

Frenkie goes to God

WATCHTHEGOD

Blogs 1-100

Frenkie goes to God

WATCHTHEGOD

Blogs 1-100

Frenkie Oosterveen

While every precaution has been taken in the preparation of this book, the publisher accepts no liability for errors or omissions, or for damages resulting from the use of the information contained in this book.

Cover photo: Stairway to heaven, painted by Jim Warren.

Frenkie goes to God - WATCHTHEGOD - Blogs 1-100

Written by Frenkie Oosterveen

First edition: December 2024

Copyright © 2024 Frenkie Oosterveen

Hardcover

ISBN 978-94-65126-83-8

Index

Foreword.....	1
1. These are unusual words.....	2
2. War in my own car?.....	6
3. Googling or God?.....	7
4. Zen and the art of essence.....	8
5. The opinion of fellow men versus the opinion of God.....	9
6. Evolution and creation, two sides of life.....	11
7. God doesn't like the concepts of guilt, sin, and penance and suffering.....	13
8. A prayer for criminals.....	16
9. About surrendering and letting go.....	17
10. Life after death and "unbelievers".....	18
11. A little bit of care for a beggar won't cost you.....	21
12. Am I just hallucinating?.....	24
13. What does God look like?.....	25
14. The restrictions of houses of worship (Religion 1).....	27
15. Man between beast and spirit (Religion 2).....	29
16. The Buddha and the statue of Mary.....	32
17. The energy in houses of worship (Religion 3).....	34
18. The human personality (Religion 4).....	37
19. The devil, God's monkey (Religion 5).....	40
20. From the Bible to the Urantia Book.....	44
21. Prayer always works. God hears everything.....	47
22. Son or child of God.....	48
23. Why don't you perform a miracle?.....	49
24. You pay more attention to the baker than to God.....	51
25. God as a coach, what does this mean to me?.....	53
26. Thousands of creatures in nature, all around us.....	56
27. A catholic church and what happens there.....	58
28. Such a joy to be with God.....	60
29. Does your life belong to you or to God?.....	62
30. Use your minds as well!.....	64
31. Man is not left to muddle along on his own in this world.....	65
32. Feeling in heaven while on earth.....	68
33. God wants to come closer to us.....	70
34. God is emancipated.....	71

35. An ode to the body, about getting rid of addictions.....	75
36. Show-offs and boasters. God sees everything.....	78
37. You are not alone (Tweet from God 1).....	80
38. On the waiting soul (Tweet from God 2).....	82
39. About the inner self (Tweet from God 3).....	85
40. Christ is born.....	87
41. About God's love for man (Tweet from God 4).....	90
42. Sex is fine, sex addiction isn't (Tweet from God 5).....	93
43. Young people and their smartphone friends (Tweet from God 6).....	96
44. Warning against selfishness (Tweet from God 7).....	98
45. Be the master of your inner world (Patanjali 1).....	100
46. Inner diplomas are eternal (Patanjali 2).....	102
47. On the pain of man and Allah's understanding.....	104
48. God is your sponsor.....	106
49. What is our attitude when we do things? (Dalai Lama).....	108
50. The ego on the throne of the inner self.....	110
51. Do not act out of fear.....	112
52. To learn or to unlearn (Krishnamurti).....	114
53. God's will and God's laws are not the same.....	116
54. The love for God (Titus Brandsma).....	119
55. Allah will mean more to you if you trust.....	121
56. The rotating wheel or the silence of the axle.....	123
57. Be conscious of the kindness, not the faults of others (Buddha).....	125
58. Exchange your egos tricycle for God's bike.....	127
59. Even God doesn't judge.....	129
60. An a cappella concert is pure healing.....	131
61. Stop worrying.....	134
62. What we try to avoid, brings us the most (Jean de la Fontaine, Lao Tze).....	136
63. A Byzantine Easter mass and a blessing of icons.....	138
64. Who is closer to God's kingdom?.....	140
65. Frenkie is lifted out of misery.....	142
66. Self-acceptance causes love for the other.....	145
67. Teacher doesn't understand life.....	147
68. I want to know the thoughts of God (Albert Einstein).....	149
69. Love God and you are in big trouble socially.....	151
70. North-Korean misery. Evolution and hope.....	152
71. Remembrance day for victims and perpetrators.....	154

72. Allow God to catch your outstretched hand.....	156
73. The Mormons go too far with their habit of posthumous baptism.....	158
74. Seek loneliness if you wish to meet God.....	161
75. Only you can change your thoughts (Paramahansa Yogananda).....	162
76. I like to listen (Ernest Hemingway).....	164
77. God does not ignore the calls of the weak.....	166
78. God's timing is perfect.....	170
79. Do not wait.....	172
80. Life after the death of a harsh man.....	173
81. Stop the inner competition.....	177
82. What a difference a day makes.....	179
83. Humility is attentive patience (Simone Weil).....	181
84. Imagination is more important than knowledge (Albert Einstein).....	182
85. Don't be too virtuous.....	184
86. Real interest makes fear disappear.....	185
87. Purify your heart.....	186
88. God does not determine our steps.....	187
89. A birthday is much more powerful.....	188
90. Even a Nazi will eventually become an angel.....	190
91. A protestant service.....	193
92. The spiritual world is always available.....	196
93. God's plan and the Enlightenment are not in conflict with each other.....	198
94. Live as if it is your last day (Mahatma Gandhi).....	200
95. Of course you share your abundance with the world.....	201
96. Tweets on environmental pollution are seeds for the future.....	203
97. You are living on credit.....	205
98. A story on ticks and being impertinent under the shower.....	206
99. About one year of conversations with God.....	208
100. Man knows something, God knows more.....	210
About the author.....	212
Keywords.....	213

Foreword

In 2011, during a visit to a small chapel in Leiden, I experienced an epiphany. I suddenly heard crystal clear and distinct a voice that was not my conscience, not a guardian angel and not a guided spirit. The voice claimed to be God, the God in my inner self. And the experience didn't stop at this revelation. After my visit to the chapel, the voice came back and I started having regular conversations with It. Because I realized that the words might be coloured by my own thinking, I called the presence behind the voice "My God". However, the voice regularly assured me that "My God" and God were one.

The answers to my questions, and the reflections I received on events of my life were so intense, striking, and surprising that pretty soon I started to turn every conversation into a report, as I didn't want to forget anything. A few months after the initial revelation, "My God" suggested posting the reports on the Internet. I hesitated, because at the time I held a certain social position and was reluctant to burden it with possible criticisms. Still, after some time I started a blog and a twitter account, using the pseudonym Frenkie Oosterveen. I also came up with the name "Watchthegod", which also became the title for my blogs. Initially I wrote and tweeted in Dutch, but after about two years I started a separate blog in English. The number of visitors increased steadily. After more than 12 years, the counter of the Dutch blog stood at 148.000 visits, and that of the English-speaking one at 78.000 visits. The blog was accessed from more than 100 different countries.

In the meantime the blog has grown to more than 500 reports of conversations with "My God". In short, they are about the meaning of life and the difficulties that a person may encounter on their life path. The various topics include life on earth, life after death, the guardian angel, the power of prayer, the spiritual support of man, what happens during a church service, God Itself, of course, and Its servants, the state of Mother Nature, and many other subjects.

The blog can be read freely by anyone. From the beginning it was clear to me who the texts are meant for, and I have also received confirmation about this from "My God". The texts are meant not for those who are satisfied with what they think and believe, but specifically for those who are seeking, who have become disappointed in the servants of God on earth or in the religion of their youth. They are for people who know there is something, but cannot always find it in their own faith; for people who are dissatisfied with the way their environment deals with things; and for those who like to read between the rules of life. Finally, they are intended for those who still have questions based on their faith or beliefs, and who may be able to find the answers to these questions in these blogs.

Given the widespread interest in the blogs, I decided to assemble the reports of the first 100 conversations in a book. This first series has been edited with the greatest respect for the original texts into which those conversations were converted. The Dutch texts were edited by a scientist of religion. After that, two translators, one of whom is a native speaker of English, edited the English versions. In the meantime, the texts that were originally published on the Internet have been replaced by the edited versions.

In my sincere experience, I am only a messenger. The messages of My God are full of tolerance, wisdom, love, and open-mindedness. If this book offers the reader even *one* new insight, *one* new thought, or *one* new subject worth considering, my dearest wish will have been achieved.

Frenkie Oosterveen
Voorschoten
November 2024

1. These are unusual words

August 26, 2011

These are unusual words. They are the result of the cooperation between a human being and a spiritual being. For myself, I call this being (my) God, as its voice says it is. In public, I intended to call it the voice. When I suggested this (because I could imagine how people would respond to my presumption), the voice replied:

For the time being, I can live with that.

Because of this reaction, I have decided to ignore my first impulse. Honesty is the best policy. So it's My God, then. After this, I had the following conversation. I asked: "Are you my guardian angel?" My God replied:

No, I'm not your guardian angel, but I do work with him.

When I asked: "Are you my higher self?" my God replied:

"No, there is no such thing. You people have invented it".

When I asked: "Are you my soul"? My God answered:

"No, I am not your soul, but I do work with it."

Then I asked: "Are you God or my God"? My God replied:

"I am your God, but also God in general, because we are one. I am the highest you can turn to, I am your power and your strength, your future and your beginnings; I am your heaven, your inspiration, your happiness, your creator. I am your kingdom of God on earth. Can you accept this, my son?"

Well, after this I was silent for a while. "But who am I in your eyes?" I then asked.

My God said:

"You are my man, my project on earth, my highest purpose, my great interest, my particular focus of attention. And I have only one purpose for you: to raise you to me, to help you to surrender to me, to increase your faith in me. And recently, my purpose has been to have you listen to my voice. You are my son, my child, my beloved. Through you I become human; through me you come closer to God. How's that, my son?"

Well, it's all right, I suppose... but you sound a bit colloquial, all of a sudden, with your "How's that?". I hope you won't mind me saying this. I'm not being too blunt, am I, my God?

No. I prefer you to be open and honest, which is not the same as being impertinent or disrespectful. I will let you know if that is the case. Through you I become human. Through your thinking, your feeling, your life, your interests, your actions, gives Me a good opportunity to practice on earth. I've had enough practice with minerals, plants, animals, and "ape men". You are my success story, now you're finally able to hear me. I am happy with you, humanly speaking. Be blessed.

Then I discovered that this was always how my God concluded when he spoke to me:

Be blessed.

But it didn't mean the end of our conversations, because I could carry on day and night.

"May I ask you something else?"

Yes, you can always ask me anything.

“Do you mind if I ask you something time and again?”

I never mind; I am always at your disposal. I also like to converse with you day and night. What we share together is a source of joy and success, opportunities and possibilities. I have whispered to you for a long time. At times you could hear my words literally, and you assumed them to be a hunch, originating from your mind or intuition, or even from your guardian angel. But it was always me, because everything you are able to do, think, and feel, originates from me. However, now our contact is direct and straightforward and open, and we can decide together what kind of action to take. I already know what you should do, but ultimately it is your free will that prevails. You are the one who takes decisions. Up here, we are patient and know there is a time and place for everything. Now that we have dialogue, a conversation, mutual contact, we can discuss things openly. So you will never bother me. I shall always be there for you and always looking forward to you addressing me. Rest assured.

Be blessed.

My blessings to you all.

2. War in my own car?

August 31, 2011

I am driving along when I'm cut off by another driver. I shout "Idiot!" and mutter a few more terms of abuse. Then I remember God and say: "Sorry about that. Will you bless this driver?"

He is blessed. And thank you for your question. We are very pleased with it. Be blessed.

Can you explain why you're thanking me?

The man was driving recklessly and his speeding could have caused an accident, and worse, personal injuries. That's bad enough. By calling him names on top of that, you are increasing the negativity already present, which will lead to further escalation. From an energetic perspective, this is almost war. But because you remembered God and earnestly asked It to give this man his blessing, the course of events changed. Your negative reaction was neutralized, and the escalation process stopped and dissolved. Moreover, this man became truly blessed in his way of driving, which will help him to experience a certain hesitation about, or even resistance to, continuing his selfish and reckless way of driving. So there's a better chance of him mending his ways.

But more importantly still, because your negative reaction was neutralized, his bad driving behavior was not reinforced.

Don't confuse this with healthy assertive behavior, that's a different kettle of fish. What I'm talking about is the processes you are modifying from within the intimacy of your own car.

Thank you for understanding. I can see the penny has dropped.

My blessings to you all.

3. Googling or God?

September 2, 2011

I can't recall the name of a particular author and ask my God: "Do you know the author's name?" I get no reply, ask again, and again there's no reply. Then I say to my God: "You don't know, but if *you* don't know, being all-knowing etcetera, then I'm at a loss; I'm fooling myself."

I am upset, draw conclusions from the fact that there's no answer, and have my doubts about the hesitation of my God and not receiving an answer. I am so used to always getting an answer immediately. For almost thirty minutes, I'm completely full of doubt, but then I regain my equilibrium and ask: "Can you help me understand what exactly happened just then? Not so much regarding my question, but the whole situation?"

Yes, I can. This is not about whether I am able to answer all your questions, but whether I am willing to. What about Google?

"Thou shalt not tempt the Lord thy God."

I'm sorry, my God, I do understand what you mean. I still have to find my way in this. I don't mean to use you as an oracle; I have to learn to distinguish serious issues from my own daily trivia. Thank you, my God.

It's all right. We're exploring all this together, and for both of us, each from our own perspective, it's a voyage of discovery. But never hesitate to ask. I am patient and tolerant and understand everything, and I'll be sure to let you know if you overstep the boundary of respect or take our communication too lightheartedly. I can see you are really trying hard, so rest assured. Together we will keep all matters open and transparent. This time I chose to remain silent for a while. Be blessed.

Thank you, my God.

My blessings to you all.

4. Zen and the art of essence

September 2, 2011

A philosophical question arises within me – a Zen Buddhist question, often put to students to provoke them to look deeper and deeper within themselves. I pose the question to my God.

Can you help me with this question: "What was my face like before my parents were born?"

It was mine.

I am moved by the answer:

"Thank you, my God."

Be blessed.

My blessings to you all.

5. The opinion of fellow men versus the opinion of God

September 6, 2011

This afternoon I am to give a presentation on the subject of finance for a large group of directors. In the train on the way there I'm really nervous. I ask my God to help me be calm and relaxed during the meeting.

"Can you help me relax? I don't understand why I should believe their opinions are more important than yours. If I could value your opinion as more important, I would no longer be nervous. And why on earth am I not nervous about speaking to you? That would seem to make more sense."

You're right not to be nervous with me, because why would I do you wrong? I am the God of Love, I cherish, I nurture, I am like a parent to my child – infinitely patient. I never force myself upon you and do not judge. Being nervous around people, and especially managers, does seem to make more sense. Because they are co-responsible for everything that goes wrong in the world. They serve their own interests too much; they enrich themselves at the expense of the poor. And in some organizations and countries, they are the ones who commit crimes against humanity, against civilization, against the feelings of their colleagues and subordinates. And sometimes they are the ones who commit murder or, more frequently, give the orders for murder.

As for your anxiety, utter the following mantra before you walk onto the stage:

"The opinion of God is far more important to me than the opinion of men".

Your anxiety will then disappear like snow in summer, as it's only the result of you giving their opinion more importance than it's worth. Isn't it true that you are working on always letting my opinion prevail?

Be blessed.

My blessings on you all.

6. Evolution and creation, two sides of life

September 9, 2011

My God, could you tell us something about our human soul?

My son, I'll start straight away and explain some fundamental principles:

- **The soul has a spiritual origin.**
- **The personality is an earthly creation.**
- **No such thing as reincarnation really exists. The soul attaches itself to different personalities in different periods, but remains spiritually “up there.”**
- **The earthly personality lives on after the death of the physical body and can then choose from an endless number of possibilities for spiritually developing itself to greater heights.**
- **Evolution (science) and creation by God (religion) are both elements of life and are not mutually exclusive.**

This is the explanation:

When the soul is created by God, it is absolutely pure. A soul is made of spiritual substance. Whenever a soul begins a “project” on earth, attaching itself to an embryo and thereby creating its “own” personality, it automatically becomes tied up with the activities and development of this personality.

The earthly personality is new and unique, and before conception it did not exist. The earthly personality is completely an element of earthly evolution. Thus, personalities on Earth are made up of earthly substance. In principle, the earthly personality will live on after the death of the physical body, because from the start of the embryonic development there is also a spiritual body that will automatically be developed (with a great deal of help from the soul, and, naturally, from God). And from then on the opportunities for development in the spiritual world are endless.

It is of course possible that many things will go wrong, and the personality may even commit crimes (since free will is sacrosanct, after all). The personality will then, according to the laws of cause and effect, be faced with the results of its actions in the spiritual world.

The personality is always given the opportunity, in a very justified sense, to "put matters right". Of course, this may be quite confronting and painful. Everything is presented to him/her in love; however, the personality doesn't experience this as beneficial sense, but more as a punishment. This is unfortunate, but necessary. It's another spiritual law. If an earthly life derails, it is the soul that suffers. Although the soul is not contaminated by this, it remains very much tied up with it. When after its physical death the earthly personality has regained its balance in the spiritual world, the personality continues with his spiritual evolution. The personality never reincarnates.

The soul however, will then be released from its ties with this personality. In a different era on earth it will attach itself to another personality, in order to further develop, work through, or solve its experience and attachments related to the earth.

Therefore, there is no true reincarnation; a leaf on a tree in 2011 is not the reincarnation of a leaf on the same tree in 2010. Some people do discuss it in these terms: In a past life, I was a carpenter. What they should say instead is: "Sometime in the past, my soul attached itself to another personality, someone who used to be a carpenter".

It is true, however, that all the different personalities of a particular soul are connected through that soul throughout the ages. As the soul gains more and more earthly experience, it will select more refined and further evolved creatures to attach itself to.

Thus, instead of saying: "I have a soul", one should say: "I belong to a soul".

That evolution on earth is 100% navigated and guided by the spiritual world is a fact which has not yet been discovered by scientists.

That life on earth is modified through the method of earthly evolution, and that this method is considered by the spiritual world

to be perfect, is something that many religions have not yet discovered.

Thus, evolution and creation exist side by side.

I would like to conclude by mentioning a truly crucial common theme in human life: a perspective, a statement, man's main purpose in life, his destiny:

Man should identify himself only with God; this is his destiny. Because the essence of man is not his body, nor his emotions, nor his rational mind – it is the focus of all those things on his spiritual body. For this has been created by God and by man's soul, from his birth onward, and this is what he truly is: this is his destiny, this is his true perspective, this is his essence. That's why I stated earlier that once you start paring down your being to the core, you will have to acknowledge that God is your purpose, that you are God, and that God is your essence.

From conception onward, what do you look to: earth or heaven, the ground or the skies, the outer or the inner world, strangeness or intimacy, your damnation or your salvation, your demise or your eternity?

That's up to you.

My blessings to you all.

7. God doesn't like the concepts of guilt, sin, and penance and suffering

September 12, 2011

Could you say something about the concepts of guilt, sin, penance, and suffering, which are so familiar, in particular the various denominations within the Christian doctrine?

God doesn't like the concepts of guilt, sin, penance, and suffering. This theme has been blown out of proportion by the traditional Roman Catholic church and traditional protestant movements. Jesus accepted his path of suffering as a fact of life and a consequence of the cruel conditions of his time. For him the most important thing was to fulfil his mission: Through his presence on earth, he opened up a new, large, strong, and energetic portal to heaven. This portal between heavenly and earthly affairs allows personalities to open up more and gain access more easily to the spiritual world. This was confirmed by the Holy Spirit during Whitsuntide.

Therefore Jesus Christ is consistently called the God of Love and the Lord of the earth, because through his life he gained the upper hand over the earthbound and negative forces. The embodiment of all these derailed forces is the ape, but this will be discussed in another blog.

However, the Christian doctrine does have a good point: from our divine perspective it is indeed a great accomplishment to empathise, as an earthly human being, with the suffering of Christ and the deep sorrow of his mother, whose mission was a glorious one, but far from easy. And in the heavenly realms, the role, courage, and suffering of the woman, the mother, the powerful force behind the scenes, is certainly deemed highly. God is happy that in these times the female element is regaining her well-deserved position in many societies. Once again, this is a subject for another blog.

In relation to the concepts of sin, guilt, penance, and suffering, God prefers to speak of people with regrets rather than sinners, about mistakes rather than guilt, about putting things right rather than penance, and about hard work, self-denial, and sacrifice, rather than suffering.

On the other hand, we need to "look one another straight in the eye", for when the earthly personality is prepared to go the full mile, back to God, all fascinations, addictions, and attachments need to disappear. Or at least, they have to be relegated to second place, and God has to become the greatest priority. This is not because God wants it so, but because realizing this is essential for living in truth. For God is the one and only, the only one, the cause. He is your destination, your source, your future, your tranquillity, your happiness; there is no other way.

My blessings to you all.

8. A prayer for criminals

September 15, 2011

I am staying in the French town of B., and ask my God: "Will you bless all the organisations in this town, including the mafia and criminals"?

Thank you, they are blessed. We are very grateful for this.

What do you mean?

There are not many lay people who pray for criminal organisations. Monks do it and relatives of mafia members, but the latter do so in their own interest. Through your prayers, and by asking God to bless them, you uplift them. And they indeed need this prayer, or rather this blessing! For who on earth has greater need of being blessed in the name of heaven, of being uplifted, than those organisations which commit murder and cruelties in their professional capacity? Your prayers will surely be effective, because through them God's blessing is asked from the earth and can therefore be more powerful. This may mean that murderers kill fewer people, cruel individuals become less cruel, women are treated less badly, and members of these organisations will sooner ask themselves what they are doing and may be more inclined to listen to their conscience and their soul. Up here, we are grateful for your prayers and eagerly accept your proposal to do this on a daily basis.

Be therefore blessed.

My blessings to you all.