these coloured souls, I can establish that they are heavily burdened souls. It concerns souls that would have mental problems, diseases, setbacks or that would be sadists or religious fanatics or that would have other serious problems or characteristics if they were incarnated in a human or an animal.

A soul is usually spherical, with a diameter of 20 to 30 centimetres, but it can also be bigger or smaller. The souls of people and animals in the slow group are larger than those of people in the fast group. Sometimes I can sense the presence of a soul, although I can't perceive a distinct form, or I can only perceive a spot or a small haze. I once perceived souls that expanded and then became smaller again. A soul can also be oval. I once perceived an oval soul with a downward tip above someone's head. The soul morphed into a cloud-like state and then again morphed into an oval, and subsequently disappeared into the body. It could morph from one form into another. A soul can also have a rather elongated form that looks like a (small) haze.

Below you can see a picture of two souls that have not incarnated.

Similar pictures can be found on the internet.

The subconscious mind around the soul is not visible in a picture.



The soul doesn't need to cover any distances, it is where it thinks it is. I once perceived a soul (actually one of the souls) of someone who had died three months before. All of a sudden, it was there in the room, three metres in front of me at face height. It was oval (35 centimetres high, 25 centimetres wide) and intensely white. An instant later, it had simply disappeared. Sometimes, you can also simply be aware of a soul at a certain location, without really seeing a shape. In that case, it's more like feeling that there is a presence, some kind of energy, which can be vaguely perceived.

The various souls in one body are not felt like separate parts. Interest in sports may belong to one soul and kindness to another, but it all feels like one whole. A soul is programmed to repeat the same things in every life, but since there's a different combination of souls per life, the various lives/incarnations will still be different. For example, a soul that at death breaks loose from a body in which only souls with patterns of severe poverty were present, will have a less difficult next life when combined with souls that are less severely programmed to suffer poverty. The various souls that are present in a body, break free from the body at death, and go and incarnate in various places, in various people or animals. The souls that enter a foetus come from various places on this planet or exceptionally from the universe. There may perhaps be a pattern present in souls that makes them come together in a body. Or perhaps, there may be a pattern in souls that causes them to once again incarnate together in the same body after a certain period of time or a certain cycle. It is also possible for a soul to incarnate in a grown up body. Perhaps, there are souls that never incarnate in the body of a foetus, but always in an elder person, a child, an adolescent or an adult. In the course of life, one or more souls, which originate from a human or an animal, may also attach themselves to someone. There is a difference between a soul that only attaches itself to someone and a soul that incarnates in a body. An attached soul often has a negative impact on a person and can very easily be removed with SLT. A soul that has incarnated, has taken possession of the body and doesn't break loose just like that when peeling off the patterns, although an incarnated soul may sometimes also break free from the body after a vast number of hours of treatment.

The souls in humans and in highly evolved animal species have the same characteristics, but the souls in animals are possibly more suppressed by patterns that suppress intelligence than the souls that incarnate in people. But even if this were true, then this would certainly not always be the case, because, when I sense animals, I sense that there are very intelligent animals. And some animals have psychic abilities or strong intuition, and some animals communicate telepathically through the brain. Souls are also programmed to incarnate in a certain kind of body, for example, that of a dog. Souls usually incarnate in the same species, like canines, felines, snakes, etc., but some souls sometimes switch to another species. Souls that usually incarnate in animals, may sometimes incarnate in humans too. For example, I once perceived a soul in a horse that had previously resided in the body of a human. That soul had a high intelligence. People with a very low intelligence or who are mentally retarded often have a great many souls that are in fact programmed to incarnate in animal bodies. These people may also have patterns that prevent the brain from developing normally during the formation of the foetus. This may occur in the case of a physical and mental handicap and mentally retarded autism. The treatment of animals with the SL technique is the same as the treatment of humans.

The soul in an animal is equal to the soul in a human



When I perceive souls in someone, or when I work from a distance, I may occasionally find a soul that came from another part of the universe. This may give us an idea of how things are like elsewhere in the universe (in most places, it's even worse than here: suppression, competition, jealousy, egoism, bizarre customs and bizarre religions. I have been able to establish that there are other places too, where there is more love than here and where techniques for personal growth are applied). When perceiving previous times in someone's subconscious mind, a great deal of information about other parts of the universe emerges as well, even though this is usually from times long gone.

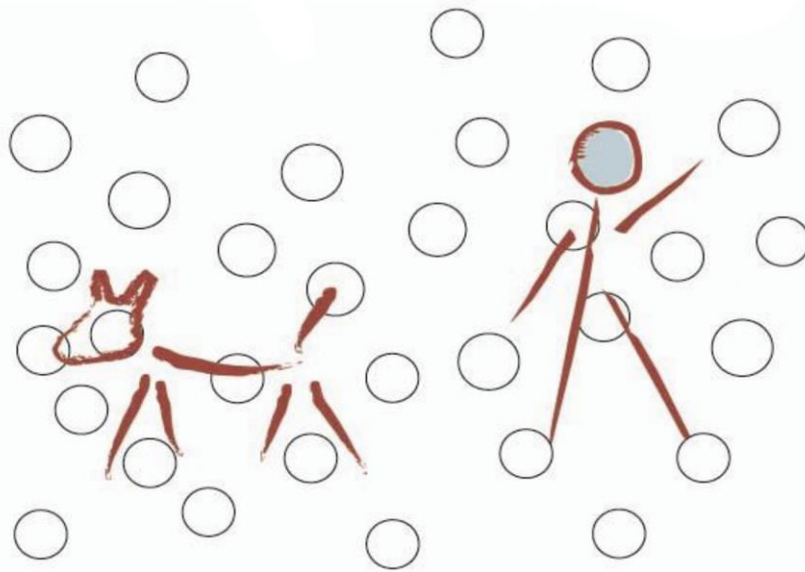
When I see times before the existence of the universe when watching and breaking patterns or through regression, there is often just a void, a space or one element like fire, vapour or gas. There existed universes in times past as well. The creatures from times long gone are sometimes anthropoid or look like animals as we know them here on this planet. But they may also have totally different shapes, like for example balls, that move with some or other power and that communicate telepathically, or simply a state of existence as a dot, or a drop of water, a form of fire, a gas, or just a soul.

Also, bodies on other planets in the universe, both in the present and in the past, do not always need water and oxygen. Sometimes they function on the basis of a totally different principle than the bodies on this planet.

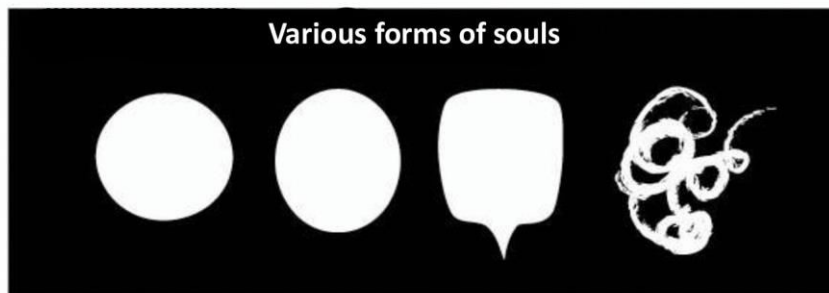
The various souls that incarnate in humans or in animals are present in and around the body, as can be seen in the next picture. The higher evolved animals and birds, dolphins, whales, certain fish (tuna, eel, salmon, shark), reptiles, snakes have the same kind of souls as man. Other fish (goldfish, sardine, herring, cod, trout), plants, spiders, insects, worms, frogs don't have a soul, only a 'life force', which is also called an 'orb'. It is spherical, and smaller than a soul. It has a programme around it that controls the body, for example, life span and diseases are programmed, as well as how they have to live, reproduce, feed, or flee when in danger. This life force is also

surrounded by both an energy that stands for 'life' and an energy that stands for 'perceiving the environment'. In the same way as there are many souls in the bodies of men and animals, there are many 'life forces' present in the bodies of plants, fish, insects and the like. With regard to insects that function as one whole in a colony, like ants and bees, there is a soul or a subsoul of some or other soul in the universe or in the world that controls the whole group, apart from the life force that is present in each individual.

Several souls per person or animal



Various forms of souls



There exist pictures of these life forces or orbs that I mentioned above. These orbs are often 'life forces' that incarnate in plants, fish, insects, ... Or sometimes these orbs are souls that incarnate in humans or animals. There also exist pictures in which nebulas are visible. These nebulas are souls that are stuck together, usually from animals and sometimes from humans.

In the following picture, you can see orbs that are 'life forces' that incarnate in plants, insects, worms and fish. The biggest orbs in this picture are life forces that incarnate in plants and the smallest orbs are life forces that incarnate in insects and worms. The medium-sized orbs are life forces that incarnate in fish.



The orbs in the picture below are souls that incarnate in humans and two souls that incarnate in animals. All the souls that you can see at the top of the picture incarnate in humans, the two souls at the bottom incarnate in animals: the left soul in canines and the right soul in horse-like animals. The nebulas in the picture are not mist, but souls that are stuck together of mostly animals and some humans.



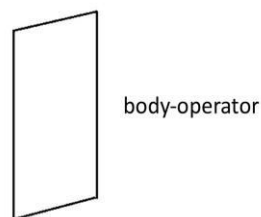
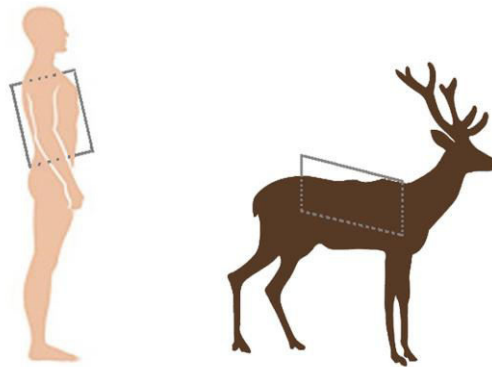
Some souls have a pattern that determines which sex they will have. A soul programmed to be a woman, will incarnate in the body of a woman in every life. There are also souls that take on both sexes.

A lot of souls come free from the body at death. Some are programmed to join someone of the next generation: a child or a grandchild, someone from the neighbourhood or someone who lives far away. Others roam around for a short or longer period of time and then they incarnate in a new foetus or they attach themselves to a person. Still others remain at a certain location in space or in a waiting room before they incarnate again, and during this waiting time, they are usually not aware of anything much. The rest incarnate in a new body almost immediately, in the span of one second. Souls of animals that die, may occasionally attach themselves to humans and vice versa. What happens after death depends on the patterns that steer this soul. There are probably still other scenarios of what happens after death than the one I described here. Maybe, it can sometimes take much more time before all the souls have separated from the body.

The souls of someone who is dying, already separate from the body one or more days before the moment of death. In the course of those days the souls separate from the body one by one, until a while after death. When a human or an animal dies suddenly, for example in an accident or when they are killed by someone else, the souls gradually separate from the body after the moment of death. This process takes a certain time, I think half an hour to an hour. I have too little experience with this phenomenon to be sure it always happens like this.

Apart from the souls in the body, there is still something else that (probably) takes control over the body during conception and that leaves the body at death, (probably) after the souls. If I wanted to give a name to it, I could call it the 'body operator'. This is something that has no consciousness, that is not a soul, and that controls the bodily functions. Probably, there is one body operator per body. A body may probably not be viable without this body operator. There is also a body operator present in plants, insects and the like. It looks like a whitish, rectangular plate and it is situated partially in and partially out of the body, at body trunk height. It has about the same size as the trunk. The body operator in an insect has the size of the animal. There is no subconscious mind around the body operator.

Body-operator in man and animal



Souls that incarnate, end up in environments with people who have patterns or energies similar to that of the soul. That's why so many things seem to be hereditary, while they actually aren't. Souls also end up in certain environments, depending both on the contents of its own patterns, which determine where they will end up and on the patterns of the parents, which determine the kind of soul they'll attract.

Memories from the latest death can easily be retrieved by way of the SL technique and through regression techniques. People who master these techniques and who are curious about it, can find out much about what happens after death this way. I'll give an example of someone who dies and again incarnates, whereby the information was obtained through regression. A 97-year old man in Tibet is sitting on a bench in a meadow and feels extremely lonely and sad. He is alone in life. He feels a sudden pain in his chest, he goes back to his single room hut and lies down on his bed. The pain in his heart becomes more intense and all of a sudden he is out of his body and he sees the room. At that moment he is intensely sad about the previous, meaningless life. Suddenly there is light, a blissful peace and he hears bells, then suddenly there is a murmur and the throbbing of something (of a heart, he is in a uterus), but he doesn't know what it is. The sadness from the previous life is gone. In the next memory from this regression he is a child in the womb, a girl who doesn't know exactly what is happening. The memories of the previous life are fading.

A soul leaves the body and incarnates in another body, immediately or after a short or long period of time



The light, the peace and the bells are the result of a pattern that is activated after death. When people who have been clinically dead, remember a tunnel, light, Jesus or family members that came to meet them, the pattern of a tunnel etc. was activated. This happens when the soul leaves the body. These perceptions are not real, but they are the result of patterns. They are in fact hallucinations. When someone has been clinically dead and afterwards tells about things they saw around their body, then these things are real. A soul that has left the body indeed notices the things that happen in that place. Someone who, by means of regression techniques, remembers an operation on the body under complete anaesthesia, can also describe the surroundings and the activities that have taken place during the operation.

When people are clinically dead, some of the souls sometimes separate from the body and other souls may enter, and as a result, a few personality changes quite often occur after such an incident. These changes can also be the result of patterns that have been activated by the serious condition or by the sudden confrontation with the fact that this life must come to an end and that there is life after death. Souls may possibly enter more easily during physical weakness, pain or an operation than in a state of total health.

The following scenario, which also describes what happens at death and when the soul leaves the body, has emerged during a session of regression. A man who is about to die, has pain in his chest and has difficulty breathing. And then suddenly, he finds himself above his body and all the pain is gone. He, as a soul, enters a small, empty space. There are no feelings at all, there is no sadness,

no pain, the soul is waiting. It feels as if there are two walls, at the left and at the right of the soul, the soul is in between them. It looks like a vertical tunnel.

It has no contact with anyone, the soul is waiting, the soul is simply there, there is no feeling. The soul stays there, it waits, it isn't conscious of much, it has no sense of time, it doesn't know how much time is passing by, it is neither unhappy nor happy, it knows it exists, but apart from that, there are few feelings and there is little perception of anything else. And then suddenly, it is in a womb, it hears a murmur, there are no memories of the last life. Then it is born again, there is a strong pressure on the head during birth. The new life begins, there are no memories of the previous life.

How someone dies and what happens in between lives, is controlled by the patterns. How the soul feels in between lives, the feeling of the tunnel, the absence of feelings, is the result of a pattern. There are newly born children who have memories of their past lives, this soul doesn't. Due to a pattern, this soul has immediately forgotten about the previous life and immediately finds itself in a virtually numb condition until it is born again. Children who have memories of previous lives, also have these memories before they are born, while they are still in the womb.



I could sense another example of something that happens in between two lives in a soul that was photographed above a grave (see the picture on the left).

The soul is feeling low, it is sad. It feels lonely and deserted, it feels lost. It is unaware of the surroundings, it doesn't know where it is. It doesn't really know who it is, it doesn't know it has died, it still has memories of a life as an old man and it thinks it is still that old man. It is confused. It is confused about dying, it was suddenly out of its body and it saw its body lying there, it doesn't know what happened.

The soul is sad because it is confused, because it doesn't really know who it is or what it is. It does know it is that old man, but still, there is some confusion about that. There is a memory of a very old

man walking somewhat bent forward, who needs a stick to walk. The soul identifies itself with that image, in its mind it is that old man.

There is a memory of young children (his grandchildren, about four or five, aged four to ten). The children are sitting around a table in the kitchen and they are playing a game together. It makes me think of New Year. There is also a dog. There is a door leading to the cellar at the man's right side. I think the man died in his bed that very night. There is a memory of lying in bed and then being above his body and seeing his own body lying in bed.

There is a memory of stroking a dog, as a younger man. He is sitting on something, near a house and there is the open nature in front of the house, the dog is sitting next to him and he is stroking the dog on its back.

When the man was still alive, he was often alone and lonely, especially at the end of his life.

I don't know if the soul belongs to the body in the grave below it.

Some energies that I can perceive around the soul

- There is an energy of a sharp sense of hearing, a feeling for rhythm and dance.
- There is a subsoul of musical talent. I think that this person was a great artist in the field of music, that he played in orchestras and/or conducted an orchestra. I can sense this on the basis of energies that give an impression of orchestras.
- There are energies of dexterity and of technical skills.

Some patterns that I can perceive around the soul

- He wants to do things well, he is a perfectionist, he can't deal with something not being perfect.
- He finds it difficult to bond with people, he has difficulty making contact, there is a distance between him and others, also in a relationship with a woman. He often feels lonely and alone.
- He has difficulty expressing his feelings, he is close-mouthed. He doesn't easily give his opinion, he keeps a low profile, he doesn't easily give himself away.
- He goes his own way in life, he doesn't really have consideration for others. He is concentrated on his work, his own pursuits, on what he wants to achieve in life. He is focused on himself, there is little attention for others. There is love for his work. He is successful in his job and there is opposition and jealousy of others with regard to his work and his success.
- His actions are well thought-out, he won't make a quick decision, he thinks things through before acting.
- He has difficulty reasoning, understanding complex issues, he is not much of a scholar, he has a more practical mind.

Poltergeists and attached souls

Most people have probably already heard about poltergeist or ghosts that would wander around somewhere, or they themselves believe that there is something around them that they can't see, but that is there. People who are under the impression that there is a presence of something with them or in their vicinity, may really be perceiving souls that are present in their own subconscious mind or in their home.

People who perceive the presence of something with them or in their vicinity, may actually happen to perceive souls that are present in their own subconscious mind or in their home. When noises, a knocking sound, footsteps and the like are heard in the house, then this means that one or more souls are actually present in the house. These souls are called poltergeists. The phenomena that occur in the case of poltergeists are frightening to the inhabitants. The poltergeist itself, however, has no evil intentions. He is often looking for help or contact or he is simply doing his thing without being aware of the inhabitants or of the fact that he is a soul without a body. A poltergeist is a soul that stays in a house on the basis of negative experiences or traumas in his subconscious mind. A soul liberator can very easily remove these negative experiences from a distance, as a result of which the poltergeist can break free from the place where it stays. Someone who is troubled by a poltergeist can contact a soul liberator. He or she can perceive the presence of the poltergeist from a distance and can remove the traumas that are mentally torturing the poltergeist from its subconscious mind. Subsequently, all the sounds, footsteps, and the like will disappear. The poltergeist will leave the location and the presence will no longer be noticed in the house.

Sometimes, negative issues (e.g. fear) or negative things that happen may be the result of souls that are present in the house, and not of patterns in the inhabitants' subconscious minds. Souls can be present in a certain room, in a certain corner, above the bed, etc. The inhabitants may be afraid or may feel bad or depressed in a certain place in the house. There may be frequent setbacks or objects may often break. All of this can be the result of souls that are present in the house. They can usually be very quickly removed from a distance. When someone calls me and describes a place in the house where he feels bad, then chances are that I can perceive a soul in that spot as well as traumas that this soul has been through. The traumas break when they are being perceived (the matter of which they consist, breaks down) and the soul leaves the location. The inhabitants immediately notice a clear difference, the problems that occurred, are gone. It sometimes only takes five to ten minutes to solve this kind of problem and sometimes it may take a few hours. When someone feels sensations like being touched by something, or something moving over them, and the like, this may be the result of a soul that has attached itself to this person. An example of this is something I could actually perceive in a client who consulted me.

This woman felt something slip over her when she lied in bed, and she felt something kiss her neck. The woman came to see me to find out the cause of the phenomena. I looked around her, in her subconscious mind, for the presence of attached souls. I sensed a soul and I saw images of an incident from the year 1253 in which a bride and a bridegroom were celebrating their wedding.

There were about 30 invited guests and there was a party going on in the open air, on a meadow. All of a sudden, horsemen with swords came riding up and killed all the members of the company. The bridegroom's head was chopped off.

When this incident was discharged, I felt that the soul (that had been the bridegroom) broke free from the woman. An incident is discharged by going through the images, emotions and thoughts of which it consists, by going through them and reliving them exactly, as a result of which they break down, i.e. the matter of which they are built up, breaks down, as a result of which the incident is destroyed and can no longer have any effect. It's necessary to sense the contents of an incident entirely correctly, i.e. that you perceive the feeling, idea or image that has been stored for 100% correctly, because only then the matter of which that feeling, idea or image is built up, will break down. By discharging the incident in which a soul is mentally trapped, the soul will break free from the person to whom it is attached.

Next, the woman had severe pain in her chest. I continued to look for souls attached to her and I found another soul of a person who had been stabbed to death by a spear. When breaking down this incident, the soul broke loose from the woman. Then, the woman had pain in her legs. I found another soul of a man whose legs had been chopped off. After that, I found several more souls that were still mentally trapped in the traumatic incident that they had experienced and which they continued to experience. By destroying the incidents, the souls broke free.

A soul that is mentally trapped in a traumatic incident of death or another incident in life, still experiences this incident in the present time. Such a soul is not aware of reality. In the incident of 1253, in which about 30 people were murdered, the souls of most of the people present were stuck together in a cluster and this cluster of souls had attached itself to the soul of the bride. The woman who came to consult me, was the reincarnation of the bride. Souls that have experienced a traumatic incident together, can stick together in a cluster.

In the subconscious mind, there are the many souls that have incarnated as well as souls that have attached themselves to one of the incarnated souls, in this life or in previous lives. Apart from that, there are large numbers (millions and many more than that) of clusters of souls that are stuck together present in the subconscious mind. They are connected by a common theme and they are attached to an incarnated soul or to a soul attached to the incarnated soul. These clusters have been attached to this other soul for an immensely long period of time and the souls that are part of such a cluster, are buried under a great many patterns. These souls are not conscious, they are in a numb state. The clusters contain some or up to huge numbers (millions) of souls. However, there are also single, unconscious souls that have been attached to the other soul for a very long time and that are buried under huge amounts of patterns. These clusters or single souls become visible during the peeling off of the patterns. When a sufficient amount of patterns of the souls that are part of the cluster has been peeled off, the clusters break open and these souls come free from the person (that is, from the soul to which they were attached) and they go and incarnate somewhere. When a single soul is concerned, it also breaks free, as soon as enough of its patterns have been peeled off.

Another example of a soul that had attached itself to another soul. A young woman told me that she had suffered a great deal of misfortune ever since her grandmother died, 14 years before, that her life had been miserable and that she had felt very inhibited ever since. The woman was convinced that her grandmother was with her, because these phenomena started immediately after her grandmother's death. At first, I was rather sceptical, since this woman's symptoms might also

have been caused by patterns. I started looking for a soul that might have attached itself. And indeed, such a soul was present. Removing such a soul is usually very easy and it sometimes only takes five minutes. I could sense the soul and feel what was in her mind. As a result, patterns and traumas in the soul broke down and the soul came free. The woman immediately felt changes within herself. Afterwards she let me know that her life had changed fundamentally, that things were going well again, that all the trouble had gone.

In the case of the woman with whom I found the incident from 1253, I was able to release the various souls attached to her by breaking down the matter of which the traumatic incidents of each individual soul consisted. This matter breaks down by watching the incident in detail, and by perceiving its contents for 100% accurately, completely identical to how things occurred during the incident, and therefore completely identical to the information stored about the incident. When images, painful feelings or ideas (whether or not from a previous life) arise during a session of regression therapy, then these images, feelings or thoughts (or actually the matter of which they consist) will break down when the information stored is remembered or relived for 100% correctly. When a client exactly remembers the images, feelings, ideas of an incident, this has the same effect as when I myself correctly perceive these images, feelings, ideas. In both cases, the matter of which these images, feelings, ideas are built up, is crushed. Next, the painful memories are no longer present in the subconscious mind and they can no longer have any negative influence. When the information is not relived or perceived 100% in the same way, the matter will not break. I have no idea why this happens this way. That's something to be figured out by a scientist who also masters the SL technique.

Mind controlling creatures

Apart from the patterns, there is still something else that can cause the most horrible tragedies, in all kinds of areas. This horrible something has always been present in the world and in people's subconscious minds, but in recent years, it has been much more prevalent in the world. Especially in the years between 2009 and 2013 there was an intense occurrence of this phenomenon. That which I'm talking about is some kind of programme, but different from the patterns. It may rather be compared to an entity, a soul. However, it is not a soul, but something that has been composed, that has been fabricated. It consists of the same kind of matter as the patterns. I have called these things 'mind controlling creatures'.

Mind controlling creatures are something very malicious. They carry a destructive programme. They attach themselves to bodies and they cause the most varied symptoms in man and in animal. I think that they come from outer space to earth. I think so because I have seen them descending from heaven to Earth on several occasions. When they arrive here, they attach to something. Maybe they leave another part of the universe and they come to earth for some reason or another, or maybe something or somebody is purposely creating these creatures on a location outside this planet and sending them to this planet for some (evil) reason. They mainly attach themselves to people and animals, but also to plants, buildings and materials. They can cause things to break down or appliances not to function normally anymore. They can cause people to feel bad in a building, or one can feel that there is a presence in the building, or all kinds of negative things may happen in a building. In humans and animals, they cause lots of pains, lots of psychosomatic complaints and diseases. They cause fatigue and sleeping difficulties. They can interfere with cognitive functions, they can cause people to be unable to perform the most simple mental and physical activities. They can cause people to be unable to work, to be unable to bring themselves to do anything. They can cause sudden superficial or radical changes in personality. They can cause people to want to withdraw from others and to want to shut themselves in their homes. They can cause people to have trouble expressing themselves. They cause the most miserable feelings, they cause intense feelings of depression. They drive people to suicide. They are responsible for a huge number of failed relationships. Sometimes, in happy couples, the feelings of one of the partners suddenly disappear and the other partner is stricken with grief.

They are responsible for accidents, setbacks and all kinds of things that do not go well at all. People are under the impression that things are being sabotaged time and again. They cause overweight, addictions, aggressive behaviour, dishonest behaviour. They cause voices in the head and compulsive behaviour. They are the cause of murderous tendencies. In 2008, they caused a young man to walk into a crèche with a knife and to kill some children and an adult with a knife. This young man committed this act under duress of these mind controlling creatures.

One may feel that there is something crawling on or in one's body. And there is much more. They are responsible for the most diverse horrible facts.

These mind controlling creatures have many forms. A common form is a ball of 30 cm diameter on legs (like round table-legs) with which they attach themselves to a body. They can also be

much larger than 30 cm, they can be half a metre, one metre, five metres and more. They often have spiderlike forms, a nucleus with legs. Sometimes, they look like worms, insects, snakes, or like a ball, an oval, a cylinder, a towel.

They settle in the body or they attach themselves to the body, nearby or further away from the body. Sometimes, one can feel it when one or more mind controlling creatures attach themselves. One may then feel one or more pricks somewhere on the body or you may feel small taps somewhere on the body, or it may feel like something is penetrating the body.

Just like the patterns, they usually have one encoding, for example 'feeling miserable'.

Exceptionally, one mind controlling creature may have several programmes (just like the patterns). Thousands of them may simultaneously attach themselves to someone. Whole swarms often attach themselves at once, there is usually not only one or a few of them, although this is possible. They come in various sizes. The ones that attach themselves to people of the slow group are much bigger than those that attach themselves to people of the fast and the middle group. The mind controlling creatures that attach themselves to someone of the slow group, are of a different kind than those that attach themselves to people of the fast or the middle group. It takes many more hours of SLT to destroy mind controlling creatures that have attached themselves to someone in the slow group, than those that have attached themselves to people in the other groups, just like with the patterns.

When they have attached themselves to people or animals, this is because these people or animals have patterns that determine that this can happen; the contents of these patterns is that such creatures can attach themselves to them. These creatures need strings of matter, which are present in between the patterns, to attach on. These strings are more present in some people than in others. People that have more of these strings, are more prone to mind-controlling creatures attaching to them than people who don't have as many of these strings or perhaps don't have any at all. The fact that the strings to which these creatures attach build up in some people's subconscious minds, is because these people have patterns that cause these strings to be created in their subconscious mind.

The creatures that have attached themselves, sometimes seem to know what is going on in someone's life and they can very specifically interfere with that, although I don't believe they are conscious or able to reason. Somehow or other, they sometimes seem to be able to adapt their programme to the situations of the people to whom they attach themselves. When there is a happy relationship, they will cause a break-up. When there is an unhappy relationship, they'll leave it as it is. When someone needs his hands to work, they'll cause a problem with his hands. When someone does intellectual work, they'll cause a disruption of cognitive functioning.

A mind controlling creature sometimes consists of energies and sometimes of subsouls too (I don't know of whom or of which) that have been put together and around which an evil programme has been built. In most cases however, it only consists of matter that has been put together into an evil programme.

The mind controlling creatures can attach themselves to someone in this life, but I have also seen mind controlling creatures that someone was born with.

Years ago, I saw a serial killer on TV with whom there was such a mind controlling creature that forced him to kill, even though he didn't want to do this and even though it made him very sad. An urge to kill is usually the result of someone's patterns, but even then, this person doesn't always want to do this, but the patterns force him to do it.

I once saw a faith healer on TV who attracted full houses and with whom there were mind controlling creatures that caused an urge for admiration, a huge impact and an incredible power of persuasion.

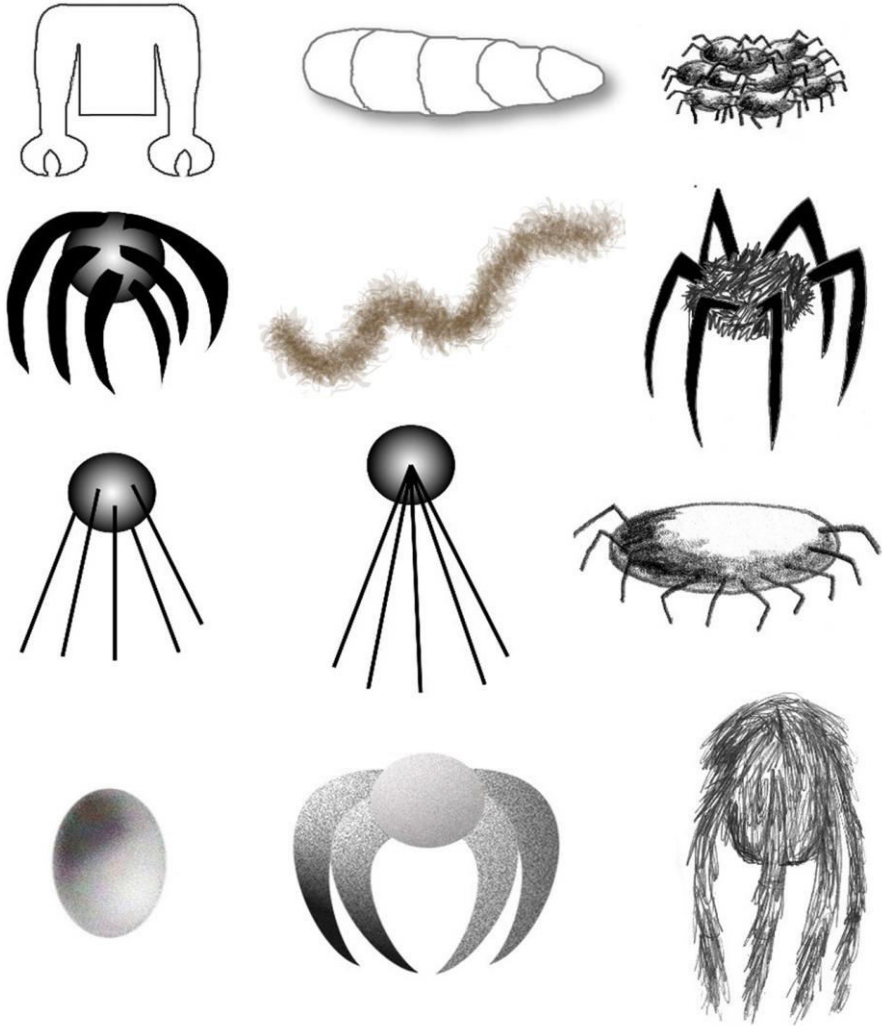
When a client mentions a certain complaint, the problem may either be caused by patterns or by mind controlling creatures or by both. When I work on a mind controlling creature with someone, it is torn into pieces, it is destroyed by my subsouls, so that it will no longer be able to attach itself to others.

It usually requires less effort to remove the mind controlling entities than to destroy the patterns, so that the complaints that they cause, can often be solved quickly. Also when we're dealing with people from the slow group, removing these entities is usually easier than destroying patterns. But there were stubborn cases, where it took quite a lot of work to remove all the entities.

Not everyone is equally susceptible to mind-controlling creatures attaching themselves to them. They continuously attach themselves to some people, and other people don't seem to be troubled by them or to a much lesser extent. The ones to whom they attach themselves, have a pattern that contains images of these creatures, as well as the idea that they exist and that strings of matter have to be formed in the subconscious mind. These strings are coloured matter without contents, to which these mind-controlling creatures can attach themselves. In order to solve the situation, so that these creatures can no longer attach themselves, this pattern has to be removed, as well as the strings of matter to which they attach themselves.

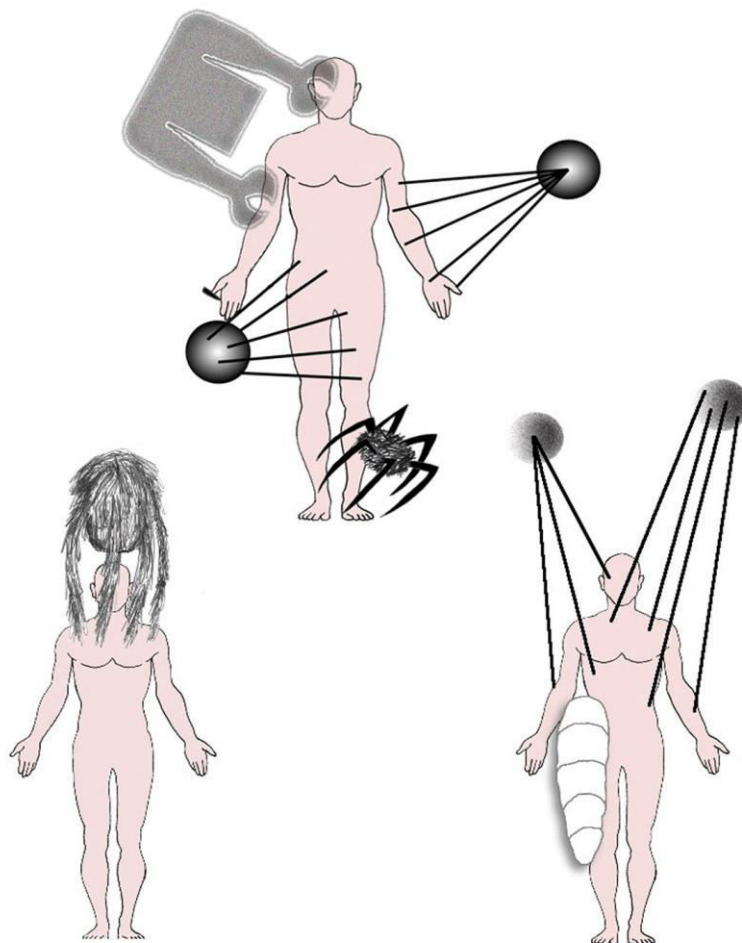
The mind controlling creatures have different forms, and each creature has a different programme

Mind controlling creatures



The mind controlling creatures attach themselves somewhere on the body or they settle in the body

**Mind controlling creatures
that have attached themselves to people**



Storage of the matter of the patterns

Every time something negative happens, this occurrence is stored on top of the patterns. In this way, the layers keep on building up. Positive experiences, which don't activate any patterns, are not stored in the patterns.

In every person, the same issues are present in the same location with respect to the body. If the matter of a pattern is located in someone's back as well as two metres above and twenty metres below him, then the identical issue is stored in the same places in someone else.

Different parts of one and the same occurrence are stored in different locations. When fear, grief, feelings of guilt, certain ideas and images occur in an incident, then these separate elements are stored in different locations. The grief is stored in a chain of grief and the fear in a chain of fear. When we remember something through regression, then the different elements are retrieved from various locations in the subconscious mind. The structure of the matter around people is very complex. It is as complex as the molecular structures of chemical products. There exists a system of addresses used for storing and retrieving material, but that's all I know about it as yet.

The layers of the patterns are not literally stored on top of one another, they are stored in a crisscross way. For example, there is a layer of a pattern of fear, and next there is a layer of a pattern of egoism, followed by a layer of a pattern of depression, and next there is once again a layer of the same pattern of fear.

Different patterns can also take up the same space. There are thousands of different patterns to be found in one location, and when a small piece of matter is removed from a location, another pattern appears in the very same place.

The matter of the patterns hangs over different people, and therefore other people and animals in the world (and further in the universe) also change when someone is treated. When a pattern in someone is broken, the pieces that are present in the others, are broken too. There may also be patterns in different people that each contain a different subject and that are interconnected. For example, I may perform SLT to one person for poverty and pull along someone else's patterns of moodiness in the process.

At some time, souls were split into parts. The different parts incarnated in different people or animals. When a pattern in one part of the soul has been broken, the pattern in another part may also break, wherever it is in the universe.

There are often patterns between two souls that determine the kind of relationship they have. Hence, every time these two souls meet in a life, they have the same attitude towards one another. For example, when their relationship is one of dominance and submissiveness, then the same feelings for one another are experienced in every life. We tend to meet the same people again and again in various lives, but therefore not necessarily in the same sort of connection. In one life, two people may be sisters and love each other or hate each other, in another life, they just meet and become friends or enemies. When the programme of the mutual relationship is broken in one person, the part that is present with the other person will automatically break down too. For example, when someone experiences a lot of jealousy and opposition from others, this can be due

to one pattern, which is present in all parties. When the pattern breaks in the person at whom the jealousy is aimed, then the parts present in the others, will automatically be destroyed as well. So, when the pattern in person 1 is removed that causes person 2 and 3 to be jealous of him, then the feeling of jealousy that person 2 and 3 had towards person 1, will automatically disappear. By removing the part of the pattern in person 1, the parts of the patterns in person 2 and 3 will simultaneously and automatically be removed as well, because they are connected to the part of the pattern in person 1.

When people meet someone with whom they feel an automatic connection, each of them may have a piece of the same soul. However, a feeling of a great bond between people may also be caused by energies. Souls that separate from the body because their patterns have been peeled off sufficiently, merge either with another part of the soul of which they are a part, wherever it is in the universe or they incarnate once again. One soul may also be present in several bodies, without this soul being separate parts of a former whole. One soul may steer different bodies at once. When the patterns around a soul that occupies various bodies, are broken, several people will automatically feel changes.

When looking at someone's patterns, we may come across images that actually belong to someone else. For example, when I work on myself, I see images of someone who has a transport company and who is living now. A soul that is part of me, is also part of this other person and therefore I see material of that other person.

In a déjà-vu experience, you get to see images from someone else's subconscious mind, in which you, as a soul, are also present. That's why it seems like you have experienced it before. A part of you is also present in someone else who has actually experienced these things. Another explanation for déjà-vu is that one or more souls may separate from someone and stay with another person or other people for months or years and then join the first person again. That's why those other people's experiences may feel like one's own. Perhaps there may still be other explanations for the déjà-vu phenomenon.

When I work on people with SLT, significant changes can sometimes be observed in other members of the same family. The interconnection of the patterns between people is partially responsible for this. However, this may also happen because my subsouls also work on other people in the environment of the person to whom SLT is applied specifically. For example, I started to work on the patterns of anxiety in a girl who turned out to be in the slow group. So, there weren't many results after the first series of peeling off patterns, but her mother noticed that she herself had clearly become more assertive. I was working on patterns shortage of money in a woman from Rotterdam for, and her daughter, who was staying in Paris, was healed from her depression at the same time, while she wasn't aware of her mother's treatment. I was applying SLT to a nine-year-old girl to increase intelligence and her younger brother of four, who had difficult behaviour, suddenly became very docile. The youngest child of the same family was suddenly toilet-trained on the very day that I started applying SLT to the elder sister, whereas it had previously been a problem to have the child use the potty. The mother, who suffered from procrastination, noticed that this had improved and that she managed to finish things in time. I worked on a 16-year-old girl to increase her intelligence and her elder brother, who had left home and who had severed relations with his family, suddenly came back. Also, he suddenly showed respect for his parents as never seen before and he was very social-minded. I applied SLT to a boy for all kinds of problems and his mother noticed that, all of a sudden, she was less anxious, her

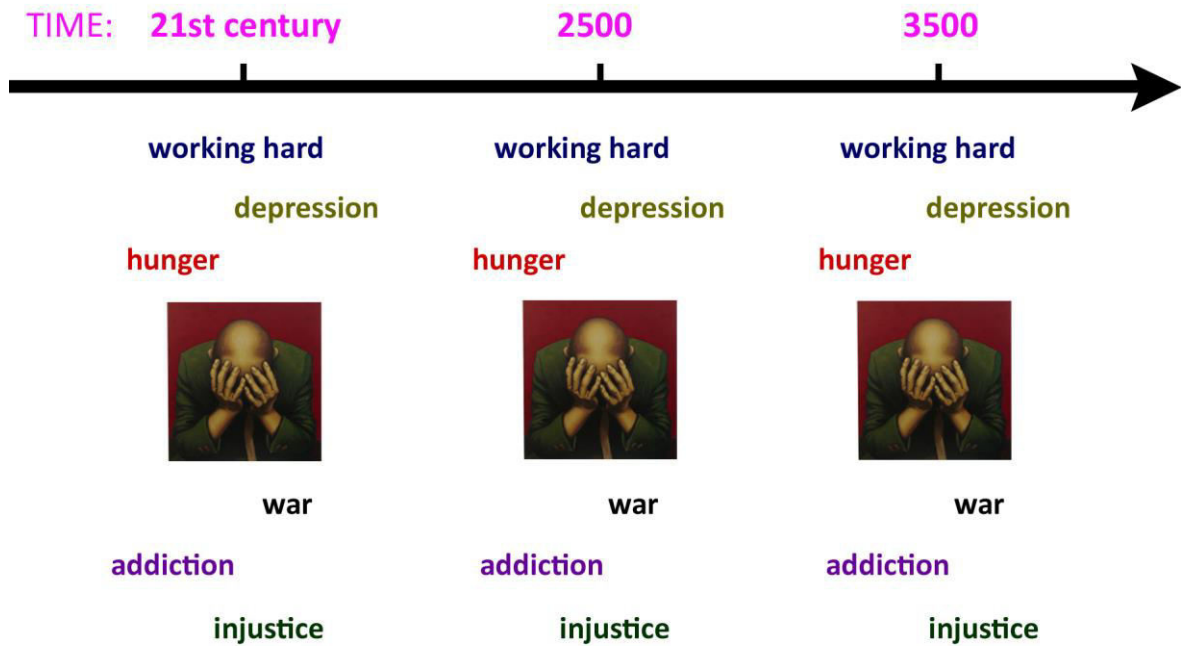
relationship with her colleagues had improved, she was better able to put things in perspective and she felt happier.

Philosophical views and therapeutic techniques

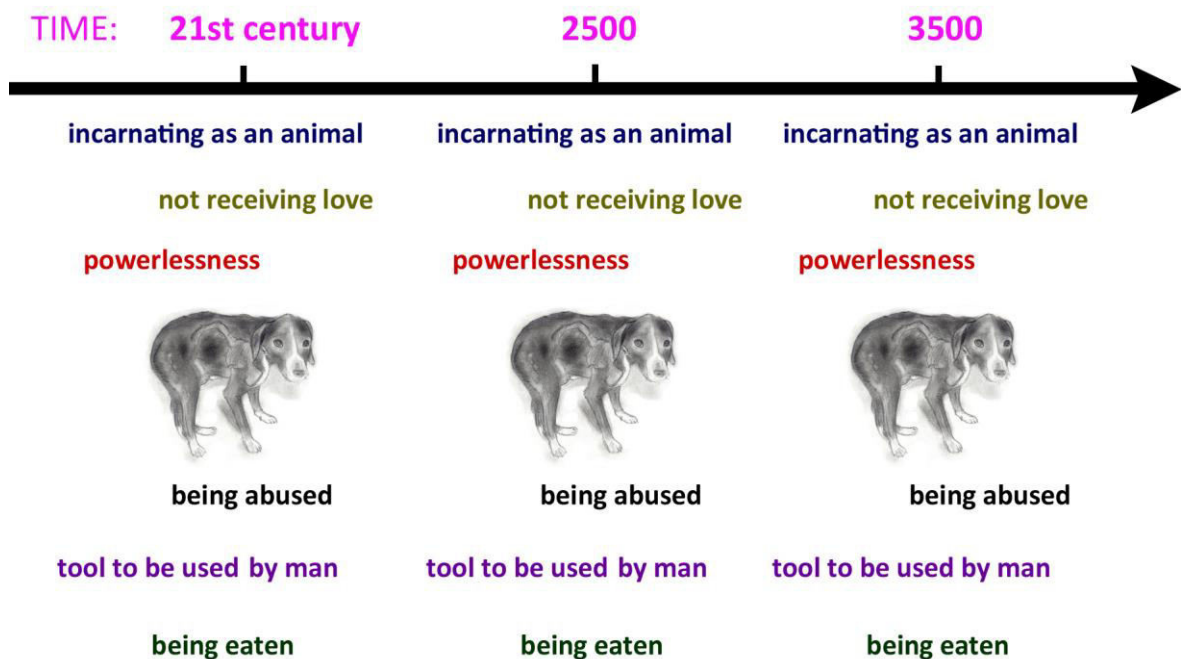
Many people search for the meaning of life. In my view, life as we know it on the planet earth is totally meaningless. Being born and having to die again and having to work for a lifetime in order to be able to support oneself, with numerous difficulties on top of that for many people in the world, has no meaning at all. Eternal reincarnation and experiencing misery in the various lives is meaningless. There's no point either in being forced to walk around on a planet with only one millionth of our potential capacities. So, according to these views, life on this planet is meaningless. We can only try to make the best of it, as long as we're suppressed by the programme and strive to get out of it.

We're trapped in an eternal cycle of reincarnation and so far there hasn't been any hope of getting out of it. According to some ideas, we evolve automatically, because we learn lessons from every life and after a sufficient number of lives, we will automatically be enlightened, we'll be released from the cycle of reincarnation as a matter of course. I disagree with this. Those ideas result from patterns and they are not the truth. Anyone who can perceive patterns, can determine for themselves that these ideas are caused by patterns. People who are called 'enlightened', have only reached a very limited level compared to what we aim to achieve with the SL technique, and they are certainly not free of the programme. Again, someone who can perceive patterns, will be able to confirm this for themselves. 'New Age' ideas about learning lessons, karma, guides, angels, light beings, cosmos, divinity, having a task here, children of the New Time, receiving messages from above, young and old souls, Jesus and Buddha and the Christ consciousness, you choose your own parents, you have to do it yourself (instead of having your patterns peeled off by a soul liberator), you may not treat someone who doesn't know or want this, we create our own reality, ascended masters, 'Source', channelling, 5D ascension, the age of aquarius etc., are the result of patterns. When someone truly believes to perceive guides and angels and to receive messages from them, then these are subsouls that display this behaviour under the influence of patterns. As soon as the patterns are removed, these guides and angels will no longer manifest themselves. Likewise, people who believe to receive messages through channeling, are the victim of a pattern. The information that they receive originates from their own subconscious mind and not from an ascended master or from the Galactic Federation of Light and the like. As soon as this pattern is removed, there will be no more messages. There may perhaps be people who actually get messages from something or someone that actually exists beyond them. But if this happens at all, then this will rather be the exception than the rule.

Eternal reincarnation and eternal suffering



Eternal reincarnation and eternal suffering, also for animals



The existing schools of spiritual evolution each have their own explanation for the meaning of life and they use certain techniques to try to change unfavourable situations. In my view, these techniques can only affect the upper layers of the subconscious mind and they can only break off small pieces of patterns. So, these techniques are limited as to what they can achieve. Even if they are applied for a lifetime, even then, only a tiny part of the programme will have been peeled off, like a drop in the ocean, and everyone starts again in a next life. Although certain results may certainly be obtained and although there is some progress, these techniques are too weak to free the world of all misery. Even if meditation techniques that peel off very small pieces of patterns, are applied for a lifetime, even then, only the upper layers are removed. Someone who can perceive patterns, can determine this for themselves.

If you can perceive patterns by yourself, you will see that the pattern that caused a problem, is still present in the subconscious mind, even if, at that moment, the problem is no longer present in someone's life. The problem may be gone when a small piece of the pattern has been peeled off, but as long as the pattern hasn't been removed completely, it can crop up again and again. Only by peeling off patterns continuously with a technique that can have the patterns peel off continuously by themselves, the vast amounts of matter of which the patterns consist, can be destroyed. There are a great many patterns in our subconscious mind, they consist of vast amounts of matter and they extend to tremendous depths.

People who have reached a state of enlightenment according to the views of certain philosophical schools, have, in my view, only reached a first stage. In my opinion, even for so-called enlightened people in the world, there is still a long way to go in order to be freed from all the patterns.

In my view, we have been trapped in the programme for aeons and we haven't gotten out of it for aeons. When perceiving times long gone (past times, which are to be found in the subconscious mind, not past times in the history of mankind), we can determine that all kinds of techniques for personal growth have always existed, but we are still not freed from the patterns. If results are obtained with alternative treatments, in the sense that a symptom is resolved or has improved, this is either because the pattern has been deactivated or a piece of the upper layers has been peeled off. The deeper layers have settled down or were not active in the first place. The deeper layers haven't been peeled off and will crop up again later in life or in a next life.

An example of a technique that peels off small pieces of patterns is Tibetan singing bowl therapy. In this therapy, sounds are produced by tapping a metal bowl (Tibetan singing bowls) with a stick. The sound waves that are thus produced, destroy small pieces of patterns. The same can be said of Gong healing, Tibetan and Indian Flute sounds, 'OM-sounds' produced by Tibetan monks, and other similar techniques.

I once underwent a session of singing bowl therapy for the purpose of testing it out, and I felt a small piece of matter break. Years later I had the idea to test the ability of sounds and music to break down patterns. And I was astonished by the ability of certain sounds and music with regard to breaking down patterns. Many sounds and music will do something, some won't do anything at all, and some are much better than the rest because they break down small or larger pieces of one or a few patterns simultaneously and swiftly, and subsequently one or several pieces of the next patterns, etc. I came to the conclusion that listening to certain sounds and music has great value for breaking down patterns, and that this technique can be applied immediately by a great many people. This technique can also be applied with animals. I found that singing bowl therapy and similar techniques don't produce the most powerful sounds for breaking down patterns. I was

surprised by this myself, but it's true anyway.

You can either spend some time listening to these sounds and music with concentration, or you can have these sounds and music play in the background. Even if the volume is down, the vibrations produced by the music will work on the patterns just as well. This technique can also be applied by a deaf person. One doesn't have to hear the sounds and music for them to work on the patterns.

This technique of listening to sounds and music can be applied simultaneously with the SL method of 'asking for energy', or during meditation or yoga, or while performing yet another technique. A few small pieces of patterns will break down during meditation and yoga, the SL method of 'asking for energy' will break down larger pieces of several patterns simultaneously, and certain sounds and music will break down break down pieces of one up to a few patterns simultaneously and do so at high speed. So, a piece of a pattern breaks down in a short period of time, and immediately thereafter a piece breaks off from the next pattern, or from a few patterns combined, etc. When these techniques are combined, there are more results in the same amount of time. So, meditation, yoga, the SLT-technique of asking for energy or other techniques can be applied simultaneously with sounds and music playing in the background.

In order for everyone to be able to benefit from this free, powerful method for peeling off patterns, I have created a website with sound and music videos which I have rated. The videos with a score from 6/10 to 10/10 are worth your time to listen to. The others (5/10) certainly do something as well, but they will have peeled off less in the same amount of time. The sounds produced by singing bowls and related techniques score less than 5/10. Modern Psytrance music and 'thunder and rain' sounds score 10/10. The website is soundsforhealing.wordpress.com.

Regression therapy and acupuncture are examples of other methods in which small pieces of patterns are peeled off, and there are many other techniques that do the same. Maybe this is also what homeopathy does.

Although meditation is applied on a large scale, it is not very powerful for the purpose of peeling off patterns. Meditation may possibly have other benefits, but it only peels off a small piece of a pattern every ten minutes, whereas the sounds and music that I give the mark 5/10, peel off a small piece of a pattern every one or two minutes. If I were to give marks for the various meditation techniques, they would receive the mark 1/10 for their ability to peel off patterns.

Yet another technique that peels off small pieces of patterns, is magnetization. A magnetizer works with energy. This energy is either produced by his brain and sent through his body to his hands, or it is part of his subconscious mind and is present around him. This energy that comes out of his hands or from around him breaks down the matter of patterns in the client's body. Some physical symptoms can thus be resolved.

Some psychic techniques or psychic people give energy to someone which makes them feel better temporarily. These techniques certainly have their value, but the patterns have not been peeled off. The cause of a problem is still present in the subconscious mind.

There are psychic people who can implant something in someone, as a result of which certain patterns are deactivated. That which has been implanted has a (temporary) influence, but again, the patterns are not peeled off. With techniques of hypnosis or magic, something can be implanted in someone else's subconscious mind.

White magic aims to improve someone, black magic aims to hurt or to destroy someone. I know little about magic, but I know one thing and that is that black magic works. I don't have the technique or

the ability to perform neither black nor white magic on someone, but I can see it when black magic that has been implanted in someone. I know how destructive it is and I can remove it.

I believe you have to be born as a black magician to be really good. It is possible to learn techniques of black magic, as a result of which something can be achieved, but in my opinion, you either have the gift or you don't, which will determine the results. A black magician who is born with the gift to perform black magic, has got patterns that enable him to really achieve something with what he does (which is implanting something in other people's subconscious minds to cause them harm). He has subsouls that are stuck in patterns that can cause destructive things to happen to other people. These subsouls can implant themselves in someone else's subconscious mind. They can cause negative things to happen in the life of the person in whom they are implanted. The ideas and subsouls go and install themselves in the person's subconscious mind, somewhere in or around the body or in the vicinity of the person. The ideas that are stored in the body can cause physical complaints. The subsouls can take independent action to cause negative events to happen in the life of the victim.

Black magic is very powerful. Things that have been built in, like 'the business will fail', are very powerful. Some gurus who gather large numbers of people around them and who have much power over them, often have subsouls that implant themselves in those people and who compel them to follow the guru (the gurus sometimes don't know this themselves).

How to apply black magic is described in (new age) literature. These texts usually include the idea that one should invoke evil spirits that have to cause damage to another person for you. For this to happen, one has to invoke the evil spirit and to recite a text. I personally don't believe that this actually works. But I did once have the experience that a soul, and not a subsoul, had been implanted in a woman who came to see me for the removal of black magic. At least, I think it was a soul. The thing that I perceived with her was a translucent ball from approximately 30 cm diameter and it was present close to her. The thing/soul felt evil and very aggressive. It attacked me as soon as I looked in this woman's subconscious mind for black magic. As soon as my subsouls sent energy towards it to remove it, it shifted from the woman towards me and it tried to attach itself to me. I came straight towards me in an attacking move, and my subsouls shot beams of energy towards it in order to keep it at a distance. The thing fled to another location around me and then again attacked me. I had difficulty preventing it from attaching itself to me. The woman who was with me couldn't perceive the thing/soul, so I described to her what happened. The soul attacked me for half an hour and my subsouls kept it at bay and tried to break its negativity. Suddenly they succeeded, the thing had weakened, it no longer attacked me and suddenly it was gone. At that moment the woman felt that the problem she had experienced, was gone completely.

When I remove black magic, I remove subsouls and ideas, or whatever is implanted in someone. I can always remove black magic, but I can't prevent black magic from being implanted again. The fact of being the victim of black magic is also caused by a pattern, for that matter. Only when this pattern has been destroyed, the person will no longer be the victim of black magic.

Systems of positive thinking give people hope, but they don't break down patterns. In positive thinking, the things one wants to achieve are visualized or affirmed (saying positive sentences and repeating them endlessly) or positive thoughts are formed, in the hope of creating/attracting similar situations (the law of attraction). In these techniques, one may, for example, imagine to be rich (visual representation), or one may repeat the sentence: 'I'm rich, everything comes to me, I live in affluence'. A second variation is to form positive thoughts

about affluence, or about the business going well, whereby one believes that the positive thoughts will attract wealth. As a result, one may briefly gain courage because one believes that a solution will come and for some problems some improvement may be achieved by a positive way of thinking. However, techniques like that can't really change things, because the patterns that cause everything, remain present.

The conviction that thoughts can cause occurrences, is therefore wrong. Similarly, some people may argue that certain things turn out negative because of negative thinking. However, these negative situations are caused by patterns, and negative thoughts are caused by still other patterns, but they don't cause negative situations by themselves. For example, when you think that you won't manage to do something, but you don't have patterns of failure, but you do actually have energies of success, then you will succeed. Thoughts are not capable of causing anything. If they were, then you only had to think positively and you would achieve anything you want. If things worked like that, all misery would long be gone from the world. If someone has negative thoughts, but doesn't have patterns that steer things in a negative way, then negative things will not happen. If someone has very positive thoughts, but has patterns that steer things in a negative way, then negative things will happen.

If things indeed go well when you think in a positive way, this is because you have free energies that make things go off well. In that case things always go off well, whether or not you explicitly practice positive thinking. If you have the right energies, you only have to want something and it will automatically go off well, without additional efforts of positive thinking being required.

In many therapeutic circles, the idea exists, that when there is a problem, something must have happened in childhood that has caused this situation. Occurrences from previous lives or from childhood or from whenever in life can be the only cause of something, but they usually aren't. A problem is usually caused by patterns. However, if a problem is yet the result of an event in this life or from a previous life, then the problem can be solved by discharging/removing this single incident. Patterns that are activated by the incident, will be deactivated as a result and don't have to be removed for the problem to be solved. It's sufficient to discharge the incident itself. However, in most cases, it doesn't work like this. When there are certain problems, far more often, nothing happened in childhood or in previous lives, that's just the way this person is put together. For example, when someone is anxious by nature, then this is not the result of things that happened in the past. Someone is anxious by nature because he was born like that. The patterns in the subconscious mind make him fearful. For example, someone may think: in this life I'm afraid of water because I drowned in a previous life. The true origin of this fear of water, however, is a pattern that arouses fear, while there hasn't been any previous death by drowning.

When recalling past lives through regression therapy, numerous events and images arise.

However, therapists and clients often make the mistake to immediately assume that these originate from a past life of the client. But a soul can also attach itself to another soul. Several souls can have attached themselves to the various incarnated souls in a person. These souls may have attached themselves in this life or in previous lives. When images from previous lives are recalled, this is often material from incidents that belong to these souls that have attached themselves and not to someone's own souls.

When someone has received SLT, other techniques like regression therapy, psychoanalysis, meditation, among others, also go more smoothly. The information arises more quickly and breaks down more easily. This is because the SL technique works profoundly on the subconscious mind,

and large pieces of patterns are removed, and energies are released. The progress thanks to SLT has been significant and as a result these other techniques work much better. People who already apply psychic techniques, notice that their power increases once they undergo SLT.

Dreams are often believed to be meaningful. For example, dreams would represent unfulfilled wishes. It is a fact that subconscious information arises in dreams, namely the material from the patterns that are active or from the mind controlling creatures that have attached themselves. When I get up in the morning and I remember a dream, then the subject of my dream is the same as that of the pattern that is peeling off.

I am not an advocate of astrology, but I can't deny that I happened to have noticed surprising regularities, like for example a group of models who, almost without exception, were born under the sign of Aquarius. Or a journalist who wrote in a newspaper: 'I don't believe in astrology, but I can't deny that a large part of the editorial staff is born in May'. I noticed that someone who didn't know anything about astrology mainly had contact with people who were born under a certain astrological sign.

I believe the idea of personality or the course of life being influenced by planets around us or by our time of birth to be absurd. Even if there seemed to be some kind of regularity, then this would be the result of the pattern 'astrology' that surrounds people. Astrology seems to make sense because it is programmed that this or that planet has this or that influence, or that the month in which you were born corresponds with certain personality traits. When the pattern 'astrology' is broken, the regularities will disappear.

I once saw the following figure around someone who was being trained in the SL technique and who was very religious (Catholic): a two metre tall, white angel with blue wings. The trainee herself saw the angel too (she also had psychic abilities). It couldn't be a hallucination since we both perceived the angel. The explanation for this is that subsouls can also be stuck in patterns. When a subsoul is caught in a pattern that makes it think it's an angel, then it'll take on the form of an angel. This is what happened in the aforementioned case.

When all the patterns related to religion are removed, angels will no longer be seen, neither as a hallucination nor as a subsoul in disguise.

Someone once told me that he perceived beings around him and had conversations with them.

When I told him that these beings were the result of the contents of patterns and that they were not actually there, he couldn't believe this. In the course of the SLT application the beings stayed away, which proved that they had been hallucinations. People who receive messages from their guides or from above, receive this information from their own subconscious mind. When someone receives correct information about something, this is no proof of a message 'from above', but of a psychic talent that results from someone's own energies and subsouls., The received messages are often nonsense, however, because they come from patterns and they are not the result of a psychic ability. People who claim to perceive guides may, without realizing it, perceive their own subsouls.

Persecution of dissenters in past and present times

The persecution of people who held views that were different from the mainstream has been a constant in history. Both past and present-day rulers want the population to be servile and obedient and to this end, they have people believe all sorts of things. Religion for example, is a very powerful tool to control entire populations. The creation of ignorance, keeping everyone stupid are powerful tools to suppress a population.

Of course, religion, ignorance and persecution are the result of subconscious programmes in both the ones suppressed or persecuted and in the suppressers or prosecutors. If there were no patterns, religions, ignorance or persecution wouldn't exist and new techniques or knowledge that can advance humanity, would be supported. Examples of people who were persecuted in past times are Jesus Christ (who was an ordinary human being), Socrates, Rasputin, Bruno Giordano, Galilei (each of them had psychic abilities and/or special views, which made them dangerous to the rulers of their time), millions of innocent women accused of witchcraft and burnt alive during the inquisition run by the catholic church, the Cathars, and many others. Persecution happened in the past and it still happens today. Our more civilized culture doesn't make all that difference. Nowadays, alternative therapists and whistleblowers who reveal abuses and corruption are among those who find themselves persecuted. Persecution is of all times, and our current (sham)democratic times are no exception to this.

When people have abilities or insights like myself, they very often have subconscious patterns for being persecuted, as a way of preventing these insights and techniques from spreading. These patterns are present both in myself (I am in the process of destroying them) and in other people who want to learn the SL-technique. If these people applied SLT, there's a good chance they would be prosecuted. Therefore it's important for a soul liberator who works with SLT to be aware of the fact that he could be prosecuted. In order to avoid this, he shouldn't try to arouse too much attention to SLT, and preferably look for people who desire to undergo SLT in a rather covert way. Otherwise the soul liberator may draw the attention of the ruling class, the medical and pharmaceutical industry, among others, who don't want to jeopardize their billion dollar industry. Therefore, they see techniques that can affect both their income and their influence on the general public as a threat. And once they have become aware of you, they hound you in order to destroy you. The government and the media cooperate in this, for they are the puppets of the large industries.

Over the last 10 to 20 years, the alternative media have been spreading information about our planet being controlled by a non-human species, a different kind of creature, an alien species or several alien species. This would have been going on from the beginning of mankind onwards and even before that. The god of the bible (Yahweh), the gods of various mythologies and other traditions, would then have been alien species, the majority of whom considered the human race to be a slave race.

As a result of my personal experiences, many books I read and information I found on the internet, and my ability to sense the inner world of people, and to sense people in photos and videos, I have

become convinced that this is correct: our planet is controlled by one or more other species. These species have always suppressed mankind and they still do. They created the religions and the 'New Age' ideas. Since the most powerful weapon to control an entire population is religious brainwashing.

The ones in control of our planet, work behind the scenes, in secret. Behind the visible governments, the politicians that we choose, there is a so-called shadow government. We think that we live in a democratic world, but it is a democracy in name only. The creatures in control have invented this system to give us the impression that we are free, which we aren't; they pull all the strings in this world, and the actions of politicians are a sham. Politicians have very little power, they are puppets in the hands of the non-human species.

When I sense persons or photos or video images of persons, I find that a great many of the people on TV or that we meet in person (for example doctors, or politicians, but certainly not all of them), are in fact not human, but some other species that can assume a human form. There may possibly be a real transition into another bodily form, or perhaps the human form is just a projection, a hologram, and not an actual physical body. The idea of creatures who can take on another form (which is called 'shapeshifting') may sound incredible, but don't forget that traditions and mythologies describe this phenomenon; don't forget that our understanding of the laws of the physical universe are very limited and our limited knowledge doesn't allow us to understand how this can be possible. I can easily believe this, since I can see two shapes on photos of these creatures. I perceive the creature's real shape in a picture or a video image as a light figure next to the image of the person that is visible for everyone, and in this way I have established that a great many non-human species take on a human form. Their intentions are not always malevolent, some non-human species have very good intentions, they are here to thwart the actions of the negative species. Some of these light figures are dinosaurlike, snakelike with paws, insectlike, dragonlike, reptilianlike, or they have the form of a post with several arms, or they are a nucleus with arms that floats above the head on the picture, or they are humanlike but they are taller or smaller than the human race, and several other forms. I see this non-human form at the same location where the human body is, but the invisible figure is usually taller, and its head is to be found half a metre up to sometimes several metres above the human body. Sometimes, these non-human forms are themselves under the control of a third being, which is sometimes a very malicious, sadistic being that pursues absolute power and that wants to create as much misery in the world as possible; you could call it a demonic being.

Apart from the governments, also science, the media, the pharmaceutical industry, education, the universities, big corporations, international corporations and all kind of organizations in the world are controlled by the negative non-human species. They once again want a world of masters and slaves, in which they would then be the masters and humankind the slaves, like in earlier times. These creatures want by means of science to put forward the idea that there is no soul, that we are just an object (the body). They determine the educational curriculum. They determine what we should and shouldn't know and be able to do. We have to learn all kinds of useless things, which we will never need in our life, like for example modern mathematics. In school, we're not taught the things we really need in life, like for example how to deal in a good way with other people. They use medicine to keep people ill (that's why 20% of the population is chronically ill, ill for life). They aim for older people to take 5 to 10 kinds of drugs a day. They control the media, which doesn't tell the truth, but what they want us to think. They also use the media to slander the

people they want to destroy.

They want to prevent humanity from developing, from being freed from the yoke of misery. That's why they do everything in their power to destroy alternative therapies. That's why they also want to destroy a technique like SLT, since this technique is a great threat to them. That's why SLT has to be applied in secret.

Psychic abilities

17.1 In general

Psychic abilities are the result of energies and subsouls. Different people have different kinds of psychic abilities, which are the result of different kinds of subsouls and energies.

My energies and subsouls allow me to perceive the subconscious mind and to have a certain insight both in how the subconscious mind is put together and in the origin of behaviour and life as we know it. Furthermore, I can see in the subconscious minds of psychic people what is responsible for their psychic abilities. Apart from that, I have energies and subsouls that can destroy the matter of which the patterns consist. When I have contact with someone in person or by telephone, my energies and subsouls automatically place themselves with this person and start to break down patterns. When I work from a distance, I line up the patterns of a number of people at a distance in front of me (I can put a pattern wherever I want, I only have to think that I want it to be located in front of me for this to happen), I order my subsouls to work on the patterns (I simply think they have to produce a beam) and my subsouls send a beam to the patterns from a distance.

During the SL technique of asking for energy, when people think of me and ask: 'send me energy', then my energies make contact with these people's subconscious minds. My energies and subsouls go to these people and work on the patterns.

When person A thinks of person B or when person A feels a certain way about person B, then there is an energy or a pattern of person A present in the vicinity of person B (at a distance of one to five metres), or at a somewhat longer distance from person B (a few dozens or a few hundred metres or a few kilometres). This energy or this pattern has a certain colour and a certain size, for example one and a half metres wide and two metres high.

Suppose that person A feels love for person B, then the energy 'love' is physically present in the vicinity of person B, close by or somewhat further away. Suppose that person A feels hatred towards person B, then the pattern 'hatred' is present with person B, close by or further away.

When person A thinks of person B and, for example, person A has a neutral thought of how person B might be doing, then this thought is present in the vicinity of person B in the form of certain kind of energy (which is different from the energies that represent qualities), that can be perceived as a haze, for example a blue-coloured haze of two metres high and two metres wide. Because this thought of person A is nearby person B, this can cause person B to think of person A too.

That's how telepathy works. Telepathy is the phenomenon whereby a thought, an energy or a pattern of person A is present in the vicinity of person B because person A is thinking of person B, or has a positive or a negative feeling about person B, which in turn makes person B think of person A as well, possibly accompanied by a certain impression or feeling.

When someone thinks of me, I can sometimes physically perceive the energy or the pattern that belongs to this person close by me. This way I can sometimes sense what others think of me,

because I literally feel their feelings or thoughts hanging nearby. But this doesn't often happen. Sometimes, I think of someone because this person is thinking of me at that very moment, although I don't feel a substance hanging nearby. It is possible for me to know whether the person I'm thinking of is also thinking of me with a technique of sensing people, this allows me to enter this other person's mind and feel whether or not this person is thinking of me or how he feels about me.

Intuition is subconscious knowledge that comes to mind because it is contained in one's own energies and/or subsouls, or knowledge from other people's subconscious minds that is picked up by one's own energies/subsouls. The contents of the energies/subsouls is then passed on to the person (the conscious mind, the soul), which makes him know things intuitively or makes him act on the basis of these intuitions.

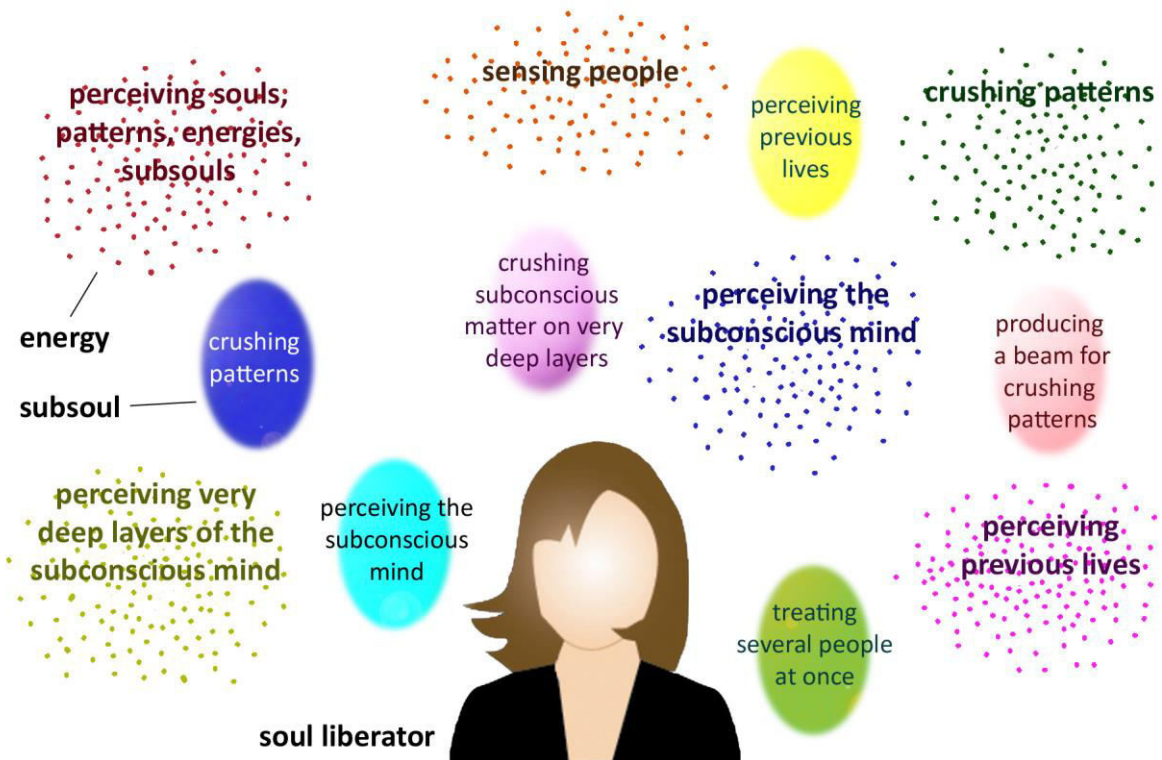
The subconscious mind is copied in a picture. Therefore, a psychic person can sense someone's personality in a picture. When I sense a picture, then I perceive someone's personality as it was at the moment when the picture was taken, because I sense what is copied in the picture. Other psychic people may use a picture to make contact with a person and this way, they can sense how this person is doing at that very moment.

A soul liberator can also perceive someone's souls, patterns, energies and subsouls in a picture. He or she can also sense the inner world of people and animals without the help of a picture. This kind of sensing is different from sensing patterns, it is sensing what someone is thinking and how he feels at that very moment. When someone has been sufficiently treated with SLT, this psychic ability develops.

Even if you can sense other people's patterns, this does not mean that you know everything about them. Lots of patterns are inactive. By sensing someone's patterns, you can't know what they are thinking at a particular time or what kind of situation they are in. Energies and patterns can contradict one another and so can different patterns. Therefore, it's not possible to evaluate someone entirely correctly or to know what kind of life he has, simply by sensing the patterns. By sensing the inner world of a person or an animal, you are better able to find out how someone feels at that very moment or what he thinks and what his personality is like.

Energies and subsouls responsible for the psychic abilities of a soul liberator

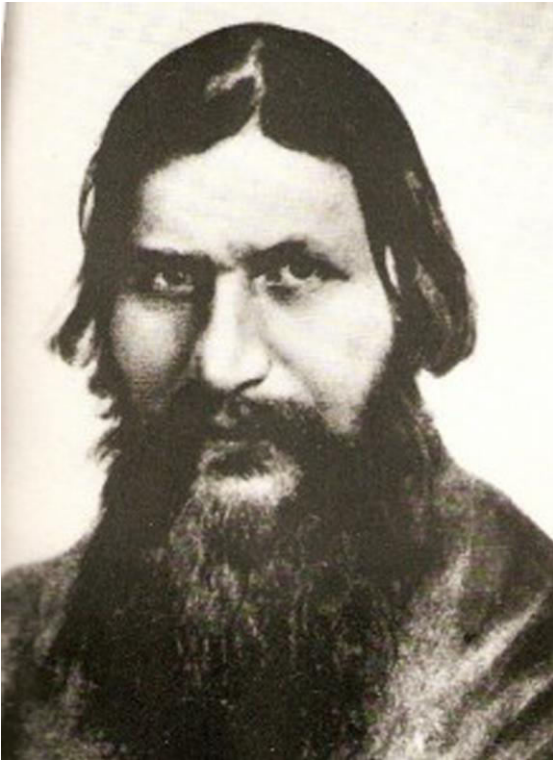
Energies and subsouls for psychic abilities



17.2 The psychic abilities of a historical figure explained: Rasputin

Rasputin is a historical example of a psychic healer. He was the Russian healer who lived 100 years ago and who ended up at the imperial court and who had the crown prince's fatal blood disease under control.

I found the following information about Rasputin on the internet:



In the years he remained within the Imperial court, witnesses, including doctors, concluded he possessed some extraordinary healing power over the Tsarevich and his deadly illness, hemophilia. Rasputin's mysterious ability to heal Alexei convinced the Tsarina Aleksandra that Rasputin must have been sent by God himself. In her mind he was the answer to her prayers for God to save her son.

As early as 1900, Rasputin was famous throughout Eastern Russia as a sort of faith healer and strannik, or wandering holy mendicant. Rasputin also was said to have the power of precognition, predicting events that happened months later, and clairvoyance, which is the ability to see events happening elsewhere. Many claimed to have seen these abilities at work. Rasputin was also said to have a strange influence over others. People reported feeling compelled to do things while in his presence, something most sceptics attribute to some form of hypnosis.

One incident, which happened in 1912 is the best-known example. The Tsarevich had badly bruised himself and was bleeding to death. The doctors assembled to care for him pronounced that nothing could be done for the boy, who lingered in this state for a few days. When Rasputin came to the tsarevich's bedside, he waved his hands over the boy, spoke to him briefly, then stated that he was better. And, according to the many doctors and scientific sceptics who viewed this, the boy did recover.

In October of 1912, while the Tsar and his family were at their hunting lodge in Spala, Alexei fell on the side of a bathtub. Bruising and bleeding, Alexei was in terrible pain. The doctors could do nothing for him, and

Alexandra spent ten days without sleep at his bedside. A notice was drawn up announcing the death of the heir. Desperate, the Tsarina telegraphed Rasputin. "God has seen your tears," Rasputin wired back. "Do not grieve. The Little One will not die." Within hours of receiving this telegram, the bleeding had subsided and Alexei began to recover.



I don't know if this information is 100% true, but it is historically known that Rasputin had a beneficial influence on the crown prince's haemophilia. When I feel pictures of Rasputin, I do feel that he was a gifted healer with very special psychic healing abilities.

Below, I have described his psychic abilities. I can sense these abilities in the pictures, in Rasputin's subconscious mind that has been copied in the pictures.

Being aware of events that happen elsewhere

Rasputin had subsouls that communicated with him, that informed him about things that happened elsewhere. He felt like he just knew things. He either spontaneously got impressions about things that happened elsewhere, or he got impressions when he wanted to know something or when he thought of something.

Rasputin's subsouls had contact with other people's subsouls. His subsouls received information about what went on elsewhere from subsouls that belonged to people who were in those other places.

Being guided in life

This is something which is not mentioned in the accounts of Rasputin, but which I have sensed in the pictures myself.

There's a subsoul that guides him in his daily activities: he gets sudden impulses, he gets the feeling that he should do this or that. This subsoul leads him through life and sends him in the right direction. When he makes something his purpose or when he wants something, this subsoul will help him achieve this goal by sending him in the right direction and bringing the right things on his path. When the things he wants to achieve are not good for him, the subsoul will not help or he will get the feeling that he is being crossed. The subsoul will then try to be an inhibiting factor and will cause things to be difficult, so that he will eventually be sent in the right direction as much as possible.

Predicting the future

There's a subsoul that knows the future and that passes on this information to him. Rasputin experiences this as knowing things.

Some people, like Rasputin, have subsouls that know the future. Clairvoyants only have to make contact with these subsouls or simply think of the question they want an answer to, in order to receive information. Sometimes, clairvoyants consciously direct their attention towards a presence, an energy that they perceive around them, which they consider to be their guide and from which they get information, or they just know things. Therefore, clairvoyants often use the expression that they 'receive information', whereby they think that the information comes from guides or angels or from divine channels. Lots of clairvoyants are not that good, and they sometimes get correct impressions as well as lots of incorrect ones, but there are also clairvoyants who are simply good.

Curing diseases

Rasputin had a subsoul that passed on to him what was wrong with someone, so that he knew

what was the matter with the sick person as soon as he met them. He also immediately knew what he had to do, thanks to this subsoul. Hence, he had developed a tremendous insight in the human body, without having studied the human body or medicine. In fact, Rasputin was not very intelligent.

There was a second subsoul that also passed on information to him about how to take on things, so that, once again, he simply knew what to do. This subsoul had knowledge about the functioning of the body and about the chemical processes in the body. This subsoul also had an understanding of herbs and of substances that could help the body. This subsoul passed on clues to Rasputin about which products he could use. Rasputin just knew how to give medical care and he knew which remedies he could use to cure people. This subsoul also passed on to him where he could find certain herbs (for instance in which wood). Rasputin experienced this as knowing that he had to go to the wood to find a herb, and he also knew which direction to take, and he recognized the herb when he saw it. He also knew how to process and use the herbs. He automatically did everything the right way.

He worked as a healer, so he cured people, with much love, really to help and not out of pursuit of profit.

This same subsoul, along with a group of other subsouls, was capable of producing a tremendously powerful energy that worked on the sick person (the subsouls are present around the healer and they focus on the sick person).

Rasputin could also send this energy to someone from a distance, he only had to think of someone, to concentrate on this person and to want to cure him, and the energy would place itself with the sick person.

This energy gave energy to the patient, the patient felt stronger and more energetic, felt strengthened. This energy had the capacity of warmth (literally, physical warmth), and this warmth had an influence on the cells in the patient's body. A certain energy that is present in the cells – the existence of which may possibly not yet have been discovered by science – was replenished as a result. The cells need this energy to function well. This energy is the fuel that makes the cells function, the motor behind the processes that take place in the cell. When there is an abundant presence of this energy in the cell, the chemical processes happen faster and the body can cure faster. This way, the cells are provided with new fuel to perform chemical processes. Rasputin had yet another subsoul at his disposal that had knowledge of the body and of the chemical processes and chemical substances in the body, down to the smallest detail. This subsoul could produce any possible chemical substance by itself, and it could add substances to the body of the sick person on a cellular level and it could start whatever chemical process on a cellular level and it could interfere in every on-going chemical process, by adding chemical substances and energy to the cell.

Rasputin really had exceptional gifts, and I couldn't be anything but impressed by them when I was sensing the pictures.

Rasputin also had energies that made a person stronger and more energetic and that helped in the healing process. This is another energy than the one I just described, which originated from the subsouls. These were energies that nourished the entire body of the sick people, which made them stronger and furthered the healing process.

Rasputin had yet another energy at his disposal that nourished the cells of the body, still in a different way than what I described before: an energy that supported the cells, that strengthened

the cells, that gave vitality to the cells.

Being able to impose his will on people

Rasputin had an energy of exuding authority, which made people feel like he was a very powerful and overwhelming personality. He had an energy that closed itself around people and that made them like clay in his hands, and that made them do everything he wanted. They felt like he was their master and that they had to obey him. Suddenly, they were willing to do what Rasputin wanted. All resistance was gone and they saw the logic and the rightness of what Rasputin wanted.

They cooperated as long as this energy was active and this energy was active as long as Rasputin kept his mind on his goal. This energy was active as long as Rasputin was focussed on what he wanted to achieve.

There were also subsouls that placed themselves on people and that made them feel like they had to obey Rasputin. This happened automatically as soon as Rasputin wanted something.

Rasputin himself didn't know what caused these situations, he simply noticed that people willingly cooperated whenever he wanted something. He thought there was a divine power that paved the way for him.

This energy only came into action if the goal to be achieved was good for the common cause. For example, when Rasputin wanted a group of poor people to be helped, then some well-off people would very willingly open their purse strings, while they would not have done so without the help of Rasputin's energies and subsouls. When Rasputin wanted something that only benefited himself, then the energies wouldn't come into action. Only if what he wanted, benefited others as well, the energy would come into action.

Other characteristics

Rasputin was a very loving and energetic person. There were lots of energies around him that held the quality 'love'.

He was very understanding of others. He had compassion for others and he wanted to help. He was very devout. He lived for his fellow man and he had everyone's best interest at heart. He was there for others and others could always count on him. He prayed much for the healing of others, and he didn't realize that at that moment both his subsouls, which I have described earlier, and his own energies of love and power worked on the sick person.

He attributed the results to his prayer. He believed that there was some divine power beyond him that brought about the recovery.

He would have travelled anywhere where he believed God sent him to help and cure people. He felt like he was led to places where help was needed, he thought this guidance came from God, although he was actually guided by his own subsouls.

He was not very intelligent and most likely, he will not have been very good at understanding all kinds of things, but he had subsouls that gave him knowledge about the body. That's why he had a great understanding of the human body without being very intelligent.

He was slow in thinking, he had difficulty thinking and reasoning. There were many things that he couldn't understand and he couldn't understand complicated things.

He had the will to help, he immediately sensed when something was the matter with someone,

when someone had a problem, he was alert to these kinds of things. When someone had a difficult time, in whatever way, he was there and ready to help. He also sensed from a distance when something was the matter, and then he went to where he thought the problems were.

He sensed when there was a problem somewhere, like he smelled it, so to speak. This was because his energies were able to register other people's situations (also from a distance), and they would then make him aware of it. Apart from that, there was another subsoul that passed on to him that there was a problem somewhere.

He knew what others thought of him, he knew if people liked him or not (in spite of appearances to the contrary). He sensed almost every mood of the other person, he always knew what was going on inside other people's minds. This was due to his energies and subsouls that perceived this.

He was an enthralling storyteller, he could hold his audience spellbound. He could have people hang on his every word, for hours on end. He could fill people with enthusiasm. People felt safe and secure with him and felt that everything would be all right.

He had an enormous endurance for physical pain. He could bear more physical pain than anybody else. He had an energy that gave him this strength. When things got too bad, energies of his that soothed the pain and that added strength to his body, came into action.

He had an enormous stamina for physical exertion due to yet another energy. He had energies of mental strength, of a tremendous will power. He had a very great strength of will to achieve something.

He was very courageous and persevering, he had an extraordinary mental power to keep going, a mental power that was so strong that, in extreme circumstances, it could take over control over his body. For example, when he was physically worn out, his mental powers could still force his body to keep going.

He always had great plans and he persevered until he had reached his goal.

The inner world of animals

Animals are largely the same beings as humans. Animals have feelings and desires. A lot of animals can think and reason. In a picture of an animal, I can perceive its mental world as it was at the moment when the picture was taken.

18.1 A look inside the mind of a parrot



The parrot described here, appears to be rather egoistic and lacks social skills. He prefers to do his own thing and he doesn't like hanging out with other parrots. A human being could be like that too. This parrot lives in an area where deforestation has taken place in favour of agriculture. So he lives in an area where there are forests, as well as fields and meadows.

He has a three-dimensional picture in his mind of the spot where he finds himself at that very moment and of the insects he wants to catch. This is

something I found interesting to describe, it gives an idea of the intelligence of animals.

The parrot is thinking about which way to fly, which direction to take. He is thinking about a prey he wants to catch, and where the best opportunities are to catch this prey. He is thinking about what would be the best place to fly to. He knows the region and he has an overview of the entire region in his head. He knows where the woods, the fields and the meadows are and where he can find water. He knows that there is a bunch of trees on his right. Further on the right and behind him, there is a forest where he lives in trees together with other parrots. On the left, there are meadows and there is water. The fields are in front of him. Much further, behind the fields, there are more woods.

He knows that the trees are on his right and I can sense that he knows that. He has a picture in his mind of what the meadows, the water and the fields look like, on his left and in front of him, and along with this he has a sense of direction. I can perceive both this image and the sense of direction.

He feels enticed by the water, because he is thirsty, and he would like to drink, but on the other hand, he knows there's prey in front of him, in the fields. His attention is particularly focused on the fields in front of him.

He likes eating, he is greedy, he would like to eat all the time. If it was up to him, he would want to eat and drink all the time, that's his favourite pastime.

He has a varied diet of nuts, seeds, fruit, vegetables and insects. At this moment, he is imagining the various possible preys (insects) he might find. He is thinking of a worm and a beetle. I can perceive a picture of a worm of about five centimetres long and about three millimetres wide. I

can perceive a picture of a beetle: a flat black body with some tiny paws. The parrot has spatial perception. I can perceive the images the parrot is visualizing in his head.

He doesn't like eating beetles very much, he prefers eating worms. If he finds enough worms, he won't eat beetles, he only eats beetles if he has no choice, when there are not enough worms.

There is no prey on the ground below him, he has to fly forward, to the fields, there he can find a prey. He is resting for a moment, he is tired, and then he will continue his flight.

He has a nest, he has offspring, and he is responsible for it, but he doesn't worry too much about that, because the female takes care of it. He shirks his responsibilities somewhat, now and then he brings some food (for example insects, nuts, seeds, leafy vegetables), and then he acts somewhat superior, as if to say 'look what I'm bringing along here'. He really fancies himself when he happens to bring something. He knows that the female brings plenty of food to the nest, that she does her very best, and that she flies back and forth all the time to find food for her offspring, so he can rest easy.

She sometimes gives him an angry look when he happens to arrive with small prey or with a nut, a small piece of green leaf or a piece of fruit, but he doesn't care. He'd rather keep the best food for himself, since he's so fond of eating. Only when he has too much food, or when it's small prey that he doesn't like anyway, or when he's eaten enough, he's willing to give some of his own food.

He doesn't feel like flying back and forth all the time either, fervently looking for food for his offspring. He couldn't care less. He prefers doing his own thing. He wants to be free and without responsibility, he wants to be able to spend his time flying and looking for food for himself.

When he brings some food to the nest, he puts it in the nest and he leaves the feeding of the young to his companion. He doesn't feel any connection to his offspring in the nest. He can't bring himself to feeding his offspring (putting the food in their beak). He doesn't feel any affinity with his offspring in the nest, they are like strangers to him, he does his duty and that's it.

He loves flying very high in the sky, he can spend hours doing that. He likes flying great distances. When he flies, he has a view of the landscape below him, that's where his food is, where the preys are. He has a great affinity with the landscape below when he flies, since that's where he finds his food and his water, because that's what's keeping him alive.

He absolutely loves flying, when he flies, he overlooks the fields and the woodland, and that gives him great pleasure. He has an incredible feeling of freedom when he flies, then he is as happy as Larry. Flying is his favourite occupation, apart from eating, flying high and very fast and then slower again, and then floating in the air. He enjoys it so much, it gives him such a feeling of bliss, flying is the ultimate happiness, he can keep on doing it for hours on end. The feeling of freedom and joy that it brings him, is beyond description.

He doesn't look forward to coming home to his offspring, he stays away as long as possible. Now and then, he flies to the nest with some food and next he stays away as long as possible. At night, he waits as long as possible before going to the nest, until it's almost dark. And then he sleeps somewhere around the nest on a branch of a tree.

The mother stays closer to the nest. She looks well after the little ones. Excellent, then he has one thing less to worry about. She sometimes gives him an angry look, but he doesn't care.

He doesn't have much affinity for his consort, they breed (produce offspring) together, and that's it. Apart from that, there is no bond between them. He feels little affection for his companion, he is sometimes hard on her. He sometimes clearly shows her that she doesn't mean much to him (by adopting a certain posture, breast forward, beak forward (I think)).

He breeds with her every year, that's just the way it is, he is tied to her.

In fact, he doesn't care much about his offspring, he barely knows his young. Once in a while, one of his young of previous years, crosses his path when he's flying, but he doesn't want to have any contact with them. He just flies on and pretends he hasn't seen his young. He doesn't want to have anything to do with all those young, he is annoyed by their existence. He doesn't want to have a bond with them, he wants to ignore them. He doesn't feel affection for them and he doesn't want to have anything to do with them. To him, they don't exist.

He knows that's not good manners, and that the other parrots disapprove of it, but he doesn't care. According to what is considered proper, he should at least greet them, and make some contact. But he does as he pleases, he doesn't care about what the others think.

He wants to lead his own life, without having to be much concerned about others. He doesn't like hanging out with other parrots, he prefers to be alone. Sometimes he does spend some time with the group in the forest, and then he dominates the conversation. Then he makes certain noises, very loud and persistently, to show he's the master, I sense this is also accompanied by a feeling of haughtiness and looking down on others. He wants to get all the attention, he wants to step to the forefront and he wants to push others away (in a figurative sense).

And then he's gone again, flying on his own, or looking for food, and he stays away as long as possible in order for not having to spend time with the group. He does as he pleases, and he doesn't care much about the social standards.

He sometimes feels nervous, there is an inner tension when he's aware of a prey and when he has to wait for the prey to take up a certain position so that he can catch it. And then he dashes towards it, with a feeling of tension because of the danger that the prey might escape him. And when he lays hold of the prey, he triumphs, and then he enjoys his meal, and he feels so happy, and he enjoys life.

And then he gets thirsty, and he wished the water was in the immediate vicinity of the food. But that's not the case, and therefore he has to fly to the water. And while on other occasions he loves flying, this is a moment when he is reluctant to fly, because he aches for the water. He would like to drink straight away, and now he still has to fly some distance. What a nuisance!

18.2 A look inside the mind of four wolves of a pack



Second wolf from the left, wolf 2

He is happy, he has a good life. He (or she) is well accepted as one of the group. He has acquired a place in the group. He is respected, he gets his share. He counts as much as the others. He is not pushed aside, he is not cast out. He gets the same share of food as the others. There's a lot of food available, there are many small animals they can hunt for in the neighbourhood, they are never hungry. They roam through the landscape in a

group in search of food.

When a member of the pack has been able to catch a prey, it is shared, unless it's a small animal. Everyone in the group gets enough food. If one wolf catches a lot of food, then this is shared with the others, so that every wolf gets enough.

When they are not searching for food or eating, they are lying or sleeping together on the ground as a group.

His feelings towards the other wolves of the pack: he is great friends with the wolf on his right (the wolf on the far left in the picture, wolf 1). He likes him and they hit it off well. They often play together (biting each other lightly, fighting playfully). They share their food with each other. Wolf 1 sometimes doesn't have enough food and then he gives him some of his own share, he doesn't mind. Friendship is more important to him than a full stomach. Only when he's very hungry himself and there is not much food, he will not share with wolf 1. But as soon as he has enough food himself, he will feel sorry for wolf 1 and he will make sure that wolf 1 gets some food.

Wolf 1 sometimes walks with a limp and he sometimes has difficulty walking. The other wolves of the pack don't care about him and leave wolf 1 to fend for himself. But he takes care of his companion. When wolf 1 can no longer keep up with the group and when the others are far ahead, he stays around wolf 1. Even if this means he'll miss out on food. Then he stays there with wolf 1 and he searches some food in the immediate surroundings (small animals), which he shares with wolf 1. And then they stay together until the other wolves return.

When wolf 1 is tired and exhausted and can no longer keep up with the group, then he (wolf 2) does not find it in his heart to leave him alone and he stays with him. Even if that means fasting. The other wolves approve of it. They don't care. Sometimes, the wolf on his left (wolf 3) shows some disdain for this (by growling) but that doesn't bother him.

Wolf 1 is a wolf that came from another pack and that has joined their group. Wolf 3 didn't like this newcomer very much and growled at him, but he (wolf 2) went to him and stayed with him for some time, with wolf 3 growling at a distance. But after a few days, wolf 3 became more indifferent and they quietly came closer and wolf 1 could stay without any problem. But wolf 3 has always ignored wolf 1 and has never showed him any regard. Wolf 1 is accepted, but with some reticence.

His (wolf 2) feeling towards wolf 3 is a feeling of competition, wolf 3 is the boss and he is dominant and he (wolf 2) follows and he knows his place. But he is a little jealous and if he would

see the opportunity to cut out wolf 3, he wouldn't hesitate, but there's no chance. He doesn't show his true feelings to wolf 3. On the contrary, he shows him respect (he knows his place), he is submissive, he demonstrates his (false) affection to him (by going around in circles beside him, by turning around a few times beside him). In spite of this, he does have respect for wolf 3 because he's the leader.

His feelings for wolf 4: he doesn't know her very well, he doesn't spend much time with her, he is rather indifferent to her. However, he is jealous of wolf 4 because she gets a little more respect and attention from wolf 3 than he does. If wolf 3 gives up some food, wolf 4 will always be the first to get food and will always get more food than him. There's a subtle difference between how he is treated by wolf 3 and how wolf 4 is treated, but he does notice it. It is clear to him that wolf 4 is treated a little more favourably and that wolf 3 feels more affection for wolf 4 than for himself.

First wolf from the left, wolf 1

He is curious about what is happening behind him, he hears a noise.

He belongs to the group, is a little older. He can no longer walk as good as the others and he doesn't always find food. He gets the leftovers from what the others don't finish. When another animal has finished eating his catch, he gets the rest. Sometimes a wolf just eats a small part of his catch, and the rest is for him. He usually lies at a small distance from the other animals of the group. That's because his rank in the group is a little lower and he has somewhat fewer rights. Apart from that, he's accepted in the group and he has about the same rights as the others.

His feelings towards wolf 2: wolf 2 helps him, and he is grateful for it. The other wolves have some contempt for him and ignore him, but that doesn't affect him much. He has one companion in the group (wolf 2) and that is enough. He doesn't take everything too much to heart, he is very happy to at least have some food (sometimes a little less than the others, and he can't always catch much himself, but he doesn't mind all that), and not to have to wander about alone and to be left to his own devices, because that is dreadful. He's happy to have been admitted into the group, and for the rest, he's fine with everything. Feelings towards wolf 2: this wolf looks after him, he is dependent on him, gratitude, a bond, love, a feeling of belonging together.

His feelings for wolf 3: he doesn't care much about him, wolf 3 ignores him and sometimes scornfully leaves over some food, but that doesn't affect him much. He couldn't care less about wolf 3, he pretends to respect him, but in his heart he doesn't.

His feelings towards wolf 4: that one is more of a stranger to him, he has little contact with her, she is always near wolf 3, he couldn't care less about her.

Second wolf from the right, wolf 3

This one is dominant and aggressive. He is thinking up a strategy to get hold of food. He is thinking of which direction to go to catch food. He is thinking of a hole of smaller animals where they can catch a few animals. This hole is located ahead of them. He also thinks of the possibility on his right. There are a great many holes with lots of animals over there.

He takes charge when they hunt. He goes first and the others follow a little behind him. When there's not much food to catch or when there's only one hole, he takes on the responsibility for the catch. When he catches some food, this is proportionally divided among the members of the pack.

He eats part of the catch first, and then the others eat. The wolf on the far left eats last and if there is anything left.

Feelings towards the other wolves: they belong together, he knows his place and the others know their place, he feels respect towards and a bond with the wolves next to him, and he looks somewhat down upon wolf 1. But still, he won't hurt that wolf and he will help him when he needs help, because the wolf belongs to the group and that is respected. He only feels a little contempt for him and he will also show this to him by ignoring him (walking past him without making contact), by growling. This way, the wolf knows his place. He'll also show his contempt by making sure that the rest of the food he's caught is sometimes only reserved for the other wolves and that nothing or nothing much remains for wolf 1.

Sometimes he (wolf 3) is in a better mood and he has no problem with this wolf feasting on a prey that he has caught. When the members of the group lie on the ground together, he can sometimes tolerate it better than he usually does that this wolf lies somewhat closer by him, and he won't growl.

Wolf on the far right in the picture, wolf 4

That wolf is out for food. She is more self-oriented and doesn't care much about the others. She lives somewhat in her own small world and she doesn't hang out much with the other wolves. She is mainly concerned with food and with being in the favour of wolf 3. She acts somewhat like a sycophant towards wolf 3, in order to find favour. She walks close beside him (this means: a bond, we belong together), she caresses him (rubbing her head against him, this is a sign of the greatest respect for him), she goes in search of food for him and puts it down before him (he gets her food, that is a sign of the highest possible respect), she lays her paws across him when they lie resting on the ground (again a sign of the utmost respect). Wolf 3 tolerates this from her, he wouldn't tolerate this from many others. This is a sign that he accepts her respect for him and that she is greatly accepted by him.

She sucks up to wolf 3 mainly because she's out for the best food. And she has noticed that it works, because she thinks she is a bit more favoured than the other wolves with regard to food. She has the impression that wolf 3 lets her eat first when he's finished and also leaves the best parts for her. She thinks she has noticed that he favours her a little above the other wolves. This proves that her sycophantic behaviour works and that he doesn't see that she doesn't actually mean it. She only does it to get more food.

Attitude towards wolf 1: she's barely aware of his presence. She's so self-absorbed and so caught up in her own small world and she's so focused on getting a lot of food, that she hardly notices the presence of the other wolves in the pack.

Attitude towards wolf 2: ditto, but she's also a little jealous of him, and she competes a little with him. This has everything to do with her wanting to get the best and the most food. She is a little more aware of wolf 2 than of wolf 1 because she competes with him for food.

Real-life examples of SLT-applications

When my website was still online, people could view examples of SLT applications in which the persons that were featured revealed their identity and their domicile. An example of this is to be found in chapter 19.2. Apart from that, there were examples in which the person involved remained anonymous (see example 19.3). A few people also posted testimonials on my forum-website; this was a site where people could post messages anonymously. You'll find an example of this in chapter 19.1.

19.1 Emilie: problems caused by mind-controlling creatures

The progress of this application of SLT was reported on my forum-website. The young woman who had applied for this example-application, reported on a daily basis on her experiences with SLT under a pseudonym name. The symptoms that were resolved, were caused by mind controlling creatures (see chapter 13). I applied SLT for eight days and for six hours per day.

Sunday, March 15th 2009, 11.35 a.m.

Hello, let me introduce myself briefly. I'm Emilie, and a psychology university student. Yesterday was my first visit to Charlotte. I came across her website by chance and I made an appointment because I have been dealing with a lot of problems for the past five months. It started with very strange feelings, which didn't seem to belong to me, lots of crying fits, a lot of anxiety, a lack of control over myself, feeling very bad about myself, images of death, and especially voices, which all said strange things to me. First, I went to see a psychiatrist who couldn't diagnose much, apart from anxiety.

Around the same time, one of my best friends experienced similar phenomena, but apart from that, he was also suicidal and his behaviour towards me and towards other people had completely changed. A very painful experience for me (because I love him very much) to see him change like that. Enough to make me break down. After the psychiatrist, I went to see mediums who suggested all kinds of remedies, some of which had a temporary effect, but nothing worked really well and above all, nothing worked permanently. Then, out of great desperation, I started searching on the internet and so I found Charlotte. I wish this had happened much sooner.

During my first appointment, I could ask all the questions I wanted and she explained everything very well. She also tried to remove some mind controlling creatures right then, and I immediately felt a change. I didn't immediately feel better, but I did feel different. Therefore, I do actually have a little hope that she will be able to get me out of this arduous time. The rest of my reports will follow and I hope they will be of use to many of you. Emilie.

Sunday, March 15th 2009, 1.39 p.m.

In order to shed some more light on my symptoms, I'll list my problems here with some more explanation.

My first symptoms were voices, voices that talked to me, that laughed at me, voices that imitated acquaintances of mine and told me dirty things. I had feelings that didn't seem to belong to me (heartache, crying fits, sadness), I saw images of my friend hanging himself or trying to strangle me.

Now I very much have the impression that I have a constant urge to scream, scream very loud, and that I have to resist screaming. It's gruelling, those voices are also very exhausting because you have the reflex to suppress them. I also hear some kind of whisper, a rustle in my head that makes it impossible for me to concentrate. Really a hell, actually. Together with this, there's also a strong feeling that I'm somebody else, like Emilie is no longer there.

And the greatest shock of all for me was the fact that my friend suddenly treated me very coldly. He was merciless and rude and told me he didn't want to see me anymore or he simply walked away from me. Now he is completely withdrawn into himself and unfortunately I'm doing the same because of all those voices. Furthermore, I have a lot of pain and twinges in my chest. And my ever greatest complaint for the last few days, is that I have been really fearful and very afraid of ending up in psychiatry.

I hope that everything is somewhat clear now. Furthermore, I'll try to describe the evolution of each symptom (I'll focus on the voices, the fear and the screaming and the fact that I don't feel like myself anymore, because these are the most annoying things).

Monday, March 16th 2009, 11.41 p.m.

It's the first day of the SLT application and there are already less voices at times. My urge to scream is different and it very often diminishes. Since I consulted Charlotte, I even seem to feel different about myself. That is what strikes me the most. I finally start to feel a little like myself, like Emilie again. I have the impression that I once again feel like I'm the person in my body instead of somebody else. This feels very good and I greatly hope that this will last or even grow, this feeling of being myself again.

What strikes me the most, is that I can perceive changes in my behaviour (compared to some four or five months ago, when all the trouble began). I realize, though, that at a certain moment I did some very strange things (for example, I have never stolen anything, but suddenly I had the urge to steal things). I have the impression that I'm becoming more aware of many things. For now, I think this is the greatest progress. Today it has dawned on me a couple of times that some things about my behaviour of the last few months actually didn't add up at all (or rather 'don't add up') and I have become aware of that. For me, this is a huge step forward.

Tuesday, March 17th 2009, 8.50 p.m.

I've had a strange day, I'm a little daunted by all the problems I've had in the last few months. I'm suddenly rather afraid now that things may not get solved. So far, however, something has greatly changed for the better since I went to see Charlotte, and that is that I feel like Emilie again, I really feel like I'm starting to get closer to myself and like I can be myself again, it continues to feel good. I don't know exactly how to explain it, but I feel like it's me again, who's in my body again. The voices and the urge to scream have again troubled me a lot today, but in fits and starts, sometimes severely, and then more quiet again. The voices are different, they don't sabotage or contradict me as much anymore (for example, everything I did was always commented on, usually in a very negative way) and now this already happens less often. However, it's still difficult for me

to concentrate as a result. Furthermore, I hope they will go away completely. I also take heart from the fact that I can always call Charlotte when I don't feel well. She also asks me about my progress by mail. This actually helps me to calm down a little, especially when I think (like I have been doing all day today) that perhaps, it might not get solved after all.

Wednesday, March 18th 2009, 6.09 p.m.

It's day three and the voices haven't troubled me yet ever since I got up. When I'm caught in a weak moment (when I feel sad or very tired), I still tend to hear a little something now and then, but apart from that, for the first time, I can once again think like before for a number of hours on end without being contradicted in my own head or without those voices in my head criticizing me all the time. I really feel like Emily again. And yet, I'm still terrified that things might not get solved and I feel sad about my friend and all, but I can really say that I have actually obtained results. I really hope it will continue to evolve in the same way. I try to be very careful about what I say and think (so as not to create any false hope), but I'm really more optimistic about it after today and after what I have been able to notice. There is really an evolution. The screaming has subsided and I don't have to offer any resistance to stop it. I do feel it's still there, but I'm hopeful it will disappear. The rustle in my head has been absent since this morning. As a result, I can concentrate much better, something for which I'm also incredibly grateful.

Thursday, March 19th 2009, 9.41 p.m.

This is the fourth day SLT has been applied and I must say I'm quite satisfied and also surprised. Today I have heard more voices than yesterday, but it was really perfectly bearable. If things can continue like this, then I really have high hopes that it will even get completely resolved. I'm still really surprised that it can improve so quickly and that there is really a difference. I still feel like myself again (something that was absolutely no longer the case when I heard a lot more voices). Furthermore, I'm a little less anxious, (in spite of the fact that this has been the most difficult time of my life so far, and that I'm really an anxious person by nature).

Friday, March 20th 2009, 8.25 p.m.

Day five. I once again got up without hearing any voices this morning and they stayed away until about 7 pm. After a short nap, I had again some strange thoughts and I was anxious for a moment, but really, I have had very few problems today, although it has been a very stressful day. So yes, I think this is extraordinarily good news.

When I met up with a friend today, she asked if everything was alright again, because she felt like I acted like the old me again, which is also very good news.

I think I can really begin to say that Charlotte surely isn't talking nonsense, though.

Also today the anxiety was really bearable and I can also act like Emilie again.

The screaming is still often troubling me (meaning a strong urge to scream), but I almost don't have to offer any resistance anymore (to not actually do it). I think things are really getting solved now. I still often feel a bit strange and anxious, but I think this has mainly to do with my current situation. Now and then, I can even enjoy things again, instead of being constantly preoccupied with those voices and all.

Sunday, March 22th 2009, 12.55 a.m.

A week ago, I was at Charlotte's for the first time, telling my story. I left her office still somewhat sceptical, but with a good feeling, though. Well, now, a week later, I have to admit that I'm totally convinced that this SL technique works. Today, the voices haven't troubled me at all anymore. I can think normally again. However, I'm still afraid that it might relapse, even though it hasn't troubled me at all today. The screaming was strongly present today, but I almost didn't have to make an effort to stop it and it is also different. I no longer feel it in my chest, as before, but in my throat, as if it needs to come out. It's actually much less unpleasant than before when I think back to it. The only thing that has troubled me today, was a feeling of mental numbness, but I know almost for sure that this is only because of my current situation (with my friend and all). My anxiety is much better, every now and then I feel something welling up, but it's really not so bad, compared to what I have been through in the last few weeks (those voice were really unbearable, they terrified me and almost drove me insane). Anyway, I'm still somewhat surprised, really happy and still a little afraid that it might take a turn, because I don't want to cheer too soon.

Sunday, March 22th 2009, 21.58 p.m.

My day started strangely today, I got up with a rather numb feeling and some rustle in my head (not really voices, but sounds like radio interference). It didn't last long, and then it was gone again. The numbness has fluctuated throughout the day, but now I'm fine again. The voices have stayed away almost entirely and apart from that, the screaming hasn't troubled me much. This morning, Charlotte put my mind at rest, which helped me a little to keep my spirits up. I rarely suffer from anxiety anymore, which is also great.

The only thing I'm again a little worried about, is the numbness in my head, but apart from that, I can't repeat enough that things have changed greatly and only in a week's time.

Monday, March 23rd 2009, 20.58 p.m.

Great day today, I have hardly had any problems at all, apart from some strange thoughts now and then, but for the rest, it has really been great. The urge to scream has completely gone, as well as the rustle, I can more or less concentrate again, I don't feel anxious. Although, I still do feel a little as if I'm living in another world, but the circumstances certainly add to this. It works, there's little else I can say about it. It is not yet completely solved, but I can notice the improvements very well, although my circumstances (I mean, the situation I'm in) haven't improved since the start of the treatment by Charlotte, quite the opposite in fact. And the problems for which I went to see Charlotte (voices and all, this was the worst for me), are almost completely gone.

Wednesday, March 25th 2009, 22.15 p.m.

Yesterday I didn't write anything here, because there wasn't much to tell, actually. Everything was fine, no more voices, no rustle, no mental numbness, much less anxiety than usual ... although I had another stressful day (a student's life can sometimes be stressful). In fact, I was even able to forget about the whole situation for a while. Now, I mainly try to sort out the chaos in my life and somehow I'm still rather waiting anxiously to see if things will stay this way. The only thing that troubled me a little today was a small rustle in my head, nothing more. I also feel like I'm starting to get my feet back on the ground.

Wednesday, April 1st 2009, 21.06 p.m.

It's me again. I just wanted to leave a little note to say that I'm still almost entirely free of symptoms. Now and then, I still briefly hear a rustle or a voice, but nothing that lasts. It's really muuuuuch better. I really can't complain. Concentration is fine, the screaming crops up very, very rarely, but then it very quickly disappears again, and now I can really say that everything is much better. I really hope Charlotte will succeed in making her SL technique more widely known, because it is really, really, really worthwhile.

Tuesday, April 14th 2009, 15.13 pm

It's a couple of weeks on and I don't hear any more voices, my urge to scream has gone, I'm certainly not as afraid anymore and I totally feel like myself again. Charlotte was right, she can solve a lot and that is also what she has done for me.

19.2 John: physical, emotional, social and intellectual problems

This application of SLT is documented in great detail, both the description of the problems and the report of the results. I have tried to describe the progress of this example SLT application, which used to be presented on my website, as accurately as possible, just like how it happens in reality. This shows the procedure of the SL technique and the results that can be obtained. This way you can see how all problem issues gradually improve until they are completely solved, and it demonstrates that there is a gradual improvement in personality, health, ability and the way things happen in life.

Start of the treatment, end of October 2006

John introduces himself

My name is John K.

I saw an announcement on Charlotte's website that said that she was looking for people who wanted to undergo the SL technique in order to be displayed on her website as an example. The candidates had to be willing to reveal their identity on the internet as well as most of their problems and they had to be willing to make a few videos during the course of the treatment. I sent Charlotte an e-mail, and later we had a conversation on the telephone. Next, I filled out the questionnaire. Charlotte sensed some of my patterns over the telephone and next she treated me from a distance for a couple of days to see if I reacted well. I did. I felt the first results. The SLT example application with the purpose of resolving all or most of the problems I had suffered from for the past 20 years, was started. We have never met. We live at a distance of about 400 km from each other.

I am 43 years old. I am a paediatric nurse and since the start of the new academic year (beginning of September) also a medical student. I'm on the four-year training programme instead of the normal six-year training which leads to the degree of Doctor of Medicine (general practitioner). In the six-year training programme, the first three academic years only consist of theoretical courses. In the four-year programme, the subject matter of these first three years is taught in the first year. Students are supposed to have learnt the material of the first academic year (of the normal six-year training) in their previous studies, as in my case through my nursing studies. Therefore, I only have to study the subject matter of the second and third year. Every five weeks, there is an examination on the material of the second and third year. I have passed the entrance examination for these studies. So, if I pass this first year (two years in one), I'll have to study for three more years.

I work in the weekends and I have to study during the week.

For many years, I have suffered from physical and emotional problems which, 20 years ago, nearly drove me to suicide. But then, however, I decided to go on with my life and deal with my problems. In the course of the past 20 years, I have tried many alternative therapies and have I invested almost all my money in them. In spite of that, I still have many problems. I underwent and I applied quite a lot of techniques to solve my problems. But time and time again, the positive effects were not clearly noticeable and they didn't cure me.

I still have an inferiority complex, fear of failure, depressive symptoms, studying/learning difficulties, digestive problems, skin and hair problems, fatigue and underweight. I am still not

happy with myself and my life, although I do many things to feel happy. Neither am I able to attract the right woman in my life and to build a good and steady relationship. I also have sexual problems (premature ejaculation).

List of the therapies I have had

Homeopathy (both classical and complex), acupuncture, bio resonance, ondevit, well-balanced – inside-out, orthomolecular medicine, phytotherapy, touch for health, various diets and detoxification cures, lavage of the large intestine by means of probiotics, reiki, EFT/TAT/BSFF (emotional freedom techniques), hypnosis/self-hypnosis, meditation, spiritual healings, positive thinking – affirmations.

Various problem issues

- I am very unhappy with my looks. I am tall (196 cm), skinny (I weigh 80 kg) and I started to lose my hair at the age of 20, which means that I am balding. When this first started, it was a tragedy to me, and although I have more or less accepted it by now, it still has a negative effect on my self-image. When I see myself in the mirror, I feel so incredibly ugly, and I have a terrible feeling of shame and pain. People sometimes call me ‘tall John’ or ‘baldhead’. Then I feel sad and ashamed about the way I look. Because of my looks, I also feel unattractive and uninteresting to women. I feel like I am an abnormal and ‘unlovable’ person.
- I am very concerned about being tall and skinny. For some reason or other, I don’t manage to put on weight.
- I can’t concentrate well when I study. I get distracted by other things and I give them my attention. Also, I am sometimes too preoccupied with things that affect me emotionally. Then I get stuck in that emotion and it’s more difficult for me to concentrate on something else.
- I am intelligent, although I often feel stupid. Some things I understand right away, but there are a number of things that take me a while to understand. I notice that I have difficulty memorizing and remembering the large amount of subject matter. At an exam, I can’t immediately reproduce or apply the material that I have studied. I find it difficult to make a distinction between the most important information and the information that is less important. When there is something I fail to grasp quickly, I feel very stupid. I go tense, and I don’t manage to understand it anymore. When there is something I don’t understand, I feel anxious, frustrated and inferior.
- I almost died of acute intestinal problems at the age of 20. The last 30 cm of my small intestine had died and caused intestinal obstruction and had to be removed. I have had digestive problems ever since, as well as many symptoms of flatulence, belching and a bloated/agitated feeling in my stomach. I often suffer from abdominal pain, which is aggravated by psychological problems. I suffer from severe, chronic diarrhoea. I always have loose stools and I have to go the toilet several times a day. I am sensitive to intestinal infections, and then I suffer even more acutely from diarrhoea. Four or five times a year, I suffer from severe diarrhoea for weeks on end. Then my abdominal cramps can be so bad that they make me bend over in pain.

- I have suffered from eczema since I was seven years old. My eczema has got worse over the years. It starts in September or a little later and it is gone completely somewhere around May. It starts with small spots and follicles that itch a little, on the outside of my elbows, the middle finger of my right hand and sometimes also the ring finger of my right hand. After a few weeks' time, they turn into fiery red large spots that itch terribly and that may burst and start to bleed. My eczema has worsened in the last couple of years to the extent that it sometimes prevents me from working. I have small spots of eczema on my shins. I have severe itching on my lower legs, which could almost be called pain.
- I get cold easily because I am underweight. In winter, I need a few T-shirts, extra blankets and a few jumpers in order to stay warm when I sleep. I often feel tired and I lack energy/vitality. I have a chronic cold in the nose.
- I often suffer from tension headache and a painful neck. I also have back pain, particularly in the lower back and sometimes my shoulder blade muscles are tense. My health is not great, but not really bad either. I'm often not physically well (tired, not much energy, a bit sickly, a rash in my groin area, some minor pains and cramps all over my body).
- I have not enough energy and I'm too easily tired, but I can continue for a long time on willpower and discipline. Sometimes, I'm so tired that I have to drag myself through it. I need to sleep twice during the day for 30 minutes each time. The mere thought of things that take much effort, makes me tired.
- It's difficult for me to attract women I like. I feel very insecure towards women. When there is a woman I like, I'm afraid to walk over to her because I tense up completely (emotionally and physically). I easily feel rejected or not good enough for a woman. I have had a few relationships, but they have never lasted long. My longest relationship lasted for six months. I haven't had a relationship in the last three years. My relationships always came to an end because of my insecurity, which made me afraid of losing her or of not being good enough. My unrequited desire for a woman that I like very much are a great source of concern and frustration for me.
- I am ashamed of my height, of being much too skinny, of being bald, of my parents/descent. I am ashamed of being single (of not having a girlfriend).
- I feel inferior about my descent: I come from a working-class family.
- I also feel inferior to people who are attractive, self-confident and who seem to have made it in life. I feel inferior to people who seem to be much more intelligent and more sophisticated than me. As a matter of fact, I feel inferior quite often, as if I am not good enough. These feelings of inferiority often make me feel insecure in my relationships with others.
- I often feel insecure when I have to do something. I am easily afraid of making mistakes and of failing. I'm afraid of not doing something well. Now that I am studying again, I often feel insecure because there are certain things I don't know, but which I should know. This regularly gives me tension headaches.
- There are many situations in which I feel insecure. I usually feel insecure in groups and then I may act tense. I go silent or I agree with people and I'm afraid to express my own opinion. I am afraid that they will think I'm abnormal or weird.
- At home with my parents, I sometimes feel very insecure. When I have to perform, I feel very insecure. The intensity can vary greatly from feeling a bit uncomfortable and having a

- slight uneasy feeling in my stomach to feeling very insecure and having abdominal cramps/abdominal pain or diarrhoea and almost starting to feel sick.
- I go tense and I avoid certain situations because of my fear of failure. I have a fear of failure when it comes to things like love, sex, sports, dancing (I am rather clumsy), studying/exams, making contact with people, performing (medical) actions. I have terrible exam stress. This is due to my fear of not being able to remember things well, of not having enough time to study everything thoroughly, of not understanding certain parts of the subject matter.
 - Interactions with people can be very difficult because I feel too insecure. I'm afraid to make contact and meeting people is awkward because I tense up when I talk to people, when I respond. That puts people off and as a result I feel rejected and even more insecure. Then I really tense up.
 - I often don't feel comfortable around people. I often feel threatened because I think that they are better than me and that they will see me as a stupid, weak, ugly guy. I particularly don't feel comfortable around people I don't know. I often try to avoid social interactions. I am afraid to be thought ridiculous or abnormal. I am afraid of being hurt, of being laughed at, I am afraid of being turned down, of not being able to express myself well, etc. I don't like going out because I don't feel comfortable and therefore I can't really enjoy myself or I'm afraid to do so.
 - The fear of being laughed at is an old fear of mine, and it has often restricted me. I'm afraid that people will laugh at me when I'm lost for words (for example in a presentation or a group conversation), or when I say something wrong. I do not feel comfortable in group conversations. I am afraid of being the odd man out, afraid of not being able to join in the conversation, afraid of being abnormal. I am afraid to ask questions because they might think I am stupid. I am afraid of becoming insecure and I tense up as a result. I do not want others to see me insecure, nervous or clumsy. I am ashamed of that. Ever since my early childhood, I have felt uncomfortable in a group.
 - When people say something about me, I very easily think it is ill-intended. When they pay me a compliment, I don't take it as a compliment. I rather think that they want to suck up to me or get me to do something.
 - At work, there are sometimes small frictions or conflicts because I react emotionally to my colleagues and vice versa. When they are critical of me or when they make a remark, I tend to react defensively or violently. Since I only work during the weekends now, I have difficulty developing good relationships with the children and their parents. I need time to develop good relationships with people. It takes me some time to get used to new people, it takes a while before I feel comfortable.
 - I have stage fright. I feel insecure when I have to say something in or to a group of people. It stops me from speaking in public.
 - I am afraid of staying single, of getting seriously ill, of growing old, of being ugly, of not being good enough, of not knowing something, of not being a good doctor, of losing people that are dear to me, of not being happy or remaining unhappy.
 - I feel like I have to prove myself to myself in order to feel good about myself or to feel good enough. I feel like I have to prove myself to the girl I like or to men (that I am man enough). I need my parents' approval and respect, so I think that I also want to prove to them that I

am not a loser and that I can do good things.

- I can be very pessimistic, I often take things to heart, particularly my own problems (women, my looks, improving my attractiveness, health, improving my health).
- I can be easily disappointed and then I get quieter (I withdraw into myself), I become curt, and I may become edgy and irritable with people I know well. Since I get disappointed, I experience things negatively. And then I think that only negative things will happen in the future as well. I easily get disappointed or thrown off balance.
- I worry easily. I fret a lot. I think a lot about how to solve my problems. I am greatly concerned that things will not work out well anyway, for example, regarding a woman/love, my career, my health or financial matters.
- I have overall negative expectations. I usually think that I will succeed or that some things are just not meant to be for me and I usually don't see any opportunities or success. I am quick to think that things won't turn out well (particularly when it concerns women, health, the way I look), although I am still motivated to keep working on those things. When it comes to love, I assume that she will not like me anyway, that she will turn me down, that she will hurt my feelings.
- I feel down easily, especially regarding love and my looks. I am easily discouraged. When there is a certain technique or knowledge that I am unable to master in a short time, I get discouraged easily, also when the contact with my parents is difficult again. Sometimes, I really feel powerless, especially in matters of love.
- I feel depressed and down. For the last few years, there has been a gloomy overtone in my moods. I usually have some kind of background feeling of sadness, disappointment, desperation. I have a negative outlook on life. This is reinforced by the fact that I don't manage to solve my problems and to improve my situation, something I long for so much.
- I often feel desperate. Sometimes, these are feelings of deep despair, when I don't manage to solve certain problems or to achieve certain goals. I feel desperate because so far nothing has helped to solve my physical and emotional problems. I sometimes feel very desperate, sad and down when I'm trying to look attractive but don't succeed.
- I can be very irritable, when nothing much seems to work out in my life and my life feels like a struggle, when every single success comes with a hard fight and when I have to overcome many setbacks. It happens very often that I have to overcome disappointments and find new courage to keep going. Then I tend to be rather curt and react violently, and often my reactions are condemnatory and reproachful.
- I have difficulty expressing my feelings. I often swallow or suppress my feelings, particularly feelings of irritability or the feeling of liking someone very much. I tend to bottle up many things, mostly the feeling of irritation with others.
- It's important for me to be liked by others. I try to meet other people's wishes and demands. I worry all the time about what other people think of me, about the clothes that I wear, the way I talk, the things I do, the way I look, the things I find important. For all those things, I hope to meet the other person's approval.
- I often feel tense. I often feel this tension in my abdomen. My abdomen is tense, my thinking is blocked. I tend to be very restless, insecure, rushed and tense due to stress.
- I do many things reluctantly. I dislike doing things that take a lot of trouble. Just thinking of it makes me tired and gives me a headache. I dislike studying for many hours, it takes

much effort and I have a hard time relaxing. Apart from that, I do my job as a nurse reluctantly, but I need it to support myself. My work often takes a lot of energy.

- I am sensitive to criticism. I often experience it as a serious personal attack, as if I am not good enough or as if what I do is wrong from the very start. I am sensitive to criticism about my looks. I am very sensitive to criticism from women about my masculinity, my attractiveness, etc. I easily feel attacked and then I may take rather innocent remarks as criticism. I am particularly sensitive about everything that has to do with my looks, my success with women and my professional functioning. Then I am quick to go on the defensive. I may persist in it and sometimes I may often keep coming back to certain subjects for a long time.
- I can't always say 'no' when I am afraid that the other person might not like me anymore. I can be easily manipulated by people I feel dependent on or whose support I don't want to lose.
- I sometimes have a hard time making up my mind, I am sometimes afraid to make the wrong decision. I regularly ask for other people's opinions.
- I can't adapt easily to new situations. I always feel like I have to get used to things and I have to adapt again. I am afraid of new things, I'm afraid I will not be able to meet the new demands or expectations or I fear that the new situation will be worse than the previous one.
- I ache for love. I can't love myself and I don't get enough love from others either. I can give love to others, although I feel inhibited to do so. I am afraid of being hurt or of being turned down. I find it hard to compliment others. My parents never gave me much support and appreciation, so this is a problem for me. It is difficult for me to show appreciation.
- It often takes me a lot of trouble to do the things I want to do, there are many obstacles and setbacks.
- I have organizational skills and I work efficiently most of the time. But when I am assigned new tasks or when I find myself in a new situation, it always takes me a while to make everything run smoothly again.
- Sometimes, I'm a very restless sleeper, I toss and turn and I have lots of dreams (no nice dreams, but chaotic, confusing dreams, especially about my youth). I often wake up feeling tired. I often already don't feel like starting the day when the alarm clock goes off. I am in a bad mood when I get up. I don't look forward to a day, which, I believe, will bring with it the same problems as the days/weeks/months/years before.
- I have sexual problems, I come too soon. Sometimes already after half a minute, especially when I feel tense.

Results of the treatment of John K.

There were check-ups of the results of SLT every three to four months, and the first two times after one month. Below you can read a list of the results after every check-up. John belongs to the middle group as far as the rate of results is concerned. He received four hours of SL energy a day for five days a week.

First series of results (end of November 2006, after one month of treatment)

- The study material, which took me about 10 hours to study before, I can now study in 6 hours. This is a remarkable improvement. My concentration when studying has clearly improved. I'm no longer inclined to run away from it. I feel much less reluctant to study. I even enjoy studying now. I can also more easily memorize the material that I study and I understand everything a little faster.
- I feel better overall, I feel happier.
- I have less feelings of inferiority.
- My fear of women is diminishing and I don't tense up as much anymore when I meet women.
- The longing for a woman doesn't occupy my mind as much anymore. I'm glad about that because this allows me to better focus on things that are more important now.
- I can better accept my body. My height and my baldness don't bother me as much anymore. When I look at myself in the mirror, I no longer feel like: oh, what an ugly guy!
- My relationships with people have improved, they run smoother. I'm less preoccupied by what other people think of me.
- The relationship with my parents is also much more easy-going and I'm less easily irritated. My tendency to oppose them has diminished and I can better deal with their criticism. The last few visits to my parents were very relaxed, very enjoyable. And I noticed that I liked that very much.
- The relationship with my colleagues is also very enjoyable and smoother. I notice that it is easier for me to deal with their criticism or comments and to respond to their reactions.
- At the sports centre, I can better interact with others and it is easier for me to make contact with new people.
- It is easier for me to get over a disappointment, and I'm very glad about that. I can regain my balance more quickly after being thrown off balance or after having panicked too quickly. It's easier for me to look at things from a different perspective.
- At the last exam, I was not afraid and I could read and answer the questions very calmly and very well, although I did not have a thorough knowledge of the material and although there were many questions that I couldn't answer immediately. In the past, I would have panicked, which would have reduced my chances of passing my exam. This is an extraordinary improvement.

Second series of results (end of December 2006, after a second month of treatment)

- My belly has calmed down and my eczema has diminished. The fact that my eczema has diminished is remarkable, as it normally only gets worse in winter and only starts to clear up in spring.
- I have more energy than before. It is remarkable how easy it is for me to combine work and study.
- I am less sensitive to the cold. My nose is not stuffed-up all the time anymore either. My nose is less runny, I don't need a handkerchief as much anymore.
- The tension in my neck and lower back has gone.

- I have less stomach cramps due to insecurity and tension.
- My overall health has improved, despite the heavy burden on me.
- I can totally accept my body as it is, including my baldness. I no longer feel ashamed about my body.
- I no longer feel inferior about my descent or to people who are more attractive and more popular than me.
- I don't feel as inferior to women anymore either.
- In general, I feel more confident when interacting with people. I am no longer obsessed with how people will react to me. At the sports centre, I'm less preoccupied with whether people look at me or not.
- I feel more confident about my studies, as a result of which I can study better. I'm more positive and I think more often that I can actually do it or that something is achievable for me.
- My fear of failure about my studies and examinations have greatly diminished. I have considerably less exam stress.
- As far as women are concerned, I am less afraid of getting hurt or of being disappointed.
- I am less pessimistic, I'm better able to put things in perspective, to let go of things. When I still happen to be very upset by something, I can put the issue in perspective and quickly find my balance back.
- I also think more in terms of solutions rather than about everything that may go wrong. My expectations are a little more optimistic and I have more confidence in the future.
- I am less down due to love issues or my attractiveness.
- I am less easily discouraged in all kinds of situations and I am more determined to keep going.
- I am much less depressed.
- I don't feel desperate as often anymore.
- I am much less touchy.
- I'm less afraid of getting older or of staying single.
- I have become more patient.
- I feel less agitated and I am better able not to rush myself and to take a break when I need to.
- I am stronger in stressful situations, I remain calmer, I'm less tense.
- I take more pleasure in my work and studies. I worry less about the work pressure at the hospital.
- I can more easily adapt to new situations and I am less afraid of new things. When I have to do something new, it's easier for me to have things run smoothly.
- The relationship with my mother is more enjoyable and we are less critical of each other.
- I am less offending towards other people.
- I am less sensitive to criticism. I feel less easily attacked and I don't get defensive as easily anymore.
- When I do not get what I want, I am better able to adapt to the situation. I am becoming more mature and I act less like a victim.
- I behave less unnaturally or affectedly in social situations. Little by little, I am becoming more real.

- I am a better listener, even when something is bothering me.
- I appreciate myself more and I feel less like I do not deserve things.
- I no longer expect myself to be able to deal with everything at once. I try more to plan or to set priorities.
- It is easier for me to give compliments to other people and to show appreciation.
- I need less confirmation or compliments.

Third series of results (early April 2007)

- Studying goes better and better. I find more and more pleasure in studying.
- I can memorize things faster and I understand things faster than I did before. I understand complex things faster than before. It is easier for me to absorb the material.
- I panic less easily when I do not understand something.
- For the first time, I notice that I can remember studied material for a longer period of time and that I can retrieve/reproduce it faster. That gives me a lot of confidence and it makes me feel calmer.
- Because I can remember things for longer now, I can more easily find connections between different specialties within medicine, for example between immunology and clinical genetics.
- I can also more easily make the distinction between important and less important subject matter.
- When I study or when I have exams, I'm no longer nervous or afraid and I do no longer have abdominal cramps.
- My health has slightly improved. There is less tension in my stomach and in my body. My intestines are functioning better, I am having less bowel problems.
- My eczema has clearly diminished compared to previous years.
- I feel more and more relaxed around women and it is easier for me to get in touch with women. A couple of times, a girl spontaneously started talking to me, which I liked very much. Negative reactions from women affect me less and less. I feel a little more comfortable in the company of a woman that I really like. I'm less constrained when I talk to her.
- My ability to make new contacts with people has improved considerably. I'm less constrained when talking and responding, I can casually join in with the others. I couldn't do that before. As a result, people are also nicer to me. I'm more confident when I meet people, I have the courage to speak up faster, I am less afraid of the reaction of others.
- Remarks about my length affect me less.
- My work has become very enjoyable. Things are going better and better at work and it's becoming more and more enjoyable. Therefore, I don't mind working in my free time.
- Social interactions at work are becoming more and more enjoyable. I get more appreciation and sympathy from people at work. We are more interested in one another.
- Working with the parents of the sick children, who are often very anxious, concerned, tense, is also going quite smoothly and the contact with the children is very enjoyable, although I only work at weekends now and I have little time to develop good relationships with the children. Now I very easily get along well with them, I had never expected this.

- My fear of being laughed at and the fear that I feel when I'm in a group of people, both of which I have had ever since my early childhood, have strongly diminished. During the last group meetings of medical students, I felt considerably more self-confident and more at ease. I was less insecure to ask questions. When I was mocked for my critical remarks, I felt less like I was viewed negatively. I no longer let it upset me. The fear of being laughed at or being thought of as stupid, has also greatly diminished. I am much more relaxed and more fluent in group meetings. Which I enjoy very much!! It is wonderful to feel at home in a group. I leave the group feeling good and I do not have any headache or cramps afterwards, I have no feelings of shame anymore afterwards.
- I am a little less afraid to speak in front of a group.
- I'm more stable in general.
- I feel less insecure about things I have to do. I feel more self-confident.
- I rarely panic anymore. I'm getting better and better at organizing new tasks and situations in the short term and make everything run smoothly.
- I continue to get better at putting things in perspective and letting go of things. I am less and less disappointed and upset about all kinds of things.
- I am less angry, aggressive or highly frustrated in interactions with people. I am considerably less annoyed with people.
- Feelings of guilt become less and less. I no longer apologize when I feel guilty. I find it easier to admit guilt.
- I am less and less sensitive to criticism. Therefore, I am also less easily upset in all kinds of situations.
- The relationship with my parents is getting better and better and I blame them less for things that happened in the past. We are less and less critical of each other.
- I am less close-mouthed and less afraid to open up to people. I am less afraid to come across as ridiculous or of being rejected. I can express myself a little better and I have more courage to express my feelings.
- Little by little, I feel that I dare say 'no' more easily and that I'm no longer afraid to lose people's sympathy.
- I am no longer jealous of men who look good, who are full of self-confidence and who are successful.
- I am becoming more and more mature in my actions and reactions.
- I am no longer offensive towards other people.
- I continue to be a better listener, even when something is bothering me.
- I can appreciate myself more and more.
- It's easier for me to compliment other people.
- I still like to be acknowledged by other people, but I am no longer as preoccupied with it anymore and I do not feel as awful anymore when it doesn't happen.
- I can more easily give and receive love and I'm no longer afraid of being hurt.
- I feel increasingly calmer and I don't rush myself as much anymore, even when I'm very busy.
- There are many things that I am no longer reluctant to do.
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Fourth series of results (early July 2007)

- This year I successfully passed my medical exams, or the programme of the first three years of medical school, which I had to complete in one year. Studying goes very well. There is a further improvement in the speed of absorbing and remembering the subject matter or memorizing and recalling it. On my last examination, I still knew almost everything that I had studied. I was able to answer 80% of the questions right away. I had to think for a moment to answer the rest. Before the treatment, there were many questions that I had to think about, I did not have the information immediately available.
- In the past, my weight was almost always below eighty kg because I lost many kilos because of the continuous diarrhoea . Sometimes, I would lose up to four kilos in a few days' time. In the last few months, I haven't had this kind of diarrhoea that lasts for weeks on end, like I used to have before, in spite of all the pressure, in spite of all the stress. Before, I had to go to the toilet up to fifteen times a day, even outside the periods of severe diarrhoea. Then I felt like my body was being completely emptied. I only had loose, sometimes watery stools. Now I go to the toilet about four to five times a day. Two to three times, I have solid stools, one to two times, they are thin or loose. But this is already much better than before. Now I weigh about 82 kg. So, that's not yet such a big difference in weight. Nevertheless, people say that I look healthier and stronger. I look broader and more muscular, they tell me. I appear to have a fuller face.
- I no longer suffer from acid indigestion.
- The flatulence that I used to suffer from all the time, has also decreased considerably.
- I still feel abdominal pain right after dinner, and then I need to go the toilet immediately. Otherwise, I have severe abdominal pain. I no longer suffer from abdominal pain in between meals. I almost continuously suffered from that, which I would almost continuously suffer from before.
- I have less acne.
- My sensitivity to the cold has diminished by half. I no longer have nose colds.
- I have less tension headaches, but they still occur.
- In general, I am a little less tired. The intense fatigue, which I often suffered from, has greatly diminished.
- Physically, I feel much better overall, and when I have to do something that I don't like, it has no impact on my energy levels anymore.
- Unfortunately, the problem of coming too soon has not improved. However, there has been another improvement: an orgasm is much more enjoyable now than before, the pleasure is much more intense now. Before, an orgasm was only a discharge of tension, and now it is different. Now, I understand what others mean by the feeling of bliss that comes with an orgasm.
- People hardly ever call me 'baldhead' or 'tall John' anymore.
- With regard to women, I no longer feel like I am not attractive or abnormal or not 'loveable'. More and more, I feel like I'm quite likeable. I get compliments about my looks, which I didn't get before. In the hospital canteen, I notice that women keep an eye on me. Women react differently to me. They let me feel that I look more masculine. I get a different kind of attention from women than before. Women look at me more and look for eye

- contact with me more often than before.
- I no longer feel ashamed of being alone (without a partner). I no longer feel ashamed of my sexual feelings either.
 - The desire for a woman has clearly diminished and it is also less painful.
 - I feel more clear-headed, because now I am no longer preoccupied with all kinds of thoughts and frustrations that used to be there all the time.
 - I feel a little less tired when I wake up. I am also in a better mood when I get up and I am less reluctant to start a new day. Before, I had to drag myself out of bed. Now, I can get out of bed faster and more easily.
 - I don't often feel stupid anymore. Now, I feel more like it's not such a big deal to forget something from time to time. I no longer think I'm that stupid when there is something that I do not understand. I stay calm and I do not panic as easily anymore when there's something I don't understand. And I'm confident that I will understand it in the end.
 - I am less afraid to make mistakes or to fail. Before, I would sometimes get so nervous as a result of which everything went wrong or I was afraid to do anything at all. I don't feel so insecure anymore in my job as a nurse. Since my fear of failure has strongly decreased in all kinds of situations, I no longer avoid certain situations.
 - I feel much more confident when I'm in a group of people. I feel comfortable around strangers. I'm almost not afraid anymore when I meet other people. Therefore, there are many situations that I no longer avoid.
 - My self-esteem has greatly increased. In all kinds of situations in which I felt inferior, now I feel more like: I can also achieve what others achieve. I am capable of something too, my opinion is valuable too. I know I'm intelligent, I do have value. I no longer feel like I'm completely at the bottom and like others are completely at the top.
 - I condemn and criticize myself much less when I'm with people who know better or who are better at something than me.
 - I'm less impressed by people who can express themselves very well. Also, I have higher self-esteem when I'm with a woman that I like.

Fifth series of results (end of November 2007)

- My relationship with my parents is completely different than before. The insecurity that I would always feel when I was with my parents, is no longer there. I no longer need my parents' approval or respect, I no longer feel like I have to prove myself to my parents.
- The relationship with my parents is much more friendly and open than before. My father feels much more comfortable with me. My father has become very interested in me and he thinks along with me about my future. Before, he would only be annoyed with me and he always made me feel like I was a failure, or like I was wrong. My parents understand and support me a lot more. I celebrated the 45th wedding anniversary of my parents together with my family. This happened in a very relaxed and enjoyable atmosphere. I have never experienced a family gathering to be like this, enjoyable and agreeable.
- I now have classes together with 23-year old youngsters. I have a very enjoyable and relaxed association with this new group of students. They immediately integrated me into their little group. This surprised me very much, because that is something unusual in my

life. I feel at home in the group.

- Lately, I have often been told that young children in particular feel safer with me and laugh more when they are with me than with others. Parents have frequently told me that children do not panic as much with me, which they sometimes do with others. Before, this was also the case, to some extent, but it has increased even more.
- I have less stage fright. I've become much better at giving lectures. I am fairly good at giving a presentation for a group of students or doctors, even when I do not know everything. I can better accept it when I make a mistake in a learning environment. Now, my attitude is like: if I make a mistake, well then, that's that, I will learn from it. Before, I would not have given a lecture, or I would have been afraid of being seen as stupid.
- I no longer try to meet other people's demands and wishes, I stand up for myself much more now.
- I no longer feel like I am not worthy of all kinds of things, for example, being healthy and feeling good. I no longer feel like I deserve it when things are difficult.
- I no longer feel the need to exaggerate when I tell something.
- I am no longer afraid of becoming seriously ill.
- I am no longer afraid of staying single.
- My shoulder blade muscles are no longer tense.
- I regularly had cramps in my calves when I was asleep or when I woke up. This is better now.
- I sleep better. I sleep more calmly, my sleep is more peaceful and deeper. I think less when I'm asleep, I no longer work or study in my sleep. Although I sleep better, I am still tired all the time.

Sixth series of results (end of April 2008)

- Overall, I have become a light-hearted person.
- I'm in good health. My intestines function normally for the first time in 24 years. I go to the toilet a couple of times a day now and I have normal solid stools. I have gained another kg in weight, now I weigh 83 kg. I no longer suffer from abdominal pain immediately after eating and I do not have to go to the toilet anymore right after eating.
- Most of the time, I have no eczema at all anymore. However, it sometimes there is a minor relapse and then it disappears again.
- For the first time since the start of the treatment, my fatigue has improved. The extremely intense fatigue I sometimes felt, had already gone, but the chronic feeling of tiredness had not changed so far. Now, this is a little better. I have a little more energy. I no longer need to sleep twice a day for 30 minutes.
- I sleep very well now. I have no trouble falling asleep and I enjoy a good night's rest. I applied the SL technique of asking for energy for an hour before going to bed. It was remarkable how fast I could fall asleep then and what a good night's rest I had then. I slept calmly and peacefully. Ever since I started with this technique, I have had no more trouble falling asleep and this has remained unchanged.
- I can still better remember what I have learned: I don't forget things that I have learned through practical exercises as quickly anymore after I have been able to practise. However,

during a consultation or an internship or when I practise some skills, I have noticed that I easily forget the things I just learned and I have trouble performing them. This still has to improve a lot.

- I clearly feel less insecure and I'm less afraid to make mistakes when I have to do something. I feel much calmer in difficult situations. I remain calm, I am confident that it will work out fine or that I will do a good job. Because I feel more confident, it is much easier for me to complete an assignment.
- During practical exercises, I can much better focus on the things that require my attention. I am less preoccupied with the idea that I will not be able to do it or with what other people must be thinking. Consequently, I am less of a bungler during practical exercises.
- I have clearly become more deft as well. This is not because I have become more confident. I have simply become more deft.
- I no longer feel discouraged when I do not manage to quickly get a grasp of something new I have to learn. I stay calm, I am confident that I will succeed, I'm no longer afraid or in a panic.
- I can deal a little better with new situations and new requirements and expectations that are set. I have a little more confidence that I will succeed. However, I still feel insecure and tense when I have to learn something new that requires some skills and competence.
- I almost don't have any more stage fright. I had to give a one hour lecture to a group of 60 students. I was only a little nervous at the start, but after that I quickly felt comfortable. I managed to give the lecture (I actually had to teach) without any trouble and I did well.
- I no longer feel like life is a battle. However, something that I still experience as a struggle is love (love with a woman). There are far fewer disappointments in my life, with the exception of love. There are fewer barriers, there are fewer setbacks. There are still setbacks, but I can better deal with them and again summon up my courage and move on. I'm better able to believe that everything will work out fine.
- In the past, I would be extremely emotional in certain situations and I would completely freeze up as a result. This doesn't happen anymore, I can get over emotions, I no longer get stuck in it. It doesn't paralyze me anymore, I'm no longer completely overwhelmed with emotions.
- I do not care anymore whether others like me or not. I'm almost no longer occupied with what other people think of me. I would quite often feel ashamed when I thought about what other people might think of me. I no longer do.
- Some more of my fears have gone: the fear of getting old, the fear of not being a good doctor and the fear of losing the ones I love.
- I clearly feel less tense. This has improved remarkably. In the past, I felt tense nearly all the time, I no longer do.
- I have become a little better at decision-making. I am a little more confident that I will make the right decision and afterwards I am a little more confident that I have made the right decision.
- I am a little more lenient with people who complain. I am also a little more lenient with myself.
- I am less angry when I can't find something.

Seventh series of results (end of August 2008)

- This year I have successfully completed my medical training. Despite the enormous stress that I have been under, I have been able to successfully complete the past academic year. Charlotte's SL technique has certainly contributed to this success.
- I haven't felt any major changes since the last check-up at the end of April. The situation is more or less status-quo. There has been a lot of progress ever since I started with SLT almost two years ago. However, some issues have proved to be very persistent, such as headaches, fatigue, sexual problems, love. Also, the feeling of doing something wrong or being afraid to do something wrong, still sometimes surfaces.

Eighth series of results (end of December 2008)

- My intestines are functioning well. I'm also less prone to bowel infections. When it does happen again, it passes more quickly.
- I haven't had a headache for three months now. Occasionally, I still have a minor and slight headache.
- I used to be allergic to medication, this has improved. I also have less problems taking painkillers, something I had an aversion to before.
- My tiredness is gradually getting better.
- I only very rarely have throat infections anymore, not even when I had a nose cold in September. Before, I had a throat infection at least once every month.
- In the past, I very often had a really bad cramp in my neck, which radiated towards my shoulders. This has completely disappeared.
- I no longer feel drained after seeing people who are infirm or invalid.
- When I meet people, I feel more comfortable and I am better able to sense things. As a result, I'm better at picking up signals from others, and therefore I know better how to react and what to say. I'm less afraid to say something wrong. I'm less upset by people's reactions. I can keep calm and I can better respond to other people's reactions.
- Women react differently to me. They appreciate me more and they are more interested in me.
- I feel a little more love for others and I am better at showing and giving love to others.
- I'm getting better and better at expressing my feelings. I'm no longer ashamed of my feelings. These feelings of shame often made me insecure in all kinds of situations. Now I feel less inhibited to talk about my feelings and as a result I can talk to people more fluently. I tell more, and I can do so more easily than before.
- Because of the various improvements in my interactions with people, my relationships are easier and warmer.
- My health, my spiritual growth and my career are still very important to me, but I'm less obsessed by them. I can be more light-hearted about it. When people remark that I'm very preoccupied with these matters, I no longer feel attacked and I can joke about it a little myself.
- I've always been highly critical of myself, I have always blamed myself for being a fool or for not having done things differently, etc. Now I can feel more love for myself, now I'm

able to say: that was stupid, I might have done it differently, but better next time. I can forgive myself, I'm a little nicer to myself.

- I feel much less tense when I'm with a woman. I can easily start talking to a woman without being afraid of her reaction. I'm less afraid of intimacy with women.
- I'm better able to relax and to enjoy things. I'm growing to be more and more positive, I can better focus on things that go well and I'm no longer only focused on things that go wrong in my life.
- The fact that things go wrong when I want to buy something, hasn't happened again. This happened quite frequently in the past.
- I can better deal with the combination of 'working, studying, always having to finish another task'. This is less stressful to me, I feel more like 'I can do this'.
- I can keep a clear structure in the conversation when I practise consultation skills, I no longer mix up questions, which is confusing for the patient. I feel more confident when I present the questions, as a result of which I can keep a better structure and I don't ask questions randomly anymore. However, my presentation of questions is still too elaborate and too suggestive. One might think that I'm getting better at keeping structure through exercise, but I feel I really have a better talent for it. This improvement is the result of breaking patterns and not of exercise.
- It was also difficult for me to carry out the right physical examination after the anamnesis and I didn't know what I had to pay attention to. This is going better now. I am better able to put given information into words. I am better able to structure my thinking, talking and writing. Here too, I feel like I have a talent that I didn't have before. Again, some more patterns have been removed. However, I do still have problems with clinical reasoning.
- Now and then, something that has already improved, tends to crop up again, but after a few days or a week, it's gone again. For a few weeks, I was also troubled by the fear of not knowing something, but this is better now.

Ninth series of results (end of August 2009)

- This year, I have again successfully completed a phase of my medical training. I still have one year to go. As far as the treatment is concerned, there hasn't been much real progress.
- With regard to the fatigue, however, there has been progress. This was a trying and intense year for me and my fatigue greatly improved towards the end of the academic year. This hasn't happened since the start of the treatment. However, I would still like to feel much more energetic.
- I haven't suffered from eczema in the last year, except for a few small spots, which quickly disappeared again.
- The improvement in my headache has also remained stable, my headaches are much better. I hardly ever have a headache anymore. This remained a persistent issue in the past.
- For a long time, I have worried about my future. I worried to the extent that it troubled me at night when I was asleep and when I woke up in the morning. I would often wake up early, already worrying. Fortunately, this doesn't happen anymore.

Tenth series of results (end of December 2009)

- In recent months, my energy level has risen gradually and I feel more energetic and healthier.
- My acne has almost completely disappeared and my eczema hasn't returned so far either.
- My digestion is much better too and I barely feel any discomfort anymore.
- My medical training is going well.
- Meanwhile, I have met a nice woman with whom I have a fine intimate relationship. Fortunately, I no longer suffer from premature ejaculation and I enjoy sex more.
- I feel more confident and many people tell me I look good.
- In short, I'm very happy with how I'm doing.

Eleventh series of results (end of March 2010)

John is doing very well. He is finishing his thesis and from September onwards he still has to do an internship for half a year. Then he'll have obtained his medical degree. This is the last time that the results of the treatment will be reported. The distance treatment is completed.

- My life has improved remarkably. There is much more peace and quiet in my life and I feel much more confident about life. I have more zest for life. Most days are going great. There's a big difference with three years ago, when most days were difficult and when I was depressed almost all the time.
- I like my studies, I like doing the assignments I have to do. Before, I would do the same things with great distaste. Now I do things with enthusiasm. The same tasks are easier now.
- I'm confident and I feel positive about the thesis I have to make. In the past, I would have feared I wouldn't do it well and I would have thought I was too stupid to do it well.
- My expectations have become predominantly positive, I'm more optimistic, I'm more confident that I will actually succeed, I have courage. When negative thoughts crop up once more, they are quickly gone again.
- I feel confident when I'm faced with new situations. I'm confident that I will be able to solve the problem. I've clearly become more flexible, I can very easily adjust to new things. I clearly feel less stressed about learning new skills.
- I can think more clearly and my memory has still further improved. I can understand and apply new and complex subjects more quickly. I can remember and apply newly learned skills straight away.
- I no longer feel depressed and exhausted during and after the night shifts. It was very difficult for me to stay awake and do the work. I had difficulty thinking and dealing with problems. This doesn't happen anymore. Now, I can work two shifts in a row without sleeping. I can do the evening shift and the night shift, one after the other, without any problem. Before, I would have a difficult time around four o'clock in the morning during the night shift. Now, the night shift passes by smoothly, even when it is immediately preceded by an evening shift. Before, I felt completely washed out, even after a normal service. When I came home after a night shift, I slept badly during the day and I was depressed when I woke up. Now I sleep very well after an evening shift and I have more

- energy when I wake up. I feel good and I feel like doing things.
- I have a very enjoyable relationship with my sisters now. Before, my two sisters were very close friends and I was on the outside. Now the three of us have a very good relationship.
 - At work, I rarely have problems with colleagues anymore. I have become very flexible. I can adapt very quickly, I can very quickly switch to a different job, without any more irritation or reluctance. I felt like I didn't belong during the night shift, now I no longer do. I no longer feel like an outsider in other groups either. I am part of the group and I can join in the fun.
 - I feel much stronger when I'm with other people. I'm good at leading group conversations. I'm well able to intervene in a conversation and I can steer the conversation in the right direction.
 - I take on more responsibility instead of putting myself in a position of dependence or instead of standing aside. Before, when someone else was in charge, I used to shift to a dependent position and I would no longer take the initiative. This has changed now.
 - I feel more and more love for other people.
 - I have no more trouble interacting with women, I no longer have to prove myself to a woman. I feel comfortable around women.
 - I'm less close-mouthed, I can better express myself, also to a woman.
 - I'm less impatient, I get less angry when there's a setback. I deal with the situation and I can calm down again. I used to have an urge to smash something when there was a setback. I no longer tend to do that.
 - I'm better at decision-making.
 - I used to wake up early in the morning when I worried about something. This doesn't happen anymore. Before, I used to be worn out when I woke up, as if I hadn't slept at all. Now, I wake up feeling fit and rested.
 - I'm no longer sensitive to the cold. I weigh 88 kg now, whereas before, my weight never rose above 80 kg.

19.3 Tim: autism

Tim, a seven year old boy was chosen as an example for removing patterns of autism. This application of SLT took a little more than one year (March 2010 – June 2011). Many issues have improved, but not everything has been solved. The patterns have to be peeled of for a longer period of time for everything to be solved. Below, the problems and results are described. In chapter 20.2, there is a description of patterns and energies that are present in Tim's subconscious mind. Tim didn't know SLT was applied to him.

Introduction

Tim is 7 years old. He is in the first grade in regular education. He is one year older than the other children of his class. That is because he was in a Steiner school before (infant education) and in that type of education the first grade starts one year later. The first month of the first grade, Tim still went to a Steiner school. But he was expelled from school due to his maladjusted and extremely annoying behaviour in the classroom. It was so bad that it became impossible for the teacher to teach. Therefore, Tim's mother was forced to send him to a regular school. Now it is the middle of March, and Tim has been in his current class for five months already.

Two and a half years ago, he was diagnosed with autism and low normal intelligence for the first time. At that age (4.5 years) Tim made few social contacts, and he lived in a world of his own. He almost never talked in class and he did things that were inappropriate. He displayed repetitive behaviour, he hardly made eye contact, he had concentration problems and a low frustration tolerance. His play was characterized by limited variation and meaning. There was limited reciprocity in social contacts and sharing emotions with other people was limited and not in accordance with his age. He was highly interested in music and in numbers.

When he was two years old, Tim became more boisterous. He sometimes had fits of anger. When this happened, he screamed loudly, waved his arms and hit things. He went to kindergarten at the age of three, where he was regarded as a special child. His language and speech development showed deficiencies, and the development of his playing skills was not in accordance with his age. He didn't react much to social impulses such as reward or punishment. Social interactions were difficult for him.

Since Tim's mother had difficulty accepting the diagnosis of autism, she had her son observed again at a different institution one year later (at the age of 5.5). The diagnosis was the same. The above-mentioned behaviour was confirmed by some additional observations:

'As far as communication is concerned, Tim does not always seem to understand verbal messages correctly. Visual support is sometimes required. It is difficult to have a conversation with him. The adult conversation partner has to keep the conversation going. Echolalia (echoing of previously heard words or phrases) and echopraxia (exact imitation of movements) have been established.

There are serious deficiencies in his social behaviour. There is limited eye contact, and this contact is rarely mutual. He is on his own track and cannot stand any contribution from outside. His skills to build relationships with other children of his age are very limited, and he needs to be taught social rules. Tim has a large passive vocabulary, but he is unable to use it adequately in everyday situations. For instance, he clams up when he has to ask a simple question to another child.

He is very focused on details and unable to disregard details. When he plays a game, he

repeatedly plays the same thing, he is unable to broaden his game. Once he has chosen a certain solution method, it is hard for him to change it. He has a rigid way of thinking and acting. Everything has to go exactly as he has in mind. There are stereotypical behaviour patterns and he is very much tied to fixed routines, both in everyday situations and in his games. He is fascinated by figures and arrows, which he draws all the time. He doesn't sense when it's appropriate to do this or not.'

When his IQ was tested, Tim had a total score of 92. He had a score of 88 for his verbal IQ and of 99 for his performance IQ.

He is the eldest of two children. His brother is one year younger. The children live with their mother. Their father died when the children were still babies.

Description of Tim's behaviour by his mother

- Tim did not talk until he was three years old.
- The teacher he had last school year made the following observations about his behaviour: 'When Tim enters the classroom, he always uses boards to build a camp and he does it exactly the same way every day. He lies down under these boards, and sometimes his brother lies next to him. He doesn't come out of his camp unless the teacher makes him do it. He often lies there talking to himself or singing songs. When other children are using the boards, he doesn't know how to address them and ask for the boards. Then he just stands helplessly in the classroom. Tim is more inclined to ask something to his teacher than to the other children. Apart from his brother, he doesn't seek contact with other children his age. When we've got drawing, Tim always draws figures and numbers on his sheet of paper, and he does the same thing in the playground. Assignments have to be very clear and concrete. Otherwise he doesn't understand what he is supposed to do. He displays behavioural problems (refusing to do what he is supposed to do, doing just the opposite, hiding under his desk, getting angry, making noises...) at every change (change of activity, going from the classroom to the playground). The teacher had to teach him, step by step, how to work with clay. In the beginning, he simply refused to touch it. He needs a lot of individual guidance. If she has no extra help, the teacher cannot manage anymore with Tim in the classroom.'
- This is what his current teacher says: 'Tim is often very boisterous, he does all kinds of things that are not allowed. For instance, he moves the small couch that is standing in the school corridor by pushing it along with his head when he is expected to clear up and go outside. He uses his ruler to hit another child on the head, as a result of which the other child gets angry and the children start to fight. He keeps yelling 'fil - lo' in class. When the teacher explains something, he hides under his desk or crawls around in the classroom. He deliberately makes annoying noises as the children listen to their teacher. He takes off his shoe for no reason. He is unable to keep his hands to himself when he sits next to a girl as the teacher reads a story. He lifts the girls' skirts in the playground. He doesn't listen when the swimming exercises are explained, and he refuses to obey when he has to come out of the swimming pool. He hits the wall as he enters the classroom and then he hides under the desks. He kicks the walls. He sometimes shuts the door of the classroom before the teacher or the other children have come in. He is very rude to the teacher. He is very noisy when

the children do their writing exercises. He keeps putting the book with reading exercises upright. When the teacher gives a dictation, he takes out the arithmetic sheets. He suddenly stands up during the arithmetic lesson and starts to flutter like a bird, or he starts to crawl or he runs about or he stands up on his chair. He makes strange noises all day long. He sits backwards on his chair and rocks it. He hits his chair against the desks. He shakes his desk. He turns around and tries to draw the other children's attention by hitting on their desk. He goes and stands on top of his desk. He throws other children's things about, such as rulers or shoes. He can concentrate and work well for a short time if he is interested in something, but then his attention is distracted and everything starts all over again. The slightest thing is enough to distract his attention. He needs a lot of individual guidance before he is able to work quietly or to concentrate. It is particularly during the arithmetic lesson (arithmetic problems) that he is very boisterous and that he is easily distracted because he has great difficulty with arithmetic problems.'

- The teacher makes him start his exercises earlier or she takes him by the hand or lets him sit on her lap so that the other children can work quietly.
- He doesn't like going outside. He prefers staying inside the classroom.
- He constantly needs attention in class. When the teacher looks at him and pays attention to him, everything is fine. But as soon as she looks away, he does anything to draw her attention.
- He makes a lot more noises and his behaviour is even more annoying when there is a new teacher.
- When the teacher gives the children an explanation prior to a test, he doesn't listen and does something else in the meantime: for instance, he makes noises or runs about. Then he is unable to do the test, and he draws figures and numbers on his sheet of paper. Every test sheet is always full of drawings.
- Apart from what the children are supposed to draw when they have drawing-lesson, Tim also draws figures and numbers. He only wants to make a limited number of drawings and refuses to make any more.
- When they have drawing-lesson, he cannot remember the order in which the materials have to be cleared away, even though the children have done this many times before.
- He becomes very boisterous when he has to wait or when he doesn't know what to do.
- He always hits the seats in the school bus.
- He often says: 'I cannot do this, it is too difficult' during the arithmetic lesson. When you point out a mistake to him, he cries out in a strange tone of voice: 'Then I won't do it'.
- The first time Tim came to see me (the soul liberator), he was accompanied by his mother. He painted drawings in a colouring book to kill time (and apart from that, he ran up and down the hall) while I was talking to his mother. At a certain moment I noticed that he appeared to be deep in thought, and I asked him: 'Tim, can you tell me what you are thinking of now?'. It took a while before he could shake off his thoughts, and then he didn't manage to tell me what he had been thinking of. He couldn't say a word. It was as if he hadn't understood the question. And he immediately lost himself in thought again.
- When you talk to him, you sense that you do not get through to him. He seems to be listening to you from a distance. He doesn't react at all or his only reaction is a strange smile and indifference.

- He is often lost in thought. He gets totally absorbed in himself or in his activity and then he doesn't hear anything at all. He doesn't hear it when somebody speaks to him. He just carries on doing what he was doing.
- He often talks to himself, especially in the evening.
- He doesn't seem to belong to this world when he eats. He is completely lost in a world of his own. Then there's only he and the food and nothing else. He enjoys his food immensely. He carefully arranges the food on a cloth in front of him. When you ask him a question while he is eating, he doesn't even notice that someone is talking to him.
- He sometimes cries his heart out all of a sudden, both at home and at school. When you then ask him why he is crying, he doesn't know or he is unable to tell.
- His behaviour is unnatural. His facial expressions are not spontaneous. He sometimes pretends to laugh heartily, but it is a forced laugh.
- He is unable to make contact with other children, apart from his brother, he doesn't know how. Instead of just saying what he wants, he torments the other children. He pokes another child in the back with a pencil, he pulls another child's T-shirt, he gives the child a push or hurts it, he keeps saying the child's name, etc. That tormenting usually ends in a row. Tim does not show any feelings of guilt when the other child starts to cry. He doesn't realize it when he hurts another child.
- He feels uncomfortable in groups. When he enters a group of people he doesn't know, he sometimes rubs his head through his hair in agitation for a long time, or he hides in a corner or goes to the adjacent room. He stays there until somebody comes to get him, but he goes back to his corner or to the other room as soon as he gets the opportunity.
- In gym class, he distances himself from the other children when they are noisy. When he joins the group again, he seeks attention by displaying annoying behaviour.
- When he needs toys or materials for playing a game with a group of children he doesn't know, he lets the other children take everything and he is afraid to take anything himself. He just stands there watching and waiting, doing nothing.
- When another child takes something away from him, he doesn't say anything. He just gets very angry and hits or bites the child.
- He doesn't know that he can ask for help. When there is something he doesn't know how to do, he doesn't say that he doesn't know how to do it and he doesn't ask for help either. He just makes noises or repeatedly hits the table with his pencil instead.
- He doesn't say what he feels or wants. For instance, when he has finished eating and he would like some more food, he hits with his hands on the table or he starts making noises, instead of saying that he wants some more.
- He sometimes imitates the behaviour of other children. When a child writes in a certain way, he starts to write like this too. When there are boisterous children around, he becomes boisterous too. He imitates them while acting conspicuously, by pulling faces or by making noises.
- He doesn't understand people's emotions or facial expressions. A big smile appears on his face when his mother or his teacher is angry. It is as if he laughs in our face, but that is not true. It is just his way of dealing with anger. When his teacher asks him: 'Do you like that, pushing other children?', he smiles.
- He doesn't know the difference between anger and sadness. He cannot tell whether his

mother is angry or sad. He is unable to see or to sense that there are certain things that people don't like. When he bullies a child and when that child makes clear that it doesn't like what he is doing, he just carries on. The more the other child protests, the more fun he has. He doesn't understand that the other child does not like what he does, and he just carries on with a strange smile on his face. When he is reprimanded, he reacts with a smile of amazement.

- He often pulls a strange face when his mother is angry, (the corners of his mouth are turned down, his chin is tense, his eyes are bulging), and he imitates the sounds made by his mother. He produces sounds at a very high pace.
- He doesn't react when another child cries or has hurt itself.
- He cannot remember the names of his classmates.
- He wants to have and keep everything to himself. He doesn't want to share anything with his brother. He doesn't want to share with anybody, but he expects other children to share with him.
- He quarrels a lot with his brother, especially when his brother wants something from him or when they both want the same thing at the same time. Tim gives his brother quite a lot of instructions about how he has to do things when they play together. When his brother does not do as Tim demands, they start another quarrel.
- He is very dominant towards his brother. His brother has to do what he wants him to do, he says: 'Now you have to do this and you have to do it like this'. He uses his brother for things he doesn't like to do himself. He tells his brother to do it.
- When they draw with chalk on the ground together, they constantly quarrel over the chalk. Tim always wants the largest pieces and sometimes they both want to use the same colour. When that happens, Tim hits his brother and takes the piece of chalk that he wants. Then his brother runs to their mother, crying: 'Tim hits me'.
- He has no friends.
- He never tells anything. He is very close-mouthed. He never tells anything about school.
- He doesn't know how to express himself. When you ask him a question, he just answers with 'yes' or 'no'. He cannot explain things. He doesn't know how to use the vocabulary he knows. He uses words incorrectly, for instance, he mixes up words like 'think' and 'mean'.
- Sometimes, when you ask him a question, he smiles at you, but he doesn't answer. Is it because he doesn't understand the question or because he doesn't know what to say?
- When he doesn't like a certain teacher, he says: 'I don't want that teacher'. If you ask him why, he is unable to explain. He sometimes wants to draw because he says he cannot get it out of his head otherwise. He tries to draw the things he is unable to say.
- He often stands there, looking forlornly and doesn't know what to do. For instance, when his mother tells him: 'now you can put on your coat', he just stands there doing nothing.
- He doesn't learn from his mistakes. He keeps repeating the wrong things over and over again.
- He can only play a game in a certain way and he is unable to deviate from it. For example, he cannot play with a train elsewhere because there is no barrier like the one at home. When things have to be cleared away, everything must be in the right place first. For instance, all letters must be arranged in the right order on the board before he is able to start doing something else. When he plays a game in which a floor puzzle with letters is

used and in which the letters can be arranged in various ways, he always arranges the letters in alphabetical order (a, b, c, d, ...). There is no other way for him. When he plays with cars that follow a certain route to the garage, he always follows the same route. There is never a variation.

- He always does the same thing in the playground. He only plays one game: he and a few other children chase one another in the playground. He always ends up in the grass, but this is not allowed, he is supposed to stay on the stones. Then he is punished and he has to stand against the wall. This scenario repeats itself day after day.
- He likes to run back and forth between two walls and he does that often, he runs around a lot in the house.
- He is very impatient. He gets very nervous when he has to wait.
- When he accompanies his mother to the supermarket, he races wildly through the corridors with the shopping cart. His mother has to keep an eye on him all the time to make sure that he doesn't crash into anything. He keeps asking in a plaintive tone of voice: 'When will we be finished? When do we go to the cash desk? How much longer are we going to be?'
- He sits on a chair to get dressed and there has to be a mat on the chair. If there isn't, he cannot get dressed.
- At lunch, he always wants to have his coffee first, only then does he eat his sandwiches. There is no other way.
- When he gets home from school, he immediately starts to watch TV. Only then is he willing to eat. The TV always comes first. After that, it is time to eat. He cannot eat before having watched TV.
- The various food items on his plate have to be arranged next to one another. They may not be mixed. There may be no sauce or grated cheese on any of the other food items. They have to be arranged next to the other food items on his plate.
- He is very perfectionist. When they have calligraphy at school, everything has to be perfect. In calligraphy class, the children have to write one line in which they write the same letter 10 times. When one letter is not written as beautifully as the others, he starts to cry and shouts in a plaintive tone of voice and with great emphasis: 'It is not beautiful. It is worthless!' When he makes a mistake while reading and his mother points out his mistake, he gets in a panic and shouts in a plaintive tone of voice and with great emphasis: 'I cannot do it, it is too difficult!'
- The sheets and blankets have to be smoothed out. If they are not, he doesn't want to get in bed. When somebody has sat on his bed, he no longer want to go to bed.
- There are certain clothes that he refuses to wear: certain briefs and trousers, or shoes with laces.
- He makes noises almost constantly. Sometimes those noises are very loud, to the great annoyance of his mother and of other people. Those noises are the repetition of certain sounds such as 'oy, oy, oy...', 'waw, waw, waw ...' etc., growling, grunting or screeching like an animal, or the endless repetition of a name or a word.
- He pulls all kinds of faces. For instance, he looks wide-eyed and curls his lip down, which annoys his mother.
- He needs ten minutes to wash his hands. He keeps turning the tap on and off. He just stands there and leaves the tap running, without doing anything at all.

- Several times a day, he gets very angry about insignificant things. He starts to shout, stamp his feet, hit and cry loudly when he gets angry.
- He is very frustrated when the tip of a coloured pencil breaks off. Instead of sharpening the pencil, he cries out: 'Stupid pencil, why does it have to break again?!' Thereby he frowns and puckers up his brows.
- Everything he eats must be whole. For instance, when a piece of crust breaks off from his slice of bread, he cries out: 'The bread has broken, I don't want to eat it anymore!' When a small piece breaks off from his piece of cake, he gets highly frustrated and doesn't want to eat it anymore. When a biscuit breaks while he is eating it, he makes a drama of it and doesn't want to eat it anymore.
- He is very sensitive to criticism. If you tell him: 'look, this is wrong' or 'that is not beautiful, you have to start all over again', he shouts: 'I won't do it then!'
- Things have to be done his way. He gets angry when that is not possible. When he has something in mind that is not feasible, he becomes very frustrated. When there is something that needs to be done and Tim has other plans, he cries out with great emphasis: 'I won't do it!' and he imposes his will.
- He cannot stand any deviation from his daily routine. It makes him very frustrated. For instance, when he cannot play at the normal hour because he has to accompany his mother to the shop, he cries out (in a violent tone of voice): 'No, not now, why now?'
- When he has to stop what he is doing, for example because it is time to leave, he stamps his feet and shouts: 'Not now, do we have to go again? I don't want to!' This happens every day.
- He often speaks and shouts in a plaintive tone of voice: for instance 'It is cold!'. He uses a plaintive tone of voice for about everything he has to do.
- When someone plays a party game with him, he always wants to win. When he is playing cards and he has a bad hand, he doesn't want to play anymore and he starts to cry. When he is playing dice and he gets an unlucky throw, he immediately cries out (loud and in a violent tone of voice): 'I'm not playing anymore. It's just a stupid game!'
- He wants to be the first to arrive at school. He wants to leave earlier in order to be the first.
- When the children have to walk in line, he wants to walk up front. He cries and gets angry when that is not possible.
- When other children walk on the path, he wants to walk in front of them. He pushes the others out of the way to be able to walk up front.
- He can make drawings with chalk on the ground for hours on end. Everything is fine when he can do that. At home he makes drawings on the drive all day long. He draws roads with traffic signs, mainly traffic signs depicting arrows. When he makes drawings on the ground, it is very hard to make him stop. He often does this during playtime at school too, and he gets very angry when he has to stop because the next lesson is going to start.
- He is highly interested in figures. He wants to have a clock in his room to be able to watch the figures. He always wants to know the time. He wouldn't take it if there were no clock in his room.
- He is very good at arithmetic.
- His favourite toy is a calculator. He always has to have his calculator with him in the car.
- He is particularly interested in elevators. When he sees an elevator, he has to take it. Even

when he only needs to climb one flight of stairs, he won't take the stairs. He pushes all the buttons in the elevator.

- He has issues with time. When he has to be ready in time for something, he is told several times, but he doesn't react. For instance, when he has to be ready to leave by 8 in the morning, he is told at 7.30 that he has to be ready by 8. He is told once again at five minutes to eight, and then he always reacts in exactly the same way: he gets very angry and cries out loud and with great emphasis: 'always that time, the time is wrong, the time goes too fast, I don't want it, now I don't have enough time, now it is too late, now I have to do everything myself! (getting dressed)', and he cries terribly, he shouts, stamps his feet, gasps for breath and gets terribly upset. This happens day after day. He keeps wasting time until it is almost too late and then he gets very angry. It drives his mother crazy.
- He doesn't listen and then he forgets to do as he was asked. The teacher and his mother have to repeat themselves over and over again before he finally does as he was asked.
- When his mother asks him to set the table, he is distracted by something else and he immediately forgets that his mother asked to set the table. That is why his brother sets the table, and then Tim gets very angry because he wanted to do it. This scenario repeats itself every day.
- He refuses to obey, both at home and at school. He accepts no authority, he doesn't observe the rules, he is very impolite. When he is asked to do something, he immediately starts to argue and he replies (loudly and with great emphasis): 'I won't do it, I just won't!' and he gets very angry. When there is something he doesn't like to do, he simply doesn't do it or he makes very plaintive noises if he does what he was asked to do.
- He doesn't like clearing away his toys. He goes and sits on the couch and tells his brother to clear away the toys. His mother doesn't want this and when she tells him that he has to do it himself, he starts to cry terribly and he shouts: 'I won't do it!'. This scenario repeats itself over and over again.
- About once a month, he wakes up shouting at night and he keeps shouting, even when his mother comes to see what's wrong. It takes a quarter of an hour before he calms down. He doesn't even notice that his mother is there with him and he keeps crying: 'Mama, mama'. He cannot say anything else anymore and afterwards he goes standing on his bed for quite a while.
- He is not good at sports.
- He has a sense of rhythm and dance.
- He suffers from eczema on his stomach and forearms. There are times when the eczema disappears to a certain degree and then it gets worse again.
- A couple of times a year, he gets boils somewhere on his body, especially on his legs.

The SLT application

I usually applied SLT for two hours a day and five days a week. I also did a series of six hours a day for five days a week. I focused my energies particularly on patterns that caused poor social contact. In doing so, lots of other patterns are hit and peeled off as well. For many people, the first 100 hours of SLT yield the most results. This was also true in the case of Tim. This is because there

are lots of issues that can change quickly and when these issues have changed, it takes more hours of SLT to change the next ones, and therefore the results come more slowly.

There are often many results after 100 hours of SLT, but not all the results that have been achieved are stable at that point. That's why it's important to continue in order to stabilize the results and to achieve further results.

First series of results (50 hours, 5 weeks)

- The teacher mentioned a few things that have improved. Tim sometimes behaves well in class, he is much calmer at times. He is less annoying now and then. He doesn't make as much annoying noises as before, he doesn't yell 'fil-lo' as often as he used to.
- There are fewer quarrels between Tim and his brother. It doesn't happen often anymore that his brother runs to their mother crying and saying that Tim has hit him. Tim doesn't order his brother about as much anymore. He is less dominant.
- He is more inclined to share things with his brother.
- At a certain moment, Tim wanted to watch TV, but so did his mother. Before, Tim would have reacted by starting to complain bitterly and insist by saying: 'It is my turn now'. But he did not cause trouble about the fact that his mother watched the programme she wanted to see. Tim went outside and started to play with his brother.
- When he asks something to his mother, it is less compelling, less demanding. He does it more calmly. Now he says something like 'can I?' instead of 'I want!'
- Generally speaking, he is better able to adapt. Things no longer have to be done exactly the way he wants it to be done. He is better able to abandon the plan that he had in mind and to participate in the new, unplanned activity.
- When he is engaged in an activity and he is deep in thought, now he does hear it when his mother says something to him. He reacts to what she says, but he is still unable to stop what he is doing and he continues his activity without getting angry for having been interrupted.
- He is more inclined to do as he is told. His mother does not have to repeat herself as often as she used to before he does as he is told. He is slightly more obedient, he observes the rules more. He is less easily distracted. He sets the table when he is asked to, and he clears up when he is asked to.
- He protests less. He is more willing to do things he doesn't like doing. He no longer protests by saying things like 'no, I won't do it!'
- The plaintive tone of voice has disappeared when he says something.
- There is more eye contact.
- He can express himself a bit better. Sometimes, he no longer replies with a simple 'yes' or 'no' when his mother asks something. When you ask him a question, he no longer smiles without saying anything. He always answers the question.
- He knows the difference between the words 'think' and 'mean'. He no longer mixes them up.
- He has become a better loser when playing cards. It is obvious that he feels less frustrated when he plays cards.
- He is less aggressive. He doesn't get upset as easily as he used to. He no longer shouts, hits,

- stamps his feet, or cries. He doesn't have fits of anger anymore.
- He is less frustrated about all kinds of things. When he does get frustrated, his reactions are less violent than before.
 - His rough behaviour and his impatience in the supermarket are gone. He is calm and behaves well while his mother does her shopping.
 - He is overall a little more patient and he is better able to wait.
 - He almost doesn't make any more noises at home. He no longer repeats names or words. He no longer pulls strange faces.
 - He no longer talks to himself in the evening, but he still does so during the day.
 - He no longer displays affected behaviour.
 - He no longer smiles when somebody is angry.
 - He no longer stands there 'looking forlornly'.
 - The problem with 'time', which repeated itself day after day, has gone.
 - When he plays with the floor puzzle, he doesn't mind anymore when the letters of the alphabet are placed in a different order. This would have been out of the question before.
 - He is able to play a game in a different way. Now he follows many different routes with his toy cars.
 - He no longer makes drawings with chalk on the ground for hours. He also plays other games now and he engages in different activities.
 - He no longer runs around in the house. He no longer runs back and forth between two walls.
 - He no longer insists on having his coffee first, followed by his sandwiches.
 - The sheets on the bed no longer have to be perfect. Tim no longer minds people sitting on the bed.
 - The ritual that he performed when he washed his hands, has disappeared.
 - He no longer insists on being the first to arrive at school or on walking in front of the line of children or on the path.
 - He accepts that there is no clock in his room.
 - The nightmares have gone and Tim no longer wakes up screaming.
 - At this moment, he only has small spots of eczema, but this has happened before.
 - A boil just above his right knee has disappeared spontaneously. This has happened for the first time.

These are very good results after a series of 50 hours. However, these results are not stable yet. Some of the improvements we have obtained can relapse. That is because all the layers of the patterns have not been peeled off yet. Deeper layers crop up at a later point in time and once again cause problematic behaviour. But since we keep working continuously, it doesn't matter that certain things reappear. The next layers will be peeled off anyway, which will make the negative behaviour disappear again.

Second series of results (50 hours, 5 weeks)

Tim is very docile at home. Only on one occasion did he have a serious row with his brother, in which he bit and kicked his brother, but things were a lot better already the next day. In the

classroom he is quiet and quietly participates half of the time, but the other half, he is still being very annoying, much like he was before the start of the treatment. Yet, there are several negative points that have been remedied completely or that have improved considerably. There is also a slight improvement in his interactions with adults and other children.

We have six weeks to go before the end of the school year. In the hope of obtaining a considerable improvement in the annoying behaviour in this timespan, the distance treatment will be intensified for the time being, i.e. six hours per day instead of two hours per day. Patterns concerning interactions with people will not be treated specifically this time, but the patterns that cause the annoying behaviour will be worked on. Like, for instance, a pattern in image form in which the following type of behaviour is programmed in order to get attention: crawling around in the classroom, standing up on a chair, or 'wanting to be noticed and doing things that are not allowed in order to get noticed', 'a compulsion to walk around', 'a compulsion to attract attention and therefore walk around in order to get attention', 'disobedience, a compulsion to do precisely those things that are not allowed', etc.

Other changes:

- Tim was invited to the birthday party of another boy. This boy's mother knew how Tim behaved before. She was surprised to see that he participated in the games without any problem. Before, he was never involved. He always sat apart from the group. It also surprised her that he dared to ask an adult to push him on the swings. He would never have done anything like that before.
- Tim's mother had the chance to observe him in a group of 10 children. First, he still tended to separate himself from the group, but when she insisted, he was willing to participate in all the games without any problem. If anyone had managed to talk him round in the past, he would only have succeeded for a very short while and he would again have tried to separate himself from the group the moment he had the opportunity.
- There is a slight improvement in his interactions with other children. Before, he never took the initiative to make contact with other children. The only contact he had was when he replied 'yes' or 'no' to the question of another child (apart from his tormenting). In this group he walked over to a girl and they sat whispering together. Then the two of them went to play on the swings. This is new too. Normally, he would not play on the swings with a child of his choice.
- In other groups of children, the group leaders said that Tim had played along all the time and that he had done nothing to attract attention. He had participated very well and he hadn't tried to get noticed. In the past, the group leaders sometimes wanted to talk to Tim's mother in private after a day of play to discuss his behaviour, his silly behaviour or his attempts to attract attention, his introversion and the fact that he separated himself from the rest of the group.
- He is still very introverted. He still doesn't say anything of his own accord, and when adults ask him a question, he often replies 'yes' or 'no'. But it is obvious that he is better at making contact with other children. He goes and speaks to other children in the classroom. He asks them things of his own accord, and he seeks more contact with other children his age.

- He is no longer afraid to stand up for himself in a group of children. He dares to take the toys that he wants to play with. He doesn't get angry anymore when another child takes something from him.
- He no longer fills sheets of paper with drawings of figures and arrows. He no longer makes chalk drawings in the playground.
- He understands better what he is supposed to do in class and he carries out orders correctly.
- He is better able to keep his hands to himself around girls.
- There are moments when he is no longer impolite to his teacher. On the contrary, he can be very sweet and polite.
- He is quiet during the writing exercises and he does what he is asked to do.
- He no longer waves his arms. He makes noises less often, but sometimes he still makes sudden and strange noises when he is working quietly.
- He no longer sits backwards on his chair or hits his chair against the desks. He no longer hits the desks or stands on top of the desks.
- He no longer throws other children's things about.
- Sometimes he doesn't mind leaving the classroom. He doesn't always want to stay inside the classroom anymore.
- When they have drawing-lesson, Tim does his very best to draw and to knock things together.
- He is calmer in the school bus.
- He sometimes listens very attentively. When somebody speaks to him, he is more attentive than before. Sometimes, he does his very best to participate.
- He can remember all the children's names.
- He is able to share things with other children.
- He can remember the order in which materials have to be cleared away in the drawing-lesson.
- It doesn't bother him anymore when one letter is not written as beautifully as the others in the calligraphy lesson. When his mother points out a mistake to him, he accepts it without panic or fear of failure.
- He no longer talks to himself.
- He is no longer lost in a world of his own when he eats. He talks to his brother while he eats. He notices when somebody speaks to him. He no longer arranges the food in front of him in exactly the same way.
- He notices when his mother is sad. He asks her: 'What's the matter, mum?' He never noticed things like that before and he didn't care either.
- He no longer says he has to make drawings because that's the only way he can get things out of his head. He no longer makes drawings.
- He no longer has to sit on his chair to get dressed. Now he can get dressed elsewhere as well. He can sit on his chair even without a mat on it.
- The order of eating and watching TV when he comes home from school is not important anymore. He can adapt to the situation.
- He doesn't paint as much as he used to do. He no longer gets in a state when the tip of a coloured pencil breaks off.

- He no longer minds when something breaks when he is eating it. He continues to eat without making problems.
- He no longer closes the door before his mother has had a chance to come in.

Third series of results (150 hours, 5 weeks)

There are moments when Tim's behaviour in the classroom is considerably better, but at other moments, his behaviour is still annoying (for one third of the time). Mostly patterns like 'a compulsion to get noticed', 'a compulsion to draw attention', 'a compulsion to walk around' have only been destroyed to a certain degree, and they are still strong enough to manifest themselves clearly. As a rule, patterns of compulsion are more difficult to destroy than many other patterns of behaviour. A couple of other issues have been partly or completely remedied.

- He no longer makes annoying noises.
- There are moments when he is remarkably calmer in the classroom.
- He can move up to third grade next year, which is why he is now given exercises and subject matter for pupils of the second grade (the pupils of the first and second grade are in the same class). There are moments when he really concentrates on his exercises, at other moments he is still easily distracted.
- On Monday and Thursday mornings, he can go to the teacher who gives extra coaching to pupils with learning difficulties (to do exercises) and he really does his best there.
- There are no problems anymore at moments of transition. He willingly does what he is supposed to do.
- He no longer dawdles around the couch in the school corridor. He willingly goes outside.
- He no longer torments other children as often as he used to. There are fewer fights with other children. He is a bit more inclined to say something to other children. When he wants something, he asks for it.
- He is more attentive to what other people say and less disobedient. The teacher does not have to repeat herself as often as before to get him to react and to make him do what he is supposed to do. He protests less.
- He is less impolite, he is polite most of the time.
- He stays calm when he has a new teacher.
- He no longer starts to cry suddenly and for no apparent reason.
- He no longer distances himself from the other children in gym class.
- He no longer imitates other children's behaviour.
- He does not chase other children in the playground as often as he used to, and he no longer ends up in the grass. He participates in other games with the children.
- At home, when his mother says or asks something, she does not have to repeat herself as often as she used to. Tim hears her. First he says 'no', but then he does as he is told. He notices more often that somebody says something.
- At home, he quietly plays with other children without tormenting them. Sometimes, he is able to tell them what he wants, for instance, when he wants to play a certain game. When he does not get what he wants right away, he still tries to have his way, but he accepts the

situation when the others insist.

- It seems like he understands people's emotions a bit better. When his mother was angry, he asked: 'Why don't you say anything anymore, are you angry?' Before, he would pull a strange face when his mother was angry or he would imitate her by making noises.
- He seems to be more observant where people and his environment are concerned.
- He can express himself a bit better. On one occasion, his mother asked him what someone said. He replied: 'it is difficult'. This means that he was able to say that he found it difficult to answer the question. Before, he would have said: 'I don't know'. What's more, he was able to tell what this person had said. That means that he notices more things or that he listens more carefully.
- He no longer gets in a state when his food items are not arranged next to one another on his plate or when there is some sauce or cheese on any of his other food items.
- He accepts it when he cannot take his calculator with him in the car or when he has forgotten it.
- He no longer cries without apparent reason. If he does cry, he is able to say why he is crying when somebody asks.
- He is able to take criticism, both at home and in class. When somebody makes a remark, he gives it another try and he tries to do it correctly.
- He does not suffer from eczema anymore.
- He has not had any new boils on his body since the start of the treatment.

From now on, SLT is applied at a rate of two hours per day. A great number of negative patterns of behaviour are entirely or partially gone. But Tim is still very introverted, he still doesn't say anything of his own accord. He can sometimes concentrate better, but very often, he is still distracted by things around him. These two issues will now be dealt with first. Both his introversion and his concentration problems will be worked on for one hour a day each.

Fourth series of results (100 hours, 10 weeks)

The summer holidays are over. Tim participated in a number of play camps, and everything went fine. The group leaders had no special remarks, except that Tim participated well and behaved normally in the group and in interactions with other children.

The first two weeks of the new school year have passed. For the time being, there are no problems at school. Tim behaves properly. He has adapted smoothly to the new teacher and he likes going to school. However, when the teacher is standing with his back to the class, Tim still sometimes tends to torment other children somewhat.

- Tim's mother had a short talk with the teacher. She was told that Tim participates well, that he is quiet, that he listens attentively, that his behaviour towards other children is normal. He still sometimes torments other children, but he no longer seeks attention.
- At home, Tim's mother notices that some of the issues that had already improved, have cropped up again. Tim again gets frustrated when a piece breaks off his biscuit. When he is unable to do something (e.g. cut something out), he gets frustrated and angry. Now and then, he briefly makes noises again, and the last couple of weeks he again spoke in a

plaintive tone of voice when he didn't like the food. There have been a few quarrels with his brother. (It is normal for certain issues that had improved to crop up again, because deeper layers of patterns crop up once again. This doesn't matter, these issues will improve again as the treatment continues.)

- His interactions with adults are clearly different. When Tim met somebody new before, he would either have ignored this person completely or he would have become extremely boisterous (making noises, pulling faces, getting into mischief...). Tim went to a playground with his mother, his brother and an unfamiliar man. Tim spoke to the man and he involved the man in his game. At a particular moment, his mother and brother went to one side of the playground and Tim went along with the man to the other side and talked to him. Before, he would absolutely have refused to go along with that person and to leave his mother.
- Tim's mother has a new boyfriend and Tim reacted very well to this. He spontaneously shook the man's hand (instead of withdrawing into himself like he would have done in the past), and he spontaneously started to talk to the man. He spontaneously asked him questions (instead of not saying a word and ignoring the person, as he would have done before).
- He is better able to express himself. Before, when he picked up the receiver, he didn't say a word and apart from 'yes' or 'no', he didn't reply to what the other person said. Now, he says his name when he picks up the receiver and he spontaneously gives an explanation. When the caller asks if his mother is there, Tim spontaneously replies: 'My mother is on a trip. She won't be back until next Tuesday. My grandmother is looking after us now.'
- When he wants something, e.g. some more food, he still hits the table first, but then he says that he would like some more food.
- When you ask him a question, his response is a little more elaborate than before.
- He is much calmer.
- He is able to concentrate on something for longer. For instance, he sets the table without getting distracted several times and without starting to do something else in the meantime. He is better able to concentrate on his homework than before, but further improvement will be necessary, he still gets distracted sometimes.
- He still doesn't say much of his own accord, he is still very introverted. It did happen a few times that he spontaneously said something about a pleasant event.
- There is an improvement in his interactions with adults and with children, but Tim still often withdraws in his own little world. He still has difficulty understanding other people's feelings.

SLT is further applied at a rate of two hours per day. Tim is treated one hour for his introversion, and one hour for his concentration.

Fifth series of results (100 hours, 10 weeks)

So far we have achieved good progress with Tim. A great many issues have improved or have been remedied completely. Tim seemed to belong to the 'fast group' initially. But now, it appears more and more clearly that certain issues progress slowly and that lately he has regularly relapsed

into old patterns, which had already disappeared. That is because deeper layers crop up. So, Tim actually belongs to the 'middle group, after all. His introversion and concentration and his being locked in his own little world are slowly improving (as a rule, this latter issue changes very slowly, even when people are not autistic, but have a strong tendency to withdraw into their own little world).

In the meantime, Tim's mother has received some more information about his school results: Tim is good at doing sums, but he has difficulty with arithmetic problems and language. Compared to other children, he is behind in language. Tim also says that he doesn't want to do language and he also doesn't like doing dictations.

- Things went quite well in the month of September. It was remarkable how Tim's behaviour had improved compared to last year, especially at school. The teacher and the headmaster had expected the worst, but they were surprised by Tim's positive behaviour. However, things started to go downhill from the month of October onwards. Particularly during the last weeks of October, Tim was once again difficult at school.
- A few behavioural issues that had already been better at home, became highly apparent again the first two weeks of October. When Tim could not have his way, he reacted in a frustrated way. He cried terribly, he got angry, and he violently protested in a plaintive tone of voice. He started to pull faces again to show his displeasure (the corners of his mouth turned up or down, violent movements with his hands). Tim did not listen to his mother anymore either so that he did not hear what she said about what he had to do. Tim had become disobedient towards his mother yet again. At school, the teacher wrote down remarks in his diary about his tormenting (Tim had been writing in other children's notebooks, and he had pushed a paintbrush in other children's hair). The teacher also made a remark about the fact that Tim did not listen to the explanation when they were having a listening comprehension test so that he did not know what he was supposed to do afterwards.
- The last weeks of October, the display of frustrated reactions and the pulling of faces had improved yet again, but there were other issues that had got worse: disobedience towards his mother, protesting and ignoring, not hearing what his mother said, making noises now and then. At school he displayed the following behaviour: tormenting other children, walking around in the classroom, making annoying noises. It was difficult to make him do his work. He did not listen when things were explained, certainly not when things were explained to the entire group. The teacher had to take Tim apart to explain things to him, and then he did listen. Apart from that, he was disobedient, he did not always want to do what he was supposed to do, or there were things that he simply refused to do. He bothered other children so that the teacher had to leave an empty desk between Tim and the rest of the children. He was very absent-minded. He did not take the right books home. He was dominant against his brother in the playground (his brother had to play what Tim wanted to play).
- In the course of the month of November, his behaviour gradually improved again, both at home and at school. All the negative points that had cropped up, again disappeared. The third week of November, I met his teacher at the school gates and he said (in the presence of Tim) that Tim participated very well, that he did everything he was asked to do, that he

(the teacher) was very proud of Tim, that things went perfectly, and that Tim would be top of the class if he continued like that.

- Now and then, he is less inclined to withdraw into his own small world. He sometimes makes a remark that shows that he is very attentive and that he listens to what is being said.
- There have been a few occasions when he spontaneously told something to his mother, for instance about what he had knocked together in class.
- As he was taking a walk in the woods with his mother, he saw a group of children from the youth movement and he wanted to go over to them. This is something he would never have done before. Even if he had happened to have noticed the other children, he would certainly not have wanted to make contact with them.

Sixth series of results (130 hours, 13 weeks)

The SLT application has been going on for about a year now. Tim has made a lot of progress in many respects. However, as for the issue of 'being withdrawn into himself', we have achieved only a slight improvement. This is a very difficult pattern indeed, for it consists of large amounts of matter and it is rooted in very deep layers of the subconscious mind. It may still take some time before Tim will be able to leave his own little world. Thanks to the fact that the patterns automatically and continuously peel off night and day, we will be able to remedy this issue completely in the longer term. Without the automatic peeling off, it would be as good as impossible to significantly resolve this.

There are still a few other character traits that have to be further corrected. It still happens too often that Tim wants to do as he wishes in class. When they have a dictation of words, Tim now gets the maximum score. But when they have a dictation of sentences, he does not feel like writing and he does not make a lot of effort. He does not always want to make an effort when they are doing sums or when they have to solve arithmetic problems either, although he is able to do things like that. His concentration has improved, but he still gets distracted and absent-minded sometimes. When there is something he has to do, he is sometimes still inclined not to do it or to do something else, only to provoke. He still gets a little angry sometimes. But generally speaking, there is a very positive evolution in Tim's behaviour in class compared to the beginning of the school year (now it is the beginning of March).

- Tim is very calm in class. Only when a photographer came to school towards the end of November, he was rather boisterous. But apart from that, his behaviour is almost exemplary.
- He pays attention in class. Hence his school results have improved considerably.
- His dictations have improved significantly. He is better at language in general. Now he even prefers language to doing sums, and he is doing fine when they have to solve arithmetic problems.
- He has stopped tormenting other children.
- He is perfectly able now to work with other children in a group if it is a small group. He can also work together with the girls now and he no longer torments them. His collaboration in large groups still has to improve.

- Before, he could not join his classmates on a visit to the library because he was difficult and because he behaved in a conspicuous manner (e.g. walking apart from the group). Now he can join his classmates without any problem because he behaves perfectly.
- Before, when he went to the library with his mother, he could not make a choice from the various books. Now he chooses the books he wants to read without any problem.
- His mother has the impression that he understands things better. She can tell by his facial expressions. He then has a look of recognition or of understanding on his face, as if he wants to say 'ah, this is how it works', or 'I understand what it is about'.
- The spoken language registers more with him. He still doesn't hear everything that is said to him, but there is definitely an improvement.
- Now and then, he spontaneously talks about things that have happened. For instance, he spontaneously told his mother that the teacher had chided him. He was able to explain what had happened and he was able to explain that another child had urged him to do something naughty and that that was why he had done it.
- When he is punished, he now understands why he is punished. When his mother asks him to explain why he was punished, he is able to do so. Before, he didn't know how.
- He is a bit less selfish. He sometimes does something for his brother spontaneously, e.g. bringing in his brother's school bag from the garage to the kitchen without having been asked to do so. He would never have done something like that of his own accord before, and he would have refused to do it if anybody had asked him. He was never interested in somebody else. The only thing that mattered, was what he wanted.
- He can adapt smoothly to new people.
- He has no longer suffered from eczema or boils.

The application of SLT is continued at a rate of two hours per day and the issue treated is the withdrawal into himself.

Seventh (and last) series of results (150 hours, 15 weeks)

It is the end of the school year. We have not achieved a lot of progress in this series. Once certain character traits that are susceptible to fast change have improved, it is normal for the next improvements to come more slowly. That is because the things that have not changed so far are the result of large patterns that are rooted very deeply. Many hours of SLT may be required for persistent issues to be remedied.

At the end of the school year, Tim went on a 5-day camp with the rest of the class. These five days that he was away from home and that he was in a group all the time have turned out unbelievably well. That would have been absolutely unthinkable last year. Tim was able to adapt to everything, he was able to play with the other children, and he participated well. He didn't torment or hurt anybody. The teacher even said that Tim was well liked by the other kids.

His school results were good. When they have to knock something together, he is quiet and he does his best. He is not distracted anymore. His concentration has improved when he has to perform tasks, but it is still difficult for him to concentrate when he has to listen.

His mother says that there are still certain behavioural issues at home that have to improve. He is still too much inclined to impose his own will to other children or to his brother when they play

together. He still protests too much when he has to do something that he doesn't like doing. When his mother asks him to go and get something from the garage, he does so willingly. But when he arrives at the garage he doesn't remember anymore what he was supposed to get there. When observing his behaviour in a group of new children, his mother noticed that he felt a bit uncomfortable and that he kept himself apart from the others at first. But that did not last long and after a little while he participated with the rest of the group and he was able to adapt. He spontaneously helped the group with the clearing away, which is something he would never have done in the past.

Examples of patterns and energies

In this chapter, the patterns and/or energies of some people are described. First there's a description of the patterns (and some energies) of a psychopath/conman and an autistic boy (of Tim, see example of SLT for autism in chapter 19.3). Next, there's a description of the energies of two persons. These patterns and energies belong to real people, but their actual names have been replaced by pseudonyms.

For a certain kind of behaviour or problem, various underlying patterns are described. Some of them resemble each other. But still, these are different patterns in the subconscious mind, which all have to be broken down one by one. For example, there is a pattern 'there is no one' and a pattern 'you are alone'. No matter how these patterns seem to tell the same thing, these are two different patterns in the subconscious mind. If we have removed the pattern 'there is no one', we still have to remove the pattern 'you are alone', in order to obtain results. In this case: for love and friendship to come.

The contents of patterns are usually stored in the form of concepts (ideas), for example: 'you oppose to authority', 'you don't achieve anything'. Because the subconscious mind is (mainly) programmed by way of concepts, most people think and reason by way of concepts and not, for example, by way of images. Emotions too can be stored in concept form ('you feel sad') or a pattern can hold the feeling of an emotion itself, for example sadness, or anger, or loneliness.

The contents may also be stored in the form of images or in the form of a story. That which is imposed upon a person by the patterns, is present in the patterns in the form of images, and it may or may not be accompanied by feelings and ideas (in story form).

The information in the patterns is sometimes also stored in a way which is neither concept form, nor the form of images, nor a story, but I still know what it is about. In this case, I get an impression of the contents when I sense the pattern.

There is a fourth type of storage of information, but in a form that we do not know on earth. It seems like some kind of radiation field in which several variations occur, each of which have a different meaning. In that case, I know broadly what the pattern is about, but I can't read it in detail. For example, I can sense it has something to do with the relationship between mother and child, but that's all that I can find out.

When the information in the patterns is stored in the form of concepts, I perceive it like 'I feel inferior', or 'you feel inferior'. When the information is stored in a different form than the concept form (story form, image form, as a feeling or a radiation field), I describe the pattern this way: 'he feels inferior'. 'He' then refers to the owner of the pattern.

When the patterns cause diseases or control chemical processes in the body or in the brain, it is not possible for me to describe the contents of the patterns in detail, but only in vague terms. This also goes for patterns that influence intelligence. For example, when I'm talking about a substance A that influences a certain chemical process, I have no idea what substance this is or what chemical reaction this is. Someone who knows chemistry or who knows about the processes in the body (e.g. a medical doctor), will find much more information in the patterns than I do. And this person will also be able to read the information in much greater detail than I can.

The following two examples (psychopathy and autism), don't include descriptions of patterns that cause diseases. I'll give an example of how I perceive the information in patterns of diseases: 'A certain chemical A isn't fully built up. The pattern contains the formula of this substance A, which has been formed incorrectly. As a result, this substance A is unstable. Hence, this substance starts to react with other chemicals B in order to become more stable. As a result, these chemicals B, which are of vital importance, are decomposed. Due to a shortage of these chemicals B, lots of bodily processes no longer happen as they should.'

I describe lots of different patterns per characteristic. I do so in order to illustrate the large number of patterns that are present in the subconscious mind that are responsible for one single negative trait or that cause one single problem. In this way, it is shown that a serious effort is needed to peel off all those patterns for a problem to be corrected.

20.1 Example of patterns of psychopathy

Patterns (and energies) of a psychopath-conman.

Patterns of Marc, a 35-year-old psychopath-conman, with recurring imprisonments (recidivist). Marc has an extraordinary talent to swindle people out of large sums of money.

A. Patterns

I often see Marc's patterns in the form of images. I see stories when I sense the patterns. For example, I see an image of a person who's nervous, and programmed along with this is the feeling that this person wants to prove himself. When I see the patterns in the form of images, I describe them like this: 'he (Marc) is nervous and he wants to prove himself'.

When I perceive the patterns in the form of concepts, then these patterns are present found in the subconscious mind in the following way: 'you are nervous and you have to prove yourself'. Then I also describe it in this way.

Sometimes, I don't perceive any images or concepts in a pattern, but I can still perceive the contents of the pattern. Then I sense the feeling contained in the pattern, although I don't perceive a concept or see a story or an image. In this case, I describe the pattern in the following way: 'in situations where he is under pressure, he gets very nervous'.

Patterns for swindling and manipulating

- You only feel good when you are swindling. When you swindle, you are a gentleman, because then you have the other in your power. When you are not swindling, you are nobody. When you are not swindling, you are nothing. When you are not swindling, you are subjected, you are the plaything of society. This is accompanied by a feeling of fear of that, hence the swindling.
- 'You must con everyone, no one may escape it'. He considers it a matter of honour to con everyone. If he doesn't succeed, he's off balance, even if one single person escapes, he's off balance. Then he'll con someone else as a revenge, as soon as possible and as often as possible and as much as possible, in order to compensate the loss. Everyone must be conned. He can't live with failure, because everyone must be able to discover what a master-conman he is. If he can't con, then they don't know he's a conman and then there are fewer people who know this and he can't live with that.
- 'You can persuade everyone, they always believe you, they can all be persuaded, those incredible dummies, you have them under control'. This pattern is connected to one of Marc's subsouls that is programmed to put itself with the potential victim (in the programme surrounding the victim). The subsoul has power over the victim (because it's programmed this way), and causes the victim to carry out the actions Marc wishes to occur. Hence the victims are powerless against Marc and hence his unexplainable power over people. The subsoul also causes people to have boundless confidence in the story Marc serves them up and causes them to believe him unconditionally and to trot out all the money Marc asks them or do whatever he asks them to do. However, a subsoul is something positive, but a subsoul may have a pattern, which makes it negative. Black

magicians and gurus or healers who are out for power, often have negatively programmed subsouls in their subconscious mind that put themselves with their victims and accomplish things for the black magician or cause the guru to have a huge following.

- 'You've got power, they believe you, they are defenseless'. In this pattern, there's also an overwhelming feeling of power and of being master over everything and everyone, a euphoric feeling of power and the feeling that nothing can happen to him, that he can't fail, an overwhelming feeling of self-confidence and success. Linked to this pattern, there are several programmed subsouls which place themselves with people and which make sure that they do everything Marc wants them to do and that they follow his orders unconditionally, just like puppets on a string.
- He sees other people as objects, instruments he can use in order to get money and other things he wants to have. He doesn't feel like working, he is lazy, he doesn't want to live in society like the others, which means going to work for a mere pittance. No, he wants to live in great style and he wants to lay his hands on the money he needs in order to do so, without having to make any effort. Therefore he mingles with the rich and he picks out his victims who will provide him with the money or with some other pleasure. He is always on the look-out for potential victims, in whatever group he finds himself. He studies everyone and looks at what he can get from someone. He knows that he will get them where he wants them to be. When he's chosen a victim, he'll pal up with him, develop a friendship, pretend to only have the victim's best interest in mind. He deludes them with a fantastical story. At this moment, one of his programmed subsouls places itself with the other person and arouses a euphoric state of desire and belief in them. The other already imagines himself to be fabulously wealthy or whatever it is that Marc promises him. Once they have been completely moulded, Marc strikes, and everything goes smoothly. The subsoul has the victims carry out all the actions that Marc imposes on them.
- When he wants to manipulate people, the subsouls (which are under the influence of a pattern) control the way he deals with it, at the outset, the flattery he has to use, the person he has to pretend to be, the things he has to promise, the important people he knows, etc. The subsoul knows the subconscious mind and the situation of the other person and can therefore determine the right attitude towards this specific victim, so that Marc intuitively applies the right strategy, tailored to the victim. In a further phase the subsouls guide him to apply the appropriate strategy, for example, exerting pressure on the victim, etc.
- Thinking up masterly tricks to fool people. He always comes up with new things to fool people. He contents himself with his own inventiveness, he feels particularly good about that.
- He must swindle. He is unable to stop swindling. He must do it. He gets fidgety when he can't con for a while. He must be able to do it at a regular pace, if not he is beside himself with nerves. He can only calm down when he can con.
- You must play a nasty trick on people. Only then you can feel good.
- Experiencing intense happiness when he can con someone. Experiencing intense pleasure when working on his prey. An intense feeling of pleasure when he feels he has power over his prey and he can move it in any direction he wants.
- He sees through situations extremely fast, he immediately has an insight into the ins and outs of the matter and in the way he has to proceed in order to accomplish his goal.

- He devises a strategy to swindle his victims, he makes up structured, step-by-step plans.
- He displays an attitude of friendship and of trust towards people, but meanwhile he has the last step in mind: laying his hands on their money (or whatever his goal is).
- You go through life swindling, there is no other life. You wind up in jail and then you are released once again. And then you go through life swindling. You wind up in jail ...
- You must always steal and cheat, there is no other way.
- You are locked up, but you are released again. You are always released, no matter how many crimes you committed. Time and time again, you are released, and then you can start over again. You recommence time and again, you can't get enough of it. You are released time and time again and the good times you've had are a welcome bonus.
- You have to proceed cunningly. First, you have to examine everything very carefully, you first have to ferret out how it all fits together. You remember every detail, you store everything in your memory. You are patient, you prepare everything carefully to the smallest details and when the time is ripe, you strike and you leave your victims to fend for themselves and they are unable to do anything. You always get off scot-free, nothing happens to you.
- 'You'll always succeed (when you swindle), nothing will happen to you, the others are powerless'. This pattern is connected to a subsoul (that acts under the influence of patterns) that places itself in other people's subconscious minds and causes them to be naive, not to have the remotest suspicion, and to be helpless after the facts.
- He wants to have control over people, he wants power. He wants to know and feel that he has power over everyone, that no one escapes him. Therefore, he'll also con people for fun, since he gets a kick every time he notices how much power he has over others and how much he can make them do, and how every time, he gets away with it and can start over again. He is addicted to conning, he gets a kick out of it and he wants to feel that kick as often as possible. He meticulously keeps all the written documents (reports, press articles) about himself and cherishes them as trophies of his successful swindles. The more he gets into the papers, the more his swindle gets out, the prouder he feels about everything he's done and about the power he has over others, and the more people talk about it, the more powerful and godlike he feels.
- He is unable to keep money, it has to go. Once there is money, it must be spent.

Patterns for lying

- You must lie.
- He can't be honest, he must always lie, he must tell something that is not true.
- He must twist the truth, he can't bear to tell the truth. He starts to feel uncomfortable when he tells the truth (as if he disappears, as if he no longer exists, as if he sinks away into something).
- The truth is unpleasant, the truth is false, the truth doesn't help you. You'll soon find out, the truth doesn't help you. When you're honest, you are punished. You must lie, you must tell untruths, the truth doesn't help you.
- It's better to lie than to tell the truth. Nothing can be achieved by telling the truth, you'll find out soon. Lies are sacred, lies are your truth, lies are the ultimate truth. The truth is

achieved by lying, the lies become the truth. In this way you can escape reality, in this way you can create your own world, a world of fantasy becomes reality. A world of beautiful women, a world of hundreds of people lying at your feet, a world in which you are adored, a world where others are your slaves, puppets on the strings that you pull, they fulfil all your desires.

- Loving to lie, seeing it as a game, loving to take people in, loving it when people believe what he says, since that gives him a feeling of power.
- Getting a buzz from lying, it turns him on, it makes him feel euphoric: as if he can deal with anything, as if he can bend anything and anyone to his will.
- You tell the most spectacular stories to make an impression. That's how you will be admired, that's how you'll impress people, that's how you'll get people in your power.

Patterns for a craving for attention

- 'You must get attention, you must be the centre of everyone's attention'. When this happens, Marc becomes euphoric, he becomes enthusiastic, he becomes very self-confident, he doesn't stutter (which he does in other situations). When this doesn't happen, he goes mad with suffering, he feels unbearably bad, he feels like he no longer exists, he feels destroyed. This is an unbearable feeling, and the only thing that can help him escape it, is getting attention. Therefore he'll do ANYTHING to get attention, such as pretending to be the attorney-general, or harassing people (stalking), or destroying someone else's things, or swindling (since then he gets attention from the press), etc.
- The world must revolve around you, you must be the centre of attention, you must be in the spotlight.
- 'When you don't get attention, you are lost. Then you don't exist anymore, then you are forgotten by others. When you don't get attention, no one will bother about you'. This is accompanied by an unbearable feeling of misery, therefore he must receive attention to escape this awful feeling. Thus, he will play all kinds of pranks and behave childishly to get attention and he will speak in a childlike way and make childlike movements.
- 'Others may not think of anything else besides you. Others may only be occupied with you. Others may not have any other interests and occupations besides you'. When this is not the case, Marc will be annoying to other people or he will bother them in order to get others to pay attention to him.
- He must confirm himself all the time and he must emphasize what he has achieved in order to get the sympathy and the regard of others.
- He can't be alone, he must have people around him.
- He always feels lonely. That's why he wants to draw the attention, to get out of the loneliness.

Patterns for the absence of standards and values

- You live day by day. You don't think about anything, you don't make any plans, you'll see where you'll end up.
- Nothing matters, the others don't matter, laws don't matter. The only things that matter are

you and what you want. The only thing that matters is how you want to live and your standards. This means living it up and crossing the bridge when he comes to it, not wanting to work and living in great style with other people's money.

- Do to others what you want, they are nothing but useless objects that you throw away after use. You don't have to assume responsibility towards anyone, they aren't worth that much. They are merely useless people that you may use as you see fit.
- You don't have to take any responsibility. Back out of any obligation, don't live according to the rules of society. They can only deprive you of your freedom. Don't toe the line like those other fools. Show that you are different and that you don't get trapped in those rules. Show that you are above that and that you do anything you want.
- Being unable to stand rules and laws. Feeling as if he no longer exists when he has to submit to rules and laws.
- A compulsion to do things differently than what is stipulated by the laws.
- The rules are unimportant, they only make your life a misery. Only you are important, you are central, your happiness is central. Rules only deprive you of your happiness. Break the rules, poke fun at the rules, show the others that you trample on the laws. Show the others that the rules don't imprison you, show the others how important you are by ignoring all the rules.
- You didn't do it, you don't have anything to do with it. You outright deny any contribution, you deny any responsibility. It's not your fault, it's their own fault.
- You don't show any consideration for anyone, you are a law unto yourself. You only do what you feel like doing, you don't yield to anyone.
- He must walk over other people, he must make another look like a fool, he must provoke others, he must do it differently than what is asked.
- You must get it immediately, you can't wait, it must happen right away.

Patterns for a lack of empathy, for egocentrism, egoism

- He wants to feel love for people and be good, but something else is stronger and compels him to behave the way he does.
- Others must suffer.
- Others do not have any value.
- You don't feel love for people, you don't love people. You hate them for what they do to you, you want to punish them.
- You can't feel sympathy and compassion for others.
- You can't feel what others feel.
- You don't understand what others feel.
- You don't feel anything, you don't perceive anything. You don't realize that others suffer, you are indifferent to the suffering of others.
- Take care of yourself, take good care of yourself, always think of your own benefit. Get someone to do your dirty work, use others to achieve your goal. The others are there for you. You're a god and they are the pawns you use in order to achieve your aims.
- He can't think of anything but his own benefit. He can't imagine nor understand that someone should do something for someone else that is not to their own advantage. That is

totally alien to him. He can only do something for himself, he can only act out of self-interest. He can only see his own advantage, he doesn't know anything else.

- Other people leave you cold, the others are not important. You are important, you are the only one who counts.
- From dawn till dark, he's engaged in his own projects and he never gives other people a moment's thought.
- The values of society aren't your values, you don't take the slightest notice of the values of society. The values of society only make things difficult for you. You don't want to live like that, you're not cut out for that. You're a god and you also want to live that way. You only want to do what you enjoy, which is having fun, not working, using others for the buzz and the sense of power it gives you. You are above the law, you do what you want anyway and no one can touch you. That's where the (programmed) subsouls come into action once more and make sure that he always gets off scot-free, that he gets everyone to do his dirty work.
- You can use everybody, that's your right.
- He can't look at people in any other way than as objects he wants to use.
- 'You must use people'. He clings to someone until they are completely squeezed out and can't be used for anything else anymore. Then he drops them and goes and clings to someone else.
- You don't know what other people think, you don't know what the world of other people is like. You don't want to know this either. Your life is the only thing that matters, you are the only one who matters.
- You're in yourself, you are only in yourself, you don't feel anything besides yourself, you are only yourself, there's nothing else.
- Everything is meant for you, everything belongs to you, you have to take everything from others. When you find that someone else has something, then you must have that and when you can't, then you have to destroy it.
- Being absolutely unable to bear that another person has something that he hasn't, but which he would also want to have. From then onwards, he aims to take this away from the other or to destroy it, so that the other would lose it and would no longer have it either, so that the other person certainly wouldn't have anything that he doesn't have. Wanting to destroy something that someone else has, if he can't have it himself.
- He can't allow others to be happy. He has to break that happiness in some or other way.
- You are special, you are extraordinary, you are very great.

Patterns for an urge to be important

- You must be important, that is your primary pursuit. It's very important to be important, that's the most important thing in life. Together with this, there's an urge to be important.
- Doing anything to gain importance, for example by posing as an important person. When you're important, you're a god. When you're important, you'll be honoured. The urge to be honoured is also present in this pattern.
- The feeling that no one is on a par with him. Everyone is below him. Not being able to stand that someone would be on a level with him. The others have to be below him. In

order to prove this to himself and to the others, he'll abuse others and manipulate them. If he succeeds, he's proved he's better and he can set his mind at ease again.

- You are the centre, no one is more important than you, no one may be more important than you. People who are more important than you, have to be forced to your will, have to be used, have to be destroyed if necessary.
- An urge for power, an urge for power over others.
- The feeling of being a god and wanting to be admired by everyone. That's why he tosses off the most spectacular stories.
- When you live in great style, you're important. When you make the money fly, everyone will see how rich and important you are.
- Feeling very small and unimportant. This is such an unbearable feeling which he can only overcome by imagining to be a highly placed person.
- Being very small and afraid inside, there's an intense sadness inside. That can only be overcome by imagining a dream world of greatness.

Patterns for infantile and theatrical behaviour

- Present yourself as a harmless fool. Act like a fool, act hysterically, be a clumsy oaf, be a child. This way no one will suspect who you are, this way you're safe. This way, they won't know you and you can strike at the right time.
- You pretend to be different than you are, they don't see who you are. That's important, they may not see who you are. Act, hide behind a screen, then you're safe. Like this, they won't know your true intentions and you have free play, this way you can strike unexpectedly.
- You can't be yourself, you behave like a madman, like a foolish child. This way they won't know who you are and they won't see through your intentions.
- Show yourself different than you are, hide yourself, pretend to be someone else.
- Always act, always put on an act, always pretend to be someone else, turn yourself into a different person. This way, no one will know who you are, this way, you'll be forever hidden, this way, you can strike unexpectedly.

Patterns for spending his life in hospitals and in prisons

- You're always locked up, you may be free for a while, and then you are locked up again.
- You spend your life in institutions and prisons, you're free every so often.
- You may not know freedom, you're locked up.
- You can't adapt to society, you steal and you cheat, you are a danger to society. They catch you and they lock you up, but you are released time and again. And then they catch you and they lock you up and you are set free again. And then they catch you ...
- You'll steal till the end of your life, you are imprisoned till the end of your life. You'll escape, but they lock you up again, you are never released.

Patterns for not finding love

- A life without love (neither receiving love nor giving love).

- There is no love.
- Your parents don't love you, you are unwanted. You are fidgety, you demand a lot of attention. They want to be rid of you, they lock you up.
- The other children are favoured, you are considered less important, they want to be rid of you.
- You are an insufferable child, you drive your parents mad, they lock you up.
- You can't find love.
- You take advantage of others, they don't want you anymore.
- You always have to affirm yourself against others, you always have to prove yourself. You always demand attention, you yearn for attention, you yearn for the approval of others. You are annoying to others, the others avoid you.
- You stand alone in life, there are no friends, everyone leaves you to your own devices.
- 'You are not appreciated'. This activates another pattern that makes him want to compensate this by playing all kinds of pranks in order to prove himself against others, with the intention of finding appreciation.
- 'They push you away, they don't want you'. This activates a pattern that makes him want to draw attention in every possible way.
- There are no family ties, there are no friends.
- You never get a bond with anyone, every interaction remains superficial.
- You live superficially, you don't fit in society, you don't belong there, there is no room for you in society.
- You are alone.
- You have no one.
- No one loves you.
- You are cast out.
- No one helps, you have to fend for yourself.
- You are lonely and alone, you live in great style and you show off what you have, but you feel empty and lonely inside.
- You are desperately looking for love, but you don't find it, love doesn't cross your path.
- Substitute for love: sex.
- You are unable to feel love for someone else. You don't love people, you don't love anyone. No one loves you.
- You don't have feelings for others, you don't feel anything for others. You only see how you can use other people.
- You can't understand what love is, you don't know what love is, you can never know it.

Patterns for a very high self-confidence

- You know you'll succeed, you know you can do it, you know you won't fail. Together with this, there's a euphoric feeling of being able to deal with anything, of having everything under control, of being master of everything, a euphoric feeling of being god.
- You can't fail, you always succeed.
- You succeed in everything you do.
- You always feel good, you always feel good in your skin. You are never sad, you always

get over everything, you can always deal with everything, it always works out. There's also a (programmed) subsoul that somehow or other intervenes so that things work out.

- You cannot fail, go ahead, you can't fail. Along with this, there is a (programmed) subsoul that steers things in the right direction.
- A subsoul always leads him and tells him what to do in order to achieve his goal. He intuitively gets the right hunches this way.
- When he wants to get information from someone, then a (programmed) subsoul places itself with this other person and forces this person to cooperate. This way Marc always gets the right information. The person (reluctantly or otherwise), releases the (secret) information.

Patterns for low intelligence

- You are stupid (suppresses energies of intelligence).
- Your thinking stands still, you don't reason, you don't think, you only oversee (= perceive).
- A chemical process in the brain for processing data in the process of reasoning is absent. Data isn't stored and therefore can't be used in processes of reasoning in which various data are compared. As a result, processes of reasoning can't occur. This pattern can also play a part in the fact that Marc doesn't learn from experience.
- 'Thinking stops'. This activates a pattern that blocks the access to data in the brain required for reasoning. The chemicals that want to access a certain address in the brain in order to retrieve data by binding themselves to this data are bounced off at this address. A barrier arises between the chemicals and the data, the process of retrieving data stops.
- 'You are dead, you don't live, you are like an animal, you overlook, you see, you perceive, you don't think, you don't learn'. This pattern activates a second pattern regarding the functioning of the brain that dictates that no brain processes for reasoning occur. The brain processes stop, Marc can only perceive and these data are stored normally, so that Marc can remember things. So, Marc can only perceive and remember, and he has difficulty reasoning.
- 'You can't think'. This pattern causes Marc to be unable to think at the moment he wants to think. The thinking in his head stops, there is no thinking, he can only perceive. There is also a veil of false images that comes before his eyes, so that Marc perceives things that are wrong, and consequently his conclusions are wrong (and this is perhaps why he insists so firmly on being right, since he has perceived things other than reality).
- When Marc wants to reason, when he tries to think or to understand, wrong information enters his mind so that his reasoning is distorted.
- 'Thinking slowly'. This activates a pattern that causes the brain processes to slow down.
- 'You may not think, you are an animal, you may only perceive'. This prevents lots of brain processes for intellectual activities from happening, they simply don't exist.

Patterns for poor self-insight

- You don't know who you are.
- You don't see yourself.

- You don't see what you are like, you think you're a good person.
- You're the best, you do everything right, you don't make mistakes. You're perfect, you've got a compassionate, good character, you sympathize with others.
- He can't perceive himself with regard to the things he feels, thinks and does. He always thinks he's a good person, that he cares about others, that he assesses things correctly, that he can't fail.

B. Energies

I applied SLT to Marc for some time. I then asked him about his qualities. Below there's a list of the qualities that Marc considered to be his, as well as a description of the energies and (programmed) subsouls that are responsible for these qualities.

I'm very strong verbally

- There's an energy of self-confidence with regard to language, a feeling of certainty and peace concerning language.
- A subsoul knows the vocabulary, has the talent to express itself in ornate language, passes on to Marc what has to be said (Marc intuitively uses the right phrasing because of this subsoul).

I've got a photographic memory

- There's an energy that feeds the brain when storing and retrieving data.
- A subsoul takes in every impression, both visual and auditory, and can always reproduce the information.

I understand everything quickly

- There's an energy that feeds the brain.
- There's a subsoul that knows things, that has an insight in things.
- There's a subsoul that gives Marc flashes of intuition, so that he has an intuitive idea of how things fit together.

There are things for which Marc does have a talent and that he understands well, in spite of the fact that he has low results in IQ tests. For example, Marc has a talent for legislation and therefore he would like to become a lawyer. He knows the law books by heart. Marc also writes flawlessly. Some more positive qualities as perceived by Marc are listed below. However, these qualities are the result of patterns and not of energies.

I have the talent to convince anyone

This is certainly something that benefits Marc. However, this characteristic is not the result of energies, but of a pattern, since this characteristic is harmful to others. When Marc wants to

convince someone, then one of his subsouls places itself with this other person (the subsoul actually goes and hangs in the vicinity of the other person) and compels this person to do what Marc wants. This subsoul doesn't do this out of free will, but under the influence of a pattern that surrounds it.

A second subsoul, which is also under the influence of a pattern around it, makes his victim feel like he can trust Marc and that what Marc tells, is the truth.

The subsouls underneath the pattern stand for truth and impact on others, but on a fair basis (i.e. when these subsouls were free and not under the influence of a pattern).

Apart from that, another pattern is active, a pattern of having power over people. As a result, people believe him and he can deceive people into believing anything he wants.

This pattern suppresses energies of having impact on people.

- 'I do anything for someone who likes me very much'. This pattern causes him to do his utmost in order not to lose this person.
- 'I treat everyone I meet'. This happens on the basis of a pattern that makes him want to be considered important by others.
- 'I support certain projects financially'. There is a pattern that causes him to do something for someone else when it's to his own advantage, when he can somehow or other gain something from it.
- 'I can solve things that other people can't solve'. This is the result of subsouls that are under the influence of a pattern and which can get people to do things by influencing them. There is also a pattern 'people bow to you'.
- 'I spoil women with luxury'. There's a pattern of wanting to have power over women by making them financially dependent on him. There's also a second pattern of not wanting to lose them, of wanting to keep up love by providing luxury.
- 'I help people, also financially, I help people in need, I condemn the fate of ill detainees'. There's a pattern that says that he'll help others if he thinks he'll get attention by helping others or by drawing attention to someone else's problem.

20.2 Example of patterns of autism

Autism is claimed to be the result of deviations in the brain. It is my view that autism results from patterns. Each autistic feature is the result of a separate pattern. Autism is the result of hundreds or thousands of different patterns.

In the case of mentally handicapped people with autism, there are lots of patterns in the subconscious mind that cause deviations in the brain structure and in the functioning of the brain. In the case of autistic people with normal intelligence, there are no patterns that cause anomalies in the brain or in the functioning of the brain.

The aberrant behaviour and all the characteristics typical of autism are only caused by patterns in the subconscious mind and by nothing else. Every characteristic typical of autism can therefore be remedied with the SL technique. The behaviour characteristics of mentally disabled people with autism also result from patterns and can therefore all be corrected.

The intellectual abilities will possibly also improve as soon as the patterns responsible for the aberrant brain structure and brain functioning are removed. However, the bases of such patterns are located in very deep layers of the subconscious mind, as a result of which a potential improvement in intelligence can only be achieved in the long term. It is possible that no improvement can be achieved, because the brain may possibly not recover anymore, not even after the patterns have been removed.

In the example of Tim, as described below, the contents of the patterns are sometimes stored in concept form ('you'll withdraw, you're safe on your own', 'you may not adapt') or in the form of a story, including images, feelings and ideas. In this case, the behaviour is pictured in the form of a scene. The content of the scene is described in the following form 'he wants to withdraw, he is safe on his own', 'he may not adapt'.

Patterns may sometimes contradict one another. In one situation, a certain pattern may be active and in another situation, an opposite one is active.

Patterns (and energies) of a seven-year-old, autistic boy

Tim, a seven-year-old autistic boy with low-normal ability (see the description of SLT applied to Tim, chapter 19.3).

A. Patterns

Patterns for poor social contact

- You can't break free from yourself
- There is no one but yourself, you are only yourself.
- You don't love others.
- You want to get away from the others.
- Cut yourself off, turn away (this pattern dictates what he must do when somebody speaks to him).
- Don't listen (when somebody speaks to him).
- Don't hear (when somebody speaks to him).
- You don't have to listen.

- You do not hear, you do not feel (this pattern prevents him from noticing other people or from noticing that they talk to him).
- He is completely withdrawn into his own world, it is good and safe there and he withdraws from the world and from the other people. Things are very enjoyable in his own world, without contact with others. He doesn't want to have anything to do with others, he doesn't want to have contact with them, he loves spending time on his own. Spending time on his own is very enjoyable, without the burden and the nagging of other people, away from all those annoying people. He feels very happy and peaceful when he is cut off from the world and when he can comfortably withdraw into his own small world.
- Contact with other people is felt as unpleasant, wanting to avoid contact, wanting to be cut off from the rest.
- You want to have nothing to do with other people. Cut yourself off, withdraw into yourself. You feel so good and safe in yourself. Like this, everything is so good, like this, there is no danger.
- Feeling uncomfortable and afraid in interactions with other people, not knowing what to do in interactions with other people. Withdrawing into himself is the solution, because then he feels safe.
- Fear of people.
- He will never go up to someone, the thought doesn't occur to him. He just stands there waiting. It doesn't occur to him to make contact. Quite the opposite, he has a strong inclination to withdraw. He doesn't like people seeking contact with him. He prefers to just stand there, that's when he feels the best.
- Being very focused on oneself, being very focused on one's own interests, being highly self-oriented. Showing little interest in other people, not being interested in anyone except oneself (= selfishness).
- 'You cannot hear' (what someone says). He sees people talking but he cannot understand what they say. It is as if there is a wall between him and the other person, a wall that stops the words. He feels an enormous abyss between himself and the other person when somebody speaks to him. It makes him feel terribly lost and frightened. The solution is to cut himself off from the world and to withdraw into himself. That's why the other person feels like he doesn't listen and like he is unapproachable.
- Feeling like saying something and like wanting to make contact, but not knowing what to say. He cannot think of anything to say. Feeling lost and wanting to withdraw into himself as a result.
- Fear of contact with people, shame because he doesn't know what to say. Feeling lost when he's with people as a result and consequently avoiding people, especially when he doesn't know them.
- 'You don't understand what other people say, it is all so unclear'. Fear of contact with people as a result, cutting himself off from people as a result. Making himself inaccessible to protect himself, going into a trance and no longer being accessible when people speak to him.
- You have to get attention, otherwise you don't exist.
- Feeling unable to make contact, and feeling very helpless as a result. The solution is to display rough behaviour, for instance pushing someone, in order to somehow make contact

- with someone, in order not to be completely cut off from the others.
- Feeling very lonely because he is unable to make contact and therefore doing all kinds of silly things to draw the attention. An obsession for attention arises out of fear of not getting attention and of not being noticed by others. Getting attention is the only way to escape being cut off from the rest. When he does silly things, he is punished, the others are angry and he gets attention, which makes him feel less alone. When somebody is angry, this person's attention is focused on him and he feels less alone, he feels a contact with other people, which is not there otherwise, he can escape being cut off from others. The wild things he does, like for example, crawling underneath the table, throwing other children's things about, etc. are laid down in the pattern.
 - There is no contact with others, you are cut off. You can't express yourself, you can't say what you want to say. You can't understand what other people say, you can't communicate.
 - You can't make contact, you don't know how.
 - There are no thoughts.
 - You don't find the right words.
 - You can't express yourself, you can't say what you feel and think.
 - He would like to express himself but the words do not cross his lips.
 - You can't hear words, you can't understand language, it doesn't register with you.
 - There is no language, there are no words, you may not say anything, you can't speak.
 - There is no communication, there is a distance. Everybody lives on one's own, there is no mental connection with other people. The thread of contact is cut through.
 - When somebody speaks to him, he goes into some kind of trance. He shifts into a world where he can't hear what is said, where he withdraws into himself. He can't listen, he can't pay attention when somebody speaks. He shifts into a state of absence from the world.
 - You can only understand yourself. You can't understand what others feel.
 - You can't understand what other people think.
 - You can't understand the world of other people.
 - You can't understand facial expressions. (This pattern makes him react in an unexpected manner, for instance, it makes him smile when somebody is angry).
 - You don't feel a connection with others. You are in your own world, you are tied to yourself.
 - What other people say, is incomprehensible, it doesn't register with you. You can't reply.
 - You can't defend yourself, you don't know how. This pattern also includes an image of standing and waiting forlornly.
 - Feeling alone, feeling at a great distance from the others. Staying there, not being able to make contact.
 - When he wants to ask something, he can't. He is overwhelmed by fear. He's overwhelmed by a feeling of helplessness and of not knowing how to do this (asking for something) and he just stands there paralyzed.
 - He is completely absorbed in his own world, he is deeply introverted. He is cut off from the world and from the others. He is not interested in the others. He is not interested in what happens to other people. He is not interested in what other people feel. The only thing he knows and feels is himself. He is glued to himself.

- He shifts into his own small world and it doesn't register with him what other people say. It doesn't get through to him, he doesn't hear it and he doesn't understand it. Only his own thoughts and activities interest him. Apart from that, nothing affects him anymore.
- He's afraid of eyes, he can't look people in the eye. He's afraid of people, he feels ill at ease with people and therefore he avoids eye contact. Eye contact makes him uncomfortable, it is as if they can see the truth in him when there is eye contact. He wants to hide.
- You are locked up (which means that he is locked up in himself).
- Large groups are very confusing. He gets lost in the group, it is as if the group becomes one whole and he no longer exists. He doesn't know how to behave anymore. He starts to rub over his head, he starts to rub his hair, he stands there paralyzed or he starts to crawl on the floor like an animal.

Patterns for a low frustration threshold

- You must have your way, it has to be like you want it to be. Otherwise, there is frustration and he starts to stamp his feet and hit and there is anger.
- He is in his own little world doing his own things and he gets totally wrapped up in this. He becomes one with it. It is the only thing that exists and the rest of the world no longer exists. An interruption comes totally out of the blue and creates a strong feeling of imbalance and frustration.
- An image of a chosen path that he follows intensely, in which he gets absorbed. When he does something, he gets absorbed in that activity. Being torn away from it is unbearable. Hence a violent reaction of crying and dismay when something has to be interrupted.
- You are totally absorbed in your game, you become one with it. You become one with the game, you become the game. An interruption feels as if you are broken, it is an attack on yourself. You cannot understand that, you cannot break free from it just like that. Combined with this, there is a feeling of enormous anger.
- You are interrupted. Along with this, there is an overwhelming feeling of anger and powerlessness.
- Everything hits you, everything is frustrating.
- Every irregularity equals frustration. When something is called off, when something stops unexpectedly, you feel an enormous frustration. The feeling of frustration is also present in the pattern.
- You cannot bear that something is cut short, something (an action) has to be continuous. An action mustn't stop prematurely, an action must have a beginning and a normal end. An action that is cut short or interrupted, creates an unbearable feeling of frustration. Only shouting and hitting and stamping your feet can relieve this unbearable, unpleasant feeling. Shouting, hitting and stamping your feet makes this highly unpleasant feeling fade away.
- Showing a feeling of frustration by speaking in a plaintive tone of voice or by protesting. An intense feeling of self-pity and distress.
- Things may only happen this way and not any other way. Because of this pattern, Tim always has a certain expectation of how things will go and he doesn't take into account any other possibility. In his mind, there is only one way and that way is a matter of course.

When something happens in another way, that is so unexpected and unbearable that he feels terrible frustration, which he expresses by getting furious.

- You can't get over something, which means that you can't adapt. He feels terrible when something cannot happen the way he wants.
- Nothing may change, everything must stay as it is. Nothing may change, things must always stay the same, otherwise there is frustration.
- Not being able to cope when something changes. A change in a certain line or a chosen path is incomprehensible and very traumatic and frustrating. It is obvious that everything stays as it is, it is unnatural for things to change. The sentence 'why does it have to be like that?' (which is literally what he says when something has to be done differently from what he has in mind) is also present in this pattern.
- You feel terrible when something goes wrong, you feel terribly frustrated.

Patterns for disruptive behaviour in class

- There's a pattern that contains the following images: an ostrich running around agitatedly and making noises, a snake crawling over the ground and hissing, an owl flapping its wings and making noises, a frolicking hare, an animal stealing food from another animal's hole and fighting when the other animal wants to get the food back, a crowing cock, etc. When this pattern is active, Tim adopts the personality of one of the afore-mentioned animals and he acts in a way similar to one of these animals.
- A compulsion to walk around.
- A compulsion to get attention.
- A compulsion to get noticed.
- A compulsion to be the centre of attention.
- A compulsion to torment others. This pattern also includes images of the tormenting itself, the ways in which he has to bully other children, like pushing, hitting, kicking, putting something in somebody's hair, etc.
- In a situation where the teacher's attention is not focused on him, he must do something to draw attention. So, he starts to torment other children, because then he is chided and gets the teacher's attention.
- It feels as if he disappears into nothingness in a situation where he has to sit still in a group and listen to someone standing in front of the classroom. It's as if he no longer exists. It makes him feel uncomfortable, he is overwhelmed by a 'fear of disappearing' (ceasing to exist). He wants to escape that, he doesn't want to feel that. The only way to escape this is by making sure he constantly distances himself from the group by displaying behaviour other than sitting still in the group and listening to someone in front of the classroom. The various types of behaviour, like walking around, standing on top of his desk, pulling someone's hair, shouting, hitting with his ruler or throwing things about, etc., are programmed in the pattern.
- He must move around. He can't and must not sit still. He must be in action.
- When something changes (a transition to a different activity), it's frustrating and surprising to him, because in his way of thinking, an action that has started, continues. Even if he has already experienced the transition before, to him, it's like it has never happened before. He

wants to continue the activity. Therefore, he'll display difficult behaviour and he'll protest in order to have his way.

- You can't understand the world around you. You don't know how, you are in your own little world and you do what comes to mind (e.g. standing on top of the desk, pushing another child, hitting a child with a ruler, standing up and walking around ...).

Patterns for sticking to routines and always wanting to do things in the same way

- He doesn't know at all how to deal with something new. He can't appeal to what he already knows from the past because he's completely mentally cut off from it. There is no link to information in the brain concerning past situations. Everything seems to be entirely new. He can't make use of things he's already learnt in dealing with this situation because there is no access to these things in the brain. Therefore, he stands there forlornly and he doesn't know what to do.
- When something happens for the first time, the pattern of how it happens the first time, is burnt into his brain, and it can never change or be different again afterwards. That's why a game that was played in a certain way the first time, can never change again. He can't develop an insight into a game either, because every new step is something new and when he deals with something new, he can't make use of what he already knows, because no information emerges from the brain. Consequently, he can't build up anything.
- Something must always be like it was the first time, it's very frustrating to abandon that, because that feels unnatural to Tim. The way it was the first time, that's how it's fixed in his mind. Any adjustment or variation to the way he has in mind, feels unnatural to him.

Patterns for 'everything has to go the way he has in mind', he's on his own track

- You may not adapt, you must do it as you want. You think it this way and that's how it must happen. It may not happen any other way. There is no other way. That's how it should be.
- Don't listen to the others. They don't know, you do. Don't deviate from that, don't deviate from what you think. What you feel, is right.
- He can only see something from his own point of view. He can't understand any other point of view. He doesn't realize that other points of view are possible too.
- He can't break free from something he has in mind. When he thinks about something in a certain way, then he holds on to that and no single other contribution from outside will change that.
- You have to hold on to what you think, you have to hold on to what you feel. You have to hold on to how you see it. It's right that way.
- It can't happen any other way. It can only happen this way.

Patterns for being very easily distracted, for being unable to focus on something

- You're always lost in thought, your mind is always occupied with something, you can't break free from that. It doesn't interest you what happens around you. You don't want to listen to the other person, you don't want to do what the other wants you to do. The things

that occupy your mind, make up your entire world. All that interests you is there, that's what you think about. You are not interested in anything else.

- You don't have to listen to what the other person says, that's not important (he totally withdraws into himself when somebody tells a story).
- You think of something else, you must think of something else. A compulsion to think of something else (something different from the subject that he should think of). A compulsion to do something different (something different from what he should do).
- There's nothing that interests you. You are indifferent to everything, it's not important.
- You can't focus. You can't keep your thoughts focused on something. Your attention shifts to something else.
- You don't listen.
- The other thing is more interesting.
- A compulsion to think all the time. He can't keep his mind on something.
- You can't listen, you must think of something else.
- You can't concentrate, you're always distracted, you can't keep your mind to it.
- You can't listen, you're distracted, you must do something else. In this pattern, there are also images of walking around, bullying others, raising hell.
- There's a deviation in the composition of brain fluid, as a result of which there is no normal conduction in the brain and consequently he can't focus on something.

Patterns for being very detail-oriented and getting stuck on details

- He doesn't see the whole picture. He picks out one small part, he can only work with one small part of the whole and then he keeps holding on to that. It's difficult to let go of that detail. Even if he does manage to let go of it, he'll again concentrate on a next detail. He can only process something step by step and he keeps holding on to every step for a long time.
- He can't imagine something in its entirety. He can only concentrate on a small part of the whole of what he is occupied with at that moment. For example, when he colors in a drawing, then he doesn't see the whole drawing, but only the small part he colors in.
- When he's confronted with something, he automatically focusses on one part and then his attention is glued to this. He can't perceive anything else around it anymore.
- When he clears away toys, he can't remember the order. He can't make a mental classification of the whole. He can only view each piece separately. He can't link them together in a sequence.

Patterns for not wanting to share with others

- He can't let go of something. He has it fixed in his mind that something belongs to him, and then that has to stay that way. It is not possible to change.
- As soon as he gets something, it belongs to him. It is no longer possible for him to consider any other option.
- He can't understand other people's feelings at all. He can only understand his own feelings, and he feels like something belongs to him. It is utterly impossible for him to put himself in someone else's shoes and to realize that other people also like having something. There is a total lack of empathy. He only knows about his feelings and thoughts and he is

stuck to that. There is only this single reality: what he wants himself. There exists no other reality to him.

Patterns for dominance against his brother

- He wants to impose his will on others. He can't accept the fact that something wouldn't go the way he wants. Therefore, the other person has to do what he wants, there is no other way. When this isn't possible (with children other than his brother), he'll shut himself off from others.
- He can't break away from his own way of thinking. He has determined for himself how something should happen. He notices that others want to handle things differently, but he can't take that. Therefore, others have to do things his way. When they don't do this, he'll beat them so as to force them to obey.

Patterns for imitating the behaviour of others

- Feeling very insecure. Not knowing how something has to be done. Feeling alone, not feeling surrounded by support. And then he sees an example of how someone is doing something, and then he feels support. When he mimics this behaviour, he doesn't feel alone anymore, then he's melted together with the other person.
- You must do what the others do. Then you're right.
- Others know how it has to be done. Follow the other, then you can't fail.

Patterns for perfectionism

- He has a fixed idea of how something should happen, down to the smallest detail. For example, all the letters have to be written nicely in a row. It can only be done this way, there can't be any deviation.
- He can't allow himself to make mistakes. This is incredibly frustrating because then things would be different from what he had in mind, from the idea he had formed in his mind, from how it should have happened.

Patterns for only being able to eat something in its entirety

- Nothing may break, nothing may break off, everything has to be whole. There is a strong compulsion for things to be like this. When this isn't possible, a pattern with feelings of intense frustration is activated.

Patterns for arranging items of food next to one another

- Different things always have to lie next to one another. Nothing may lie on top of or under something else. It can only be this way, this is the only way.

Patterns for a plaintive attitude

- A pattern that imposes this plaintive attitude is continuously active. The pattern contains his way of complaining and the words he uses when he complains.

Patterns for making noises and pulling faces

- You must make noises. The kinds of noises, the rhythm at which this happens and the compulsion to produce these noises are also present in this pattern.
- You're dazed, you are not present. Tim shifts into this pattern as soon as his attention isn't fixed on anything. This activates a second pattern: Tim shifts to a condition of mental stupor, into a state of automatism, and he starts to make noises and to pull faces without being aware of it. The kinds of noises and the kinds of faces are laid down in the pattern.
- A pattern has the contents: 'waw, waw, waw, ...'. When this pattern is activated, he constantly repeats this word.
- He shifts into a trance, he shifts into his own small world. He slips into a mental condition of stupor, into an inner world that is shut off from the outside world and then starts the automatism of making noises: grunting, shrieking, growling, like an animal that withdraws deeply into its hole and slips away into its inner world and makes these noises.
- When he hears a certain sound, a pattern can be activated that makes him constantly mimic or repeat this sound.

Patterns for walking about a lot and for running after other children

- A compulsion to move around, to not be able to stand still. There must be something to do. Not being able to bear that there's nothing to do. He must move about, he must run.
- A pattern contains an image of the things he does in the playground: drawing with chalk on the ground, or running after the other children.

Patterns for an aversion to clay, for not wanting to touch it

- New things are dangerous.
- You don't know it, keep away from it.
- Don't handle it, it can be dangerous.

Patterns for disobedience

- When there is an external command (= something he doesn't choose), he fights what he has to do with all his strength. The sentence 'but no, I won't do that, I always have to do it!' is literally present in the pattern (Tim literally says this when he has to do something).
- You must do things that you shouldn't do. You must do it differently than desired.
- You must get attention, you must be contrary.
- You may not cooperate. You may not oblige the others. You must be contrary.
- You may not do like the others want you to do it.
- When he's fixed his attention on something, when he's very much interested in an activity,

then he is 100% focused on it. There's not 1% of attention free for the perception of other issues. He's become one with the activity. When someone then tells him something or asks him to do something, he doesn't hear it (then this looks like disobedience).

Patterns for echolalia and echokinesis

- You must imitate sounds.
- You must repeat the actions of others.
- You must imitate it (sounds and actions).

Patterns for drawing with chalk for hours on end

- You will draw with chalk. What he draws, is present in the pattern in image form. Once he has started drawing, he shifts to an automatism of drawing with chalk for hours on end. He's completely absorbed in it and he is mentally disconnected from the world. He has become a machine that draws by order of the pattern.

Patterns for drawing numbers and arrows

- He goes into a trance, into an automatism. He isn't focused on what happens around him, and he just keeps on drawing. What he draws, is present in the pattern.

Patterns for an interest in elevators

- What goes up and down, is tremendously fascinating. Tim is drawn to it, is obsessed to be around it.

Patterns for fluttering like a bird

- There's this image in the pattern: standing and spreading the arms wide and making upward and downward movements. This pattern is activated when he wants to attract attention because another pattern is active, namely 'you no longer get attention'. However, you must get attention. Otherwise, you don't exist. Make sure to attract attention. This way, you won't be forgotten, like this, you won't perish.

Patterns for enjoying food intensely and for being totally engrossed in the process of eating

- When he eats, he totally withdraws from reality. All contact with the world is cut off. He's intensely focused on the food. There exists only one thing, namely the food. He's one with it.

Patterns for having a problem with time

- A pattern contains an image of someone who is engaged in an activity and who is totally engrossed in it. Someone who is completely mentally cut off from the outside world, and

who doesn't hear or see what happens around him. There is only the activity, he becomes one with the activity. On a subconscious level, however, he has become aware of the hour at which something has to happen. Very briefly before it's time for something else, Tim breaks free from the intense merge with the activity. He realizes that he has to be on time for something and he is overwhelmed by an intense feeling of panic. There is also the feeling that this is the first time that this happens. The hour when something has to be ready, rises before him in the form of a threatening image of a giant block, like something evil that will seize him if he's not on time. And he screams: 'always that time, that time is wrong, that time runs too fast, I don't want that' in an attempt to keep that image at bay. This is accompanied by fierce stamping, rage, etc. in order to keep the image at bay.

Patterns for not being able to lose in a card game and for wanting to arrive at school first or be first in a queue

- You may not lose at anything. You must always be the first, you must always stand in front. No one may pass you by, no one may outdo you.
- You must always outdo the others, you must be there first, you must arrive first.
- You must be the best.
- You must be first.
- You must win. In this pattern, there is also a strong feeling of compulsion.

Patterns for going and lying under the boards in the classroom

- You must withdraw when there are a lot of people. Then you have to find a small place for yourself alone, where no one can see you. Make sure you're separated from the rest.

Patterns for waking up screaming at night

- At night a pattern with the following contents is activated: Tim goes into a hole, he's drawn downwards through a deep tunnel, at breakneck speed and in a vortex-like movement, and at the bottom there are instruments of torture and wild animals awaiting him. He's terrified and this makes him wake up with a start. This bizarre situation continues to go on for a while since he doesn't notice that his mother enters the room and that there is no danger (because of other patterns, that make him unable to break free from something). He goes and stands on the bed when the fear has subsided a little and when he feels released from the hole and thinks he's outside the hole. (What people dream is the result of patterns and not of information in the brain).

Patterns for being bad at sports

- There is a pattern that suppresses the energies responsible for control over the body, as a result of which Tim is out of touch with his own body and has little control over his body.

B. Energies

Sense of music

- There is an energy responsible for very fine hearing, for hearing very fine details in sounds. This energy makes him extremely sensitive to the smallest differences in sounds. This energy gives an impulse to the brain, as a result of which refined sensory neurons that improve hearing are created.
- There is an energy of serenity, of absolute peace and calm, a feeling of happiness when he perceives certain sound waves.
- The energy 'music': the whole of sounds, the creation of sounds, sounds that blend into a harmonious whole.
- There is a subsoul that can create music, which is and has the quality of 'music', which can blend sounds together harmoniously.

Sense of rhythm and dance

- There is an energy that leads the body of Tim when he dances, that creates flowing movements that are in harmony with the music.
- There is an energy that catches the tones of the music and makes the body move in harmony with it.
- A subsoul has control over the body and makes the body move in harmony with the tones of the music.
- A subsoul has a repertoire of dances and leads Tim as he dances.

A special interest for numbers and an aptitude for arithmetic

- There is an energy that holds the intelligence required for this kind of knowledge.
- An energy contains the whole spectrum of arithmetical calculations and their results. Tim can simply draw on the supplies. Actually, he doesn't even have to reason for it. The knowledge comes to him, he just knows the answer.
- There is a subsoul that supports the brain when he does arithmetic calculations. It adds an energy to the brain, as a result of which the brain tissue is fed and chemical processes in the brain go faster.
- A subsoul has knowledge of and control over the chemical processes in the brain.
- There is a subsoul that does sums and calculations, it has the knowledge of mathematics. The answer just comes to Tim, he just knows, he doesn't have to reason.

20.3 Examples of energies

20.3.1 Patrick: dexterity, patience, perseverance, honest and correct behaviour, being able to cope with things on his own, standing strong in difficult situations, varied interests, an aptitude for mathematics and logical thinking, an interest in personality development, the ability to spend money easily.

I'm very dexterous, I'm good at odd jobs, I'm very good at putting something together

- There is an energy of seeing something in its entirety before it is finished. Because of this energy, he knows how something is constructed, even without having learned anything about it. A feeling for proportions and forms. Control over things, control over various things at once. Finding out how it has to be done, as if he is guided towards it. Intuitively doing something right, knowing how something has to be done.
- There are many subsouls that have the knowledge of how billions of objects are constructed. They have the knowledge of materials that exist in the world and they have technical insight, they have the knowledge of how things have to be put together to form a working whole. They steer and guide Patrick when he puts something together or when he repairs something. They have knowledge of the object from before it is finished and how each part will fit into the other, and they have him carry out the right actions automatically.

I'm very patient in the work that I do

- There is an energy of being intensely focused on something. All concentration is combined to accomplish a task. Perseverance.
- There is a subsoul for intense concentration, for perseverance until something is finished in great detail. Going through something step by step and with each step there's the same unremitting effort and energy until the final result is achieved, a sustained strength.

I have strong perseverance

- There is an energy that holds an enormous strength. Hanging on by the eyebrows, an enormous will to achieve the final goal. Because of this energy, there's an enormous strength and a determination to fight every obstacle and to overcome all obstacles, a passion to get there, in spite of whatever barrier.

I'm correct and honest

- There's an energy of balance, of insight into the relationships among people. Everybody is equal. Hence everyone has to be treated equally. I myself am equal to every other person. Therefore, I treat other people like I want to be treated myself.
- There is a subsoul that guides him to behave correctly.

I can cope with life on my own

- There's an energy of strength, of being able to be alone.

I keep myself upright, in spite of the difficult situation

- There's an energy of strength, dedication, perseverance.
- The subsouls are in fact the person himself, and they each represent a different quality. One usually perceives the talent of a subsoul as one's own talent. In this case, I sense a subsoul that somehow appears to consider itself as a separate entity that supports and leads Patrick, that puts courage into him, that helps him, pushes him into the right direction, that brings about things for him, so that he might get the feeling that there is something with him that supports him.

I have wide-ranging interests

- There is an energy of versatility, of wanting to taste everything. The ability to break free from one subject or given course and choose something different, being able to take a different direction. The ability to assume various points of view, the ability to adapt to something new. Experiencing something that is different from the well-known pattern as enjoyable, longing for something different and for new experiences.
- There is a subsoul of curiosity, of wanting to explore new worlds, of wanting to learn.

I'm intelligent, I have a feeling for mathematics and logical thinking

- There is an energy of insight, knowledge. The ability to see logical structures, the ability to see a coherence, order. The ability to see separate parts and how they fit in the whole picture. The ability to see the whole picture, the ability to relocate elements of an entirety into another logical unit. The ability to make combinations of elements in order to come to lots of entireties. A feeling of how things fit together and how they are interconnected and interact.
- There is also an energy that feeds the brain.
- A subsoul has control over the brain, brings about quick processing in the brain, it adds an energy to the brain for optimal functioning.
- There is a subsoul that thinks and that reasons logically. It has knowledge and it knows, it can find connections and see the right relations.

I'm interested in personality development, in evolving, I want to get the absolute most out of myself

- There is an energy that knows that we're nothing here on this planet, a knowing that this isn't our destiny and that there is something else. There is a knowing that we got from something higher to a lower level, a knowing that there's much more inside us than what we know here on this planet and the desire to return to the original high level.
- Many subsouls want him to be released (from the patterns) and want him to reach his full

potential and guide him towards things that can help him to be released.

I'm not attached to money, I can easily spend money on something useful or enjoyable

There is an energy that holds the idea that money that is used, helps on. The ability to spend money, not holding on to money. Money is a means and not a final goal. Money is not important.

20.3.2 Nancy: love for animals, enjoyable relationships with people, self-discipline, self-confidence, leadership abilities, general knowledge, writing talent, musical talent.

I love animals, I love nature

- There is an energy of love for everything alive, for nature, for flowers, for animals, of gratitude for life, of gratitude for every day, of the ability to enjoy the little things.
- A subsoul leads her to find and enjoy nice things. When she experiences an intense feeling of pleasure, she feels the pleasure of this subsoul.

I'm a good listener

- There is an energy of empathizing with others, of giving full attention to others, of being interested in others and wanting to help, of interest in others, of hearing well (not physically, but with the mind), being open-minded towards others, love for others, and concentration. (This energy combines all these qualities).
- A subsoul has control of the conversation and steers her in conversations and causes her to be intensely open to the other person and to listen and to pay attention to the other person.

I'm diplomatic

- There is an energy that has the following qualities: weighing the pros and cons, looking at things from different perspectives, trying to see all points of view, listening to the arguments, making a decision that is acceptable to all parties, conveying it gently and tactfully to someone, wanting to be gentle and impartial, being very careful when pointing out a negative quality in someone, always wanting to pep up the other person's self-esteem, also when expressing a more negative trait of someone, not wanting to hurt anyone, delicacy, being alert to other people's sensitivities, never leaving the other person feeling bad, wanting to make everyone feel like they are worthy of love, like they have value, like they are important.
- The subsoul responsible for this, is the same as in 'I'm a good listener'.

Day after day, I'm grateful for the relationship with my boyfriend

- There is an energy that makes her aware of the things she has in life, that makes her appreciate the good things in life.
- There is a subsoul that perceives, that observes, that appreciates.

I can easily forgive people

- There is an energy of loving other people, of all-embracing love. Nothing is important, what happened before is just not important, we look at the way ahead.
- There is also an energy of forgiveness.
- A subsoul leads her to be understanding of others, to look at other people's views and to forgive.

I like helping other people

- There is an energy of loving people, of love for people, of finding an enormous satisfaction in the joy of others.
- There is a subsoul of love. The love that she feels for people is the love that this subsoul feels.

I can very well empathize with other people's situations, I'm very understanding

- There is an energy of breaking free from herself, of forgetting herself, of taking on a new identity and seeing something through the eyes of the other person (in a figurative sense), of showing understanding of others, of being able to understand their sorrow and their views.
- There is a subsoul of love, understanding, forgiveness, compassion, the ability to perceive the other person's situation, to help them.

I'm on time for appointments

- There is an energy of having consideration for others.
- There is an energy of a sense of order, of being orderly, well-organized.
- There is a subsoul of time management.
- There is a subsoul of being able to think in an orderly way, of time control.

I'm considerate of the people around me

- There is an energy of wanting to give, of love for others, of understanding the situation of others and trying to ease it where possible, of giving unconditionally and not expecting something in return.
- There is an energy of love.
- There is a subsoul of love, of understanding of others.
- There is a subsoul of a giving, unconditional, unremitting love.

I keep my word, I stick to the law

- There is an energy of being straightforward, of honesty, integrity, consideration for other people's feelings.
- There is a subsoul that is enormously decent, which directs her actions. She experiences this as she herself who steers things.

I have self-discipline

- There is an energy of control, of self-control. The willpower (which originated from a subsoul) uses this energy in situations that require self-discipline.
- A subsoul with the quality 'the will' makes use of the energy 'control'.

I can take the lead

- There is an energy of strength, confidence, of being able to give orders that have impact on others, of leading, of providing direction, of being followed, of being obeyed, of having control over situations, of impact on others.
- There is a subsoul of strength that steers others, a knowing how to deal with things, deciding and taking steps without hesitation, knowing what she wants, knowing which way to go.

I can say 'no' when I need to

- There is an energy of being sure of herself, of confidence, of knowing that she has value.
- There is a subsoul of strength, of control over situations, of power over things.

I'm self-confident

- There is an energy that holds the following: confidence, I have value, I'm somebody, I'm important, I'm present, I know what I want, what I do is good, I can do it.
- The subsoul that represents 'the will' makes use of the energy 'self-confidence'.

I do my work very well, I strive for perfection

- There is an energy of creation, perfection, workmanship and beauty.
- There is a subsoul of creation and beauty.

I have extensive general knowledge

- There is an energy of interest, curiosity, to be able to assume various points of view.
- There is a subsoul of assimilation of knowledge (this subsoul has this knowledge), of control over the brain during the storage of information in the brain.

I'm intrigued by special things, I'm curious

- There is an energy that holds: being very curious, being drawn to special things, being excited by the unknown, being driven to adventure and exciting things. This energy makes life interesting, brings joy, adds a new dimension to life.
- A subsoul longs for new, exciting, adventurous things, wants to find new things and is not satisfied with the existing situation. This urge for adventure makes her discover new things, leads her to novelties, to unknown territories. This subsoul wants to explore, wants to find, wants to look further.

I have a talent for writing

- There is an energy of good power of expression, of being able to play with words and sentences, of being able to build up words and sentences that sound good, the ability to

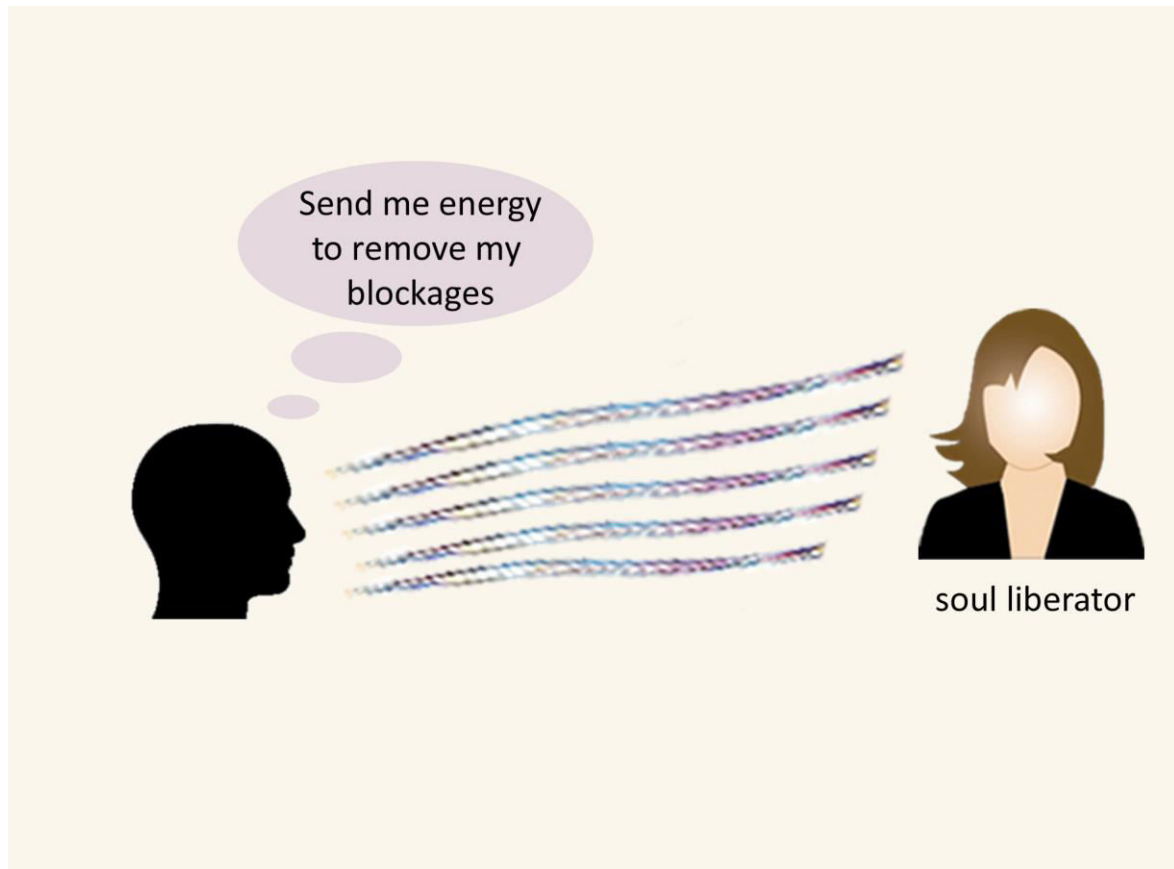
express oneself well.

- A subsoul guides her to choose the right words from the information about a language which is stored in the brain, guides her to choose her words and to structure her sentences. This subsoul gives her flashes of inspiration, controls her writing. When Nancy writes, it's actually this subsoul that writes, but we perceive a subsoul as ourselves.

I have a talent for music

- There is an energy that I can't describe, which is responsible for Nancy's musical talent.
- A subsoul leads her with regard to music, is responsible for her musical talent.

Appendix I How to apply SL technique of asking for energy



When someone, wherever they are, thinks of me (Charlotte) and asks me: 'send me energy' or 'break my blockages', the energies in my subconscious mind will perceive this and will consequently move towards this person and break off pieces of patterns in their subconscious mind. This can be done both for oneself and for someone else.

When you ask me: 'send energy to my son' or 'send energy to my son and help them to overcome his fears', my energies will move towards both you and your son and they will break off pieces of patterns in your subconscious mind and in that of your son.

The energies work on various patterns/issues at the same time, e.g. anxiety, aggressiveness, being rejected, not making enough money, everything is difficult, headaches ...

However, the issues that are tackled first are not always the ones that you want to have solved first or that are the most important for you at that time. What is first



available in your subconscious mind, what is present in the upper layers of your subconscious mind, will be treated first, before other issues that are present in deeper layers of your subconscious.

Moreover, it isn't always easy to apply this technique for a long period of time. It is necessary to be highly motivated and to concentrate deeply. Yet, there are people who apply this technique for a number of hours a day and there are many people who obtain good results with it.

What you may feel when you apply the SL technique of asking for energy

The majority of people feel something somewhere (for instance, an energy around them, a warmth, a certain peace of mind, a happy feeling, a tingle, a contact with me, a pressure or another sensation somewhere in the body, emotions, ...) as soon as they think of me, but a smaller group doesn't feel anything. This may make it more difficult for these people to apply the technique since they don't feel or see anything while they are doing it. However, it works as good for people who don't feel anything as for those who do feel something or who feel a lot. Many people can apply it well and obtain good results with it, even though the only thing you have to do is to think of me in a concentrated way for a quarter, half an hour, an hour, ... on a daily basis or as much as possible. Children and even very young children (age 5 - 6) can also apply it and achieve results.

Whether you feel something or not while you do this, you may feel better afterwards. For example, when you feel bad, you may feel better after you have applied the technique of asking for energy. Some people are also relieved of (non-psychosomatic) physical pain by this technique, although in most cases those results are only temporary. When this happens, the matter of the patterns isn't destroyed. The pain diminishes because painkilling energies affect the nervous system. Physical pain is a pain that results from an inflammation, an injury, etc., unlike psychosomatic pain, which is due to patterns. When patterns that cause a psychosomatic pain are broken down, this pain will also be relieved, and this will be permanent.

You can use a picture of me

When you apply the technique of asking for energy, it is usually easier to make contact with me if you have a picture of me at hand. If you apply the SL technique 'asking for energy' for somebody else, it may be of help to put a picture of me in front of you, next to a picture of the person for whom you ask for help.



How to apply the SL technique of asking for energy?

Whether or not you have my picture at hand, you should concentrate on me and ask me: 'Charlotte, send me energy' or 'Charlotte, send me energy to remedy problem X'.

When you do it for someone else, you can ask: 'Charlotte, send energy to person Y' or 'Charlotte, send energy to person Y to remedy problem Z'.

The questions should be repeated in order to keep contact with me.

The formula 'send me energy' is the best one for some people, the formula 'send me energy and help me with problem x' can work better for others.

Other variations are:

Help me, send me energy, destroy my patterns.

Help me (or person X) with problem X, Y, Z ...

Send energy and help me with ...

Remove my blockages.



You can also make a list of all the issues that are important to you and put this in front of you and have a look at it regularly while you apply this technique.

And then you say: 'I have this or that problem... help me, send me energy'. E.g.:

- Break the pattern of my food addiction.
- Remove the blockages concerning the rows with my mother.
- Send energy to Peter (if he is your son) for his aggressiveness and his headaches.
- Help Monica (your daughter) to become more self-confident. And also help her find a good job. And also help her to be more patient with her children ...

Another possibility is that you think of me and that you hold a conversation with me, you talk about your problems or about those of somebody else and you ask: 'Help me, send me energy', or 'Help Charlotte (your wife), send her energy.'

You can think of me and imagine that the problem has been solved, e.g. you dare to address a group of people and you make a good impression.

Or: 'Charlotte, help me with my stage fright (and imagine the fear you feel when you are standing in front of an audience) and help me to give a convincing lecture (imagine yourself doing that)' and meanwhile ask me: 'Send me energy, work on me, break my patterns, break my blockages.'

Summing up your problems only helps to concentrate on the process and it doesn't mean that the problems for which you ask help are treated first. This is a disadvantage of the technique of asking for energy compared to the SLT performed by myself. A certain problem can't be treated in a direct way by way of the method of asking for energy. Issues that are located in the upper layers of the subconscious mind are affected first, even if you ask for help for specific problems.

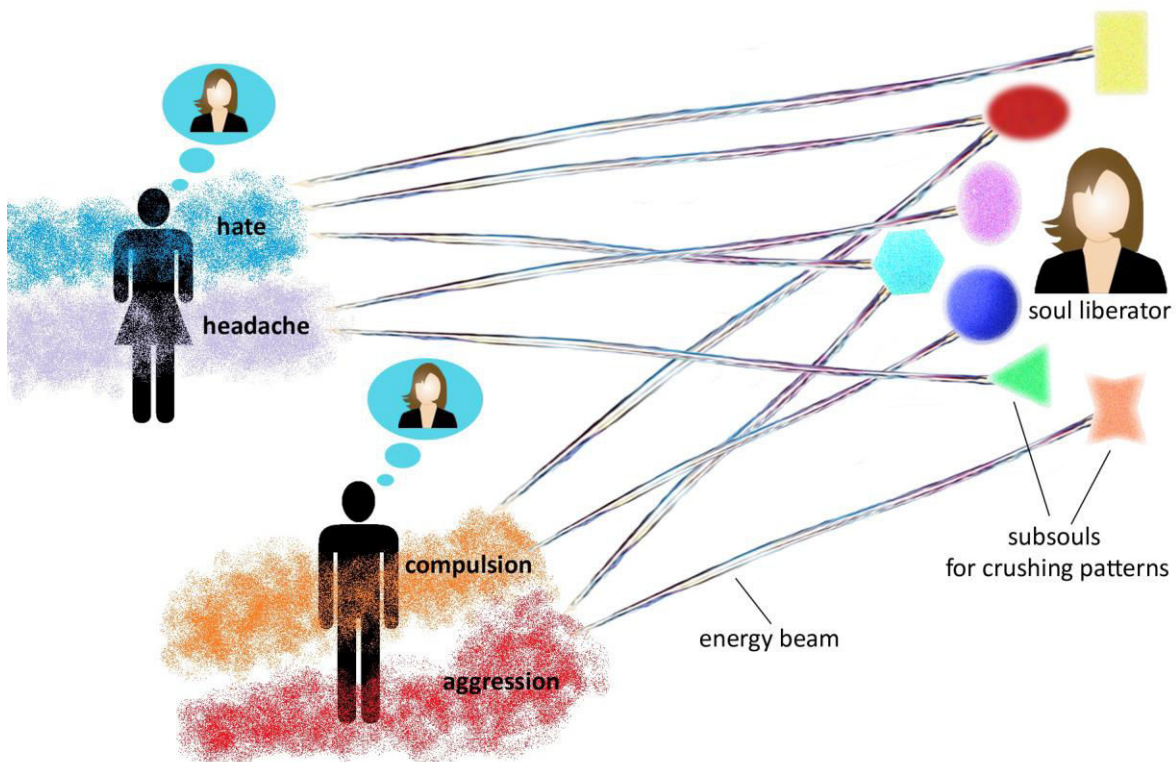
Hence one doesn't apply this technique in order to quickly solve a certain problem, but in order to evolve in general.

Schematic representation of the SL technique of asking for energy

The next picture represents two people applying the method of asking for energy from a distance. They are concentrating on me while they are asking me for energy or they are asking for energy while they are thinking of a certain issue. My energies perceive that these people are thinking of me and move to these people and work on several issues. In the picture you see my subsouls sending a beam of energy to the people from a distance. This beam/wave of energy destroys the matter of which the patterns consist. The subsouls sometimes also move to the place where these people are. There are two forms of energy that work on the people: the subsouls and the energies. The energies are also physically present with the people (this is not represented in the picture).

SL technique of asking for energy for oneself, the person concentrates on the soul liberator

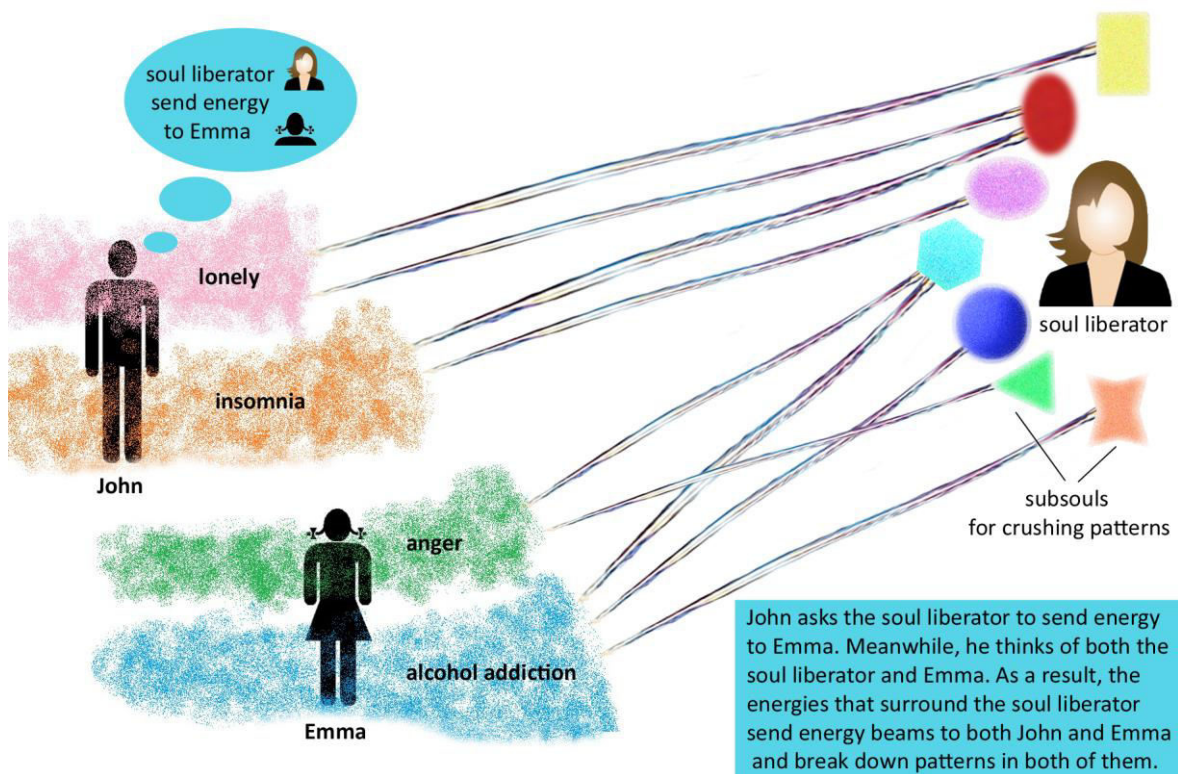
SL-technique 'asking for energy'



This picture is a schematic representation of two people who are thinking of the soul liberator, as a result of which the energies of the latter move towards them and works on their patterns.

SL technique of asking for energy, the person concentrates both on the soul liberator and on the person for whom he asks for help.

SL-technique 'asking energy for another person



This picture is a schematic representation of a person A who is thinking of the soul liberator and of a person B for whom he wants to receive help. The energies of the soul liberator work both on person A and on person B.

Be alert to all possible changes

It's important for you to be alert to the various changes that occur and not just concentrate on one issue, because this issue may be located in deeper layers, and won't change much in the short term. An issue that is located in deeper layers will not change much until the issues in the upper layers have been peeled off first.

When you apply the technique of asking for energy, my energies will move to various patterns (or issues) in your subconscious mind and break off pieces from them. When you concentrate on a certain issue, it may be affected, or maybe not. And even if it is affected, it may still take longer to improve than other issues, because the matter that has to be peeled off with regard to this specific issue may be much larger than that of other issues and because this specific issue may be located in much deeper layers in the subconscious mind. Consequently, it takes many more hours of work to break this matter down.

Sometimes almost all the layers of a pattern have to be peeled off before a change occurs. There may sometimes be a temporary improvement because a number of layers have been peeled off, but then the problem will crop up later on. In that case, the treatment has to be continued for the next layers to be destroyed.

We aim to spend a lot of time to this technique. There are a great many patterns in the subconscious mind and they consist of large amounts of matter and it takes many hours of work to break them down.

It is important for you to carefully fill out the questionnaire before starting with the technique 'asking for energy'. Additional issues that are noticed at a later point in time have to be added in the questionnaire as well. This is important because this gives you an overview of the situation at the start of the treatment, which makes it easier to assess the results.

It also helps to keep a diary.

If you notice any changes, it's important to write them down immediately.

Changes may occur quickly in the beginning, and occur less quickly after some time. That is because the patterns that consist of small amounts of matter change quickly. Once they have been removed, the patterns that are much larger and that take much longer to peel off are dealt with. In times when there are few results, you can draw courage from the changes you have already written down.

Assessment of results

Write down the number of hours you work per day and after 50 hours, take a look at what you have answered in the questionnaire. Write down the changes in a different colour. That helps you to make a correct assessment of the results. Like I said before, it is not always the issues that are the most important to you that change first. For a correct assessment of the results, all of the results have to be viewed and not just one or a few issues. You should be happy with the things that change first and remember that the other issues will improve as well at a later point in time. You can draw courage from the changes that have already occurred and don't focus on the results that have not yet been achieved, but just continue with the technique.

If there is very little or no improvement at all after 20 hours or after maximum 50 hours, this means that you belong to the 'slow group' (25% of the people). The best thing you can do then, is to apply the SL technique of asking for energy for as many hours as possible every day, because, even if

you do not see any results, there are pieces of patterns that are being peeled off in the subconscious mind. If you continue with the treatment for a few years, you will achieve results. Of course, it is very hard to carry on if there is hardly any change or none at all and if you do not know anybody else who has achieved good results with the SL technique 'asking for energy'.

There are people who can only do this for 10 minutes at most in the beginning, but with some practice it will be possible to apply the treatment for a longer period of time.

It is also possible to apply this technique while doing something else, (many people do this), e.g. while doing the ironing or mowing the lawn, or on the train. Nevertheless it is important that you find the time to do nothing else but applying this technique on a daily basis.

A tip to fall asleep

Quite a lot of people have reported that sleep comes much more easily and that they sleep better during the night when they apply the SL technique of asking for energy. Sleep is deeper, and one tends to awaken less during the night and have a more peaceful sleep. When people awake at night, this technique speeds up falling asleep again.

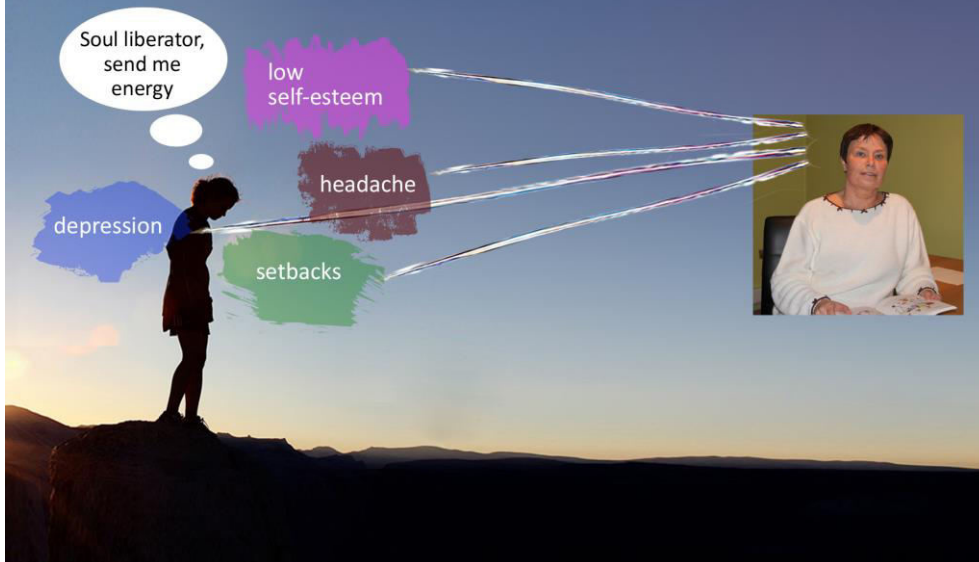
There are also people who feel more awake when they apply this technique, so obviously for these people, it's not a good idea to do this before going to sleep.

Another tip to stop smoking: some people have reported that when the urge to smoke a cigarette came up, the urge to smoke disappears or diminishes when they apply this technique. Some people even managed to stop smoking with the help of the SL technique of asking for energy.

A person is surrounded by invisible negative programmes (= the subconscious mind). These programmes are the cause of undesirable personality traits and all kinds of problems. With the SL technique 'asking for energy', these programmes can be peeled off layer by layer.



Make use of the healing energies in the subconscious mind of another person (soul liberator) in order to remove blockages in your own subconscious mind





remove your inhibitions

have more energy

be a stronger person

be more healthy

sleep better

Try SLT asking for energy

cure your depression

be free from anxiety, worries, compulsion, autism, ...

gain self-confidence and self-esteem

and so much more ...

Try the SL technique 'asking for energy' to diminish or make your physical pain disappear.
Temporay relief of pain, sometimes permanent relief.



Pain

Appendix II Questionnaire

First write down the things you don't like about yourself and your life, the problems you have, the things you would like to improve about yourself and your life circumstances. Then answer the questions.

The purpose of this questionnaire is to find all issues that can be improved with regard to personality, views of life, health, the course of life and talents. When the situation prior to the start of the treatment is documented, results can be more easily assessed. Without the questionnaire, there will be a number of changes as a result of the treatment that you will notice, but one doesn't see everything, one doesn't always notice all the changes. The questionnaire helps to see as many changes as possible. The questionnaire produces some information about yourself and your life, but this information is far from complete because most people don't perceive all aspects of their own personality and life. Some people only perceive a very limited part of themselves. However, when a pattern has been sufficiently peeled off, you'll be aware of aspects of your behaviour or life that you weren't aware of before. This behaviour or situation will not be solved as a result, but this is a first change. Since one doesn't perceive all aspects of one's behaviour or life oneself, it is recommended that you keep a journal in which you write down your feelings, your thoughts, the things you say, the things you do or don't do, the things that happen, your reactions, the reactions of others to you, the way your life fits together, the way you handle things, the things you're not good at, ... As a result, a complete image of you will be set down on paper.

Some questions look rather similar. When you feel that you have already given the answer to a question in a previous question, then you can skip this question. However, a question that is put in a somewhat different way, can induce a different answer and therefore provide additional information.

When answering a question, just write down everything that comes to mind at the time, even if this answer doesn't entirely address that specific question. The point is to put in writing everything that's going on.

When answers might still come up at any given moment after filling out the questionnaire, then complete them as well.

When you notice any changes, then immediately write them down next to the question concerned, in a different colour, or make an additional list for all the changes. When you don't write it down right away, chances are that you'll forget about the change.

The things that I don't like very much about myself and my life, the problems I have.

.....

The things that I would like to have improved about myself or my circumstances.

.....

Questions

1. How is your self-image? Explain, what do you feel then, what do you think about then?
2. How is your life like? Describe your overall life at this very moment: personality, health, relationships, studies, ability, work, setbacks, happiness, money.
3. What happens on an average day, what is happening in your life at this moment?
Relationships, activities, interests, hobbies, occurrences, sport, health, ...?
4. What's important in your life? Why, what do you feel then, what do you think then, how do you behave then?
5. How do you treat other people? Describe your behaviour towards other people in general and describe your behaviour towards different people or in different situations.
6. How do others treat you? Explain, who, in what way, why, when, how do you feel then, how do you react then, what are the consequences?
7. Describe the extent to which you receive love, from whom you receive love from whom you don't receive love, how you are treated by these people, and how you feel about that.
8. Describe the extent to which you are able to give love. Who do you love or for whom do you feel affection, who don't you love or for whom don't you feel affection?
9. What is your relationship with other people in general like parents, brothers and sisters, partner, children, friends, acquaintances, strangers, colleagues, superiors, subordinates, competitors, clients, suppliers, men, women, other races, animals? What is your attitude / what are your feelings towards each of these people, what is their attitude/ what are their feelings towards you, what are these relationships like, how do you behave when you're with each of these people?
Answer the questions for each type of relationship (parents, partner, ...)
10. What are relationships with the opposite sex like (or the same sex when you're a homosexual), what thoughts/feelings/opinion/behaviour do you have with regard to the other sex?
11. Do you care about what the other person will think? In what situations, about what, with whom, what do you think or what do you feel then, how do you react, how long does it keep on lingering in your mind, what are the consequences?
12. Do you do or say things because of the opinion or the judgment of others or because you really want to do or say those things? What things, with whom, why, how often, what do you feel then, how do you behave then, what are the consequences?
13. Can you deal with the daily things that happen on your own or do you have a (overly) strong need to tell everything to others, do you need a sounding-board? With regard to which people, situations or subjects in particular, how do you tell it, what do you feel then, do you find a sounding-board, how does the other person react?
14. Are you a nag, do you keep on repeating things that you have already told a dozen times? What do you nag about, with whom in particular, when in particular, what do you feel then?
15. Do you bother others (too) often with your troubles? What troubles, with whom, when, what do you feel then, how do you act then?
16. Are there subjects of conversation that return regularly or too often? What subjects, how often do they come up, when, with whom, what do you feel then?
17. Do you still think about things that happened in the past? What, how often, what do you think or how do you feel then?
18. Can you forgive and forget? Explain, who or what can't you forgive and forget, why not, what

do you feel then?

19. Do you condemn others, do you tend to have a negative opinion of something or someone, do you criticize others? Describe what you think or what you feel then, with whom, when, how do you behave then, what are the consequences?

20. Are you prejudiced towards certain people or situations? Which people, what situations, what prejudices, what do you feel or what do you think then, how do you behave then?

21. Do you (easily) have negative feelings for others? For whom, when, what feelings, how intense, how do you behave then?

22. How do you behave in groups, do you feel at ease, do you want to dominate the conversation, are you reticent, do you feel afraid, do you like being in groups, do you avoid groups? Explain, what groups, what do you feel then, what do you think of, what do you do then?

23. How do you feel in the company of other people, do you always feel at ease, do you like being in the company of other people or do you prefer being alone? Explain, which people, when, what do you feel then, how do you behave then?

24. Is it easy for you to be alone or do you need much or continuous contact with other people? Explain, what do you feel then, what do you do then, what are the consequences?

25. Can you decide easily, do you have doubts about the things you have to decide, do you reconsider your decisions, do you ask for other people's opinions? Explain, about what subjects in particular, what do you feel then?

26. Do you make choices easily, or is making choices difficult for you? Explain, with regard to what, what do you feel then, how do you behave then?

27. Do you tend to postpone things, is it difficult for you to set about doing something? Explain, what in particular, when, what do you feel then, what are the consequences?

28. Are you lazy, passive, do you have difficulty doing the work that has to be done, don't you get around to doing something? Explain, what in particular, what do you feel then, how do you behave then, what are the consequences?

29. Are there things, situations or people that you avoid, that you run away from, things that you postpone out of fear, shame, jealousy, ...? Explain, what things, who, why, what do you feel then, how do you behave then?

30. Do you have enough willpower, do you have enough perseverance? Explain in different situations, what do you feel then, what do you think then, what do you do then?

31. Do you complete things, do you set about doing things and then leave it unfinished? Explain, what things in particular, what do you feel then, how long do you carry on?

32. Do you easily get tired of something? What things, how fast, what do you feel then, what do you do then, what are the consequences?

33. Are there things that you don't like doing, that you are reluctant to do? What things, what do you feel then, what do you do then?

34. Do you tend to be late? Explain, in what situations, what do you feel then, what do you say then?

35. Do you keep your word, can others count on you? Explain, what do you feel then, how do you behave then, what are the consequences?

36. Do you have feelings of inferiority? About what, with whom, in what situations, what do you feel then, how do you act then, what are the consequences?

37. Do you have complexes? Which, with whom, in what situations, what do you feel then, how

do you act then, what are the consequences?

38. How confident are you when interacting with people, about your capabilities and about the things you want to do? Explain, in what situations, with whom, what do you feel then, what do you do?

39. Are you insecure? When, with whom, how often, how intense, what do you feel then, how do you behave, what are the consequences?

40. Do you have a fear of failure? In what situations, with whom, what do you feel then, how do you react then?

41. Are there things that you're afraid to say or do? Explain, what, when, why, what do you feel then?

42. Do you have the feeling that you have to prove yourself to other people or to yourself, or that you have to prove something? Explain, with whom, what do you have to prove, when, what do you feel then, how do behave then?

43. Do you have low frustration tolerance, do you take things to heart? Explain, what things, how intensely, how long before you regained your balance, what do you feel then, how do you behave then?

44. Do you tend to dramatize things, do you sometimes exaggerate things? Explain, about what, with whom, how do you react then, what do you feel then, how long does it take before you have found your balance again?

45. Do you worry easily, do you easily think that things are bad? Explain, what about, what do you feel then, how intensely, how often does this happen, how do you behave?

46. Do you often worry? What about, what do you feel then, what thoughts do you have then?

47. Are you a pessimist? Explain, about what in particular, what do you feel then, what do you think then, what effect does this have on your life?

48. Do you think in advance that something will not go well? What in particular, when, with whom, what do you feel or what do you think then?

49. Do you feel down easily? Explain, when, about what, how intensely, what do you feel then, how fast are you back on your feet again?

50. Do you feel discouraged easily, do you tend to give up easily? Explain, in what situations, what do you feel then, how do you react then?

51. How do you react when you experience adversity? Explain for different situations, what do you feel then, what do you do then?

52. Do you panic easily? In what situations, with whom, what do you feel then, how do you react then?

53. Are you irritable? When, with whom, how often, what do you feel then, how do you react then?

54. Are you annoyed with others or at certain things? With whom, at what, what do you feel then, what do you say then, how often?

55. Do you have feelings of guilt or regret? About what, when, how often, what do you feel or what do you think then?

56. Do things from the past still bother you, do painful or unpleasant feelings or thoughts about persons or events from the past sometimes crop up? What, how often, what other thoughts or feelings are accompanied with this?

57. Are you suspicious of others? Of whom, in what situations, how do you react then?

58. Do you resent or hate certain persons? Who, why, how intensely, what do you feel then, what are the consequences?
59. Are you sometimes aggressive? In what situation, with whom, how often, what do you feel then, how do you behave then?
60. Are you dissatisfied or disappointed, about yourself, about others or situations? About whom or what, why, what do you feel then?
61. Are you sad? Explain, about what, how often, what do you feel then, how do you act then?
62. Do you have one or more fears? Explain, which, when, what do you feel then, how do you behave then?
63. Do you get angry easily, or is it difficult for you to get angry? Explain, in what situations, how often, how do you behave then?
64. Are you short-tempered? Explain, in what situations, with whom, what do you feel then, how do you behave then?
65. Do you have feelings of shame? For what, with whom, what do you feel then, how do you behave then, what are the consequences?
66. Are you impatient? Explain, when, with whom, how often, what do you feel then, how do you react then?
67. How do you feel when you have to wait for something or someone? Explain for various situations, what do you feel then, what do you do then?
68. Are you sometimes desperate? When, what do you feel then, what do you think or do then?
69. Are there moments when you feel gloomy, somber, dejected or that you feel miserable or bad? Explain, when, how often, what do you feel then, how do you behave then?
70. Are you (sometimes) depressed, do you (sometimes) have feelings of depression, suicidal thoughts? Explain, when, how often, describe your feelings, your thoughts, your behaviour.
71. Do you have a chronic negative state of mind, for example, do you feel sadness, hatred, emptiness, ... almost all the time? What do you feel then, how intensely, why?
72. Do you have mood swings? Explain, when, what do you feel then, how do you behave then?
73. Is there something that you're preoccupied with, is there something that often comes up in your mind? What, when, how often, what do you feel or what do you think then?
74. Do you have worries? About what, how often, what do you feel or what do you think then, how do you behave then?
75. Are you (overly) enthusiastic or do you lack enthusiasm, are you (too) animated or do you lack passion? Explain, in what situations, what do you feel then, how do you behave then?
76. Do you have stage fright? Explain, in what situations, what do you feel then, how intense, how do you behave then?
77. Are you shy? Explain, in what situations, with whom, what do you feel then, how do you behave then?
78. Are you close-mouthed, do other people know things about you? Explain, about what subjects in particular, what do you feel then, how do you behave then?
79. Is it difficult for you to express your feelings? Explain, in what situations, regarding what subjects, to whom in particular, what do you feel then?
80. Do you bottle things up? Explain, how do you feel then, what issues in particular?
81. Do you talk a lot, or too much, or not enough? Explain, about what, with whom, how do you behave then, what are the consequences?

82. Are you too open, do you give yourself away too easily, do you afterwards regret having said certain things? Explain, with whom, how often, about what subjects in particular, what do you tell then?
83. Do you do your best to please others, do you find it important for others to like you? Explain, in what situations, with whom, what do you feel then, how do you behave then?
84. Are you sometimes not being yourself, is your attitude sometimes forced or unnatural, artificial, do you want to make a good impression? Explain, when, with whom, what do you feel then, how do you behave then?
85. Do you blush easily? In what situations, with whom, how often, how intensely, what do you feel then?
86. Are you jealous of others? Explain, about what, with whom, how often, what do you feel then, what do you do then?
87. Are others jealous of you? Explain, about what, with whom, how often, what do you feel then?
88. Do you compete with other people, do you compare yourself with others? Explain, in what situations, with whom, what do you feel then, how do you behave then?
89. Are you nervous, are there situations that make you nervous? Explain, how often, how intensely, what do you feel then?
90. Do you feel restless inside? Explain, when, what do you feel then, how do you behave then?
91. Do you (sometimes) feel tense? Explain, when, with whom, how often, how intensely, how do you behave then?
92. Do you (sometimes) feel agitated? Explain, when, with whom, how often, how intensely, how do you behave then?
93. Do you have a certain demeanour, a way of speaking, walking, do you make certain gestures, anything else you do in a certain way? Explain, what, when, how intensely, with whom, why, what do you feel then, how do you behave then?
94. Are you sensitive? In what circumstances, what do you feel then, how do you react then?
95. Are you emotional? In what circumstances, what do you feel then, how often, how do you react then?
96. Are you confused, chaotic? Explain, in what circumstances, what do you feel then, how often, how do you behave then?
97. Do you feel bitter about certain events or persons? About what, how intensely, what are the consequences?
98. Do you feel lonely, do you feel alone? Explain, when, what do you feel then, how often, how intense?
99. Are you sometimes in a bad mood, do you have a morning mood? Explain, when, how often, what do you feel then, what do you say then, how do you behave then?
100. Do others criticize you? Who in particular and about what, what do they say then, how do they treat you then, how often, what do you feel then, how do you react then?
101. Are you sensitive to criticism? To what criticism, from whom in particular, how often, what do you feel then, how do you react then?
102. Do others give you certain remarks (positive or negative)? What, who, when, what do you feel then, how do you react then, what are the consequences?
103. Do you feel attacked easily, do you sometimes take an innocent remark as criticism? About what subjects in particular, how often, what do you feel then?

104. Are you easily on the defensive, do you want to justify, explain, clarify things? in what situations or with what remarks, with whom, what do you feel then, what do you say then, how do you behave then?
105. Do you want to explain or justify things too much, do you give explanations or justifications when not asked for ? In what situations, about what, with whom, how do you behave then?
106. Do you have much stress in your life? Explain, as a result of what, how often, what do you feel then, how do you behave then, what are the consequences?
107. Are you sensitive to stress, how do you react to stress? In what situations, how often, what do you feel then?
108. Do you tend to rush yourself? When, with whom, how often, what do you feel then, how do you behave then?
109. Can you say no, are you too indulgent? Explain, in what situations, with whom, how often, what do you feel then, what are the consequences?
110. Can you set boundaries, are you too tolerant? Explain, in what situations, with whom, what do you feel then, what are the consequences?
111. Do you let yourself be pushed into a corner by others, can you be manipulated, can you stand up for yourself, are you assertive enough? Explain, in what situations, with whom, what do you feel then, how do you behave then?
112. Are you a submissive person, do you let yourself be ordered or let others lead you? Explain, in what situations, with whom, how often, what do you feel then, what are the consequences?
113. Do you tend to do too much for others? Explain, for whom, what in particular, what do you feel then?
114. Don't you do enough for others? Explain, for whom, what, why, what do you feel then?
115. To what extent do you help others, to what extent do you abandon others? Explain, in what situations, who in particular?
116. Can you easily give your opinion or do you let something pass too often, do you have an opinion of your own or do you follow other people's opinions? Explain, about what subjects, what do you feel then or what do you think then?
117. How do you react when someone else has a different opinion? About what in particular, with whom in particular, how do you react then, what do you feel then?
118. Are you possessive of other people, or of material things/money? Explain, who, what, what do you feel then, how do you react then, what are the consequences?
119. Are you dominant, bossy, authoritarian? Explain, when, with whom, how often, what do you feel then, how do you behave then, what are the consequences?
120. Do you want to have control over other people or situations? Explain, what people, what situations, how often, what do you feel then, how do you behave then, what are the consequences?
121. Are you tolerant enough? Explain, give examples, what do you feel then?
122. Do you manipulate other people? In what situations, with whom, how often, what do you feel then, how do you behave then?
123. Are you realistic, do you live in the real world, or do you have delusions of grandeur, are you unrealistic? Explain, what do you feel then, how do you behave then, what are the consequences?
124. Do you sometimes have surreal sensations: images, voices, sounds, scents, interpretations of the behaviour of others? Explain, what sensations, how often, what do you feel or what do you think then?

125. Are you constantly thinking, do your thoughts never stand still? Explain, when, how intense, what thoughts, what do you feel then?
126. Do you sometimes have compulsive thoughts? Explain, which, how intensely, what do you feel then, what do you think then?
127. Do you have concentration problems, do you tend to be distracted? Explain, during which activities, how long can you stay focused, what do you feel or think then?
128. Does something that happened or a conversation sometimes keeps on spinning in your mind, repeating itself in your mind? In what situations/with what issues does this occur, how long does it last, how often does it happen, how intense, what do you feel then?
129. Are you sloppy? Explain, what do you feel or think then, what are the consequences?
130. Are there things that you want to do too well, are you too much of a perfectionist? Explain, what things, when, with whom, what do you feel or what do you think then?
131. Can you enjoy things, can you relax? Explain, what do you feel then, how do you behave then?
132. Are you forgetful? Explain, about what in particular, how often?
133. Are you absent-minded? Explain, in what situations in particular, how often?
134. Do you stutter? How badly, in what situations, with whom, what do you feel then, what are the consequences?
135. Do you sometimes have trouble expressing yourself verbally, does it occur that you don't find the right words? Explain, in what situations, with whom, how often, what do you feel then?
136. Do you have the tendency to exaggerate? Explain, in what situations, with whom, how often, what do you feel then?
137. Do you hold on to your point of view no matter what, are you absolutely convinced you're right? Explain, with whom, in what situations, about what issues, what do you feel then, how do you behave then?
138. How do you handle new things, do you easily adapt to new situations? Explain, what situations, what do you feel then, how do you go about things?
139. Are you afraid of new things or do they cause you stress ? Explain, what things, what do you feel then?
140. How does it feel when you have to learn something new, how easily can you learn something new? Explain, what in particular, with whom, what do you feel then, how do you behave then?
141. Do you absolutely have to have your way, do you stubbornly hold onto what you yourself want? Explain, with whom, in what situations, how often, what do you feel then, how do you behave then?
142. Are you flexible enough, can you adapt, can you humour others? Explain, in what situations, how often, what do you feel then, how do you behave then?
143. Are you stubborn, do you hold on to your own opinion or wish? Explain, in what situations, with whom, how often, what do you feel then, how do you behave then?
144. Do you want to show off things or people? Who what, why, what do you feel then, how do you behave then?
145. Are you (too) impulsive? Explain, how often, what do you feel then, what are the consequences?
146. Are you a naive person, do you easily believe what others say or do you take things with a pinch of salt, do you question things? Explain, in what situations, with whom, how often, how do

you behave then, what are the consequences?

147. Are you impressionable? Explain, in what situations, by whom, what are the consequences?

148. Do you sometimes lie, are you dishonest, do you do dishonest things? Explain, in what situations, with whom, why, how often, what do you do then, what do you feel then, what do you say then, what are the consequences?

149. Do you hide things from others, do you withhold things? Explain, what things, why, with whom, how often, what do you feel then, what do you say then?

150. Are you always sincere when you're with other people or are you somewhat false or hypocritical, to a lesser or greater extent? How do you behave then, what do you think then, what do you feel then, with whom, when?

151. Are you (too) serious? Explain, in what situations, with whom, what do you feel then?

152. Are you spontaneous, can you let yourself go, are there situations in which you feel inhibited? Explain, what situations, what do you feel then, how do you behave then?

153. Do you tend to be hurried, do you do things fast, for example, eating fast, working fast, moving fast, talking fast? Explain, what do you feel then, how do you behave then?

154. Are you meddlesome, do you want to poke your nose into things that actually don't concern you? With whom, what subjects, how often, what do you feel then, how do you behave then?

155. Are you a 'know it all', a wiseacre, do you always know what things are like or how they should be, do you impose your opinion onto others? With whom, what subjects, how often, what do you feel then, how do you behave then?

156. Are you pushy, do you impose yourself or things on others? On whom, when, how do you behave then?

157. Do you think in black and white terms, do you have radical points of view? About what subjects, what do you think or say then, how do you behave then?

158. Do you have (strong) convictions or opinions about certain people, events, religions, society? What opinions do you have, how often, what do you feel then?

159. Do you perceive the surroundings or other people's feelings or problems, or are you more absorbed by your own problems or thoughts? Explain, in what situations, with whom?

160. Are you very focused on yourself, do you live in your own small world? Explain, how intense, what do you feel then, what do you think then?

161. Are you egocentric? Explain, what do you feel then, how do you behave then?

162. When you talk to other people, is your attention completely focused on the other person or is your attention partly focused on yourself? Explain, how do you behave then, what do you feel or what do you think then, with whom in particular?

163. Do you have enough empathy, can you understand the world and the feelings of another person, can you sympathize with others? Explain, in what situations, with whom, what do you feel then, what do you think then?

164. Are you aware of the other person's perspective in conversations, of the other person's thoughts or feelings, do you also perceive their way of perceiving things, or do you only perceive your own viewpoint and your own thoughts and feelings? Explain, how do you behave then, what do you feel then, what do you think then?

165. Do you mainly see things from your own point of view, do you hold to your own viewpoint, do you also see the other person's point of view? Explain, about what subjects in particular, with whom, how do you behave then, what do you feel and what do you think then?

166. To what extent are you interested in other people? Explain, what do you do then, what do you feel then, what do you think then, what do you say then, how do you behave then?
167. Are you sufficiently broad-minded, can you accept views or customs other than your own, or do you hold on to certain views or rules of how things have to be or have to happen? Explain, what views, what customs, what rules, what people, what do you feel then, what do you think then, what do you do then, what do you say then?
168. Do you have an attitude of 'it's the other person's fault, the other person does it wrong', are you never to blame, is it always or almost always the other person's fault, or can you also admit your guilt? Explain, about what in particular, with whom in particular, in what situations, how often, what do you feel or what do you think then, how do you behave then?
169. What do you think about the way you look, what do you think about your body? Explain, what do you feel then, what are the consequences?
170. Are you preoccupied with your appearance, do you attach great importance to your appearance or to other people's appearance? Explain, how often, what do you feel then, how do you act then, what are the consequences?
171. Is appearance or status very important to you, will you do, say, buy, not do, hide, change things because of status or social pressure or because of what others might think? Explain, what, why, with whom, in what situations, what do you feel then, what are the consequences?
172. Do you have enough sense of responsibility, do you always take your responsibility or do you sometimes flee responsibility, do you sometimes lie, do you sometimes act like a coward? Explain, in what situations, with whom, what do you feel then, what do you do then?
173. Are you (sometimes) hyperactive? How do you behave then, how often, what do you feel then, in what situations, with whom in particular?
174. Do you have obsessions, compulsions, tics? Explain, what, describe in detail, how often, in what situations, with whom, what do you feel then, what are the consequences?
175. Do you bite your nails? To what extent, what do you feel then, when, with whom, how often?
176. Are you addicted to something? To what, explain, how intensely, when, with whom, what do you feel then, how do you behave then, what are the consequences?
177. Do you smoke, do you use drugs, do you drink alcohol? Explain, to what extent, when, why, what do you feel then, how do you behave then, what are the consequences?
178. Describe your eating habits, what do you eat and drink, how much do you eat and drink, do you have problems with your weight? Explain, what do you feel then, how do you behave then?
179. Are you independent, do you manage to do things independently or do you need help from others, do you need too much support from others, can you do things by yourself? Explain, what things can you do independently, what things do you need help with, what do you feel then, what do you think then, how do you behave then?
180. How do you feel when you have to do something by yourself? Explain, what things, how do you feel then, how do you behave then?
181. Do you act like a victim (it happens with me again, it's always I who did it, etc.), do you sometimes feel sorry for yourself? How do you behave then, how do you feel then, what do you say then, how do others react then?
182. Do you sometimes have a feeling of powerlessness, do you sometimes feel that there's nothing you can do about it? Explain, what do you feel then, when, with whom?
183. Are you haughty, arrogant? Explain, describe what you then feel or think, how do you behave

then, in what situations, with whom?

184. Do you look down on other people, do you feel contempt for other people, do you believe you're better than others, do you believe other people are inferior? Explain, what do you feel then, what do you think then, with whom, how do you behave then, what are the consequences?

185. Do you sometimes try to take advantage of others or do others want to take advantage of you? Explain, who, when, what do you feel or what do you think then, how do you behave then?

186. Do you gossip about others, do you think that others gossip about you? What gossip, (about) whom, how often, what do you feel then, what do you say then, in what way, why?

187. Are you too hard on yourself or on others? Explain, on whom, in what situations, how often, what do you feel then, what do you do then, what do you say then, how does the other person react?

188. Are you tactful enough, are you diplomatic, are you hurtful? Explain, in what situations, with whom, how often, what do you say then, in what way?

189. Do you have real friends or only acquaintances? Explain, what is your relationship with these people like, what are the consequences?

190. Do you receive support from others or are you on your own? Explain, what do you get support for and for which things are you on your own?

191. Do you need a lot of attention? Explain, what do you feel then, from whom, why, when, how do you behave then?

192. Can you pay attention to others, can you listen to others? Explain, how do you behave then?

193. Do you get enough attention, do others listen to you? Explain, how do you feel then, with whom, when, how do you react then?

194. Are you respected, are you appreciated? Explain, by whom and by whom not, how do others behave then, what do you feel then, how do you react then?

195. Do you need affirmation, compliments? Explain, from whom, in what situations, what do you feel then, how do you behave then?

196. Do you have the tendency to compliment yourself, 'oh, I'm so good', 'look, what I've done'? How do you behave then, what do you say, with whom, when, why?

197. Do you compliment others enough, are you supportive of others, do you have attention for the achievements of others? Explain, how do you do that, with whom, with whom not?

198. Do you often have a quarrel? Explain, about what, when, with whom, how often, what do you feel then, what do you say then, how do you behave then, how does the other person behave then?

199. Do you shout, scream, insult? Explain, when, with whom, how often, what do you feel then, how do you behave then, how does the other person behave then?

200. Can you admit you're wrong, can you patch up a quarrel, can you make the first move? Explain, what do you feel then, what do you think then, how do you behave then?

201. Do you sulk? Explain, what do you feel then, how do you act then, how does the other person react?

202. What kind of people are you surrounded by, which people frequently cross your path? For example, poor people, people looking for support, egoistic people, rich people, creative people, jealous people, haughty people, very competent people, incompetent people, people who talk a lot, close-mouthed people, tyrannical people, loving people, liars, weak people, strong people, ... How do you react to each type, what are these relationships like?

203. Are you social-minded, do you care about other people? Explain, what do you feel then, what

do you do then, what do you think then?

204. Are you a racist? Explain, how do you behave then, what do you feel then, what do you think then?

205. Are you egoistic? Explain, how do you behave then, what do you feel then, what do you think then?

206. Are you opposed by others, do others thwart you? Explain, what do they thwart, how often, how intensely, why, what do you feel then, what do you think then, how do you react then, what are the consequences?

207. Do you thwart other people, do you oppose others? Explain, who, why, when, how often, what do you feel then, what do you say then, how do you act then?

208. Do you want to harm others, do you have bad intentions towards others, do you do things that are harmful to others? Explain, why, when, how often, what do you do then, what do you say then, what do you feel then?

209. Do you do things that are harmful to yourself, do you sabotage yourself, do you cut your own throat, do you spoil your own chances, do you hurt yourself? Explain, when, why, with whom, in what situations, how do you behave then, what do you feel then?

210. Are you bullied or do you sometimes bully others? Who bullies you or who do you bully? When, why, how often, what do you feel then, how do you behave then, what are the consequences?

211. How is the atmosphere at home, what is it like at home? Explain, who, what, when, why, how often, how intensely, what do you feel then, what do you do then, what do the others do then?

212. How is work going? Explain, when, why, who, how do you behave then, what do you feel then, what do you think then?

213. Are you a workaholic? Explain to what extent work plays a role in your life, what do you feel then, how do you behave then, what are the consequences?

214. What is your relationship with money, how do you handle money, what do you feel or what do you think when you think of money? Explain, why, how intensely?

215. How important is money in your life, to what extent are you preoccupied with money? Explain, what do you feel then, how do you behave then?

216. Are you short of money or are you afraid of being short of money? Explain, what do you feel then?

217. Do you spend money (too) easily, are you (too) thrifty or stingy? Explain, what do you feel then, how do you behave then?

218. Does money come easily or with great difficulty? Explain, what do you feel then?

219. Do you have much or little success in different areas of life? Explain, what are you successful in, what are you not successful in, why, what do you feel then, what do you do then?

220. Do the things that you do go smoothly, does everything go automatically or do you have many setbacks and do you always meet with obstacles? Explain, in what way do you experience adversity, how do things go, what do you feel then, how do you react then, what are the consequences?

221. Do you have setbacks? What, how do you react then, how often, how intensely?

222. Do you take the right decisions, the right actions, do you do the right things, or do you take the wrong decision, the wrong action, do you do the wrong things? Give examples.

223. Do you continue to run into the same situations, do you seem to attract certain? What, how

often, how intensely, what happens then, how do you react then?

224. Do you want to be in control of things? What things, why, when, with whom, how often, what do you feel then, how do you behave then, what do you feel when you don't have enough control?

225. Are you ambitious? Explain, why, do you succeed?

226. What do you want to achieve in life? Explain, why, what do you feel then, what do you think then, what do you do then?

227. Do you have a knack for organizing, do you work efficiently, do you do things the wrong way, do you lose time, do you do things in a roundabout way, ...? Explain how you handle things, for different tasks individually?

228. Can you deal with many things at the same time, can you process much and accomplish much? Explain, how do things go, what do you feel then, how do you behave then?

229. Do you have problems with time, for example, never having enough time, or not being able to take your time to do something, even if you have time? Explain, in what situations, with whom, what do you feel then, how do you behave then?

230. Do you make mistakes, in any kind of situation? What mistakes, in what situations, with whom, what is the cause, how do you react?

231. Do you take the initiative, or do you leave everything to others, or do you let everything take its course? Explain, in what situations or with whom, what do you feel then, how do you behave then?

232. Do you sometimes want to do more things than you can handle, do you bite off more than you can chew? Explain, what things, why, what do you feel then, how do you behave then?

233. Do you want to take on too many things at once, do you want to do ten things at once? Explain, why, what do you feel then, how do you handle things then?

234. Do you feel that the activities that you do should be useful and that they're a waste of time when they aren't, do you have feelings of guilt when you relax instead of working? Explain, what do you feel then, what do you do then?

235. How do you react when you can't find something? Explain, what do you feel then?

236. Do you have a craving for power? Explain, why, with whom, in what situations, what do you feel then, how do you behave then, what are the consequences?

237. Do you have a wish to be important? Explain, why, with whom, when, what do you feel then, how do you behave then, what are the consequences?

238. Are you a leader or a follower? Explain, in what situations, with whom, what do you feel then, how do you behave then?

239. Do you have impact on other people, are you charismatic? Explain, in what situations, with whom, what do you feel then, how do you behave then, how do others react?

240. How would you describe your lifestyle and habits? What effect does your lifestyle have on others?

241. Are you preoccupied with death? Explain, how often, why, what do you feel then, what do you think then?

242. Do you have sexual problems? Which, how do you feel then, what is the effect of these problems on yourself and on your relationship, how do you behave then?

243. Do you have fantasies about certain things or persons? Which, when, describe what you imagine.

244. How is your health? Allergies, falling ill often, horny skin, diarrhea, constipation,

- hyperventilating, rashes, premenstrual symptoms, headache, being prone to colds, ...? Describe each complaint in detail, how do you feel about it, what are the consequences?
245. Do you get tired and exhausted easily, do you lack energy? Explain, how do you feel then, what do you do then?
246. Do you sleep well? Explain, how do you feel about it, what do you do then, what are the consequences?
247. Do you snore? Explain, how intensely, how do others react?
248. How intelligent are you? Explain, how do you feel about your intelligence?
249. Do you quickly understand new things or does it take a while before you understand something? What things do you understand easily and what things are you slow to grasp?
250. Are there things for which you have no talent at all? What, what is it like, what do you feel then?
251. What are you good at? How do you feel about it?
252. Do you find out how to tackle new things on your own or do you need someone to show it to you? For example, a new software programme, or a new appliance. Explain, how do you go about it, how fast do you find it, don't you find it at all, how do you feel about it?
253. How good are you at memorizing things? Explain, how do you feel about it?
254. What is your memory like, are you good at remembering things? What things can you remember well, and what things not?
255. Do you have spatial perception? Explain, what can you do well or not well, how do you feel about it?
256. Are you handy, are you good at practical things? Explain, what are you good at and what not, how do you feel about it?
257. Do you have technical insight? Explain, what are you good at and what not, how do you feel about it?
258. Are you creative? Explain, how do you feel about it?
259. How good are you at sports? Explain, which sport are you good at, which sport are you not good at, how do you do it then?
260. Are you slow? Explain, at what, when, describe what happens then, how do you feel then?
261. Can you easily orient yourself on the road? Explain, how do you behave then, how do you feel then?
262. What things do you find enjoyable in life, what things do you find unpleasant? Explain for every item that you mention, what do you feel then, what do you do then?
263. What things do you find difficult in life, what things do you find to be a gift in life? Explain why for each subject.
264. What do you appreciate about yourself, what do you detest about yourself? Explain how you feel for each subject.
265. What are you successful in, what are you not successful in? How do you feel about it?
266. What opinion do other people have about you? Explain, how do you feel about it?

Appendix III Examples of what can be achieved with the SL technique 'asking for energy'

These are actual experiences from real people, but their names have been replaced by pseudonyms.

Eline

I tried to kill myself. I felt a deep inner pain that was tearing me apart. I did not want to live anymore. Nothing in this world was worth living for anymore. I wrote a goodbye letter and took an overdose of medication. I woke up in hospital. A psychiatrist tried to have a conversation with me. A few days later, I was sent home with a box of Prozac and a letter for a psychiatrist. Because I had such a strong longing for death, the latter suggested that I be admitted in a psychiatric hospital. As far as I was concerned, I could not care less, I only wanted to be dead.

Then a few day later, when I was alone at home, I was browsing on the Internet and came across the website of Charlotte's SL technique. I tried the self-help technique of asking for energy. I did this every day for an hour, and after a couple of days, I already noticed a difference. Then I filled out the questionnaire. After having applied this self-help method for a week, for one to two hours a day, my condition had improved so much that my admission into the psychiatric hospital was cancelled. I continued to apply this method on my own. Every month, I checked my questionnaire and I noticed some improvement. There were also some totally unexpected changes. After a year, I could work full-time again. I felt like I had more energy than 15 years ago.

I also started to apply SL technique of asking for energy for my daughter. She is a borderline patient, and she has always had difficult relationships. She has made great progress. In a few months' time, I noticed a manifest change in her attitude. And now, she also has a relationship with a very nice man. Recently, I have started applying the self-help method for my granddaughter as well. She has become much more relaxed. My relationship with my husband has also greatly improved.

I can say that I have become a completely new woman, thanks to Charlotte's free self-help method. I still happen to have a gloomy day once in a while, but that goes for everyone. The psychiatrists could not help me, but Charlotte's SL technique did.

Eric

I heard about the SL self-help method and I started to apply it. I do it during my work (it does not affect my work) for about three hours a day. I'm not always very concentrated while doing it, my thoughts sometimes wander off, but each time I always return to the self-help method. I also do it at night after work for about an hour, while I don't do anything else.

These are the results after having applied this technique for four weeks. I was afraid to meet people, especially when I had to go somewhere on my own. I felt inferior around people. I was afraid that people would laugh at me. This is better now. I have the courage to seek contact with people and to talk more. I like talking to people more. I have the courage to go out alone or to go shopping alone. I went for a walk on my own in a public place where there were a lot of people. Before, I never had the courage to do that.

I felt like a 60-year-old man in a 30-year-old body. I had lost the joy of living. Now I have found the joy of living again. I dress differently. My clothes are more colourful.

I have become more of a man. Before I started with the self-help technique, I called Charlotte and I started to cry over the telephone begging her, something like: 'help me, help me, please help me'.

I am much less emotional now, I am stronger. I can fight more for what I want to achieve.

I was a twerp who did everything for others. Now I think more about what I want myself. I fight for what I want to achieve. I can say no.

I panicked greatly with respect to my relationship problems. The problems have not changed now. But I no longer panic. I stay strong and I want to fight for what I want to achieve.

I am much more relaxed and I can calm myself down in difficult situations. I am less negative about everything, I no longer take things to heart that easily.

I am more understanding of others. I am less prejudiced. I have become a better listener. I am more supportive of others and I can better empathize with someone else's problems.

Charlotte says that I should continue with the self-help method. I certainly intend to do that.

Christine

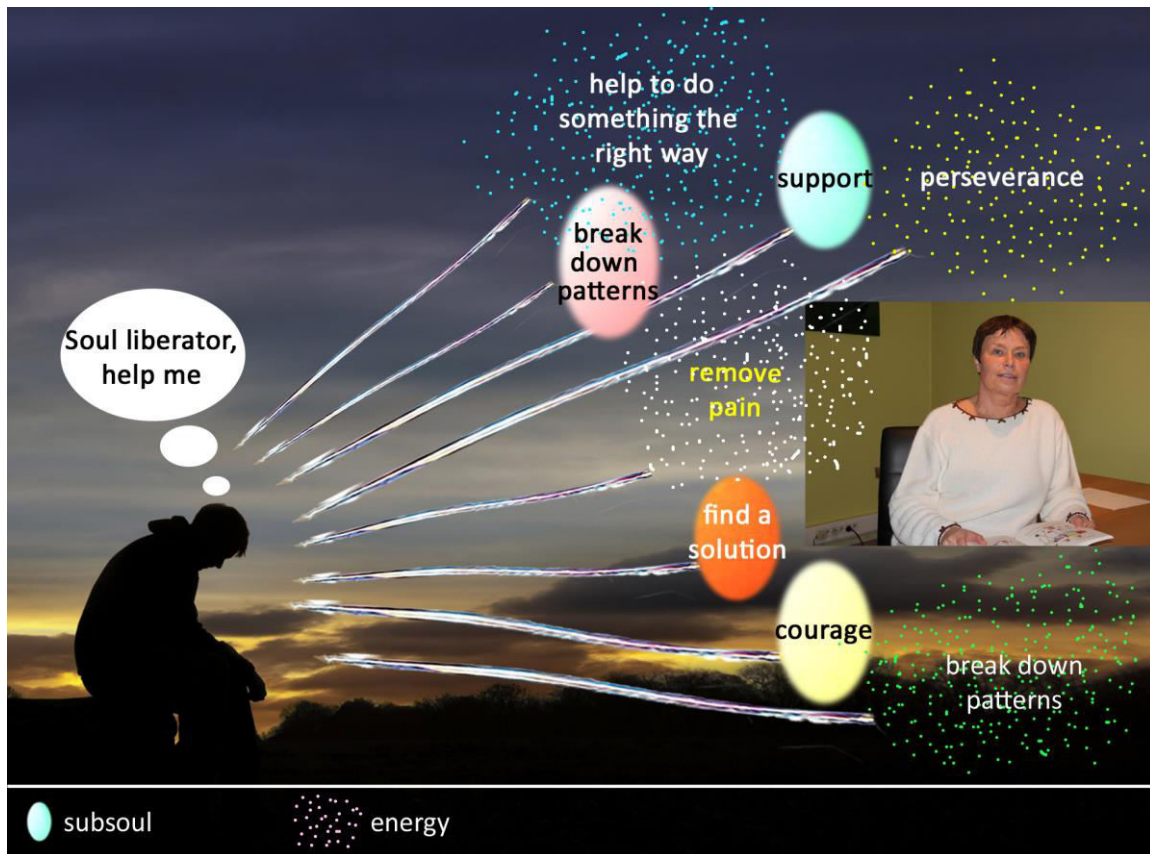
I started with the self-help technique about a year ago. I do it for half an hour to one hour a day, from Monday to Friday. When I work with Charlotte's picture, I feel a physical reaction in my body. I feel some sort of tingling on my shoulder blade, as soon as I start with the treatment.

As a result of the self-help technique I work more efficiently and I can take on a lot more work now. I have become more skilful, I have developed a better understanding of a lot of things. I have got far more energy, in spite of the heavy burden on me (I help my mother who is in a late stage of Alzheimer's disease).

I have become calmer. I can better cope with things, I am less reluctant to do things. I worry less and it's easier for me to get the better of something. Now I think that things will work out fine, whereas before, I worried a long time about things.

The most important thing, however, may be the fact that I have managed to control my migraine. Before the self-help technique, I used to have a headache almost every weekend, but lately, I have only occasionally had a migraine attack.

Appendix IV Techniques that you can apply for solving problems in your life, by making use of the powers in my (Charlotte) subconscious mind



When you think of me (= focus on me) and ask me for help from a distance (wherever you are) the energies and subsouls in my subconscious mind will perceive this (from a distance) and will come towards you to help you.

There are four different ways in which my energies/subsouls can help you.

1. Receiving help when looking for a solution to a problem

When you're facing a situation for which you don't find a solution, for example: you can't find a job, or you are being underpaid, or you're in an unhappy relationship, or you're on your own and there is no one to help you, then you can appeal to me. You can ask for help to find a solution for this situation.

When you ask me for help, you make contact with my subconscious mind, in which there are powers (energies and subsouls) that will come to your aid. They will see to the situation and come into action in order to find a solution for your problem.

How to proceed

You focus on me for fifteen minutes or longer, preferably at least twice a day. During this quarter of an hour you have to ask for a solution to your problem. You have to stick to it for a few weeks or maybe even a few months, depending on the level of difficulty of the problem. It's not always possible to find a solution for every situation in a short term.

Not every situation can be solved this way, because sometimes there's no solution possible. And maybe I don't yet have the right powers available in my subconscious mind to solve your situation, or maybe my power is not yet sufficient, so that your problem can't immediately be solved this way. If you find this to be true, then have another try in a year or so, and maybe then you'll feel that you are being helped.

This is possible because I continue to work on myself in order to remove blockages (patterns) from my subconscious mind, whereby increasingly more energies and subsouls are being released from under these blockages. The more powers like this are released in myself, the more I will be able to offer help by way of this technique of asking me for help to find a solution.

2. Support when performing a difficult task

When you have a difficult job to do, or when you fear something you have to do, or when you want to lose weight or stop smoking, then you can ask me for help in order to make the best out of this difficult situation. You have to ask me for help at the moment when the situation occurs, or some time before if there is no other way, for example, before a job interview. Anyhow, try to ask for help during the situation as much as possible, for example when you feel the urge to eat or smoke, to overcome the urge.

You can also ask for help in order to do something as well as you possibly can, to stick to it, to receive support. The powers that are in my subconscious mind will then be with you. They will give you courage and perseverance, they will support you and help you to get through the situation as well as possible.

3. Diminishing or removing pain

This can only be applied if the pain is purely somatic and not psychosomatic. For example, toothache is a somatic pain, as well as pain after an operation, or pain after a fall, pain from a wound, from a disease (for example cancer, infections). Psychosomatic pains are pains that find their origin in the subconscious mind and that your doctor can't explain and the cause of which is not visible on X-rays. For psychosomatic pains to be removed, the blockages (patterns) in your subconscious mind have to be removed with the SL technique.

When you apply this technique of asking for help, your pain will be removed temporarily. When the pain returns, you once again have to ask for help for diminishing or removing your pain.

4. Self-help technique (see appendix I, SL technique 'asking for energy')

This SL technique of 'asking for help' is the most important technique of all. The goal of this technique is to remove negative subconscious material (patterns) and release positive suppressed energies in the process. It is important to apply this technique for as many hours as possible. If you do it for one to two hours a day, for the rest of your life, you will feel much better, you will be

a much happier and better, a more loving person, you will be much healthier, you will have a much better life and things will run much more smoothly in your life. If you react slowly to the treatment, it will take longer and more hours to achieve this, but if you don't give up, you will get there too.

The goal of this SL self-help technique is to be fully liberated from the (negative part of) the subconscious mind, and not only to be freed from a number of problems. That's why it is important to continue doing it.

The purpose of the SL self-help method is to break down blockages (patterns) in your own subconscious mind by way of powers present in my subconscious mind, which will move towards you and work on your subconscious mind. This is the most important technique of all, because with this technique the cause of problems can be removed, and talents in yourself can be released, so that you will be able to move your life in the right direction by yourself and you no longer will have to appeal to another person's energies.

You can also apply the SL technique 'asking for energy' whenever you feel bad, in order to feel better, and you can also do it for another person.

You should do this technique for as many hours as possible.

Appendix V Three more self-help techniques for self-growth

1. A simple self-help technique for peeling off small pieces of patterns: formulate an emotion or a thought in a sentence

The technique described below aims to discharge negative feelings, thoughts, incidents or situations. Discharging means removing negative mental pain (feelings, emotions, thoughts, images). For example, when you have had an argument with someone, you may experience a negative or painful feeling when you recall this incident. If the incident has been discharged, it is no longer painful to think about. This is because the negative feelings or emotions, the negative thoughts or persistent images that lingered in your mind, have been removed from the incident.

A concrete example to illustrate this

Suppose you are afraid to speak in front of groups. Then try to clearly imagine this feeling of anxiety. You can try to arouse this feeling of anxiety yourself. Or you can try and recall an incident in which you felt this anxiety and then clearly try to picture the anxiety that you felt at that time. Or imagine that you give a presentation in front of a group and in doing so, clearly imagine the anxiety that accompanies this.

Next, put this imagined feeling into words, into a sentence, as if you were to formulate the sentence for yourself in your mind, in the first person (so, using 'I' or 'me'). For example: 'I'm overwhelmed with anxiety'. It is very important that the sentence formed is the right one, otherwise, nothing will be peeled off. The right sentence is a copy of what is stored in the subconscious mind, and only when the contents of the sentence is an exact copy of subconscious information, small parts of it will be broken down. When you feel that it's not the right sentence, then look for another sentence, until you feel that it is the right one.

The sentence should be repeated while the anxiety is clearly imagined. In this case, the sentence is 'I'm overwhelmed with anxiety'. Continue to repeat the sentence until you feel a relief or a change or you feel like forming a different sentence. For example, you might feel like forming this new sentence: 'I feel tense and insecure'. Or: 'I will fail'. Or: 'They will judge me'.

Continue to repeat the new sentence, while clearly imagining the feeling or the idea that goes with the sentence. Continue to repeat the new sentence until you feel there's a relief or a change, or until you feel like forming a different sentence.

When you feel that you have reached a final point, start all over again. So, again, imagine the anxiety you feel when speaking in front of a group. Make a sentence in the first person about the feeling as you would say it in your mind. Etcetera.

How to go about it

Choose a topic you want reduce the negative aspect of. This can be an emotion, an idea, a conviction, a situation, an incident that happened recently, an image or a thought that keeps lingering in your mind.

Clearly imagine this topic in your mind. If it is an emotion, try to feel it really good. If it is an idea,

an image, a situation, an incident, then clearly imagine this idea, an element of the situation or an element of the incident and look for an emotion linked to this idea or this element and clearly imagine this emotion. If it is an image, look for ideas and emotions that accompany this image. If you find it hard to imagine the topic, try to recall a memory related to the topic. If this doesn't work either, try to create an imaginary situation involving this topic.

For example, if you want to tackle the topic of not getting much respect from others. Either imagine both this idea and the feeling that accompanies it, or try to recall a memory of a moment when you were not respected by others, or create an imaginary situation in which you are not respected by others in the hope that you can call up the right idea and feeling.

When a situation includes several elements, choose one to start with. If you want to discharge a recently happened incident, then take one element to begin with. If you feel a relief with regard to this single element, then proceed to the treatment of another element.

If you have to repeat a sentence for a long time without anything happening, then you probably haven't formed the right sentence. Try to find another sentence for the same topic or choose another topic. If you do it right, you'll notice that the topic, feels lighter after this technique has been applied (sometimes only temporarily, however).

Most people find this technique easy to work with. But others find it difficult. Some people experience that subconscious matter is being stirred up, without it being discharged, and as a result they are stuck with a negative feeling. If this happens only once, it's not a problem. Simply leave the technique be for a while, focus your attention on other activities in your life, and the negative feeling will disappear by itself. But if a negative feeling continues to remain when applying this technique, then try it once more with a completely different topic, or abandon this technique entirely.

This technique is simple, but powerful. If applied in the correct way, it can discharge more negative subconscious material within a certain time than in an equally long therapeutic session with a therapist. So, certainly try to work with it, don't give up right away. It may sometimes require some practice before you've mastered it, but once you've got the hang of it, you have a powerful, free technique at your disposal that can help you to fix problems in yourself and in your life. So, spend as much time on it as possible.

Another way to peel off small pieces of blockages by means of sentences: repeating a sentence regarding something that is going on in your life.

This is a technique that peels off small pieces of subconscious matter, but it doesn't always work well for everyone. So, you'll have to find out if this technique works for you.

The subconscious mind consists of negative, light matter (blockages), and the technique described below enables you to break down small pieces of it. This technique doesn't peel off as much matter within a certain period of time as the other self-help techniques that I described, but it still peels off more matter than meditation techniques. However, this technique has the advantage that it's very easy to do. Unless you have concentration problems, because then it's more difficult to do. If you indeed experience concentration problems, then first choose sentences related to concentration. Another advantage of this technique: it can be applied for diminishing physical complaints and sometimes also pain.

How to go about it

Think of a sentence related to an issue that is going on in your life or related to something that you are concerned about. The sentence can be neutral, it doesn't necessarily have to express something negative.

For example:

I can't keep my mind to it (concentration problems).

I can't get this picture of that wounded animal out of my mind.

I have a lot to do.

I don't feel like doing that work.

I want to achieve much in life.

I feel ugly.

I have a headache.

There is black magic on me, which causes me to have many setbacks.

She always has to have her way.

She handles it the wrong way.

He bits off more than he can chew.

He hurt me.

The car is red.

The only thing you need to do is to repeat the sentence attentively. Make sure not to do it automatically. Every time you repeat the sentence, you have to be aware of its contents. Thoughts will cross your mind, but don't pay any attention to them, just let them pass by and keep on repeating the same sentence over and over again. Don't say another sentence, unless a different sentence is strongly forcing itself upon you and it is difficult to keep to the first sentence. While you are repeating the sentence, you may sense certain things. For example, a long forgotten memory may occur. Or you may see an image from your life or from a previous life. You may have physical sensations, for example a tension in your belly, or a light pressure on your chest, or a tingling in your neck. You may have mental sensations, for example a feeling of nervousness, anxiety, anger, ... A certain thought may come to mind that has been activated by repeating the sentence (opposed to random thoughts crossing your mind). Don't let these phenomena distract you, but continue to repeat the sentence. The sensations you experience are an indication that something in your subconscious mind has been activated. By continuing with the technique that brought these sensations about, the things that have been activated, will be removed from your subconscious mind. So, for example, when you become nervous when repeating a certain sentence, this is because a piece of subconscious matter that contains this feeling of nervousness has been hit. When you continue repeating this sentence and don't quit because an unpleasant feeling has come up, then this piece of nervousness will be removed from your subconscious mind and the feeling of nervousness will disappear. The phenomena that occur are not the result of your imagination, but they are evidence of the fact that subconscious material has been activated. The phenomena don't necessarily have to be related to the contents of your sentence.

Repeat this sentence for five to ten minutes and sometimes for half an hour. Repeat this sentence until you feel that it is, often all of a sudden, completely gone from your mind, or until it feels a lot lighter: the sentence is no longer as clearly present in your mind as before. When this phase has

been reached, you no longer feel the need to repeat the same sentence. When this phenomena occurs that the sentence has gone completely (entirely or it feels much lighter), then you may be sure that a small piece of subconscious matter has been removed from your subconscious mind. When the sentence is gone, it no longer spontaneously comes to mind anymore, and when you think back to the sentence, you can feel that the issue that the sentence was about, feels different. Sometimes only temporarily, because many layers of the same issue are still present in your subconscious mind, but you may feel a difference at that very moment. Next, you can form a new sentence related to this subject, or about a different subject. You may also choose the same sentence as before.

2. Two people sitting in front of each other and looking at each other, or one person looking at oneself in the mirror

This is a technique that can be applied by almost everyone, except when one really has problems concentrating, when there are too many thoughts, feelings or images coming up in your mind that you can't break free from. Then first try to apply the technique of making sentences, and listen to the sound and music videos as much as possible. And try again later.

Two people have to sit in front of each other, at half a metre up to a metre distance from each other. Make sure that you are relaxed and simply look at the other person. This is the only thing you have to do. It may feel a little awkward at first. It may be difficult to look at the other person, or to look the other person in the eye, or you might have to laugh. Just let this pass by and then try again to look at the person in front of you in a calm and relaxed way. After some time, you will usually succeed in doing this.

When applying this technique, thoughts, feelings or images may come to your mind. These are usual, everyday thoughts. Try to pay as little attention to them as possible, and again try to concentrate on the person in front of you.

If you succeed fairly well to keep your attention focused on the other person, for example for half an hour to an hour, subconscious material will have been peeled off in that period of time. This method is more powerful than meditation, and it peels off more subconscious material than meditation in the same period of time. I know this because I have psychic abilities that enable me to perceive the amount of subconscious material that is being peeled off when I apply this technique myself. Personally, I don't find meditation to be a powerful technique for peeling off subconscious material. Meditation may well offer other benefits. But if you want to evolve as a person, then you'd better apply the technique of 'sitting in front of one another' instead of meditation. This is my personal opinion, and nobody has to agree with it. If you are alone, you can also apply this technique on your own, while sitting in front of the mirror and continuing to look at yourself in the mirror. This is less powerful than when two people are doing it together, but it is more powerful than most meditation techniques.

While doing this, you might feel light sensations in your body, or emotions, memories, images (different from those that normally come to your mind) may come up, but usually disappear again. Examples of physical sensations are: tingling, prickling, a light pressure, a light pain, a rumbling in your stomach, the feeling that something is pulling out of your body.

You may also see images of other faces on the face of the other person. Simply let this go by, and continue to aim your attention on the other person.



3. Regression

Regression is a technique for discharging negative incidents that happened in the past, and to remove the negative elements from it, as a result of which a relief can be felt in the present. Regression helps to gain insight into the subconscious mind. It helps to realize that things in life are repeated again and again, because a negative situation that occurred recently, is also to be found in times (long) gone. At that time there was a similar incident, or the anxiety was also present. First, the material from your own life is laid bare, from your youth, from your childhood years. And if you manage to reach previous lives, material that shows that the things that happen now, also happened in previous lives, is laid bare.

Choose a topic as a starting point. For example: 'I feel hurt when people are unfriendly to me'. You want to find an incident in which this situation occurred and which you want to discharge (this means removing the negative elements from it by recalling it), and then you want to find a similar, earlier incident. And so on. Continue to look for similar, earlier incidents, which you want to discharge. The more negative incidents from the past have been discharged, the less you will mind that people are unfriendly to you, the less you will feel hurt or the less such incidents (in which people are unfriendly to you) will occur. Regression can also be used to discharge a certain negative incident that you still think about or that still hurts, as a result of which the memory of the incident will no longer be painful or will have left your thoughts entirely.

Look for the earliest incident that you can find. The earliest means from the longest time ago. If you don't succeed in finding incidents from times long gone, then start with more recent incidents. When the recent incidents have been discharged, the earlier incidents (from longer ago) will come up automatically, because they come to lay bare when incidents from more recent times have been discharged. It's important for an incident to be completely discharged, otherwise it will be difficult to find previous incidents. To discharge completely means to lay bare, remember all the negative elements from the incident, as a result of which the negative charge is removed from the incident. When all the negative charge has been removed from an incident, the incident can be recalled without any part of it feeling uncomfortable or painful.

How to go about it

Start with a topic and then try to remember an incident in which this topic is present. For example, the topic 'fear of being unpopular'. Look for the earliest incident that you can find in which you were afraid of being unpopular. Do this in the following way. Say to yourself: 'I go back to the earliest moment in which I was afraid of being unpopular.' You might remember an incident right away, but this usually doesn't happen. There is often no recollection at all or only a vague feeling that something is hit or for example there is the thought of a school desk without any more information. But in your subconscious mind, something has actually been hit, and it is the aim to bring this to the conscious level.

A) When you immediately remember an incident, proceed to E).

B) When nothing at all comes up, you may perhaps not succeed in performing this technique on your own. But the following tools might help you to do so.

- Say to yourself: 'If there were an incident in which I was afraid to be unpopular, what could this incident be?' Use your imagination. Chances are that something may come up, it might be something very vague, but that's already more than before.

- Say to yourself: "with regard to an incident in which I was afraid to be unpopular, has anything been suppressed". Something may come up now by formulating the sentence this way.

- Apply the technique of making sentences starting from feelings and ideas. Clearly imagine the feeling of fear of being unpopular, and make the right sentence with it. Apply the rest of the technique (repeating the sentence, perhaps letting other sentences come up, then returning to the original feeling or idea and making a sentence with it once more, etc.) Then try to find another incident. So, say again: 'I go back to the earliest moment in which I'm afraid of being unpopular'.

- Picture a screen of four squares in front of you. Two squares breadthways and two squares up. Say to yourself: 'With regard to my fear of being unpopular, what do I see in the first square?' Next, 'With regard to my fear of being unpopular, what do I see in the second square?' And so on, until all the squares have been filled. If nothing comes up in the squares, then try the following. 'With regard to my fear of being unpopular, what might be present in the first square?' Do the same for the other squares. If this doesn't work, try the following: 'With regard to my fear of being unpopular, what can I put in the first square?' And simply put something in it, the first thing that comes to mind. The same for the other squares.

Write down the information that has come up in the squares, however vague they may be, or however inapplicable they seem to be to your fear of being unpopular. Proceed to D). Apply the instructions in D) to the different parts of information that have come up in the squares. Start with the part that you feel is most relevant. If you don't succeed in getting information with this, try a next part.

If nothing comes up in the squares, and you have tried the two other possibilities described above, then you should give it up, then it is not possible for you to apply this method on your own.

C) If you have a vague feeling that you have hit something, then apply the same four tools to try and bring out clearer information.

D) Something has come through, for example, the idea of a school desk, or the image of a school desk. This idea or this image of a school desk is an element from an hidden incident in your subconscious mind. The aim is to bring out more information from the incident, based on this first element that is found.

A few tools to bring out more information.

- Think of the school desk and try to feel whether information is coming through spontaneously.

- Say to yourself: 'What comes right before the moment of the image/idea of the school desk?'

There is a good chance that something might come through. If nothing comes through, say: 'If there is something just before the moment of the school desk, what could this be?'

- With regard to the school desk, is there a feeling? With regard to the school desk, is there an idea? With regard to the school desk, is there an emotion? With regard to the school desk, is there something pleasant or unpleasant, is there something ugly or beautiful, is there something cold or warm? With regard to the school desk, is there a person? If so, then try to bring up more information about this person. Who, how old, male or female, capacity (pupil, teacher, headmaster, nun, friend, enemy, ...), what do they say, what do they do, why are they there, how

many people, ...? With regard to the school desk, is there a conversation, is there a word? With regard to the school desk, is there a sound? With regard to the school desk, is there an image (something visual)? With regard to the school desk, is there a smell? With regard to the school desk, is there a colour? With regard to the school desk, is it light or dark? With regard to the school desk, is there a time? And anything else you can imagine yourself to retrieve more information.

- With regard to the school desk, has anything been suppressed?
- Apply the technique of making sentences starting from the school desk. Or apply the technique of the squares. With regard to the school desk, what do I see in the first square, etc.

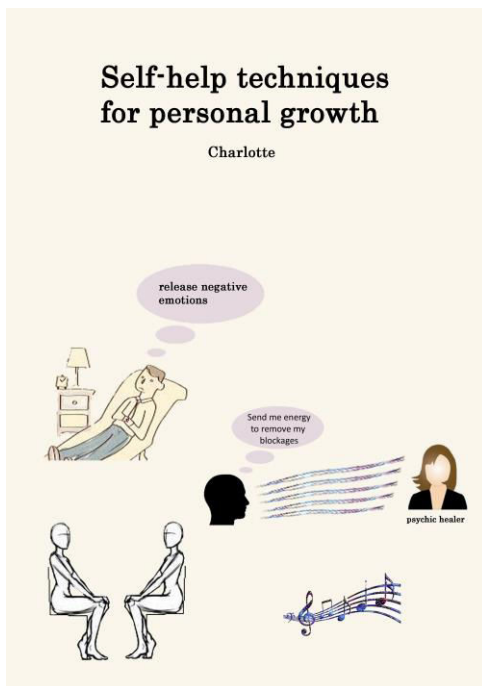
E) We have some information from this incident, but a (large) part of the information is still hidden. Think of the information you have, and say to yourself: 'I go to the beginning of the incident, what is the beginning of the incident?' There is a good chance that something comes through. If nothing comes through, say: 'What happens next in the incident?' or, 'Is there an earlier incident?' If you believe that there is an earlier incident, first try to bring out this earlier incident, and later return to the incident you started with. If nothing comes through, then you're stuck on the information you already have. In this case, try the techniques described above to get more information to the surface or to loosen up information. And then again, say to yourself: 'I go to the beginning of the incident, what is the beginning of the incident?' If you don't succeed in getting more information through, give it up and try again with another topic.

If more information comes through after having looked for the beginning of the incident, then do as follows. Say to yourself: 'Starting from this moment in the incident, I go through the incident' and try to go through the incident step by step, go through the successive occasions in the incident. It's important to think in the present time when you go through the incident. For example: 'the teacher is standing in the front and he is writing on the blackboard and I'm sitting at my school desk and I'm feeling unhappy.' When have finished going through the incident, say again: 'I go to the beginning of the incident and I'm going through the incident.' There is a good chance that more information will come through this time. This is because during the previous time that you went through the incident, information has come to mind that has been discharged completely or partially as a result (stripped from the negative element that is linked to that moment by remembering that moment). Go through the incident again and again until you no longer get any new information through. Then say to yourself: 'Is there an earlier beginning?' If you get something through, repeat the technique of going through the incident again and again. If nothing comes through, look for something that happens next in the incident, or look for an earlier incident. If nothing comes through, try the techniques described above in order to get more information to the surface. Or say to yourself: 'If there is an earlier beginning, what could this beginning be?'

The process of bringing this incident to the surface is finished if you feel that the entire incident has been recovered and that no single negative feeling is left when going through it. This means that there is no more fear, sadness, insecurity, feeling of guilt ... present in it. If a part of the incident still feels negative or unpleasant, then there is still something hidden in the incident. Then try to retrieve more information about this part using the techniques described above. And then go through the incident again, from beginning to end, until you feel that you have been able to bring the entire incident to the surface and that it has been discharged completely. If the incident has been discharged, you can look at it with a neutral feeling. Suppose that you were humiliated by

your teacher in this incident, then you know that this happened, but it no longer affects you. And then you go and look for an earlier incident. Say to yourself: 'Is there an earlier, similar incident?' If nothing comes up, say to yourself: 'Is there a later, similar incident?' If nothing comes up at all or only vaguely, or if much comes up, then repeat the procedure as described above from A) onwards.

It doesn't matter if you have to give up because you're stuck during the process of trying to lay bare an incident. Some subconscious material may possibly have been activated, but next it settles down again. If you are stuck with regard to a certain topic, try a different topic. It's quite possible that you'll have more success with this topic.



Book: self-help techniques for personal growth

Also have a look at my book about self-help techniques for personal growth. The book describes the following techniques:

Listening to sounds and music that are powerful for peeling off patterns. Website: soundsforhealing.wordpress.com.

SL technique asking for energy.

SL technique asking for help.

Discharging emotions.

Two people facing each other.

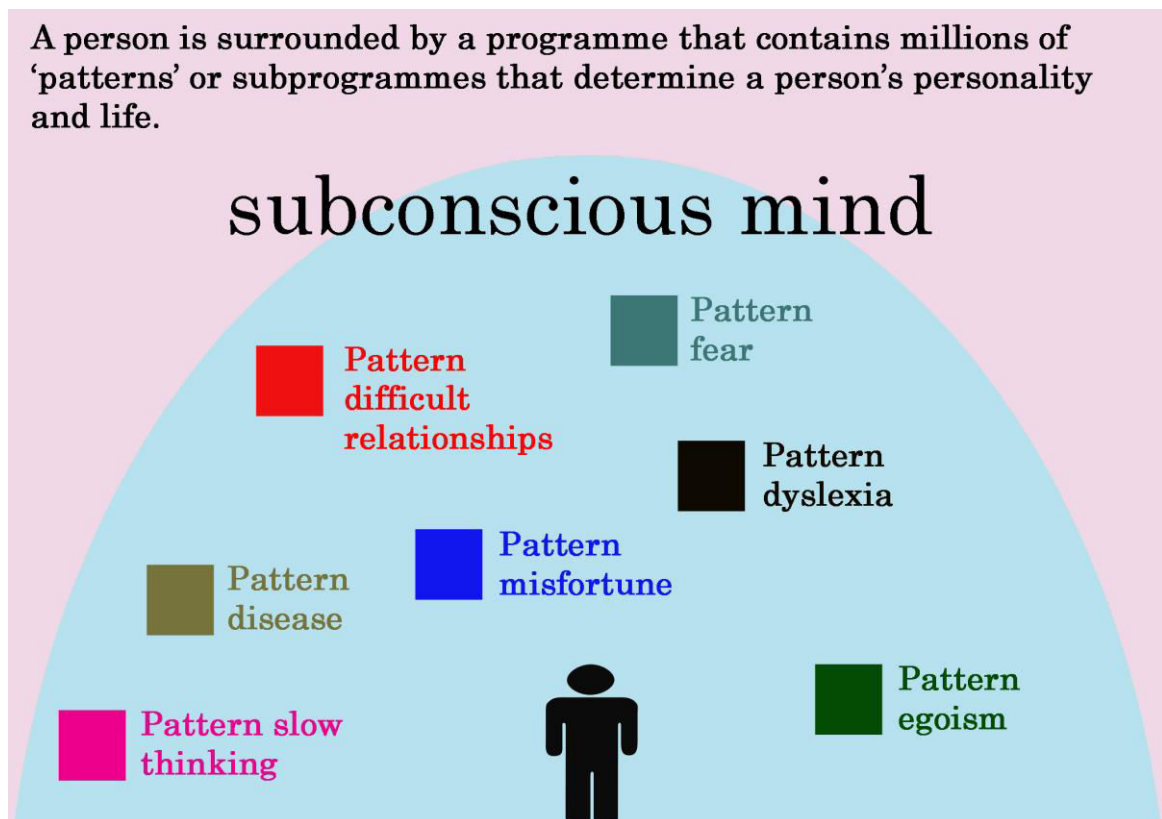
Regression.

Appendix VI Brief summary of the philosophy and method for the liberation of the soul as described in this book

My name is Charlotte. I have psychic abilities that allow me to perceive a substance that is present around man and animal. This substance consists of a light matter (negative) and something I call 'energies' (positive). I don't mean the 'aura'. This substance present around humans and animals, is the subconscious mind. The subconscious mind is known to exist, but its location, consistence and all the things it's responsible for are unknown. So, the subconscious mind is to be found around man and animal and it consists of a light matter (negative) and energies (positive), and it determines personality (character, behaviour, ability, views of life) and life (occurrences, situations, health, disease). It's already present around the soul that incarnates into a body. It consists of programmes or 'patterns' (negative, matter) and energies (positive).

The 'patterns' are responsible for negative personality characteristics and for the problems we have in life. Every pattern has a contents that steers life, for example: 'you feel inferior', or 'there is no love in your life', or 'you think slowly'. This contents has the capability of causing the situation described in the pattern.

The picture below shows a person surrounded by a negative programme, this is the negative part of the subconscious mind. The whole of the 'programme' consists of millions of smaller programmes which I will call 'subprogrammes' (or patterns) from now on. The patterns 'difficult relationships', 'fear', 'dyslexia', 'disease', 'misfortune', 'egoism' and 'slow thinking' cause the person to experience these problems in life. So, as a result of the patterns, this person has difficult relationships, fear, dyslexia, eczema, lots of setbacks, is egoistic and can't think quickly.

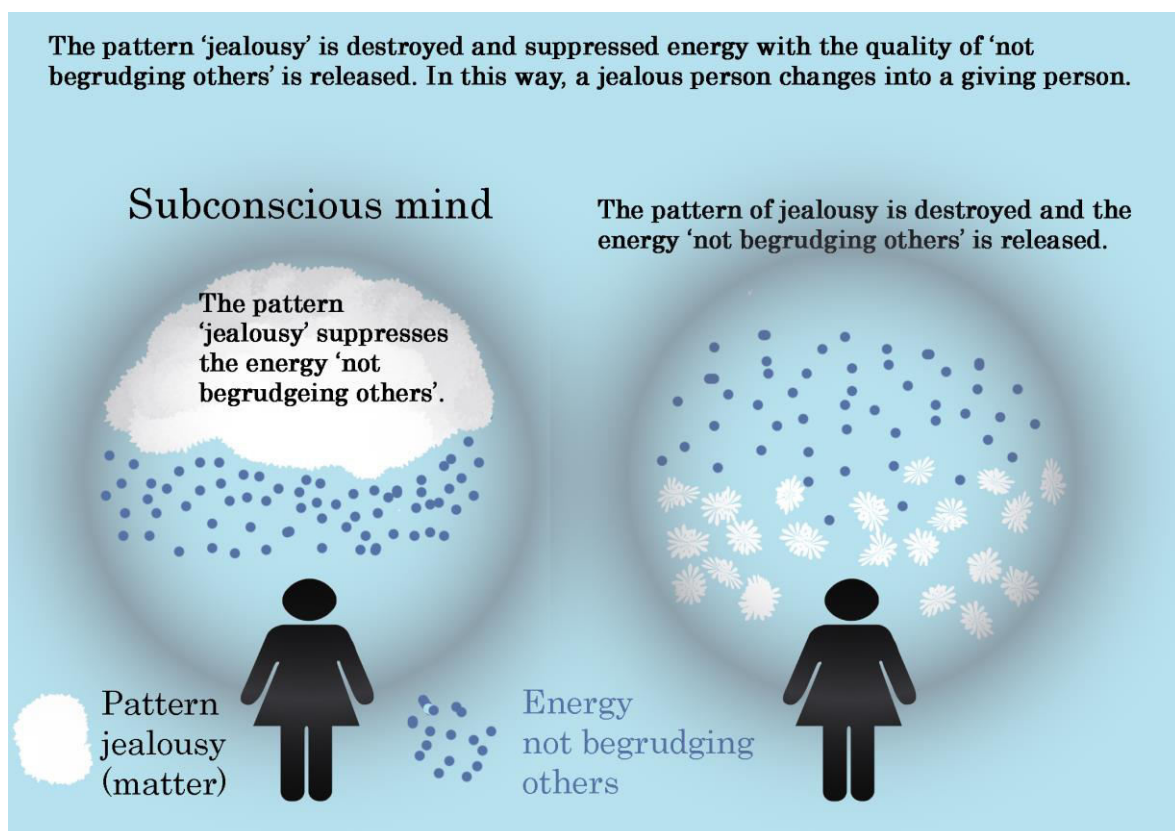


For example, when you are a jealous person, this jealousy is caused by a subprogramme or a 'pattern' that is literally present around you in the form of light matter. If this pattern weren't present in your subconscious mind, you wouldn't be jealous. When this subprogramme is removed from your subconscious mind, you will no longer be jealous.

Every energy contains a quality and when a certain energy with a certain quality is present around you, then you have this quality. When someone is honest, affluent, intelligent, healthy and loving, these characteristics are the result of energies that surround this person and that contain these qualities.

Below you see a picture of a person surrounded by his subconscious mind. The pattern 'jealousy' that is present in this person's subconscious mind causes this person to be jealous. The energy 'not begrudging others' is suppressed by this pattern. This energy is still present in the subconscious mind, but it has no more impact because it is buried under the pattern and has therefore lost its effect. The technique described in this book destroys the pattern (the matter is crushed and transformed into some kind of energy), and the suppressed energy with the quality 'not begrudging others' is released.

In the current situation of man and of the world very few positive energies are still free and human (and animal) functioning is mainly steered by the negative patterns. Therefore man and the world are in such a bad way.



The soul exists, has not been created by a God, exists forever and is trapped in an evil programme: the negative part of the subconscious mind.


Coming from a previous life, the soul is surrounded by the subconscious mind, and then incarnates into a new body and brings the subconscious mind along with it, and to all the next lives. More or less the same things happen in every life, based on what's imposed by the subprogrammes (very few energies are still free).

Previous life as a Roman soldier, pattern 'order to kill others in the name of war', pattern 'dying on the battlefield'.

Subconscious mind of the soldier (or actually of the soul that has incarnated into the soldier).

Pattern killing others in war.


Soul of the soldier.



The soul has left the soldier's body and takes along the patterns to its next life.

Pattern dying on the battlefield.

The soldier has died and the soul had broken free from the body.




The soul has a next life, again as a soldier (because the patterns dictate this), the pattern 'order to kill others in the name of war' again determines the soldier's life, as does the pattern 'dying on the battlefield'.

Subconscious mind of the soldier.

Pattern killing others in war.


Soul of the soldier.



The soldier is dead, the soul takes along the patterns to its next life.

Pattern dying on the battlefield.

The soul of the dead soldier.



Just like man, an animal is a soul in a body, surrounded by the subconscious mind.

The same goes for an animal: coming from a previous life, the soul is surrounded by the subconscious mind, incarnates in a new body and takes the subconscious mind along with it, to all the next lives. More or less the same things happen in every live as a result of what's imposed by the subconscious mind.

The bull has a pattern for being tortured for pleasure and for dying due to injuries after having suffered severely.

The bull's subconscious mind (or actually of the soul that has incarnated into the bull).

Pattern being tortured to death for the pleasure of sadists.

The bull is killed and the soul leaves the body and takes along the patterns to it's next life.

Pattern dying in the arena after being tortured.

The soul breaks free from the bull's body after having died.

Soul of the bull.



The bull has a next life, and is once again being tortured to death for pleasure, because the things that happen in his life are determined by patterns, again and again in every life.

Subconscious mind of the bull.

Pattern being tortured by a sadist.

The bull has died, the soul takes the patterns along to it's next life.

Pattern dying in the arena after being tortured.

The dead bull's soul.

Soul of the bull



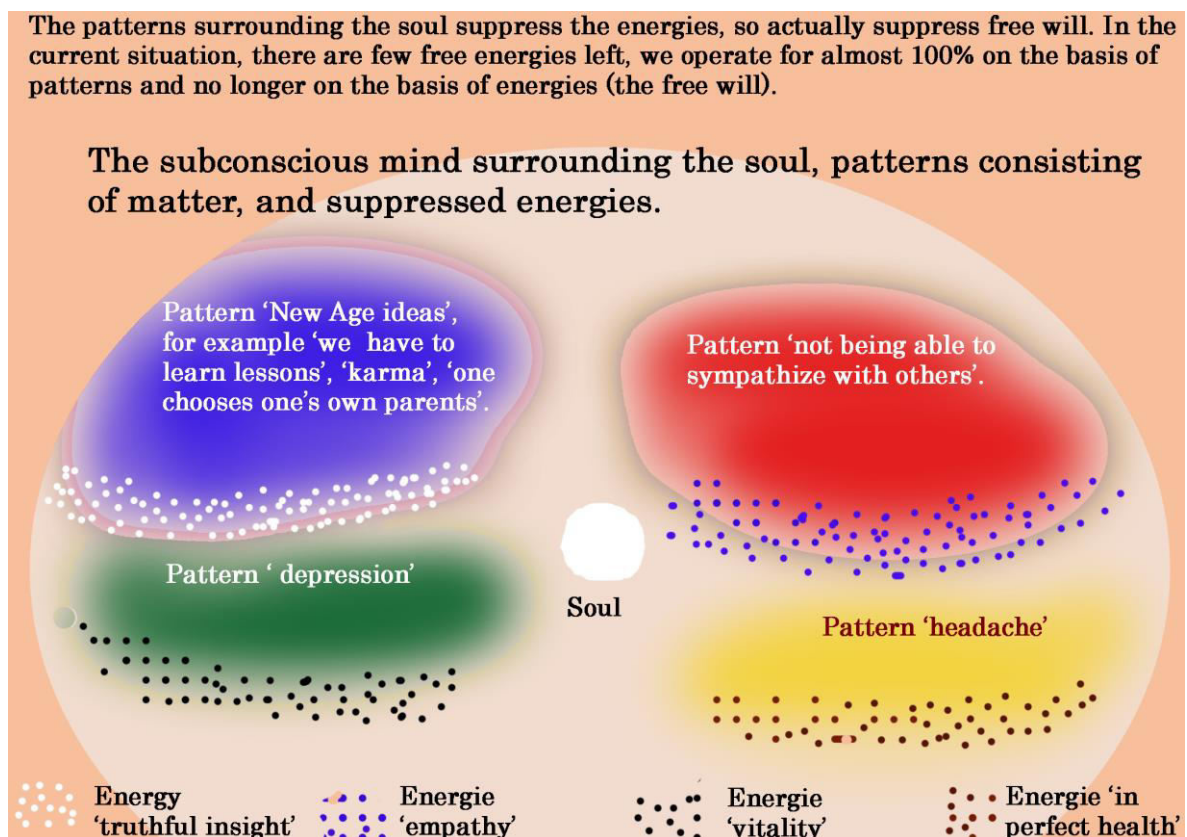
The programmes around the soul/the person suppress free will.

So, the subconscious mind consists of matter and energies. The matter (the programme) is negative and consists of millions of subprogrammes, the energies are positive and are responsible for free will. But in the current situation, almost all energies are suppressed, our life and personality are mainly the result of the subprogrammes, there is very little free will left.

Examples of subprogrammes are: anxiety, jealousy, egoism, feeling bad, feeling depressed, procrastination, slow learning, being bad at sports, headache, things often go difficult, difficult relationships, clumsiness, religion, belief in new age ideas, ...

Examples of energies are: good relationships, things go well, good insight, dexterity, the ability to learn quickly, empathic ability, self-confidence, the ability to give and receive affection, feeling good, being quick to tackle things, ...

Below there's a picture of the patterns 'New Age ideas', 'lack of understanding of others', 'depression', 'headache', that suppress the energies 'truthful insight', 'empathy', 'vitality', and 'health'.

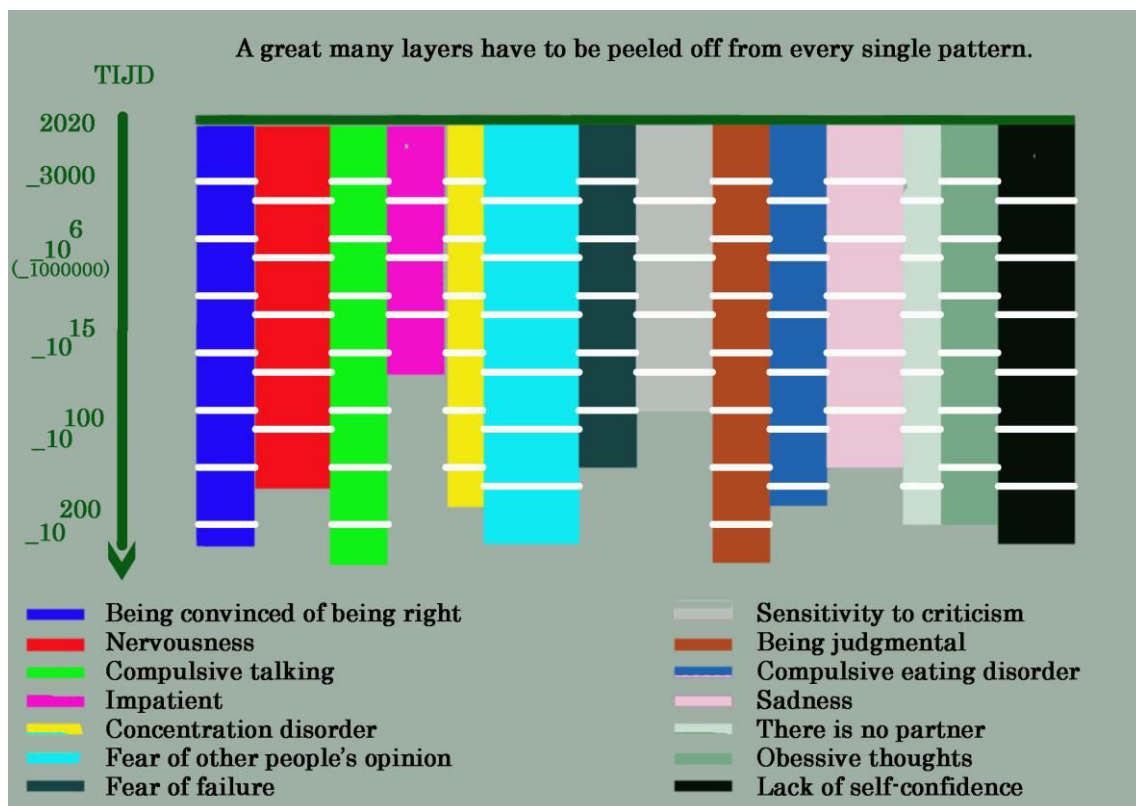


A great many layers have to be peeled off from a great many patterns.

So, every pattern is made up of matter and consists of a great many layers, every negative situation or personality trait is the result of one or more patterns. Every pattern has to be peeled off individually, and although many patterns are dealt with simultaneously, each pattern consists of lots of layers, and therefore a great many layers have to be peeled off and it takes a lot of work to completely remove all the patterns. The bases of the layers are to be found at vast depths in the subconscious mind. The depth of a layer pertains to the length of time it has taken a layer to build up in the past, for example 'a 1 followed by hundreds of zeros' – years ago (for example "10 to the power of 150" years ago).

The picture below shows 14 different personality traits and each of them is represented by a column of layers. Every column represents a different pattern that has to be peeled off layer by layer, down to vast depths in the subconscious mind. However, several issues are dealt with simultaneously, so the layers of various patterns are peeled off simultaneously.

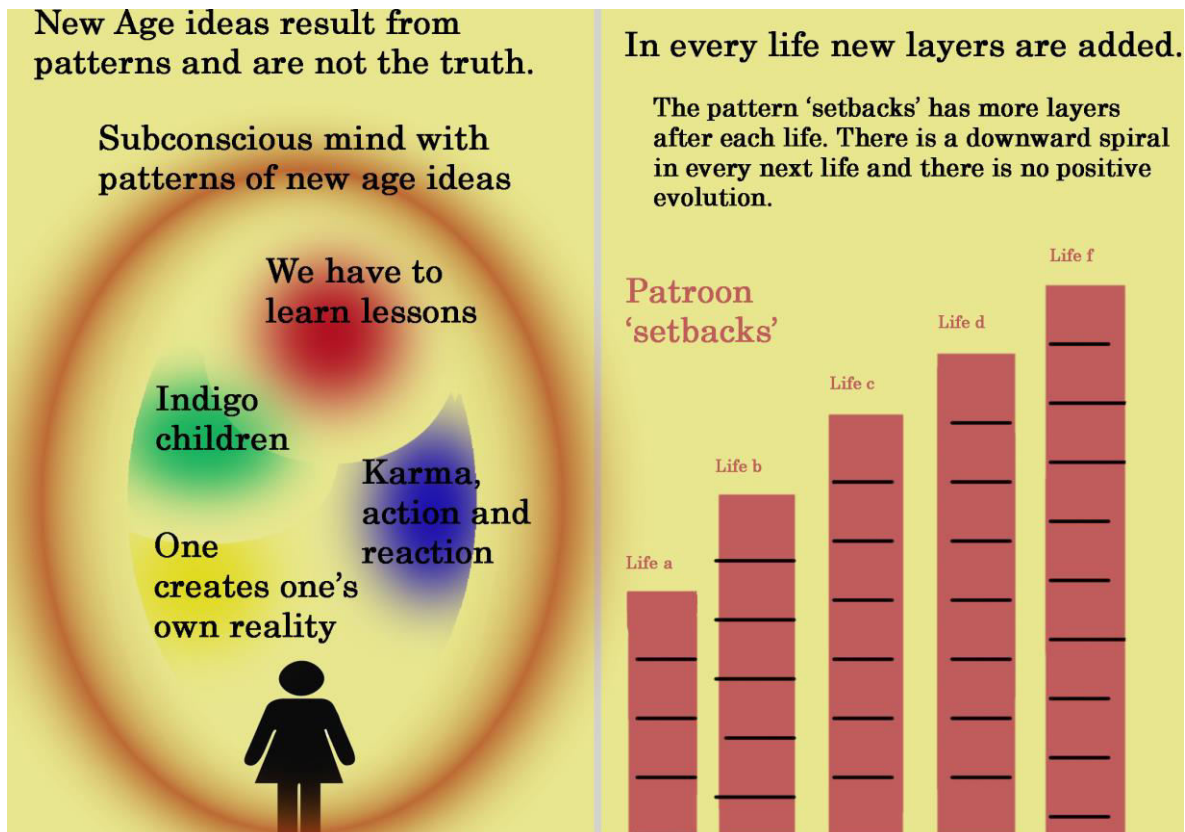
The characteristics 'being convinced of being right', 'nervousness', 'compulsive talking', 'impatience', 'concentration problems', 'fear of other people's opinions', 'fear of failure', 'sensitivity to criticism', 'being judgmental', 'binge eating', 'sadness', 'there is no partner', 'obsessive thoughts', 'lack of self-confidence' are therefore the result of subconscious programmes and have to be peeled off layer by layer in order for these characteristics to disappear. This process results in the release of suppressed energies, which are responsible for positive qualities and positive situations, for example, a pleasing personality and loving relationships.



New layers are added in every life.

The soul exists eternally and has been trapped in the programme (the negative part of the subconscious mind) for aeons. In every life, new layers are added. Every time something happens due to the patterns, for example, a setback, then this occurrence is stored on top of the pattern that caused this setback to happen. So, new layers are added on top of the existing layers. When you feel anxiety, this is caused by a pattern. Every time this anxiety is experienced, this moment is stored as a next layer on top of the layers that make up the pattern of 'anxiety'. So, there is no positive evolution as a result of the lessons learnt in every life, which is believed in the New Age movement. Quite the opposite, with every new life, new layers are added as a result of the difficulties experienced in every life. The things believed in the New Age movement are the result of patterns, and are not the truth.

The picture below represents the New Age ideas on the left, which are the result of patterns, and the pattern 'setbacks' on the right, which is built up further in every life. The New Age ideas represented here are: 'we have to learn lessons', 'indigo children', 'karma, action and reaction', 'one creates one's own reality'. In truth, life as it is, is caused by the patterns, and not by karma, and in truth, reality is created by subconscious patterns and not by the person as a conscious individual. If we created reality ourselves, as believed in the New Age movement, we wouldn't be living in this miserable world, we would have figured out how this works a long time ago, and we would be creating all kinds of positive things, and the world would really not be the way it is now.



Different people react differently to the technique with regard to how fast they have results.

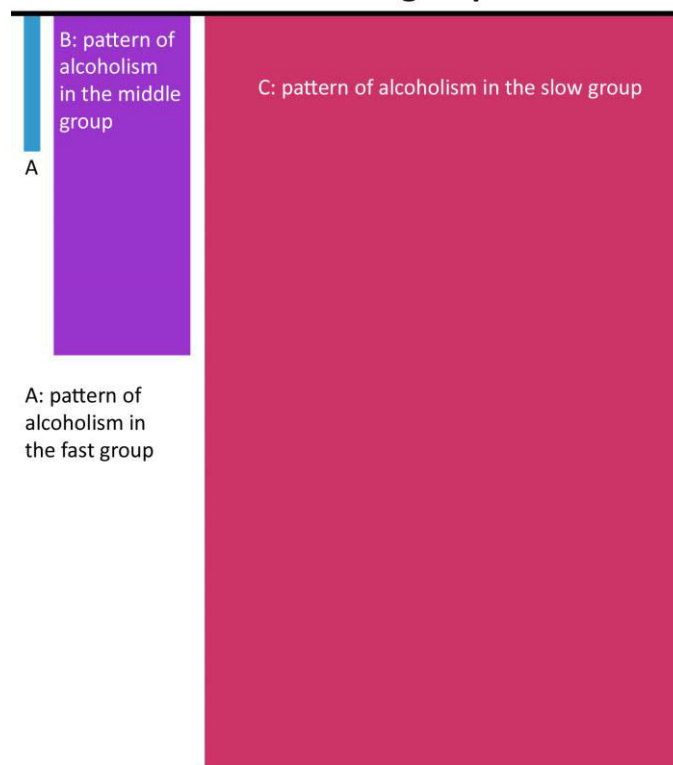
The speed of results achieved is hugely different from one person to another. This has to do with the amount of matter of which a pattern consists and with the depth of the roots of the pattern. The deeper the roots, the more layers there are to be found and the more work is required to peel them off. And even at equal depth, the amount of matter of which a pattern consists is also greatly different from one person to another.

I make a distinction between three groups within humanity: fast, middle and slow. The layers of the patterns consist of much more matter and every pattern has many more layers in the slow group than in the fast and the middle group. The number of hours required to peel off a pattern is much greater in the slow group than in the other groups. 25% of the people are in the slow group, 30% are in the fast group and 45% are in the middle group.

Below there's a visual representation of both the difference in the amount of matter present in a pattern (alcohol in this case) and the depth of the layers of someone in the fast group, the middle group and the slow group. The required number of hours of treatment in order for the pattern to be peeled off, is very different from one group to another.

In the next picture, A (light blue) represents the amount of matter in the fast group, B (purple) represents the amount of matter in the middle group, C (pink) represents the amount of matter in the fast group.

Difference in the amount of matter in the fast group, the middle group and the slow group

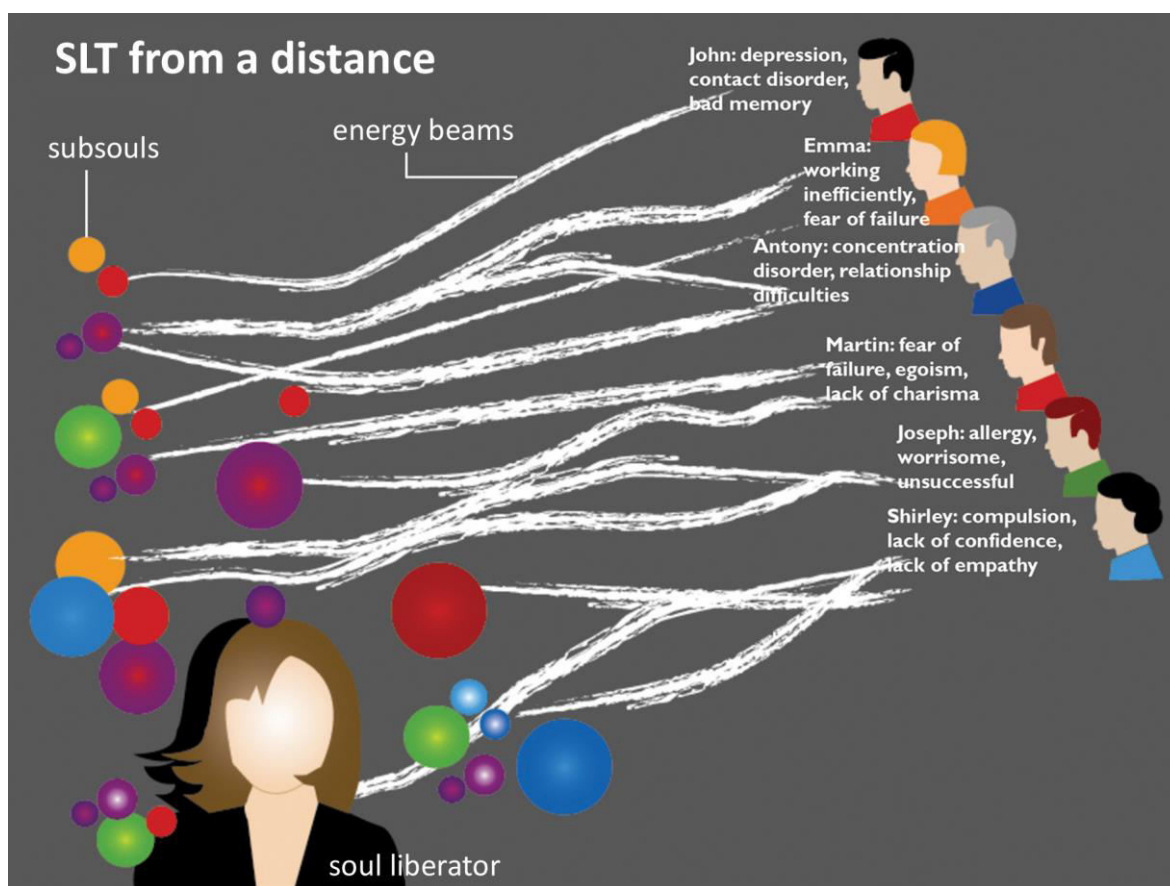


Continued, uninterrupted distance treatment with the purpose of peeling off all the patterns and releasing all the energies.

The purpose is to treat someone from a distance, without interruption, either by myself or with the method of 'asking for energy' (see Appendix I) or with a combination of both. The purpose of the treatment is to peel off all the patterns and release all suppressed energies. The purpose is to totally free the soul from the prison that is the programme, so to liberate it from all the patterns. This is a lifetime's work. Since I can perceive and work on the patterns from a distance, peeling off layers always happens from a distance. Because I can treat a few people simultaneously from a distance, the price per hour for one person is lower (16 euro per hour and 4 euro for someone in the slow group). So traveling is not required for the purpose of the treatment.

After a sufficient number of hours, you will acquire the abilities that I possess myself. As soon as the level of these abilities is sufficiently high, one can continue on one's own, and one can treat oneself and one's own family.

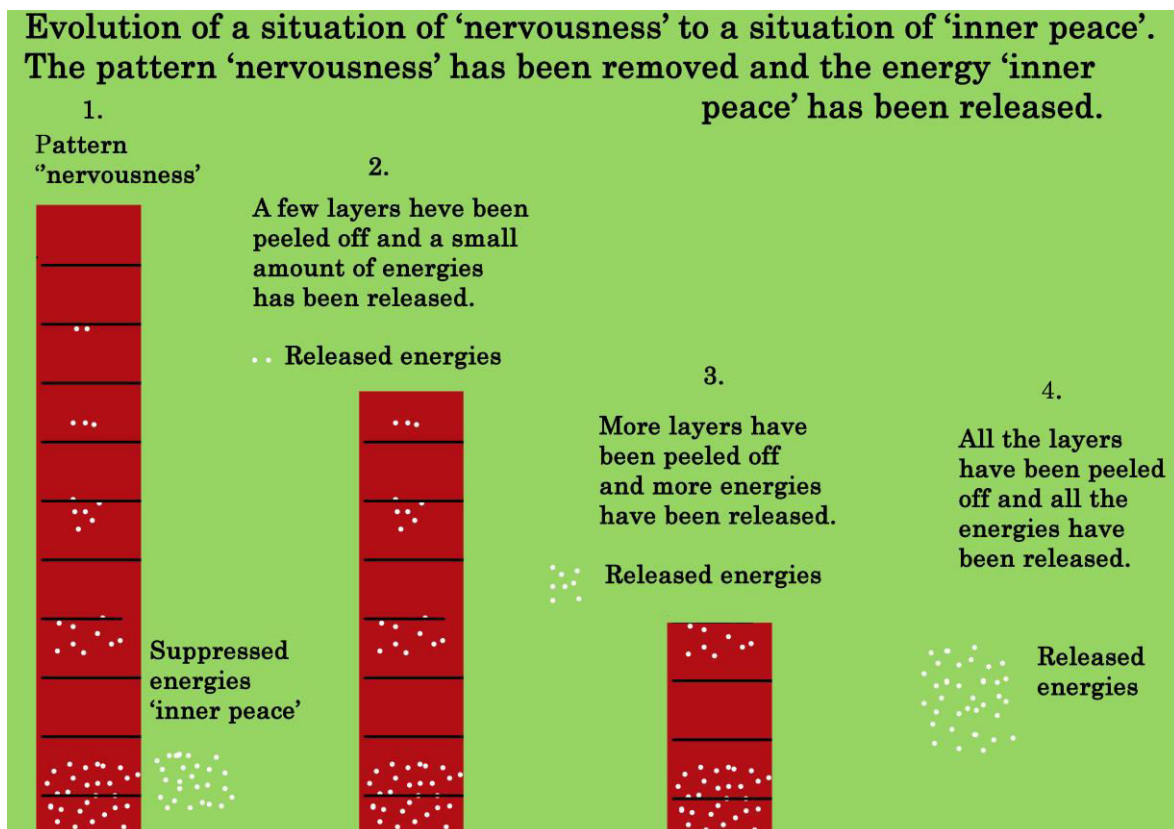
In the picture below, the 'soul liberator' treats 6 people simultaneously from a distance, for the following issues: depression, contact disorder, memory problems, working inefficiently, fear of failure, concentration disorder, relationship problems, egoism, lack of charisma, allergy, worrisomeness, lack of success, compulsion, lack of confidence, lack of empathy. Apart from that, a great many other issues are dealt with as well. The soul liberator sends energy that is present in his own subconscious mind to the patterns of the clients, in order to crush the patterns layer by layer.



When the layers are being peeled off, the intensity of the problem diminishes until the problem is completely gone.

For example, when you are a nervous person, this nervousness is caused by a pattern. An amount of layers is being peeled off during an hour of treatment. The greater the amount of matter that the pattern consists of, the more hours are required for all the layers to be peeled off. As the layers are being peeled off and suppressed energies are being released, for example of 'inner peace', the nervousness diminishes and inner peace appears.

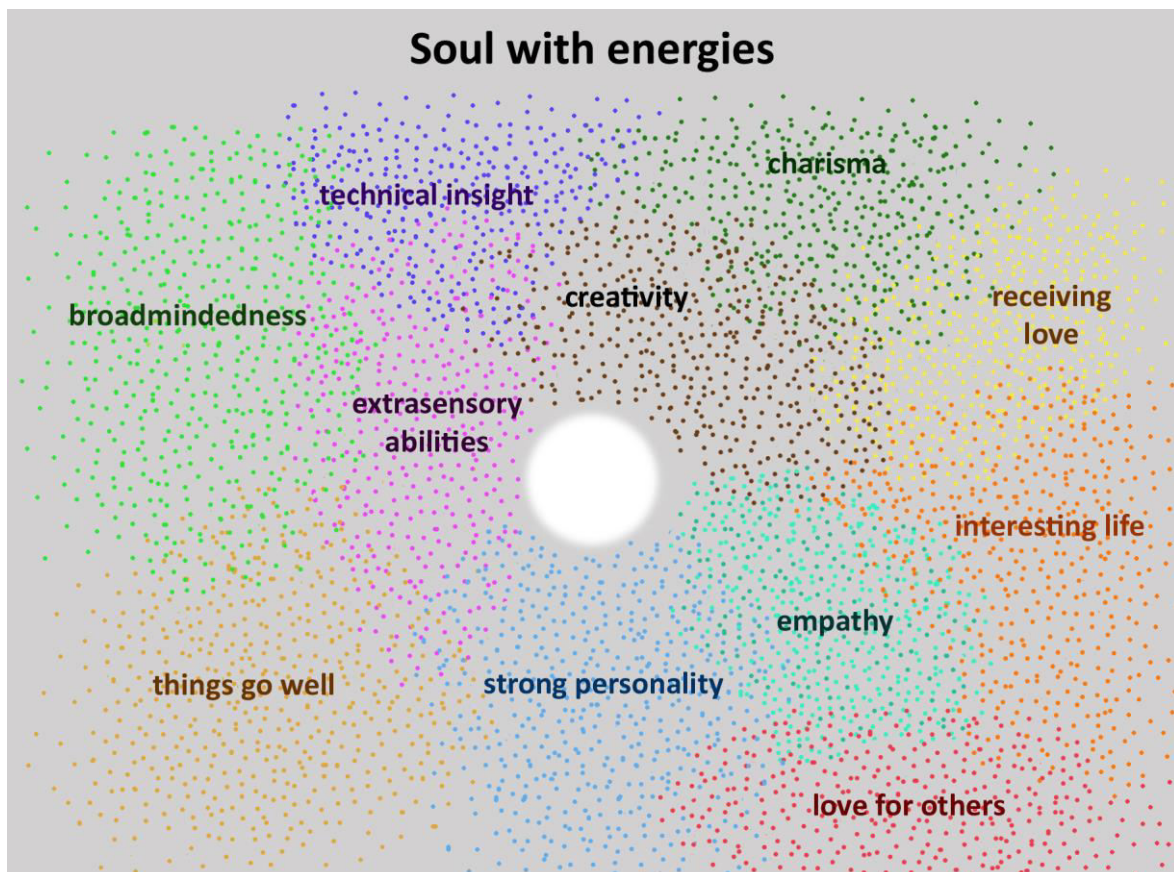
As a result of the power applied to the matter, the matter will eventually start to peel off automatically (as long as the power is applied). This is a huge help and because of this I dare say that things will always be remedied, whereas it would be impossible for many issues to be changed without this automatic peeling off. All the layers are removed with the technique applied. However, not all the layers of a pattern have to be removed for results to be achieved. On the other hand, if the pattern hasn't been peeled off completely, the symptoms may return because deeper layers will become active, and moreover you will take the pattern along with you to a next life. Thus, a pattern has to be removed completely, which is only possible by the automatic peeling off. Without this, it would be impossible for all the layers to be peeled off in everyone.



The only hope to have a better world is by the liberation of the souls from all the patterns and by the release of all the suppressed energies, if not the world can never change.

A huge number of suppressed energies are mainly present in the deep layers, and they can be released after a sufficient number of hours of treatment. It is possible to be relieved from a feeling of depression or anxiety simply by having the patterns removed, without energies being released. But in order for abilities to be acquired, such as empathy, the energy 'empathic ability' has to be released, for example from underneath a pattern of a total lack of understanding of others. The energies are mainly present in very deep layers, and consequently a great many layers have to be peeled off from some patterns before there can be a big change. When part of a pattern of 'anxiety' has been peeled off, the anxiety may already have diminished, but when an equal part of a pattern of 'total lack of understanding of other people' has been peeled off, this does not necessarily result in a big change, because only very few suppressed energies have been released, since they are still trapped in deeper layers.

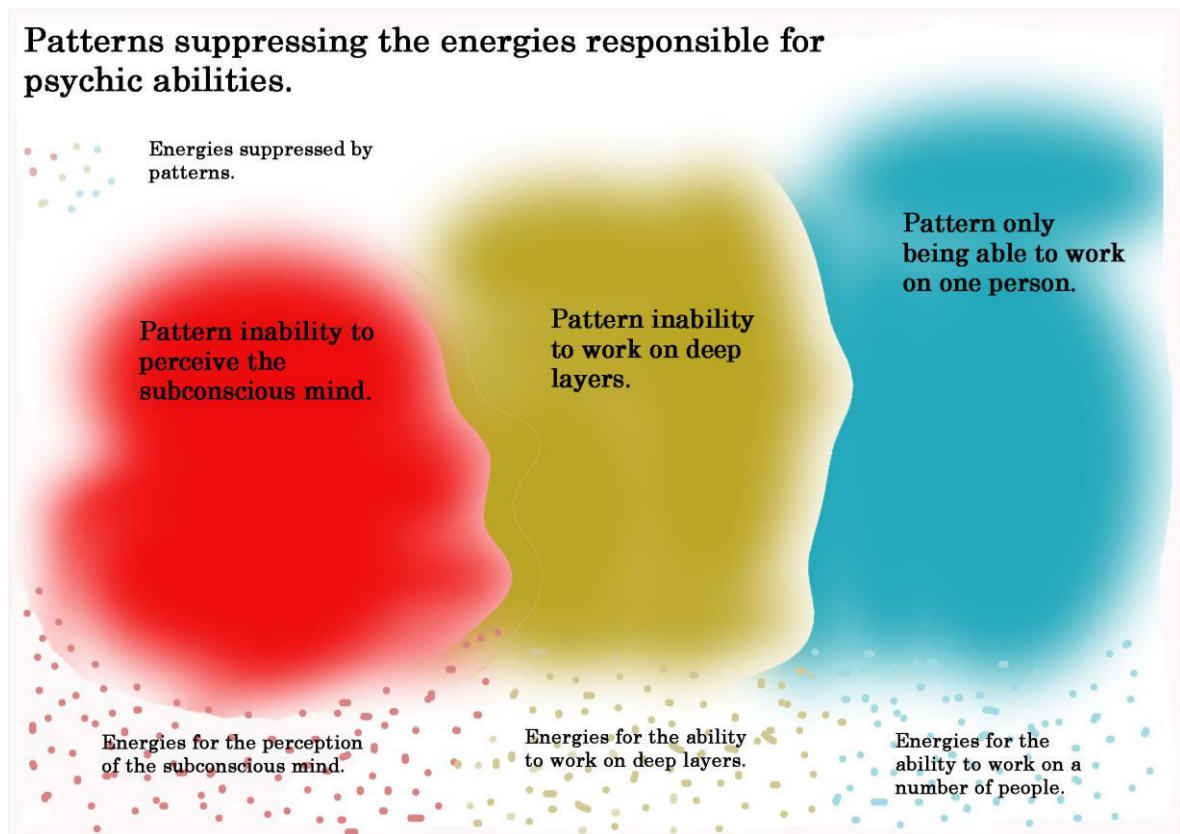
The ultimate goal is a soul surrounded by energies only, and the removal of all the patterns. This is a lifetime's work, and more than that (next lives).



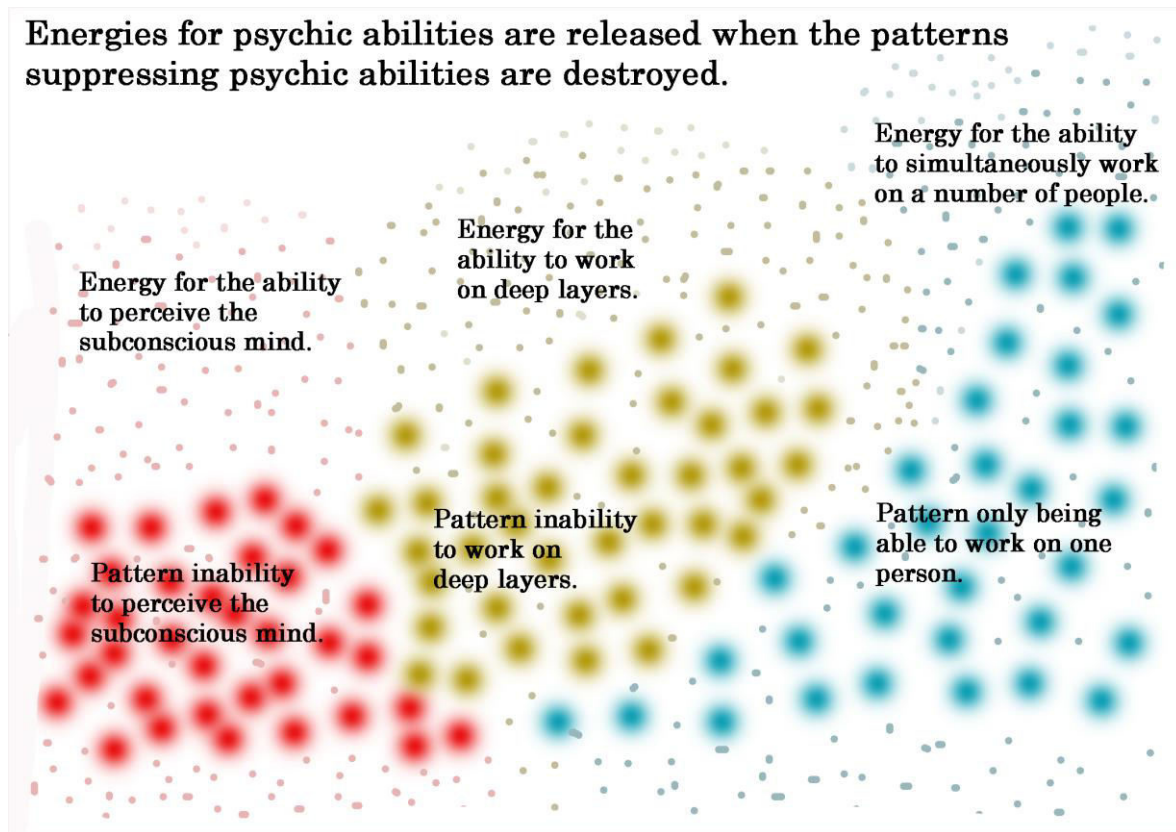
The development of psychic abilities.

Psychic abilities are the result of subconscious energies present around the person/soul. When the energies are suppressed by patterns, there are no psychic abilities. When these energies are released by the breaking down of patterns releasing energies in the process, psychic abilities are acquired.

The following picture represents three patterns that suppress three kinds of energies of psychic abilities required to be a 'soul liberator'. These energies are: energies for the perception of patterns, energies that enable someone to work on deep layers, and energies that enable one to simultaneously work on various people. The energies are literally stored underneath the matter that the patterns consist of.

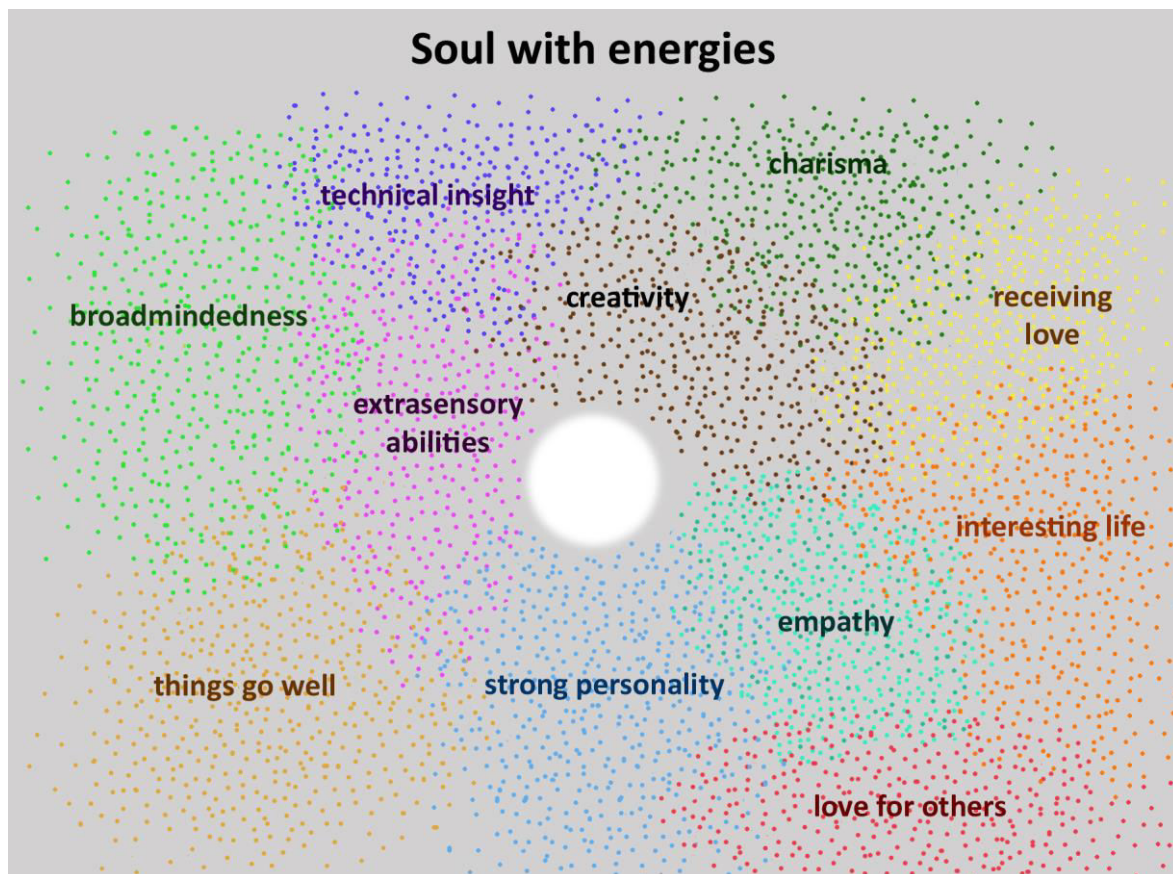


The next picture represents the matter of the patterns being crushed, releasing underlying energies in the process. The matter of the patterns is transformed into some kind of energy (a different kind than the underlying energies).



The same principle applies to abilities other than psychic abilities, they result from subconscious energies. When you lack a certain ability, then the energies responsible are suppressed by patterns. Abilities are acquired by having the patterns that suppress these abilities destroyed and by having the energies responsible for these abilities released. It usually takes longer to acquire abilities than to improve personality.

Intelligence is also the result of energies that surround a person/the soul and not of the lifeless matter that is our brain. For example, when you have a technical aptitude, then a free energy in your subconscious mind is responsible for this aptitude. When you don't have a technical aptitude, then these energies are suppressed by patterns imposing a lack of aptitude for all things technical. When the patterns have been broken down and the energies for technical insight have been released, a technical aptitude will be acquired. The same goes for, for example, empathic ability. When you lack empathic ability, then there are no free energies around you with this ability, but these energies are suppressed by patterns with the contents of, for example, only being able to perceive and understand oneself, of only being able to perceive one's own point of view and not being able to see things from a point of view other than one's own, of a total lack of understanding of another person's suffering or feelings.



There are a lot of different kinds of psychic abilities. The abilities required to apply the technique described in this book are:

- . The ability to perceive the subconscious mind, the matter (programmes or 'patterns') and the energies around man and animal and the ability to perceive the contents of patterns and energies (the problems they cause or the qualities they are responsible for). When one has the ability to perceive the subconscious mind around a person, this can immediately be done from a distance (i.e. without the person concerned is present with you).

The ability to perceive the subconscious mind includes the ability to perceive previous lives and souls.

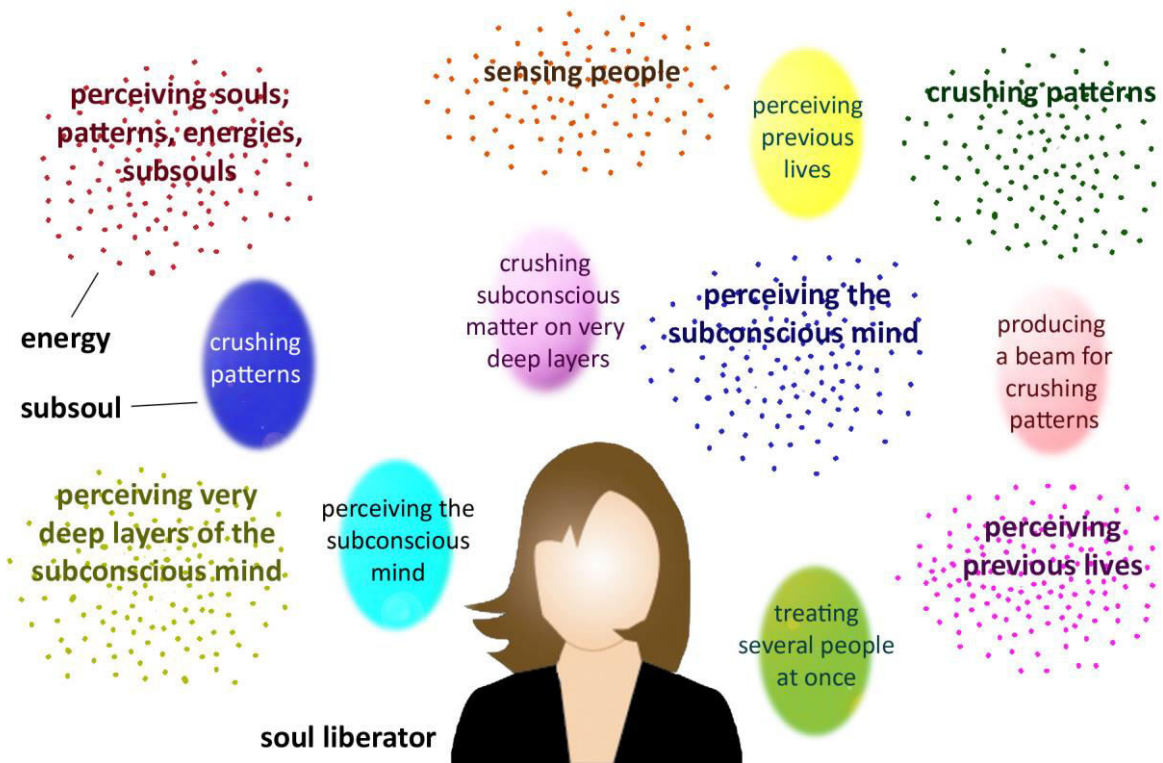
- . The ability to break down patterns. The higher the level of the soul liberator, the deeper he can work on the subconscious mind and the bigger pieces he can crush.

- . The ability to simultaneously work on a number of people and on a number of issues per person.

The latter ability is rather difficult to acquire. The ability to perceive small parts of patterns in one person and to break them down, can be acquired more easily. This is also the first step of the training. A more advanced soul liberator also develops the ability to sense the inner self of a person, this means the ability to sense personality at a given moment (feelings, character, views of life), and this is different from the ability to perceive patterns and energies.

The picture below represents the psychic abilities of a soul liberator. There are two kinds of energies: the energies, represented by small dots, and the subsouls, represented by ovals (the difference between them is explained in the book).

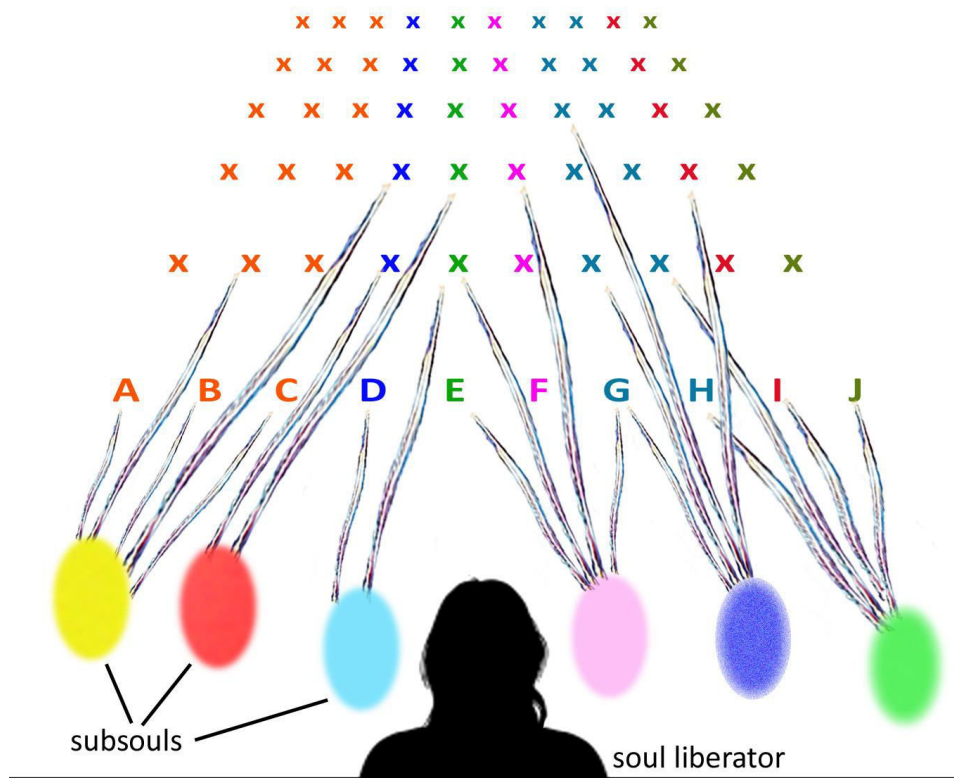
Energies and subsouls for psychic abilities



In the following picture you can see how a soul liberator works. SLT means Soul Liberation Technique. The 'soul liberator' makes use of subsouls (see explanation in book) that have the ability to produce a beam of energy that can crush the matter of the patterns. The subsouls simultaneously work on a number of people and on a number of issues of the same person. The X's represent the various issues that are worked on. The higher the level of the soul liberator, the more people can be treated simultaneously, and the more issues can be dealt with in one person, the deeper the soul liberator can work in the subconscious mind and the bigger pieces of matter can be crushed per unit of time.

The soul liberator treats one person for insomnia, setbacks, back pain, and in doing so, lots of other issues are dealt with as well. The soul liberator treats person 2 for alcoholism, person 3 for anxiety, person 4 for financial problems, person 5 for difficult relationships and depression, person 6 for egoism and person 7 for schizophrenia. And many more other issues of every person are dealt with in the process.

SLT applied to several people at the same time

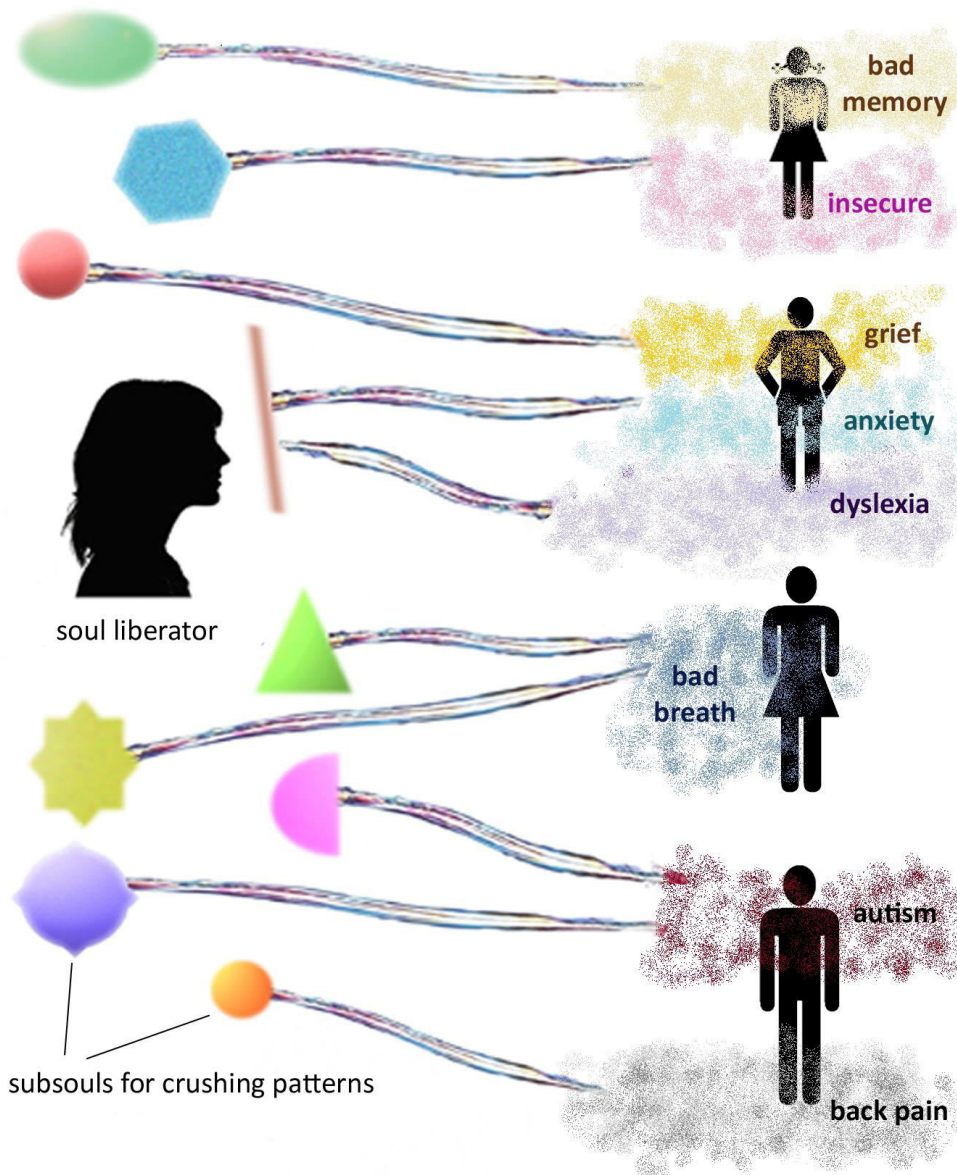


SLT is applied to **person 1** for problem A, B and C, to **person 2** for problem D, to **person 3** for problem E, to **person 4** for problem F, to **person 5** for problem G and H, to **person 6** for problem I, to **person 7** for problem J

A = insomnia, B = setbacks, C = back pain, D = alcoholism, E = anxiety,
 F = financial problems, G = difficult relationships, H = depression,
 I = egoism, J = schizophrenia
 X = other problems that energy is sent to

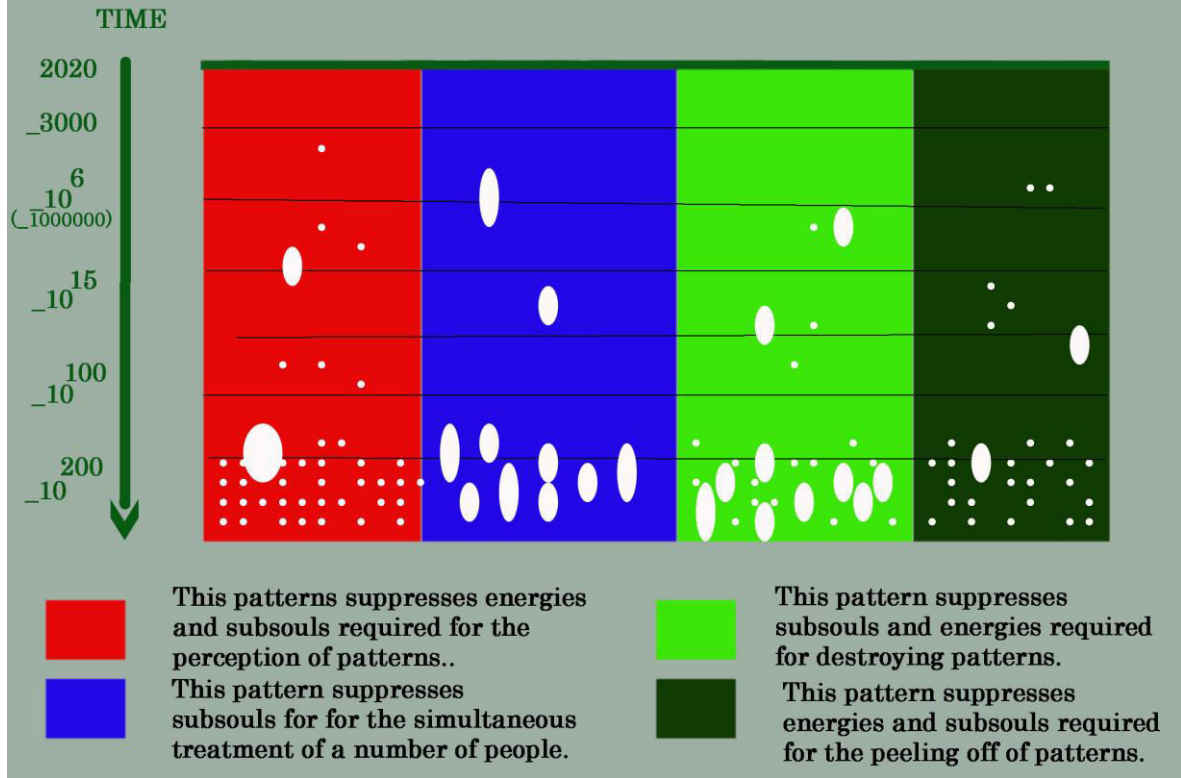
In the next picture the soul liberator is treating 4 different people simultaneously for bad memory, insecurity, sadness, anxiety, dyslexia, bad breath, autism, back pain. Apart from that, several other issues in all persons are dealt with as well.

Breaking down patterns from a distance



These abilities can only be acquired by having distance treatment by a high level soul liberator who crushes the patterns down to very deep layers. The energies required for having psychic abilities are to be found at a great depth, and for most people it takes a long time to acquire the abilities required to apply SLT.

The energies for psychic abilities are to be found in very deep layers.



However, these abilities are not as suppressed in some people as they are in others, and one or more aspects of these abilities may manifest in the short term. It is then sometimes possible to continue independently immediately, although the level usually leaves much to be desired. Therefore it's advisable to be treated by a high level soul liberator for as long as possible in order to increase the level. When a sufficiently high level has been achieved, it's possible to continue on one's own, without anyone else's help, neither in this life, nor in the next (provided the abilities from previous lives are remembered), for this ability is taken along to the next life. Apart from the distance treatment, individual sessions for learning techniques are required.