

# Living on Light & Love

My journey to freedom

Marja Nieuwveld

## **From the same author**

Leven van Licht & Liefde

Leben von Licht & Liebe

Het Nieuwe Veld

DoKi, de weg naar jezelf - with Sjoerd Zoethout

Paperback, print on demand, first appearance 2021

The content of this book was energetically given to me, so it is not my property. If you want to use anything from this book, please go ahead.

# **A few notes in advance**

## **Editorial**

This book was written by divine inspiration. The letters flowed, joined into words and formed sentences. Sometimes I didn't even know what I was writing and had to look up the meaning of certain words. That is why I had this text checked only by dear friends so that the original energy would not be lost. I invite you to read these words with your heart to gain access to the message between the lines.

If you find a mistake, you are welcome to keep it.

## **Listen to your own inner voice**

Do not listen blindly to what I say, but listen to your own inner voice.

Everyone has their own truth, depending on your state of consciousness.

The art of living is to discover your truth. Be inspired!

## **No self-help book**

Although I occasionally describe how the exercises went, I would like to add a note. Please do not do this yourself at home. This is definitely not the point. If after reading this book you feel like living on prana, choose a retreat where you can do this in a safe and controlled environment with people you trust.

## **Chronological order**

Apart from the few thought journeys, I have tried to make the chronological order dependent on my retreat. It was hard to rein in my creative flow, so I ask you to forgive my sporadic sidesteps.

# **I dedicate this book to my son**

Jordi Michael Baumann (1st July 1998)

"Darling, thank you for breaking my tailbone during your birth.  
I think I can dedicate my personal development impulse to this.

It was an exciting journey and in the past years I have been able to  
get to know you as a wise man,  
from whom I've learned a lot of lessons.

Even though we weren't together for much of your life,  
we were connected on a spiritual level.

I love you to the moon and back,  
connected beyond time and space."

Your grateful and proud mother

PS The Dutch original version of this book was officially handed  
out to my son in Rotterdam on 22 January 2020 on my fiftieth  
birthday.

# The Eagle

Mother Earth gave you life,  
Safe within her wings you will thrive.

A spark of wisdom awakens, the light, the love.

Nourished by the fearless sun and the sparkling spring water flowing  
through your veins at the mercy of the blessed moon.  
With your being, trust and truth will ignite soon.

Golden feathers adorn your robe,  
your beauty enlightens our globe.

You are the bridge, the heart, the one.  
Glistening and waving in the early dawn,  
the presence of fear will be gone.

Feel the wind of the future under your wings  
and dance with the stars, freedom brings.

Unbound in balance, a creative force of true essence,  
Will rejoice the world with its presence.

You are the light, carried on the breath of life,  
Abundance and grateful we will strive.

High in the sky connected with infinite wisdom,  
your strength and tranquillity, it connects us for all eternity.

That's what we are, beyond time and space,  
floating in freedom, connected in love.

Marja Nieuwveld, written on 1 August 2019

## **A word in advance**

What began as a quest to freedom, free from restrictive thoughts and conditioning, resulted in a miraculously consciousness-expanding adventure. I live on light and love. In a nutshell; I don't need food to live, but enjoy tasting flavours. Although it is almost incomprehensible, I will take you with me on my path to awareness.

My exciting search for love has taken me to where I want to be. Through the disappointments of illusionary romantic love and the tough lessons of unconditional love, to the universal love that flows. This connecting life energy also called prana now nourishes me on all levels.

My incessant urge to develop consciousness has brought me to a life attitude in which I let go more and more and now need almost nothing. Like the process of how I got rid of being dependent on food. This book describes one year of this process and that I am doing better than ever is a confirmation of the fascinating quantum world.

Known as a full-time centipede and formerly feared for being a stress chicken, I have finally found my inner peace between business and my yoga mat. In Switzerland I work as an independent consultant and ambassador for the Gotthard region. As co-founder of the DoKi philosophy, I call myself a creative philosopher and, as you can read, author of my third book. In addition, I am a part-time mother of a beautiful adult son. But actually, I am a spiritual being with human experiences on the way to remembering. I am light and love, just like you.

I invite you to let go of your thinking and start listening to your heart. Join me on my voyage of discovery and (re)discover yourself and our world.

Have fun reading!

In Light and Love - Namaste

## Creative philosopher

Since I don't want to deprive you of my philosophical excesses, I would like to introduce you to my way of thinking. Ever since I can remember, I have been dealing with questions to which science does not yet have an answer. I try to make connections between different cultures and look for answers in times long gone. Why can't you call yourself a philosopher if you didn't study for this? The great philosophers in our history did not care about this either. At that time there was not even an education for it and it was only for the male branch. The female free spirits were seen as a threat, labelled as witches and thrown on the stake.

Fortunately, this time I was born in the right era. Now I am only mentally pelted with raw eggs, when during the crisis in 2008 I told two hundred entrepreneurs that the crisis was a natural process. Which merely separated the wheat from the chaff and actually heralded a new beginning. The expression that there are in fact only two motives for a decision, that of fear or out of love, already resulted in a little more understanding. Maybe the time was not yet ripe for my career as a philosopher.

In my opinion, accreditation as a philosopher is whether you prefer to occupy yourself with everyday life (shopping, career, children, sports) or whether your thoughts are caught by seemingly unsolvable issues. Like the creation of our world, what our task is as human beings and whether everything is inspired or not. Since the first option doesn't concern me at all and the second option fascinates me, I appointed myself creative philosopher. Maybe because I don't like being pigeonholed. Most regular philosophers who come out of school are a little too stuck in the visions of their predecessors. I am just like a new born spring chicken, with a fresh look like a moorhen and the penetrating sharp eye of an eagle.

The advantage of the process I'm in, is that I become ever clearer. It's so subtle, that I increasingly experience the answers from an unknown core. Maybe because I am increasingly connected with the omniscient field, the akasha chronicles, the collective memory or whatever you want to call it.

Of course, I have studied how other philosophers see life, but so far, I have not fully agreed with them. They generally think far too complicated.

## **Benedict (Baruch) Spinoza**

The one philosopher I like is Spinoza, a philosopher of joy, from the 17th century. Even though he is not so well known, he is mentioned in philosophical circles as one of the founders of enlightenment.

The beginning of enlightenment meant the first steps mankind took toward each person's own truth and happiness. Slowly but surely, the clutches of the church and dominant hierarchies became detached. Fear prevailed and mankind was deliberately kept stupid and freedom of speech was irrevocably suppressed. If I think about it, this isn't a lot different than nowadays. Descartes' quote 'I think, so I am' is a very limiting statement at the moment, but I can imagine that at that time it was a step in the right direction. All witches, philosophers, scientists and extremists have taken steps to have humanity evaluated in a certain direction. Actually, you could say we're all working on this, but aren't we all striving for happiness? In my opinion, even this pursuit keeps us away from happiness. Striving and thinking keep us from who we are, enlightened beings. The goal of this long evolutionary journey of enlightenment is thus to develop our consciousness. Resulting in a society of diversity in connectedness: the consciousness of oneness.

Spinoza has written more books, but the *Ethica* is the most famous. It was only published after his death, because he rightly feared it would be misunderstood. Maybe this caused him a lot of subconscious grief, because he died of a lung disease. It's quite difficult to place his philosophy and vocabulary in the current time frame, but I will do my best.

Spinoza claimed that god is everything and not a man with a white beard, that would be far too limited. I'd rather not even use the word god here, because then you usually have a picture in your mind. In my eyes it's a universal life energy, the substance with which everything is connected.

According to him, there are three kinds of knowledge, comparable to a child learning to read. First the individual letters, then the sentences and finally the understanding of the whole book. I call them knowledge, wisdom and intuition. You learn a lot and think about it (knowledge), then you see the connections and apply it (wisdom) so it becomes a whole. The latter is one step higher and consists of the 'intuitive knowing'. I think it's a cooperation between the brain, the heart and the brain in our intestines.



The brain in our intestines has more antennas and is called the gut-feeling. If we don't mess up our gut, this signal is trustworthy and well adjusted. The brain in our head has normally too much noise in its circuit.

We humans all potentially possess the so-called third eye. In my opinion a cooperation of the hypothalamus, a gland that is activated by vibration through the palate and in turn puts the pineal gland (epiphysis) and the pituitary gland to work. Connected through our vagus nerve they regulate the autonomic nervous system and release hormones that determine how we feel. If we can then also make the connection with our heart and gut feeling, we have access to the knowing field, as I call it.

*The better you understand yourself and your feelings,  
the more you're gonna love that which is.*

With this bundled knowledge we could learn to understand our three basic emotions with which life is woven. He calls these emotions desire, joy and sadness. In the end, we would experience freedom. In my opinion, desire could come off and instead should be replaced by fear and anger. Which we should learn to transcend.

Everything is necessary and a matter of cause and effect. Freedom is when you can live according to the causes and consequences in total surrender. But this requires an overdose acceptance. Do well and rejoice, Spinoza said. Laughing is healthy, so what keeps us from enjoying life while fully surrendering to it? It is not decisive what happens to us but how we experience it. Change your way of thinking, be free and live in peace. He knew that mankind wasn't ready for his message in the 17th century, but I think we are now.

### **Trust instead of evidence**

All unanswered questions were initially philosophical. If the answer is generally accepted, it will be given a place in the world of science. Would pranic living ever get a place in science? When I think about it, it makes me feel melancholy. Realistically, this process would belong in the world of quantum mechanics, but it doesn't feel right. Maybe because the principle doesn't want to be examined, maybe it requires us people to have a primal trust to accept it. The principle cannot be grasped or proven with the current limited use of our brain capacity.

For me the answer lies in the fact that we don't have to look for something tangible, but better accept the connecting element. Someday we'll be developed to the point where we know.

This was just a taste of what's in store for you. Are you willing to let go of your current worldview for a moment and be open to the intangible world of prana, where miracles happen and incredible things exist? At this bifurcation point, the crossroads in the development of mankind, it is useful if you detach yourself from what was once reality for you, but actually turns out to be an illusion. Trust your inner voice and have the courage to continue reading.

## What do I think Prana is?

The name Prana comes from Sanskrit (oldest living Indo-European language) and means vital life energy. It is universal life energy that everything and everyone consists of. Depending on the culture, scientific background or religion it is known by many different names. Some common other names are the Chinese chi, the Japanese ki, the Greek pneuma, the Latin spiritus vitalis or spiritus mundi, logos, arché, obaia, kundalini, primal dust, light quark, (bio)photons, higgs-particle, morphogenetic field, zero point energy/zero point field, vril, od, orgone energy, universal consciousness, akasha, ether, soul, holy spirit, atman, manna, god, the god particle and allah.

Here is an in-between fact, to avoid misunderstandings regarding the last name; did you know that god in Arabic means allah? Arabic speaking Jews and Christians used the word allah even before Islam existed. In my opinion, they all speak of the same intangible miracle. There seem to be more than a hundred names for it and since people have been remembering, this phenomenon fascinates people's minds. Whereas the name, quintessence, appeals to me because of its meaning as 'the core of something', I give it a creative twist and translate it as 'the source of everything'. For me, the most beautiful words used for it are light and love. But for the sake of convenience, I write in this book about prana, as a collective name.

As a creative philosopher and yoga teacher, I have been involved with prana for years. For me it is an information-carrying vibration with which everything in nature is connected, from the banana, the monkey, the tree, the weeds, the grain of sand, the rock and of course we, mankind. The difference in perception has to do with the different frequencies with which it vibrates. The higher the frequency the more connected to the so-called universal consciousness. Personally, I call it universal love. When I experience how it flows, pulses and dances in my body, my heart literally runs over and tears of reverence appear in my eyes. I always say, "my heart is overflowing with love."

We absorb it through the eyes, the breath, our digestive tract and our skin. In fact, it is the energy we are made up of, drawing a line is a bit tricky and also completely unnecessary. Let's not make it too difficult. It's too small

to see with the naked eye, but it seems to look like tiny little balls of light. There are people who can see it and I think that as we become more conscious, we will be able to all see it. Those unused brain areas must be good for something, right?

In my eyes it is light and feels like universal love when it flows freely. The kind of love I've been looking for all my life, beyond time and space. The light that connects everything and everyone. It is in my opinion as a modest creative philosopher, all of it, the tangible and the intangible, part of one connecting, information-carrying field. Where does it come from? That's the big question. Maybe from the sun or the stars. This would at least explain the workings of this life, heat and energy spending miracle. Every word or label you put on it is too little and meaningless to comprehend. Every word would be irreverent to the infinitely intelligent and fascinating that shapes and animates all.

While I'm writing this, the thought comes to me that it can't be captured in a word. It is a sound and there appears already the mantra AUM, also called OM or AOHM. Yeah, that could be it, the sound of the beginning of the universe. Worldwide millions of people chant (sing) this mantra regardless of culture or religion.

The accompanying symbol Omkar, has always fascinated me and has been hanging around my neck in the shape of a medallion for years.

Omkar (Sanskrit) is a symbol that has different versions, of which the Hindu variant is the best known. Most people know the symbol as Om, which is a mystical or sacred syllable (all syllables combined) in the Dharmic religions.

The knowledge about prana is still in its infancy and I hope that this lost wisdom will soon come to light again. This will be a big step for all humanity towards remembering where we come from, who we are and what we have to do. Especially the insight into united consciousness will be the key to peace on earth. Fortunately, we are on the eve of the shift from dual consciousness to the consciousness of oneness.

"It's love that keeps the world together" Goethe once said, and he didn't mean romantic love. Personally, I see it like him. What name we give it is not important, in our hearts we all know the truth.

That's why the Mayan greeting, In lak'ech, appeals to me so much, it means 'I'm another you'. With this greeting, the Mayans wanted to say that we are all one and live in connection.

On Wikipedia I found this explanation and had to smile about the way it was written. It occurred to me that the writer himself doesn't believe in it very much. But that may seem very different to you.

*Prana: It is said that prana is the life energy you need to live. There are groups of people living as Breatharian. They do not live on food, but on prana and water. They do this by doing breathing exercises every day. (source Wikipedia, May 2019)*

Personally, I don't have much with the breathing exercises and still live off prana. I also found it interesting that it says prana and water. I know someone who doesn't drink water either, so that's not true.

## **What is prana according to others?**

### **Hinduism**

Within Hinduism, prana equals the all-pervading vital energy of life. As one of the five vital streams of life, with a reference to the gods of Hindu mythology. Prana is also used as the equation of the wind god Vayu, representing all five currents together. These currents are believed to be generated by the vitality body (pranamaya kosha) and control all biological processes. It would be responsible for the heart rate and breathing. It would enter the body through breathing and be transported through the circulatory system to all body cells.

With prana, energy would be inhaled, as it were, and it forms the life force that everyone would need to be able to function on a mental, emotional and physical level. These life streams would be in contact with each other through the different chakras (energy centres) which in turn are connected through a system of energy channels called nadis. Prana could be sent to the different parts of the body or set in motion again, increasing vitality.

## **Buddhism**

Buddhism looks at the concept of prana in a completely different way. Gautama Buddha achieved his enlightenment by recognizing that there is no "I". According to him, there is no individual identity and there is only prana. According to his vision (dharma) everything is a manifestation of prana and prana is the connection between everything. Prana is the bound energy where chi is the free energy. Chi is present in air and ether and when chi is bound, he calls it prana. As long as man believes in an individual 'I', chi will be bound and thus remain prana, according to his vision. Understanding that the 'I' does not exist will bring the prana back into chi, which is the ultimate enlightenment.

The breathing exercises are also connected to spiritual enlightenment. This doctrine comes from Buddhism. You fill your body on an emotional, body and spiritual level with prana and slowly come to the understanding that there is no 'I'. There is only love, prana (energy).

This vision reflects mine, although as a creative philosopher I would like to make a comment. His vision about switching chi and prana is far too complicated for me. It's the same for me.

## **Why is prana so important?**

Prana is the universal life energy that connects everything. The flow of energy is influenced by everything you experience in life and how you react to it. According to Eastern cultures, blockades can be caused by accumulated emotions, such as anger, sadness or stress. Negative thoughts also limit prana and can form blockages in your body, through which the energy can no longer flow properly. This would manifest itself in various physical complaints. So, if you clean up your body and your mind, there will be more room for prana. There will then be fewer or no more triggers to trigger a disease that will restore the natural balance.

Then you reach an inner peace, which you radiate outward.

## **What can you do to get your prana flowing again?**

A body that is out of balance can help you get back into balance by initially accepting yourself and eventually learning to love yourself through cleansing your thoughts and beliefs. Exercise your body, for example by practicing yoga, eating consciously using for example the ayurvedic guidelines or your own. Following a natural day rhythm with sufficient good sleep.

In the end it would be important to process your emotions, let go and transcend them. Hard work on all fronts, but this clears up all blockages. With me this process has taken twenty years and only now I am ready to lovingly deal with my emotions.

In the DoKi philosophy, of which I am co-founder, we indicate various techniques and multiple possibilities to accompany this process. Since there are so many different people, we also find it important that everybody walk their own path of personal development. There is something for everyone and fortunately there is also a large selection. It doesn't matter what you do to unwind, as long as you do it.

Meditating, for example, is nothing for me, nor am I a frequent practitioner of breathing exercises. My path went through the mental currents within psychology and spirituality. Releasing energetic and physical blockages in my body through the yoga. My soul insights I have gained from the many family constellations I did. My attitude is that you achieve a state of enlightenment not through hardship, but through pure insight. You don't get enlightened; you just start to recognize that you already are. A divine light in a human body.

According to most Eastern cultures, prana, like your blood, flows through channels in your energy body called nadis. This flow of energy is related to your breathing and your attention: it drives the energy around. With the help of your attention and your breath you can direct your energy. There would be seven major energy centres in your energy body, where the energy would be distributed. These are the most important chakras, but in the energy body there are more chakras like in the palms of the hands and under the feet. It's going too far to elaborate. There is more than enough to read about this topic and if you are more the experiential type, I recommend yoga.

Personally, I've been moving away from this system recently. I no longer see the taught concept of the chakras as an established fact. I experience that the energy comes in through the top and the bottom and comes out again at the level of my heart around me. The way I see it is therefore also in motion and is, in my opinion, subject to your awareness. The common chakra system certainly gives a good idea in the beginning.

Find your own way and listen to your own truth, free from rituals and entrenched beliefs. It's time for renewal.

All forms of yoga, performing the various postures (asanas), practicing breathing exercises (pranayama) and directing your attention (meditation), work with energy. There are also other techniques such as acupuncture, tai chi, qigong and reiki, they all work in different ways with this universal life energy. The aim of these methods is to remove as many blockages in the body as possible so that more prana can flow through your body. The result is clear consciousness in a vital body.

### **Want to know more about prana and quantum mechanics?**

For this you need a little knowledge of Einstein's theory of relativity, a pinch of the latest quantum mechanics and an overdose of open attitude.

## **What is Quantum mechanics?**

For this I would first like to say that I personally find this word far too technical for the fascinating quantum world it actually is. That's why I often talk about the quantum world in this book.

For the explanation we have to take a few steps back and start with the first great discovery in the field of natural science.

What's the world like? This is the question Isaac Newton was also dealing with. With the falling apple, he discovered the principle of gravity. Shortly thereafter, the mystery of electricity and magnetism was also unravelled, which were then combined for convenience only. The insight into electromagnetism was born.

The fact that we are not biological but electromagnetic beings is slowly becoming apparent. Then electromagnetic could also be light or prana, right? Scientists have also been working on bringing together all the natural laws discovered so far. Personally, I think we should look in that corner.

*'The universal answer to all questions, is to see the unity in diversity.'*



Then it's time for my great friend Albert Einstein to discover his theory of relativity, in the lost hours, behind his desk at the patent office. This theory describes the world of the great. It laid the foundation from which modern science for decades gave explanations as to why the world did what it did; orderly and predictable.

Inspired by this new insight, Niels Bohr, Max Planck and a few other scholars came up with the theory of quantum mechanics, which describes the world of the small. Completely contradictory; chaotic and unpredictable.

But we live in one world, don't we? Shouldn't there just be one theory that explains everything? Then the clever minds came up with the string theory, which connects the theory of relativity with quantum mechanics, the large and the small, the macrocosm with the microcosm.

A string would be a very small particle that vibrates. The way a string vibrates would explain the property of the particle. Here we also enter the world of the incomprehensible.

That a particle can also be a vibration depending on how it is measured. That a particle can be in two places at the same time and that it adapts in behaviour to the information that the observer transmits. The question comes right up again here, whether they're talking about light or prana? But also here the scientists run into a few inexplicable facts, which they solve by adding a few dimensions.

I think there's a solution to this. After all, it has already been proven that we are dealing with more dimensions than the three or four we can experience so far, at least most of us. This theory is called the M-Theory and there is speculation as to what the M stands for. Maybe for Mother, because this is the connecting theory that comes very close to the all-explanatory and all-encompassing feminine source principle: ISIS.

We are now on the eve of new insights that may lead to overwhelming changes. For the world at large, but also for individuals like you and me. Those who currently understand what quantum mechanics and string theory means, usually do not speak the truth. It's incomprehensible with our current recording capabilities. It ignores time and space and our current understanding of matter and energy. It is a wonderful world of incomprehensible phenomena. Personally, I believe that sound, vibration and the power of our thoughts create our reality. If we can imagine

something, it can also exist in matter. We are all the creators of our world and even of the universe. We all pulsate along in the cyclical dance of life.

There will certainly come a point where mankind can no longer hide behind ignorance or fear. The (re)discoveries are resurfacing increasingly fast. The fact that sound creates matter and can also make it weightless has already been proven. Dr Emoto with his impressive water pictures, clearly show that water reacts to information/sound.

Hopefully the scientists of the different disciplines will put their heads together one day to discover that they are all studying the same phenomenon. Here, too, the answer lies in the unity within the diversity of philosophy, science, culture, religion, and so on. Hopefully they will soon overcome their fear of thinking outside their own frame of mind, then we will finally get more insights into the possibilities and the workings of life. Then the many question marks about the construction of pyramids and other ancient structures will disappear and the people involved in telepathy, telekinesis, levitation and teleportation will no longer be treated like fools. Beam me up scotty. '

If we stay in the world of the impossible and unthinkable for a moment, I'll let my own lay theory loose on you.

Human body = prana = depending on vibration frequency > potential light.

As you know, I am not a scientist and this is only the result of my creative philosophical side and my urge to seek connections. Who knows where it might lead?

## **Mythos food industry**

Let's also shed some light on the big bad wolf, the food industry. From the moment the integrated mixed farming was exchanged for industrially produced monocultures, things went wrong. If you look back at all the successful cultures before us, you will see that they were all about mixed farming. So, what was the reason we wanted to reinvent the wheel? Was it

the profit motive or the excuse that we have more and more mouths to feed?

The food supply is of such poor quality because of the monocultures, since there is almost no energy left in it. How do you want to grow healthy food on toxic dead soil, where all the nutrients have been consumed over the years and the diversity of microbes has vanished?

Of course, there are also the exceptions that are classified under the name Organic. You can divide this branch into two groups. On the one hand the standard organic products that are grown in a natural way with less or no pesticides and/or artificial fertilizer. You also have the Biodynamic method, developed by Rudolf Steiner (founder of anthroposophy), which monitors the relationship between mankind, plant, animal, soil and cosmos. This is reflected, among other things, in the use of the sowing calendar that follows the lunar cycle. He assumes that everything is inspired, including our food. A man after my own heart.

After all, everyone knows the example of the cook who lovingly prepares the meal and that it tastes much better as a result. It is the same with the whole growing process. If you, as a farmer, work your land with love, treat your harvest with respect and insight into natural processes, you will be rewarded for this as well. Fortunately, this insight has already been gained by many wise farmers who turned their backs on chemical monistic agriculture.

There's nothing wrong with the idea of skipping the meat once in a while. It's just a matter of getting used to it and there are plenty of alternatives. I personally rarely ate meat, a tartar or a piece of chicken once in a while, but I couldn't even get rid of a steak. Then my intestines stopped, it took my body so much energy to digest it. I'd rather ate a fish, which swam and still swims now and then, wonderfully relaxed through my intestinal tract.

### **The fable - milk is good for everyone**

If you have a society where money is no longer the motive, you no longer have to subsidise the production of milk and meat. This is certainly an interesting thesis, which may soon be realised. After all, it is now a proven fact that milk after the baby phase is not healthy at all. It is a remnant of a fable once created by the dairy industry, which is kept alive desperately,

for fear of losing sales. How is it possible that with the high milk consumption so much osteoporosis occurs in the Netherlands? If we were to give up milk, we would already have made up for the most common milk related health complaints such as allergies, intestinal complaints and migraines. Fortunately, the ignorant but well-intentioned child abuse in the form of school milk has already largely come to an end.

### **Enough is enough - life in abundance**

Actually, we speak of a big luxury problem in our western world. We live in abundance and believe that this is also an excuse to stuff ourselves with food. We don't need that much to live. Just fold your hands in a bowl; that's the amount for a day. Quality is more important. Start with a planter with fresh herbs on your balcony or go and tackle the so-called weeds in the garden or park. You'll find unprecedented vitamin bombs of everything you need.

It's so simple, that it's become complicated for mankind. A handful every day and you already have more nutrients and energy than three supermarket meals a day. You can look at weeds and herbs as superfoods.

We talk about an impending famine, but every day we walk past misunderstood sources of food, between the stones and on the side of the road. Stand still and use the infinite digital flow of information to get to know this so-called weed, which you have chemically fought in the past. If you start seeing it as holy after that, it's the same as awakening. With such a flood of information at our disposal, mankind can no longer hide behind ignorance.

### **Paralysed by dead food**

I have suffered so long from constant fatigue until I even got paralysed after a meal. That this was a sign of intolerance and dead food was not yet known to me at the time. But life goes as it goes and I had to make these experiences first, to eventually learn from them.

That you experience a slight dip between 13 and 15 hours is a natural process and has to do with the daily rhythm of your organs. But with me, you couldn't speak of a dip. Sometimes I couldn't move for hours after lunch. My whole body seemed completely paralyzed and heavy,