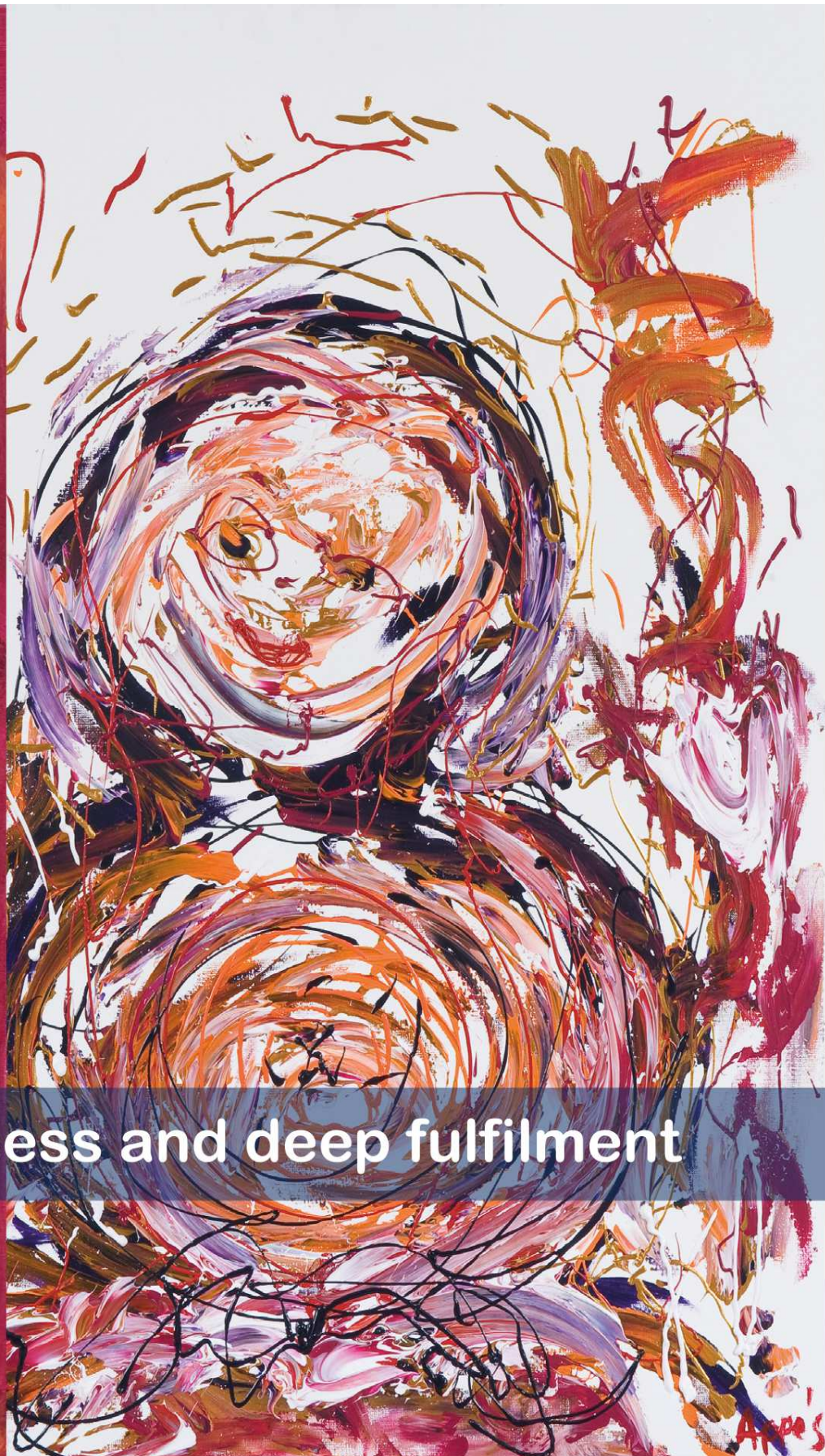


ACT FROM THE SOUL

The key to success and deep fulfilment

Ineke Schaper



Act from the Soul
2016

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Foreword

How can I rise above the limitations of my own thinking and experience total freedom?

Who am I deep down?

Can I give direction to my life from my deepest inner being?

And if so, how can I support others to do the same?

How do we find answers and solutions for personal and social issues that aren't "more of the same?"

About 25 years ago I discovered the effect and enormous impact of beliefs. Amongst others, the French philosopher Michel Foucault pointed me in this direction. It was Osho in his book: "Tantra, the supreme understanding" who really made me see.

I was made strongly aware that the glasses I was looking through were a filter through which I was looking at reality.

It were my ideas, my beliefs that determined my perception of the world. This filter (or the glasses) was shaped by my background and experiences, through my conditioning. I started to realise how people can really hate and fight each other, because of a lack of awareness of this principle.

At that point I got stuck in my work coordinating a project in the educational sector. Why would I be right and not the head teacher of a protestant school, just because I didn't share his beliefs? Just like me, he wanted a better and just world.

Suddenly I was baffled. Until then I had always had an answer to everything. Suddenly there were no more answers. The only thing I knew was that I knew nothing. But even then.... I realised that every answer, from myself as well as from others, was always 'more of the same', for as long as it was tainted by the filter of beliefs that I and others saw as 'the one and only truth'.

The above questions became my guide. I went looking for a different, new way to deal with problems and challenges, a way that would rise above the conventional way. I was starting a journey to look for my deepest being within.

Alongside me a lot of other people have encountered the same, or comparable, questions. They too started looking for new possibilities; for new ways to deal with old patterns, problems and conflicts – ways that reach further than the familiar framework of our thinking. Just like me, they find insights, answers and experiences that exceed the boundaries and interests of 'me', the ego.

This book is the result of my findings so far – a personal expression of a universal wisdom, a wisdom we all carry within us. It is not my intention to offer answers on a plate to questions that are important to you. My intention is to offer a new perspective. Perhaps it can be useful to find your own answers and to create new, enriching experiences.

Ineke Schaper

*"You cannot solve a problem
by the same way of thinking that
created the problem in the first place."*

Albert Einstein

Part I

Intimacy with existence

*The story of a traveller who never arrives,
who is always at the point of destination*

I and the art of life

I am the art of life
An enormous miracle
Of life that shows its arts through me
That lets me live
That makes me move and moves through me
That makes me a true artist of life.

Introduction

June 1983

I am going to write a book. This is the start. I haven't got a clue of what it is going to be about, but in the meantime I have put the first words on paper.

Up to now I thought that becoming a writer is something you know from an early age, just like becoming an artist, an actor, ballerina or concert pianist.

*These are not professions you can learn. If you have the talent for it, you will know, and all you have to do is develop this talent. A couple of weeks ago I read in a novel by Simone de Beauvoir (*Prime of Life*) that she had to work really hard and had work rejected hundreds of times before she had her first book published.*

Simone de Beauvoir felt she had lots to say, something that is totally lacking in me. I know nothing. Nothing that can be of any use to someone else anyway. On top of that I lack humour and am not particularly good company.

For a while I thought I knew quite a lot and I had a lot of things to say. I had analysed the world and figured out how it worked. But typical, now I have discovered I can become a writer, I have nothing more to say, I just don't know, I have no message.

But still I am going to do it. I will be wasting my time and the time of the people who are going to read it. But what is stopping us wasting our time? I feel rebellious, mad, empty and not-knowing. I do not want to spend my time any more being useful. Being meaningful in a world that is completely bonkers does not make sense. So a message after all? Oh well, it does not matter. Who decides what is good or bad, beautiful or ugly, useful or useless, true or false?

I am afraid of losing my mind because of this coat I am wearing throughout my lives. Experiences of centuries that weigh heavily on my shoulders, judgements, prejudices and opinions. That coat weighs so heavy, I have to walk bent over as if I am dragging the whole world along with me. I am tired, so very tired, I can't go on anymore, I don't want to go on anymore, but I have to.



I must not disengage, the world needs to change, and there is so much suppression and injustice. I know how bad the world is, I feel how the coat keeps me trapped. I can't talk about it anymore, I can't get the words out of my mouth, and I nearly choke.

What if I disengage, then what? It will be mighty cold, walking around naked between people who are safely wrapped up. I know of nothing else that will protect me part from that coat. I am afraid of really going mad. Words like 'logical' and 'natural' lose their meaning, nothing is clear anymore. Is it possible to disengage? Disengage of what? Does that mean I have to die or is it sufficient to just hand in my resignation?

Damn, I can't even get the coat off, it is completely stuck onto me. I am this coat and it can't come off. I can't get away from life or the world, no chance, not even by killing myself or going mad.

Chapter 1

The goose is out

'The only way out is the way in'
Osho

January 2011

At this moment I am sitting in my light and spacious office, behind a desk with a brand new laptop. I still have to get my head around this new machine. This is the first document I open on it. The smell of coffee enters the room from downstairs and I feel clean as I have just had a shower. I also feel a slight unease: my legs are restless, there is a tickle in my belly and my breathing is superficial. There are a lot of jobs waiting to be done, but I feel inspired to start this part of the book. This is the cause of the unease and tension I feel. I decide to give it my full attention.

What is going on? There is a lot of work waiting, administrative jobs, appointments, etc. I feel I need to do that work right now, my success and income are depending on it.

My projection for the future is that it will go horribly wrong if I do not get a grip on what needs to be done and consequently there will be no food in the cupboards. That thought creates tension in my chest, I feel fear and anxiety. I focus on the spot in my chest where I feel this tension and allow this feeling to go through me. I welcome the fear and anxiety and let it just be there. For a moment I feel consumed by fear. Fear I will not be able to make it financially, that I will have to give up my business. I feel it everywhere in my body, especially in my upper body, my tummy and chest. Keeping my attention with this sensation, I feel little twitches in my body. I breathe in the fear. And then the feeling slowly fades away.

Now I feel a lot calmer and relaxed, free to decide to start this chapter. Afterwards I will attend to the other jobs. I am really looking forward to start this part of the book.

In the stream, out the stream

When life moves forward all by itself, it is easy to feel part of a bigger whole, part of a stream I can rely on to show me the way. Life unfolds itself effortlessly, my path becomes clear. However, in this period in my life there is not much evidence of this.

Disintegrating securities

As far as work is concerned, the constant stream of new clients dried up about a year ago, as my main employer froze his budget. Although I have enthusiastically been reviewing and refining my coaching services, like setting up a new website, doing a lot of networking and targeting new clients; I have not been able to generate enough new customers or income yet.

On a regular basis whilst writing, I experience this recurring theme of 'work, money and income'. Again it has become an issue after a period of self-employment with a generous income. I thought money was never going to be an issue again, that through the years, I had freed myself of the restricting convictions I had in this area. Now it is back.

Also with regards to relationships a peaceful period has come to an end after having been single for more than 13 years. I worked hard to create a comfortable and healthy home for me and my son Martijn. Issues around relationships were absent in this period, something I valued very much. It freed up my attention as before I had to focus on all sorts of issues around love and relationships. This relative peace in my life is now changing, as I have met a man who has stirred the longing in me for a fulfilling and intimate relationship.

More than enough reasons to refer back to the 'Matrix of Happiness', a method developed by myself to free up attention.