

From a burnout life situation to Brilliance.



Pieter Duijst, 2019

Aim of this book

I have written this book for young ambitious people and successful Executives that want to drive for success in business and every other aspect of their lives while avoiding the risk of a burnout.

Having Millennial children and having managed many of them in my latest jobs have shown me that for them quality of living and freedom are much more important than money or careers. They have more focus on enjoying what they do and have spare time to travel and enjoy life.

At the same time the excessive demand for attention from social media and real time communication like Whatsapp keeps them online nearly fulltime.

The above cocktail is a clear recipe for an overload of information and demands that increasingly leads to Burnout symptoms early in their careers.

Experienced executives will recognize that although they created material wealth and success, they still don't feel fulfilled or struggle with their health and relationships.

Success means many different things to people but in this case it means shaping a career to reach the highest potential in the corporate world or as a serial entrepreneur and reaping the financial benefits that come with the journey.

The key is to achieve these results without jeopardizing other parts of your life like your health and family and friend constellations.

This is what I call 360degree abundance in all aspects of your life which is your birthright!

It is my desire to share my experience and take you on to the journey early on in your lives while you are building your career and thus enjoy a fully abundant life while living your full potential as a human being. **Enjoy the reading.**

Introduction

Looking back at more than 60 years of life experience, I can conclude that I came here (life purpose) to find a way to experience what it means to explore the full potential of living a human life the way it is designed to be. I knew as a child that it is our birthright to live a healthy and abundant life on this amazing planet earth. Given my childhood and family patterns (eg addictions) my life started to deviate from what I believed it can be. My business career and family experiences brought me back on the path to more abundance.

The main thread in my personal life and career is the desire to grow my personality and find out where my limits are. During that journey the main questions that kept popping up at times of self inquiry or during dramatic events has been: ***Who am I and why am I here?***

I have been born with the gift of being able to communicate easily, both in speech and writing. This turned out to be both a blessing and a curse. In most of my life I used it to manipulate people and situations in order to get what I wanted!

Life has given me all I really needed in this life and most that I really wanted. This has led to the realization that we are creators of our own lives and the biggest joy in my life has been to create and co-create my private life and my career.

The biggest creations that I share in this book are my 5 children, my business career and finding answers to the questions: Who am I and Why am I here?. In search of my “life purpose” I was continuously getting the message: **Just Be** and enjoy the process of creation. It doesn't matter what you do as long as you enjoy it and be your true self. The true purpose is to reach your full potential in all aspects of your life and thru reaching this potential, clean of distortions, you will affect all around you and thus the world.

I have been blessed to be able to enjoy a wide range of human experiences and am sure there is much more to come in the next 30 or so years.

In this book you will find the key to a similar but more balanced and abundant life!

Childhood trauma and inherited distortions

Like many sensitive people I have gone thru a dramatic and emotional childhood.

I have taken on many patterns and behaviors from my father, his father etc. When I realized that some of these patterns went over to my children, I decided to break these family patterns.

My father died in a car accident when he was only 36 years old and I was 10 years old at the time. It felt to me that he was an old man and although I hardly knew him, I did admire him and wanted to be like him.

What I remember and feel is that he was a very immature and unhappy man. He escaped the life with my mother and his life by drinking and hanging around in bars.

He appeared to be a fun and exciting man that lived the life of an 80yrs old man in only 36 years. He felt the need to be more or better then he was by buying fast sport cars and pretending to be a playboy. His mother and my mother did say he was very handsome and woman loved him.

He died in a car accident at the young age of 36, driving at high speed in his sports car with lots of alcohol.

Standing at his grave at the age of 10 I remember having no feelings of loss or sadness and I did not understand why everybody was acting so hysterical reacting so emotionally. Maybe it was because I felt relieved or maybe I did intuitively know that his soul had left his body and gone home.

The feeling of relieve I base on the fact that when he came home drunk, nearly every weekend, I heard him scream and fight with my mother. I feel I might have ended up in the same life pattern as him if he lived longer.

I first and only started to miss my father when I had children myself and felt the need to be able to talk to him as a friend and share my family with him.

Him leaving made me the head of the family and the man in my mother's life replacing him. I realized in these years already that I was very different from the rest of my family members.

I decided not to smoke, hardly drink and to study io starting to work in construction business at an early age like the rest of my family and father did. Being poor made me commit to myself that I was not going to live in poverty with my family later in life. Although there were a lot of memories to enjoy from my childhood, I also felt ashamed of my mother and our situation.

Studying would offer me the opportunity to get a well paid job and provide me with options. I wanted to make money and create a good life for myself. Did lots of summer jobs and worked a lot during my study to be able to afford some level of financial comfort.

I decided to never save money because I knew that when I would start to work it would come. Never worried about money at that time but worked really hard to build my career and fortune. I turned out to have the gift of easy communication and fast learning skills. This gave me the opportunity to be a very talented sales person. This skill together with my early responsibility as the head of the family made me more mature and a natural leader.

My mother was a beautiful black beauty and remained alone after my father died. She truly loved and sometimes hated her husband. A very emotional and traumatic relationship that has created fear and anxiety in the lives of me and my brothers and sister.

We are brought up in the same family circumstances and from the same parents but chose a completely different life in all aspects. This validates my strong believe that we all chose to create our lives the way we want to experience it.

My mother had a tough life raising 4 kids alone. She was working hard to provide a living for us and did not have much time for us let alone for her own well being. When she was finally released from taking care of all of us at the age of 56 she was ready to start enjoying her own life. She had a boyfriend after a long time and went on holiday outside the country for the first time. Life took a different turn and she died soon after from a cancer tumor in her brain. Way to early and very unfair.

I believe the brain tumor was created to relieve her from the tough life she was living and to let her go home in peace. Her tough life had made her a very anxious and gave her a very negative perspective of life. She was surviving most of her adult life. She felt the world was against her and worried a lot.

She has supported me always to study and be able to step out potentially the same life as my parents. I am very grateful for this and the great job she did in raising us and giving us as much as she could while growing up.

Must admit I received scars from my time with her that still hunt me today in my relationships with woman. I feel I was in love with my mother like most boys. Pleasing the women in my life and demanding lots of attention might be the outcome of that confusing relationship for a child.

The few relationships she had in her life might have created jealousy and possessiveness and anger in my behavior.

Adolescence

After my father died I wanted to become a carpenter like him.

Instead of following an academic study I went to a labor school where I learned the arts of craftwork: carpeting, painting, bricklaying after I finished I guess I could build a house by myself.

This education and my fathers work of rebuilding houses has developed into a love for reshaping the homes that I bought. Every home I have ever bought we remodeled the way we wanted it to be and sold it with a good profit.

I owned 4 houses with my 1st wife in 24yrs marriage and 5 houses with my second partner in 15 years.

There is a theme developing of becoming a property developer? Being it an amateur with a passion for remodeling.

During my education I experienced that I again did not fit in well. Although coming from a poor family of workers, I felt different and liked studying. I decided to take it as far as I could go and finished with a degree in technology at the age of 23. I did not have a high IQ according to test at primary school and really had to study hard to make it.

My willpower to win and prove myself to be worthy made me into a winner that took it all. During my studies I worked hard to make money and had a decent life style.

My wife worked full time from when she was 16 and supported both of us as well while I stayed living with my mother till I finished school at age 23.

She really loves me which I needed after the unhealthy relationship with my mother and my 1st love relationships. All my early girlfriends dumped me after a few weeks. I guess I was too shy and poor or maybe to intense and depending. Who knows.

Throughout my life I have been intense and gave it 200% in order to win. This must win attitude changed after my career ended with a burnout.

After the age of 17 my life was becoming pretty exciting and very different from my friends. This has not changed till today.

I had developed the attitude that I deserved it all and would take what I wanted: business career, family, woman and money.

My wife and I got together when she was 13 and I was 15 yrs old. The relationship lasted 2 days and later we got back together again when we were 15 and 17 years

My father conditioned me thru watching his life that cheating and lying was ok. My mother never left him so I assumed it was normal and worked.

Since I became a boy that was very afraid and anxious during my childhood, I developed a passion for martial arts and sports. Also had a lot of anger in me that needed ventilation. Soccer and martial arts felt very natural to me and next to that I tried nearly all sports available for a short while.

I became more secure and physically strong and became very happy with myself.

Around this time I changed from a shy and skinny boy into a bit of a macho guy.

Money and my fast pace career did the rest to let my ego flourish for the next 20 years or so.

Career drive and failed relationships

My career started at the age of 23 in the IT industry at a large company: Digital Equipment.

After a few years in a technical function I realized that sales people around me where more flamboyant and made more money.

Wanted that as well and felt I could grow and develop my personality much faster in a sales position.

Moved into a sales role and went from a mediocre technician to a good and promising sales man.

My whole career has been around finding where my ceiling was to grow on the corporate career ladder. Having the attitude and drive of a winner or better street fighter fits very well with a corporate sales career at US based companies.

The success and money made me pretty full of myself and I felt on-top-of-the-world.

Around the age of 40 I was relatively rich and had a nice family, a big house with pool and a Porsche.

I had succeeded to prove that I was not a loser from a poor family but a very successful self made businessman and father. I had become at the top of a company as their CEO. Could not rise any higher.

The sacrifice was that I neglected my family. I had become very selfish and self centered. The business environment and success had conditioned me this way.

Amazing that they still loved me and accepted this kind of behavior.

With success comes stress, anxiety and a fear to lose it all. This made me very restless.

The ideal circumstances for a midlife crisis!

Midlife crisis

At the age of 40 I had it all and life became boring. I was constantly looking for action and excitement while my first love was very stable and happy with a simple life.

I bought a big house and a Porsche, which meant nothing to her.

I was offered a job in which I would travel throughout Europe. Exciting to me but it made my wife suffer a lot. She did not want to be alone in the big house on the edge of the forest while I was gone travelling. She cried a lot because she was scared.

Amazing how two people can grow so different in interest and lifestyle. This has become a theme and major reason for leaving my families in my life.

With both of my longer term partners I experienced that I changed and grew all the time and they maintained as they are. The result is that both times we grew apart and had less and less common values and interests.

Being strong creators, my ex-wife and I both found a new partner that fitted what we wanted at that point in our lives. Neither of us wanted to leave or break up. We did love each other and our children and strongly believe that we would grow old together as a family.

We battled to save our marriage but it became very clear that it was time for both of us to move to the next chapter of our lives.

My ex-wife married the man she fell for and within the first year after our divorce and they seem very happy together. They fit so well together.

I moved in with my new and current girlfriend in Oslo Norway who fitted perfect with me at that phase of our lives. We were very much alike and had similar interests in sport, money and lifestyle. We both enjoyed a luxury life and started a pretty amazing journey.

In the first year of our relationship we got our oldest son and I got a job as a VP sales in a software startup. For the first time in my life I got fired and it opened the door for more excitement.

I worked in Europe and Boston USA and our family travelled up and down between Europe and the USA for 6 months. It was so exciting!

My girlfriend resigned from her job and started travelling with me every week. Believe she sad our baby had nearly 200 travelling days in his first year.

This year was an emotional roller-coaster. I cried daily for months of losing my children and my marriage. This was hard on my girlfriend because I was supposed to be happy all the time, right?

I am grateful she stood behind me and supported me thru this tough time. Living a glamorous life in hotels and cities helped I guess.

After six months in this crazy life I became very tired and all the politics and manipulation going on in the company made me very sad.

I remember flying back from the USA to Amsterdam with our CEO and CTO and having a hyperventilation attack up in the air. I could not breath anymore which was due the manipulation going on and me becoming exhausted.

This was the first time that my body started to give me signs that I was living a life that was very unhealthy and not sustainable. Later I realized I was living out of harmony or balance with my core values and who I really was.

I fell back to the survival strategy I learned at my childhood, just lie to get it your way.

This situation and behavior let to my burnout. At that moment up in the air I decided to leave the company and take care of my health and who I wanted to be.

From then on I stayed in Europe and after several months a Danish headhunter offered me an opportunity to join a Swedish startup company.

I became their no. 2 as their COO and was thrilled. Working in Sweden brought me closer to my new home country of Norway. It gave me the opportunity to learn the language.

The only real good thing about living these stress times is our baby and the fact that I did not need attention from other woman. I was so in love that I did not look or thought about them.

The baby coming into our live revealed other issues within me that I struggled with during almost all pregnancies. I did not need attention from other woman but still demanded a lot of attention, intimacy and sex from my girlfriend. She managed this extremely well and made sure that both the baby and me got the attention and time we needed.

After a year in this job the politics started again and I didn't feel good. One morning in Italy I woke up and started to throw up. I had been dizzy and shaky a lot before but never took these signals from my body serious.

My body had endured stress for over 20 years and I thought it was normal.

Executive burnout and awakening to true self

One morning while travelling in Italy, I realized I was really going too far. I threw up and I called in sick.

I went back to my home in the Netherlands and my sickness got worse. Being at home I went to the doctor and he told me I had all the symptoms of a burnout.

I understood that my body had given me clear warning signals for years. Frequent headaches and pain between the shoulders. Feeling as if I had a cold all the time and feeling dizzy for no apparent reason.

This time it finally dawned on me that my body was sending me a final and serious warning. I went to the library and bought all the books I could find on relaxing and burnouts.

I was destined to fix this situation as soon as possible in order to help my body recover.

Here I was at Christmas in my home in the Netherlands while the family was in Oslo and did not understand what was happening. My girlfriend still doesn't know what it is like.

I begged her to come to me to help and support me through this toughest period of my life but she refused. I had to come to her because Christmas is important in Norway and I could not be so sick not to be able to fly to Norway.

Obviously I felt totally unable and I believe this event triggered our relationship to go downhill from there on. These are the moments where we need our love ones to stand by our side.

In talking to other people that experienced the same thing and through reading the books, I learned that a burnout was a blessing and not a curse.

It is like with many serious diseases, the body shuts down or gives very strong not to ignore signals, to prevent worse or terminal things to happen before it is too late.

It was a clear wake up call to change my life and I was smart enough to take it real serious and listen and act.

After I recovered I worked for a few months but did not feel well and eventually got fired. The company was going down anyway and I decided to take a sabbatical break.

I started meditation and yoga and took 6 months to calm down and let my body and nervous system relax.

This was the start of my journey going inwards and my search for the truth.

The spiritual search – Awakening process

During these six months I neglected my family to visit workshops and stay one month in an Ashram of a spiritual leader named OSHO or the Baghwan in Puna in India.

I was able to relax and face all the condition I had taken on during my life. Many of the patterns revealed itself and got transformed or healed in the process.

The energy in these Ashram's are like other wholly places in the world. If you are sensitive and feel into them, they can assist the body and mind in releasing old patterns of pain, anger or other emotions that eventually got registered or stuck in the body.

Did a lot of workshops to heal these wounds and cried more then I had done in years. Tears that where very healing and relaxing of tensions in the body.

After these six months I started a company to import and market massage chairs from Taiwan.

I had realized what a rich and material life I had but an empty spiritual life. A very unhealthy and unbalanced life style. I decided to market products that would help others to prevent them from a burnout. It was a great experience but business wise not successful due to the fact that managers in the Netherlands did not care much for the well being of their employees.

The company closed down after 12 months and I recovered my money invested into it. This was my first attempt to create a health business and help people and certainly not my last one.

I decided to take time off again and do more personal development work by attending workshops to further heal myself and learn skills to become a coach or healer.

I was as determined and intense as I was in my business career. As I realized later the search was just another ego trip and the knowledge I gained made me powerful again. It was also fun and very exciting times.

This search for the truth of who or what I am and why I am here lasted nearly 10 years. I met lovely people and had a lot of fun but destroyed my family life again.

I gained a lot of spiritual knowledge from reading and meeting: Osho, Dr. Wayne Dyer, Eckhart Tolle, Byron Katie, Mooji, Deepak Chopra, Bentinho Massaro and many others.

My girlfriend was very patient but again not understanding nor supportive. She did not want to live with a selfish Guru that was always gone and busy with himself and other woman and thus not support his family. There is a lot of truth in that but it doesn't help the relationship.

Two years after my burnout I was offered a job back into the IT industry. The timing felt right and it sure was a way to save my marriage. I was a reference for a good friend of mine that this company from Seattle wanted to hire.

After chatting with their CEO for an hour he asked me if I also was interested to join them.

I flew up there the week after and joined. A new chapter of business life after my burnout and spiritual search started. Very exciting and a bit scary at the same time. I had changed a lot but the business world did not.

At that point we are about seven years into our relationship with 2 beautiful children. I was very happy that I was able to work again. Thought I would be disabled for life and not able to work in a stressful environment anymore.

Up to that moment I had no interest in other woman and there were many around me in Puna and the workshops. They were my spiritual sisters and there was no sexual or romantic energy between us.

My first day on the job was a business trip to Vienna Austria. I went there with my good friend and met an old colleague as well from Israel. It was so nice to be active again and be with friends that at breakfast I decided to offer them a glass of Champagne to celebrate.

I felt great and went up to my room to get my stuff for the day.

What happened next has destroyed my relationship and broke the trust and respect between me and my girlfriend. It has never really rebounded since. The pain for both of us is very deep and still creates anger.

When I came up in my room I checked my mobile and saw that my girlfriend had called at least 10 times in the last hour. Something was really wrong and I started worrying about her and kids.

Nice start of my first working day away from home. I could not foresee that it would get much worse. While my friends were going to the bus that picked us up for the day, I walked away to call her.

She picked up the phone and hearing her voice and feeling her desperation and anger could have given me a heart attack right there! She was screaming at me and I thought I slept with a woman that night.

After she calmed down she told me she called my mobile and got another woman on the line. She must have been with me all night. She refused to believe my true story that these technical problems can happen with the phone networks.

During the next 12 months she did not trust me and tried to find evidence of me being unfaithful. I had no interest in woman and was happy to have a normal relationship and business life.

After each business trip she challenged me and accused me of most likely being unfaithful. I warned her many times that accusing me and punishing me for something that did not happen is very unfair and will destroy our relationship.

Starting my own business in Norway

I wanted to stay with my family in Oslo and started my own business again in importing health products from the Netherlands. I learned a lot and met some wonderful people but the business was not meant to be. Had to close down the company again after a year of trying hard.

My Dutch friend living in Fredrikstad convinced me to start a coaching company together. I followed a training class in London and I invested in paying upfront royalties. We were supposed to split that fee 50/50 later. It soon turned out that it was very hard to market these products and my friend and business partner decided to stop the efforts.

Another business failure on my list and he never paid me the 50% royalty fee back.

Becoming a 2nd time CEO of large software company in Graz Austria

After this adventure I got a call from an old colleague of mine who's investment company bought a software company based in Graz Austria.

He offered me the CEO position and I was flattered. During the interview with the CFO it was clear to me that he could not be trusted. I ended up joining and was very proud and excited. The major challenge I found was to live in Oslo and work in Munich. I flew every week down to Munich or Graz and stayed alone in an hotel during most nights.

After a year the business turned out to be very tough and I got bored again. I had managers to run the business and organization and had too much time.

Loneliness crept in and stress and boredom did the rest. Felt I had no control anymore and in the end the investors put too much pressure on me. None of the members on my management team could really be trusted and they were competing with each other all the time. Too much politics, manipulation and pressure on people to my liking.

At home things never really got well. My girlfriend told me she needed time, maybe years, to forgive me and open her heart again for me. Unconsciously I wanted to escape and leave and was looking for another woman. A new short affair happened but created even more stress and I ended up in the hospital with severe pains in my heart several times.

The burnout symptoms came back and after 18 months I resigned and ended the affair. Both situations were very unhealthy and against my values. I could not live this life of mistrust, cheating, lying and manipulation any longer. The mirror of life showed that to me and my body reacted again to wake me up.

My ego and associated career aspirations died at the moment for good.

Now it was time to live my life in full harmony with my core values and not the ones from others.

Back to the search of the meaning of life

I spend the next years with the family and joined several workshops and events again in which I tried to find myself. Realized who I had become and disliked the picture. I started to reject power, money and the business world and wanted to live the life of a hippie.

Joy, love, dancing and enjoying life as I believed it was supposed to be!

This journey drove me away from my girlfriend again because she didn't understand me. In hindsight she was totally right and much more balanced than me. What I missed is to connect to who or what we truly are. Coming home to your self will provide peace and trust in whatever happens in life.

During two occasions in these workshops in Sweden and Greece, I connected with that part of me. Tears of joy started to roll down my cheeks for no other reason than the pure joy of feeling what I am. The peace and love I felt was so overwhelming.

I believe I feel lonely and separated all my life because I do not experience that connection with all or source. Being on my own, relaxed and in harmony with nature, I did not miss anything! Not work, money, sex, sport, family etc.

Just being connected to source provided it all for me.

During the end of my employment, one of my managers got an epileptic attack and when I looked in his eyes I felt he was dying. Scary experience. Since I was his boss I felt responsible for his stress levels and tried to motivate him to listen to his body and take a more relaxed job. He refused and got another attack while in a meeting with us. This triggered me to think about resigning! I did not want his dead on my account. A few months after I left the company, he died in a meeting with the management team.

I trusted my feelings and was spared the pain and potential lifelong guilt.

I stayed home a few years to relax and did some coaching and healing work.

Single life

While playing golf in the Netherlands one day I felt I wanted to call an old friend of mine. He was enthusiastic to hear from me after many years and invited me to meet him in the office the next day.

He explained me he was looking for a CTO for a daughter company they owned and if I knew someone. I did and introduced one of my friends. After a few discussions we got excited and wanted to work together again like in the old days.

He sold the idea to his fellow owners of their company. I helped them with free advise on how to build the business plan and raise money. After 6 months I started in a team of 3 people as their leader.

This job meant I spend 90% of my time in the Netherlands and the family was supposed to come down and live with me after a while. During the first 6 months it became clear that the family would not come. I lived in the Netherlands and send most of my salary to Norway.

I got very bored and lonely and wanted to go to workshops again and have fun. I decided to leave my girlfriend and again without another girlfriend.

It was my time to feel free and explore life alone.

Relationship quest in Brazil

My adventure with the Queen in Brazil opened my eyes and proved that I should trust my gut feelings. Major turning point in how to live my life and make decisions.

She contacted me from Brazil via the internet. We were both involved with a spiritual teachers called Mooji and she saw my face on the website of Mooji. This is the only site I ever put up my picture and I guess I now know why. I had to meet this soul.

Like many I believed she must be a poor woman and looking for someone to take care of her. We exchanged emails and later talked via Skype. I realized that she was actually wealthy and beautiful and appeared very spiritual and open minded. It sounded too good to be true!

We both developed the illusion that God or life had connected us and that we were soulmates that found each other in this life. My mind loved the story but my heart told me it wasn't real.

I flew to Brazil and we spend a month together. We met in Rio de Janiero and had a great time. It was so normal for us to meet and sleep together from the start – very loving and relaxed.

We went to her home on the beach in the South of Brazil. It is a beautiful property on one of the most amazing nature areas I have ever seen. It reminded me of a combination of Thailand with tropical beaches and rice fields and the Norwegian mountain ranges. All within a driving distance of approx. 2 hours.

I cannot think of a better place to retire and we talked about the possibilities. I quickly found out that her ego was still huge and that there was a lot of anger and judgment in her life.

All her neighbors were jealous of her so she didn't talk to them anymore. Her ex owned the property next door but didn't talk to her nor their children.

She had lawsuits against her ex man, some neighbors and a previous ex boyfriend, her lawyer, who as she said fooled her.

After a week I decided to become a tourist and run my business and leave her alone. Now and then we went for dinner in the town. I walked a lot and learned surfing and had a lot of fun. After 3 weeks I realized the dream had fallen apart and decided it was time to go home.

No place in the world can make you happy if you are not at peace inside!

I missed my kids and home.

Career in charity organizations

I feel very blessed that I could experience life in Brazil with a local angel. From richness on the beach to poorness in the many favela's. We drove thru them one day on a motorbike with a Dutch charity organization. I believed I could find donor's for that organization who did great work for the young people in these favela's. In spending 2 days with the Dutch man in charge it didn't feel good. The children in these places seems to worship him like a king and he was drinking beer all the time when we visited these places. Something felt wrong here.

My dream of changing the world thru charity also fell apart on that trip. It did already a few weeks before with Mooji in Portugal but now my experience confirmed it to me.

Employed at Oracle Netherlands

During my trip in Brazil I got a call from a company called Oracle with the question if I still wanted to work for them? I had dreamed about this many years before and had forgotten it. Now it was materializing.

I dreamed about having a relaxed international job at oracle and find a balanced work – family life. At the moment I felt retired so I was pleasantly surprised.

I decide to join them because something inside me told me I should. Now I could prove that career, money and ego were behind me. I got the perfect job selling a solution that I talked about and interviewed for years ago. Amazing coincidence.

Proved the point again that I can trust my gut and dream what I want to materialize at the right time. Universal timing – not my thing.

The good life back home in the Netherlands started again. I was very disappointed in relationships.

Back to business in working for Bullhorn Inc. in London & Amsterdam

I joined the private company Bullhorn which build and sells a process software platform for recruitment firms. This is a very young and dynamic company and I was surprised they wanted to hire me. The average age of the company was close to 30.

This was one of the easiest and most satisfying challenges in my career. I was building a business in mainland Europe with a team of very young and ambitious people. They team was between 25 and 32 years of age and very unexperienced. This gave me the opportunity to a mentor 7 coach as well as running a fast growing business. The customers where all entrepreneurs and I connected very well with them. I felt like a fish in the water.

Since I was single I could devote as much time as I wanted while maintaining enough balance to do the things I love to do like sports and personal development. I received a lot recognition from management and my team for the 1st 12 months in the job. After this period it became evident that the team would not grow fast but instead we decided to look at buying a Dutch company with more presence in Europe.

When I was hired by my boss it became evident that he and I had very different personalities and experience levels. I have worked hard to make him feel appreciated and supported but in the end it became more and more clear that we where not compatible.

My open and direct way of communication and my very strong intuition for the political games played out behind the scenes made our relationship deteriorate very fast. When it was clear we would buy a company soon my position became redundant and the games began. I played the game and left the company after 18 months with a salary payment for another 10 months.

This enabled me to not worry about money and complete my quest to connect with source as close as possible.

The final journey of my current life

I was introduced to Mas Sajady www.massajady.com by a friend who worked with him for a year. We signed up for a 1 hour group healing session in London.

At this event my ego showed up massively. Mas was 30 min late and kept us waiting while we paid a lot of money for it! How could he! I tried to connect with him afterwards but felt he ignored me 😞

After this I went back to my other teachers and ignored his work.

The friend kept talking about him when we shared our experiences and after 1 year I felt pulled to reconnect with him and his work. I started studying his background and work and joined the 21day medihealings.

Something in his work described as frequency healing made total sense to me. It lined up with my education of transmission and frequency theory and the stuff I researched on quantum physics.

My ego/mind could now understand and accept the method and I fully opened up to his work and his vibrations.

This has changed my life dramatically as well as my functioning as an executive.

This enables me to let go of the typical powerful CEO image to compete, thrive and control people and situations. I have finally been able to let go and let life happen to me with full trust that all is well.

This creates the state of feeling fully abundant on all levels and it seems that life becomes a lot easier.

This inner peace and trust now completes the body mind spirit connection where all works in harmony.

The process of creating a 360degrees abundant life

The process to reach your full potential as a human being and enable the possibility for a fully abundant life is surprisingly simple and short.

It has taken people lifetimes or their full life to come to the realization of who they are let alone to create a life of abundance. I feel blessed to have met the right teachers which enabled me to complete the majority of the process in roughly 20 years.

In working with Mas Sajady and his exceptional abilities, I am convinced that people can complete the journey within months or extreme cases a few years.

In order to attract a fully abundant life we need to delete the distortions that block us from naturally living it. During this process our Essence or Spirit will wake up and start guiding our life io our Ego/mind.

The distortions that keep us away from our Authentic Self are stored in our DNA and come from our family line. In the same way that our DNA defines the color of our hair and eyes and inherited diseases or addictions, there is a realization that other behavioral patterns can also be inherited and programmed into our DNA.

The other forms of distortions come from our experiences during childhood and the rest of our live experiences.

The result of cleaning out the distortions is that you become the authentic person you were meant to be and your essence can start guiding the choices and circumstances in your life. This will enable you to attract abundance in your health, career, relationships and find out who you truly are and why you are here!

The effects on my life and my current reality

After working with Mas for nearly 2 years, my life is transforming in every aspect of my life.

The 3 elements that define abundance for me are *Health, Business success and relationships*.

Health:

My body feels 20 years younger and vibrant. Physical evidence is e.g. that my blood pressure, which has been way too high for 20 years, is now back to normal and I stopped the medication. Calcification in many parts of my body are stopped and in areas like my heart, feet and hands reversed. My organs and nerve system have recovered from the decades of stress.

Business:

I have fully focused on the process and have travelled nearly full time for the last 18 months. Right now opportunities are opening up to rejoin the business world.

There are several opportunities opening up to create sources of income like investing, coaching & consulting and trading.

Relationships:

All the relationships with my friends and children have improved and all have become more loving and real. They are now able to be themselves and real when they interact with since I am finally free of distortions and very open and present for them. They seem to enjoy being around me more.

The people that are very distorted and show no intention to work on themselves have left or are leaving my life.

Love relationship:

After 4 years of living alone and several failed attempts to build a long lasting love relationship, I now have found the person that makes it possible.

I have always known what is possible when you meet the right partner. When you clear your distortions that control 90% of your behavior and become the real you, you will attract the right partner into your life.

While running distortions the chances of exploring the full potential depth of a relationship is impossible even if you stay together all your life.

I have been blessed to attract a goddess that followed the same process with Mas Sajady. I have always known that finding the perfect partner is possible and never gave up on that dream despite the failed relationships.

The connection between us exceeds the human features like beauty and intelligence. There is a deeper connection thru which our essences recognize the potential of this level of relating.

Needless to say that I am blown away by this human being. She continues to amaze and surprise me nearly on a daily basis thru which it becomes an overwhelming experience.

Higher intelligence:

The other physical effect of the work is that my ability to look at life from a higher perspective is exponentially increasing. This enables me in both my private and business life to see what the real agenda or game is that people or structures like the financial-, political, religious systems are playing out.

I have always been able to tell when people are not real or better lying to me and themselves. Now I can see where these distortions are coming from and I can coach them to look in the mirror and allow them to transform.

Awakening my spirit/Essence and relaxing my mind/ego has created a strength based on trust or knowing that I am always connected and protected by source or my spirit.

The process has also made me realize that my vibration works as a tuning fork. This effects the people I work or interact with. I can use this more consciously and co-create business with them that fulfils and benefits all involved.

The key to living a full abundant life as a human

To live a life as *Spirit having a human experience* and NOT as a *human looking for a spiritual/religious experience*.

The difference is hard to understand but easy to experience ones you have resolved all the inherited distortions and have become your Authentic self or Essence.

In working with Mas Sajady, I have experienced my body to regenerate to nearly perfect health and vibrancy while my mind has calmed down and I can now view life on this planet from a higher consciousness or intelligence.

This creates peace, abundance and ease in every aspect of my life and makes me want to be of service to others to enable them to live an abundant life at their highest potential.

This is our birthright and everyone is able to achieve this in his lifetime!

If you feel this resonates with you please contact me 😊