A woman with long blonde hair is sitting in a field of tall green grass. She is wearing a patterned top and dark pants, and has her hands clasped under her chin. The background shows a rolling green hillside leading up to a dense forest of trees under a bright sky.

7 TIPS TO BE AT HOME IN YOURSELF

# REALISE

THE SELF

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## PREFACE

Realise the Self... Self-realisation... there is so much information, so many different perspectives and explanations...

You probably already read about this topic or you are interested otherwise you would not have downloaded this e-book. The road to 'realisation' seems like a hot topic, but the more knowledge you take in, the more confusing it can all become. For who or what is that Self and what is consciousness, essence or natural state. Who actually becomes aware or observes / perceives. What about personality versus core / essence, or the internal versus the external world...

Assuming that the external world mirrors what lives in you, you will be presented with your challenges, even if we cannot or do not always want to hear / see these reflections. After all, that can be quite confronting. What is not in balance in your life with what you actually want to live from within. Which triggers and irritations are there, which pain pieces do you still avoid... Because that is where your personal potential lies ..!

There is also personal growth in pain and emotions, a trigger or emotion is nothing more than a reference to inner 'blockages'. Something that wants to be seen in you, by you...

You are looking for truth, want to dive deep within, find your way in this life through trial and error, clarify what you are actually doing here. No longer living from the head but from the heart. Discontinue the spiritual quest and go to the core of what you are deeply. Inner calm, peace, silence, joy, Being, emptiness, nothing and everything... No more searching but finding!

With this e-book I give you 7 tips to dive deeper into yourself and feel your individuality again. Tips to take control of the "inquiry" into inner wisdom and transformation of patterns. To discover all that may still become clear. After all, the more clarity you get internally, the more you can grow in consciousness and as a person, the more clearly you can radiate this outwardly.



You will discover and live your own truth more and more. Connecting better and easier with your core, with that internal space full of peace, confidence, presence. Where you can come home to yourself, be at home in this life, in everything there is, light or shadow, everything is allowed to show up.

That acceptance of what you are in the moment gives a lot of peace. It brings inner silence and gratitude for all that is, for everything that comes your way, for everything that becomes clear. For re-establishing the connection with your true core, your essence, your blueprint. For the connection with everything around you from the source within you.

Read the tips carefully, let them sink into your system. Do not analyse it too much from the head, but feel what can work for you and get started with it. Re-read every now and then so that you can make the way inwards step by step.

Look in the mirror and realise that you already are who you are looking for!



## ABOUT ME

My own way is one of trial and error, time and time again. And every time I found a pearl in the most difficult moments. Aha moments, clarity, recognition and gradually more and more insights into how the programming of life influenced my life. With those insights I could make my 'programming' aware, experience AND change that! Life has given me many options to 'learn' how to stay with myself, believe in myself, be in balance and stay with whatever presents itself. Free, happy, with fresh inquisitive energy, open to change because that is precisely where growth and insight arise!

It brought me to India, where I was at the Oneness University for a number of weeks and was given a lot of tools to make the way from head to heart. Receiving initiations and healing from the Queros shamans in the Netherlands and Peru and learning to practice Inca Shamanism. This brought a powerful connection to the earth and myself. My path also brought burnout, divorce and financial challenges among other things. Followed many different trainings and read a lot about consciousness and spirituality. Watched YouTube videos, visited satsang's and finally 'the penny fell' for me; I was already home, never left AND it was so simple once I figured it out!

Being at home in yourself gives so much peace, insight, direction, clarity and confidence. It has totally changed the way I experience life. There are still challenges, but instead of experiencing the problem, I look for solutions, turn inward and feel what and how something wants to happen. Life flows much more, things come my way that make sense in that moment.

Life just wants to be lived. Not too difficult, not too many concepts, free to be who you essentially are!

Read through the tips, get started, step by step, you can change the order if that feels better for you, it's your journey!

Most of all, enjoy every step towards change, towards your Home Being.



## Tip 1 Believe the Self

Sometimes it is so difficult to believe in yourself because who are you...?

By believing in yourself I don't mean believing in the personality or the mind because we know that one well. No, I mean belief in your inner Self, your essence.

Huh? Yes, you are much more than just personality, body and thoughts! The mind is connected with thoughts, with beliefs, patterns etc. that influence your deep inner truth, your natural state. Mind is good in doubt and uncertainty, perceiving 'dangers' but also in very practical analyses for instance and therefore has an absolute beautiful function! However, it is not always the right counsellor for choices!

The Self, your essence, is connected with the heart, with inner knowing, intuition, gut feeling, with your blueprint for this life. Deep in your heart you know very well what you are worth, what you know, what you stand for, what you want, what makes you happy. Just don't believe all thoughts blindly. Examine the thought, only believe what is really yours, what comes from your feeling, wisdom, heart and truth. This is more than 'believing', it is Knowing! You can only believe in things that are not yours. Knowing is connected with the heart, gut-feeling and your deepest Self.

You know very well what your truth is that lives in you. You are unique in your expression in this life, a unique being with your own wisdom and you can truly trust that. When you find that difficult, to trust yourself, it could be related to self-image, self-esteem, self-confidence and conditioning, patterns, beliefs and habits. Then it is important to pay attention to this, examine what it is, whether it still serves you and what you want differently. Do not think 'that is not possible because...' but see that this thought comes from the head, the mind. Look at what you really want regardless of the current circumstances.

Because NOW is the right time to start living from your unique beautiful core. No longer believe what others think but Live what you Know. Only you know what is really good for you. What is best, which direction or action serves you the most in this moment. Exactly that makes you what you are ... so let go what is not yours!



If you let your own feeling, your heart, speak and you follow that instead of the head, you can go against a current of the 'majority'. You no longer go with the herd. Instead, you make your own plan. Your GPS is on towards the realisation of what wants to be lived in you, towards tranquility, peace, passion etc. and has its own unique route in this life.

Dare to flow with that inner river, bring head and heart together and discover how joyful it is when you discover and follow your own way, your own truth. Even if that path is different and perhaps not 'in line with the market'. It makes you happy, gives you energy, new insights, etc. and that makes you grow. Mentally, emotionally, spiritually and personally!

## **Tip 2      Spend time in Silence**

Silence is healing, it is everywhere but we often do not 'hear' it. We are usually external oriented, music everywhere, the TV, social media, mobile phones, etc.. In short, there is more than enough distraction to not find or allow the silence within yourself. By becoming aware of the impact of all those external stimuli you will notice that these stimuli also stimulate the thoughts and mind. All those sounds do not help to discover the inner truth and wisdom.

You can create peace in yourself by, for example, going into nature. Stand still in the forest and listen, really listen. Meditate regular, sit in silence, calm the mind. Bring attention and focus to everything you do in daily life so that thoughts can settle down. If there are thoughts, you can perceive them more quickly if you yourself are regularly in silence. Silence is more than the absence of sounds. Silence is something that is in you, it is inner peace, acceptance of what is, listening to that soft internal voice, the inner guidance, your heart, your core...

By 'doing' with more attention you will experience that it does indeed become quieter in your head. Meditation is a very helpful 'tool' for bringing focus to actions. To learn 'to do not' automatically but to follow what feels right. Do not meditate on a mantra or object because you use mind for that. Meditation is simply being in silence and not



paying attention to what is passing in the head. Then the head comes to rest and when the head works less overtime, there is room to hear the voice of the heart. That inner voice that always whispers your truth. Gentle but pure. It teaches you to listen to that which is true and that which is unreal or illusion.

Your heart knows the way that is right for you, now, in this moment. But how do you follow that because there are so many 'obstacles', so many 'bears on the road'. If this comes to your mind, you are very likely to have the attention in your head and mind is making a problem of it. Give your mind attention and you are not fully aligned with yourself, not with the heart, not with what you are at the core.

To follow your heart is to do what feels good to you, whatever others think about it. It is experiencing what gives you energy. That urge from within, that push to look deeper, to investigate, to do. How??? By doing! By 'experiential experience'. Learn from that and trust that 'you' really know! So start, follow, do, discover your inner space, your silence, your essence!

### **Tip 3      Explore your passion, your dream**

If you focus your attention, from your inner silence, on your passion and your big dream... Where do you end up? Where is your real interest? What makes you happy, what gives you energy? Don't think why something is not possible, but if all options are open and all resources available... What do you actually want to do, what do you want to live, what do you want to share, discover, experience?

Silence yourself for a moment, feel these questions and examine what comes to mind. Is that really the case or because you have been programmed like that over the years. Try to form a picture of the passion / dream as clearly as possible. When you find your true passion you will feel a tremendous joy, a freedom, a desire, a drive to realise. Feel what it is like when you live that dream, that passion! Make it bigger!



Can you feel what it means to you if you are going to follow this? Can you feel the difference between your passion and what you live daily? Are you unsure whether you can make the dream come true, have you tried it, really from yourself? Or do you not (yet) dare out of uncertainty, fear, conditioning, imagine that, what if...

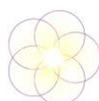
What do you expect for yourself if you are going to give the dream a chance and follow it. Step by step more and more aware, with more focus, making your goal / dream / passion alive... Feel it! This dream has been living below the surface for so long and it is time for you to give space to that dream and passion.

From now on, focus on what you want to achieve. That can be anything from creativity, relationship, travel, beautiful house or car to being your true self! Bring your full attention to the passion that is connected to your heart. Then you let go of all excuses, because they are of the mind and not of your core, your essence.

Just start with a first step! Put your ideas on paper, work out a plan, see the goal and start, follow your feelings and intuition... Put the power of the 'law of attraction' at work. If you put your focus on your passion you will attract it, the universe will support this process provided it is sincere, pure and serves you. Is your focus in uncertainty and doubt then that is what comes your way.

So choose, focus, do, without a doubt, without hesitation, in full surrender and trust that everything you need will actually come your way!

Do you find it difficult to put your passion into words, that deep feeling, for this life? A personal session or conversation with friends can provide clarity!



#### **Tip 4      Be honest towards yourself**

We all know a 'white lie'. However, if you want to continue to grow in awareness of Self and achieve a deeper connection with yourself then that is not possible. Every 'lie' covers something you don't want to see and is therefore not true...

It also does not help you in personal growth. You are kind of deceiving yourself, you do not recognise the truth with a lie, you are not honest with yourself.

Mind will use every little lie to direct thoughts and activate emotions.

Your essence is truth, silence and love in pure form. What is not true will not be honored by the heart. If you cannot be honest, both internally and externally... how do you want to live from truth, from your pure natural core. How can you discover your passion, how can you live more consciously? Make it quiet inside if you cannot be sincere and honest with yourself or others and observe your inner world.

Sincerity, honesty and purity are qualities that lead like a highway to personal growth, to deepening your awareness and to strengthen the connection with the Self. You can excel from that purity towards silence, emptiness, inner source, individuality, truth, joy, passion and more.

Honesty takes 'the longest road' does not apply in this specific case for honesty towards yourself brings you faster to your truth from connection with your essence. It increases your frequency, intensifies inner silence, eventually may even stop the mind... Your 'Self' knows you so well and knows when you are not (yet) sincere and will wait until you are. An (un) conscious 'lie' slows down your own process.

Of course it is not always easy to be completely honest. We live in a society where that 'little lie' can sometimes be useful. However, be aware that you are lying a bit at that point, acknowledge that, don't push it away. Internal falsehood ditto, acknowledge that you are doing that.



If you want to fool yourself, be aware that you are doing that and especially why! Focus your attention, your light, on those shadows so you can see what it is why you are kidding yourself.

Light and dark are two sides of the same coin and both sides carry truth. Fully accept that you are light and shadow, that is fair, to yourself and to the other!

### **Tip 5      Trust your inner wisdom**

Your inner wisdom exists! It is unique. All yours! You were partly born with that and the rest you have built up over time. Wisdom is different from knowledge. Knowledge is what you have learned but wisdom is part of you, part of what you really are, your core, your essence, your natural state.

Dare to trust that wisdom completely. Dare to let go of everything else, no matter how scary that is in the moment or how powerful all those patterns and beliefs are ingrained in daily actions. See that and then change it, over and over. Dare to fully accept your wisdom so that you actually start to follow it. Wisdom gives you lessons in life so that experience can make you wiser. With these experiences I do not mean the emotions that can come with it, but the lesson that is IN the experience.

An emotion is a pointer to insight, wisdom and truth. If you follow your wisdom you take responsibility for your own life, for the choices you make, the route you follow, the lessons you learn. You increasingly dare to sincerely turn your attention inward, to investigate internally how it is for you.

Of course you can listen to external people, to other beings, because there is also wisdom and experience. However, always check whether this corresponds and resonates with how it is for you, what you feel and experience or whether that is also true for you. Take responsibility for what you do, say and feel so that you really start living your life. Your wisdom will become increasingly clear and you will grow more and more towards your core.



Because of this personal growth, which arises at your pace, the best ideas also come to the surface, from your core. You feel and know that what comes to the surface is good. Embrace these ideas, don't hesitate, listen objectively to advice (if you are going to ask for it) and if it feels right for you, then go for it!

Focus more and more on your core, every process has trial and error, but as a result you learn to listen more and more purely to your inner GPS. As a result, the unique individuality can become increasingly visible. For you and therefore also for your environment.

Do you have the guts to be what you are and to live as it feels to you, regardless of what anyone else thinks about it? Do you dare to Be what you Are? Trust your Self, trust your inner wisdom, trust the process...! Only in this way will you strengthen and grow the connection with yourself.

### **Tip 6      Your truth is important, also for you!**

Nobody knows as much about you as you do. That is fantastic because then you can also be the only one to investigate, tap into, test, consider, expand on that internal truth. How beautiful is that!

Your truth arose from your experiences. Your truth counts and is important! After all, it is the foundation on which you take steps of awareness and thereby also create steps in personal growth. Your truth is unique and valuable to you and others. You can also share your truth with others so that they too receive a different perspective. It is up to them to determine whether they want to do something with it or not. Just as you test whether the truth of others can be valuable to you.

To tap one's own truth, courage is needed, but also sincerity, discipline, motivation. For you come across quite a bit on that internal journey. All kinds of beliefs, learned habits and patterns, escape routes, defense mechanisms, old pain, stuck emotions, etc. etc..



By considering / examining all of this and putting it from the shadow of 'not wanting / daring to see' in the light of attention, you can hold it against your inner wisdom / truth and learn to recognise what is yours and what is not.

So you can let go of what is not yours. Sounds easy, it certainly isn't. Letting go begins with becoming aware of what it is, where it comes from, what it has brought you and why it is hindering you now. See what the core is, what you wanted to get out of it, why you acted the way you acted. Observe objectively what has been pushed under 'the carpet' and now needs space. If you can observe all of this without getting caught up in emotions, you can gain a lot of insights. That way you get closer to your truth. You don't let go, when you see it, it will let you go...

Your truth is in connection with the heart, with compassion, love, purity, it's unconditional. The head is connected with mind, emotions and thoughts. If you really want to grow, it is necessary to allow the connection with the heart, completely. To be what you are at the core, to live it. To tune into that quiet internal source that encompasses everything, that internal peace, silence, emptiness and also that internal joy, passion, wisdom. If you succeed step by step, you will also appreciate and value your own truth.

### **Tip 7      Live in Truth**

If you keep avoiding your own shadow pieces, you will get stuck in the mush. Then you actually live in the shadow of yourself. That takes energy, is tiring, it doesn't feel right. People are more likely to overlook you, not heard, not seen, not felt because you do not hear, see, feel yourself when you stay in the shadow.

By increasingly accepting the whole package, all that you are, even if it is not 'perfect' overnight, you will grow and live more and more from sincere truth, you will be authentic. People feel that flawlessly. You do what you say. You act congruently on your words. You are more aware, aligned, in balance. That creates clarity.



Of course there is the 'personality' with a certain way of moving, talking, sense of humour and so forth, but that is not what you really are at your core. You are consciousness that moves step by step closer to your pure essence!

An inner drive for development, self-knowledge and personal growth provides motivation to persevere and to grow. Deeper and deeper in the inner silence, emptiness, nothing, truth, wisdom, everything... That inner drive, that little push comes from you, propels you forward and you take all the bumps of life to return to what you already are, always have been, always will be!

Whenever uncertainty comes along, look at it. Observe it, observe the underlying emotion, the fear. Is that real, is it yours or from the mind, old beliefs, family patterns, cultural patterns...

You are in a process called Life. Dare to really Live life. Go all out for that dream, follow that passion, that good idea, that nice feeling. In full surrender!

Trust the process, trust the universe. Surrender to the flow of creation and you will experience that your frequency increases, you gain more balance, joy, happiness. You enter a flow that helps you manifest, that brings the right people or resources on your path. Believe in your own truth, growth and experience how life develops. If you always choose from the connection with your core, from your pure essence... you will live your truth.

Often nothing changes in life ... what changes is how you look at it and how you experience it ... but ... what a change!



## FINALLY

It is quite a journey if you follow all the tips, a wonderful enlightening journey. More and more people are experiencing the value of taking time and space for self-development, personal growth and becoming aware that there is so much more than 'daily' life.

Realising the Self does require some focus and perseverance. Don't get discouraged if it doesn't work right away or if you can't feel it right yet. After all, it is a process to consciously recognise and change subconscious patterns and habits. To learn to trust yourself. A process of exploring, experiencing, and separating what no longer serves you and what is valuable to carry with you on your way in this life. We also did not learn to cycle in 1 day and it has only been given a few to realise the Self in 1 go.

Also realise that the way is a lot more pleasant when you go with humour and perspective. So if things go wrong... don't judge but take a lighter look. Go within and ask yourself 'is it really that bad, is it necessary to judge like that'? Moreover, who is the judge? You or the mind?

Of course there are countless tips and possibilities and only a tip of the veil has been lifted here. Still, these are some important tips, make it quiet in yourself, find yourself important enough to reflect on every day. Examine your fears or obstacles so that you can change them. Put yourself at the top of your to-do list and research; who are you really, what do you really want, why and how...

Follow your inner guidance, your compass, listen to that soft voice whispering your truth. Feel again what your dream is, what you really want. Trust your intuition. Trust your feeling and wisdom. Trust your deep desires because they give direction. Look for opportunities instead of problems. Acknowledge your truth.

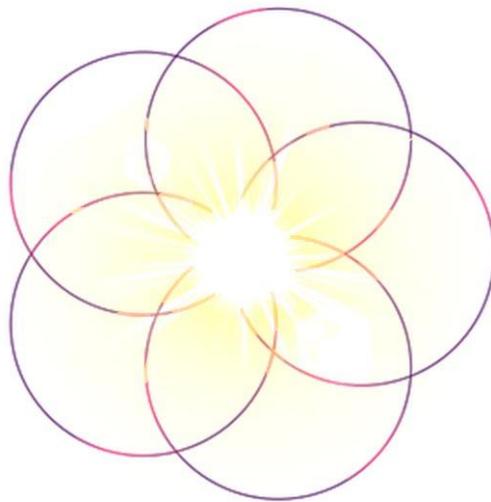
Don't just put this book aside, let it motivate and encourage you to 'get' more out of life and yourself, to create life every moment instead of consuming it! Do what makes you happy, what feels good to you.



Need help? I would like to help you see where you are now, what you really want and what possibilities there are or what is still holding you back. How you too can be fully and consciously at home in yourself, in your inner peace and quiet and how you can live from your natural state!!!

Interested? Please contact me and arrange a free appointment of 21 minutes without obligation so that you can experience what I can do for you and whether we are the right match for each other!

Call +31(0)650476656 or email [info@jeannettekroeskop.nl](mailto:info@jeannettekroeskop.nl).



**Realise the Self and come Home!**



## MORE INFORMATION?

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