

**FIRST AID**

**with**

**IMMATURITY**

**Hans Laurentius**

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## PREFACE

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A little while ago I rediscovered some documents about experiencing emotions, zooming in and zooming out and intuition and things like that, and the thought occurred to me to make these available. They are all dated a few years ago, but that's quite irrelevant.

A short description of our defense mechanisms, tendency not to feel emotions all the way through and resistance against 'what's here right now', and things alike, may be helpful for those who at least want to live a more mature life, without being stuck in a conditioned, childlike being founded on resistance or mere 'acting out'.

Let's begin with a few observations:

- Energy doesn't want to be stuck, it loves to flow.
- We, often unconsciously, keep energy captive.
- Releasing our grip, will set emotional energy free.
- Judging, avoiding, denying or fighting emotional energy makes things worse and holds energy captive.
- Oppressed or captivated energy is not available, moreover, oppressing energy itself requires energy.
- Resisting to feel creates suffering or maintains it.

Furthermore:

- Obsessive thinking is almost always the result of denying emotional contents.
- Finding a way out through thinking is impossible and denies the underlying emotional base of the problem.
- Resisting what-is is an attitude of the immature.
- Resisting, wanting to get rid of, controlling, denying, explaining and fighting all are different ways of *doing*.
- Experiencing something wholly or feeling something all the way through both are *being* (with it).

- Experiencing what-is, wholly, integral, is a characteristic the mature.
- By experiencing, without exception, what-is, we are no longer blocking a spontaneous release of captivated energy.
- Everything seeks enlightenment, liberation. Naturally.
- You only have to learn the true meaning of 'feeling', instead of the usual getting emotional, identifying, oppressing or projecting.

Consciousness sees and feels everything immediately and without prejudice. To feel is natural, it's actually not really 'doing something', but just being. Resisting is doing. Avoiding, suppressing, distracting, and 'explaining' as well. You can start right now or continue to be something like a child in a grown-up body. It's all fine by me, however...

By re-discovering how to consciously feel, one will be more open to what-is, less controlling and anxious, less afraid of the opinions of others; one becomes more natural, more mature, more 'real' and truthful, and not so easy to manipulate.

The same goes for re-gaining 'access' to Consciousness and intuition. We need these human possibility's activated, awakened and 'at the ready' to live a fulfilling, unafraid, authentic and meaningful life. And that's good for you as well as for the world.

Don't worry about the past or time lost: just start now!

Enjoy, HL - august 2013

## INTRODUCTION

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There is a reason why very few people succeed in leading a truly mature, free and conscious life, even though there are effective methods that direct you to the realization of this.

The reason very few succeed is that the structure mostly referred to as ego is tougher than expected and most often isn't dealt with in a very effective manner. Not in most satsangs, nor in most therapies.

Satsangs or private sessions can help you become aware of your true being: pure consciousness, which is a great thing and also a necessity for gaining maturity – and awakening. It has, as I've come to notice, also healing and therapeutical elements, but it's rarely enough to help dissolve all defense mechanisms. Most therapies surely clear away and make you become aware of all kinds of things, but hardly ever do they reach the root of the problem, let alone involve consciousness or truth.

When we begin to realize our conditionings have their origin in early childhood, before we were able to think and talk, it becomes more clear that an intellectual understanding of them is not enough, since the emotional-energetic conditionings are from a pre-intellectual period.

Most approaches lack the fundamental realization that everything is consciousness and energy. They therefore become too personal and focus too much on dramatic stories, and psychological explanations without taking into account energetic possibilities and the origins of barriers.

Our feelings of incompleteness arise when we at an early age lose grip on the realization of Being Consciousness. Instead we start to feel we are a separate being, alone, incomplete. Because of this many problems arise, patterns and convictions we call conditionings. We then begin, for example, to start searching in the outer world for a sense of security and 'love', refrain and adjust ourselves for fear of not fitting in, ache for kicks because the adrenaline

makes us feel alive, push to let things happen the way we want them to or overreact when they don't etcetera.

It thus seems important for us to be able to reconnect to our true nature, a vivid awareness of Wholeness. Aside from this it's essential to break the spell of the conditionings and let dissolve what caused them. These causes are unresolved residues of traumatic and other intense experiences that are locked up in our energy system and which prevent an unobstructed flowing of life energy.

To find again consciousness and to overcome fears and projections, we must learn to zoom out. To set free the causes of our conditionings – traumatic and other unresolved experiences – we must learn to zoom in. Experiencing unresolved emotions, or energetic clots, and setting them free, requires us to not stay on the surface and contend ourselves with tears and drama (catharsis), but to penetrate to the very core the reservoir containing the undigested material that awaits liberation.

About how and when to zoom in and zoom out and other methods to free our selves of self-restraint and other obstacles in order to be fully conscious, you can read in this book.

Finally: too many people experience glimpses of freedom only to again and again fall back into old habits. Very frustrating.

You can for twenty years go to therapy, meditate, read, go to satsangs and watch YouTube movies of satsangs without making any real 'progress'.

Gaining awareness of and removing restricting convictions and repressing energetic-emotional residues, is essential. And there's often more than you think, hihi.

## DISMANTLING THE DEFENSE MECHANISM

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In this chapter we find a description of the defense mechanism and an explanation of how to clear it away. Afterwards we will explore what is said in more detail, including methods and techniques of how to do so.

### Structure of the ego

Our essence is consciousness and surrounding it we can find an aureole of a pure and pristine character. Our essence and this pristine character are as it were hidden by what we can call a defense mechanism (the egoic structure). I usually call this *the second layer*, but actually it consists of multiple layers:

- A. Our true nature\* is hidden or distorted by reservoirs of unresolved emotional energy. (\* Or basic personality traits).
- B. On top of these reservoirs there is a layer containing projections and expectations and conditionings we are unconscious of.
- C. Layer B is followed by and mingled with the story of the world and the separate self.

Layer A consists of unresolved and often deeply hidden emotions. They are evoked by traumatic and other emotional experiences, mainly from early childhood, which were so great in strength we could but hide as much of it as we could, out of fear of being crushed by its overwhelming intensity.

In childhood we simply don't have the capacity to deal with such intense experiences and therefore we dissociate ourselves from them or suppress them. At that age it's the only surviving strategy, and a necessary one. The base of the defense mechanism (ego) is therefore unresolved emotional energy.

These experiences cause emotional beliefs, attitudes, projections, expectations and conditioned behavior. All these form as it were layer B.



After layer B, but mingled with it, we find layer C. This layer is the product of our education and relations as immature people: the story of the world and the separate self.

These concealing layers are almost totally beyond the grip of our intellect, since they find their origin in a preverbal energetic state. The nature of these convictions and conditionings is an emotional one and not an intellectual one. It's your emotional energy which may make you feel 'the world's a bad place', 'I'm not worth it' or 'I'm not good enough'. These emotional convictions or stories are most often not literal thoughts, and if they are literal thoughts their base is still emotional and not intellectual.

So even if we intellectually understand that 'all is one', that everybody deserves to be, this doesn't mean we can *feel* it. You may *know* you are pure consciousness and free, but when your energy system is incongruous with this knowing, when you don't know it *emotionally*, when it's not your *experience* or *reality*, well then it's useless.

What's necessary is awareness. The conditionings have to be made visible and neutralized. Convictions have to be dismantled and emotional reservoirs emptied. Then the defense mechanism, the ego, will simply implode.

In other words: without anything based on emotional pain, without conditionings and the stories that follow, there will be no ego, nothing to be suppressed and no self.

Two things are crucial: to learn how to feel effectively (in order to re- and dissolve the emotional residues) and to neutralize the conditionings.

## **Liberation**

We basically have to free the energy system from all obstacles. This freeing can only be achieved by means of what already is free. We are in essence consciousness and emotional energy is nothing but condensed consciousness. By bringing consciousness into emotional residues, these will dissolve. This

requires practice and precision, because resistance is all we are familiar with. We can learn, however, how to feel; hence this booklet and the private sessions. The sessions can be used to help you clear away obstacles and to teach you how to do it yourself, so you will have direct experience of how this works.

Zooming in with full awareness is what we have to learn in order to free us from any residues (or even trauma). Zooming out is needed to become aware of consciousness, our true nature, because only from a vivid awareness will our ego and its stories, our fear and convictions, be disarmed.

### **Unresolved emotional energy**

By learning how to feel, how to fully experience, in other words by bringing consciousness into contact with (traumatic) residues, the reservoirs filled with emotional energy will be emptied. Once emptied the structure will begin to collapse.

### **Inner powers**

In learning how to do so, our inner powers are of great importance, with the most important being our energetic senses. Available are an inner sight, inner feel and inner touch, which will help to detect obstacles and make them evaporate. The quality of our inner concentration is also important. The possibilities and quality of our inner powers depend on our level of awareness, the things we have already learned while gaining awareness and the toughness of our conditionings and emotional residues. The more we learn about consciousness and how to feel, the stronger and more effective these powers become. It's important to firstly clear away any obstructing conditionings, because otherwise the use of our powers will be prevented by just these.

### **Expectations and projections (fears and desires)**

Because of intense, overwhelming emotional experiences, there arise in us 'stories', convictions. At an early age impressions may settle in our system.

Feelings of insecurity, of not being good enough, of not getting any attention, or stories of distrust and fear. These feelings or convictions are mostly so far down we don't notice them, the more so because they are often hidden by strategies of avoidance and conditionings based on these strategies.

By becoming aware of this, and by experiencing these feelings fully, our system can be gradually freed from them.

The main 'trick' is to find out what the suppressed emotion needs from you to release! It's not about what you want, but what it needs. This is crucial. Finding the right attitude, the right kind of inviting openness, closeness (sometimes), or space (at other times), is central. It's very much like a creative process...

### **Conditionings (restrictive convictions of which we are unconscious)**

Conditionings are automatic or mechanic tendencies of which we are unconscious. One of the main ones, as stated before, is resistance to feel things fully. Needless to say these conditionings (and identifications) will hinder gaining awareness and so it's often best to first eliminate these tendencies or at any rate to strongly diminish them. As with many obstructing aspects, conditionings consist of two components: an energetic one and a conscious one.

Since we often *are* (or seem to be) these patterns, it's very difficult to recognize or to approach them (at first). Therefore it might be useful to devote some sessions and/or serious and honest inquiry to the diminishing of these conditionings and to learn more effectively how to consciously feel, if necessary.

When the emotional contents and corresponding conditionings have dissolved (totally or for the most part), life as a mature human being sets in: true living, so to speak.

It's even possible the 'process' continues to dismantle all stories of the separate self, which is the final obstacle for awakening.

## **Why other methods don't really work**

The reason many methods, whether or not spiritual or psychological, don't work moreover, is quite simply that they are based on resistance, based on 'getting rid of'. Who resists, keeps up the fake self and with it the problem, because it will be the same resistance feeding it, keeping the content locked up, held captive.

Clear as a bell, if you ask me, but most folks, including therapists and all kinds of teachers, still seem oblivious to it. (Which is no tragedy of course, just part of the whole picture, just as I am, stating the obvious.)

Resisting what IS not only doesn't help, it maintains suffering, affirms the fake personality and is without love. We in fact reject parts of ourselves, fight them, judge them, want to get rid of them. In other words, our attitude towards various patterns and emotional contents is hostile and harsh, and then we claim to be 'spiritual' and talk of love and all that. It's quite hilarious.

## ZOOMING IN AND ZOOMING OUT

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### **Localizable and diffuse emotional energy**

In this chapter we will learn how to distinguish between localizable and diffuse emotional energy, how to approach them and how to invite them to dissolve.

Localizable emotional energy can easily be identified as a physical pain, tension, uneasiness or pressure. Diffuse emotional energy cannot be pinpointed somewhere in the body, but moreover permeates it and radiates outward. It's like a cloud that surrounds us.

Traumas and other unresolved emotions are mostly of the localizable kind, whereas fears, identifications, convictions and projections often are diffuse. These two sorts of emotional energy both require their own approach.

Localizable energy must be experienced to its very core, diffuse energy at first doesn't have a core and must be felt from the 'outside'. For the latter we focus our attention to outside of the cloud, outside of the energy field, and using pure consciousness experience the field.

To dissolve localizable energy, therefore, we need to zoom in, to dissolve diffuse energy, we need to zoom out.

How this all works, will be set forth hereafter. Techniques will be explained in detail.

### **Experiencing localizable emotional energy**

When an emotion or emotional residue arises, this will be in the form of physical pain, tension, uneasiness or pressure somewhere in the body.

Energy arises because it wants to free itself; it doesn't want to be imprisoned, it wants to flow.

The reason emotional energy got imprisoned is that when something intense happened, we weren't able, or not conscious enough, to fully deal with the

matter, to digest is. Part of it we set aside, mostly because of a conditioned resistance to feel things wholly.

### ***Step 1***

When we possess the clarity to notice energy arising, it's usually first a specific area somewhere in the body, see the left image on the previous page. In the image the area is situated in the belly, while in fact it can arise anywhere in the body.

This energy has to be felt all the way through to make it possible to dissolve and not disappear under the surface once more.

Focus your attention on the area and feel the energy field, feel the whole area. Avoid wanting to get rid of it, don't force yourself, because energy cannot be forced. Explore the area using your inner feel and inner sight; experience the area. Don't rush.

When we do take our time it quite soon becomes clear the area has boundaries and we can notice whether or not the energy field is mobile, flexible, pulsating and powerful. Take your time to feel the whole field.

Next you will notice that at the center, or very close to it, the field is more intense.

After the initial contact and exploring, it's time to zoom in on the center of the field. It's not effective to keep our focus on the whole field. What we want is its origin, its source.

Focus, using your inner senses, on the part that's more intense than its surroundings. The intensity of the field might be dispersed as in the following image.

Feel the center of the energy field, its most intense part. Be prepared to experience it wholly, as it is.

When we keep our focus on the edge or surface of things, there is a risk of being overwhelmed by the drama of emotions and we might only really feel the top layer, while the actual content and its origin stay untouched.

We therefore have to zoom in, to focus on the most intense spot, and keep being prepared to do so.

What stands out during sessions is that when people learn to keep their focus on the center, they are very well capable of withstanding intense experiences, without having crying fits or other dramatic complications. While on the other hand, when people don't stick to the core, emotions and stories immediately take over.

This is crucial. It's about giving emotional and traumatic energy a chance to dissolve, not about making as much fuss as possible. So stay prepared to feel the most intense part, don't let yourself be lifted together with the energy that's released, don't get seized by the drama.

## ***Step 2***

When we zoom in, as described, on the center of the energy field, this center will:

- become bigger or enlarge;
- temporarily stay the same;
- begin to disappear;
- change position.

It's of importance to stay with the most intense spot, even when it moves.

While thus continuing to focus and feel, something else might grab our attention, apart from this possible movement or enlargement.

The center turns out to have a center of its own.

This center, we will find out, is "empty". So there is an intense energy field, with an even more intense center and a center's center which is empty.

Sticking to the center the emotional energy gradually will dissolve and the empty center's center will become bigger. This emptiness is nothing but

consciousness; outside of the energy field we find pure consciousness, in its center's center it's the same thing.

To stay with the most intense spot is important for two reasons.

The first reason is that only by experiencing the most intense layer, emotional energy can be released. The second reason is that we will be able to discover that consciousness is the center of everything and envelopes everything; is the essence of everything.

Experience shows that when people feel something all the way through, this is often followed by a relaxing feeling of completeness, which tells us that when the content is dissolved, the underlying natural condition is there to feel.

It therefore goes without saying that when we are freed from all emotional residues, and the ability to face and feel everything is optimal, the natural condition becomes permanent, since it's only the conditionings, based on unresolved emotions, that keep us from living our true self.

### ***Zooming in on multiple layers***

While I was feeling, experiencing something that announced itself as a theme, I noticed something else. Zooming in on the center of the emotion, it more and more started to resemble a vortex-shaped passageway. What at first appeared to be a "simple" field with a center and a certain thickness, turned out to be something layered.

After I had fully experienced the first layer, I descended further inside, or downward, where a following layer was ready to be explored. While keeping my focus on the center, the intensity of the energy wasn't more than I could bear, and after a short period of time this energy dissolved and my attention continued its descend.

### ***Step 3***

In this case the vortex consisted of 5 different but interrelated layers of emotional residues. After each layer had been thoroughly experienced, as well as the core or root, the vortex disappeared and the natural condition showed itself; completeness.



So it's possible that while zooming in on the center of an emotional field, multiple layers will appear, layers which all have to be carefully explored and experienced before arriving to the very core or root.

Make sure not to stop before reaching this core and all emotional energy is dissolved; leftovers are unwished for.

### **Remarks**

- It's of great importance to keep your focus on the most intense spot. Catharsis – crying, and things alike – is not our objective, nor is it proof of depth or effectiveness, although sometimes it is unavoidable. To let something dissolve is only possible when you descend to the very root, which is easiest reached through the middle, because like in the center of the hurricane, over there it's the most quiet and stable, while on the outside you are likely to be swept away. So when you do get swept away, there is one thing you are certain of: you are not in the middle. Continue to zoom in.
- Experiencing emotional energy might be a matter of multiple layers, piled up like in a vortex, or stored away somewhere else in the energy system, which is your body. Experience all layers, avoid leftovers.
- When the energy field moves, make sure to stay with the most intense part. Keep being prepared; rejecting will hamper liberation. Never push or pull, don't force an outcome, don't think, but feel.
- When while experiencing thoughts arise, continue where you left of. When images or memories arise, grant them a glance and continue to feel.
- Notice when your focus is wandering, and refresh yourself by focusing again on what's there to experience. When your focus continues to wander (or maybe you brace yourself for things to come) this often shows the presence of the following conditionings: avoiding the present and/or resisting to feel. Or maybe it's simply too difficult to gain access

or to do it by yourself. In these cases you may want to make an appointment, for sometimes you need the help of an experienced person to experience things yourself.

### **Experiencing diffuse emotional energy**

In the case of moods, convictions and projections, their energy surrounds you like a cloud. You're trapped in it. You believe in it.

You can do the following to free yourself from them:

- Notice that a mood holds you captive (recognition).
- Find, using your inner feel, the boundary of the energy field you are immersed in.
- Keep your focus on the boundary and notice the tension, the emotion, on the inside of the field, and the calmness, the openness, on the outside of it.
- Focus on what's outside of the field (consciousness). This helps to regain awareness of consciousness and will clarify that what's inside of the field, the mood, isn't the real.
- Take notice of the calming effect this already has on your energy system (body – mind). Take a moment to relax in consciousness.
- From a consciousness point of view, from the outside, see and feel the energy field. This is THE moment to recognize that the energy field, the mood, is powered by a fabricated story you believe in. Notice that the story is nothing but a conviction or projection, an idea whose base is not situated in reality. It's just in your mind!
- Realizing the falsehood of the story takes away the need to activate a defense mechanism, which the protective energy field is.

Two things can happen now:

- The field dissolves: done!
- The field disappears and a localizable energy field remains.
- Zoom in and experience this field until it dissolves.

As always, practice makes perfect. Knowing is of no importance, acting is. Real Knowledge is the product of experience, real experience, and is not the simple recollection of things learned. Things learned only become Knowledge through experience, through an active undergoing of events.

A final remark: When you are capable of zooming out, use it as a starting point to experience localizable contents. This way you are sure the “I” is not involved.

## INTUITION

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Though what we call intuition is the truth in us speaking, most of us have at best a troubled relation with this natural power.

### **Ignoring intuition**

Most popular is to ignore intuition. This is caused, inter alia, by fear of the consequences. Fear of what others will say when we follow our inner knowing and quit our job or end our relationship. Or fear of the financial consequences of a choice based on our intuition.

This fear, says Tom Stone – an expert on this subject and someone we all know – is the result of punishments we endured when we as a child acted on these kind of impulses. Parents often already are estranged from authenticity and the courage to live a true life, whereas children are still very receptive. When a child encounters disbelief or even punishment, it will basically learn that acting on intuitive impulses will have negative consequences. Small children can only cope with small doses of emotional energy and it won't be long before they, out of fear, will ignore their impulses.

### **Fixating on intuition**

Another tendency is to immediately fixate on an impulse. An intuitive impulse can be an anticipation on a possible outcome. When we turn this impulse into something egotistical, we start forcing something that doesn't want to be forced. It's therefore of importance not to fill in our impulses according our egotistical ideas.

### **Making a distinction**

It's also difficult for some to make a distinction between a true impulse and that what arises out of fear or desire (ego). A distinction, however, is easily made. An egotistical impulse has a certain (sometimes considerable) weight, a

true impulse on the other hand is 'clean', it's simply telling you something, it's inner Knowing. Not loud, but simply simple. It's knowing without reason, and therefore clear as crystal. It's simply there. And you know: don't do it! Or: do it! It's like a wise man talking.

The noise mostly comes afterward, when your emotions come tumbling down and try to tell you that everything will go wrong when you follow your hunch. And that the consequences can't be overseen – which is sometimes true, but not in the terrifying way your ego wants you to believe.

### **Knowing instead of thinking**

This knowing is really a true blessing, and much of our suffering wouldn't exist if we'd only listen, instead of think, project, fear and strain. When your mistakes have been plentiful, hopefully you'll open your inner ears.

We all know how it works: we do something and everything goes wrong, when suddenly we remember: 'Darn, I knew it'. Yes, you did, you knew you shouldn't do it, but then you did it anyway.

An acquaintance of mine was driving in his car when he felt something was wrong. He stopped, checked under the hood and noticed a low level of coolant. Tricky. His ego, however, told him it was fine, besides, he only had an hour of time to get to where he was going. When he'd let the engine first cool down and then wouldn't drive too fast, everything would be OK. His intuition told him: call a garage. Impatience got the overhand and he drove off. The result was thousands of euros of damage and of course he wasn't on time for his 'important' appointment.

A client got the clear message to quit her job, a message she ignored because her thoughts travelled to her mortgage, summer holidays and wandered on what to do instead. A few months later I was asked to help her with her burn-out...

Dramatic consequences, but it also goes for little things: mounting a lamp and ready to secure a shackle with a pin, I *foresaw* I was doing things the wrong

way and *saw* the lamp fall to pieces. Nevertheless I continued what I was doing and the lamp fell to pieces. It happened as I *saw* it would happen. Great! And then it's me telling you to follow your instinct. Ha!

### **Active and passive use**

At the risk of seeming disrespectful: there are two ways to use your intuition. Most common is a passive use. We get a hunch which we hopefully follow, or at least make a mental note of, so we can afterwards tell what happens when we ignore it.

An active use is as follows. Suppose there is a dilemma, a question, e.g. we have to make a decision between left and right.

1. Formulate the question in a clear way.
2. Feel if any tension arises doing so.
3. Ask the question in a closed form (should I choose left?), not in an open one (do I choose left of right?).
4. Feel, observe what impulse arises.

Now there are three possibilities: *yes*, *no* or *no response*.

Easy.

If *yes*: do it, if *no*: don't. In the case there is no response, postpone the decision, because it's too early to tell. Try again later or simply let it come to you.

To become more familiar with how things work, try the following:

Every time your intuition calls out, write down what it says and if and how you act on it. Later add what happened.

This will help you form a picture of what happens when you listen and when you don't, when you listen carefully or carelessly, act carefully or sloppy.

It's easy to mess up good advice: we can wait too long, be too aggressive, compromise, be too fixated, slacken etcetera ... mind your step!

The guru you are looking for is already there: listen and be blessed.

Do not listen and suffer ... until you cannot take it anymore or are sick of it.

It's all good.

For me, knowing your true self – i.e. consciousness – and being able to feel wholly every content, together with actions based on intuition, are the characteristics of a mature life and the best start for awakening.

Freedom is obedience.

Enjoy!

I want to specifically thank Ad Stemerding, Jan Visscher and Tom Stone, who all helped me to set out more clearly and more effectively what I learned during my energy work or discovered by myself. With great pleasure I absorbed their works and let it become part of me. Their knowledge of the human energy system, conditionings and their settings as well as their clarifying overviews and insights, have had a big part in the coming about of this booklet.



Hans Laurentius (1964) is a advaita or non-duality teacher from the Netherlands, teaching and publishing since 1998.

Keywords: Awareness, freedom, Advaita, non-duality, liberation, spiritual enlightenment, true human adulthood, liberating emotional energy and conditionings, emotional freedom, Consciousness...

Hans Laurentius was trained for four years (in the mid 90's) as a teacher in spiritual therapy, for which he is enormously grateful. The search stopped however, among other 'things', mainly through the confrontation with Nisargadatta's I am That, and Ramana Maharshi's glare and words and the spontaneous recognition of Awareness as reality. Since '98 Hans has led hundreds of satsangs, retreats and private sessions, for a great part in his own spiritueal centre 'The Horizon', but also throughout Holland.

Hans published seven books and a booklet (EHBO – in dutch), many, many articles and columns, satsang cd's, video's radio interviews and four homemade music cd's, for he liked to play guitar, bass, sing his own lyrics and play on his synth's. ☺

His 13th book is just recently published (2022). Hans is sometimes judged as being (too) confrontational or direct, or, more kindly, as very clear and uncompromising. On the other hand people credit him for his creativity and patience and even 'love'. Quite funny, right?



Private (skype) sessions can be entertained in English.

Some quotes now, Enjoy!

- When spirituality is not alarming, it's not worth mentioning.
- Burn-out is never about work. It's a spiritual crisis. Not feeling and listening leads to inauthenticity which at a certain point makes the 'soul' scream for change.
- Self-inquiry is for internal use only. Not for beating others down, or to be used as an excuse for lousy behavior.
- Becoming aware isn't necessarily pleasant. It will always bring clarity though.

# FIRST AID

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# IMMATURITY

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Translation 2014: Jan Joost Schouten, thanx man! Great work.

Enjoy, Hans Laurentius