

# YOUR TRUE IDENTITY

Working on healing your soul.



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Michiel A.M. Arens



My thanks go to René van Horen and Marijke Kaniok-Baaij. Without their loving and critical attitude and their incredible dedication to the work they carried out for this book, it would not have come into being.

In the texts “from practice,” I have used the words *ego* and *soul*. The ego is the soul directed toward the earth; the soul is the soul directed toward God.

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## **In Search of My True Identity**

There was a time when my life looked good.  
At least, that's how it seemed.

At a fairly young age, I already had an image of how I wanted to live later on. That image became reality. My own company, security, a relationship, space to move. I worked hard, often more than average—not so much for the money, but to give shape to ideas. I loved bringing something into existence.

What I had not included in that image was the question of whether I was happy.  
Not because I had forgotten it, but because it simply did not occur to me.

Happiness felt vague. Even unreliable. I saw people who called themselves happy and, upon closer inspection, mainly tried to maintain that image. Others did not speak of it and seemed to carry it quietly. But the life they led did not touch me.

And yet...  
There was something within me that kept beating.

No dissatisfaction. No drama.  
Rather, a gentle restlessness. A feeling that what I was living did not fully coincide with who I was. As if I was present, yet standing just beside myself.

I was drawn to people who remained centered within themselves. People who did not have to react. Who did not drift away, not even under pressure. I felt awe for them, without fully knowing why. I recognized something I could not explain, but could feel.

My path led me through many forms. Bodywork. Trainings. Silence. Exercises in which I encountered my attachments. And also along spiritual paths where consciousness, growth, and enlightenment were spoken of. I took it seriously. Perhaps too seriously.

Until the moment when even the searching became tiring.

I remember giving a workshop focused entirely on attaining enlightenment. The assignments I gave were reported back to me, and participants expected a signature of approval when presenting their results. When I drew a smiley face on a form where a signature was expected, it was not appreciated. Some even reacted angrily. It touched me—not because of their reaction, but because I suddenly saw clearly how deep the need for control ran, and how strong the attachment was to the way results were expected to be validated—especially remarkable since the entire week was about letting go of expectations.

Slowly, something began to dawn within me.  
Not spectacular. Not visible.  
But irreversible.

I lived both the material and the spiritual, yet neither answered the question that grew quieter, yet clearer:

What is life really about?

Money proved pleasant, but not sustaining.  
Silence valuable, but not guiding.  
Insight clarifying, but not liberating.

What eventually presented itself did not arise from searching.  
It happened.

I cannot describe it otherwise than as an encounter. No vision, no explanation. Rather as if something ancient within me was touched. As if I remembered what I had always known, but had forgotten.

That encounter made me fall silent. Literally. For a few days I hardly spoke. My partner asked with concern whether I was alright. And honestly: I did not know. It felt as if my heart lay open and my thinking had temporarily been switched off.

And yet there was no fear.  
Only wonder.

From that moment on, my relationship to life changed. Not because everything became easier, but because it became less about me. Things happened. Words came when they were needed. I acted, but without the feeling that it was mine.

I call that the path of effortlessness.  
Not because life became light, but because it no longer needed to be fought.

Alongside the material and the spiritual, a third path revealed itself. A path in which waiting became more important than acting. In which ideas did not have to be immediately shaped into form, but were allowed to ripen until they wished to show themselves naturally.

This book is not a report of a completed journey.  
Nor is it a manual.

It is an invitation.

Perhaps you recognize something of that quiet restlessness, that inner knocking, and you are not reading this by coincidence.

An invitation to become still with what has long been stirring within you.

Not loudly. Not forcefully.

But faithfully.

Your true identity requires no effort.

It asks for space.

### **And What Is That Then: Your True Identity?**

In this universe, a universal principle of creation is at work: that of the sphere. Stars and planets, but also the cell and even the cell nucleus, follow this same principle. Everywhere we observe the same structure: a sphere containing a core.

Within that core, the idea is enclosed. Think of atoms such as uranium or plutonium, but also of the earth and the sun—and ultimately of our own small world, our microcosm. Again and again, the same order appears: an encompassing sphere with a center in which the essence rests. From that center proceeds an activity, a radiation, as with every atom and every atomic nucleus.

Within the core always lies the intention, the image, the original idea. This applies not only to the great cosmic bodies, but also to the world in which we live. Our own sphere of life also carries within its core an idea: the image of the image-bearer—the divine Spirit-Soul-Human form. The archetype of the original human being.

From this core, the intention radiates into our being. We experience this as a call, a knocking, an inner voice. When we listen to it, the form that belongs to this radiating activity reveals itself naturally: the original human being.

Usually, however, this radiation is covered over. It becomes overshadowed by our activities, attachments, and the problems of the personality. Thus we are seeing yet blind, and hearing yet deaf.

When we open our hearts to the radiating activity of that core—the Divine Spark—it naturally draws to itself the corresponding form: the original Spirit-Soul-Human being. In this way, our true identity reveals itself, the image that has always been enclosed within us.



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# 1 Your True Identity

There is something within you that has long been making itself known. Not loudly, not demandingly, but unceasingly.

A knocking—not on an outer door, but at the threshold of your consciousness.

You know this.

Not as a thought, but as an undercurrent.

Your true identity does not ask for attention.

It is attention.

It does not ask for recognition.

It remembers.

When this identity is allowed, no ecstasy arises, but a quiet wonder.

Not because something new appears, but because something ancient reveals itself again as self-evident.

Harmony, peace, and abundance then prove not to be goals, but natural states when resistance falls away.

## **Eternity Misunderstood**

The longing for eternal life is not a mistake. It is merely misread. What is sought is not the continuation of form, but the remembrance of origin.

As long as the soul primarily directs itself toward this field of life, it will continue to translate this longing into preservation, prolongation, and embellishment.

That striving does not fail by coincidence.  
It cannot succeed.

Eternity does not reveal itself within time.  
It appears when time becomes transparent.

The impulse toward eternal life does not come from outside.  
It springs from the center of your own small world—  
the divine core.

The soul receives this impulse and stands before a choice:  
to translate it into the things of this world, or to attune itself to  
that from which it originates.

### **The Orientation of the Soul**

The soul is receptive. Relational. Oriented toward unity. Its  
restlessness does not arise from lack, but from forgotten unity.

When the soul is still primarily earth-directed, it will inevitably  
translate impulses from the core into earthly terms. Then self-  
will arises—not as an error, but as the result of misalignment.

Therefore, it is not behavior but orientation that is decisive. Not  
what you do, but from where you live. Without this distinction,  
every inner impulse is reduced to the improvement of  
circumstances. With this distinction, the very point of existence  
shifts.

### **The Turning**

Before visible harmony appears, a turning takes place. Not  
moral. Not religious. But existential.

The soul turns away from exclusive orientation toward the created and directs itself toward the origin. When the soul turns toward God, it recognizes its true identity—not as an idea, but as a field of life.

Healing then follows not fragmentarily, but structurally. Peace does not appear because it is pursued, but because blockages disappear.

### **Silence and Core Power**

True transformation does not arise from activity, but from coming to stillness. When action ceases and outward movement comes to rest, a deeper silence reveals itself.

In that silence, nothing is added. Only allowed.

There resides a core power. Not a power in the world, but a power over the world. It does not solve problems; it removes their foundation.

Your true identity is not a reflection of God. It is God revealed within your small world. When you orient yourself toward it, its influence flows naturally. Not directed. Not controlled. Carried.

### **Choice and Destiny**

The soul can choose. Always. It can attune itself to the present field of life or to the field of its origin.

Everything needed is present. Nothing is lacking. You are not the obstacle, but the point of application. Not through willpower, but through consent.

The earth is a school. Not as punishment, but as possibility. Here polarities are experienced in order to rise beyond them.

## **The Small World**

Everything that manifests follows a universal principle of creation: the sphere. You too exist within such a spherical field—your own small world. This world is not accidental, but a creation with eternal value.

Once, the divine human identified with his creation and gradually lost direct connection with the Spirit. This pattern repeats cosmically. One task. Many forms.

You too carry the potential for the revelation of the God-Human.

Not through addition, but through letting go.

## **My True Identity**

The complete blueprint of the God-Human is present in the core of your own small world—the Divine Spark. Latent, yet intact.

When the soul directs itself toward that Divine Spark, its core power reveals itself, and other energies begin to flow into your small world. Power centers within the nucleus of every atom remember their function—so too does the core of your own small world.

By focusing on that Divine Spark, structures come alive that are one with its fundamental principle, its origin—the Kingdom of God.

That origin and destiny make it possible for you to enter, to transition into, a new Spirit-Soul-Human being. Not to remain here, but to participate in elevation—to the glory of the origin. Not as achievement, but as fulfillment.



### ***From practice: Pray? Yes. But how?***

*It takes me by surprise.*

*I sit in the greenhouse in a hanging chair.*

*Rock gently back and forth.*

*I want to pray.*

*But how do you do that?*

*Do I close my eyes?*

*Do I fold my hands?*

*What am I focusing on?*

*On God, the Creator?*

*Possibly.*

*Father? Confusing.*

*That word involuntarily brings up associations that I am not looking forward to.*

*The rocking of the chair calms my body physically, but there is still a storm raging in my head.*

*Can I pray in the middle of a storm?  
How do I make sure all those thoughts stop?  
get peace of mind .  
Think of thoughts as clouds and just let them pass by in your  
sky.  
Or this one: see your thoughts like a train.  
Move your attention between the wagons and try to stay there.  
Practical, but for now I'm too restless.  
I once did Chi Neng Chi Gung.  
A kind of Tai Chi, but with only a few exercises.  
Simple to learn and very easy to do.  
After a while, doing those exercises, a peace of mind, a stillness  
in my feelings and a physical rest expresses itself.  
After a while I didn't have to do the exercises. Thinking of them  
was already enough.  
That's how I want to pray too.  
A prayer that comes entirely from my being, from within.  
That I am the prayer.  
Then I no longer pray, but prayer arises, as it were, in and  
during the things I do.  
Yes, this is how I want my prayer to unfold.  
Then what it's about.  
Less suffering in the world, less suffering in my world?  
Better prospects for my children?  
Detach myself?  
More joy in life?  
A simple wish leads to a mess of wishes.  
I want to pray and ultimately I realize that I have a great desire  
for liberation.  
A desire so great that it turns my entire thinking upside down.  
A desire for liberation, not only for myself, but especially for all  
the people around me.  
A desire also that we, you and I, can live in a world where we  
follow the natural course of events.  
That life speaks for itself.*

*What I find striking is that our nature always strives for recovery, healing.*

*But that we as humans keep disrupting this process.*

*Then something suddenly arises that I call 'my prayer'.*

***My prayer***

*I turn to You, O God, my Creator.*

*Thank you in advance for being always available and not requiring me to schedule an appointment in advance.*

*That no secretariat manages your agenda and there are no bodyguards at your door.*

*That You take me as I am.*

*My wish is healing.*

*I make myself completely available to make that happen.*

*Give me something practical  
what can I do.*

*Something understandable  
what I can aspire to.*

*Something with hands and feet.*

*Something simple that I could have thought of myself and that I  
have a feeling about.*

*Something that can be said with few words.*

*In return, I once again declare my love for You, God, Creator,  
my Father.*

*I forgot about you for a moment, but that won't happen again.*

*I remain in joyful expectation.*



## 2 Rest in Peace

The restlessness you know is not a disturbance. It is a signal. Not something that wants to be solved, but something that wants to be understood.

You have softened it with distraction, with movement, with change. And each time, that restlessness returns. Not because you fail, but because it does not come from where you are looking for it. You are not seeking a peace that depends on circumstances. You are seeking a peace that coincides with inner stillness.

### **On Rest and Death**

The words rest in peace are spoken at death, as though peace only becomes possible when life ends. But death does not free one from unrest. It merely removes the body. What remains unresolved inwardly continues to be active.

Without the body, there is no opportunity for the soul's growth and development. The soul needs this body. It must develop and use the body as the caterpillar does.

What lives within the soul determines the field in which it moves. Like attracts like. If it resigns itself to the existence of the caterpillar, then it is that caterpillar. If it directs itself toward the promise of the butterfly, it prepares itself for that existence.

Rest in peace is not a postmortem promise, but a state of consciousness that is realized here—or not.

## **The Forgotten Task**

The ongoing tension arises from the discrepancy between what you live and what you are meant to live. There is a task that cannot be forgotten, only postponed. The task of growth. Of elevation. Of returning to conscious connection.

The impulse toward this springs from your divine core. Even when you ignore it, it remains active. It causes unrest as a reminder of origin. Not as judgment. As invitation.

## **A Different Attitude**

Rest in peace—the letting go of identification with the body, the caterpillar—does not require escape, but the choice of a different orientation.

This life is not a burden, but a gift that only reveals itself when fully unwrapped. When the seed of your true identity is given space, a state of being unfolds in which peace is no exception.

Not later.

Not elsewhere.

Now.

And you are not alone in this.

The Way is walked by many.

Unobtrusively.

In diverse forms.

Always surprising.

## **Attunement and Doubt**

When the soul turns toward its origin, resonance arises. But as long as it remains partly earth-directed, it produces images of how this should look. When reality does not confirm these images, doubt arises.

See it. Let it be. Remain oriented. You are moving toward a reality that transcends the mind. Vigilance is clarity.

## **Separation**

The world came into being to make development possible. Humanity forms one state of being characterized by a consciousness of separation. Not separated from one another, but from the origin.

This awakens longing. Searching. Compensation. Even the desire for harmony springs from this.

Wanting to be free from something is not the same as being free.

Freedom arises when separation dissolves.

## **Love as Power**

Within you lives the knowing that unity is possible. That knowing comes from your true identity.

When it awakens, Love begins to work. Not personal. Not sentimental. Creative.

The Light-bearers were no exception. They were transparent.

You too can live in this way.



## **Against the Natural Cycle**

Living from your true identity does not mean going along with arising and passing away. You are a temporary inhabitant of a small world with eternal value.

This world can reveal the God-Human. In principle. The direction is determined by your choice. Not by coercion. By attunement.

## **The Infrastructure**

Everything is present.

What is lacking is not ability, but direction.

When your soul turns toward the origin, the Light-force can flow through. Then the infrastructure of your being is used. Then growth becomes possible.

The choice is simple. But existential.

It asks only one thing: attunement.



## ***From practice: Awakening the Soul without help?***

*Reviving the Soul...*

*Then you are talking about an inner revolution.*

*Can you initiate this without help from third parties?*

*I was asked this question once.*

*It first led to a deep silence.*

*Why?*

*Because I have never asked myself this question.*

*I was looking for answers to questions about the purpose of  
life.*

*But then I always automatically shared that question.*

*Then I started reading books.*

*To have conversations.*

*And I sometimes joined a group for a short or longer period.*

*Those actions always gave me an answer.*

*In myself, that is.  
This way I prevented myself from worrying.  
As a result, I encountered and still encounter all kinds of  
things within myself.  
These actions give me more clarity about what drives me.*

*Now back to the question.  
Can this inner revolution be initiated without the help of third  
parties?  
I tried to put myself in the person of the questioner.  
So, I asked myself that question.  
My first reaction was:  
Yes, but I have about seven billion colleagues on this earth.  
They all do things for and with me that I cannot do alone.  
Am I alone?  
Can I do something alone?  
Not as far as I am concerned.  
Then it is not just about everyday life.  
I am convinced that there is something present within me that  
is variously referred to as Soul, Rose of the Heart, Primal  
Atom, Lotus, Tao and many other names.  
Names that point to an opportunity for that inner revolution.*

*Can I do that alone?  
Never thought about it.  
Why not?  
I find myself hesitant to write that down: convenience.  
It is so much easier to do it together.  
To be honest, I am not extremely focused sometimes.  
Then I have a thousand and one other priorities that I  
experience as quite important.  
Then, simply put, I need help to stay on task.  
But also, the other way around: I notice that I can assist others  
because they also have their moments.*

*Then there is something else going on.  
I experience that inner revolution, as described by the person  
who asked me that question, as a joy that is not so easy to  
describe, but palpable.  
I enjoy being able to share that experience.  
You will need others for that.*

