



**ROELOF DE VRIES**  
conscious life

## **“THE 9 STEP GUIDE TOWARDS BEING YOUR SELF”**

Being your Self, is the direct insight of experiencing that you are not your thoughts, emotions, or your physical body, but the consciousness behind that. You are the consciousness, which is conscious of the thoughts, emotions and the physical body. To realize this or to become conscious of this, is a direct experience, however the de-identification with your thoughts, emotions and your physical body (your ego) is for most of us a graduate process, whereby you identify again with your ego and come to realization again, become conscious again. This process is called "awakening" which leads to the total de-identification with your ego to continually be that which remains: your Self.

### **STEP 1: "Mindfulness, look at your thoughts"**

The first step of losing your identification with your ego is the practice of Mindfulness. With mindfulness I mean: the ability to look at your inner life from a distance, which in the beginning is mostly the thoughts in your head. To look at your thoughts from a distance and to recognize yourself as the consciousness which is looking at the thoughts and you not being the thought itself is one of the most important spiritual practices to get closer to your Self, your true identity. With this practice you learn to have the direct experience of awakening or realization. The reason why this is one of the most important practices is, because you need space/distance to be able to look at that which you are not. If there is no distance, no space or gap there is nothing to let go of, nothing you can give up the identification with.

#### **Practical advice:**

- + Follow a course in Mindfulness-practice (meditation)*
- + Keep a diary, so you can reflect on yourself and your thoughts*
- + Choose consciously for moments of doing “nothing”, just Being in your daily life. Which means just sit down for 5 minutes and observe yourself and your surroundings.*



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## STEP 2 : "Feeling through your emotions"

Some thoughts are connected with emotions, which means there is a physical response of the body based on the thoughts. For example: sadness, fear, anger etc. Just like you are not your thoughts, you are not your emotions either. You *have* emotions.

To become conscious of your emotions and feel them with consciousness is the second step towards being your Self. To be conscious of the emotions means that you feel the emotions in your body, but you are not identified with it, your sense of self is not caught in the emotion. You can let the emotion be there in the body as it is, without adding any thought to it. You do not respond mentally with thoughts to the emotion. For example: you feel sadness in the body, instead of saying to yourself that you are sad. There is no mental identification with the emotion. There is no: *"I am feeling so sad"*. There is only: *"I feel sadness in my body"*.

It is very important that you do not suppress your emotions, suppress them. Emotions which are not fully felt through are staying in the body as stuck negative energy. These emotions stay there until something triggers it, for example someone speaks to you in a negative way. Because the emotion was suppressed all the time, the emotions come alive in your body more uncontrolled and can take you over by a surprise. Before you know it you are caught in a "fight of words", which you did not intend.

So make sure you are honest about your emotions, be conscious of them that they are there and let them be there. Feel them. Feeling negative emotions is of course not a pleasant thing, but it is the only way to release the negative energy from your body, so you can move on in a positive way. Feeling them is not pleasant, but it is just temporary, emotions which are felt through lose their negative energy and after a few times they have become less heavy and have less impact on how you feel.

### Practical advice:

- + *Keep a diary, so you can reflect on yourself and feel your emotions*
- + *Practice talking about your emotions with someone you feel comfortable with*
- + *Listen to "sensitive" music which trigger your emotions so you get access to your emotions and you can feel them.*
- + *Find a personal coach who can guide you through the process of feeling your emotions, especially when they are very heavy/dense (trauma) and there is a lot of negative energy released. To release this energy in a gradual way with guidance can be very good. (do not overwhelm yourself, give yourself time to process the emotions on a pace which you can handle. I would recommend EMDR and Hypno-therapy.)*



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## **STEP 3.) "Remove psychological time from your life"**

Your ego loves time, by which I mean psychological time. Psychological time is thinking about the future and about the past. Being your Self means the only thing which really matters is the present, the here & now. In fact it is the only thing real, all other things exist only in your mind. Your ego knows this, so it does everything to keep you away from the present. It continually attracts your attention to past memories or future-worries. Become conscious that the here and now is the only thing real starts to set you free from psychological time and brings you closer to being your Self.

To be clear that does not mean that you do not use time for practical reasons. You can still use clock-time and that is totally fine.

### **Practical advice:**

- + Follow a course in Meditation*
- + Do everything with full attention, also just sitting on a park-bench.*
- + Eat as little refined sugar as possible. It is the primary source of fuel for the ego.*

## **STEP 4.) "Feel your energetic body"**

After practicing step 1 to 3 it might be a bit more quiet and relaxed in your body, by which I mean less thoughts and negative emotions. For that reason you are more able to feel your body. First of all you start to feel again that you have a body, but the next step is to feel into your body. Feeling into your body you will find your energetic body, a constant flow of energy. This energy, which they also call Prana or Chi is your life-energy. It does not really matter how you call it, but to become conscious that you are more than a physical body is the next step.

Being your Self means that you are consciousness in combination with being able to feel the energetic body, as who you really are. Your physical body is just the temporary form, in which you are able to have this experience.

### **Practical advice:**

- + Take Yoga-classes (especially Yin-yoga, but to begin with more active forms is fine also)*
- + Do sports, so you keep your body healthy (a healthy body keeps more life-energy)*
- + Eat healthy, so you keep your body clean (a clean body is more receptive for consciousness)*
- + Take conscious breaths (life-energy) several times per hour, during the day*
- + Follow a course in Yoga-nidra*



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## STEP 5.) "Being present in the Here & Now"

From now on you are able to, besides "observing" your thoughts and emotions, also to feel. To feel your energetic body. To practice feeling your energetic body during the day will settle you into the present moment, the here & now. This is the only thing what can fully ground you in a world which is constantly changing and wherein nothing is permanent. The only thing which is permanent is the present moment, it has always been here and will never not be here. It is your settlement. So practice to feel your energetic body as much as possible during the day, to keep yourself grounded.

### Practical advice:

- + Frequently feel the energy flow in your body during the day
- + Before sleeping, lie in your bed still on your back and try to feel the energy flowing in your body
- + Read the book the "The Power of Now" by Eckhart Tolle

## STEP 6.) "Your external world is a reflection of you"

Now that you have become more grounded and conscious of being your Self, your external world becomes less important. By the external world I mean the world outside your physical body. Because you are more conscious now you will start to see the external world more as a reflection of what is inside your physical body, your internal world. It is a reflection of your internal believes and thoughts. You will also become conscious that you have been creating your own external world all the time unconsciously, but because you are now conscious of that, you take full responsibility now and you decide yourself from now on how you want to see the world.

### Practical advice:

- + Take 100% responsibility for your external circumstances
- + Take 100% responsibility for how you feel and what you think
- + Watch the movie "The Matrix" for inspiration (€)
- + Watch the movie "Groundhog Day" to become more conscious
- + Watch the movie "The Truman Show" to become more conscious



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## STEP 7.) "Everything is Energy"

The more you start experiencing yourself as energy, as an energetic body, the more you will also start to experience the world as such. Physics has already discovered that everything is energy. We are living in one universal field of energy, which includes us. Of course there are physical forms, matter as substance, but also matter is energy only with a lower vibrational-frequency. Thoughts and emotions are energy with a higher vibrational-frequency and therefore you experience them as not-material.

Your perspective on the world has now changed completely. You have shifted your consciousness from the so called 3<sup>rd</sup> dimension to the 4<sup>th</sup> dimension. It is time to live your life more and more as you desired it to be.

### Practical advice:

- + Learn about Quantum-physics
- + Watch the documentary "What the Bleep!?! – Down The Rabbit Hole" for inspiration

## STEP 8.) "Take action from stillness"

All previous steps have the goal to bring more stillness into your inner-world, more inner-peace. In a state of stillness you are always one with the present moment, with the here & now. There is no judgement about the situation, you are just there as the consciousness observing. However, living in stillness does not mean that you become totally passive. It does mean that we still take action, but this action comes from a different level. The more conscious we become, the more we will become conscious that there are two levels within us from which we can take action. One level is our ego, from our conditioned mind and the other level is from stillness. When we act from stillness we act as our Self, who we truly are. These actions come to use from insights arising within us or from spontaneous action without any intervention from thoughts (ego). The characteristics of action coming from stillness, from our Self, is that these actions do not create any more resistance, hesitation, doubt etc in us, they do not create any more suffering. The action is in alignment with who we are and continues our stillness, our inner-peace.

### Practical advice:

- + Practice "being", being still as much as possible during the day. Do this by just being the observer in whatever you do or wherever you are.
- + Before you are planning to take action, look within yourself for a few seconds and observe if your planned action is coming from the level of ego or did arise from stillness (is in alignment with your Self).



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## STEP 9.) "Surrender to life"

Now that you live more conscious and identify less and less with your thoughts and emotions. Now that you have become more still and are able to just "be", you will have a more free relationship with your external world. You are able to detach from what is happening around you, so it does not have much influence anymore on your state of being. You are the observer of everything that happens and you continue to be the observer, no matter what happens.

You will also notice in this process that you have been trying to control life a lot. But the more conscious you become, the more you will find out that, that part which was trying to control life was not you, but your ego. Your Self, who you are, is always one with the present moment, with the here & now and therefore with life. There is no you and a life separate from you, who you are and life are the same. Becoming conscious of this brings you into a state of surrender. You will try to intervene less and less and let life find its way, or in other words; life is running through you and you are the observer of it.

Again, this does not mean that you become passive, but it does mean that you only take action which is in alignment with life and not coming from ego and the ego thinking that life should be a specific way.

### Practical advice:

- + *Becoming conscious if your actions are coming from the level of ego or from stillness.*
- + *Dare to live in the "unknown". The only thing which is certain and which is important is you being conscious of the present moment.*





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For more practical advice about the process of becoming your Self:

**Youtube:** [www.roelofspirituality.com/youtube](http://www.roelofspirituality.com/youtube)

Here you find my online-video's in which I explain the steps above also with visuals to make it more clear.

**Instagram:** [#roelofspirituality](https://www.instagram.com/roelofspirituality)

For frequent inspiration about how to live a "conscious life" & Spirituality.

**Facebook:** [@roelofspirituality](https://www.facebook.com/roelofspirituality)

For frequent inspiration about how to live a "conscious life" & Spirituality.

## Final advice:

*+ Follow your own development of becoming more conscious and enjoy it.*

*It is a learning-experience! 😊*

*+ Do not force yourself into anything. Also do not be too nice for yourself*

*+ By stepping out of your comfort-zone you grow and become more your Self*

Kind regards,

Roelof 🙏

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