



Contact with the soul

Leonoor van Beuzekom

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Leonoor van Beuzekom

with thanks to

Janneke, my mother who gave me love for people and love for nature. I am grateful to her for the beautiful and inspiring conversations and the warm loving contact.

Koos, my father, who kept believing in me, when I was having a difficult time for years, feeling very lonely and almost giving up.

I am happy that I am allowed to experience how my parents interact with each other lovingly, especially now they are becoming older and need each other very much.

Jeannette, my sister, *Marthe* and *Erik*, who are my housemates since 2006. I asked them to come to live in my house. I had the feeling, that we could start to do something really new by going to live together. Because we are not avoiding difficulties we all positively changed. By this there came room for music, creativity and spontaneity. I am grateful for our special cooperation and contribution tot his book.

Utrecht, 31 December 2014

As a child I already find butterflies very special. I get the wish to have them on my hand. That happens after I played music together with Jeannette, Marthe en Erik in a residential home for the elderly. The people find the encounter so special that they ask the caretakers whether can join them for dinner in the restaurant. It is very cosy. We are very glad with the enthusiastic reactions.

On the way back Marthe sees a red admiral sitting on the way. I walk towards the butterfly and reach out my hand. The red admiral puts a leg on my finger. I have the feeling that this present comes from heaven, because I made contact with elderly people with much love and patience:

contact with the soul

Butterflies help us to make contact with our soul and to have an eye for the deeper meaning of events in your life.



The **common blue** is on a marguerite on a een site, where inhabitants from our neighbourhood Lombok in Utrecht made a temporarily park with wild flowers...



...and in Amelisweerd, a beautiful estate nearby Utrecht.



The green-veined white at the meadowsweet in Amelisweerd. My mother tells me she finds that the meadowsweet smells good. It's a natural sedative, because of that name is a spirine, which means not spirea.

We see the green-veined white in Amelisweerd. Two days later we see one again, now in our garden, in a sunflower! Gerda, my friend, loved sunflowers. On the 26th of June 1993 she died at the age of 36 years of a brain tumor. I see dying as a transition to another place and butterflies as messengers from that other dimension.





I find **yellow** a beautiful colour, I like to wear yellow clothes. Jan, an acquaintance of us, saw yellow in my aura 7 years ago and said that I had much more in me than I showed. I felt seen.

The **yellow shell** comes on 20 May 2014, the 4th day of the 8 day process to let go of food. This process is the beginning of a big transformation in our lives. The energy we built up in 8 years comes in a rapid.

On 23 May 2012, the birthday of my aunt Greet, the **common white wave** is in our garden again. Greet, a sister of my mother, passed away two year before that. On the place where there was a sunflower, is now a butterfly on the wall.



I am so inspired during the 8 day process that I put the affirmations (encouragements) to music that we receive every day and make them 4-part. When we sing them it touches people deeply in their hearts.

The **painter lady** is sitting on the **buddleia**, the butterfly bush.



mint moths are already in our garden for years, on the **oregano** and the mint. They are about 1 cm tall and of a beautiful colour, almost a very small Persian carpet.



The sweet smell of the butterfly bush attracts a lot of butterflies. Funny that there are other kind of butterflies every year again in our garden. Other flowers attract other butterflies again. The painter lady was often in our garden when the red valerian was still in our garden. Now there are other butterflies coming again, like the small tortoise shell and the silver Y moth.

Marthe makes this photo of the **gatekeeper** during a walk with Ida, the eldest sister of my mother. She lives in a nursing home in Dordrecht the last years. We play for Ida and the other residents on our viola da gamba's. Every time when I play music from John Dowland on the lute words come up in her mind: **"Pray above, think above, it is not here below."**



the Eye up, the heart upwards,
it is not down here.

(the same melody as psalm 42
't Panting deer, escape the hunt, the
heart upwards, it's not here below.)

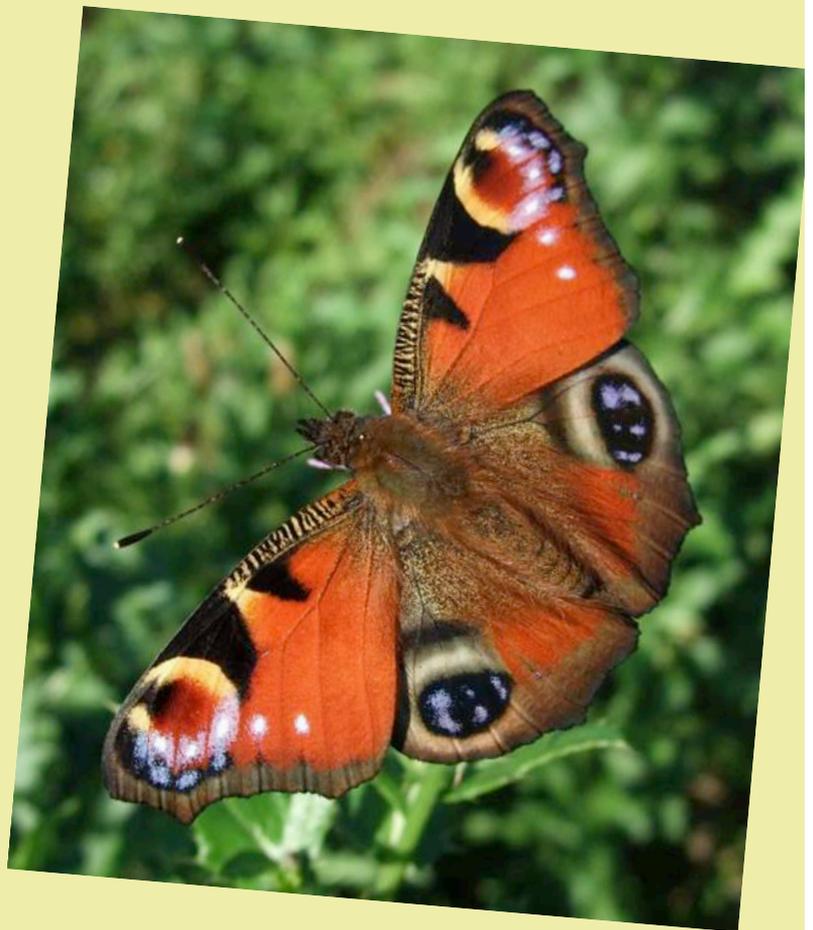
We have had nice conversations with Ida and we often see often butterflies during our walkss. Ida is always glad when we come.

We visit Ida three years long every month, also because my mother cannot do that anymore. My mother is still happy with it now. Ida dies 13 February 2011, she is 88 years old then. We are not allowed to be on her funeral.

A day after her death we play in an elderly people's home. When we walk outside a butterfly flies on. It is in the middle of the winter and surprised I call: "Hey, a butterfly." I immediately think of Ida. The butterfly is going to sit on a bench, so that we all can see it and I like this I can make another photo. Between her passing away and the funeral there is a moth in the house.

In Amsterdam on a sunny day in October 2010 on the way to a performance Erik sees a **peacock** on a thistle. There are more peacocks, I take many pictures.

Erik is looking for somebody who wants to help him to go on with his feeling. He gets to know me during a workshop, which I give in Aventurijn, a course centre in Utrecht. He is touched how open and honest I make discussable.



When Jeannette, Marthe and Erik come to live in my house after 3 years, it is not always easy. When Erik starts to talk more, the cooperation is getting nicer. Marthe, Erik and Jeannette are having more experiences and equalities in common than they thought, by which there comes more understanding. All three of them are the eldest of the family. I am the fourth child and maybe because of this I look different to relations between people.

In a conversation about our birth chart and soul destination we hear that it appears that we surprisingly well supplement each other.

On an evening Erik sees the **pretty chalk carpet** sitting on the kitchen door, it turns out to be a quite rare moth.



The beautiful **small magpie** often sits in our garden on a leaf of the hollyhock and sometimes also in the kitchen.



A few days later the butterfly is in the bathroom and I just take a picture in daylight.





A special meeting on 20 February 2012. We are sitting in the living room to have lunch, the sun is shining in the room. Marthe and Jeannette see a butterfly flying.

It appears to be a **peacock**, which sits on the window sill. I quickly go outside to take a picture.

Marthe 'hears' a voice: "Your grandmother does not eat cheese." My mother just told me that my grandmother (her mother) just like my father didn't like cheese. Marthe could not know that, there is more between heaven and earth.

My grandmother was deeply involved with people and could make wise remarks. To my father she said: "Don't make Jeannette wise to early." And about me: "There is more in her than you think." It both appears to be very very true.

my wish comes true

On 6 May 2011 we play music in home for elderly Zuylenstede in Utrecht. I'm going around every resident and who likes it is allowed to play on my instrument. The people are so happy with the afternoon that they ask the caregivers whether we are allowed to eat with them in the restaurant.

On the way back Marthe sees a red admiral sitting on the road. I walk to the butterfly and I carefully reach out my hand. The butterfly puts a leg on my finger after a while. Marthe makes pictures of it. After that the butterfly flies over our heads, from one to the other. It seems like we are being blessed. A confirmation for living with each other, talking, contact, making music, singing and playing for seniors and children.

On the 4th of July 2011 we go to Zuylenstede again. I say to myself: "When there is a butterfly again today, I believe in God." With much patience I let people, who are sometimes hardly capable of doing anything anymore, play beautiful tones on my instrument. On the way back I forgot my thought. On the same place as last time Jeannette sees **two red admirals!**

Make sure you have wishes and share them with each other, they come true. The more you understand, believe and consciously go on with it, the more you will experience that you create your own life with your wishes and thoughts. Your life then appears to be a serie of wishes or thoughts which come true. So everything you experience is what you want deep in your heart. When you realize this, you develop from unconscious to conscious living.



We put our bikes away. I walk to the flower on which one of the red admirals is sitting. The butterfly came sitting on my finger and is opening his wings, a beautiful experience. Marthe also makes a video of it. The butterfly circles over our heads again.

Special that my wish comes out like this.

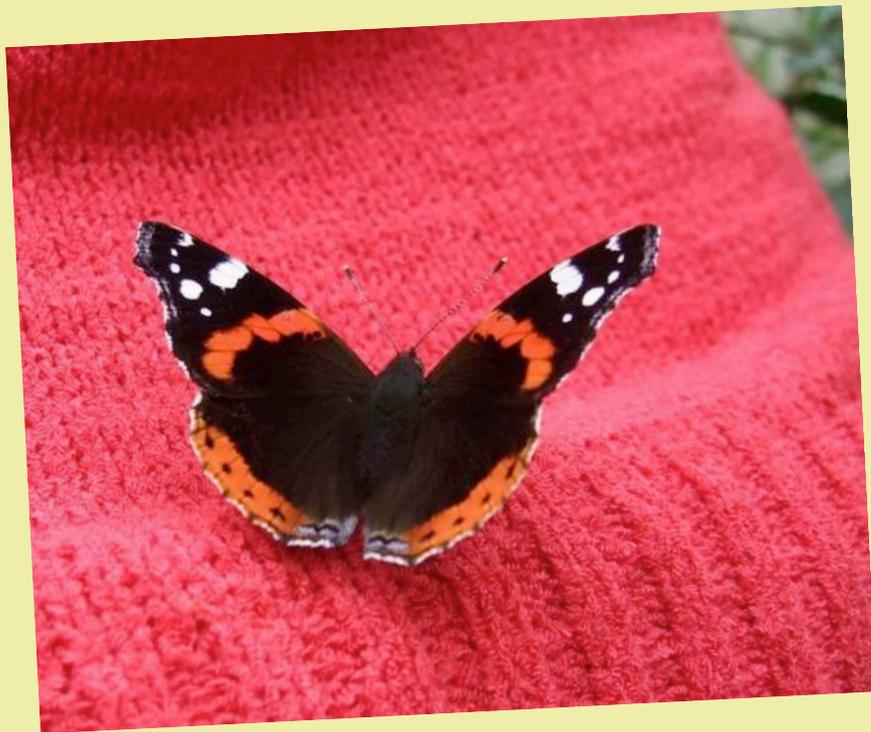
Because I share my wish with Erik, Jeannette and Marthe, it becomes an experience in common.

There is more possible than we think. That calls up even more the desire to speak out my wishes and to be open for new experiences.

When we played music again a week later for elderly in a care home in Zeist, again a red admiral comes sitting on my hand and, a little while later, also on my head.

By talking with each other, sharing our wishes, feelings and thoughts with each other, we give content and direction to our life and we consciously create our own life.

Because we have the feeling that we are brought together with a purpose, it is nice to tell how came together.



One month later, 12 August 2011, Marthe sees a **red admiral** sitting on my back and she wonders whether the butterfly can come on my hand, so that I can also see the butterfly...

I bring Marthe, Erik and Jeannette in contact with each other and that becomes the beginning of a new life for all four of us.

Jeannette, my sister, is stuck in her life and has no relationship. After a deep valley I feel strong enough to enter into contact with her. A few weeks before Erik meets me he writes in his diary that he is looking for someone who wants to helpen to get closer to himself.

In 2003 I really wanted to put the flyer from my practice for haptonomy and music in the library in Utrecht. Two times it is not allowed. But when I ask it a month later again, another woman says, that it is good of course. Hereby Marthe finds my flyer in the library and called me then. She wants to talk for real with someone.

I am deeply convinced that sharing and cooperation is the essence of life.



...the butterfly comes sitting on my thumb...

In November 2006 Marthe, Erik and my sister Jeannette come living in my house. I teach them making music and take them along in a process of consciousness to (learn to) go on honest, open and positive with each other.

We build bamboo flutes of one tone. With children and adults, also when they know nothing about music, we can play melodies together, where everybody blows his or her own tone.

I developed teaching material with coloured notes, which Jeannette draws with coloured pencil. So everybody can get in touch with music in a beautiful way and learn to read notes and play.

Because we find contact the most essential we call our living group
Contact & muziek (Contact & music).



...and when I gently pull my hand forward, at once I can see the butterfly too, a special moment.

Beautiful how the red admiral feels my thumb with the proboscis.

The antennae of butterflies make me think of what Susanne Velberg, a colleague of mine at the music school in Tiel, said 20 ago. When a mother asked whether I could treat children well, she said: Leonoor has the ability to treat everybody well." When I thanked her for it, she said: "But you do have such antennas" and spread her arms to show how big they were. By then I didn't understand yet that she saw my sensitivity as positive. It took years before I started to realize that my empathetic ability is a special gift.

At this moment Erik, Jeannette and Marthe sit next to me and read what I write. By living together we can continue without interruption with what we are doing: talking, making music and now writing a book. Together we can do more and more, which feels very nice. Almost everyone is engaged separately, also in a family, relationship or living group. We are very happy that we are allowed and that we are able to further develop real cooperation.

A deep wish of mine for years and years and perhaps even from more lives becomes reality!



One hour later the red admiral sits on the butterfly bush and I can take another picture.

A wish is a loving thought that can become reality. Like this you can be engaged to be creative. Everything is possible, your own thoughts and (dis)belief are your only limitation.

How do you get to your feeling.

Be open for new experiences, listening to yourself and others. Like making music you can learn that and develop yourself in it.

What is love.

Love is a happy feeling that I experience when I'm open for everything that I experience. The contact with butterflies I hardly took for being possible. Being able to share this experience with others makes me completely happy.

day later the red admiral is in the garden again. The butterfly comes sitting on my finger. When I ask: "Where do you come from?", there comes a gust of wind. The wings are closing and go open again. The butterfly does not fly away and is even staying for 10 minutes, becomes totally calm.



The underside of the wings comes to my index finger. A wonderful experience, which I can share with you too, because Marthe made photos and videos of it.

Love is like an infinite large lake, a source of inspiration, where you can go to. Being in contact with that feels spacious, open, light, freely, without judgment.



When I was 15 years old and I was about to play the violin for my family, I suddenly became very nervous. My spontaneity had disappeared from then on. But like this I did come to unconscious feelings of uncertainty, pain, grief and loneliness, which I would allow consciously and solve years later.

On August 12, 2012, exactly the same date (!) a year later, a red admiral comes in our garden again on the butterfly bush and also a little while on my hand.

I have the feeling that there is guidance around us, spontaneous inspirations, answers to questions, signs or clear thoughts, to which you can be open and do something with.



It's the art of living to bring together spontaneity and consciousness, the child and the adult.



The **holly blue** sits in our garden more often, here on the leaf of the hollyhock.



A special feeling, such a small butterfly on my finger.

Here the holly blue sits on the common beggar ticks, a flower which spontaneously came up in our garden under the window.



When I am happy, others also react happy to me. Since I am aware of that, there are butterflies, colour and love in my life.

In Greek the word psyche means both soul and butterfly.

When you do something heart and soul, everyone can feel it. The words heart, soul, inspiration and love refer to a higher dimension. I have the feeling that butterflies help to make contact with it.

A friend of ours told that there was a girl during the service in church who felt free to walk around and even to lie down. He came up in conversation with her mother, who told that she had a fight with her little daughter that morning and in the end asked her what she would want. Then she said: ***“I want that you show me more of the light of God.”*** What a wonderful desire from a child of 8 years old. Therefore they went to church.

Heaven on earth

I really want to bring heaven on earth. My mother tells that her mother also spoke about it. Where our soul comes from before we are born and what happens after our life is a question everyone wants to know more about. I read beautiful books from people who have contact with deceased, who tell us that death is only a displacement to another dimension. The soul comes home and can look back on his or her life. The development of your soul (just) continues, but then without the earthly limitations of time, space, appearance, externality, fear, ego, power and loneliness.

As a child I sung, when my mother had a hard time: "Hush, just wait, **everything becomes new, the heaven and the earth.**" A song from the book 'Everything becomes new' from Hanna Lam and Wim ter Burg. They put bible stories to music for children. My mother knew Hanna Lam and went to her funeral, a funeral in white.



When you can sing or talk about how you feel, you get influence on your life and you get to meaning and living a conscious life

On my 35th there comes a turning point in my life when I'm going to talk about my doubts and uncertainties.

I play the fiddle

and the violin



My elder sister Jeannette is allowed to bow on the fiddle one time.

music as a learning process

When I'm 8 years and I live in Schiedam I get general music education and recorder lesson with 20 children. It bothers me very much that it sounds false. A year I'm allowed learn to play a 'real' instrument. My mother played harmonium herself and I would go playing the piano. But when I hear playing the piano on the open day of the music school, I don't think it's beautiful and I don't know what I would like to do. In the last little room there is a fiddle, a kind of little cello. My mother proposes to play that then.

After two years I find the fiddle not nice anymore, also because it is not a 'real' instrument, tuned in fifths and especially built for the music school. I hear a friend playing the violin and I want that too, but I think that I have to wait until I am 18 years. My brother Aart also played the violin. I didn't know anything about it anymore. But when I played 'U zij de Glorie' (You be the Glory), I remembered suddenly that he played that too.

When I am 11 jaar, we are moving to Bunnik. Fortunately there is nobody who gives fiddle lessons, somebody teaches viola da gamba (viol). Then I say to the surprise of my mother, that I don't want to play the cello, but the violin. 36 years later I play the viol!

I get private lessons from Sander Hesselink in Utrecht. Saskia, a friend of mine, already had lessons from him. He is not a nice teacher, but I don't dare to talk about that. On the bike on the way home I often cry. I think I need Hesselink, because I want to go to the conservatory. On my 15th I am admitted to the conservatory preparatory school. Besides my secondary education I follow theory lessons on Saturday for three years. In 1977 I pass my final exam at school and after that I do entrance examination for the conservatory in Utrecht. When I play I'm very nervous. To my surprise I am still admitted.

My teacher is going to teach at the conservatory and he lets me take the choice to stay another 5 years with him or go to someone else now. I don't dare to talk about it with anybody. Never study with somebody else does not seem a reasonable proposal to me. I decide to continue with another teacher.

At the conservatory I get violin lessons from Pavel Šorm. Once when I had to cry, he asked whether I was having an eye inflammation. He had no idea who I was and what was passing in my mind. For the transition exam from the 1st to the 2nd year, I am very nervous. When I fail my world collapses. Sander Hesselink who is also in the commission, said to me a month before it, that I don't have to worry when I play like this. When I cycled to his house in the evening disappointed, he told me off: I never should have left him, I had a trembling bow and I still have a trembling bow.

Ignorance is the greatest evil

says the Buddhism. I never dared to ask Hesselink the question how I must put my little finger on the bow. When I see him play himself one time 10 years, I see he doesn't use his little finger. So he couldn't teach me that. Like this it appears that you feel what you can and cannot ask as a child. Still later I hear from Bouw Lemkes, the violin teacher with whom I study then, that Hesselink has had a few lessons from him, but never did something with it. The ring finger and little finger are essential for the balance of your bow to be able to relax your arm when you bow.

Where there is a will, there is a way

To my surprise and joy my parents are going to talk with the director Johan van de Boogert. My father says that he can't say anything about whether my level is good enough, but that he finds it inhuman to let somebody fail, without any warning beforehand. I am allowed to redo at the end of June for an independent commission: himself, Jo Juda and Nap de Klijn, two retired well-known Jewish violinists, who survived the concentration camp.

So far Elisabeth, a friend of mine, accompanied me on the piano. I ask Wim Serlie, who is already a fixed accompanist for years on the conservatory, whether he wants to accompany me. It's summer holiday, that's why we practice at his house in Veenendaal, he gets me from the station. In three weeks time I learn very much from him musically. I play so good at the exam that they say that I surely should go on. I am relieved and very happy!

The schedule for 1978/79 is already made. My teacher Pavel Šorm is full. I don't want to go back to Hesselink. There is still one violin teacher, but the year after he will retire after one year. The director asks Bouw Lemkes, who gives violin lessons on the conservatory in The Hague and in Amsterdam and who is living in Utrecht. He invited me to play something for him at his house. When I stop, because it doesn't work, he says: "**You do want it**, but it doesn't work out." I'm allowed to study with him. After the holidays first I have an informal audition (because my teacher had already accepted me as a pupil) at the Sweelinck conservatory in Amsterdam, that is more highly regarded than Utrecht. It's becoming two exciting months. In August I pass the audition.

The rejection and disappointment lead to a new life.

I continue to live in Utrecht on the Biltstraat in a house with seven students of the conservatory. Every week I get a violin lesson of one and a half hours at Bouw's. At the conservatory he has only one hour and a quarter time for a pupil. I think Bouw is a nice teacher and I learn a lot of him. After my conservatory I stay to study with him another 6 years. Bouw is now 90 years old, today I still received a New Year card from him.

concentration and relaxation

I'm practicing violin 4 or 5 hours a day. I work on my technique, play many scales and etudes. I learn to relax my right arm to get a beautiful deep tone. Playing in tune appears to be not a matter of luck or bad luck. I learn how I can work on it. At the transition exam everybody is surprised how far I came in one year of time. Through the move from Utrecht to Amsterdam I also get one extra year.

I'm going in the Nationaal Jeugdorkest (National Youth orchestra), I play much chamber music and have been a concertmaster for 7 years bij de Bach cantata services in the Geertekerk (church) in Utrecht. Jos van Veldhoven is a conductor. I learn to play Bach from him and play the solo parts. He always thanks me afterwards. I feel I am in the right place. I do not suffer from nerves and I can develop myself musically.

Because I need a better violin I ask my father whether that is possible.



After searching for a year I find the violin of my life in The Hague at violin maker Willem Bouman and his wife Irmgard.

An old Dutch violin from 1691 built in Amsterdam by Hendrick Jacobs. Because the violin is broken in pieces and damaged, the violin is 'affordable'. The sound is very nice and it will take me a year to be able to get that quality out of it. It is a beautiful refined instrument and the sound carries far.

purity

As a violinist I am always engaged with purity and sound. The violin has no predefined tones, like the keys of a piano, or the frets of a guitar. To play in tune you have to place and/or adjust the fingers of your left hand by ear and by touch very exactly on the string. Every tone can be in tune or out of tune. This asks years of patience, listening, practicing and deepening in harmonies and resonance. People think that they don't hear it, but when I help people hear what is in tune and what is not, everybody hears that.

purity and overtones

May 17, 1983 I do graduation exam violin in a hidden church at Keizersgracht in Amsterdam.

When you play or sing in tune, you can also hear overtones. Overtones are sum tones and difference tones of consonances. Overtones determine

the tone colour of the tones you play or sing, a radiation as an aura around a tone or a human. The more in tune, the more overtones, the more beautiful, warm, deep and bright the music sounds.

Tuning, purifying and brightness are concepts that are also essential for communication, contact and cooperation.

Playing without errors and playing in tune is very important for the rest in the music. To be able to play with rest and concentration you have to know your music well, also technically and play music that you really want to play. On the conservatory you must meet the requirements and you don't get to questions why you play and what you want to share with your music. Questions I only got to when I was 35 years and I was at home with a burnout zat.

my path to love

Since I am 18 jaar I have been giving violin lessons to children, students and adults. By that I learned much and I could develop my empathetic ability. I have always had contact with children. I think the spontaneity, openness and love of children is important to make and keep a connection with my own spontaneity.



*on my
mother's
lap*

By associating with many children I realize that we as adults loose much through the pressure of performing. We often go on without standing still and asking ourselves how we feel and whether we become happy of what we do.

giving violin lessons to Govert

One day a mother from my street rings the doorbell. She wonders when she hears me playing so beautifully whether I could teach violin to her three sons of 6, 4 and 2 years old. She herself has violin lessons on the music school. When I was 19 year I had decided never to teach to children anymore, because I found the contact with parents so difficult. I say that they better can go to the music school, then the children can also play together with others. When she tells that her eldest son has it difficult at school, I say that I will think about it.

The next day I call Annette that I want to teach her eldest son of 6 year, but that I find the other children still too young. By giving lessons to Govert (nice that the Dutch word 'lesgeven' (give lessons) has the word '**geven**' (giving) in it, there starts a flow in me, which will never stop anymore. By emphasizing with him I try to give him as much as he needs and what fits him. My father finds it nice that I especially for Govert make a coat rack on which he can hang up his coat himself.

I play a 'song' with Govert with 2 open strings, of which the notes g g d g g g d g d g d g d g (for me too) seem completely random. When I watch together with him whether we could divide the song per 4 notes, at once a beautiful pattern comes out: 3 times the same and 1 time different and he can also play it by heart: g g d g (A) g g d g (A) g d g d (B) g g d g (A).

Govert sees a very small ink spot on the page and asks what that means. It touches me that (children) he sees such a small thing and that he dares to ask a question about it. Building up confidence and being open I find a beautiful (learning) process.

When you cannot just overlook 2 tones already, you can understand that you can never really hear and understand thousands of notes that you are playing, on your own or together, in a trio, quartet, ensemble or orchestra. The answer in my life on it is: standing still, feeling, searching for simplicity, rest and depth, meditative playing. By living together and cooperating with Jeannette, Erik and Marthe I can be engaged with that.

I play together much and I want to give children the feeling that cooperating with adults is nice and that making music together is a beautiful experience. Like this I never had lessons myself.

music school

My violin teacher Bouw Lemkes calls me before the summer in 1987 with the question whether I want to vi violin lessons on the music school in Tiel. I do want that. He asks whether I still want to think about it, I say that that it's not necessary.

At the music school I get 20 to 30 minutes time for a pupil, far too little to be able to really teach something. I often feel that I fall short. That's why I give children (and adults) always lessons of half an hour and children who are very motivated lessons of 45 minutes, some even an hour. I learn much from the children, the questions they ask. The feeling of having to hold in is not nice, but was necessary to become strong to go against expectations, prevailing opinions, ideas and standards.

searching for help

From my 23rd I have a relationship with Gerda. I feel unhappy and I don't know how to deal with her being silent. When I say after 5 years that I don't want to go further this way, she says she loves me. To come out of the impasse I propose to go living together. We buy the house in 1989 where I still live and now with Marthe, Erik and Jeannette. After half a year Gerda falls in love with a man. She wants to keep on living with me, but I don't want that. When she leaves my world collapses. Gerda gets 2 children and she dies 4 years later from a brain tumor.

A year later, when I am 35 years old, I become stressed out. Adjusting and being sensitive to others, without being able to say something about it, became too much for me. I go searching for help at a haptotherapist to be able to express my feelings. It becomes a long lonely road, 8 years no Christmas, no family and friends, only the contact with a haptotherapist and my father. When I would have had any idea by then what that way would bring me, I would not have felt so deeply unhappy.

love conquers all, where love is, there is no fear

12 year I have weekly therapy with three haptotherapists, of which 3 years two times a week. Haptonomy is focused on touching and expressing feelings. These are heavy, difficult, but also instructive years with many bad experiences. When you know how you do not want it, the power to do it differently also becomes stronger.

On then narrow path of asking help, I find just enough space to break through my fear to talk. When I also express my criticism and my feelings to my therapist after 8 years, he appears not to be open. I find out that I also adapted to him and continue to search for what I really want in my life.

Deep inside me I have the firm belief that everybody can understand each other if only you want to be open for yourself and the other.

Neighbouring children ring, come along, want to play with me. The connection with children is essential, certainly in that lonesome period, to keep on believing that something else is possible and love exists. I do not begrudge anyone the loneliness I experienced. I am sure now that you get help once you have the courage to go searching for a new path.

I study psychology for a year, one year naturopathy, a year psychosocial education I do the 2-year basic education hapthonomy, but nowhere I feel home. Also in the alternative world I think, feel and look differently. I am engaged on another level and I want there is really going to happen something in my life. I start my own practice. It turns out that I help people totally different than I ever experienced it myself, equally, open and focused on cooperating, like giving music lessons.

start of a new life

When I play Bach's Solo Sonatas I don't have a feeling of connection with people. They find it awesome what I do, but such a reaction doesn't make me happy. I improvise for myself and more and more for others.



**improvising in my
parents' garden**

My improvisations turn out to touch people. I start to give workshops where people can listen to music of Bach and improvisation while lying down. There comes an exchange of thoughts, feelings and (life) experiences.

transformation

The contact with my parents became totally different. I have been able to transform the sorrow and feeling lonely as a child for a valuable and meaningful contact with both of my parents.

I have a deep desire to be engaged meaningfully and to turn my experience into creating something new.

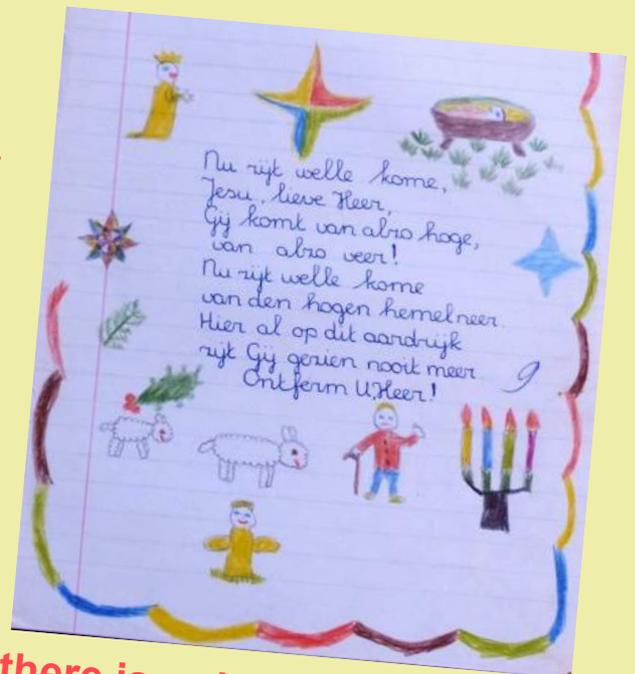
breakthrough

After a year of working in a practice room with a high rent, I let somebody make a practice space at home. Like this I have the time to work with somebody a half or a whole day and in the evening I bring together the people I accompany in small groups. But therapy also feels much too limited, not connected with life. Stopping every time and waiting a week to go further, I find not nice. I look for a deeper level of contact, in which I can talk about everything in life.

I decide to bring together the ten people I accompany now for three years. On 28 December 2005 we come together in my living room for a day and we eat together. In March we come together again. Already a week later we are going to work with each other five days a week. Time flies. We share experiences, feelings, we make music, we sing and eat with each other.

To break through the lack of commitment I ask the question after two weeks what we want to do in our life with the experience of the past three years. There comes a breakthrough in one weekend seven people go away, also my sister Jeannette.

Therapy is dissolved, my income is gone, but to my surprise I get happy. There is a burden off of me. Marthe and Erik stay and my sister comes in again one week later.



there is going to happen something new



**my leaflet of 2003
that Marthe found in the
library of Utrecht**

Mijn begeleiding kan ik geslaagd noemen als je gaat merken dat je door echt contact met jezelf te voelen, je ook in de relaties met de mensen om je heen ervan bewust wordt, wat er bij jezelf en bij anderen nu eigenlijk speelt, waardoor je in staat bent contacten te verdiepen en je jezelf en de mensen om je heen ook als positiever gaat ervaren. Ik ben me er bewust van dat het geen makkelijk proces is waar ik je mee in aanraking wil brengen. Het aangaan van dat bewustwordingsproces vraagt moed om open te durven staan om contact te maken met gevoelens waar je alleen (zonder hulp) vaak niet (meer) bij kan komen.

**HET LEVEN IS
TE KORT
OM ER
NIET BIJ
STIL TE STAAN**

Ik zie mezelf als degene die helpt onbewuste gevoelens toe te laten, ze te doorvoelen en er samen woorden aan proberen te geven, zodat het onbewuste bewust kan worden en pijnlijke ervaringen alsnog geheeld kunnen worden.

Mijn ervaring is wel dat hoe groter je bereidheid is om open te staan voor de "schaduwzijde" van je bestaan, hoe meer je ook in staat zal blijken de verbinding te maken met je eigen kracht, je vreugde en de zingeving van je bestaan.

**Incredible that I already
described the process we
are going through with the
four of us 12 years ago so
clearly in my leaflet!**

the beginning of our living group

We are going to camp with the four of us in August for 2 weeks in Meppen in Drenthe. My father brings the luggage and the instruments with the car. My parents stay a few days in Meppen in a bed & breakfast, where we are going to eat with each other the last evening.



**ALLES IS TE
BEGRIJPEN
ALS JE JE ER MAAR IN
WILT
VERDIEPEN**

Although it is not easy in the holiday, we find it a special experience. I break through all boxes, guidance becomes cooperation. Every day we are together we also eat with each other, I share my knowledge and experience with music. Because I find it a pity to go back to four houses again I propose the other three to come to live in my house. There is already planned a renovation, which can be adapted. Since November 2006 we live with each other in my house.

social and conscious living

I untied myself from all restrictions imposed by our society. Now I am going to accompany Marthe, Erik and Jeannette in their process to consciousness. In 2000, in the 8 years that I was very lonely, I described the in an afternoon on one A4. The path from unconscious to conscious, from ignorance to wisdom, from alone to together. It become 7 difficult years, but everything better than feeling alone, we all four find. I am very happy that I can help in searching for authenticity, honesty and love.

PROCESS of UN-CONSCIOUSNESS to CONSCIOUSNESS

path of unconsciousness to knowledge, understanding, clarity, love, wisdom

We go through a lot. By my own consciousness process I know that the only way to a social and conscious life is taking everybody and everything seriously, emotions, feelings, feel through thoughts, give words to and let go. Learn to distinguish in what you do and do not find important, what you do and do not find nice and especially what **we** do and do not like. The process of purifying, becoming honest is profound and very valuable. However difficult it is, we are deeply satisfied with it. You do not learn this in the family, at school, education, university, therapy or work.

We are working hard on ourselves and on the music. Two years long we practice eight hours a day and let somebody build a viola da gamba (viol) quartet and a lute quartet. We get the 2nd prize of a competition for subsidy for our encounters with music in elderly people's homes. I give music lesson at home, on schools and day nurseries, the other three help with it. Marthe makes pictures. We make our own website.



I learn to play myself and Marthe, Jeannette and Erik the viola da gamba (viol) and the lute.

learn to play myself
ute. My mother already
wrote it in a poem for
my final exam violin,
May 1983: *As a child I
already made little
sounds, did that
indicate violin or
small lutes.*



For a long time I start playing the lute every morning, while Marthe, Erik and Jeannette are listening. I mostly like to play on my little lute, the treble lute (soprano lute), of which there are only a few in the Netherlands.



We play 6 pieces of music from the renaissance by heart. The music grows with us. The instruments have gut strings, whereby the sound is deep and relaxed. Many people (more than a thousand), elderly people, children, adults and babies were allowed to play on my instrument for a while. I find it nice and important to share my instrument, my musical knowledge and life experience with others.

40

day nursery
around the corner

to be allowed to play an instrument, a deep experience

Music is calculating with feeling, like this I explain it often to children. Concentrating, listening, playing by heart and playing together are valuable experiences, which bring you closer to your feeling.



music lesson at home



at school



at a day nursery

associate with elderly with love

I like to talk with elderly people about their lives. It is not easy to live in a home for the elderly. Also for us it is not always easy to create an open and familiar. People find our music and the atmosphere very nice and are happy and grateful that they can say something from their hearts.



Loneliness disappears by connecting you with others.



singing brings you closer to your soul

My mother told me very often that I hummed as a child in the sandbox. Singing humming I find a nice way of singing, soft and deep.



We sing 4-part. Really singing in tune is hardly possible, but we are engaged to acquire it. The more conscious you are of the melody, the intervals (distances between 2 tones), which tone you are in a chord, the more conscious you can tune on each other. A pure fifth (distance between 5 tones) you should sing a little higher, the major third a little lower and like this I learn Jeannette, Marthe and Erik the refinements of making music. The more you are open and taking time to listen to each other, the more you can hear whether it is in tune. Very nice to be engaged with.



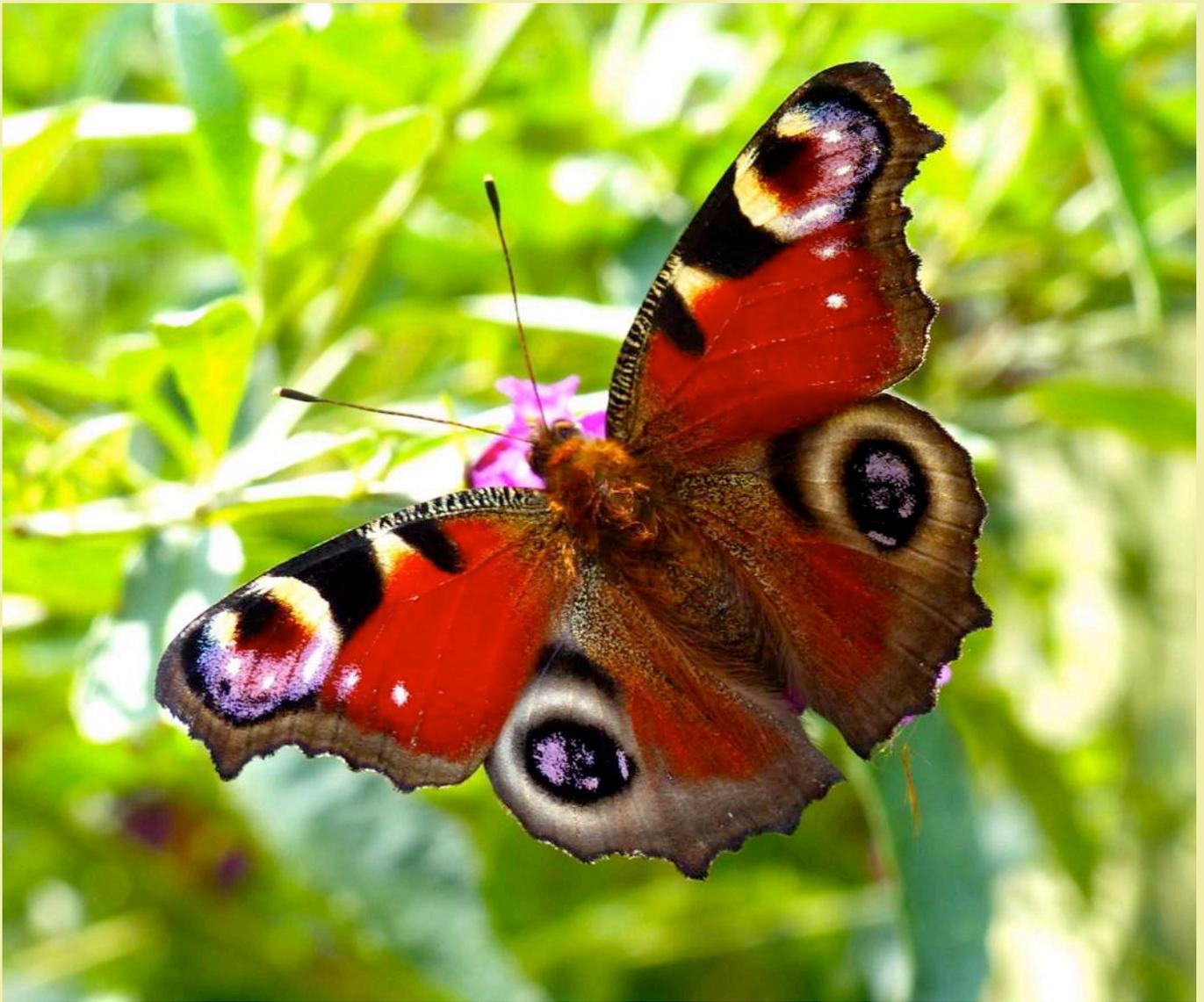
14 the dandelion in my garden

Soft, meditatively and singing as much in tune as possible brings us very close to each other on a deep level, to our soul.



and the ivy

new life, new experiences



Like the caterpillar changes in a beautiful butterfly,
we have been able to transform our sometimes painful and
vulnerable experiences to a conscious and meaningful life.

from one violin to 4 violas da gambas (viols) and 4 lutes

I did not only take another path socially, but also musically. I don't play the violin anymore. You play the violon intensely and deep into the strings, the viola da gamba (viol) very lightly, without effort, like you lift the tones out of the strings with your bow. Because I do not want the violin to be left aside, without anyone playing on it, I decide to sell my Jacobs violin from 1691.

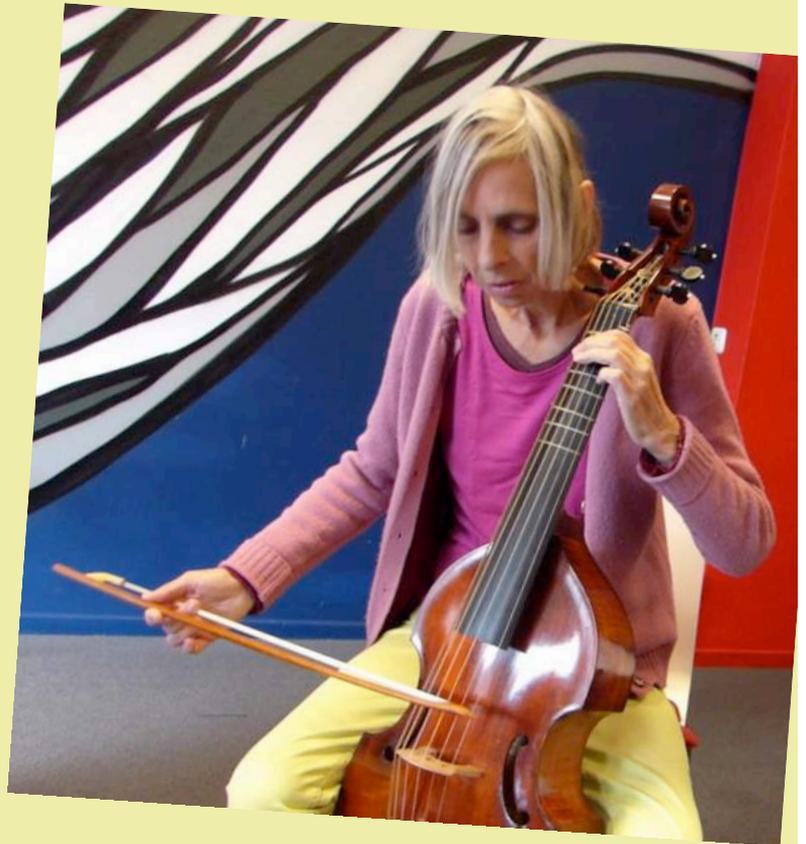
I get an inspiration to call Holland Baroque Society. Judith Steenbrink happens to be looking for a new violin. When she comes to me at home, she plays with so much love and intensity on my violin, that I immediately feel that the violin is in good hands with her. She tells that she intends to let the violin build back in the original state, which I find nice to hear.

How glad she is with the violin, I hear by accident when I am in the checkout line in a biological shop. A woman with a violin on her back with a few purchases I let go before me. "Because you play the violin", I say, "I also played the violin and now I play the viola da gamba (viol)." By what I say, she immediately knows who I am. She says: "Then you sold your violin to Judith, every day I sit next to her in the orchestra and sometimes I'm also allowed to play on her instrument." How nice to hear something about my violin this way.

Like this I exchanged my violin for instruments especially built for us, a viola da gamba (viol) quartet and a lute quartet. We play melodies on bamboo flutes and we sing more and more beautiful and still more in tune. The piano my mother earned with handicraft lessons is now at our house. I play in lotus position, with closed eyes, (lute) music from the renaissance, which also sounds beautiful on the piano. What an enormous richness!

the healing power of music

By bowing and improvising on the alt viola da gamba (viol) energy is going to flow. Every note that I play comes from a source of love. The simplicity, depth and rest have a healing effect. Feelings come up, images, colours, memories, past lives, desire for unity, love, being together, connection with nature, contact with your deeper and higher self.



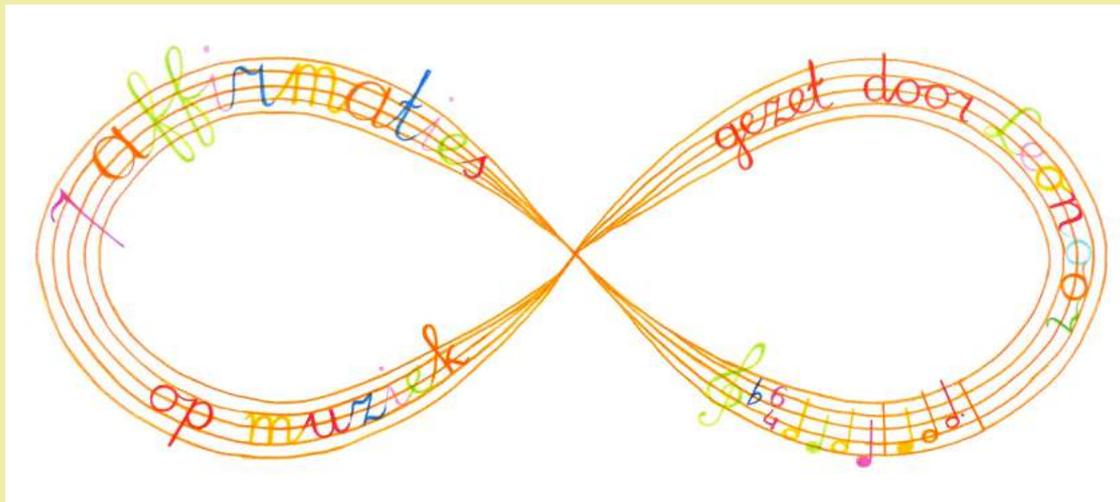
More people said to us that there is a healing power from our music. People experience it as something special when we play or sing. I'm convinced that music, colour and love are important for curing and preventing disease. I like to explore that and develop that further.

love and letting go of food

When the projects in the care homes for elderly people are finished in November 2013, we decide to do 'nothing' for a year. One evening Marthe finds an interview with two young people from America and Ecuador who already live without food for 6 years and who have a child. We want to know more of it and we get in touch. A few weeks later we do an 8 day process via internet to be able to let go of food, in which we do not eat or drink for 3 days. The process inspires us and touches us deeply. We like it very much that we are allowed to experience this in our own house with the four of us.

2 years we were only eating raw food, very nice, but also a lot of work. Being conscious of what you eat and what food is doing to you is very interesting and educational. We are engaged to let go of food in our own way, a natural way we all four are glad with. Letting go of food gives space for inspiration (literally inhalation), creativity (creation) and love.

I compose
4-part affirmations
(encouragements)
after the 8 day
process about
love and
letting go
of food.



affirmation day 4

I AM the voice of the si - lence, the voice of the in - fi - nite se -
re - ni - ty. Lo - ving what I think, lo - ving what I feel, lo - ving who I AM.

affirmation day 5

I AM Light I AM Di - vine Light. I AM con - sci - ous - ness, Di - vine Pre - sence I AM.

* you can sing your own name

Marthe, Erik, Lisa, Michael, Valen, David, Anna, Inti	Akahi, Jeannette	Leonoor	Camila	Duke, Ted, Steve

I AM the voice of the silence,
the voice of the infinite serenity.
Loving what I think,
loving what I feel,
loving who I AM

I AM Light,
I AM Divine Light,
I AM consciousness
Divine Presence I AM

accept the changes with ease and I allow myself to return to my place in the Universe

affirmation day 3

I ac - cept the chan - ges with ease and I al - low my - self to re - turn to my place in the U - ni - verse.

I ac - cept the chan - ges with ease and I al - low my - self to re - turn to my place in the U - ni - verse.

I ac - cept the chan - ges with ease and I al - low my - self to re - turn to my place in the U - ni - verse.

I ac - cept the chan - ges with ease and I al - low my - self to re - turn to my place in the U - ni - verse.

text Akahi music Leonoor

As a child I thought: "This cannot be the meaning, can it?"
As an adult I realized: "This is not the meaning."
Now I can say from my heart: "This is the meaning."

I have had many beautiful, special and difficult experiences, which brought me to the deeper meaning of life. Contact with each other asks from everybody that you gave space to each other, so that everyone is being heard and gets the feeling being valuable and being allowed to be a contribution for the whole.



Now I can say to everybody from the bottom of my heart: "Go through everything and keep on trusting and believing that you get help." The more we see consciousness as our daily work, the more normal it becomes. I realize by what I at first experience in sadness and now in happiness, how big my desire is to search to healing and cooperation on a deep level. I had to have a lot of patience, but the one who has much patience, experiences beautiful things.

everyone understands the word love

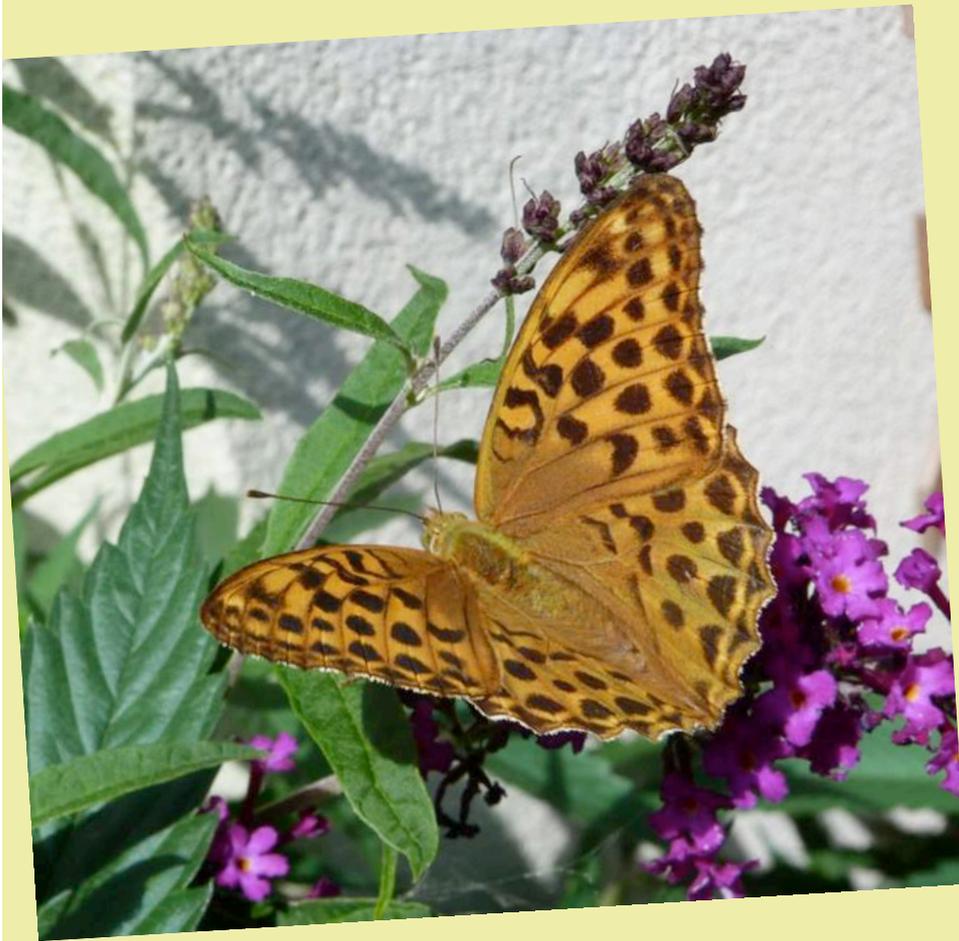
Feeling is invisible, sometimes hard to give words to. We talk (fortunately more and more) about feeling, and find words for how we feel. Love is even harder to define. Still every child knows what love is. Actually it is a beautiful miracle, that one word is enough for us.



Mit Lieb bin ich umfangen

How do you experience love, how do you distinguish love

Love is to stop opposites. There is no difference between me and the other. Everything is good, also what we call evil. Everybody is allowed to have his/her experiences. The road to love goes along duality, loneliness, dissatisfaction, to know on a deeper and deeper level that love is the only way to love. The more love you experience, the less fear and duality there is. Love connects and brings unity and rest. We don't have to do it all alone. We may rely on God, a higher intelligence, Love.



On 6 August 2013 the **silver-washed fritillary** is in our garden. This butterfly is very rare in the Netherlands and certainly in a city garden! Maybe there is a special reason that this butterfly comes in our garden.

Marthe 'hears' that the silver-washed fritillary is coming for my mother because the butterfly is very much interested in family relationships. It moves my mother when I tell her that.

That week the son of a great-uncle of Marthe calls that his father passed away on the 6th of August. Marthe is getting the feeling that her great-uncle would like that we keep thinking of him. Some time he has been the only connection between Marthe and her family.



On 16 August 2013 the **Queen of Spain fritillary** in our garden, a beautiful butterfly. I never saw the butterfly before. When the wings are closed, you see the markings of pearl.

That week Gerrie dies, a cousin of mine. Rina, her mother, a younger sister of my mother, unfortunately also died young. She was open and nice to everybody.





We play a canzona (song) from the renaissance of Giovanni Domenico Rognoni.

Half way through the canzona there is a quiet moment with beautiful open chords, as if the sun comes up. The name of the canzona is **L'Aureliana**, golden uitstraling. De komst van de vlinder voelt als een bevestiging, kracht en energie om door te gaan.

De **gehakkelde aurelia** komt in de tuin en ook op mijn hand zitten, nadat we een middag heel intensief viola da gamba hebben geïmproviseerd.





Het **gamma uiltje** is een nachtvlinder die vaak op onze vlinderstruik zit. Deze vlinders vliegen soms duizenden kilometers!

Het gamma uiltje heeft zijn naam te danken aan twee witte tekens op de vleugels, die lijken op de Griekse letter gamma, op de foto goed te zien.

Het is moeilijk om een foto te maken, omdat de vlinder net als een kolibrie heel snel met zijn/haar vleugels beweegt. Als het dan een keer lukt, is dat natuurlijk erg leuk.



De kleine vos is de laatste vlinder die ik in de zomer van 2013 heb kunnen fotograferen.

De **kleine vos** zit op de wollige munt, een prachtige vlinder, met mooi **blauw** op de rand van de vleugels.



citroenvlinder op de **koekoeksbloem**

Op 15 mei 2014, een week na mijn 55ste verjaardag, ben ik bij mijn moeder in Den Haag. Ik zit samen met mijn moeder in de zon op het terras. We zien een **citroenvlinder** langs vliegen.

Ik vertel mijn moeder dat ik een boek aan het maken ben over vlinders. Ze vraagt of deze vlinder al in mijn boek staat. Ik zeg nog niet, omdat ik de foto die ik nu heb niet mooi vind en een betere foto wil.

Even later belt Marthe dat ze een **citroenvlinder** ziet in onze tuin in Utrecht en daar een foto en een filmpje van heeft gemaakt. Ik heb de wens nog niet uitgesproken of de foto is al gemaakt.

De vlinder zit op een **koekoeksbloem**. Toevallig heb ik net met mijn moeder gepraat over de koekoeksbloemen, waar ze zoveel van houdt, die bij haar op het terras staan te bloeien. Ik heb die dag ook nog een roze broek en een geel shirt aan. Wat een synchroniciteit en prachtige verbindingen tussen mensen, vlinders, bloemen, kleuren en wensen!



Ik heb met mijn moeder dagelijks telefonisch contact en heb mooie gesprekken met haar. Elke week ga ik een dag naar mijn ouders, mijn vader gaat dan een dag naar jeu de boules. Mijn moeder inspireert me met haar prachtige reacties en antwoorden op ervaringen die ik met haar deel. We genieten als we buiten zitten van de bloemen, de vogels en de vlinders.

een mooi verhaal over een libelle

Op 6 maart 2014, 82ste verjaardag van mijn moeder, heb ik het roodborstje gefotografeerd. Mijn moeder houdt heel erg van dit vogeltje, dat vaak bij mijn ouders in de tuin komt.

Mijn vader stuurt me per mail foto's die hij heeft gemaakt van een libelle die op de hand van mijn moeder zit. De libelle staat symbool voor verandering. Zo'n ervaring is voor mij een bevestiging dat we worden geholpen vanuit een andere dimensie om het contact met elkaar te verdiepen.





Mijn ouders zijn 14 oktober 2014
60 jaar getrouwd

We hebben dat in het restaurant
van hun appartementencomplex met
familie en vrienden gevierd.

Mijn vader heeft alles goed
voorbereid, ik maak de uitnodiging
en de voorkant van de menukaart.
Mijn moeder wil graag een foto
van de rivier de Lek, waar zij
vroeger heeft gewoond en
Jeannette tekent rietpluimen.
Een mooie samenwerking.



Marthe en Erik maken foto's.
We zingen met ons viereen één
van de zeven door mij
gecomponeerde affirmaties.
Een schoonzus is zo diep
geraakt, dat een ruzie van
jaren ineens opgelost lijkt. Ik
maak voor mijn ouders als
herinnering een prachtig
fotoboek met teksten, waar
mijn moeder graag in kijkt. Ik
ben blij dat ik dit met mijn beide
ouders nog mag meemaken.

Ik ben blij dat ik mijn verhaal met anderen kan delen. Als je vragen hebt, wil reageren of iets wil delen, nodig ik je uit om dat te doen.

Op onze website www.contactmuziek.nl zijn bij het onderwerp **vlinders** meer foto's en ook filmpjes te zien. Bij sommige filmpjes heb ik de vlinders op mijn hand!

Contact & muziek

Leonoor van Beuzekom, Marthe Pal,
Erik de Jong, Jeannette van Beuzekom

Billitonstraat 6
3531 HJ Utrecht
030-2942625
contactmuziek@lombok.nl
www.contactmuziek.nl

**Als kind neurie ik in de zandbak, speel ik viool
en vind ik vlinders bijzonder.**

**Als Jeannette, Marthe en Erik bij mij in huis komen
wonen is dat het begin van een grote verandering in
mijn leven. Ik ben niet meer alleen en kan mijn
muziek, ervaringen en inzichten delen.**

**De wens om een vlinder op mijn hand te hebben wordt
vervuld, nadat wij muziek hebben gemaakt in een
verzorgingshuis. Samenleven, samenwerken, muziek
maken, zingen, contact met mensen om me heen, contact
met vlinders maken voor mij liefde concreet en voelbaar.**

contact met de ziel

***Vlinders en muziek helpen ons om contact te
maken met onze ziel en open te staan voor de
diepere betekenis van gebeurtenissen in je leven.***

**Ik hoop dat het lezen van dit boek je inspireert om je gevoel
en je hart te volgen, je creativiteit te ontwikkelen en met
licht en liefde bezig te zijn.**