

IRONYA

Touched by a feather



IRONYA

Touched by a feather

Marcel Van Belleghem

Writer: Marcel Van Belleghem  
Cover illustration: MARHA  
Cover design: Mathias Vandenborre  
© 2021 Marcel Van Belleghem

All rights reserved. No part of this statement may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, without the prior written permission of the author.

ISBN paperback (Dutch): 9789464181005  
ISBN E-book (Dutch): 9789464183764  
ISBN paperback (English): 9789464184525  
ISBN E-book (English): 9789464183931

## **1 Foreword**

I'm glad you're taking this book in hand. It may be the right time to share "Ironya" with you. There will undoubtedly be things for you to recognize. I have no doubt about that. I would very much like to share some special experiences from my life. It has to do with universal energy that touches me over and over again, as if I am touched by a feather. It knows how to find me over and over again and that has made me the person I am now at the age of 61. The writing of this book did not take place overnight. For various reasons, there was always something stopped me from continuing to work on "Ironya". Maybe it was also the time I needed to settle down within myself. I sought not to rush anything so that I could share my experiences with you in a proper and sincere way.

A special word of thank goes to my wife Josiane Vantomme for reading my stories several times and adjusting where necessary.

Thank you Wim Samijn, one of my best friends, for the necessary corrections and rewriting the poems, as well as for the time you took for this. I can always count on you.

Thank you Paul Dunford to go through my book as first reader and adaptations where needed.

A big thank you to the people who shared their story here. My son Wim, Steve, Rudy (Ramananda), Daniel, Jency, Natan, Yuri and Tim.

I wish you plenty reading pleasure.

Marcel

## Index

1	Foreword .....	5
2	I love you.....	10
3	The way you are .....	13
4	The giver .....	14
4.1	Born to give.....	14
4.2	I like you .....	18
4.3	To give.....	19
4.4	MARHA.....	20
4.5	A gift.....	23
4.6	How Ironya came to me.....	24
4.7	There is an artist in me .....	26
5	Please, let me out of here .....	27
6	Events, thoughts, feelings, behaviour.....	33
7	Body and mind .....	34
8	A hug.....	42
9	Hypnosis .....	43
9.1	My first experience with hypnosis.....	43
9.2	Hypnosis.....	54
9.3	On camp in Gantrisch .....	55
9.4	Sometimes .....	64
10	Out of my body .....	66
11	On the way up.....	74
12	One with nature .....	75
13	Connected.....	77
14	The strange dream.....	78
15	Amazed .....	80
16	Reincarnation .....	81

16.1	Do past lives exist?.....	81
16.2	Who is Carol Bowman?.....	82
16.3	Reincarnation session .....	84
16.4	One step back.....	95
16.5	Back to Radhadesh.....	97
16.6	Impact on my current life.....	101
16.7	Coming and going.....	104
16.8	Unable to let go.....	105
17	Letting go of my ego .....	106
18	I am who I am.....	110
19	Energetic stories .....	111
19.1	Healing .....	111
19.2	Day of the cosmos.....	116
19.3	Searching.....	119
19.4	The story that brought me to Steve .....	120
19.5	The urge.....	129
19.6	Trier and the Shroud of Turin .....	130
19.7	Out of Nowhere .....	132
19.8	A Gift from Heaven.....	134
19.9	Unexpected.....	138
19.10	A beggar as Friend.....	139
19.11	Never say never .....	147
19.12	The story of Wim.....	148
19.13	Time.....	152
19.14	The story of Jensy .....	153
19.15	Love, goals and friendship .....	162
19.16	The story of Tim .....	163
19.17	To be connected .....	173
19.18	Natan's Testimonial .....	174



19.19	Yuri's Testimonial.....	177
20	Thank you .....	179
21	About the author.....	182

## **2 I love you**

The universal energy is present everywhere around me, tangible and untouchable, except through the energetic cuddles I received from numerous people or the numerous cuddles I gave others. They are invaluable. It is very strange that today we are sometimes afraid to show each other and the outside world that we like each other. Just say "I love you" or "I like you". These are small things that I say to several people every day. I always say this sincerely from my heart so that it touches every person in one way or another.

Circumstances dictate that there is sometimes no longer the possibility to show that affection. However, it is by hugging or cuddling each other and being each other's friend that we can experience the warmth. This without distinction of man or woman, rich or poor, young or old. Without any obstacle or hindrance this warm energy goes everywhere through your body.

There is also the universal energy that is felt but also present in each of us, and in our environment. This is already released and experienced when we

help each other in a positive way, when we understand each other or when we look at each other.

This book "Ironya" which also means light has a beautiful message. We are made to like each other, to trust each other and to help and support each other in everything we do.

The body is like a brick house where you connect brick after brick or cell after cell. In the end you have built a beautiful house or body. Make sure you have enough windows and a door that is always open. This so that other people can taste the 'nectar' as Ramananda, a friend of mine, says so beautifully. It is the honey for humans. Even stronger than the mortar that connects the bricks together. Even stronger than the honey that my wife Josiane puts on her sandwich every day. It makes us strong inside and it makes us energetic and happy.

Feel it as a vibration of every cell in your body. A cell that is ready to receive this new energy. It is a part of the cosmos, the planets and the stars, the sun and the moon, the nature, the plants, the animals but most of all friends and family around you.

When you face certain circumstances or unforeseen events, all your cells can get shaken up. Their poles get criss-crossed and there is a time of powerlessness and restlessness. If you are still able to reorientait all your cells in the same direction, just like a battery with both poles north and south, then an enormous energy goes through you. Once you have experienced that power, you become very quiet inside, being very grateful for your current life on earth. You must be able to enjoy every day, every hour, every minute and every second.

If something goes wrong, take some time to come to yourself and first of all, without blaming anyone, accept what is happening, no matter how difficult that may be. Think of the big 4 items: event, thoughts, feelings and behaviour.

It is certainly not an event which determines our life. It is the thought about that event which influences our ensuing feelings and behaviour.

### 3 The way you are

I like you in all your grace  
With your gifts, with your mistakes  
With your smile and radiant face

I like your ways  
I want to love you, comfort you  
Be with you all days

You are a piece of art  
I am humbled-by your side, yYou warm my heart  
You melt my pain, all hurts hide

I like you the way you are  
The way your scent surrounds me,  
You' are a flower, a perfumed night,  
You are the scent of spring, a true delight.

I like the way you flow  
Together we go around, To find a warmer ground  
To embrace our souls to grow

Poem rewritten by Wim Samijn

## **4 The giver**

### **4.1 *Born to give***

I was born to give. Everything I do flows from the heart. Sincere, without needing anything in return.

I am 15 years old and a good friend asks me if I want to help as a counsellor on Saturday mornings and afternoons for 2 different groups of people with disabilities. They are people who want to swim and as a group they each get an hour in Kuurne swimming pool. One group came from the municipality itself and the other group came from Avelgem.

Around the age of 16 I start juggling and performing. It's wonderful to see people amazed after your trick has succeeded.

Around the age of 17 I started with hypnosis. On the square behind my house, i had my friends doing crazy tricks. It was all a good laugh. An incident in Switzerland brought this to an end.

Around the age of 30 I become the chairman of a regional workgroup of Foster Parents Plan. My board and I organize activities which sometimes reach 1000 people.

Around the age of 35 I join the board of the Water Polo club in Waregem, the time when my children Stein and Wim play in that club. For years I am responsible for getting the youth-work going again and for solving problems between club, player and parents and I also sit at the tournament table at the home matches. I am rewarded for my efforts with the Dries Seghers prize in Waregem.

Around the age of 40, I start teaching Tai Chi, a slow form of Kung Fu that aims to bring peace to your body and mind. Over a period spanning more than 10 years, I have been able to transfer my knowledge to many hundreds of people. I taught 4 evenings a week in Waregem, Kuurne, Oudenaarde and Lauwe.

Around the age of 45 I became a regular masseur in the National Cyclocross Team. That is the team of Rudi De Bie. I got the chance to serve at training camps, World Cups, European Championships and the World Championships as the country's caretaker. For 13 years I have been doing this with passion and dedication.

In the same period I also open a home massage practice, until rapid growth-drives me to open a practice in Desselgem, later in Deerlijk.

I feel the need to be surrounded by people to whom I always fully commit myself. I follow various courses of all kinds in both healing and massage protocols and modalities:

Relaxation and healing massage

Transfigu regeneration

Therapeutic Touch

Tatiki massage

Applied kinesiology

Ayurvedic massage

Reiki

Shamballa

Quantum-Touch

Sports care taker

Nutritional supplements in sport

Cupping massage

Kinesiotaping

Ceramic miracle massage

Ortho manipulation therapy

Topsport massage



Sports nutrition

Manual Lymphatic Drainage

Body Adjustment

Foam Rolling

Hotstone massage

Core stability training

Using an AED device

Mental Coaching in sports coaching

Massage and magnesium

Massage for neck and lower back complaints

Dry Needling

## **4.2 *I like you***

Maybe it's because of a recent energetic experience I just had. The fantastic feeling when you feel happier to give than to receive.

I wonder if you also have this feeling having walked past something, or that you – just like me - are retracing your steps to help someone from your heart. Have you ever taken the time to say or show in your own way that you like a person. Has it been a while since you said "I love you", "I care for you" or "I like you". Sometimes it is enough to listen to someone and to show some understanding and sometimes it is difficult to express what you feel. As long as you feel happy inside, then the other person feels the same, sure.

It is always time to give.

It is up to you to come back to your steps.

### **4.3 To give**

When you give  
Then do it with your souls embrace  
Your money will live  
And see no colour or race

When your giving is real  
Your hearts touch  
That is a no fake deal  
It means so much

When you give  
Give with your body  
No matter your size  
No matter ladies or guys

When you give like a king  
From your soul, body or heart  
It doesn't matter a thing  
As long as you do your part

From deep within yourself  
Without much thinkin', just give because  
It's your beautiful cause

Poem rewritten by Wim Samijn