

THE WAY OF THE WATER

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A Shamanic Vision of a World on Fire

TON VAN DER KROON

THE EARTH IS CALLING

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PART 2: *The Labyrinth of Time*

PART 3: *The Masters of Shambhala*

PART 4: *The Fifth Element*

PART 5: *The Call of the Great Mother*

PART 6: *The Way of the Water*

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This book is dedicated to Agnes,
Who dedicates her life to energetic work
for the earth.

To Anat,
Who kept my focus on the mat for years.

And to Anne,
Who follows me on so many paths,
but is actually leading me.

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FOREWORD

A SHAMANIC JOURNEY

We live by the delusion of the day. In India they call it *maya*, illusion. You can also call it the matrix. It is the world of appearances. In times of chaos and change, that world might seem like a carnival, with an explosion of colours, distractions, challenges and dangers. It can make you depressed or desperate, as well as angry, indignant or aggressive. It seems like no one knows true north any more, nor has a clear compass. We search diligently for explanations, watching experts on YouTube or TV to understand how everything fits together and why things are the way they are. But in vain. As Einstein once said, ‘We cannot solve a problem with the thinking that created the problem.’

So we are in a house of mirrors, a kaleidoscope, a roller coaster. But how do we get out of it? That requires a different approach, a new way of seeing and the courage to leave the beaten track. In *The Return of the King*, my first book edited in 1996, I wrote: *‘In times of chaos and change, it is not so much science or technology, nor politics or the church that can save us, but rather the creative power of myths and stories. Stories that tell us about our deepest desires and fears, and remind us of who we really are.’*

This story introduces us to the world of shamanism, which has come to us through indigenous peoples. A shaman turns the world upside down and turns us inside out, but in doing so, gives us a deep insight into the very nature of things. By seeing the way a shaman sees things, we suddenly understand what is happening, how the world works and

what our own role is in the bigger picture. A shaman can see beyond the world of illusion and outward appearances, and sees things in a larger perspective. But to do that, we must first open our minds: 'We have to lose our minds, to come to our senses.'

This book, *The Way of the Water*, is a shamanic journey. A story - true story - that turned the lives of Anne, my partner, and me upside down. A story that defied our imagination and asked us to look in a new way, less from our heads and more from our hearts. The inner way. And with that, not only did our view of the world change, but the world itself changed.

In addition to the travelogue, the book also offers a vision to today's world problems. While this begins initially with ourselves, it does not end there. One of life's challenges is to leave the world just a little better and more beautiful than when we entered it. That is our addition, our creation, our unique contribution. It takes a deep understanding to know, or remember, what that contribution really is. I hope this book helps you do that. The story is a kind of medicine. You take it and if it is good, it does its work. It changes you, as it changed Anne and me.

In addition to being open to the new, the unknown, the inner path also requires a handhold, a discipline, a compass. For me, these are a number of people around me. People like Agnes, who always keeps me on - spiritual - course, or Anat, my yoga teacher, who kept my gaze on the mat. And my biggest support and advocate is Anne. She is my compass and makes sure I don't go off course. She has a

strong perseverance and knows what the essence of life is all about. She has had solid spiritual training in her life and together we can accomplish a lot because of that. Another great support system in my life is my brother Coen. He has put me on the path of shamanism several times. Coen has devoted his whole life to Ayurveda, the Indian health science, and when I almost died from the corona virus in 2020, he guided me through it with daily advice.

This book ends with an invitation to a joint event, a happening, a global ceremony. For shamanic knowledge often comes to us through ceremonies and rituals, in which we enter the other world: in which nothing is as it is, but everything is just right.

I would like to invite you to a global initiation; a moment in time when we ask the spirits and Mother Earth to help us, to give us knowledge and insight on how to face the current challenges. A call for peace, wisdom, and connection: with each other, with nature, and with Spirit.

But before we get there, I invite you to enter the story...

Ton van der Kroon, April 2025

PROLOGUE

Amsterdam, spring 2022

When I arrive on the third floor of the stately canal house in Amsterdam, she is already waiting for me. Agnes is a dear friend of mine. She is well into her eighties and has traveled all over the world.

‘Ah, there you are,’ she says warmly and throws the front door of her apartment wide open. We hug each other.

Agnes is a grandmother of sorts, a wise woman who does her spiritual work quietly and mostly by herself. For more than twenty years I have visited her regularly to talk through our journeys and ventures in the field of energetic work. She reminds me of M, the superior officer of James Bond. Agnes is equally mysterious and speaks equally affected, and I honestly feel a bit like James before every assignment I take on in the world as well. During sessions with Agnes, I receive assignments from my inner guides, as well as the necessary tools I need when travelling to the most unlikely places in the world. Often, like James Bond, they feel like a *mission impossible*.

I wonder where our meeting will lead us this time. Each time I come away from her with my next travel plan; North Korea, Iran, Bali, the Himalayas, Rwanda, Egypt, Ethiopia. Meanwhile, like Agnes, I have gone halfway around the world to do *light work*; I call it a kind of healing and acupuncture for the earth.

‘People often saw me as an old woman with my stick, while actually I was doing my job,’ Agnes whispers with a wink. Her hazel stick is indeed a kind of acupuncture needle. She once walked into the CERN lab in Switzerland where the powerful particle accelerator Large Hadron Collider is

located, using her stick to catch the negative consequence of the physics experiments. That sounds like higher maths to me, but I have learned to trust her intuitive knowledge.

‘It’s not about the sensory world,’ she says, leading me down the hallway to the living room, ‘but about the field of energy from which everything emanates. That larger field is what you and I are working with. Call it the quantum field, or the universal code, it doesn’t matter. The trick is to not just be part of it, but to be co-creator.’

Agnes’ living room is reminiscent of a Vermeer painting. Antique cabinets with porcelain vases and china, an altar with a Buddha statue and a golden sun disk above it, several stacks of books, a table with tarot cards and windows that overlook the Amsterdam canal through which a golden light shines in. On the wall are oil paintings, a contemporary icon of Mary Magdalene, mandalas, astrological charts and an image of a whale. Her home is located in an old whale oil storage building that has been converted into apartments. As such, Agnes calls it *The Whale House*.

When I sit down in my usual spot, she walks to the kitchen to get some coffee and cookies. Before we begin our work, we exchange some small talk until we get to the more serious topics.

‘When I talk, I get to a deeper truth,’ she apologises for her many words. ‘I just have to follow the flow of my thoughts - and then suddenly *I know*. I feel like we have a lot to do today. Lately there has been more and more disturbance in the field. I feel something fierce, an indeterminate energy. Our work is more important than ever to keep the field in balance.’

‘Would our work be of any use?’ I ask the question to give space to my own doubts, rather than expecting an answer.

‘In the field that we work in, it’s not about the result, it’s about the intention,’ Agnes replies. ‘What we do may seemingly not matter, yet it is vital that we do it. That is the paradox of life. There is both predestination and free choice. Everything we do matters, even if we don’t understand how it works. It is a game. As long as we keep playing, all is well.’

At the centre of the living room is a round, stone table, cum fountain. In the centre, water bubbles upward and then flows back into the table over a golden flower of life. Around it are several precious gemstones, crystal skulls and whale bones. She shows me one of the mandalas she recently painted: a circle of seven different kinds of whales.

‘The whales preserve ancient knowledge,’ she says. ‘They are living libraries. When I communicate with them, I catch messages about the survival of humanity. They are needed more than ever. So let’s tune in. Who knows if the masters of the higher world have a message for you.’

Sitting on either side of the fountain, we silently connect with ‘the field’. As soon as I clear my mind, a voice comes through. This has been going on for more than thirty years now. I have become used to the contact I get with guides or masters from another dimension, and yet it surprises me every time. As long as I don’t think about it too much, the contact comes naturally. A wonderful form of telepathic communication. It makes me feel like a kind of shaman, but then in a Dutch version, without a feather robe.

Agnes leans forward and places her i-Phone next to me to record the words. I feel the field open up and I hear a voice

coming to the surface from the depths of the ocean.

'I am Sedna,' the voice says. 'I am the Lady of whales, Lady of seals and dolphins, Lady of all marine mammals, but I am also the Lady of the sea and the oceans, the deep sea. Water is a liquid form of consciousness and connects us all: sea animals, mammals, birds, fish, humans and others... all are part of this ocean of consciousness. I also represent the Lady of the Universe, bringing wisdom from ancient times - from before the origin of Mother Earth, from the cosmos, the cosmic womb - because I remember the ancient times, the source of your existence.

However, I announce a time of change. Because you have separated yourselves from the source and are experiencing more and more disruption, destruction and corruption, I have come to remind you of the original balance of things. The balance of the elements. The original connection between humans and their creation, the creator, the creatrix. It is from within - from your blood, bones and water - that I speak. I am not outside of you. I am you, in your deepest essence, a place within you that you are not yet aware of.

You are my children and my great-grandchildren. I am your mother and your great-grandmother. I am primal, I am both light and dark, both young and old, both shiny white and pitch black. I am both joy and wrath. I am furious and happy. Can you undergo my power and surrender to it, so that you can thrive and survive?

I want to talk to you about human survival, because if you do not survive, we will not survive and the planet will not survive. It will become a dead planet in the cosmos. Be aware of the interconnectedness of everything; your existence, the existence of the animals, the plants, the trees, the mountains and the waters. It is not either-or, it is and-and. I come to remind you that you are the creators of your destiny. I come to remind you of the powers you have to change your destiny, if you are willing to surrender to wisdom. Not to ego, which will make