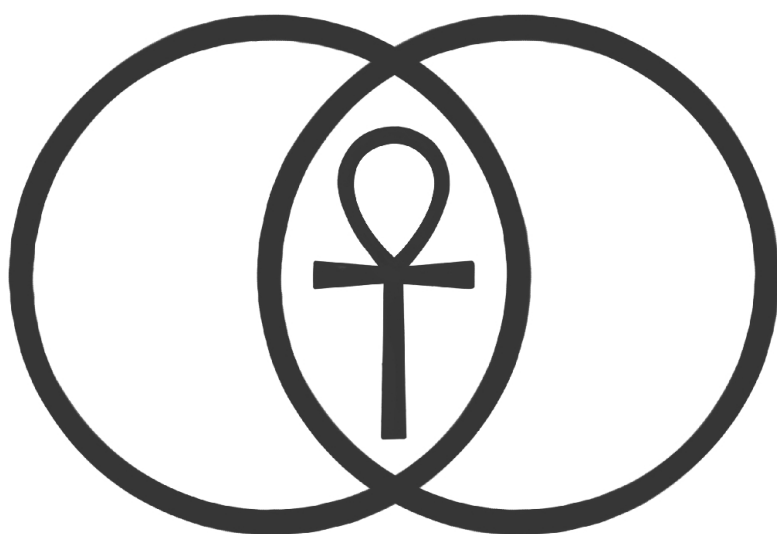


The Life Force Ritual

and the treasure of the 7 islands



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Preface

Dear reader,

I am Katrien, Dirk's wife. He invited me to make the preface for the Life Force Ritual book. For me the Life Force Ritual is a life-changing gift. It enhances your consciousness, which makes it possible to stand in your life in a more happy and different way. By doing the Life Force Ritual, you feel that you are part of everything and that the All is inside of you. This will make you look at your environment in a more relative way, through which you see more clearly and which makes you become less of a "playball". A very pleasant feeling, isn't it?

The Life Force Ritual has made an evolution through the years. In the beginning in La Palma, where we lived, I practiced every day on the same spot in the garden. The place became very attractive because of the surrounding energy.

When we returned to Belgium, I realized that the difference in climate didn't bother me. When people asked me if I missed the sun, I could clearly say 'no', because I had anchored all the nature elements in my body and I could recall them whenever needed. Thanks to the Life Force Ritual. What a freedom!

So.... I'm very thankful that the moment has come to share the Life force Ritual with the world.

I would say: ENJOY!

Introduction

I wrote this book because it was part of my promise to the spirits to share this treasure. I see it as a message in a bottle one throws into the ocean. I leave it to 'the great wisdom of life' if and where it will come ashore.

Life is a mysterious journey where we have limited control on what is going to happen. Thank god for that. It would spoil the magic. What we can do on our journey is using a roadmap, or better is finding a way to understand more clearly what life is telling us. The animals, the trees and the clouds...they understand and follow life from their own nature. Life becomes real the moment we do the same thing. What we need for this is to find back the user manual. The original science book of life. That in my experience is what alchemy is all about. That is what I live and teach.

This little book is about an important part of the alchemy journey I went through during a period of about 12 years (between 2008 and 2020). Partly by myself and partly together with my wife Katrien. In the text I will use 'I' or 'me' when speaking for myself and 'we' if it counts for both of us. I use this book to publicly share a treasure that we have received from the spirits of the Canary Islands. The treasure contains a unique intelligence that can be activated in 2 ways: through a set of movements called the 'Life Force Ritual' (abbreviated as LFR) and through quiet sitting and connecting in a meditative way with the intelligence.

The LFR is a prayer or meditation in motion. It describes the cosmic creation story that every spiritual tradition tells in its own words. The LFR however does not do that in words, in a

concept or in writing, but through natural, harmonious movements in the form of symbols. Together these symbols form a language that every body and soul remembers. The LFR is not about doing some exercises. With the help of symbols, it becomes a true initiation in a higher state of consciousness. It connects you with your origin, your deep nature, your true potential and your soul path. With the right diligent practice the symbols and the accompanying intelligence will become part of your energy field and in this way they will deeply influence the quality of your life.

I have not invented the LFR. I even realize that I only have limited access to this very ancient source of divine wisdom. Although aspects of the LFR can clearly be recognized in many existing religions, its origin remains unknown. From the beginning it was clear that the LFR was not just for me, but something I needed to share with everybody who is open for it.

This book has 4 different sections.

First, I will explain how this all came to be. 18 years ago (in 2002) I was a teacher and a therapist, already with a more awakened state than most people around me, but living a regular life in a small town in Belgium. From there on, it has been quite a journey for us through different countries, till we had fully received the gift and completed the mission. Although.... maybe writing this book is the next step in an ongoing story. I will share our story with the intention to inspire you and to support you to be open to what life really wants you to do.

Each and every one of us is invited in our life to go on 'our journey of the soul'. Sometimes it is a journey around the world and sometimes it is an inner journey without leaving your village. But for sure, an invitation to conscious awakening in your own nature.

Second, I will give you a simple theoretical background that will help you to understand the mystical journey I am about to share with you. But I have to warn you that this is just a 'hold on' for the rational mind. Because the mystery of life cannot be grasped by the intellect. Moreover the themes in this book are so wide that even writing a book of a thousand pages about this, would be just an introduction. My intention is to make this a simple book based on my personal experiences with just enough theoretical frame for you to satisfy your logical mind, so that you can open up for the direct experience. If you are interested in the theoretical background of this work afterwards, there is lots to find and read online and in books.

I consider myself an alchemist, so I also love the Daoist way. The highest virtue on the Daoist path is simplicity. It brings all virtues together in one embodied state, with an empty mind and yet with radiant abundance.

Third, I will explain to you in detail the opening posture and 5 main movements of the LFR so that you can use them for yourself to activate this unique intelligence and enhance your life quality. You can use the 'online demonstration video' to check if you do the movements the right way. The link is found in the chapter where I explain the exercises.

Fourth, I will share with you 'the treasure of the 7 islands'. We did a lot of research on this theme and found some small

fractions here and there, but in general I am pretty sure you will not find this piece of information anywhere else. I will share with you the essence of what we found and how we activated the intelligence in a group process. In this chapter you will find the download link to a meditation that you can do for yourself to activate the intelligence.

Where does the information in this book come from? Well, this is what the book is all about. First of all there is all information you can get from teachers, books and the internet, which is certainly a great help. But it remains on the surface if we only receive it with the senses and store it in our thinking minds database. Then there is the deeper conscious information. This can of course also be perceived by yourself with the previous external source, but it will still need to be stored in a different, deeper place called your consciousness. And it is often not so clear whether you know now because the teacher told you, or you already knew and the teacher only reminded you.

I often tell my students that I hope they do not learn something new, because the most valuable information I offer is already present in them in a dormant state.

There are 3 intelligence sources I have direct access to. First there was the Eastern Daoist (Shinto – warrior) path. Not religious Daoism but the old hermetic/shamanistic way and the internal alchemy tradition. Most of what I learned from that path was already present in my superficial subconsciousness. Second and more deeper in my memory is the Western esoteric tradition from Sumer, Egypt, Greece, Essenes and different Christian sects. All of these sprouting from of mystical source going further back to Atlantis, Lemuria and even beyond our planet earth. I had to dig much deeper before I could connect to this flow and remember some of