

Vesseling!

Made in Germany!

True love has to be learned!



www.vesseling.net



The first and second Dimension of the **Now!**

Have you vesseled today?

A simple discovery transforms the world

Most people read this three times.

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Have I forgotten anyone here? Whoever notices their name is missing may be identified with their ego... Well, then please write and you will be included in the next edition.

Preface

"Vesseling! True love has to be learned", is the title of this book. However, you will not find the word "love" anywhere else in the book. Why not? Simply because the text is love, because the text will help you identify how to experience true, unintentional love.

Before I begin with explaining the simple model, I would like to briefly define some terms:

Energetic vessel (lucid, healthy body): This is the "bright", happy, life-affirming part of our body: It's us, but without our problematic "self" (heavy-laden vessel, heavy-laden vehicle), with our fantastic skills and talents.

Vessel: means glass or container. A part of our energetic vehicle (body) is made of such a vessel (like a glass) - the amount of heavy content in our vessel causes our self to be problematic, anxious, and sick (this is what our ego consists of). When the glass is full, we have many problems (big ego); when the glass is empty, the problems are fewer (no ego).

Vesseling: the playful handling of energy, vessels and relationships.

GedankenLos! (Offload Thoughts) : This is a learned process aimed at keeping the "container", the "vessel", light, and therefore unproblematic and healthy. Our "energetic vehicle" becomes unweighted, and can live its own talents and abilities. Fantastic prospects, right?

Vesseling and how to get rid of troubling thoughts!

As mentioned in my book, I was previously employed as a qualified engineer with my own management consultancy, until I suddenly became very ill overnight, simply because nothing worked anymore: burnout.

A letter from the health insurance company came in the mail stating they would pay for three more months before coverage would "end". Over 300 hours of psychoanalysis and other psycho-therapeutic approaches, hospital stays, as well as analyses and discussions with Peruvian, Siberian, yogic and quantum energy healers, nurtured in me over the course of years the core idea of a spectacularly simple (energy) model. The implementation of this simple theory gave me back the strength and brought me into the path of my vocation and therefore into the "life" of my energetic vehicle:

Vesseling!

It was unbelievable but true: My vessel became lighter, and I was not only fit again, but also found my vocation! With an empty vessel every person can find their real self!

With this theory, which is independent from all prescribed directions, I am living proof of what I teach others. Finding one such concept, a teacher who could convince me of the things he taught, became the focus of my spiritual quest. At that time, I found nobody who could show me or teach me this authenticity.

There were shamanic anthropologists, yoga teachers applying yogic concepts, Ayurveda, Far-Eastern approaches, complex light therapies, light hands healing, the most diverse shamanic approaches, quantum healing, and so on. Most of the teachers gave me the impression that their teachings were based on pre-determined concepts, and thus inflexible. They always produced the same reaction from me, that something was missing. Does one really need this, I would think. Even when I was critically ill, I had these nagging doubts.

That is how it was back then – until I managed to free myself by doing what I am teaching now: by simply emptying our bodies of heavy energy (Vesseling). And how did I conceive this simple model? Shrewdness: through the experience with a chicken and a dog, who gave me the answer to the question "what really works?" (more on the chicken/dog story later). For a long time now I have been working successfully with Vesseling in my energy school, although we have never referred to our energy techniques as "Vesseling", but always "only" as energy sessions or energetic treatment by an "Energy Seer", a graduate of the energy school (Basic, Seer, or Envisionary courses).

The term "Vesseling" is a beautiful expression, it describes in an interesting way the mechanism through which we can release the heavy energy we have taken on from other vessels (people) and lighten our own vessel.

Where does the term "Vesseling" come from? it is a term I have coined myself, because this is how I see the body of every living creature: as a vessel – a vessel which has a heavy content, can be made lighter or even emptied!

"Today's session with my analyst was hard – afterwards I felt worse than I did before..."

"After the sauna I'm always tired and worn out ..."

"After the massage session, I could have slept a few hours"

"The hands of most people are damp and cold"

The body is like a vessel that can take in heavy energy (and thus problems). Is your vessel (body) full or empty? How do you feel after meetings, sessions, massages, saunas, family reunions, parties, or after a holiday? How do you feel after or during encounters with people – heavy or light? How is it at work, or after work? Without work? Do you live in luxury? Are you rich? Are you poor? Does it feel heavy or light?

If you answer one of these questions with "heavy", then this heaviness will eventually become a problem; your job, your partner, your personal living circumstances, and even your wealth will become a problem – until eventually you are so heavy that you yourself will become the problem.

This is exactly what happened to me – not a great experience, I have to say in retrospect. Somehow, my whole life has been a bit like a slapstick comedy – in the end, I was lucky things turned out well. By "not being aware" of the energies, I had basically screwed up – well, almost sabotaged – my life. Twice, I was nearly at death's door..

At those times of great desperation a residual lighter part of me groped for "the" direction to take in order to be healed, for "the" solution amongst all the approaches or theories possible . I devoured everything, I entrusted myself to everybody and identified with every theory. My spiritual search became an addiction. I could have built a bonfire with all the spiritual books I read.

But when did I start to feel better? When I removed any identifications and shed my ego – and with it the heavy part of my vessel – only then did I become free. I

developed space and lightness inside me. My relationships changed and I became a new person.

So what is a vessel as such?

Just like a glass that is crystal clear, the vessel of our body is light and clear without heavy energy. When we were children we were all like that, we all had a light body (vessel, container).

If only our bodies were so light and clear as adults, we would have no "problems". We would only think positive - we would be rid of our heavy thoughts.

In principle, the vessel (and therefore our body) is our "innermost self", our "energetic vehicle" in which our skills, qualities, and talents are written. The science calls it the "genes". Our body in the non-problematic, non-heavy sense, would be quite strong and live in self-realization. "Self realization" comes from living "the self" in the real world, and thus brings us into "the now". Those words are interesting when we write them differently. When will mankind finally bring its vessel into reality and set itself free? When will all vessels be set free?

It is exactly this liberation that I have experienced. The sensation lies in simplicity: is the vessel full or empty? This is the only relevant question. Ninety-nine percent of our negative thoughts would not exist if only our vessel were empty. This discovery alone is sensational: We cannot change our thoughts if their source, the heavy energy, does not run dry.

The load in my vessel, "my path", ended with a burnout, and that's when I was 200 hours into psychoanalytic treatment – the therapy aimed at changing my thoughts did not seem to have any positive effects.

What was in my vessel that caused me to burn out? My vessel was packed with heavy energy! My body collapsed, my vessel overflowed, nothing more. This, in my opinion, was the symptom. "Burnout" is only a term we use for it!

But what had happened before, in all the years, with my vessel?

To cut a long story short and make it clear, here is a small table showing how my vessel filled up and the conditions I experienced.

My vessel with heavy energy: The energetic vehicle (body):



1/10 filled with heavy energy: childlike state, one starts to think in terms of me/you – I'm this, the others are that, I'm wrong and imperfect, the others are ... etc.

2/10 filled with heavy energy: sudden experience of nervousness, sweating...

3/10 filled with heavy energy: very mild depression (Sundays), anxiety and sometimes insomnia, poor school grades, difficult relationships...

4/10 filled with heavy energy: the identification with my (heavy) "self" became stronger, problems with people, situations, education, occupation and orientation.

5/10 filled with heavy energy: the identification with heavy energy led me to attract other heavy vessels (problematic friends), identification with serious music, first search for healing solutions.

6/10 filled with heavy energy: I now consisted of 60% heavy energy, meaning I had become a living problem in all areas of life ... minor tinnitus.

7/10 filled with heavy energy: winter depression, it's the employer's fault, other people are to blame, constant fear, the world has been hostile to me.

8/10 filled with heavy energy: the beginning of my physical symptoms: cold, sweaty hands, neurodermatitis, itching, sweating, nightmares, thoughts of escaping into another world, constantly depressed, cigarettes, alcohol, desire to identify with healing concepts, etc.

9/10 filled with heavy energy: severe daytime drowsiness along with the other physical symptoms, lack of joy, thoughts of suicide, temporary unfitness for work.

10/10 filled with heavy energy: burnout, incapable of doing anything for several months, had to be fed, needed help from the outside..

"Changing my relationships with other vessels (humans) and letting the heavy energy out of my body (vessel) gave me back my health..."

In brief: I discovered how to get rid of the varying degrees of heavy energy, how to reverse the process. But how?



I went on a kind of spiritual quest, as I have already mentioned above. The search drove me in every imaginable healing direction and approach, until, one day, in the seminar center where I taught my courses, I experienced an interesting teaching of nature:

The story of the chicken and the dog

It was summer, I can't remember exactly what year it was, but in any case, all course participants were sitting outside having lunch. Some bread must have fallen off the table on the lawn, which promptly attracted some chickens.

The chickens were about 20 meters away from me and were picking at the crumbs. The conversations of the participants during the course, along the lines of "my relationship with my mother, my partner, my life, etc.", were still going around the upper part of my vessel (my head). As I watched the chickens clucking, the lucid part of myself (my energetic vehicle) imagined that the chickens were having a conversation between them, which went something like this:

"Hey chicken no. 1".

"Yes, chicken no. 2?"

"Tell me, chicken no. 1, did you also have a problematic parent-child relationship?"

"Yes, chicken no. 2, I did. That's why I eat so many grains and bread, to compensate for my frustration!"

"That's an interesting theory, chicken No. 1!"

Then I imagined how the chickens would probably defend their feeding habits like humans do:

"Chicken no. 2, I counted exactly how many grains you've eaten. Now it's my

turn!"

"Yes, chicken no. 1, then let us set up a work group for grain distribution, so that the distribution is fair."

In this moment of dreaming, the peaceful clucking was broken up when one chicken pushed the other chicken away. "Get out of here with your mother-child relationship and work group". A push and a shove. "This is my territory". End of story. And the chickens continued to feed and cluck.

This was the first part of the lecture I received that afternoon. Then the next question arose: "Is the human body really so much different from that of an animal?" I was to get an answer to that question a little later.

I went back to the classroom, but I was too early. Back then we used to start the courses with yoga-like meditation and exercises. About 50 people were in the room doing exercises, contorting their bodies in ways that have always felt strange to me, before they proceeded with meditation. I went outside again. The chickens were gone. I sat down on my seat to enjoy the sun.

My plate was still there, with a few leftover bones on it. I must have dozed off, because suddenly the blissful silence was broken by something wet and panting: a dog, a great big dog, a hungry dog, a begging dog. A dog that knew that there was something to eat on my plate.

In order to free myself from the clutches of his greed I gave him the first bone, which he grabbed and started crunching... soon he was after another one.

This went on for some time until he was full; then, tired and sluggish, he plopped down on the grass. He yawned, looked at me satisfied, seemed to like me now, and I was glad that he didn't want anything else from me.

He sank deeper and deeper into the grass, his body twitching, sometimes so strongly that I thought, "doctors would diagnose his twitching as epilepsy." He was asleep; incredible. He continued to twitch, until suddenly he stopped moving altogether. I got worried. He was lying there motionless, no grunting, it seemed that he wasn't breathing. Had he choked on a bone? Was he dead?

Full of worry, I ran into the seminar room. The participants were still contorting their bodies. I went back to the dog and touched him. His body was warm. He was alive and very relaxed. I was relieved. At the same time, I asked myself whether there was even one dog in this world that needed yoga meditation, massages, healing techniques, rituals, religions, chanting, mantras, stone circles,

healing stones, fire ceremonies, and so on in order to relax? Would any animal have need of OUR courses?

The healthy, stuffed, peaceful, happy dog on the lawn gave me a clear answer – a two-letter word that starts with an N and ends with an O

Today, after having fought through the spiritual jungle like Tarzan, I know that the dog had just emptied his "vessel" by connecting himself with the Earth, that's why his body was twitching so much - not because of dog epilepsy or any other sickness.

It was then that I decided to change the name of the Institute from just "Shamanic" to "Shamanic Institute - Nature's Way". We now use a method we developed ourselves, and which was also used in ancient cultures, for teaching the participants to empty out "their vessels": Vesseling. The term Vesseling will win over the world of all heavy people (vessels), I'm sure of it. But the word "Vesseling" is only a catchword to help spread this simple method. "Vesseling" is not a new form of therapy or healing technique. "Vesseling" is what nature teaches us. Do you have a dog or a cat? Watch them how they "vessel" several times a day!

Now one may think: Well, if that 's so easy, all I have to do is lie down on the floor and everything will be fine!. Believe me, it is that easy!

Who needs spiritual movements, approaches and concepts? Our ego!

Since animals have no ego, they need no concepts. Animals have no heavy energy in their bodies, so they are happy and joyful. Unless, of course, they live with an egomaniac person for too long – even an animal's ego can become conspicuous through the influence of man.

Why is "Vesseling" so simple, yet so hard to implement?

The vessels of most people are so full that they cannot be emptied without help from the outside in the initial phase, i.e. without clearing work from the outside, which is the supply of light energy from another human being,. At the start of the path one needs the help of higher vibrating vessels, just as I needed and received it – by "brighter" doctors, psychologists, my friends, etc. Without them I would not be alive. Those who have heavily laden vessels certainly need medical attention/assistance – this is my experience.

People who attend our Energy School have a certain basic stability; their "heaviness" lies perhaps at about 70%, or 7/10 according to the table above (I use figures reluctantly, but they give the reader a clearer idea). Only then can our energy process (Vesseling) be used effectively.

What influence do other vessels/people have on our energy balance?

A very big influence! Where do you think your negative thoughts come from? From the heaviness in your body vessel! And you have this heaviness because you are in "vessel relationships" with other people.

It is a realization, or better yet, truth, that I myself, being a qualified engineer, took a long time to believe and accept. Other people can affect your vessel even from a distance, i.e. even if they are not in the now. I have researched these areas for many years. Even if you don't see a person in "reality", that does not mean that he/she has let go of you (and your vessel). This realization is probably the only esoteric notion I will require from the reader to accept.

Why don't you just try the following exercise: close your eyes for a few minutes. Note the names of all people whom you think of during that time – visually, mentally or in any other form of memory. A few minutes later you'll have a whole list of people. Where do you think these names come from? I'll tell you: from people with vessels who have recently established a connection with you (and therefore with your vessel). It is possible that it was these very people. I mention this so you don't become paranoid after reading this book. The names may be correct, but they don't have to be. Fact is: behind each name there is a vessel that had an intention towards you.

That is why I very rarely build a connection with the participants of the courses. I have no intention towards them. The participants seem to experience it differently: according to them, I tend to appear by name frequently, but it is not me. It is another vessel, usually a "real" representative from their close living environment, and their mind has assigned my name to it.

I will expand on these very real and complex issues in lectures and video clips.

Let's return to the experiment: in any case, these were the vessels of people who were connected to you. How the mind relates between the energy of the people and the name is, as I said, unimportant for now.

Astonishing, isn't it? "Nonsense" you will say, but that's your ego speaking. Believe me, it's true.

The resentment or anger directed at you from your mother-in-law, your mother, father, friend, partner, boss, or colleagues, will burden you even if you are at the other end of the world. You will feel funny. You will begin to think heavy thoughts. If you yourself have a heavy vessel, then your ego will have nothing else to do than struggle with thoughts. You (your ego) will rebel inwardly – and should the angry vessel from a distance try to establish contact with you at that very moment, you will know the real association between the name and heavy energy.

Whether another person can change your energy balance or not is not dependent the distance between you and them. This for me is the second dimension of the now, the understanding that a "real now" exists which is visible with one's eyes, but that there also exists a "now" which consists of long-distance relationships with other vessels. More on the second dimension of the now later in this book.

The way out

In my view the only way out is always the path of your own inner light. I have managed to free myself firstly by emptying my vessel and secondly by clearing the above egomaniac relations on the outside. If all the egos would dissolve, one would not even need the second stage; everyone would work on themselves - humankind would be transformed. The world of nature without man – the plants and animals – needs no transformation, since it does this naturally.

The reason why so many people come to our energy school, or rather, why many people bring "their vessel" to our vessels, is to learn a process that will eventually allow them to automatically have their vessel permanently self-cleaning itself of heavy thoughts.

Why do people go to spiritual teachers?

Because their vessels hope to find relief, why else? In my search for myself, I have encountered many important inspirators:

Eckhart Tolle, Ratzinger, Dalai Lama, Krishna Das, Dr Wayne W. Dyer, Thich Nhat Hanh, Sai Baba, Andrew Cohen, Deepak Chopra, Jack Kornfield, Chuck Spezzano, Vladimir Megre, Louise L. Hay, Pema Choedroen, Paulo Coelho, Oprah Winfrey, Esther & Jerry & Hicks, Rhonda Byrne, James Redfield, Mother Meera, Neale Donald Walsch, Ram Dass, Doreen Virtue, Alex Grey, Sogyal Rinpoche, Byron Katie, Dan Millman, Masaru Emoto, Osho, Nelson Mandela, Barbara Ann Brennan, Clemens Kuby, Robert Betz, Rüdiger Dahlke, Alberto Villodo, Michael Harner (these were my first inspirators). Jeru Kabbal, Bert Hellinger, Olaf Jackobsen, and many, many more.

Of course I did not go to all of them. Many of the above are not teachers, but rather spiritual authors.

Why do I mention them? This can be explained quickly by observing my vessel (how heavy it was at what stage in my life?). today I could categorize many of these authors according to the degree of my body's "heaviness": doomsday books, prophecies – 90% heaviness in my body vessel; books about wish fulfillment – 70% heaviness in my body vessel; books about imaginary countries, love stories in far away countries, etc. – 50% heaviness in my body vessel, and so on.

Today I do not read these books any more. My body cannot use this "reading matter" anymore. My vessel is relatively empty. "Relatively" because I (and my body, vessel) live in the real egomaniac world.

Many teachers and authors inspired me at that time. But what was it that inspired me? It was their spoken and written words. I've met only a few enlightened teachers – nature must have designed it that way: an author or teacher can have a heavy body (vessel) yet still be able to support others in finding their own way. What exactly is enlightenment? Why do so few people attain this state of harmony, inner peace and love, despite working so hard on themselves? Why is that?

In my view, most of the vessels of many spiritual teachers are taken possession by their students or by their own (close) environment. As a consequence, very few teachers are really free, but still teach how to become free. In the long run, teaching should cause a non-free teacher (with a full vessel) more pain than pleasure. For example, when I teach my courses, I find that during some courses (in the now) my vessel is heavy, but after the end of the course this heaviness disappears. Then I already look forward to the next course. I love my job.

You can see it for yourselves. Look on YouTube for the most popular spiritual teachers of our time. You can use the list from above. Back when I was trying to find my way I only searched for the best-known teachers.

Watch the videos. You will quickly recognize ego identification in some, and see who focuses on concepts (healing techniques, systems, religion, millennium-old concepts, etc.). Pay attention to a tightness in the language of the speaker. Can you perceive a space between words? Are the pauses between the words pleasant? Does their speaking make you calmer, or does it tire you out? Do you feel a "sense of having arrived" in their speeches? do you feel more tranquil? Does the teacher polarize? There are some "now" teachers who make a dogma out of the "now".

The truth and authenticity of a teacher can be heard between the words; you can see it in their faces, in their gestures. Is the spiritual speaker really fun and easy? Those who are "light" inside are inevitably funny and humorous.

There are so few teachers in our day who can have the lecture hall shake with laughter using situation humor "coming from the now". If you know one, go to see them!

But which part of the vessel makes us serious? The heavy part - your bright part will realize it as you watch. There are several bestselling authors who manage, by producing ego-food, to bring the reader into the "now of reading" time and again, i.e. to connect him/her with his/her residual bright part during the reading. This is the true art of writing and deserves respect.

The 2nd Dimension of the now! Why do so many spiritual teachers talk of the present moment, of the power of now?

Those teachers of our time who have probed into the "power of Now" show for a start that they have moved away from teaching concepts, for each concept carries with it a distance from the present, a kind of time quality, and the present moment has no past or future. Those teachers are concerned with the Now, for the Now is in the present. Because everything is just the way it is. It is therefore hard to argue against the Now. This is one aspect.

The other aspect is that in the Now lies the power to recognize that the Now is related to what goes on in our heads. Therein lies a great power of knowledge, yet not enlightenment. But why not?

Here, too, there seemed to be something missing. Why was I suddenly feeling like this and then like that, even though the Now was peaceful and in order)? Why was I taken by surprise by spontaneous emotions, such as sadness, anger, or fear, although there was no apparent reason in the "Now"? Even this knowledge could not change my feelings.

The incredible second dimension of the Now!

The reason is a kind of second dimension of the "Now" – I have already explained it above: other vessels (humans) can produce a distortion in the body of another person even over a distance, and thus produce of loss of energy. I admit that this sounds scary, but it's true.

As other people see you (and your vessel), the image they have of you can generate a sense of lacking or magnitude in you. I have personally experienced

that this is where most feelings of fear, rage and anger come from. This is the reason why most adults who visit their parents will have an outburst of fury after a certain time; parents see their sons or daughters not as adults but as children, and this unreal child image distorts the adult body – the adult son/daughter gets angry. All this can happen over distance too – many people get these outbursts after speaking with a parent on the phone for just a few seconds. This is how easily available our vessel is to other vessels.

Another example: say you are having dinner, and your partner, who is 500 kilometers away, is angry because he/she is waiting for you to call him/her now, then you will feel it! Many people attribute stomach cramps to the food, but in most cases they are wrong. In most cases it is the second dimension of the Now; someone has "connected" to your vessel.

Hardly any of the spiritual teachers of our time have gone into this second dimension of the Now. Some constellation facilitators work with this second dimension – the invisible but highly stressful world of relationships. Relatives are replaced by representatives "in the Now." It can happen that unrelated course participants all of a sudden speak the words of one's own father, i.e. of the family of the seeker. The evidence for the existence of this second dimension of the Now cannot be any clearer. Even if your father, mother, or partner are not physically present, their vessel can still have an effect on yours. You change according to the way others "see" you. This change can give you strength, or can make you feel very depressed. It seems incomprehensible, as we are all focused on the first dimension of the Now – on what we see, smell, taste, gain or lose materially. I don't know how you were brought up, but in my background one was certain that the children would be tuned out of any adult conversations if only one closed the door.

Mark this phrase: When other people let go of you, and consequently of your vessel, then you will finally be free. Or, more precisely: when other people really let go of you, and consequently your vessel, when you can release your own ego from your body, and when, during that time, you have no burdening relationships or vessels around you (i.e. you don't seek relationships that repeat themselves) then the probability that you become free is very high. Then you will realize who you really are – you will drive your own energy vehicle through life. You will finally be free.

The model of "Vesseling" (making the vessel lighter) is very simple, which is probably why it is so hard to accept.

While writing, I remembered the story of Buddha's enlightenment, and I would like to look at it from a "Vesseling" viewpoint:

Vesseling and Buddha's enlightenment

"Siddhartha Gautama lived in northern India. His parents had named their son Siddhattha (in Pali) - Siddhartha in Sanskrit - which means "he who achieves his aim". After his birth, it was predicted that he would become either a world ruler or, if he recognized the suffering of the world, someone who brings wisdom to the world. He lived in a palace where everything he needed was available to him... his father saw him as the ideal successor and wanted to stop Siddhartha from leaving his kingdom.

"... One day he found himself faced with the reality of life and the suffering of humankind and recognized the futility of his life hitherto. At the age of 29, soon after the birth of his only son Rahula (meaning "fetter" or "chain"), he left his child, his wife Yasodhara and his home and became an ascetic in quest of redemption. For six years, the ascetic Gautama wandered across the valley of the Ganges, met famous religious teachers, studied and followed their systems and methods and subjected himself to strict ascetic exercises. Since all this did not bring him closer to his goals, he gave up the traditional religions and their methods, sought his own way and practiced primarily in meditation. He called this the "middle way" because he avoided the extremes of other religious doctrines..."

".... at the age of 35 Gautama "achieved" the perfect awakening (Bodhi)..."
(excerpts from Wikipedia)

To that I will repeat the above sentence:

"When other people let go of you, and consequently of your vessel, then you will finally be free. Or, more precisely: when other people really let go of you, and consequently your vessel, when you can release your own ego from your body, and when, during that time, you have no burdening relationships or vessels around you (i.e. you don't seek relationships that repeat themselves) then the probability that you become free is very high. Then you will realize who you really are – you will drive your own energy vehicle through life. You will finally be free."

Can you guess what I am trying to say? The vessel of Buddha's father "wanted" something else from the vessel of Buddha – something different than was intended for him (than was in his energetic vehicle). Buddha defied the wishes of his father and moved (his vessel) away from his family, he moved out and went go on a spiritual quest.

"... He met famous religious teachers, studied and followed their systems and methods and subjected himself to strict ascetic exercises. Since all this did not bring him closer to his goals, he gave up the traditional religions and their methods, sought his own way..... and finally achieved the perfect awakening after

the practice of meditation."

In my view, the second dimension of the Now is missing again in this story, namely that his father and his wife hoped over years that Buddha would return. What kind of father and wife would not do that?

His father AND his wife were "onto" his vessel for a long time from a distance, which must have put him under immense pressure – as though they were with him in the flesh. This pressure caused him to seek solace in different religious directions.

And then there was a synchronicity that is not mentioned in any history books: "... Buddha had been meditating for a long time ..."

From a Vesseling perspective, this is what had happened: his father and his wife let go of Buddha from a distance. Their vessels stop accessing his vessel from a distance.

Only this release, and the subsequent emancipation from the heavy body, allowed Buddha to experience Bodhi, this spiritual enlightenment. The reason for this awakening his inner work (meditation) but also the fact that his vessel was left "in peace" – even though his family was 1,000 miles away. Had the family released him sooner, he would have been enlightened sooner. If he had identified himself with a different religion at that time, then he probably would have made the practicing of the religion responsible for the awakening.

As I've already said, it is not my intention to provide more material for discussion, but "Vesseling" sounds plausible with regard to the story of Buddha's enlightenment. Vesseling also explains why so many seekers do not achieve enlightenment. You just have to make up your own mind.

Vesseling and Michael Jackson's death

The other day I was shocked by an experience while watching a documentary about the death of Michael Jackson:

People who were "close to him" were interviewed trying to shed light on the background of the untimely end of the "King of Pop". His marketing manager appeared on the TV, his producer, his dozens of advisers, his siblings, his father, his mother, and many more.

"He was close to all these people?" I asked myself while watching the documentary. Almost all of those people seemed to me like fat vampires, people

who must have had, and probably still have, multi-faceted interests in Michael Jackson.

The interviews took place at various locations – a fancy living room, a great big villa, by a pool. But what was more interesting was that all interviews started with, "Well, you know...Michael was like this, or like that..." Everyone seemed to know what Michael Jackson was like, what he had done wrong and what he could have done differently.

No one actually related themselves to Michael Jackson – I found that strange. Everybody talked about him as if they had played no part in his life. The interviewees seemed to withhold a dark relationship between their selves and Jackson, namely the true (vessel-to-vessel) relationship to him.

Such relationships have a great influence on the quality of one's life. Can you feel good when you are around people who hate you? Or around people who always want something from you? Can you feel good with people who always have issues with you, I asked myself.

How much love, in the form of "unconditional love", did really exist in Michael Jackson's life, I asked myself. And my body answered, "None, or very little. He must have been surrounded by vultures".

During the break for commercials I went to the bathroom. In the silence, it suddenly dawned on me who had really killed Michael Jackson. "What a shame", I thought, "that .we don't have energetic relationship courts yet."

After the commercial break the program continued; the report took a different course. The true relationships to Michael were brought into light and my theory was confirmed. And all these "personal witnesses" were paid for the interviews too! Buried by his own supporters - it has happened to many others, including spiritual masters. Macabre.

Dark energy?

I personally respect every opinion, direction, opposite direction, religion, whatever. Because what I am talking about is basically physics: every cold vessel seeks a warm one to compensate its temperature, and vice versa.

The fact that the observed (human, vessel) changes through the observer (another human/vessel) is not new – it is one of the core findings of quantum physics, which only few within the spiritual sphere take into consideration currently.

The observed changes through the observer: "The observer will have to be included in the experiments, as he significantly changes the outcome of the experiment through the detection or measurement of the precise path of a given particle" (from Wikipedia: the double-slit experiment). This sentence is very interesting.

Think about that sentence. What happens to your body when you are with a person that reduces you to a low image (i.e. minimal image of women, minimal image of men)? What feelings arise in your body when you are together with people who see you as a (physically) grown up child? What feelings arise in your body when you are together with people who want to be great, but make you feel small in order to strengthen their identity?

History shows us many examples of such people. Dark energy. But there were also the revolutionaries who recognized this and did not agree with it. Thankfully.

From my viewpoint and (medical) experience I believe that (almost) all diseases come from these disturbed (power) relations. Smoking, drinking, or eating, in my experience, do not have nearly enough power to destroy the human body as the force of the second dimension of the Now does: how other vessels near you view you, and what distortions this creates in your body.

The Vesseling session with an Energy Seer

"The observed changes through the observer."

Let me tell you about a Vesseling session with an Energy Seer:

The Vesseling session lasts about an hour; the setting involves the client and the Energy Seer, and encompasses a short preliminary conversation and a brief but intense post-session discussion.

Before each Vesseling session, the Energy Seer prepares him/herself by "invoking the intention" (spoken words), which channels the intention so as to give the client "space", i.e. room to release the heaviness in him/her during the approximately 50 minutes of the session.

But what happens really?

Even if some see an identification with "power animals", "forces of the universe", or "natural forces" (I myself had identified with them at the time) in the "invocation of the intention", it is basically just a trick for shrinking the "ego" of the Energy Seer (if he/she still has one) to a minimum size for the duration of the

session. The Energy Seer takes back the heavy self, and with it his problems. So for the duration of the session, the energy Seer will be there exclusively for the client. This creates space in the vessel of the Energy Seer, which is felt by the client as a sensation of peace and love. The first dissolution of weight (heaviness) in the client begins now – through the vessel of the Energy Seer.

Then the client verbally phrases the topic (= heavy energy in his/her vessel). This means that in the "real" Now of the meeting room, the client identifies him/herself with the heaviness (topic) inherent in him/her, which of course has nothing to do with the "real Now". The real Now only consists of the meeting room with the Energy Seer, the couch, windows, chairs, plants, etc.

The topic is therefore something that comes out of the vessel of the client, and can be lost in the space of silence during the Vesseling session. The larger the space of silence (silence in the sense of non-judgment, thoughtlessness!), the greater the chances that the "internal heaviness" of the client will be lost in this space of silence.

Why is heavy energy lost in space? Because the space is not filled with heaviness, but light. Because the space is non-resistant. Because the observer (Energy Seer) remains in a non-egomaniac state (space) during the session. Because the observer (Energy Seer) does not reduce the client to an "image".

In a Vesseling session the energetic vehicle of the client can grow, perhaps for the first time, and feel the power without being pigeonholed. The client's physical experience is that of liberation. This liberation will lead to a feeling of love, of being accepted.

This would be the facilitation of heaviness on the first dimension of the Now, the inner layer of the client.

After this energetic part of the Vesseling session, a post-therapy discussion takes place. The Energy Seer talks with the client about the images he/she saw during the Vesseling session.

What are these images? These images provide the link to the second dimension of the Now. In these images, clients find the incredible reference of the inner reality that they carry with them as energy, no matter where they are on the globe. "It's all true, it's unbelievable", we often hear from clients.

These images, and with them the heavy energy, are released in the body of the client during the Vesseling session. The client does feel better, but the reality in which the client lives has not been released. Very few clients manage to move

their entire family (mother, father, partner, etc.) in one Vesseling session, which, of course, would be great. So, if one's environment (family) agreed to attend a meeting, then all the (vessel) relationships would change. The client, liberated after the meeting, would not return to the un-liberated relationship environment anymore. He would now feel free and loved. For ever – the ideal state in an ideal non-egomaniac world.

What can be done realistically?

If the entire environment of a client does not take part in Vesseling sessions, one can affect the changes in burdening relationships with the sword of decision. This does not mean that one should abruptly inform his/her family that: "I saw an Energy Seer, and we found that you are making me ill because of the way you see me! Goodbye."

Surely not like this. When making decisions against vessels and people who are burdensome to us, it is very important to find the right dose in dealing with stressful relationships. Do you remember my "Vesseling" interpretation of the history of Buddha? Letting go of people does not mean that they people will let go of us. And their vessels are still "attached" to our vessels even from a distance.

What makes other people remain attached to our vessel? It is their intention. The intention of a person that wants something from you is what causes the distortion in your vessel and makes you feel constricted and heavy.

If you live or grew up in a difficult environment (family, partner, employment, or neighborhood), sooner or later you have to learn to change the intentions that are directed at your vessel. And this can be learned in the context of Vesseling sessions with an Energy Seer with the aid of acquired images (finding the decisions with regard to your environment, for example what may be expected of you, and what not).

When I was frequenting the psychiatric outpatient clinics, there were a not insignificant number of patients who felt immediately better when their mother/family/partner broke ties with them. The supposed love of the mother (a mother ONLY wants to see that her child – who's already an adult – is well) was destructive! It sounds macabre, but this is how it is. Does your mother/partner/boss ONLY want you to be well?

This mechanism between the real world in the Now (first dimension - inner body) and the second dimension of the Now is the reason why so many people who have been meditating for years don't really feel any better or lighter. They have not learned to change the intentions of other people towards them: depressed, searching people in the mountains of the Himalayas or the Andes, or on the rivers

of the Amazon with the unhealthy (distant) relations on their backs distorting their body from a distance. That was my story too.

When I work with people today, I see pretty quickly, apart from the real individual, the second dimension of the person, the fact that many people are "hanging on" to the client. It is a ballast which is often reflected in one's movement, posture and gestures. Who can bear this weight? Isn't one's own body heavy enough already?

In my view, a truly holistic liberation from suffering is the liberation of both dimensions which can be realized in two stages: 1) inner work: the release of heavy energy from the body, and thus the dissolution of the ego, 2) clarification of the (intent) relationships in on the outside.

Vesseling – food for thought

States, leaders of states, societies, clubs, couples, groups, music groups, issues such as the education of children, business - everything is made up from the vessels of people, thus being a hotspot of intentions and aims.

Many people are only together with other people so they are not alone. How sick must one become before he sees it? Our world is a "in order to" world. But this cannot be within the context of liberation. "In order to" dislocates one's vessel, it makes the body ill – trust me. Recently someone wrote a book entitled: "Germany abolishes itself" - I quietly thought to myself: "Man abolishes himself".

In most cases, the intentions in our western world are "in order to" intentions, i.e. many people maintain "in order to" relationships with other vessels. Companies advertise in order to make profits, invent products in order to increase sales. This is principally not a problem, but: do these products feed the ego of a person with or do they support him in his liberation? The liberating companies will be the enterprises of the new era. Even television empires could count amongst them, if they started showing light and inspiring content and movies.

The world could be so beautiful. The idea that our children are also becoming victims of the "in order to" world, petrifies me internally. Let us start the Now – of course in both dimensions of the Now.

"Be the change that you wish to see in the world" – Mahatma Gandhi

I hope I become a dog

I have written down my knowledge about energies – now it is your decision what to do with it. Everything I have written here is as I experienced it. Many who are willing to ease their vessel/body have already been down this route. To me it is important that I speak of my own (liberation) experience. But you can see for yourselves – check whether your own vessel is light or heavy.

Through Vesseling, the truth behind any shape of vessel can be identified, explained, and changed. We will shoot videos to illustrate this – please visit our website from time to time. The popularity of Vesseling will rise rapidly over the Internet, it will transform the world, I'm sure. If it brings about a change in consciousness, I will be very happy – it's great that the Internet is (still) a free medium.

In my next life (if there is one) and in the real first dimension I would like to be a dog with a non-egomaniac owner (and thus live in a non-egomaniac second dimension).

Maybe then, a man at a seminar centre will throw me a bone and I will become the greatest teacher of all time. But perhaps by then man will no longer need my Vesseling teachings. That would be nice. I would be happy all day eating bones and bathing my vessel in the sunlight. Lovely! By the way, the dog from the story had a name that -sounded similar to "Vessel" - would you have guessed it? And?

"Have you vesseled today?..."

More information on the path to become a Vesseling practitioner, or Energy Seer (with a starting basic course), as well as lectures on "Vesseling! True love has to be learned!", can be found on the website of our institute: <http://www.vesseling.de/englisch>

Meet other people interested in Vesseling on Facebook! Questions? Feedback? You can post your feedback on Facebook. Just log on to Facebook and go to <http://www.shamanic.de/vesseling.htm>. There you will find a link to our Facebook page. All important information as well as a small audio presentation on "Vesseling" can be found there.

Occasionally I will log on to Facebook myself to reply to questions and comments. The dates will be announced under "info".

You can find the story of the enlightening of Buddha from the Vesseling perspective on youtube or facebook. Just click here:

<http://www.vesseling.net/vesseling.htm>

"Only those who also liberate their environment can be free".

You are welcome to forward this document to all friends and acquaintances who are interested, inspired, or maybe even want to help.

A book can only offer an impression – it cannot substitute an actual experience. The dates for the next courses, lectures, and retreats can be found under "Calendar" on our homepage: <http://www.shamanic.de>

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"What is time? Just a ticking in the sound of reality"



Yours, Martin Brune

The new Film ist out 2012!

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Europe: DVD (English AND German) at Amazon.de

Amerika (worldwide) for download:

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Direct links at:

<http://www.vesseling.net/dasbuch.htm>