

The power of connection with yourself and with all that lives

Beloved person,

Recently I had a beautiful meeting with someone who spoke about his search for the 'secret' of his and our origin. After searching all his life he had, visibly delighted, the language for what he had always experienced deep within. At the end of the discussion, he shared this poem with me:

I searched for You
I searched for you in a church,
and sometimes I thought
that I had found you,
in a statue of Christ, a Buddha,
and I searched for you in a book.
Then I felt momentarily
very happy, a moment.

But since I discovered you
in the beating of my heart
and found You in all people, all things,
around me,
in animals, trees, ocean and clouds,
I know that a feeling of happiness
arises from within and always awaits me.

If I consciously turn within
there, deep in myself,
to rediscover Your power of life,
I finally then find peace
for which, in such confusion,
I had searched all those years.¹

Do you still remember your first day? You perhaps not, but other people certainly do! Suddenly you were on this earth. You carefully opened your eyes and beheld the world around you. Starting life without an instruction manual. *Where to, where to?*² Years later all sorts of new questions revealed themselves: 'What makes me, me?' and 'How am I connected to everything?'

I can really relate to the developing belief described in the poem. I also want to start the search for answers very near to me. That I can meet the source of *being* in that which moves me. That in the religious emotion that humanity can feel within, the meeting with the secret, can take place. Sometimes that happens within myself, when I become tranquil and I feel connected to that place deep in me. Sometimes in connection with the other, in a glance, a gesture or a meeting of souls. And sometimes with life that surrounds me when in spring I feel the warmth of the sun on me, when I smell the ocean during a walk along the beach or see a flock of starlings dance in the air with such breathtaking beauty, then I remember that I am connected to a greater totality.

When you discover that the source of all being is present deep within you, that then means that this source is also present in all the other people, in all the animals, in everything that lives. You can't *not* feel it or switch it off anymore once it has penetrated within. Not even at times when it doesn't suit you. It influences how you view yourself, your fellow human and all other forms of life with which we inhabit this earth. How do you translate this in your own life?

In the merry-go-round of life there are times when you truly need to come home to your deepest being. There where you can find peace with yourself, with everything that is part of you. All that is beautiful, everything that grates on you or causes you pain and a place where nothing is open to commentary. That's why we meet each other time and again. To remind each other who we are: beloved people. To practice living in connection together.

With a warm-hearted greeting, gladly your brother,
Marten van der Wal



¹ Harm Wagenmakers, *Ik zocht U (I searched for you)* Verzen van Vertedering en Troost (Verses of Endearment and Comfort), Publisher. De Maansteen, 2001

² Jan Willem Schulte Nordholt, *Existentie (Existence)*

On Sunday 11 January the national New Year's meeting will take place in Hilversum. Everyone can connect that morning digitally.