

*a beautiful story for
Christmas*

December 2015

dear people,

*The newsletter also became a Christmas story and life story this time.
You can click on the links for nice photos, music, videos.*

We want to let you know how it was in Germany this summer, with the **retreat** with Jasmuheen in hotel Jonathan in the village Hart near Chiemsee in southern Bavaria and tell how we are doing now. It is also mine/our special life story and through that developed life attitude and vision on life.

preparation for the retreat

Before our trip to Germany we thought: are we going to Munich with a rental car or by train and (one and a half hours further to) Traunstein, are we going to camp in the garden or do we stay in the hotel. We looked at tents, sleeping bags, rucksacks and in the end we decided to go by train and to stay in the hotel.

We booked the train to Munich and Traunstein via treinreiswinkel (train travel shop) and also told where we were going to. In the week before we went to Germany we worked hard and worked through the night to translate in English, print and bind the texts from the affirmations composed by me, and music drawn by Jeannette. Marthe translated my first book Levenservaringen, gedachten over het leven (Dutch) on the website in English.

The song Help elkaar sociaal te zijn my arrangement from a children's song with an own text we translated together in English Be together share your dreams.

special encounter with the red admiral butterfly

On Thursday 2 July in the week before we go to Germany we have a beautiful experience with a **red admiral butterfly** in Den Haag (The Hague). We went to my parents with the four of us and I had a nice contact (again) with my mother (83 years old). Just before we leave, my father (85 years old in the meantime) tells me that he asked the referend whether she believes in a soul. She says she doesn't know. *In Greek psyche means both **soul** and **butterfly***. When we walk in the direction of the train station less than an hour later two red admirals come and fly around us. I have a déjà vu, 4 years before also two red admirals flew above our heads when I let elderly people play on my instrument with very much patience. I described that in my (photo)book Contact met de ziel (Contact with the soul).

When the red admiral butterfly sits on the street, I walk towards it and the butterfly comes on my hand. The butterfly moves very fast with his/her wings! I have had many butterflies on my hand, but never before a butterfly was trembling so much. I asked Marthe to film the trembling of the wings from the red admiral as good as possible.



The video from the spiritual experience with the red admiral butterfly is on the first page on our website www.contactmuziek.nl and also on [YouTube](https://www.youtube.com).

Singing is also being engaged with vibrations. Like I find butterflies special, so I also find it a miracle that we sing together. Very special that I'm allowed to coach and support the singing with the four of us and also special that it becomes more and more meditating singing. The slower we sing the more we feel. It is as a source of energy that brings us closer to ourselves toe ach other. Like the contact with butterflies, the singing feels more and more like a spiritual, sometimes almost mystical experience.

We sent my (photo)book **Contact met de ziel** (Dutch) about butterflies, music, the living group and love to people I mention in the book, also to my violin teacher Bouw Lemkes (91 years old) who gave me lessons when I studied on the conservatory in Amsterdam.

On 30 April, the birthday(!) from his wife who died 15 years ago, he sent a card that he thanks me intensely and cordially for the beautiful book and that he reads it with all attention and enjoys the content and the photos.



Another beautiful reaction came from the 99(!) year old neighbour of my parents, Willem Joekes. He gave me his book a few months ago *Door het oog van de naald (A narrow escape)* about his experiences in the 2nd world war in Indonesia as a prisoner of war from the Japanese. I gave him my book. He phoned my father some days later to tell that he was deeply impressed and that my father has a very sensitive daughter. He said: I also have a sensitive daughter, but no so sensitive as your daughter. My father called me to tell me that, a very nice compliment. Joekes called me a few days later and thanked me personally.

I also gave my book to Govert who I taught violin for 6 years since he was 6 years old. I just graduated by then. By being open and empathize in him I have been able to learn a lot from him. Contact with children has been essential for my consciousness process. At that time I also gave his mother violin lessons, I still have contact with her. A few years ago I unexpectedly came across Govert when he sang solo as a tenor in a new years concert! Afterwards he told me that he started to play saxophone during secondary school, that he studied singing on the conservatory, and studied philosophy and electrical engineering and promoted as a technical philosopher, an impressive achievement. Now he teaches at the University of Maastricht and told that he learned to study through the violin lessons, very nice to hear. After 26 years he came to our house and I gave him my book. A special experience to meet each other again as adults.

letting go of food

I am constantly open to everybody that we are engaged with letting go (the need of) food and tell that we are going to Germany to a retreat with Jasmuheen, who already doesn't eat anymore since 1993. We watch videos before via YouTube from people worldwide who are engaged with living on light. Jericho Sunfire tells (the only one!) also about difficulties you encounter in yourself and with people around you and 'warns' that stopping with eating is a deep consciousness process and that you don't do just anyhow. Food means an enormous burden for your body, but the need for eating and drinking is so deeply anchored that you don't let it go just anyhow.

Two weeks before the week of the retreat we eat less and less and we only drink juices and in the evening some raisins and chocolate. In the week from the retreat we only drink lemon juice with ginger and orange juice. We don't miss eating at all and get more and more energy.

the journey

On Monday 6 July we go to Munich by train. We will arrive at 24 hrs in Traunstein, we arranged a taxi to the hotel in **Hart** the village near the lake Chiemsee. Because the train is delayed, we arrive two hours later in Munich than planned, in the meantime it is 1 o'clock in the night. Deutsche Bahn arranges a (free) taxi to the hotel! We still can call off The taxi we booked. Because of the delay we later also receive half of the money back from the outward voyage!

At 2.30 we arrive in the hotel. While we look for our room in the dark, Jeannette sees a **beautiful orange moth** on the floor in the sun-room. I walk to the butterfly, Marthe and Erik make photos and videos with the photo camera and with the iPhone, we just bought second hand before the trip, everything in the middle of the night and whispering.



orange moth

The video with the special experience with the orange moth is on our website www.contactmuziek.nl on the first page and also on YouTube.

We live and work so intensively with each other, that I don't know whether a retreat could add something to it. Still we want to pass it through one time. When I have the **orange moth** on my hand, I say I don't know whether Jasmuheen shall recognize me/us.

I have had the wish and the courage to look for **(being) together** and **sharing** in my life. When I couldn't find a connection with other people I started to create my own group without being aware of it by then. I've got the feeling that we are being helped in our lives to be able and to be allowed what you really want.

From 1989 I have been living alone for 14 years in the house where I live now with Marthe, Erik and Jeannette. I bought my house in December 1988, together with Gerda who I taught the violon. When she fell in love with me, we have had a relationship for 7 years, with which I felt very unhappy with, but I also learned a lot of it. After we bought a house after 7 years and our relationship ended half a year after that, Gerda died four years later of a brain tumor in 1993.

When my relationship with Gerda came to an end, my life fell apart. For the first time in my life I totally lived alone, I thought I would never be able to that!

(not) being able or (not) wanting

Not being able is (*thinking*) not to have influence, feeling powerless, a victim, sad and desperate. I could almost even say: *wanting to feel*. I choose for my experiences, my sadness, my loneliness, to be able to feel how that feels and what I really would want in and with my life.

Wanting is to have the feeling that you have influence on/in your life, feeling yourself stronger, more free, more happy. When you say or think: *'I am not able to'* and you ask yourself, it is actually: *'I don't want this'*, or rather: *'I would like something else'*, you start to become conscious of your choices, what you do want in your life. After a deep valley of loneliness I knew for sure that I didn't **want** to live alone. That deep wish has been fulfilled in an incredible way.

From my 35th I got a occupational disability benefit for 10 years. After 5 years a doctor found it so good what I was engaged with, that he wrote down: ***situation not changed***, by which I was allowed to continue another 5 years. A confirmation and a miracle that I was very grateful for and which I am still grateful for.

When I stopped working on the music school, in 1994, was/appeared to be the start of a new life. I myself and everyone around me only saw me getting stuck and wasn't ready with encouraging words, for example: ***So good that you get stuck, we are very curious what you are going to get through and are going to discover, where we might learn from very much.***

That was just my consciousness process: to learn to allow that I felt lonely in the family, at school, at my work, in the society. I could start to discover something new which most people don't get round to in their lives. I could begin with taking my feeling seriously and I am very grateful that the occupational disability benefit made this possible!

Sometimes I think soul is the same as feeling.

I see it as a mission of my life to make feelings and thoughts open to discussion and to give the right/beautiful interpretations to experiences and to get over 'negative' experiences and turn them into positive experiences.

Feeling is a difficult subject. Sometimes I think the soul is actually nothing else than feeling and like water it goes through everything, it softens and it can even make the hardest rocks smooth. I find it very much worth the effort to bring into contact, to put into words and make visible the invisible, the feeling, the perceptible and thinking.

As a musician you learn to transmit your (mostly unconscious) feeling with music. How you feel yourself when you play music alone or together is not a subject of conversation. By taking my feeling seriously I learned to find words for what I feel and bring rest in situations in which feeling is hardly open for discussion.

By choosing more and more conscious for openness, feeling(s), logic and love I lost all my 'friends' and I also have no contact anymore with my two brothers and my younger sister. I took risks by going in therapy 12 years long seeing three haptotherapists, who all had (started) an own education. It were horrible experiences, there was no openness, criticism appeared to be impossible. Also alternative assistance kept being help and never became cooperation.

How do you find out? By going through it yourself or to hear experiences from others. I went through deep valleys and a lot of uncertainty, to come out stronger. After that I could also start to help people around me and invite them to give voice to and share feelings and thoughts with each other.

In the end I could use all negative experiences to give words to norms, worths and desire for love. That is why I believe that 'negative' experiences are very valuable. When you change the – into a + you have what you do want, see also my [vision about life](#) on our website.

Having no contact with my brothers and youngest sister made me also extra grateful for living together and cooperating with Marthe, Erik, my elderly sister Jeannette and stimulated and inspired me to see the people around us also as sisters and brothers. *Finally we all are sisters and brothers of each other!*

I often say that I wouldn't have been so unhappy if I would have known where to my consciousness process and feeling lonesome would lead me to. But of course that is why it went like that. Not knowing and still learning to trust that in my/everyone's life also come beautiful experiences, is the process from fear to love, from (thinking to) need attention, to give attention. Then there comes space for cooperation, sharing, building up confidence and love. I am very grateful that I came round to that in my life.

from giving help, to sharing, living together and cooperating

In 2003 I started a practice with haptonomy and music. 3 years I intensively coached 10 people and apart from that I brought them together in small groups. After 3 years I invite everybody to come together in my living room. The first 6 weeks we come together 5 days and later on 7(!) days a week. We talk, make music, sing and eat with each other. We have shortage of time!

After 3 weeks I dare to ask the (burning) question (for me) what we really want in/with our lives. And what is the meaning of 3 years of coaching and support this new experience to be together for 3 weeks and to work together with each other. It appears to be the right question at the right moment. A miracle happens. That weekend 7 from the 10 people walk away and to my surprise I get happy of it! The burn of no commitment falls off from me. After some came back a few times, the ones who really wanted to go further remain: Marthe, Erik, my sister Jeannette and me. Helping began to change to cooperating and sharing.

We are going to camp for 2 weeks with our four in Drenthe (province of the Netherlands). My parents stay nearby in a hotel. From the beginning I engaged my parents I at the origin of our living group. They always sympatized with us.

When we are back from holiday I actually find it a big waste to go back to four houses and I propose to go to live in my house. Still the same day we decide to adapt the planned rebuilding of my house. In November 2006 we are going to live with each other and for everybody a totally new life begins. More and more I believe in steering and help out of another dimension.

Soon I take the other three with me in my love for music. I teach myself and them to play viola da gamba (viol) and lute. 2 years long we study 7 days a week 8 hours a day. Especially for us we have a viola da gamba quartet and a lute quartet built. After 2 years we make our first CD with music from the renaissance. We go through a lot of difficulties and experience special things.

Although we are sometimes having (a very) hard time with each other, for me it is not comparable to the difficulties I had when I was living alone and was having the feeling that my life was passing me by, without experiencing something that really touched me, except for the contact with children. But the beautiful experiences I had with children I could not share with anyone.

Many people express their doubts and criticism about our way of living together. The families of Erik and Marthe already quit fast. My mother has *always* been positive and remained positive and sees Marthe and Erik also a bit as her own children. My father is not always happy with the tensions and difficulties we go through with each other. All critism and doubts do just bring us closer to each other and help to talk with each other and others and to keep looking for connections.

together is always better than alone!

After one year I am (already almost) sure that nobody want to go away anymore! **Together is always better than alone!** I take seriously all (also so called small) irritations, underneath which are often deep emotional feelings. I want to go through (all) negative feelings and thoughts with each other, purge, clear away and turn into positive experiences. Most forms of living together and cooperating are not going (so) deep. We (already 9 years) have the opportunity to be engaged daily with a/our social consciousness process, at which playing music with each other and now also singing with each other brings us together and connects us.

Marthe and I put a lot of time and energy in applying for subsidy. We receive the 2nd prize from Rabo DichtbijFonds for musical encounters in elderly people's homes! We play at schools and day nurseries and learn a lot. Two years ago we stopped with the encounters after 6 years to get more time and space to sing, play the piano and discover new things and develop further!



I teach Evi (4 years old) to read notes. She is a Erik's niece, the daughter of his sister Hilde, with whom we still have a better contact.

I make children and adults happy by learning them to read notes. The music basics I explain with a unfoldable booklet and an own text on Brother John, with rhythm charts, a scale, notes and rests.

I developed a method with coloured notes. In a piece of music the same note gets the same colour and in another piece of music there are other colours again. Like this children keep on giving letters to notes. The **colours** make the music notes endlessly captivating. Jeannette draws the music with coloured pencils. People often do not see it is drawn, because it looks so beautiful!!



music basics on an A5

We build bamboo flutes of one tone with a beautiful soft sound which invites to listen (to each other). Everybody gets a flute and plays her/his own tone. All tones together form the melody like this.



our selfmade bamboo flutes of one

I gave violin lessons from my 18th year. In our living room I teach music lessons, especially to children, while Marthe, Erik and Jeannette are present. We also play together with each other. With the coloured notes children not only learn to make music, to play together and to cooperate, but also reading, counting, and other languages.

Trois petits chats

Eric Holtman, a friend of ours sends us French children's songs, contagiously happy sung by French children. Marthe made a very nice video of it:
<http://youtu.be/2a2WyyRy8lo>

I use apples to explain time and fractions (sharing) and learn counting (calculating) with carrot slices. On our website you can read everything about this at the pages [music basics](#) and [sheet music and teaching materials \(in Dutch\)](#) about these subjects. A music teacher from the conservatory tells that he refers to our website.

Living with each other and being able to work together so intensively, making music and singing feels as an enormous wealth. I help and coach to listen to ourselves and to each other, to be open for feelings, emotions, thoughts and process everything and making conscious our experiences. We have spontaneous conversations, encounters in the street, in a shop, or in the train, singing during lectures, talking about life and death. Butterflies come on our way. People who come along with us experience rest and often have a deep experience.

Now further again with our story about the retreat in Southern-Germany.

Before the start of the retreat with Jasmuheen who already has been living from light for years, we have a day for ourselves at first. We also make contact with the people who are working in the hotel. It is wonderful warm weather, we walk to Chiemsee, swim in the lake, enjoy the beautiful surroundings, grain fields, meadows, farms with solar panels. On the photo at the left you just can see the mountains of Austria on the horizon.



We walk,
it is beautiful
weather!



Wednesday the retreat of 5 days begins. At 10 o'clock we come together with 70 people. Jasmuheen is leading meditations and a Chinese woman is doing Bigu (a kind of yoga).



Nothing is said about letting go (the necessity) of food. I find the atmosphere superfluent, awaiting and weary, no space for exchange or own input.

To our surprise people are eating and in the evening people also drink beer. Very few people use the possibility from the hotel to only drink juices.

In the evening we talk with each other. Although it gave Marthe, Erik and Jeannette less trouble, we agree that this is little inspiring.

a beautiful turn

The next morning we talk about this with Maria Agostini, a nice woman from the organisation, with whom I already mailed beforehand.

She proposes to talk about it with Jasmuheen, who comes of the stairs just at that moment. When we say we are not happy with the retreat that we are missing Input of the people themselves, Jasmuheen assures us that that will be very different after 5 days. I say that I want that it is already like this right now. Marthe proposes to sing and to look what is going to happen then. I tell Jasmuheen that she means a lot to people over the whole world, but that we came to *give something* to her. We show my (photo)book **Contact met de ziel** (Contact with the soul) and I give her a hug.

Jasmuheen calls upon me during the meeting. I tell that we doubt whether we want to continue with the retreat, because we miss the interaction. Jasmuheen says that we like to sing for the people and asks us who also want that, to raise a hand and then asks (very silly) who doesn't want that to raise a hand as well. When most people want that we are going to sing, we walk to the front. Two sweet women gesture us to step forward more. Later on I thanked them for that.

After I told something about us, we are going to sing. In times I have not been so nervous, how difficult to sing in such an area of tension! It takes a little before it becomes in tune, but soon it goes better. After singing it is very quiet. I let the silence be there. Then I ask whether they want to hear another song. There comes an enthusiastic **yes!** After we sing another song there is cordial clapping. I give Jasmuheen another hug.

Happy with these beautiful experience we are going to sit again. A woman who sat aside us and went to sit on a mat, cries because she is touched by singing. I walk towards the woman and give her a hug. After that she comes to sit next to us again.

More often we have contact with her after that. She tells about her daughter, who is not on drugs anymore, but does not know well what she wants with her life. I give her my book, also for her daughter, which is translated in English, [Levenservaringen, gedachten over het leven](#) (Life experiences, thoughts about life).

In the pause people say that they would find it a pity if we would leave. A woman tells that when she saw us, immediately got the feeling to experience something special, what she never passed through before. Very nice that there are also people who recognize something when they see us. The little open atmosphere especially appears to be because of a fixed group of people who already come for years to the retreat with Jasmusheen.

How glad I am that I openly shared everything and everybody gets the opportunity to give her/his own reaction on us. I realise even more that we didn't come to get something, but to give something and really bring (in) something new.

we are getting holiday

In the lunch break Maria from the organisation comes to us. She tells that Jasmuheen meditated and decided that it is better that we do not continue with the retreat. I understand she finds it too difficult to handle our input. Maria asks if we find it ok, I say it is fine.

I am already very happy there comes a reaction. When she tells that they also want to give us back the money for the retreat (€ 2000), that is a big surprise for us. It feels as a confirmation and recognition for what we are doing.



The small church in the village of Hart, view from the garden of the hotel.

Because we already booked the return and the hotel, we just have three days holiday at once. What a beautiful turn of our stay in southern Germany. We do not only get our money back, but also time for ourselves!



We rent bikes from the hotel with 21 gears...

We intensively enjoy the beautiful weather and being with each other in these beautiful surroundings.



...and walk a lot



‘Wassertreten’ in a cold small river with big pebbles. A woman from the village tells that she walks 4 rounds in the evening in the cold water and sleeps very well.

In the hall of the hotel there is a grand piano, which I play on, in lotus position, with my eyes closed.



A girl comes to have a look and asks how it is that I can play the piano. I tell her that I taught myself playing the piano and that I can also teach her that. When I give her a piano lesson, she beams.



Later I hear from a participant of the retreat who stays with her and her mother that she kept asking her mother whether she already told that she played the piano!



Another girl that also lives in the hotel wants to (learn to) play the piano too.



Two women who live and work in the hotel I also taught piano lessons. One woman played the piano as a child and cried because she did not think that she still could play the piano.



grain fields

We enjoy the flowers, butterflies, nice maintained farms, meadows and grain fields.



Saint John's wort



a bike friendly environment

Traunstein is the railway station from which we depart again to go home.



Traun river



purple loosestrife



the comma on my hand

Via translator Margarete we gave Jasmuheen the CD on which I play music from the renaissance on the piano.

The last evening we spontaneously had a very nice conversation with Jasmuheen about the retreat, not eating, her journeys and lectures all over the world, her family, the Pranic Festival in the USA, where she would go to in August. We give her the book with the drawn music of the 4-part affirmations from the 8 day process, that Marthe translated in English especially for the retreat. Jasmuheen is very happy with it. Incredible that we could still bring the contact with her to completion so nicely.

When we go home again the next day we are having the feeling that we have been away for a long time.

In August Jasmuheen goes to the Pranic festival in the USA also to meet Akahi (from Ecuador) and Camila (from the USA) there, with whom we did the 8 day process via Skype to be able to let go (the necessity of) food. Akahi and Camila live on breath and light since 2008 and in the meantime they have two children: **Inti** and **Anaya**.

A month before we do the 8 day process we come across the name **Inti** in a nice way, as a kind of pre-announcement of the special turn in our lives. I am sitting at home and spontaneously I get the idea to go looking for a woollen cardigan in a shop with biological clothes, I thought of a red cardigan. When we are in the shop I see nothing that I find beautiful. But just at the moment I want to leave I see a greyblue cardigan (the colour of my eyes), now at half the price. The brand is **Inti** which means **the sun** in Quechua, a native language in Ecuador. The whole winter I enjoyed wearing the cardigan.

With Akahi and Camila we did the 8 day process in May 2014 from our living room via Skype and Google hangout with three days of not eating and drinking, to get free from (the need of) food. The words of the affirmation we get every day are touching me so deeply that I make a melody on it. Every day I sing the melody of the affirmation from that day via the computer. Everybody finds the melody and the singing very beautiful!

The months after it I make the 7 affirmations 4 part. On our website you can see the music from the [affirmations](#) (Dutch) which Jeannette drew, you can also order the music. It is very nice to be able to sing the affirmations with each other and also and that I can still make changes until all notes really feel good. When we sing the music, I am often surprised how beautiful it became and I can hardly doubt it anymore that there is support (from above).

This makes me think of elderly people's home Schutsmantel in Bilthoven where beautiful paintings were hanging from people mensen from who we do not think they can be creative anymore. A resident from who there hung paintings, told us she could not paint at all, but that she had the feeling that she was guided during the painting.

We think we have a special life with the four of us and we are very happy and grateful that we can sing 4 part a capella. We sing note by note we sing every harmony as slowly and as purely as possible, so that the 4 voices more and more form one sound. The less we eat the more clear, pure and transparant it sounds.

affirmation day 7

text Akahi music Leonoor

S I ac-cept my cre-a-tive mas-te-ry. I pro-ject Light to the U - ni-verse, ligh-ting up my Re-a-li-ty and my Life.

A I ac-cept my cre-a-tive mas-te-ry. I pro-ject Light to the U - ni-verse, ligh-ting up my Re-a-li-ty and my Life.

T I ac-cept my cre-a-tive mas-te-ry. I pro-ject Light to the U - ni-verse, ligh-ting up my Re-a-li-ty and my Life.

B I ac-cept my cre-a-tive mas-te-ry. I pro-ject Light to the U - ni-verse, ligh-ting up my Re-a-li-ty and my Life.

the affirmation of the 7th day:
I accept my creative mastery. I project Light to the
Universe, lighting up my Reality and my Life.

*at home we go further with letting go of food,
music, singing and meditating*

Since August 2012 we were eating raw food for two years, juices, salads, selfmade raw chocolate and pies. We are eating biological, vegetarian and as much as possible vegan. In May 2014 we started with the profound and especially free process of eating and not eating. Because we (are allowed to) put question marks behind everything, we discover that eating especially is a social occupation, being with each other and it appears to be totally different than we had been thinking. It is not easy to let go the idea that you would need food and to listen to your body and feel whether you have an appetite and not eating when you do not feel hungry. Eating appears to be an addiction more than we ever could have thought.

We go through many levels and experiences here. We come across ourselves and feel better and better what the influence of food is. Every day we think of what we would like to eat. For us it is beautiful and surprising that questions about eating bring us so much of experiences and insights in ourselves and each other.

I am very happy that I keep on looking for freedom and not to impose ourselves something. When somebody envies something then we eat that. We are doing it together. I want that the four of us really stand behind what/that we do eat and what/that we do not eat. I fry sweet potatoes (much healthier than potatoes) in the coconut oil and would like to give that more snackbars. I can already hardly bear sunflower oil anymore. Coconut oil is a healthy fat. You can even lose weight with it. Himalayan salt and sea salt are healthy salts, that still contain minerals. Healthy sugars are: coconut blossom sugar, Palmyra palm sugar and stevia. The green leaves of the stevia plant are 300 times as sweet! as refined sugar and make your body alkaline. Sugar (also cane sugar), coffee, alcohol and dairy are acidic to your body.

We feel more contact with our bodies and come across each other in another way again. We enjoy food more, but also feel the load of food and addiction to it. We also help people around us with a more healthy way of eating and living. We ask questions about biological food in supermarkets and are surprised once again how much sugar there is in food, also in biological products.

We read the labels. Which ingredient is most in it appears from the following order. When sugar is mentioned first, that is what is most in it. When sugar is mentioned last then there is sugar in it, but the fewest. We feel how we get a dry mouth after eating cookies, because (refined) sugar and also cane sugar dehydrate.

meditating

We meditate more often, also before we are going to sing. It is a few hours later like that. We find it very nice to be engaged with our body and breath. I discover that when you use your exhalation to relax and focus your attention on pain, you can breathe through and the pain can solve itself. I like to postpone the inhalation. We have the feeling that meditating in this natural way, sitting relaxed and feeling your body is really meaningful.



meditative singing for visitors on 21 December 2015

Beforehand postponing the inhalation was still forced, now it becomes, also by eating less, more and more mild, gradual and softer. The space that comes then feels as an open space that I am still able to increase, that has an enormously powerful effect on my body, feeling, thoughts and feeling good. I experience meditating as a way of developing myself, by which I am also able to mean more to others. It is not selfish to be engaged with yourself. It is just social to create more and more rest and by that being able give others rest.

I discover still more possibilities to be engaged with meditation in a way that is doing me good. Actually I always disliked to meditate, because it felt so rigid and alone. But by talking about it and discovering more and more new things it still becomes nicer. I meditate when I am sitting in the train, when I am with my mother while she sleeps or rests. I keep on looking for ways to live meditative, make music and being present in a meditative way when I am together with someone and listen or talk. Certainly when the other has a lot of tension it is very nice to bring in rest. I want that meditating, making contact and singing still come closer to each other and that meditating becomes a natural way of being present and living.

eating less

The process to eat less and wanting to stop with eating is not easy, but it is very special. It is not a matter of just turning the switch and not eating anymore. Something you did your whole life is not out of your consciousness like that. We eat with the neighbour over the way when she wants to thank us with cookies or pie for our neighbourly help. But we also tell her that we feel sugar more and more as a burden to our body. She is happy with the suggestion to give (biological) ontbijtkoek (literally: breakfast cake) with coconut oil to people who come to visit her. Like that we help ourselves and also others to eat more conscious, to eat less and to eat (more) healthy.

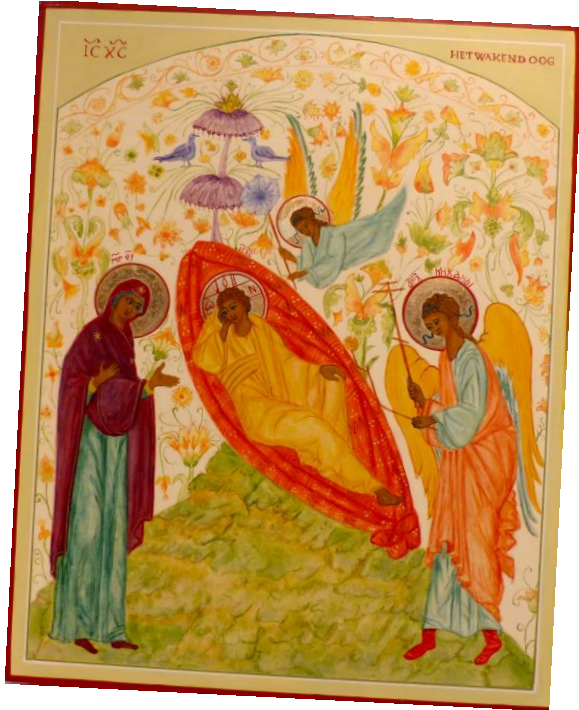
We feel still more that eating is also working hard. Going to the shop, everyday thinking about whether you want to eat and what and digest the food again. But also very nice to look so different at what food is and does. I think it is all a part of the process to be able to let go food (only) when you really do not feel the need (anymore). Not forcing and not being in a hurry, go through everything and trust that there comes something naturally. You must really be ready for it and then also all four of us. That is a condition for me and a deep wish. And wishes come true in a beautiful and surprisingly creative way, already has proved very often.

Earlier experiences in our lives get another light by eating little. Marthe appears to be not allergic to wool, but feels itch after eating (also bearded wheat) bread, an allergic reaction on gluten, by which wool irritates her. *Her eczema which already troubled her more than 30 years! disappears spontaneously!* When she eats more again the eczema comes back again. A clear connection appears with eating and not eating!

As a kind of reliving and detox we also go through former diseases, vaccinations and allergic reactions on food of which we had no idea that it was caused by food, like vehement reactions on dairy, unnatural warm after eating, fluid retention, cold, watering eyes after eating of dairy, headache from sugars, having a sore throat, tiredness, becoming lethargic, itch, dry skin, more hair growth, swollen and inflamed eyes.

We are very happy that are allowed to go through this with the four of us. Almost everybody who is living on light or wants to start with it and stops or wants to stop eating does that alone. We do it *together* and are able to share our experiences with each other, which feels rich. By eating different and less we have more time for each other, for singing, playing the piano, the garden, the website, drawing music notes, making cream and oil from hemp and stinging nettles, making our own detergents, contact with family and friends.

Jasmuheen, a real pioneer, already does not eat anymore since 1993. In the Netherlands we met Bert Piloo (85 years old) who lives without food since 1998. We visited Bert and he also came to our place. We met more people who went through the 8 day process with three days not eating and drinking or the 21 day process with 7 days not eating and drinking to get free from (the necessity of) food. But nobody of them still lives on light now.



We got to know H  l  ne Wasser, who spontaneously only drank herbal tea for four months in 1999 after a weekend with Jasmuheen in Belgium. She tells that it has been the most beautiful time of her life and now she knows that we are able to live on light. When her daughter asked her to eat together again, she started to eat again because of social reasons. We made a nice video of our singing on 28 November in Appingedam at the opening of the exhibition of her icons

<http://youtu.be/sv9PflI2i1Y>.

We sing at the opening of an exhibition of icons.



We also have contact with Ingeborg du Fijan who was in Africa for six weeks in 2004 and brought the book from Jasmuheen about living on light. After 2 days she did not eat anymore, she only drank half a cup of water a day. Back home she started eating a little bit, which confused her. When she got pregnant of her 3rd child she understood she should not eat for others. Her iron levels were too low, but she solved that herself, to the surprise of the midwife, who said that she would not have reached such high iron levels even with iron tablets. She got a very healthy child. In the meantime she eats again, raw and vegetarian. She never forced her son to start eating.

Really stopping with eating is a consciousness process, examine what does and what does not feel good, detoxing your body, going round with your emotions who are getting released and (learn) to cope with critics and questions of the people around you. I still feel more that we do not have to direct anything, we just need to be happy that we are allowed to be engaged with it. We talk with each other and with people around us about our process to go on different with food. Everybody appears to have something to tell about what you do or do not want to eat and what food is doing with you. Food is also connected with emotions, loneliness, sadness, anger, disappointments, tensions. Eating to be together in a good atmosphere, but also as a comfort after effort. More people appear to have special experiences with periods of eating less or nothing.

Meanwhile we continue with sustainability and solar energy.



Since August 2015 we have new solar panels in east west formation, which produce 3 till 4 times as much as the previous panels!

Our neighbourhood Lombok wants to become the first neighbourhood in the world that is going to combine solar panels and electrical cars. This project is nominated for the CarTec Award 2015, a prize for innovatory electrical car technique.

Electrical cars can be charged and discharged with charging stations with current from solar panels which are placed on houses, schools and companies in the neighbourhood. Like this electrical cars become small power stations that are not only able to provide cars from current but also households.

Now and then we rent an electrical car in our neighbourhood and we are also very curious about cars that only use water as fuel.

We adopted two cork oaks (*quercus suber*) for 5 years. An initiative of [Arnoud Hanenburg](#). He wants to make cork more known as isolation and building material in the Netherlands. We called the cork oaks kwint (fifth) and kwart (fourth), two names of intervals, music terms for the distance between two tones. The distance between the first and the fifth tone is called fifth, for example c-g and the distance between the first and the fourth tone is called fourth, for example c-f.



We went to a symposium, organised by Milieudefensie (environment defence), where Jeannette worked years ago. She met former colleagues. It was also a preparation to the climate summit in Paris where world leaders made agreements to reduce the unnatural and dangerous warming of the earth by drastically decreasing the high CO2 emissions of traffic, planes, agriculture, industry, growing of food.

A woman told about her travels to the North Pole (the Arctic) and how frightfully few ice there still was during her last journey. There was no connection anymore between Greenland and Canada, the area became impassable and life-threatening. Two experienced Dutch polar researchers who already examined the melting of the ice for years, unfortunately died, because they were overwhelmed by the big changes.

Erik and Marthe



Marthe and Erik



The relationship between Erik and Marthe still becomes more beautiful, nicer and deeper. They make medicinal hemp oil. Marthe did it now without heating up(!) by soaking dried hemp buds from our own garden! for three months in avocado oil. She also makes hemp salve and stinging nettle salve. Erik collects, dries and uses herbs from our own garden, which we drink tea from every day.

Erik learns himself sewing on the new sewing machine, makes herb bags, tea bags, travel sheets, pillows, pillowcases, woollen blankets we are sitting on, he adjusts trousers and makes them shorter. He signed us in for LinkedIn, Facebook, Twitter and Google+, where you can find the four of us. We make contact (again) with old friends, acquaintances, family, old pupils and ex colleagues. Erik who thought he had a small family, finds a cousin of his deceased father on the internet who is engaged with the family tree of his family. He appears to have another 38 family members in Canada!!

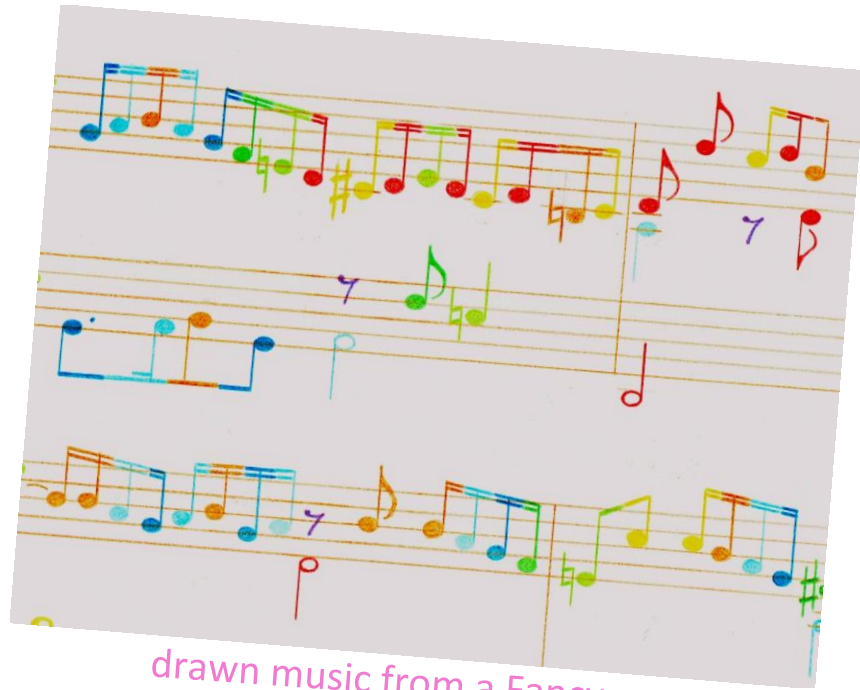
Marthe works a lot on our website www.contactmuziek.nl and translates pages in English. The page [weeklog](#) (Dutch) became very nice with our last encounters, spontaneous performances and other activities. **Have a look from time to time!**

New or renewed pages are [sustainability](#), [kruidenpagina](#) (Dutch) [jaarverslag 2014](#) (Dutch) of the foundation. Links came to the sheet music at the page [bladmuziek en lesmateriaal](#) (Dutch).



Jeannette started to draw three pieces of music from the lute music of John Dowland: a Fancy, The Frog Galliard en Lachrimae.

I transposed the music to the piano. It will be around 16-18 pages long! The bigger the piece of music, the smaller the notes.



drawn music from a Fancy

By cooperating there appears to be more possible than we all could have imagined! Next to this everyone of us has her/his own process and development.

butterflies come to encourage and confirm us (again)

My father is 85 years old on July 31 and tells us that from the evening before a butterfly was indoors. It turns out to be a cabbage white and Marthe 'hears': **the father of dad**. Although my father says he believes in nothing, still there also happen special things with him. I tell him that becoming 85 is a beautiful reason for his father to 'bring a short visit'!



I bring the cabbage white



outside again.

On 26 August the red admiral butterfly comes at the front of our house, underneath the window when I play the piano. A bit later the red admiral also comes again in the garden. Marthe 'heard' *la musica*. I tell that all musical terms are in Italian.

27 August there is red admiral in the garden again and Marthe 'hears' *tutti*, after I played the piano. I tell her that when a soloist, for example a violist(e) played a solo in a violin concert, in the sheet music is written tutti, which means *all*, the orchestra then starts playing again. After I played piano (solo), we are going to sing with our four (tutti).

28 August a speckled wood comes sitting on the basil and also a while on the window frame which is painted with primer. Our house is being painted very beautiful yellow, orange, red and green. I make beautiful pictures of the speckled wood.



In the week after it two cabbage whites circle around each other and on one afternoon cabbage whites and the red admiral come fly around and between us. Marthe 'hears' they come for the music! When I play on the piano another day again on the piano a cabbage white comes in our garden. Marthe 'hears' the message: *music is contact!*

Sunday 13 September there comes a red admiral butterfly on the butterfly bush in our garden when we are going to meditate on the grass a little while. Marthe 'hears' 10 to 20 times *la musica* and *music is contact*, because we live with each other and Leonoor takes the living group, her parents, friends with her in contact and music. When we have all seen the butterfly and understood the message, the red admiral flies away again. After this we sang for 6 hours and intensively worked on *Be together share your dreams*. After 3 hours! we sing the 4-part music almost as one voice.

my consciousness process

25 years ago I got a burnout and had for 10 years a work incapability benefit (WAO). I have been through a very deep lonely valley to (simply said) start to love myself by looking positively at my mother.

I began to go into contact, psychology and health. I read personal stories of people who survived the Second World War and personal traumas. When I was born in 1959, the war had ended only 14 years before and the processing of experiences and the reconstruction was still in full progress.

I started to express myself and share with my parents, what I felt unhappy with in the family, at school, in relationships. By that the contact with my parents got better and the relationship with them became much closer and I came into the reality of my (daily) life. My life began to change completely in a positive way after that.

Talking about your feelings is not easy, but by doing it more often it becomes more and more natural. To bring depth and worth into contact by making difficult (or seemingly hard) subjects discussible, gives me the feeling to be engaged meaningfully. I find that still nicer to do.

Through the competitive pressure/urge, consumption oriented society, rush, stress, modern developments/distractions, you can easily loose yourself. Elderly people, adults, young people and children need each other to be able to discuss and talk about the difficulties you encounter and questions you have, share experiences, and learn from each other and (learn) to love each other. To live with more generations (like in eco villages) seems a beautiful way to me to bring the small scale of the village and the family, the individualism, the city and knowledge about sustainable building together. But then with attention for feeling and for communication.

Just like many people, friends and girlfriends, I did not talk and think positively about my mother. Actually it is very sad that (especiallly) as a daughter you could not think positively about your own mother. After all we came on earth through our parents. By starting to (learn to) look positively at my mother my whole life totally changed. Learning to view everything what I do not like and everybody, who I find less friendly, from a positive perspective I see as an ongoing learning process. It puts things in perspective and gave me a lot of space and insights.

I got deep respect for my mother, how she stays positive, friendly and kind, despite that she almost cannot walk anymore, has pain and takes many medicines. I do talk about it and although the subject is very difficult, fortunately there also comes more and more room for other and natural ways of healing. There are already a lot of special experiences of adults and children with medicinal hemp oil, coconut oil, colloidal silver, vitamin B12.

harmful substances in food and medicine

In November the book from the Danish professor, doctor Peter Gøtzsche **Deadly medicines and organised crime** came out. Medicine appear to be the third cause of death after cardiac and vascular diseases and cancer! Peter Gøtzsche rings the alarm bell and finds that there must come a parliamentary debate about this.

The pharmaceutical industry is even more creeping than the arms industry. From weapons we know that they are deadly and we all saw the horrible images of chemical weapons. That medicines are doing the same, but then invisible, inside our body, is still almost impossible to talk about. Everybody accepts nasty side effects as 'normal' symptoms and like that we talk everything straight that is crooked.

Also in food and of course in candy there are a lot of sugars and harmful unnatural substances and the legalized, and in this way accepted, E numbers (for instance the very toxic aspartame E951). When we know so very well that E numbers are not good, why are we not immediately removing them out of the food. The link between harmful substances and ADHD and children becoming hyperactive and restless from toxic additions in food is known in the meantime, it may be mentioned. The relation between autism and vaccinations also starts to come out more and more. There are already apps available for your smartphone (for example E-number or E numbers Calc) where you can read which E-numbers, sugars, fats and carbohydrates are added to our food. Now the medicines should be made a topic of discussion too.

The xenobiotic substances of medicines and food are stored in the weak parts of your body, especially in the body fat and the brain. That is also why people get fat from medicines, sugar, meat, alcohol. Your stomach, intestines, liver and kidneys have to digest everything. Different kinds of medicines together are even more a burden for your body, which can surprise no one. Still we shut our eyes and our doctors go on subscribing medicines and with each other we daily take in shockingly amounts of medicines, which also come into the surface water and I also get them inside of me like this (just as smoking along with someone), without even taking medicines myself!

Fortunately **medicinal** hemp oil and **CBD oil** www.mediwiet.nl becomes more and more available, also in normal stores. CBD, the relaxing, non psycho-active ingredient of the cannabis plant, appears to have a specific healing effect, also in nerve disorders like epilepsy, Parkinson, rheumatism and autism. Here is a wonderful story of the healing of epilepsy of a 6 year old girl <http://www.zamnesia.nl/content/337-cbd-en-epilepsie-charlottes-verhaal>. Luckily there is still more scientifically researched how people get cured in other and natural ways!

my parents

As a child my mother has lived at the river de Lek, where she learned from her parents and also from kweekschool (education to teach children) and scouting her love for nature and language. She was a teacher and taught to a class of 40 children. My parents, now married for 61 years, received and raised five children. My mother has had an active life and passed on her children her love for nature.

My father often told about the poverty he experienced during the crisis years before the war. When he was 9 years old his father died in 1939 and he already had the responsibility to earn money for the family. His mother was left in the war as a widow with 9 children. My father who was a good student was allowed to go the mulo (more extensive primary education).



10 December 2015 we had a cosy dinner with our six which we prepared at home.

My mother was active in the church, was committed to women for peace, was concerned with and campaigned for the environment. End 1970s she woke up minister Ginjaar together from the department of Health and Environment with other women, through which now there are no more phosphates in laundry detergents.

As a 16 year old my father started working after the war as a volunteer at the municipality in Goudriaan. In the evening hours he also studied economy among other things. He went to work at still bigger municipalities and through this got more responsible jobs. We moved from Bergambacht to Capelle aan den IJssel, Schiedam, Utrecht (Bunnik), Den Haag (the Hague), where his last position was city manager. My mother has always supported my father to do his job.





My mother designed a cover for the Liedboek voor de kerken (book of chants for the churches) in 1973, see also at the photo of my mother up here.



Many women in the Netherlands asked for the embroidery pattern. 40 years later I saw that there was offered an embroidered cover at Marktplaats when I typed 'geborduurde omslag liedboek' (embroidered cover book of chants) in Google.

Around the same time my parents saw a church service on television, someone was singing from a book of chants with an embroidered cover, very nice!



My mother made pictures of plants (weeds) before and after they were sprayed with chemical herbicides. The last word is ending on **cide** which means killing and that already says a lot. It is this awareness process where we stand before with all of us to put aside chemical means and choose (again) for a natural way.

Everybody knows that medicine are toxic and full of chemicals, mercury and other heavy metals. This is very bad for your nervous system, liver, stomach and intestines. These are no natural means, by which your body continuously has to look for ways to return into balance again.



It demands rest and (self)confidence to go about this well and to work on it that my mother is not seen as troublesome and prevent her from isolation because of the medications.

I wrote a comment about medicine on the story of Anne Vellinga on her blog from 2013 about her mother, who meanwhile passed away, and received a beautiful reaction from her. There are more beautiful and recognizable reactions from other readers. <http://annevellinga.nl/av/?p=8076>

My father thinks the care that my mother needs is heavy, which is also true. But for my mother it is also heavy. The more they recognize the reality that it is difficult for both of them, the more they can cooperate and be happy that they are (still) together.

The process my parents are in keeps me busy every day. I talk and write about it with many people and hope to hear/read something, to be able to do something or meet people who have experiences with a different or natural way of healing. To keep on being open for both my parents and especially (to keep) talking not *about* but *with* my mother is of essential importance thereby.

To have difficulties also brings my parents and me closer together. It asks to keep looking for and find the connection with each other. Erik, Marthe and Jeannette support me, sympathize and think along with and say that they find it very nice and important that I can and may take care of my parents one day a week. I feel the rest coming when my parents for one day are not alone with their problems and that there are also moments that we have a good time together.

I see a positive relationship with my parents as a consciousness process for me and my parents to get to know each other again as adults, building a relationship of trust, by sharing experiences and (start) being open for each others life.

I have a strong desire to sharing and openness, also in the contact with my parents.

singing, ballet, playing the piano

A nice example of the change I went through with my parents is the song Engelenwacht (Guard of angels) that my parents sang for us when we went to bed. As a child it touched me. Now I sang this song for my parents as well.

Engelenwacht (Guard of angels)

When good children sleep softly,
then angles faithfully keep watch.
Stand at their beds, care for them tenderly.
Look down at the children, with love.

But when the children got up,
Then the angles are allowed to go to sleep.
Now angles your power reaches no longer.
God our father keeps watch himself.

Marthe and I made a nice video <http://youtu.be/ITLo1C6LqJY> of it.

I went to ballet class for 7 year, from the age of 4, until I was 11 years old. I have almost almost no memory of it. Yet I have the feeling I took with me something from ballet, moving accompanied by music. Music is also connected with emotions, being moved, bringing people in motion, flowing, touching your heart and your soul. E-motion (ex-movere) is to move/bring something outside, to express yourself.

I am grateful that my parents gave me the opportunity to go to ballet class (age 4 to 11), from age 7 to learn to play recorder and then fiddle and violin. As a child I learned myself to play the piano. From 15 onwards besides school I did the prior education for the conservatory on Saturdays and after that I did conservatory violin. I graduated in 1983 in Amsterdam. Then I studied very intensively for another 6 years with my violin teacher Bouw Lemkes, like I wrote earlier he is now 91 years old.

Consciously relaxing, attention, concentration and love are essential to be able to play beautiful, pure and musically, an ongoing learning and life process.

The church, the bible, the singing of psalms and hymns and biblical songs for children also had influence in my life. I played fiddle and violin in the church in ensembles from the age that I was 10 years old. Texts from the hymns, of the spiritual music (Bach) bring depth. By being engaged with music I had no time or need to go out and being confronted with emptiness and with amplified and electronic music. Although I was not able to express myself emotionally and not able to connect, still I was already more engaged with depth and meaningfulness than other children as a child. I realize only now how important this has been for my life.

I am happy that I can share my experiences, developments and consciousness with my housemates Marthe, Erik and my sister Jeannette and that I can take on more people around us in sharing experiences and being open to each other.

My mother made this lovely little ballet pocket for me when I was 4 years old (52 years ago!).



Ballet suddenly comes back into my memory a few months ago, when I get an inspiration about the fingerings while I am playing the piano:

- When the same note gets played twice, I play the second note with another finger.
- Every heavy accent of a measure, the 1st (and 3rd beat) in the measure, I play with the 1st (thumb), 3rd (middle finger) or 5th finger (little finger).

When I play with these fingerings (again) there opens up a new world. Memories come up that I was in ballet class as a child from 4 – 11 years old, where maybe the basis has been founded to connect music and movement together.

This is very nice to do, nothing is simple anymore or self evident. The music becomes intense, deep and lively. I play in lotus position, play very lightly and I have the feeling that my fingers are 10 legs, which move smoothly over the piano.

I also feel a connection with the violin and the lute. You play the heavy accents on the violin with a down-bow, on the lute with your thumb. So you make the accent, articulation and sentence structure in music.

By making music slowly, intensely, with attention and love there comes even more depth, space and lightness. When I stretch my ring finger a little it suddenly makes me remember in a miraculous way of doing a step backwards during ballet class and that I realize as a 4/5 year old girl there is a space behind me. Very special such a connection between my ring finger and my legs that are moving a step backwards. It also makes me think of the space I experience on the exhalation when I meditate.

the piano CD is out!!

I am very happy that every time I play the piano Marthe, Erik and Jeannette say that they like it very much when I am playing the piano, that the atmosphere at home changes and new ideas are coming.



I played the music on the piano twice as slowly as the year before (turns out afterwards). I am very glad that I can play more and more slowly, relaxed with a lot of concentration.

I am fond of numbers. For this CD I recorded the last piece of music on 7 november at 14:49 hours Dowlands Almain (7, 14, 49, all numbers that are divisible by 7 (the holy number)).

The CD can be ordered via the website www.contactmuziek.nl/CDs.html.

I made the photo of the robin on 25 October, after we walked with our neighbour over the way Adèle. Her husband passed away in May 2015. We think that the robin especially came to visit us for that reason. It even made a little jump!!



Erik, Adèle, Marthe, Jeannette

music and music lesson in my own way

I never liked amplified or electronic music. The sound for me has no connection with bowing, blowing or plucking yourself on an instrument. At the same time I do not like classical music so much anymore, hard, too fast, too many notes, texts I cannot agree with. How we interact socially is not an topic of conversation in music.

Obligatory wearing of *black clothes* in an orchestra I already disliked, when I played in the National Youth Orchestra (Nationaal Jeugd Orkest) as a 19 year old. During one tour we wore white instead of black clothing. Black clothes, making music without having contact with each other, having to play music or an interpretation of the music I don't like or do not feel comfortable with, the hierarchy in an orchestra were reasons for me not to want to play in an orchestra.

I learned a lot from teaching violin lessons. The contact, being open, to feel what is needed, I do like very much. At home I gave private lessons and I took one to one-and-a-half hour for a pupil. On music school I had 20 minutes, sometimes 30 minutes, for one student. When a student had a lot of talent I was allowed to give lessons from 40 minutes. I found it awful to have so little time. Therefore I had my own schedule and gave lessons of 30 minutes, 45 or 60 minutes. Through this I learned to have the courage going against rules to take (more) my own time.



Just a very nice encounter with a spontaneous music lesson on the street, not to compare with a music lesson on an appointed time!



On 8 November I spontaneously gave **music lesson** on the St. Maartensmarkt (st. Martin's market) in Utrecht. Two young people **Sandro** en **Sandra** (very nice those two names so much alike!) who do a study leisure activity, were very enthusiastic.

Fortunately music gets more and more the value in my (and meanwhile our) life, that is doing me/us well. We sing music from the renaissance, which I like because of the beauty and 'simplicity'. We sing also music which I composed myself with own words about sharing, working together, love and meaningfulness.

By sharing my self-composed music and my own words with Marthe, Erik and Jeannette and talking about it, I can often still change notes and words and then it really becomes **our** music!

I see music as a means of contact and gladly want to develop the depth and healing power of this further. I find it very important to be engaged with simplicity, modesty, and servitude. There is very much superficiality around us, not to go along with this is not easy, but very important. Very nice I can talk about this, and I may and can tell and explain to Marthe, Erik and Jeannette and in this letter to you, who read this!

I find it special that we are allowed to share our life with each other, discover and further develop this. The conversation about everything in life continues every day!! Where does this happen and where is this possible, we often say to one another. We discuss very much with each other, also the way you communicate with each other, whether you really listen and understand each other. We talk about and discuss what we want to do, what we want.

Through living together and daily making music together, and especially singing, we can use the music (to learn) to listen to each other, cooperate, and to enter into another world by concentrating, feeling and breathing.

Marthe and the contact with mother

For the first time in her life Marthe has the feeling that she gets more contact with her mother. The distance she always felt is still getting a little bit less. 12 years ago when she started to talk with me I asked (dared to ask) her the question when I only heard her talking about her father and her brother: Where is your mother, how is the contact with her? Marthe told the story that I know very well, for her feeling she did have contact with her father and her brother, but not with her mother.

I saw and see that as a consequence of our society, in which we get stimulated to perform, do high educations, consume, while feeling, how something feels is still seen as unimportant. We are too little consciously engaged with sharing, taking care of each other, being social, modest and in service. These are qualities which mothers need to bring up and coach children and mostly are seen as (more) feminine and (therefore) seen as less worthy.

Girls don't learn to protect themselves. Smoking, drinking, sex without love, without having a relationship, without the connection of having children, being on the pill, in short sex as lust and also feeling obliged to go along with it, without notion what you do to yourself with this, is easily considered as normal. Than try to find yourself back again as a (young) woman (and men as well). We don't learn to listen to ourselves and talk about it when it doesn't feel good.

I see it everywhere around me that women and mothers are still seen and appreciated too little. Marthe said that when she came home she had a quarrel with her mother within 5 minutes. When I said that quarreling maybe means that there is more space than when you are not able or daring to quarrel, it appeared to be more and more true 12 years later in the meantime. On the side of her mother there is some space for a conversation, while her father does not want to talk until now and actually does not want to do anything (yet) with our way of living, openness and talking with each other.

Already 12 years Marthe is not allowed to bring someone to her parents. Her mother kept standing behind her father. But fortunately there begins to come some change in it. Her mother came three times with her sister (Marthe's aunt) for Marthe's birthday to Utrecht. Her father still does not want to come.

Of course that is very painful, but we have each other and help each other to go on with our live. By still talking in spite of the tensions Marthe is grateful that she has been able to tell her parents how she felt as a child. The contact with her parents became more honest and gave Marthe the feeling that she came further in/with her life. Her parents have another image of her, which she is happy with.

Her father tells, writes or mails that he bakes his own bread or sends a newspaper article about food and like this this way he shows that he still feels involved and wants to share something with Marthe. For the first time Marthe has the feeling to get away from the pressure from her parents. A long but also instructive way. And you never know whether there is going to happen something more.

For Christmas there is a card at once with a butterfly on it and her parents show that there is also something positive.



More openness came in the contact with her mother. It is not yet like Marthe would like it to be, but much better than she ever thought it would be! Now and then her mother calls and also sends something.

A few times already she sent the same article from the newspaper as Leonoor's father kept for Leonoor, very funny!

It has been very difficult with Marthe's family and also with the family of Erik. The distance that actually always has been there became more visible, more conscious and more perceptible, because Marthe and Erik made other choices than expected. Very slowly there comes a new contact and space to talk about feeling. I got a lot of anger and lack of understanding against me, but could bear that because Marthe and Erik often say that they are very grateful they came across me in their lives and by that they both have a very different life now.

It is not difficult to loose the way and to loose yourself, it is very important to do everything to find yourself back (again) by taking seriously everything you feel and (to learn) to listen to your feeling. *But where do you learn to listen to your feeling and who teaches you that?* I learned it after a deep valley, after having followed the wrong advises finally to find out that inside of me I knew that I do not only think music is important, but that I especially find contact important and that I wanted to discover, develop and experiece more of it.

Now that I am able to listen to my feeling, share and make feelings open to discussion, my life has become so different and rich that I want to give it to everybody. But that asks to go against conventions, fixed ideas, rules and dare to step out of fixed boxes. I cannot emphasize enough how important it is to take your (own!) feeling seriously, sometimes against everything and everybody, to share and live to it!!

Erik and Marthe are very grateful for their new lives and realize more and more that I took them out of a deep valley. I wanted very much to share my knowledge and experience and use to help others too and to inspire to be engaged with becoming conscious. When I could find nobody I formed my own group, appears afterwards, by starting to help people myself. And now I can do where my heart fully goes out to: daily and intensively being engaged with social awareness.

When I look back at my old life sometimes, (nearly) nothing is like it was anymore. I have no job anymore, I don't play the violin anymore, I am no longer alone, I have a nice contact with my parents. I am allowed to take care of others and being engaged with music in my own way. I do not give music lessons anymore, I don't have to motivate pupils. Marthe, Erik and Jeannette always like to sing on a deep level. I can work on it that we, when it doesn't feel right, do not sing pass irritations. Then I look for ways to acknowledge discontent, negativity in ourselves, sometimes with very much pain, anger and difficulty to recognize this, to accept and turn positive. In the first years it sometimes took days or weeks, now that still goes faster fortunately.

I gave Marthe, Jeannette and Erik an 'education' in music and singing and entered into every problem, irritation, anger that we encountered, as a result of this there comes more and more room for positivity and being happy with each other. I am very grateful that every time I had the courage not to become superficial and not do positive when it does (did) not (yet) feel like this. The wonderful thing is, that people say we seem harmonious together, also when we play music.

By helping to overcome and dissolve oppositions, differences, unlogical choice of words and tensions, there came a depth, through which we learn very much about ourselves and each other. Many times people say that we are like-minded people. Then I always say, that it is not like that, but we are working to become in agreement and understanding with each other. That we seem harmonious together is proof to me that not avoiding difficulties and problems, and taking them very seriously, is very important. It is the ground for cooperating and being able to live together, with beautiful and new experiences.

Through entering into this social consciousness process with each other and going through it, deep wishes and desires of all four for a new life, came together and big changes set our life in motion.



On December the 13th we visited Frank, a cousin of Erik, who is married to Grace. She comes from the Philippines.



Grace had her birthday. We gave her a nice woolen blanket, which she was very happy with. The Netherlands is much colder than the Philippines.

The mother of Erik and his sister Hilde with her daughter Evi were here as well.



Erik can talk for a while with his mother in a relaxed atmosphere and view photos together in the album of his cousin. After a long period of silence, difficulties and misunderstanding, I see this as a gift from heaven, which comes our way.

singing in tune, overtones and refinement in communication

Singing in tune is very beautiful and difficult. By holding one tone (sometimes for one minute) and being patient, until I hear that the four of us all hear that the harmony is in tune, we can go to the next sound. This way we create and discover what singing in tune and tuning is. I know and feel more and as a musician I am naturally responsible for the whole, by deeper knowledge, consciousness and experience, but ***the process is really together.***

A new natural way of singing originated, old music in a meditative way, structure without a strict rhythm. We sing more and more slow and deep, whereby overtones become hearable, a process of years of listening and tuning.

Overtones are a physical phenomenon. When you sing two consonant tones together very pure then sum tones and difference tones (under and overtones) also resonate.

When you for example have a tone of 300 Hertz (number of frequencies per second) and 400 Hertz, then the sum tones $300 + 400 = 700$ Hertz (you hear flageolets or high whistle tones) and the difference tones $400 - 300 = 100$ Hertz (you hear lower tones) are also going to resonate.

When you sing 4 part, so 4 notes at the same time, then when you sing in tune, all 2-, 3- and 4- consonants create sum and difference tones. Because also the new formed tones create sum and difference tones again, the number of sum and difference tones increases enormously. Overtones determine the resonance, warmth and sound color of the music (also of musical instruments).

Due to my sensitivity and experience with music and listening I sometimes hear a whole choir or aura of extra tones (overtones) resonating. I think that (our) 4 part a capella singing, with more and more overtones, can be a source of exploring the healing and curing energy of music furthermore.

Very nice to be engaged like this with old music and self composed music in a meditative way. What we are doing is a combination of old and new, structure and free, relaxation and working hard, social and spiritual, spontaneity and creativity. Eating less or nothing and singing brings us on a higher, lighter and more social level.

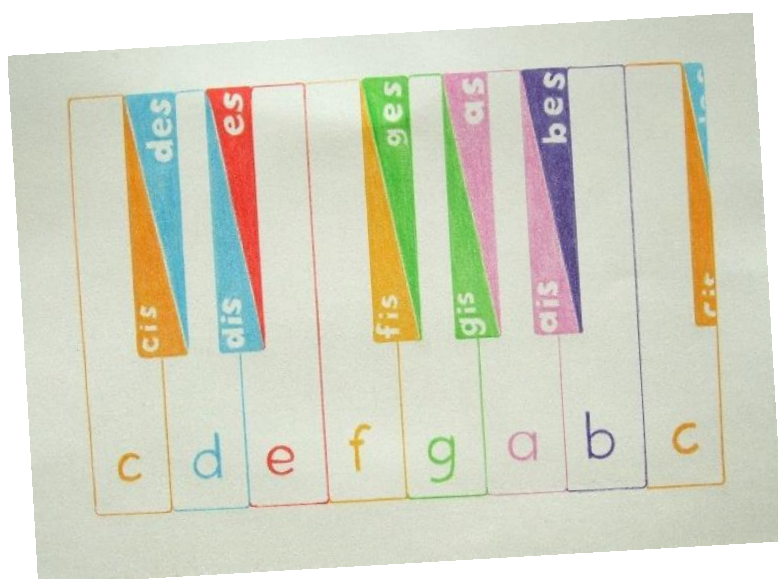
the difference in purity while playing the violin, playing the piano or singing

The purity of tone after you tuned a guitar, lute or viola da gamba, is almost impossible to influence anymore, through the frets, the spaces where you put the fingers of your left hand to make different pitches. On the guitar the frets are totally fixed, on the viola da gamba and the lute they are still slightly movable. On the viola da gamba you can make a slight difference in pitch to place your finger higher or lower on the fingerboard between the frets.

Once the piano is tuned (usually by a piano tuner) the intonation cannot be influenced anymore. Therefore you are hardly engaged with really listening whether tones are in tune on a guitar, piano or lute, you can (almost) do nothing about this, except tuning the strings, or let the piano be tuned.

As a violiniste I tuned my violin every few minutes. When I did not play in tune, it could be due to the placing of my fingers (from my left hand) on the fingerboard, or the strings that were not in tune (anymore). You keep on checking that, so that being engaged with purity and intonation (making pure) becomes a kind of second nature.

the tones in between the keys of the piano



Your voice does not have spaces between frets (guitar or lute) or keys (of the piano). When you sing slowly (slide) from one tone (key of the piano) to the next tone (succeeding key of the piano) you can experience, hear or feel that there are endless intermediate tones.

Just like there is a whole world of different shades of colors between two colors, like **orange** and **blue**, this is also true between to succeeding piano keys. The piano turns out to have a very rough division of tones.

When you see the keys of the piano as minutes you could see singing, playing the violin, or playing a wind instrument, as seconds and singing together as endless diminutions of this. The more you are engaged with purity, the more you become aware of the space **between** the keys of the piano.

*For me purity in communication is being
open, clear and honest.*

Also in communication, sharing, wanting to be honest, building trust, working together and getting to know each other, there is an endless refinement and deepening possible. Communicating actually is nothing else than making concrete what you want to say, share or want to do. The clearer and more concrete you do this, the closer you are to yourself.

*I still share a few beautiful
reactions on our singing:*

A young man of 16 who came to our door for a charity fund and with whom we entered in a conversation said when he heard us singing:

You sing on such a tone that all negativity disappears.

14 november we sang on a lecture of Henk Fransen about the self healing ability and prevention of disease. Afterwards three women came to me, they were deeply touched came and asked:

Which planet are you coming from?

On November 21 there is a meeting of Milieudefensie (part of Friends of the Earth) in the Jacobi church in Utrecht to contribute ideas for their policy and also as a preparation to the UN climate summit in Paris. We sing for the people. A woman asks whether we sing

a kind of prayer. I found that a very beautiful reaction.

*I hope you enjoyed reading the (news)letter
and maybe you got inspiration and/or ideas.*

the moon



9 August 2015

Erik made pictures of the moon in the early morning on the 9th of August

Very beautiful was the lunar eclipse on the night of 27 to September 28. We made pictures of it. On our website you can see more [pictures](#) (Dutch) on the weeklog page.



the lunar eclipse



on 28 September

and the (still nearly) full moon, on 29 September.





picture of autumn, 25 October 2015

The month December is the month that we come to together with the people we really love and also connect ourselves with family members and friends who are not with us (any more). Who knows there might come signs of our cherished departed ones to guide and help us especially in this time and to inspire us to be together with attention and love.

We wish you
lots of love, inspiration,
a happy Christmas
and that many miracles
may happen
in the new year!



robin

love from the four of us
Leonoor, Marthe, Jeannette, Erik

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