Emotional Alignment is Easy

you are not your profession

I AM

For my fabulous children,
Keij, Max and Eef

***Andrea put picture 'energy' here jpg# 35**

"They……"

told me to stop studying dentistry

because of a virus infection I once in a while have around my nose;

they told me to n o t ask such bold! qQuestions. AllBecause ~~the~~ answers were to be found in the books, they said. ~~b~~But they weren't MY answers….

A few years later:

—— "I"……

graduated with honours from Dental School
graduated with honours from a School of Physical Therapy

Dear Friends,

I appreciate your interest in my work and online consultations. Many people have asked: 'for whom are you writing this book?'" ~~".~~ I've felt pressured~~have~~

Commented [SL1]: What virus infection? This is awkwardly phrased. Do you mean you have outbreaks of it once in a while? Need more explanation and for the sentence to be phrased more clearly.

Commented [SL2]: I'm assuming you intended for there to be these spaces between the letters as you have done this in several other parts of the manuscript. Did you do this for emphasis?

Commented [SL3]: I understand you have put the exclamation point here for emphasis, but I just wanted to make sure you know that it is incorrect. You have done this kind of thing at other points in the manuscript, as well. Do you want to keep this as it is?

Commented [SL4]: Why have you started this so far down on the page?

Commented [SL5]: Changed to single quotation marks because that's what you used in the rest of the book. You need to keep this consistent.

~~felt pushed~~ to give an answer t~~w~~hat would fit into somone's neat little box. Let me just say this: ~~I just could not give an answer and still cannot.~~ I am so happy it is YOU, but…who are you? Are you a carpenter, are you a housewife, are you a marathon runner, are you a nurse, are you a dog lover, are you a criminal, are you a dentist, are you a son, are you a…~~……~~.

Well, guess what? T~~t~~hat is not what you ARE!! What are you, then? You are a soul experiencing life in a body. You chose this experience. You just forgot. See…we are all the same. We just express consciousness in a different way. This philosophy, however, needs to be translated into daily life and action.

I am hoping to give you tools to 'live' your life~~them~~ in your own way so you can develop your own unique gifts, for that is what you are, a unique gift to the world!

There are a lot of people you can turn to for help: friends, confidants, doctors, dentist, healers, psychics, you name it. According to "where you are" you choose who might be of assistance.

My most cherished wish is to remind you that ~~My biggest wish for you is to remind you that y~~you are a multidimensional personality and within you lies ALL the knowledge and the knowing to live your life to the fullest.
~~You might just need someone to remind you of that.~~

Every single person you choose to help you can only be a mediator or intermediary,~~termediair,~~ to link you back to where you came from: Source.

I am honoured you choose me to be your intermediary.

~~intermediair.~~
Yours in Dental Health.

Commented [SL6]: Meaning unclear.

Commented [SL7]: Meaning unclear.

Commented [SL8]: Did you intend to use the verb "knowing" as a noun here?

Commented [SL9]: ???

(hanging on the edge of a cliff yelling)

You: '"Help!!! Is anybody out there?'"
Source: '"Yes, hello. It is me, Source.'"
Yyou: '"…Is anybody *else* out there?'"

Commented [SL10]: Changed to single quotation marks because that's the kind you used in the rest of the manuscript. You have to keep this consistent.

For(e)w(o)(a)rd
Introduction
The dentist
Responsibilities
Communication
Call them names
Tooth
It is sugar, babe!
Treat or defeat?
'Drill…
Fear
Office talk # 1 (*true story @the office; series)*
Office talk # 2
Office talk # 3
Bliss?
Office talk # 4
The dental examination
Inflammation vs infection or Response vs Invasion -
The gum: **soul** of the mouth
Office talk # 5
Office talk # 6
~~Anamnesis~~
Office talk # 7
Anamnesis
Your teeth are living body parts
Happy teeth?
Office talk # 8
Office talk # 9
Chemistry of stress
The lymphatic system
Love your K9's!
Office talk # 10
TomTom
Shopping cart
....and Fill'
®
Physical pain, Mental pain
House of teeth
Metaphysical meaning of pain
Your body as a manifestation
Mechanisms of oral pain
4 x ¼

Commented [SL11]: The title you've actually used at the top of the chapter is "Foreword and Forward". Not sure if you were aware of that.

Commented [SL12]: You actually called this chapter "The dental exam" at the top of it. You should keep this uniform.

Commented [SL13]: I couldn't find this chapter.

Love at first bite
Exercise
My cell phone is your placebo
A bitter pill to swallow
Saliva, your holy tooth water
Tongue tied
OUCH
Until death do us not part
About me
About myself
You form history, it doesn’t form you
More of the same
Homeless
The accountant
Colleague
It is Law
One for the money
Think and grow, it is Law
Wikipedia
New thought
Are you out of your mind?
5th Dimension
Conscious
Bridge over troubled water
Our body remembers
LinkedIn
Crystal clear
Parents
Past life
Your family is your gift
The sacred honour to be a mom
Healing is the portal to abundance
I love me
Affirmations
Chemistry of feeling good
What’s the matter?
Spirit meets Science; hi!
Mind boggle
Your experience is your proof
Trick or treat
Off course
Source energy
Sleeping beauty
Calibration

Emotional alignment
Be still
Ask
SIGNature
Flying high[a]
Emotions are manifestations
The miracle
Dent-art-ist
Office Spirit #1
Survival guide for the dentist
MWM®
High Energy
the $100 bill
Mind my own business
Maslow's hammer in court
Reptility
222
The meaning of 222
Armed to the teeth
Emotions have colours
You are the rainbow, the colours are in you
The spiritual meaning of teeth
The spiritual meaning of teeth problems
Meridians
Tap into your canines
Let's get physical
Psychodontics
Cyprus♀
Let your awareness rise
Archangel Michael
Aftermath
'Who-am-I-grateful-for'-list

Commented [SL14]: ???

Foreword & Forward.

'Don't die with the music still in you', Wayne Dyer said. Wayne Dyer was an American philosopher, self-help author and motivational speaker.

In April 2015, I attended a spiritual World Summit in Denver.
Dr. ~~–~~Dyer was the introductory speaker. How happy I was to be able to listen to his story.

With all my respect to late Dr. Dyer, his beautiful and brilliant story did not reveal any 'new' stuff to me. I was in tears discovering I had already found my path years prior to that talk.

Wayne Dyer, and I didn't learn anything ~~nothing~~ new? ~~on the horizon?~~ Was I out of my mind? Of course, he had a lot of fascinating insights that were new to many people, ~~new!!~~ But ~~, again,~~ it wasn't new for me. ~~and~~ I was so happy about that because it ~~, again,~~ showed that~~me~~ I was already on the right track ~~already~~.

Because of lack of self-love, lack of money, lack of self-worth, I had miraculously stepped into a world of miracles.

You'd better read that~~e last sentence~~ again……. Did you get it? Because of those things, ~~t h a t,~~ yes, I'd stepped into a world full of miracles.

So here follows this **'freakingboringohyeahIknowthiscrap'** ~~–~~subject ~~again~~: other people's success story can be your own! 'Believe it and you will see it!' is my statement. (Rather than~~Versus~~ 's~~S~~ee it and believe it').

My profession is dentistry. I have had so many questions from clients about my dental tools, teeth, molars and dentistry itself that I have decided to write this book.

Commented [SL15]: Doesn't explain how your being a dentist and wanting to answer questions for people connects to the topic of emotional alignment.

Commented [SL16]: This doesn't seem to make sense.

The dentist cannot and does not exist without its human counterpart. We are a soul experiencing life in a body.

This book is my music.

Now, let the vowels be yours!

Commented [SL17]: ?? What do you mean?

Introduction.

~~With this title I want to make clear that w~~ When~~ever~~ you align with Source, life gets easier than you've probably ever imagined was possible. ~~d probably ever expect.~~

From childhood on I have been tremendously aware of ~~the emotions of~~ other people's emotions. I could feel them. As a result, I have often had an i~~u~~ndefinable insight and intuition in specific matters.

For instance: my mother carried the~~her~~ grief about her own mother's death until the day she died herself.
When I was about 14, I said to her: ~~one day told her:~~ 'Mom, your grief is selfish; your mother is having a great time in Heaven'. ~~(I think I was 14 years old at the time).~~
Now, where in the world ~~in Heaven~~ does a child get this belief or information from?

My life turned around when my mom died…. —I felt I 'needed' her to die to be able to grow myself. I felt very guilty believing this. However, lives and deaths are cycles. We serve a huge, bigger picture which will be revealed when we die. Compare life to a huge poster consisting of hundreds of pictures, then view that poster from up above--->there is the bigger picture.

Because of my mom's upbringing, **I** was brought up in a ~~specific~~ way that~~which~~ caused me to live conditionally until the age of 45.

You can only grow in your profession when you grow or expand *emotionally.*

This book is a combination of the know-how of a dentist and the 'knowing' of being a human. I am aware that I am aware.~~;~~ Yay!

PART I

of this book will give you knowledge and a lot of background information on dentistry. I will providegive you –information about why and how some dental procedures are done.

It is not my goal to direct you to specific treatments ome kind of treatment or to criticize otherstreatments.
I merely want to show you some of the different angles of dental treatment. After all, any one of them 'must' lead to your problem being solved.

I have always been funny. I love to make people laugh. That is why I wrote this part with a funny twist.
Matters concerning dental issues –are serious enough already.

Have you ever had the urge to pick up a *book* about dentistry?? Let me guess…~~.~~'NO?'. Because it reminded you of the dentist? Or most dental books are boring textbooks? You probably would've been bored by page 3. ~~At page 3 you might have lost your attention already.~~

In many cases I really do understand why these~~se~~ bloody pictures (pun intended)in dental books cause distress. If you flip through one and remember that ~~and knowing that~~ you have an appointment in three days, you'll probably end up sick to your stomach. ~~might cause you to vomit.~~

But, hey, dentists can be very lovely people! As much as 'we dentists' (most of us) do our best to be kind, empathic, and passionate in providing your dental care…we seem to 'never get it right, and 'never get you over it'. But…..we cannot be held responsible for that on our own. You are too, as well as the assistant.

Commented [SL18]: What pictures?

Commented [SL19]: Ellipsis should only have three dots.

We are a team.
The dental triangle: you, me and the assistant.

Have you ever read a book about teeth? ~~Are you someone who has ever read a book about teeth?~~
Good for you! You have shown you are eager to learn or study about a subject few want to understand.

Generally speaking, ~~The~~ books about dentistry are very tough for the average reader to understand. ~~which I discovered for the average reader are very tough to understand.~~

So, I hope the humour with which Part I is written might make it easier for you to read along. ~~trigger you to read along.~~
You can find more serious and detailed information on the internet or in other books, if you wish. ~~the serious matters or the deep digging facts on the internet or in other books.~~ I will refer to specific books and websites.

Please visit my ~~own~~ website:
www.theawakeningdentist.com for more information.
Feel free to interact with me and ask questions by emailing
~~Be interactive with me and feel free to ask me questions! mail to~~ leslie@theawakeningdentist.com

I invite you to go ahead and read about how to be your own dental health creator. It is easier than you might think ~~it is~~!! And yes, it is *within* your reach….

PART II
of this book will guide you through **my** personal transformation as a human being. This influenced my dentist-being for the better.

I discovered the journey to find anything – *outside* yourself is a waste of time. There is no 'journey'.

Commented [SL20]: I think it might be funny to joke about how patients shouldn't worry because this isn't anything like the Bermuda Triangle! Just an idea.

There is actually nothing 'outside' yourself!!! Now isn't that odd?

We often think we 'need' a disaster to finally decide to change our lives. It is as if we cannot decide to change just because we want to; we seem to 'need' to have an excuse. Often that excuse is the loss of a loved one, a divorce, an accident, you name it. To me, indeed, the excuse was the loss of my mother. Finally, I realized: I myself am the creator of my own life.

I found out that being the creator of your own life ~~actually~~ means:

Desire to begin and desire to allow!

I realize this sounds very abstract right now. I'd love to 'tell' you all about it. Dare to desire! It has brought me miracles~~;~~ however, miracles have always been here.~~,~~ ~~but~~ I had just not seen them.

Part II of this book is also a

Practical guide to how to change your consciousness!!

Q –: Why would you want to change –your consciousness?
A's:

-you haven't found your dream job
-you are in financial debt
-you haven t found your mate yet
-you tend to be jealous
-you worry too much
-you think it is everybody else's fault
-you think you are perfect
-you think you are not perfect!
-you don't know why life is meant to be
-you feel attacked easily by other people

-and so on

I have read many books about life change, self-care, self-help and consciousness. What I missed was a practical guide (or maybe I didn't search enough?). The books I found where beautifully written but I knew I couldn't fit the 'programs' they presented into my daily routine.
I just needed it to be different so I *would indeed* start breaking the vicious cycle I was in. Break the cycle in my head of flawed ideas and thoughts.

Commented [SL21]: What does "it" refer to?

Just like creating the new habit of interdental cleaning, this processit is creating a new habit of thinking.

I thank you so much for devotingspending your precious time to reading my book.

Have fun!
Leslie Vvan OO, the Aawakening Ddentist
www.theawakeningdentist.com
This book is kind of a documentary
This book is a dental tale
This book will not contain bloody pictures
This book will contain bloody interesting drawings
This book is written for .....YOU!
This book will contain teaching moments
This book will leave space to get your handkerchief
This book will contain exercise pages; please use them
This book will contain drawings I made myself
This book will contain easy-to-understand language
This book will contain short chapters to keep your focus
This book will help you to love your dentist
This book will help you to love your UNIVERSE
This book will help you to love your teeth
This book will show you the miracles of the uUniverse
This book is NOT a dental textbook
This book is to realize to respect each other
This book will help you love yourself
This book will help you remembering who you really are

This book will contain a lot of funny phrases
This book will show that teeth are alive!
This book will show that ~~;~~ **gums** are the **soul** of the mouth
This book will show you that life is no struggle at all
This book will show you the LOA really exists
This book will show you life-~~-~~changing affirmations
This book will contain independable chapters

'As Within, So Without'
Change within and your outer world will change. For me it, for instance, meant: I doubled the numberamount of clients in my practice, I received a giant financial gift, I got divorced and I got to write this book.

Commented [SL22]: ??

Commented [SL23]: Did you mean "indispensable"?

Commented [SL24]: ??

Commented [SL25]: Of course the book contains chapters. Why would you need to state this? I think you can delete this sentence, unless you want to rephrase it to make your meaning clearer. I can't figure out what point you are making.

Commented [SL26]:

contains a practical guide to dental health

The dentist.

A dentist is she or he who specializes in dentistry. Dentistry is the prevention ~~(!)~~ and treatment of diseases and conditions of the oral cavity.
The oral cavity is also known as the mouth~~,~~ ~~;~~ the opening where you put your chocolate bars and your beer~~s~~! ~~in.~~

The dentist's 'working area' reaches from the outside of the lips to~~until~~ the very top of the pharynx*

The *very* moment you cannot taste the chocolate~~bars~~ and the beer~~s~~ anymore, the ~~this~~ stuff might have reached your *pharynx. Now swallow!

By the way: the word 'FEAR' ~~—~~didn't show up in the dictionary anywhere ~~—~~near the word 'dentist'. S~~s~~o, in the most literal sense, ~~literally~~ it is not associated with us :-))

Education: after graduation from high school, ~~—~~you enter Dental School. The course will take 4-8 years of your life.
The curriculum ~~of the college education~~ will vary per country! Required courses to gain~~get your~~ admission to dental programs include ~~are~~, for instance, chemistry, biology and physics.

Commented [SL27]: Really? You don't have to do an undergraduate degree first?

*pharynx: the tube or cavity, with its surroundings membrane and muscles, that connects the mouth and nasal passages with the esophagus. The esophagus connects the mouth through~~u~~ the pharynx with the stomach.

Responsibilities.

A newly~~fresh~~ licensed dentist is able to carry out *most* dental treatments, such as ~~like:~~ teeth cleaning, restorative work (fillings/crown/bridges), orthodontics (braces), endodontics (root canal therapy), periodontal therapy (gum and bone), oral surgery (pulling of teeth), and administering~~giving~~ anesthesia (*lucky you AND lucky me*).

Commented [SL28]: Shouldn't you say anesthetic rather than anesthesia? You are a dentist so you probably know better than I do. I just wanted to call your attention to this. If you change this, you'll need to do so at many different points in the book.

Of course, we start with:

1. examination (I check the oral cavity for everything that goes right instead of searching for cavities!),
2. (often) X-Ray examination and then, of course, a diagnosis follows!

Diagnosis is the identification of the nature and (hopefully) cause of a certain phenomenon/symptom.

As a recently qualified dentist, ~~Like everybody who just graduated:~~ you really learn your profession by *doing* the work! It takes courage to expand. Many (but not all) dentists have this courage. Fortunately, I am one of those who do!
~~So that's why I mentioned "*most*" in the above first sentence!~~

Another~~lso a~~ huge responsibility is **communication**!!
(This is the #1 responsibility, actually!)
Talk to your clients and give them room to react, preferably without ALL your tools sticking in and out of their mouth, dear mouthworkers! (I know it's hard sometimes :-))
Talk ~~t o~~ your kiddie patients!!! Not over their heads *about* them.

Responsibility does not belong to the dentist only
You, as the~~a~~ client/patient, ~~t yourself~~ are also very much responsible for your own dental health!
The dentist is only the tour guide to show you how to reach achieve and maintain this state of well-being.
~~this state.~~

D~~Poor d~~ental health conditions can lead to conditions in the rest of the body,~~poor general conditions~~ and vice versa!!

***Andrea place picture "dental health overall health jpg#43**

Commented [SL29]: What do you mean?

Commented [SL30]: I assume the space is deliberate?

Communication.

According to Wikipedia:

Communication (from Latin; *communicare*, meaning 'to share') is the purposeful activity of information exchange between two or more participants in order to convey or receive the intended meanings through a shared system of signs and semiotic rules.

Commented [SL31]: Is this a quote? Where does it end? You need quotation marks. Also, I recommend using a dictionary or dictionary site (such as Oxford) instead of Wikipedia.

Non-verbal communication describes the process of conveying meaning in the form of NON-word messages.

Verbal communication-->effective verbal or spoken communication is dependent on a number of factors and cannot ~~can n o t~~ be fully isolated from other important interpersonal skills such as non-verbal communication,
listening skills and clarification.
(Eexamples of non-verbal communication include: haptic communication, gesture, body language, facial expression, handshake, eye contact and I believe also: **colour!**
Additionally, s~~S~~peech ~~, however,~~ contains non-verbal elements known as
paralanguage (e.g. rhythm, intonation, tempo and stress).

According to Wikipedia: research has shown that up to 55% of human communication may occur through non-verbal facial expression and a further 38% through paralanguage.

So, according to Watzlawick's law:

YOU CANNOT –N O T –COMMUNICATE

My communication always starts immediately when I *personally* invite my clients into my office, no bells, chimes, or number tickets needed.
I shake hands and look everybody in the eye before they step into my office. ~~. Regardless whether clients are family, relatives or good friends.~~
Before you've even entered~~ing~~ the office I have already read you all, LOL. I Do NOT forget the kids!! I will sit on my knees to gree~~a~~t them (depending how tall they are, LOL, some 12--year--olds might be mighty high!)

Commented [SL32]: What do you mean?

Commented [SL33]: It this a quote? If so, it needs quotation marks and a citation.

Commented [SL34]: You've suddenly introduced this without leading into it. What is this law? How is it relevant?

"Personally"; because I want them to feel welcome and ~~I want them~~ to know ~~–~~I will take the necessary time for their treatment..
"Personally"; because I do not like to 'buzz, beep or beam'~~"~~ them up like a cashier in a food market or like Captain Kirk*.
I think it is part of appreciating the people who choose to come to YOUR office.

(*Beam me up Scotty is a catchphrase from the science fiction television series Star Trek. Captain Kirk gives his chief engineer Montgomery 'Scotty' Scott a command to transport him back to the Starship Enterprise)

When friends, family, and relatives come to be treated by me, t~~T~~he handshake ~~to friends, family and relatives~~ also non-verbally means a lot: "I am in a different role now.~~,~~ A~~a~~t this moment, I am your dentist and I am responsible for the health of your teeth".
It is a dividing line between chit-chat and professional talk.

Do not misunderstand me; of course, there is a lot of humour in my office! Lot of times we have to get a handkerchief to wipe happy tears from everyone's ~~bodies~~ face.
(@the dentists? Yes!)

Our handshake will 'tell' me a LOT!
Is it firm, sloppy and perhaps~~often…~~ ~~…..~~sweaty?
Firm:~~,~~ client may be very clear and assertive in describing their problems. ~~to tell you about problems.~~
Sloppy:~~,~~ client may be unsure of him/herself. They might look up to you. So sometimes it is tougher to get a diagnosis because they do not want to bother you…~~.....~~
Sweaty:~~,~~ client IS nervous, no doubt.

Now, of course I invite them to lie down in the chair.

This is ~~—~~*the moment* people think(!) ~~)~~ ~~—~~they have to give their ~~—~~power away to me and ~~—and have to —~~let go of their own.

I always tell them: 'YOU are the boss.~~,~~ YOU are the owner of your teeth.~~,~~ I am merely your guide and advisor.~~,~~ I~~i~~f you do not want anything to happen, it won't happen. I will take good care of you'.

This doesn't mean all fear is lost but it takes some of the stress away.

I think non-verbal communication includes *colour*. That's why the colours of my office are red and orange.

Red is the colour of energy, passion and strength. Orange symbolizes health, attraction and happiness.

Clients more than often compliment me about the colours in my office;
'Not like a hospital ~~—hospital—,~~ or dental office', they say. ~~—appearance'~~

LESS WHITE = LESS FRIGHT

Then I push the button for the chair to tilt backwards; I always warn~~tell~~ people first ~~this —~~so they ~~this —~~won't be startled ~~—them~~.
It~~This~~ may sound silly but some people are already so stressed out that this ~~it —~~might be another drop in the freezing ocean.

Commented [SL35]: I'm not sure if this metaphor works.

After I ask whether they are comfortable (as far as one can be comfortable in a dental chair), I am ready to start my exam. ~~—after the question whether they are comfortable (as far as one can be comfortable in a dental chair…I know I know….).~~

I am eager to find healthy teeth and gums; if something appears different, I will explain this to the patients and have them look with me intowith a mirror. Of course, if they don't want to do that they don't have to. Usually I am able to convince them, however. after I have convinced them to watch with me to gain knowledge of their teeth they will. Not alwaysMaybe not within the first few appointments, though.

We will discuss the problems that I detect, if there are problems and I will suggest treatment options with their prognosis and costs.
Note the plural form; there is hardly ever only one solution to the problem. Clients need to know this! Many dentists give the impression there is just one option available. It often happens that a former dentist only spoke about one option.

Also, the X-rays are always shown and discussed.
If the client does NOT want the treatment for some reason, I always make a note in their file and tell them that while I do not agree with their decision, but I accept it. Clients are free to make have their own choice. Again; t This is also communication.

TALK BECAUSE YOU CARE

Call them names.

Hydroxyapatite, gGlucosamine, tTriyglyceride, Octeocyte, cChondrocyte, eEpithelium, submandibular, occlusal, distal, tThrombocytes, nerves, Glycerolphospholipids, cCarbohydrate, pPyruvic Acid, cCalcium, gGlobulin, aAlpha-2-, beta- and gamma gGlobulin, aAlbumin, Streptococcus Mutans, Porphyromonas Gingivalis, fFungus, mMicrosporidia, Prevotella intermedia, Fusobacterium nucleatum, Enterococcus faecalic, Staphylococcus aureus, Candida, Actinobacillus actinomycetemcomitans, Streptococcus constellatus, Enteric gram negative rods,

Aerobic (*nothing to do with your 7-8pm session at the gym*😂), An-aerobic (*unrelated to ~~neither with~~ cancelling this session*).~~.~~

Campylobacter rectus, M. Masseter, Streptococcus Salivarius, sublingual glands, M. Orbicularis Oris, bBuccal bBranche, mMaxilla, Mandible, M. Incisivus Labii, mMucus, mMesial, pPeripheral, rubor, calor, dolor, attrition, friction, Buccal cusp, mMesial root, aApex, intraligamental, ligament, peripheral nerve, Excavation, endodontic rescue kit, extraction, decapitation, gingivitis, bruxism, parodontitis, Augmentin, dDentin conditioner, bBond-sStrength, pPolyacrylic aAcid, aAmelogenesis iImperfecta, hyperglottis hypoglottis, white poison, second opinion, root deformation, frames, pulp, pulp stones, pulp chamber, vascular, interradicular, intraradicular, splint, eruption, Impaction, inversion, eversion, abfraction, sinus lift, oOdontoblasts, rRemission, Calcification, Tartar, scaler, burr, finishing rubber, M. Pterygoideus, M. Genioglossus, N. Facialis, N. Mandibularis. Clavulanate, lLuxate, avulsion, CMD, DMFT, cCavity, caries profunda, exponation, decay, composite, Hg, Au, Mercury, H2O2, paracetamol, veneer, constriction, finishing.

Commented [SL36]: Did you mean “osteocyte”?

Hey, you! Why did you turn the last page so quickly? I knew you would!
Wasn't it interesting? Too boring maybe? Awful? Out of reach?

I understand; ~~n fact you are right…..., I mean;~~ it took me 4.5 years to learn about the ins and outs of the former page and it is only a fraction ~~few %~~ of the theoretical knowledge we have to drill into our brains as dental students. And this isn't taking into account the ~~Not talking about the~~ practical side of (the) course, which is the most important part. So why did I bother you with page 16? I said I was going to use easy-to-understand-language and I didn't keep my promise…~~.~~.

It was to ~~bothered you with it the above knowledge to~~ remind you all that

most of you regard your oral cavity and your teeth the same as my abundant lists of dental terms! ~~all the words on the former page!~~

"Something that doesn't keep me busy"?

Commented [SL37]: I don't understand the relevance of this.

Something that is out of reach, miles away, far away, unverifiable!

A 'far, far away Kingdom', like in the Shrek* u~~U~~niverse!

~~But it IS NOT!~~ Patients think that cavities are mysterious things that ~~y~~ just appear ~~falls~~ in one's teeth~~a tooth~~, without any reason. Like they~~it~~ just happen~~s~~…~~….~~overnight. ~~t….~~
That is not true!

I am here to show you how to LOVE, care for and cherish YOUR teeth. It is easy…~~.~~just grin and bear with me. ~~.~~`

Take care of~~Tle for~~ your teeth: ~~for~~ they are a part of your body!

*Shrek: a fictional character in a computer animation movie made by DreamWorks Animation. He is a green ogre who loves his swamp.

Tooth.

Now, there's ~~—~~a lot of stuff worth chewing on concerning this subject.

Y~~Between the cuspid teeth (or K9's) y~~our front teeth are situated between the cuspid teeth (or K9's). ~~.~~
The next drawing represents your front tooth cross-sectioned from the side.

*Andrea add picture "front tooth section" jpg#1 here

The outer layer of your tooth is called 'enamel'.

Enamel is the toughest part of thea~~e~~ human body!

(Some people think it is called i~~I~~vory, but we are not elephants; their tusks, which are really long and gigantic teeth, are made of ivory. ~~they have Ivory teeth.~~ They get **Tooth.**shot by people who want to steal their tusks. ~~t to get their teeth/tusks robbed,~~ U~~u~~nless you have tons of golden crowns, there is no chance that~~it~~ this kind of thing will happen to you (I hope...).

Commented [SL38]: ????

Enamel, thus, makes up the normal visible part of the tooth. It covers the natural crown. Enamel is one of the four major tissue parts of the tooth.

The other parts are dentin, cementum and pulp.

Enamel is a very tough substance (with high mineral content) which, again, makes this tissue the hardest part in the human body.
On the other hand, however,~~,~~

enamel is susceptible to~~for~~ de-mineralization

This~~Which~~ means that~~e~~ the minerals in enamel can be destroyed!!!!

It is like your wooden window frame!; it seems tough but when it's not properly cared for and it's ~~enough~~ ~~(~~exposed too long to moisture or maybe ~~you~~ accidentally damaged ~~bumped against it~~ with a sharp tool~~)~~, cracks will appear in the paint and ~~t,~~ the protection will disappear ~~is gone~~. ~~and y~~You know what will happen to the wood after that….

Isn't that a pity? Wood is such a ~~Being such a~~ tough mineral but it's able to dissolve under certain circumstances. ~~ready to dissolve?~~ We can say the same about enamel.

There a several causes of demineralization in enamel.~~,~~ ~~H~~here are a few:~~;~~

- Frequent use of acids
- Poor dental hygiene
- Infection
- Certain drugs

I will address the most prevalent cause in the following chapter. ~~The most important cause I will address in the following chapter.~~

Commented [SL39]: I'm assuming you know it is incorrect punctuation to put exclamation points at places like this and you've just done it for effect.

It is sugar, babe!

Commented [SL40]: Why is there so much space between the preceding section and this one? I've noticed you do this quite a bit in this book.

The most important cause of demineralization is the intake of (fermentable) carbohydrates and the attachement to the teeth of the carb--containing plaque.

This carb residue will lead to ~~your~~ dental caries which usually (not always) ends up in the development of cavities. ~~as a c A v I t y.~~
When you have a cavity, you have ~~In other words; there is~~ a hole in your tooth.
This is not a very happy state of tooth-being.

Enamel is strong but it cannot withstand **ACID!**
Tooth cavities are caused when acids dissolve the enamel.

'Ok…now, Doc!….wait a minute here! F~~.....f~~irst you said 'carbohydrates' and now you say 'ACID' is what~~the~~ causes your tooth to~~can~~ fall apart'?
I say~~,;~~ 'W~~w~~ell done! You were focused!~~,~~ Y~~y~~ou paid attention when reading the text"!

Well, it is the combination of the two~~2;,~~ it takes these two to tango. A~~Actually a~~ chemical reaction takes place on the surface of your tooth:

$$Ca10(PO4)6(OH2)(s) + 8H+(aq) \longrightarrow 10Ca2+(aq) + 6HPO42-(aq) + 2H2O(l)$$

Enamel + acid----> a big mess + water
Just to show you there really is something going on ;-))

Don't —learn this reaction by heart.~~,~~ C~~c~~ut it (out) and~~,~~ —forget it!~~.~~

Sugars from~~,÷~~ for instance, candies (the candyman can, and it~~—:-((i~~t ain't no music), soft drinks, fruit juices, and cookies play a significant role in the process of demineralization~~ing~~/decay~~ing~~.

The mouth contains tons and tons ~~and tons~~ of bacteria.~~,~~ S~~s~~ome are good (we need them) and some are bad (we need them to take a hike).
The mouth contains a lot of sugar ~~(~~after we have consumed it~~having eaten those)~~.
The mouth contains enamel.
Now, let the party get started! But, alas, ~~—~~not a DJ party but a DeCay party.

What? Did you notice that? It's not just two you need to~~Not two what it takes to~~ tango, but three?
Yes…~~.~~three. Bacteria also needs to be there. ~~; also bacteria!!~~

So the equation on page 22~~,—~~ (is it already in your trashcan because you cut it out?)~~ for the ones who still have it,~~ should be slightly different:

$$Ca10(PO4)6(OH2)(s) + 8H+(aq) \text{ ------bacteria-----> } 10Ca2+(aq) + 6HPO42-(aq) + 2H2O(l)$$

When sucrose, the most common form of sugar, coats your teeth, the bacteria have food, and they interact with it and they produce: **ACID!**~~.....~~

VERY SCHEMATIC:-)) BACTERIA HAS ITS LUNCH:
Andrea add picture "bacteria sugar acid jpg#2

Treat or defeat?

You have a cavity; now what?
Do we, as ~~–~~dentists, have to treat this? Y~~y~~es or no?

"What do you mean Doc, yes or no? I have a cavity so that means you have to drill and fill right?"
I say:'No!!! Not ALWAYS'!
Well, ~~is~~ that's good news!

As I've already mentioned~~told~~ ~~before~~, for decay to occur you need:
1.sugar
2.bacteria
3.acid

These three~~3~~ are all ~~–~~collected in the sticky yellowish/white deposit on your tooth (you can feel the roughness of it when you haven't brushed for a day). This deposit is called (dental)
PLAQUE

PLAQUE IS A PLAGUE

Although plaque is harmful, it is a *NORMAL* process that cannot be *prevented.*

~~!!!~~It is plaque's ~~its~~ progression and build-~~-~~up t~~w~~hat leads to oral problems such as gum-disease~~,~~ and jawbone problems.!!!!!!!

Hence it is important to remove this mass of bacteria DAILY!

So how do you remove the plaque? Yes…by brushing and cleaning in between (!) teeth. Check the instruction video on my website! More about cleaning later.

"Then, when the plaque is removed, the bacteria, sugar and acids are gone, right?" is your question.
My answer is: "Yes"!
"So, Doc….no more caries right?" I say: "Yes"!

We come closer to the answer of the question "Treat or defeat?"

First, I need a break to get your attention!

⏳

CARIES IS A DISEASE!!

Caries is to be cured/stabilized by *yourself* * when it hasn't progressed too far and *by me*, your dentist, when it has caries unfortunately has reached too far into the dentin tissue.

*See chapter 'cleaning'.

Did you all know this?

Imagine….no more decay!!! (no more dental visits???? Yeahooooo ;-)). Just kidding! If you didn't go to the dentist, I am just kidding because WHO will is going to teach you how to clean? Anyway, Furthermore; decay is by no means the only reason to go to the dentist.

So, I OFTEN do n o t drill and fill at all;

I ***ALWAYS*** give people instructions on how to clean properly. Patients sometimes find me strand, but when they find out that their caries activity has dropped tremendously they know I have a point. ~~there.~~

Commented [SL41]: Do you mean strange?

As mentioned, ~~said;~~ I ~~—~~often do not drill and fill at all. Of course, most of the time I do have to……. Do I mind the drilling? Yes, o~~O~~ften I do! You wonder why? "You earn your money with it.~~,~~ I~~i~~t is your job to drill", people will say to me.

The~~A~~ tooth is a living organism; treat it with care and respect! Drilling can ~~also~~ mean~~:~~ waste of healthy tissue. ~~tissue ….So~~ This is why I am very restrained in this!

*Andrea add picture 'dental decay in progress"jpg#3
A: caries in enamel and slightly into the dentin
B: caries in enamel and dentin; bacteria far~~way~~ into dentin

You can see: caries at B----> bacteria go to the pulp! You do not want that! You might get pain and eventually you will need ~~are about to have~~ a root canal treatment or the tooth might have to be pulled.~~,~~ Y~~y~~ou pick.
Next chapter is about the treatment of caries itself: drill.

'Drill……

Well, there is no doubt: the diseased part of the tooth, the bacteria-invaded (sick) tissue, has (not always!!) to be removed.
Otherwise the whole tooth might get infected and you might end up with a lot of pain.
T~~and t~~he worst case scenario might be losing~~to lose~~ your tooth.

We dentists use your so called 'drills'.
In fact, what you call a drill is actually a ~~we have~~ a 'hand piece' in which we insert a little bur. You usually hear a~~this~~ distinctive shrill sound; it is called 'an airotor' which can rotate up to 400.000RPM!

Well, that's a rotation I won't reach in my Friday-morning spinning-class on my spinning bike!

I do NOT use THAT handpiece because of exactly that sound.
However, I have to use a drill.~~;~~ It's is the same reason you need a high-~~-~~speed tool to burr a hole in the wall and then put a screw in there.

My handpiece, however, has fewer~~less~~ rotations so the sound it makes is ~~it makes~~ a little less frightening. ~~sound which I prefer!~~ For you……at your service!
The drill has to have a high speed AND needs to be water-cooled to protect all ~~-~~parts of the tissue, especially the pulp.
Otherwise we will BURN tissue! Water-cooling is necessary also to 'wash away' the debris.

Commented [SL42]: Meaning unclear.

Commented [SL43]: Is this second spinning necessary?

Commented [SL44]: So what do you use, then? This is not clear enough.

Commented [SL45]: What kind of drill?

Commented [SL46]: What?

There are different kind of burs, fitting in different kinds of hand pieces.

Since enamel is the toughest part of the body, we need a substance that's even harder. ~~some kind of matter which hardness is larger than the enamels'~~!~~.....~~W~~w~~ell……that is **diamond**!!!
Diamonds may be ~~Apart from the fact that a diamond are~~ a girl's best friend but they're certainly not best buddies with your enamel! ~~are not your teeth's best friend.~~

Hey! Don't come rob my practice now! ~~because~~ I only have a few of those in stock worth a TOTAL of like thirty dollars ($30.00).

The burs have a tinytinytiny (nanometer thickness) coverage of diamond particles; they will softly glide through the enamel. But because of the sound the drill makes you probably won't notice that.

We ~~—~~need to renew the burs often; sharp tools work best~~for the better~~! It works more quickly~~faster~~ and the client doesn't feel like they're ~~is not~~ being pushed through the chair because of dull working tools.
Additionally, ~~part from this;~~ using sharp burs will allow for a less painful experience. ~~contribute in experiencing less pain compared to dull burs.~~

So, for treating enamel we use diamond coated burs.
For treating the dentin (which ~~—~~will be~~is~~ soft-ish because of bacterial invasion) we need a steel ~~—~~bur.
Or a hand instrument which looks like a small spoon!
(I often use this with children or very, very frightened adults~~people~~).

A steel bur is to be inserted in a slow-~~—~~speed hand piece.
To get the soft, demineralized material out of the tooth, you don't need high speed.
It is like cutting rotten wood out of your window frame….

We now only have to go full throttle ~~…..~~(and apply all dental knowledge stuffed in the brain).

Commented [SL47]: Meaning unclear.

Andrea add picture 'tissue loss' jpg#70

On the left, you see an amazing drawing with a ~~you can see the~~ dark spot ~~which~~ representing decay~~;,~~ on the right, there's a drawing with a~~the~~ dotted line representing the tissue loss after the drilling procedure. We need~~have~~ ~~to get~~ access to all the infected tissue to be able to remove ~~all of~~ it and put in ~~to place~~ a nice filling.

NOTE: O~~o~~f course, the missing part will be filled. The procedure will be described later in this book.

So, don't forget! Y~~y~~ou ~~–n~~need to remember the following very important dental treatment:
ATR Atraumatic Dental Treatment is the removal of the infected dentin tissue with hand instruments (no burrs). ~~)~~The empty area is ~~–~~ ~~and~~ filled with mostly a special~~filling~~ material that~~which~~ loves a humid environment. I often use this method with children and~~or~~ ~~again with~~ very frightened people generally. This method is also preferable when caries is located very close to the nerves. ~~, in adults also!!~~

So, drilling is not always necessary! Just sayin'....

Also very important to know is that not ~~always~~ every cavity has to be drilled. I always compare my x-rays with x-rays taken a few years before. When I ~~luckily~~ see no progression in decay activity and the cavity is in stable condition, I absolutely do not drill~~,~~ ~~the cavity is in a stable condition~~!! Sometimes bacteria in a cavity can stop its destructive activity because of

Commented [SL48]: Wouldn't this mean there is actually less bacteria there?

-better dental hygiene
-better food and~~,~~ less sugar
-better functioning of the immune system

-more dental visits and advice ~~to guide you~~

So, in certain situations you might function well with cavities!

Fear!!

Fear is an emotion.

Fear is the brain's reaction to a stimulus. Chemicals are released and your heart rate starts to rise quickly.

Phobia is a type of anxiety disorder. It is the persistent fear of an object or ~~of~~ a situation. Someone with a phobia will ~~definitely~~ go to great lengths to avoid ~~the~~ confronting the thing they fear. ~~ations.~~

Much of the process of developing a phobia can ~~of this fear acquired process can~~ be attributed to:

Classical Conditioning

Formatted: Centered

The basic facts about classical conditioning (also known as "Pavlovian" or "respondent" conditioning) were discovered by *Ivan Pavlov* through his famous experiments with dogs. He was a Russian physiologist who~~,~~ ~~he~~ won the Nobel Prize in Physiology or Medicine (1904).

He came~~put~~ up with the theory that new behaviour can~~ould~~ be learned through the process of association.
This~~Which~~ means that~~:~~ two stimuli are **linked together** to evoke a new learned response.

Example: a puppy is shown several times to a little child (neutral stimulus).~~,~~ Assume~~suppose~~ this child is happy to see the~~is~~ little furry animal (otherwise my example sucks 😜).

When the *frequently* showing of that cute puppy goes together with an enormous sound which will startle the child~~,~~ (enormous sound is a natural stimulus and evokes a natural 'fight or flight' reaction), the child will associate that sound with the puppy.

When, at some point, ~~–~~the sound DOES NOT accompany the appearance of the puppy, the child is still likely to startle because it associates it with the sound.

Fear can be introduced this way.

Another factor in the development of phobias can be: ~~Much of this fear acquired process can also be based on:~~

Experience

We fear being hurt because we have been~~were~~ hurt before. It's as simple~~….easy~~ as that.

Of course: the dentist is a stimulus.~~,~~ ~~now what?~~

But……..

Aren't **you** much ~~–~~**larger** ~~–~~than your thoughts???

Commented [SL49]: There should only be three dots in an ellipsis.

Commented [SL50]: Do you feel it's necessary to use multiple question marks and exclamation marks as often as you do?

Office talk # 1.

About parental conditioning, or
fFrom innocence to fear?

Commented [SL51]: Is this question mark supposed to be here?

I treathave many kids (between 800-1000) in my dental office and I am proud to tell you that my approach/treatment of them is well--received by them. It is a wonderfuln absolute great challenge and lots ofgreat fun for me to take care of kidsthem. I always have a load of stupid funny remarks and call all my tools different names.
Anesthetic is my 'sleeping water' –(only for the tooth!, not for the kid, is whatwhich I tell them!).,
Mmy bur is my 'peanut butter- or sausage-brush', and so on. I pretend some Skippy was left on the kids' teeththere despite theprotestations that theyy brushed their teeth sssssso well. I do thisThis while winking at their parents, so they don't before they accuse the kid of bad brushing.; Iit's all is part of my game!.
–I literally let the kidsm feel the bur with the finger and ask–: 'Can you feel the little hairs on it?' They always say: 'Yes'!

What? Do you mean you fool them? do you mean; 'fool them'??

What about SANTA? Hhuh? Huh? Easter bBunny? Tooth fairy? Now tell me…….

Harmless deceptions ~~I do not fool them I~~ let the kids~~m~~ focus on other stuff.

There have o~~O~~nly been eight~~8~~ kids that I wasn't able to take care of. ~~were not possible for me to take care of…..~~
Two of them~~2~~ ~~children~~ were 'autistic'*page 42 and the other ones were between 1.5 and 3 years old with severe cases of caries…..~~……~~

Anyway, one day a cute three-~~–~~year-~~–~~old cute girl came running into my practice accompanied by her parents. The girl has no siblings. She jumped joyfully (yes people, this happens ;-)) into my chair.
~~–~~I let her push all the buttons to tilt the chair backwards, which is always fun for kids~~to do for them~~. I started to do the examination.
U~~I u~~nfortunately, I discovered a cavity…~~……~~.

Of course, I showed her parents. Her mother who had ~~already came into my office with~~ red spots in her neck and looked~~ing~~ very nervous (she has a dental fear) became very pale. ~~almost turned white of the stress……h~~Her baby ha~~d~~s caries!
Of course this ain't no joke…..
I asked about the brushing activity…~~..~~too bad; they brushed only once a day because the little one didn't like it. ~~doesn't want to be brushed twice a day…..~~

Now….I…. have to solve the(ir?) problem.

The little girl was~~is~~ such a cutie,~~;~~ smiling and laughing in the chair.
I decided it was~~to be~~ a good moment to treat this cavity.
So I pulled out ALL my tricks and jokes and funny faces.
Guess what: the procedure went wonderfully~~terrific~~!!
I was s~~S~~o proud ~~I was~~ of this little one.

We were ONE! We, my assistant, the girl and I were a team!

Commented [SL52]: Doesn't seem relevant.

Commented [SL53]: Were the red spots caused by stress, then?

Commented [SL54]: As I've mentioned, there should only be three dots in an ellipsis. And I have to say I think you overuse ellipsis. I don't know what they're necessary here.

DIn the meantime during the procedure, ... the mother was as nervous as a kid .

Mother being nervous like a kid on X-mas eve She gained more color in her neck than a rainbow. can contain….hHer baby!!!! Her baby was in THAT chair!!!!!!! She flew to her child's rescue (I am n o t kidding, dear folks), frantically asking her baby whether 'THE DENTIST' was hurting did not hurt her.
" When the dentist does hurts you, you can squeeze my hand baby and I will tell her to stop., Ddo you hear me?"

Here we were, being a team., I was spending my energy in fantasyland and almost finished doing the work…..no pain and a lot of gain! I don't know whether the daughter heard her. I pretended at that moment that I did NOT……

Of course, I can understand parents being worried but please have faith…. (in ME).

At the end of the session, of course, the little one deserved a present (we always give away bouncing balls or stickers). She was in heaven!!

However, mom, at this time, was descending from Hell, but very happy her daughter survived.

She thanked me very much for doing such a good job…….

I have nothing left to say.

Commented [SL55]: Kids aren't nervous on X-Mas Eve. They're excited. You need to think of a different simile.

Commented [SL56]: You or the mother?

Commented [SL57]: This doesn't make any sense. You can't descend from hell, as hell is below.

Commented [SL58]: Had then or have now?

Office talk # 2

A fairy very long tale, or
A belief~~ve~~ is just a thought you keep thinking.

A lovely (and ~~,~~ scary)~~,~~ little 4-year-old came into my office.
Her mom came along with her to get a dental exam herself, as well. ~~also.~~

Her mom dragged herself into the chair.
Unfortunately, she had to make an appointment to have a root canal treatment done. After I assured her there wouldn~~n~~'t be any pain, she was somewhat relieved ~~somewhat~~. I always hope for them to be able to sleep soundly~~get a good night's sleep~~ in the time leading up to the procedure, so I try to comfort them as much~~soon~~ as possible in advance, if only with words. ~~if only with words.~~

Her daughter sat~~dragged herself~~ in the chair after her.

She had a cavity….

Commented [SL59]: ???

Commented [SL60]: Did you mean scary or scared?

Commented [SL61]: ???

I decided to ~~get this~~ fix this~~ed~~ right away. There was enough time ~~left~~ for me to do so~~fix it~~ AND I FELT the girl could handle the procedure now….

Sometimes there is time left to do "some work"~~,~~ after the exam, but when the child is somehow not 'ready for it',~~.~~ ~~then~~ I don't even try!!

Often, kids are too tired to go to the dentist at the end of the week, Thursday afternoon at 4.30PM……. After having had tennis lessons, underwater football, hockey and bicycle fitness all week, they'd better get some rest first.
That is NOT the moment to ask more energy from a child.

I have to stand strong with~~in~~ this because sometimes parents almost f o r c e you to go ahead with the procedure because 'they took time off at work' or 'she has to go to school' or 'she can only come on Thursday afternoon'.
~~Again;~~ I understand it all…..

When kids have four/five/six cavities, I tell parents that the worst-~~-~~case scenario is that they have to come back four/five/six times. I always check the patience level of the~~a~~ kid….

So, again, I got settled to start the procedure. I dove into fantasyland and got my 'brush' (which was~~is~~ really my bur) and asked her to feel the hairs. Well, she did and was convinced we were going to airbrush her teeth.
The session went well and the bouncing ball was hers!

Commented [SL62]: Airbrush???

Of course, her mother knows the truth about my secret (brush=bur).
Sometimes kids just need this kind of harmless deception to get through~~to get trough~~ this tough stuff!!
Anyway, I kept the~~is~~ secret for ~~like~~ at least 20 sessions!
20 sessions???? Well, she didn't have cavities on every occasion ~~every time~~ but she kept asking about

the brush **every** time. Kids in HER class were being drilled with a bur…~~.~~what about her?
I said (winking at her mom)~~,~~ "No, I don't have burs, only brushes".

At the age of 14~~!~~ (remember she first came in when she was ~~at the age of~~ 4!), ~~indeed,~~ around 20 sessions or ten years later, she finally came up with this BIG question.
Like when kids reach ~~having reached~~ the age where they realize~~realizing~~ Santa isn't~~wasn't~~ real (or is~~was~~ he?), she was now beginning to realize that maybe~~she reached the age realizing~~ "The Brush" wasn't real…~~—~~or was it?
I had~~was~~ indeed been wondering ~~indeed~~ WHEN to expect that very question.

S~~Then s~~he asked me: 'Leslie, did you really use a brush all those years?"

I was silent for a split second, feeling like I had to tell a child Santa didn't exist (…..(remember that feeling?). I ~~but of course I now~~ had to tell her the truth~~…~~. I~~i~~t was all a fairy ~~(fairy) very long~~ tale, after all. …~~……~~.

I waited apprehensively~~in tension~~ (the dentist was stressed :-))))) for her reaction…~~.~~but…~~..~~ it was marvellous!!

She thanked me for having 'fooled' ~~—~~her so she could come to my office without being nervous~~not nervous at all~~.
Wow! I told her that, for me, ~~—~~it sometimes felt like a lie, especially when she said she had ~~specifically asked about the burs in her kids' class,~~ asked about the burs in her class at school, but that I had figured it the best for her.

By believing the bur was a brush, she had avoided having to experience ~~didn't have~~ fear.
She agreed…~~……..~~

She ~~now~~ is now 20 years old.

Commented [SL63]: Is this relevant?

Office talk # 3

Microscopic view from Jim, or
Innocence is bliss?

'Our' let us call him 'Jim' (not his real name but because of privacy concerns, ~~the privacy~~ let's choose that~~is~~ name) is a 9-year--old 'autistic' boy. I do not like classification but obviously it is a description of his state-of-being.~~,~~ A~~a~~ctually, in other words; he is happy!!!!

Commented [SL64]: ???

*I am convinced that people 'choose' a state-of-being before birth. The purpose, I think, is to **EMPHASIZE** the variety of people living on this planet (and maybe somewhere else too) and thus stimulate~~s~~ co-creation and people learning

TO LOVE various kinds of people with their various kinds of consciousness.

Anyway, Jim, besides earning his bouncing ball, —**is** our bouncing ball.

Jim is special because he ~~Jim~~ evokes communication. It's a ~~Jim evokes~~ special kind of communication because he understands every word *literally*. *This is so much fun to deal with!*

A conversation with Jim goes like this:

'Jim; I have to scrape ~~off~~ some tartar off your bottom tooth'. (I am Dutch; in Holland we actually call it '*tooth-stone*'. I~~i~~t happens when plaque builds up and, as you already know, becomes~~gets~~ harmful.~~,~~ I~~i~~t turns into a stone-like material).

Just before I could explain what this so-~~-~~called 'tooth-stone' was (I *knew* he would want to know~~ask me….),)~~ he asked me,~~,~~ 'Is it like the stone the walls are made of'?
'No, Jim, —but that was a good question! Tooth-stone happens when there is food left for a long time. In this dirt there are bacteria. Do you know what they are?'
'Yes, yes, yes!~~,~~ I know they are little animals which are bad for you', Jim answered.
'How clever of you to know this about bacteria, Jim!~~,~~ A~~a~~ctually, they are not all bad'.
'Ok…~~..~~but you can only see them with a microscope, right Leslie? Or can you see the animals now?' 'No, Jim, I cannot'.
He seemed relieved….
'—You are smart Jim to know about a microscope!'
'—I have one at home!', he said.
'—Hey, would you like to take the tooth-stone home and check it under the scope?' ~~—In the meantime —~~I had

it on my instrument…~~.~~so why not give it to him ~~—~~in a sealed to bring ~~—bag—~~home?
‘~~—~~Wow, wow, yes! Daddy can I take it with me?’ ‘Of course, Jim’, his dad answered.

We sent~~d~~ Jim home with his father and the sealed bag containing~~with~~ the instrument with his tartar, ~~his tartar on the instrument~~ to have it meticulously examined….

Well he *must* have had police escort while driving home because within ten minutes I received an email from Jim!
In the attachment file I found a~~the~~ picture of the instrument under the lens…. T~~t~~he bacteria~~animals~~ were having a ball, just like Jim.
Jim is innocent…Jim has no fear.
He wrote:~~,~~ hi.leslie.here.the.picure.bye.jim

He made my day!

Bliss?

Ignorance is bliss? Innocence is bliss? Does that keep you from fear? How do you~~to~~ attack fear? Or do you just NOT attack?

Fear is an emotion.~~,~~ I ~~i~~n ~~the p~~P~~p~~rehistoric times, people ~~you~~ really needed this emotion to stay alive!
Men had to hunt for their~~his~~ food. No hunt, n~~N~~o food.
Your fear arouses certain chemicals in your brain which make your body ready to ‘fight or flight’.
Well, if you had the choice to have lunch without a grizzly bear or be his lunch, what would it be??
I think I would kinda sneak away….~~.~~

Nowadays we find our food mostly in the supermarket.

Of course, fear exists, but~~,~~ ~~—~~is it really always about saving our lives?
~~life~~saving?. ~~—~~NO!!! Most of the time it is not.

Will that tiny little spider —(you'd have to almost get Jim's microscope to spot it) kill you? Will the baby mouse?
Will the 'big boss' at work really kill you while he shouts at you? Will the crow up in that tree kill you? I mean Hitchcock's birds didn't even do that!

Should we just ignore things so we won't have to face fear or should we stay innocent? But does staying innocent mean we prefer to stay uneducated?

A lot of~~Lotta~~ questions.

Jim is innocent:~~,~~ a lot of adults are NOT.
How can they lose their fear??

Office talk # 4

Gain your **own** power, or,
The dentist can help you overcome **your** —fear

Please read the underlined title of this chapter again….~~.~~
Dentistry is a co-creative business. We are a team!

The *arrows* below represent attention.
Co-creation and c~~C~~o-operation will more likely happen ~~more likely~~ according to the top —model than the model shown on the bottom.

Top drawing: all team members paygive attention to one each other, and the dentist is an empath! There is respect for every person.
Bottom drawing: I call this the arrowgance formation. Yyou'd better run!

Commented [SL65]: Did you intend to use this incorrect spelling for a specific purpose?

***Andrea please, here put picture "arrows" jpg#%**

OccasionallyOnce in a while, we do emergency shifts. Doing this means we getYou get to meet clients from other dentists. They are in pain and clearly need help obviously.
One patient wasI met, let's say 'Fay', a 37--year-old woman. She was nervously pacing around in my waiting room. She told Carolien, my assistant, she was not in pain but she had a burning question. These emergency sessions, however, are not meant for questions only, (aslike Carolien told her firmly).) However,but I sensed something else was going on so I said I would see her if she could wait a while. I invited her to wait until it was her turn to enter my office.

It became clear she did not have a dentist…….

The reason she came to me was to ask whether she had to go to see a dentist ASAPasap because of a cavity or whether she could wait.
I mean… .this is what fear does….

I answered all her questions; it took about twenty minutes. I told her to go ahead and cry!! When people are this close to tears I always say: 'You may cry. In fact, you should cry! It releases the build-up of stress'. It indeed was clear to me she was less scared of the shark infor Jaws than she was offor dentists, including meme.

She asked me if she could become a client in my office.
"Of course", I said. 'Yyou are welcome'.

In the past I have helped sssssso many anxiousety clients.
I know from experience, however, that But just some anxious clients end up cancelling their appointments because they're so afraid. a handful of these same clients didn't stick to their appointments, usually, however, because of their fear.
Otherwise because their *main problem* was solved by me and they just left me behind with my hour and a half scheduled next appointment at which they didn't show up! Imagine the money it costs ME!

Commented [SL66]: Meaning unclear and ungrammatical.

Because of my inner growth (about that later) and power, I was able to firmly but friendly tell her in a firm yet friendly way: 'You are more than welcome to become a client but I have a rule:..... you are NOT allowed to skip or cancel a single appointment.'

I do not want to spend any more of all my dental loving care (DLC), and energy, and time to find out 'they' might have taken advantage of the situation. (It takes a lllllllot of energy to treat this category of patients. Again, that's fine., I don't mind).

I was clear in my communication as being clear and I also ensured she made an appointment that she would be able to keep. had her committed to our mutual appointment.

Indeed, she did showed upp for the appointment; I complimented her and . I did the oral exam. It became clear there were several subsequent appointments that needed to be made. I acted as described –in my chapter, 'Ceommunication'.
I made sure to emphasizeAlso I emphasized that SHE wasis the boss; I wasam merely a guide.

The sessions went very well. She was sick one week before a certain appointment she told me. She knew she was not allowed to cancel; she didn't have to, luckily.

Commented [SL67]: Meaning unclear.

Do not misunderstand me, folks!~~.~~ When you are ill and you have an appointment of course you have the right to cancel it ~~that~~. I know, however, ~~–~~fearful people ~~with fear~~ sometimes~~usually~~ use this as an excuse to skip the visit.
I know my clients ;-))

I stood in my power: explaining, taking care of her (teeth) and letting her be her own boss. ~~On the other hand~~ I allowed~~let~~ Fay to regain *her* ~~–~~power. I gave room for her to, for instance, give a 'stop' sign if needed.

I gave her so much room and power that during~~within~~ the latest ~~–~~visit she even laughed in the chair and was able to indicate she rather wanted '*this*' to be taken care of today instead of '*that*'. If I agreed with her preference in my professional judgment~~dental wise agree with it~~, ~~then~~ it was~~'s~~ fine with me.

What we accomplished ~~all reached~~ together was~~is~~ alleviation of her fear~~too lessen her fear~~.

This is the way to go, don't you agree? ~~What a way to go don't you think?~~

The dental exam.

Commented [SL68]: You called this chapter "The dental examination" in the table of contents.

What do I actually do when I examine your teeth??

Well, I check whether your mouth ~~everything~~ is healthy. And~~lso~~ indirectly, your body!!
So, I do not *search* for caries.
I also do cancer screening!

Having healthy teeth means:

-no gum inflammation
-no active caries
-no jawbone inflammation
-no pain

I use special tools:

We use the *dental mirror* because it saves our backs; we don't have to bend upside down and backwards to check the upper left molar at the outside. To have the patient do a~~the~~ handstand might also not be too convenient.

The *probe*:~~;~~ a lot of people hate this and I understand why!~~!~~.
Then why do I use it? Because I use it the **right** way!
Wo~~W~~, pretty bold statement, right? The probe serves as an extension of the finger…~~…~~it is a feeler. I don't use the TIP of the probe but the *side* of the probe ~~-~~at ~~a t~~ the tip.

It is not handy (handy? LOL) to use a finger; they are too thick ;-))

Does everything feel smooth? That's what I check. If the answer is no, ~~not then~~ then I need to find out why not? It might be a cavity, it might be a huge layer of plaque, it might be a broken tooth, it could~~an~~ be a dissolved root….~~.~~

The probe is meant to be used only as a *whisker*~~-~~!!!

It is not made to be used as a *drill*!!~~!~~
Don't poke around with it, dear dentists, and have a victory dance you found caries!
You might actually just have destroyed a demineralized spot which was in perfect balanced

condition ~~……~~ (treatment not needed yet, see chapter 'treat or defeat).

Also, ~~;~~ this poking around can hurt severely at some places. As I wouldn't want that to happen in my mouth, I won't do it to yours. ~~I would not want that in my mouth to happen so **I** won't bother **you** with it either.~~

Remember Confucius' quote?

'Don't do unto others what you don't want others to do unto you'.

A diagnosis follows (maybe in combination with X-Ray or hot/cold tests, for example ~~e.g.~~) ~~–~~the examination.
A treatment plan follows the diagnosis.
In the treatment plan I always ask myself the question: ~~;~~

'What would happen if I didn~~on~~'t apply any treatment~~–~~?'

A part of the plan can be: do not do anything. ~~g……~~
Good 'monitoring' (follow-up) can be the best option in some cases.

Inflammation vs infection or Response vs invasion.

Before leading you into the most important part of your mouth (and body!), the *gums*, I have to explain thean often misunderstood difference between inflammation and infection. .

~~The difference between an inflammation and infection. Or; i~~Inflammation is not a synonym for infection. These terms are often~~being~~ used in the wrong way by patients (and sometimes~~often~~ dentists themselves).

Inflammation: (Latin; *inflammatio) is a complex biological response* ~~*r e s p o n s e*~~ *of body tissue to harmful stimuli, like a virus, bacteria, fungus or irritation.*

Infection~~———~~: *is the i n v a s i o n of body tissue by disease-causing agents, their multiplication and the reaction of host tissue to these agents and their toxins.*

So inflammation refers to self-~~-~~**protection**. The body starts a healing process! **(Isn't that wonderful?~~???~~).**

Our infections, wounds, and any damaged tissue would never~~!~~ heal without **inflammation**!.

Often people frantically ask me after having had a surgical procedure like pulling a tooth, tooth cleaning, or for instance a deep cavity treatment,~~.~~
'Do I now have ~~an~~ inflammation?'
I joyfully answer: 'Yes!! Y~~y~~ou are lucky!' or: 'I hope so'.
At first, they don't understand. They thought they were in fact~~s~~ asking: 'Do I now have an infection'?
Then I would have answered: 'I hope not'.

The inflamed tissue **can** get infected, of course, but the infected tissue **will get** inflamed (at least when your immune system works well; hey, this a must~~!!!!~~) in order to heal!). .

Hope the distinction is~~it's~~ clear for you now.

The gums can be inflamed, as can~~just like~~ the jawbone as well as the tooth itself.~~,~~ ~~M~~more on that and the treatment of it later in this book.

The gum: SOUL of the mouth!

The soul can be defined in many ways.
Here are a few:

'The essential or most important part of something'

'The spiritual part of a person believed to give life to the body'

'The person's moral and emotional nature

'The central or integral part, the vital core

YouWe are a **spiritual** being livings, we live in a body.
Obviously while we are on earth, our **bodies** transport us. It's action is steered by the **brain.**
The real person inside us is our spirit, I think.
We are a soul experiencing a life in a body on earth.
Our soul encompasses our emotions, will and mind.

The gums represent your inner body!

The gums or *'gingiva'*, consist of the *'mucosal'* tissue that lies over the upper and lower jaw.
'Mucosal' meansing a biological layer.

Gums can have different colours
pPink, rRed, bBlack, and bBlue

Meaning of the colours:;
Pink ————: healthy
Red ————: sign of inflammation, pathology*
Blue ————: inflammation of gum a n d jawbone, pathology*
Black ———: racial pigmentation, pathology*

*Pathology can have itsit's origin i nin the gum **or** can be expressed t h r o u g h it.

Diseases which can express themselves include,are *for instance*:

Crohn's disease, AIDS, some cancer types, Non-Hodgkin,
Diabetes Mellitus. Kidney disease, Anemia.

Mind related!
Stress!!!!!!!, fFatigue, lack of sSelf - love/esteem/respect!!!

Diseases which have their origin in the gum are for instance:
Squamous Cell carcinoma, Herpetic stomatitis.

Mind related!
Gingivitis, Parodontitis.

Commented [SL69]: I'm confused. How are these conditions mind-related?

As the above is true, the below is also true.

Gingivitis (inflammation of the gums) and Parodontitis (inflammation of the jaw bone) can cause:

Commented [SL70]: Is this the correct spelling?

Heart disease, premature birth, increased risk of diabetes, stroke, low birth weight infant.

More on pPathology and relation dDentistry in chapter;
'Doctor Dentist'.

Commented [SL71]: ??

Office talk # 6.

Detect! or,
The dentist saved my **life**!

So proud of my client, ~~t…~~a 59-year-old woman who showed up in
my office. She had lived on the streets and had climbed out of that situation and ~~herself way up~~ into a nice home. This woman is such a positive,
joyous soul! How lovely!!

She needed dental care.
During the dental exam it appeared obvious she needed ALL her teeth to be removed. ~~d…..too bad.~~
~~W~~Anyway, ~~w~~e ~~all~~ decided to make not just the best of it but the greatest of it!

We had a lot of appointments; they went very well.

The colour and the shape of the teeth in her dentures were properly~~securely~~ chosen; I wanted them to fit her face!
Her last session was here~~:;~~ anesthesia~~–~~, pulling of her front upper and lower teeth. S~~; s~~he was ready for her dentures.
They looked great on her!!
I asked her to come the next day so I could make sure ~~to check if~~ she was doing ok.

Getting dentures is a hugely significant procedure,~~ I~~ m~~M~~ostly mentally! I need~~want~~ to really guide clients through this process.
The next day she came and was happy. ~~The subsequent technical procedures will not be described here.~~

However~~Anyway~~, she called me a couple of weeks later. She was in pain!
This was strange because the type of pain ***IN HER GUMS*** she described to me didn't fit that~~e pain~~ which might b~~m~~e expected. ~~at this time!~~ In fact,~~At this time though~~ I didn't expect that she would ~~for her to~~ have pain at all!!

I decided to see her in my office. I could not, however

not find anything to worry about….
Note:; anamnesis took up at least 10 minutes.

Commented [SL72]: Is this relevant?

The patient is ALWAYS right about their sensation!

So I knew I had to investigate further.
Even though it was aAgainst the 'rules', I decided to take of taking an X-Ray I decided to make an
X-ray. Always ; follow your intuition as a dentist.; they do not depend
on rules…..
But there was no sign of the t…..nothing showed the
cause –of the pain
she had…I felt kind ofa strange. It all didn't add up…..
The only thing left to do was to ask her to whether she wanted to
come back in two weeks if the pain was still there. She
agreed. 'If it was something to be very worried about, much worry about', I figured, 'I wouldmust
have been able to detect that today'…IF it was at all dental related!

I always keep that in mind!
Two weeks later she showed up …again, still in pain.
I decided to send her to the 'omniscient'? oral
surgeon for an opinion. Also I asked her to whether she would contact me after that visit. She said she
would, and she did.
The comment of the surgeon was: 'everything still
needs to heal in your mouth.; Dd on't worry, it will pass'.
Well, this was not what I wanted to hear; her gums
were hurting.
I asked her to contact me in one week at the most
because I had a gut feeling something wasn't right.
A week later,after she called me again. I decided to
CALL the oral surgeon and communicateduttered my
concernn….

He sawdecided to see her that day and tooktook a biopsy.

Diagnosis: *Non-Hodgkin Lymphfoma!*

Longer story short,; she is grateful thatthankful to me every day; I was stubborn enough to continue pushing for hold on to evoke a diagnosis from the surgeon. All cancer treatments worked out fine: she is healthy now!!

She brings us chocolate every time she comes in! With every visit she brings us chocolate!!! :-)

Office talk # 7.

Four in a row, or,
Wrong tooth pulled

~~A, at that time, 55 year old male,~~ Mr. K.~~,~~ a 55-year-old man, showed up at my front office desk. He was crying and in severe pain ~~and crying~~.
I didn't know the man. Luckily, I was going to ~~—~~have a lunch break in a few minutes so I would be able to check on him.

The **anamnesis***revealed the story of me being the fourth dentist in row he had~~was to~~ visited.
He had been given several treatments for the~~is~~ pain but nothing had worked.
Dentist #1: prescribed antibiotics
Dentist #2: filled a molar
Dentist #3: pulled a different molar
Again, all with no results.
The facts in the anamnesis didn't add up…. ~~.—~~The pieces of the puzzle didn't fit together.
(*see next chapter)

Time for the examination:

I~~i~~t did not show any signs that worried me. ~~of which to worry,~~ A~~a~~ll the tests were negative…~~.~~it was weird.
However, ***THE GUMS*** showed
a slightly different colour than I expected.
Red/light blue-ish; it's difficult to explain~~hard to explain to you~~.

I took an X-Ray: no signs of an abnormality.

Mr. K. was still in severe pain. When the diagnosis is hard to make, you can use anesthetics: you locally ~~(!)~~ anesthetize the tooth you suspect of being the villain, and ~~;~~ when the pain is gone you *know* 'this' must be it!

I anesthetized a lower—left molar and—….the pain was gone.

But still it 'felt' strange because the facts from the anamnesis and the treatment to be started didn't coincide.
I knew I had to start a root-canal treatment. I was sure of that~~; that I was sure of~~, *but* I did not know *why!?*

*T*he treatment went well, the patient went home, and I expected him to be completely pain—free as soon as the sedation wore off~~would wear off~~. I asked him to please call me the next day~~tomorrow~~ with an update. Well, he didn't call me……. H~~h~~e, again, unexpectedly showed up at~~in~~ my office……in severe pain!

This was the strangest thing! I felt j~~J~~ust like the day before, when I was
uncertain of the *'why'?!*
I invited him back to~~in~~ the chair. I couldn't figure out w h a t
was going on.

Although I'd taken~~ took~~ one the day before, I decided to take one more
X-Ray. Ridiculous! Right, Mr. and Mrs. Dentists? I mean,~~;~~ nothing c~~w~~ould have changed overnight in his jaw, ~~to now reveal me the secret on a photo, w~~could it?. ~~I would have flunked my exam writing about this decision.~~

trust you gut feeling, inner self, inspiration

And —t h e r e —it was…~~.~~.

The X-Ray showed some abnormality in the bone structure, something called 'sun-ray appearance'. I was in shock….~~.~~

Commented [SL73]: I'm assuming that you intended for this line break and others like it throughout the book. Please be aware that it is technically incorrect, though.

This means trouble~~!!!~~…~~.~~it is usually related to some type of cancer! Why didn't ~~—~~I see this the day before~~yesterday~~??~~????~~

I checked the X-Ray from the day before: again, no abnormality.

How could this be possible~~Why today but not yesterday~~?

What (luckily) happened was: I took the more recent ~~today's~~ X-Ray under a slightly different *angle* so the structure became ~~more~~ clearer and easier to see.

~~me.~~

Now I knew why I didn't know *'why?'!*

So~~,~~ I suspected a terrible diagnosis for him.

I have to be careful about what I ~~what to~~ say when suspecting something ~~——~~like this because there are a lot of tests necessary for confirmation of the condition. ~~to confirm that.~~

The thing to do is to refer the patient~~somebody~~, diplomatically, ~~—~~to an ~~——~~oral surgeon to have it checked. You cannot say: 'Mr. K. I think you have some kind of cancer!' ~~Imagine!! Imagine it not being true also.~~

Diagnosis: giant B-cell lymphoma (non-Hodgkin type)

Patient was kept in the hospital right away for treatment.
He was about to leave for vacation; they wouldn't let him go.

No worries~~!,~~ He is now totally cured!!~~!~~ The root canal treatment
I started was also a good~~right~~ decision. The oral surgeon asked
me to finish it.

What would have happened if I had not taken the second
X-Ray?
I would have sent Mr. K. to the surgeon that day anyway
Because being in such ~~a~~ pain after that initial treatment
didn't seem ok to me.

All’s well that ends well!!

Anamnesis.

Anamnesis, or~~,~~ the medical history (or case history) of a patient, is information gained by a physician, through~~by~~ asking specific questions, either of the patient or of other people who know the person and can give suitable information, with the aim of obtaining information useful in formulating a diagnosis and providing medical care to the patient. (from: Wikipedia, The online encyclopedia)

Commented [SL74]: If this is a quote, it needs to be in quotation marks.

Commented [SL75]: You should use a more credible source than Wikipedia, especially as you are a dentist with expertise in the area. Perhaps a reputable medical site or journal?

~~In other words;~~ tThis is the conversation you have with each patient~~h your clients~~ mainly on their first visit,~~s~~ in which you ask questions about their general and dental health, the reason for their visit, about ~~–~~specific problems or questions, about~~nd~~ what has been done (or not) about it in the past, and about why they chose you and left ~~the choice why to pick you and leave~~ the 'other' dentist, as well.

There are a lot of 'dental anamnesis lists' to be found on the internet; hence, I will not bother you with summing up all the possible questions here.

Role of the anamnesis:

- Assessment of the *general and dental* health of the patient
- Establishment of a successful dental-patient relationship
- Collection of necessary information for a correct diagnosis ~~The lead to a right diagnosis~~

One~~The~~ reason why the dentist needs to ask ~~to ask the~~ general health questions is because dental treatment can interfere with some bodily diseases~~/~~ and medications

Please:

CEASE TO SEE THE MOUTH AND TEETH AS SEPARATE FROM THE REST OF THE BODY ~~AND TO SEE THE T E E T H SEPARATE FROM THE BODY~~

ORAL health INDEED affects general health (and as you now know, vice versa). Oral health also has an effect on chronic diseases.

~~Anamnesis; the **dentist** has to tell him or her self:~~

Anamnesis right? = Diagnosis in sight!

Don't hesitate to spend at least twenty or thirty minutes on this first contact with your client. ~~o have this first contact with your client last twenty -thirty minutes.~~
This might seem like ~~It might seem to be a lot of~~ wasted time but it is
n o t.

Patients will appreciate~~feel~~ that you are willing to take the time to listen to them,~~listen to them, take the time~~ and and they will be more willing to tell you everything. ~~are usually most willing to tell you all!~~

Dear dentists:
Do *inter*-act; don't *upper*-act! Be a guide in this conversation.
Dare also to ask why they left the other dentist. ~~r~~ W~~w~~hat did the client expect? What do they expect from you?

Please avoid the ~~–~~fatal/vital question if you haven't seen a client in a while: 'What took you so long to visit me'? This will embarrass people. There is *always* a reason

Commented [SL76]: What do you mean?

and it is NONE of your business (unless it is health related, of course)!
Rather be gentle and just say: 'It is nice to see you again., I hope you are doing well'.

I have often heard comments like:
the dentist was mad when I showed up after x many years
the dentist didn't take enough time to listen to my story
the dentist was not even looking at me while talking to me

Dare! to ask yourself as a dentist:

- Did I spendt enough time on getting the to get medical history?
- Did I make EYE contact?
- Was I aware ofDid I know the ethical (and legal) aspects?
- Did I dare a r e to asktake all the questions necessary?
- Did I explain the importance of that specific question?

Very important during this interview are non-verbal aspects:

- Your tone of voice
- Your position regarding the client
- Eye contact
- Quiet room

Be sure there are no obstacles –(for example, computer screen~~!~~ or~~,~~ table) between the two~~both~~ of you. Sit, preferably, at the same eye height as your patient, if not a *little* lower.

This~~It~~ reduces the feeling of be interrogated by someone looking down on you~~to look up to~~. You, preferably, do not want to be 'looked-up to', right?~~,~~ Rather, y~~because y~~ou want a *co-creation* with your client with the aim of dental health.

Usually my client will sit **upright** in the dental chair, either with their back leaning against the back of the chair *or* they will sit **upright** in the middle of the chair with their legs turned towards me.
I will then sit in a regular chair facing them.
Or, they will lean against the back of the chair and I raise the chair so I will face them while standing.
When people are very, very scared, ~~then~~ ***I will sit*** in the middle of the dental chair facing them siting in a regular chair facing me.

Commented [SL77]: But if they're upright they can't be leaning back. Doesn't make sense.

People will leave your office as quickly as they came when they feel hurt rather than heard. ~~not feeling heard but hurt.~~

Office talk # 7.

Three is a crowd, or
Eerie

On one day I had three new clients.
~~Different problems; so, of course, the anamnesis differed from each other for the largest part.~~

Mrs. J. h~~H~~ad experienced~~had~~ problems for six~~6~~ years on the upper right side in her jaw. She had~~s~~ seen many dentists, at least six~~6~~ in a row. She ~~has~~ had some fillings in her molars, other than that no other treatment had~~s~~ been done, she said.
I ~~—~~asked her whether her pain was always present. She said: 'No, it can be there for like a few hours and then be gone'. It was not cold-related but *hot*-related! So, when drinking coffee it could hurt, but~~,~~ not always.
It could sometimes hurt very much when lying in bed but the next day it could~~an~~ be gone. Often it happened she would go to the dentist and the pain would disappear, again miraculously. She had no pain now.
I suspected one of her upper molars ~~—~~to be the cause of this pain.
She was diagnosed as having: psychological ~~mental~~ problems/muscle tensions/sinusitis/ear infection and 'itcannotbeanythingsyndrome' (a syndrome where a dentist says: 'you have no problem'.
Recently an X-Ray had been~~was~~ taken but no abnormality could ~~to~~ be seen, she said.

The anamnesis took 15 minutes.

To me, the diagnosis seemed easy: -pain off and on, *heat~~ot~~*-related, and when lying in bed---> inflamed nerve.
After all these years being present, I was sure it now must be clear on the X-Ray.
And…~~..~~indeed, it was!

If it hadn't been clear on the X-Ray, ~~;~~ I would have had Mrs. J. d~~D~~rink coffee in my office, since the problem was ~~"~~heat~~ot'~~ related; the pain might have come back. If not, I would have asked her to come back the next time she experienced it. At that point, I would then have administered anesthetics to specific teeth. If the pain disappeared, we would have known which tooth was to blame. ~~I would have let her come back as soon as she would have felt the pain; then give anesthetics; pain gone? You know which molar is the cause~~. This could take around two weeks. ~~Sometimes this might take 2 weeks but not 6 years.~~ Diagnosis:~~;~~ inflamed nerve! Treatment: root canal ~~treatment.~~

Mr. H. h~~H~~ad experienced~~had~~ problems for four~~4~~ years on the right lower side of his jaw. He had seen three~~3~~ dentists.
The anamnesis showed that~~;~~ his first dentist had given ~~gave~~ him a root canal treatment four~~4~~ years ago. He then got a restoration: a bridge. The tooth again became painful; the dentist re-did the root canal treatment. (Entrance through the crown).
The pain did not subside. His dentist retired, and a~~.~~ ~~A~~ new dentist, Dr. Mrs. C. took over~~came in~~ the office. She didn't know what was going on and referred him to a colleague: an endodontist.
An endodontist is a dentist who has done~~d~~ four additional ~~a 4~~ years of specialized ~~follow-up~~ study about the most inner part of the tooth, the pulp.
He opened the crown (again), saw a crack in the tooth, filled the crown with a temporary filling, gave antibiotics (?) and told Mr. H. the bridge had to be cut, the tooth had to be pulled and he needed an implant! He was a few days without pain, however! X-rays were taken at all offices, with none showing~~;~~ ann~~o~~ abnormality.
He went back to ~~-~~Dr. Mrs. C. for a follow up. She sort of panicked; she wanted to re-do the root canal treatment (#3) or do cleaning of the gums ~~-~~(?). ~~)~~
This was the point at which Mr. H. lost his faith~~.....~~.

Commented [SL78]: So would this mean several appointments?

Commented [SL79]: Is this a title in Holland? I don't know if this is done anywhere else. Wouldn't it just be "Dr."?

Commented [SL80]: ?? Is this title ("Dr. Mrs.") used anywhere? I've never heard of it. Surely it should just be "Dr."?

At this moment he was still in pain, with the ~~. S~~same symptoms as he had suffered ~~have been~~ for four~~4~~ years ~~now~~.

The anamnesis took 45 minutes.

To me the diagnosis seemed easy: ~~-~~root problems, antibiotics; pain over for a while (=attacks only the symptoms, *not* the cause). Antibiotics do not cure cracks!
----->inflammation of the bone.

Despite all the X-rays taken before, ~~-~~the client insisted on ~~to to~~ doing~~take~~ another one! I rather wanted to have the previous ones sent~~d~~ to me because of concerns about~~the~~ radiationdosis. He was fed up with the situation~~it~~ and wanted to finally have a diagnosis. ~~s at last.~~
The X-Ray showed what I suspected. If it hadn't~~not~~, I would have numbed the suspected molar and it would have been clear also.
Diagnosis: inflammation of the bone surrounding the roots. Treatment: eliminating inflamed tissue by the oral surgeon.

Mrs. K. h~~H~~ad suffered~~had~~ pain for about a month; ~~-~~on the upper right side of her jaw. She was in pain. She had no pain with *hot* or *cold.* Her pain was not always present.
A root canal treatment had been done a year beforehand~~ago~~ in the 16 (teeth have numbers)~~;~~~~,~~ the tooth behind the 16 was~~is~~ healthy. When she chewed, the 16 was painful and she couldn't touch it because it hurt. ~~; it would hurt.~~
To me the diagnosis seemed easy: -chewing was painful, just liking touching it---->inflammation of the bone surrounding the roots of the 16.

The anamnesis took about 10 minutes

Commented [SL81]: Meaning unclear.

Commented [SL82]: ??

An X-Ray was made but showed no abnormality.
Tests affirmed my conclusion from~~of~~ the anamnesis. Diagnosis: inflammation of the bone surrounding the roots of the 16. Treatment: eliminating the inflamed tissue surrounding the roots of the 16 by the oral surgeon.

However 1: the client (having been a dental assistant 30 years ago) didn't agree with my findings. She wanted a root canal treatment in the 17! She was going on vacation and wanted something fixed right this minute. I did not agree and I was not planning to do this. It took me twenty minutes to convince her. She finally went to the surgeon.

However 2~~—~~: she came back; the surgeon ordered me to go along with her preference: a root canal treatment in the 17. ~~do otherwise: root canal treatment in the tooth behind the 16; the 17~~. I knew this would be inappropriate and ineffective, so I asked ~~her~~ how long she had been in his office. Her answer was: 'three~~3~~ minutes'. I refused to ~~Stubborn as I am I did not~~ fulfil~~l~~ his request! I told her she might as well throw 450 euro down the drain because the treatment would do nothing to alleviate her pain. ~~her pain will not be over after that treatment.~~
Finally, finally, finally she agreed….
Of course, I sent her to another surgeon. She performed the surgery I thought was necessary.

~~*Regarding the treatments mentioned above: other options were possible but clients and I agreed on these.*~~
~~*Regarding the results: all patients (still) are pain free.*~~

Your teeth are *living* body parts.

Your teeth have blood vessels and nerves and a lymphatic system

Andrea, here add picture 'tooth' jpg#7

'So', you will ask '~~–~~a tooth is alive???'.~~,~~ I~~i~~t has nerves?"

Commented [SL83]: You need to have consistency in the type of quotation marks you use.

Actually, you already knew this! Think about it.
What do we do in a root canal treatment? We take the nerves and blood vessels out of the canal. ~~Actually you knew because you have heard of this following terrible word: root canal treatment.~~
~~It is a treatment of the root canal.~~
~~We take the nerves out of the canal.~~
~~But, did you know it has blood vessels? Well, it has!!~~
~~We also take the blood vessel out of the root canal. with this treatment.~~
The tooth cannot develop in a lifeless environment,~~.~~ and it cannot develop by itself if it is not inside a living body.~~,~~ H~~h~~eck –yes, the tooth~~it~~ is alive!~~; it has a supply of nerves and blood vessels indeed.~~

The blood flow helps the tooth grow and mature ***before*** it emerges in the mouth.
The formation of teeth usually begins around the sixth week of EMBRYO development! (Awwww, cute)

The hard tissue covering the tooth, the ***enamel***~~,~~ (the white~~,~~ or 'off-white' part, or natural crown, which shows when you smile) is made of crystals of calcium phosphate (hydroxyapatite). As you already know from

the chapter **'Tooth'**, ~~–~~enamel is the *hardest* part of the body.
Dentin ~~, which~~ is located under the enamel. While it is ~~,~~ ~~is~~ also a ~~–~~hard tissue, it's weaker than enamel ~~though~~. It has more organic matter. ~~; it can regenerate with limited capacity~~

ENAMEL does *not* have any living cells. Hence it cannot regenerate itself.
Dentin can regenerate with limited capacity.

This is why they invented the dentist.....:-)

The **pulp** is the central part of the tooth. It is here where the nerves and blood vessels are housed.

The **lymph~~f~~atic system of the pulp**, the larger conducting lymphatic vessels, accompany the blood vessels and nerves in their course through the pulp.

The nerves are there to help~~serve~~ you!!~~!~~ You wouldn't think so, would you?~~.~~
Maybe you've even wanted to ask a dentist, ~~Because you often ask a dentist;~~ 'Can't you take out all my nerves, so I don't have to come see you anymore?'
The nerves serve you when they ~~to~~ cause pain-->it is a warning function. It warns you of the presence of danger: for instance a~~;~~ cavity, an infection, or a warning on spiritual level!

Commented [SL84]: What do you mean?

It's true, however, that ~~W~~when a tooth has completed its development and ~~has~~ reached its final position in the jaw, ~~–~~it no longer needs ~~does *not* need~~ its nerves and blood vessels to remain functional.

That is why the nerves can be removed in a root canal treatment and the tooth remain in the patient's mouth for a lifetime. ~~That is *why* a tooth that has had a root canal treatment (in which the nerves as well the~~

~~blood vessel have been removed) can remain in a person's mouth for a lifetime.~~

I~~So i~~t can still take part in life functions such as as
-laughing
-eating
-chewing
-speaking~~,~~

I~~i~~sn't that wonderful?

So the tooth is alive (and sometimes kicking :-(( ) with its blood vessels and nerves.
After the root canal treatment, the tooth is considered dead (R.I.P.) but, again, can it can remain functional in the mouth. ~~stay functional.~~

Now you know WHY the tooth is a living part of the body!
It is connected to the body through the blood vessels and nerves.
The blood which runs through your veins run through your teeth!!
The nerves are connected to the larger nerves in your jaws and head!!
The lymphatic vessels are connected to your entire immune system!!

So, now you (can learn to) understand the *why* of for instance:

- the question of general health in the anamnesis~~,~~
- dis-eases elsewhere in the body can show in the gums~~,~~
- the impact medication can have on your teeth~~.~~
- mental dis-eases can reveal themselves ~~itself~~ in your mouth

Happy teeth?.

As described in the chapter **'Anamnesis'** and in the last chapter **'Your teeth are living body parts'**, we learned that ~~it became clear to you~~ there is a connection between dis-eases and the ~~healthy~~ gums, ~~or~~ teeth, and ~~healthy~~ mouth. ~~, right?~~

The teeth are connected to the jaw-bone, the jaw-bone is ~~–~~connected to the neck-bone, the neck-bone is connected to the head bone…~~…~~hey…~~……~~. ~~this~~ sounds familiar!!!!! (𝄞🎤)

Commented [SL85]: I'm not sure about using so many exclamation points.

Wait a minute. I~~i~~sn't that?…~~.isn't that?…..~~Yes!!~~!!!~~ that is from the song called:

Dem Bones/Dry Bones
Written by James W. Johnson

Performed for instance by:

Delta Rhythm Boys:
Dem Bones Dem Bones Dem Dry Bones;

to me the most ~~–~~*goose bumpy* ~~–~~performance of this song!

Check:

https://m.youtube.com/watch?v=mVoPG9HtYF8

Lyrics:
Ezekiel connected dem dry bones,
Ezekiel connected dem dry bones,
Ezekiel in the Valley of Dry Bones,
Now hear the word of the Lord.

Toe bone connected to the foot bone
Foot bone connected to the heel bone
Heel bone connected to the ankle bone
Ankle bone connected to the shin bone
Shin bone connected to the knee bone
Knee bone connected to the thigh bone
Thigh bone connected to the hip bone
Hip bone connected to the back bone
Back bone connected to the shoulder bone
Shoulder bone connected to the neck bone
Neck bone connected to the head bone
Now hear the word of the Lord.
Chorus
Dem bones, dem bones gonna walk around.
Dem bones, dem bones gonna walk around.
Dem bones, dem bones gonna walk around.
Now hear the word of the Lord.

Ezekiel disconnected dem dry bones,
Ezekiel disconnected dem dry bones,
Ezekiel in the Valley of Dry Bones,
Now hear the word of the Lord.

Head bone (dis)connected from the neck bone
Neck bone connected from the shoulder bone
Shoulder bone connected from the back bone
Back bone connected from the hip bone
Hip bone connected from the thigh bone
Thigh bone connected from the knee bone
Knee bone connected from the shin bone
Shin bone connected from the ankle bone
Ankle bone connected from the heel bone
Heel bone connected from the foot bone
Foot bone connected from the toe bone
Now hear the word of the Lord.

Commented [SL86]: ??

Chorus
Dem bones, dem bones gonna rise again.
Dem bones, dem bones gonna rise again.
Dem bones, dem bones gonna rise again.
Now hear the word of the Lord.

Finale
Dem bones, dem bones, dem dry bones.
Dem bones, dem bones, dem dry bones.
Dem bones, dem bones, dem dry bones.
Now hear the word of the Lord.

They lost the Jaw-bone :-)))---> disconnected LOL.

Commented [SL87]: Meaning unclear.

This ~~song is a~~ well-~~-~~known ***spiritual*** song's lyrics

~~The lyrics~~ are inspired by Ezekiel 37:1-14, where the Prophet visits the "Valley of dry Bones" and prophesies that they will one day be resurrected at God's commend, picturing the national reassures of Israel.

The book of Ezekiel is a prophetic book in the Old Testament. Its~~It's~~ theme includes the concepts of the presence of God and purity.
God transported Ezekiel ~~--~~(probably not literally, but in a vision) ~~-~~to a valley full of dry bones and directed him to speak to the bones. Ezekiel was to tell the bones that God would make breath enter the them~~bones~~ and they would come to life, just as in the creation of man when He breathed life into Adam.
Ezekiel obeyed, the bones came together, fl~~r~~esh developed, skin covered the flesh, breath entered the bodies and they stood up in a vast army.
This vision symbolized the whole house of Israel that was then in captivity.

Like unburied skeletons, the people of~~in~~ Israël were in a state of living death, pining away with no end to their judgement in sight. ***(I think this counts for more than half of the earth's population right now).***

Commented [SL88]: Meaning unclear.

Translated to THE now: people are very judgemental. It is always the other's fault. People are not happy; overlooking their own power and~~;~~ giving it away, clogging their own pipes.

Well, I am not 'biblical', but the text on the former pages regarding Ezekiel resonates with me~~I agree with~~. ~~The bible was written too many years ago and has been translated many many times. Therefore I think the truth has been watered down, diluted.~~
Different 'biblical' people will tell you different 'biblical' truths,~~.~~ w~~W~~hich is fine with me; your truth is your truth and you seem to live well by it. Your truth cannot be false! Neither can mine…because we live happily with it, right? Just like one's feelings.~~;~~ *Y~~y~~our* feelings are *your* truth, and *my* feelings are *my* ~~–~~truth.

Or, are you not happy? Then you might want to change your 'truth'….~~…~~

I have a personal belief in a supernatural realm.~~,~~ I have a quest for sacred meaning and also a strong belief~~ve~~ in the wonders of the Universe.
I think that t~~T~~he concept 'Lord' can also mean 'inner being'.~~ according to me.~~
We are ~~–~~all spiritual beings!

This! is our truth.~~,~~ T~~t~~his is our true nature.~~,~~ I~~i~~t IS the core of our being

WE CANNOT~~CAN NOT~~ NOT BE SPIRITUAL!!

As a matter of fact, I ~~–~~hardly ever use the word 'spiritual' because I believe~~think~~ it makes some people think of something they're not able to attain. ~~causes a reaction of 'something not to be able to attain'.~~ 'He/s~~S~~he is very spiritual' might be

something you will hear. Well, *you are, **too!*** Being 'spiritual' often sounds like something out of reach, out of sight or out of mind. ~~, ***out of the box***~~ **The truth is, though, that it is** ~~But, it is **in the box,**~~ **within your reach, within sight and surely within your mind.**
I like~~prefer~~ to say:

We are personally empowered!!

We 'only' have to tap into that!

I am not at all a judgmental person (saves a lot of energy, ~~,~~ I can tell you that).
One of the biggest compliments I have received in my life was:

'--you are brilliant in accepting everybody as~~like~~ they are--'

But…~~..~~(is there a but?) where is ~~thea~~ dividing line between accepting people as they are ~~how people are~~ and ~~specify/ t~~reasur~~inge~~ your own personal borders or boundaries?

Office talk # 8.

A bridge too far, or,
Lo and behold.

Five ~~An, at that time, 5~~ years ago, a 46--year--old woman visited me for a check--up. I gave her daughter some toys to play with.
I got my tools, mirror and (*whisker)* probe, so we were all ready to start…...

(*Me, feeling with the probe from right to left: ~~be like;)~~*
~~….~~feel,think,feel,think,feel,think,feel,think,feel,think,feel,think,feel,think,feel….feel..feel…feeeeeelll, THINK, THINK,THINK
'what on earth is THIS[redacted]!!~~,~~ ~~O~~oh my goodness!' FEEL, FEEL FEEL, FEEL, THINK, THINK, THINK …'. ~~.~~T~~t~~his cannot be!!'

I discovered a huge cavity under her restoration. Under the bridge (about restorations later in the book) I placed just two years ago. My heart skipped a beat (n o t for joy, I can tell you that!) because I found out she was to lo~~o~~se this bridge (which had cost her around $1600,00) as well as~~nd also~~ her tooth. It ~~really really~~ could not be saved. Never had I experienced anything like this in my practice….
A root canal treatment had been done in this tooth two ~~also 2~~ years prior to placing the bridge.

Commented [SL89]: What currency is this?

The cause? Sometimes unknown…sometimes known. This time I really did not understand. One of the reasons people lose restorations is because of bad maintenance/not properly cleaning their teeth despite my strand (..) instructions. This didn't seem to be the case here, though. ~~but it was not the case at all here.~~

Of course, I had to tell her the bad news…~~……~~.

She was stunned. ~~and wondered at the same time.~~ 'Why? How? What?' These were ~~, of course,~~ just a few of the questions asked.
Honestly, I could not provide~~give~~ an answer.

If you don't have the answer to a question, don't try to answer it. Be honest at all times. ~~Do not try to, either, if you do not have **the** answer; be honest.~~

I told her:~~,~~ '~~—~~I do not have the answer to your question.~~,~~ I am so sorry. I very, very much regret that you will lose the restoration as well as ~~and also~~ your tooth. I will do whatever~~all~~ it takes ~~for me~~ to fix this~~it~~ for you….'

It goes without saying that~~Of course~~ I asked ***mydentistself,*** ~~—~~'Did *I* do anything wrong? Did~~Have~~ *I* overlook~~ed~~ a problem?' *I* had done~~did~~ the root canal treatment ~~, it went~~ without any problems, as well as ~~and also~~ the follow-up during the two consecutive years. As a result, ~~So~~ it had felt safe for me to use the tooth as a fundament to place the bridge. Of course, *I* knew she had paid~~yed~~ a lot of money to have this beautiful restoration made. ~~Of course~~ *I'd* expected that restoration to last decades. ~~(when thoroughly cleaned by her)!~~

We ended the session by making an appointment to remove the bridge and pull the tooth…~~…~~

Commented [SL90]: ?????

~~*There the day was.*~~ Of course, I felt horrible (at 8 o'clock in the morning already and her appointment was at 2 ~~.00~~ pm) to have to do this all (to her) but I had to make the best out of it….~~.~~

~~*It all turned out to go a different path…..*~~

During her next appointment, my~~My~~ client confronted me with the results of a written second opinion of a colleague. That meant that ~~Which means~~ between her last visit and the present one, ~~today's visit~~ she consulted another ~~an other~~ dentist regarding th~~e~~is problem.

She certainly had every right to do this! ~~Of course she has the full right to do so!~~

His judgement: the roots of both teeth w~~ere~~ere~~ould have been~~ too short to function as a good fundament for the bridge.
Hence, I should *n o t* ~~–~~have made the restoration!

I knew t~~T~~his was not the *cause*, ~~!~~ ~~–~~though, because if the roots had~~would have~~ been too short the teeth would have come out with the bridge still attached to them. ~~–it..~~
Anyway, ~~Any way~~ it was his word against mine.

But *why* did she confront me with another ~~an other~~ opinion~~statement~~t?
I thought I was being ~~–~~honest and clear (as far as I could) ~~enough~~ and I was going to do my best to fix the problem~~it~~! I had shown sincere regret and more.

The answer ~~It~~ became clear to me; she wanted **her money back!...~~.~~and YES~~,!!~~ ALL ~~L L~~ of it! ~~.~~**

Did she really think I was going to charge her for the present ~~today's~~ treatment? I felt so bad for her I couldn't even think of making an invoice! Did she

Commented [SL91]: This doesn't make sense. If her appointment was at 2 pm how was she there at 8 am?

Commented [SL92]: Shouldn't you use the word patient instead of client? You're the dentist so you know, but I wanted to point this out.

think I was going to charge the full price for the follow-up?

I told her I was going to refund the total costs of her bridge which was about $1600,00. (Either refunding the costs or giving an implant and a crown for free, which solution was the option discusses)
This wasn't~~Not~~ because of the findings of the colleague but because of the guarantee I give on my work. ~~Neither one of us I think was responsible for the loss of the (1) tooth~~
Then I realized~~—……ss~~he *must* have gotten insurance money. ~~That would have saved me some money to pay back…..('lucky' me).~~
So I asked about the amount she received from her insurance company. ~~S but then s~~he bluntly answered: 'that is none of your business'.
I was appalled by her answer, but stayed calm and polite.
Then she figured —I might even owe her more money……
She wanted a refund on~~claimed~~ the money from her root canal treatment which she received two~~2~~ years prior to the restoration.
I protested **(this was my border)** because she really needed that treatment to cure her pain……..
She accepted that. I honestly think she accepted because she *knew* she really was pushing some kind of limit….~~.~~

O~~Today, o~~bviously there was no room (time-wise a n d in my head) to complete the surgery on the present day.

We shook hands and she left. She was going to send me~~give~~ her bank account number by email.

~~There I was left to call the next patient in my office…..in the meantime I was running late..~~

There was something else on my mind: ~~I had something else to deal with:~~

Commented [SL93]: What currency is this?

Commented [SL94]: ??

Commented [SL95]: Are you sure the word "boundary" wouldn't be better?

I had recently goneRecently I went through a business-divorce (I stepped out of an unhealthy partnership!). This decision had) which has made me very happy *ultimately* but had cost me a lllllllot of money.
This meant while I *was* going to pay my client her money back, but I could *not* pay it all at once….
So, I had to call her to tell her this.
Prior to my call, a few days later, I received an email from her in which I found the data of her bank account information and a note saying . In that mail she also wrote that she was going to findgo to a new dentist.

My call:; 'Hello, T.; Ggood morning, this is Leslie, the dentist'. 'Hi Leslie'. 'I am calling you to tell you I have received your mail. I regret your decision to leave leaving my office. I want to thank you for your trust in me as your dentist and I wish you and your daughter all the best'! 'Thank you', she said.
'I want to discuss something with you', I said.
'Ok…what is it?'.
'Well, as you know, –I recently moved into this new office after my split-up with my colleague'.
(Of course, she knew. She was one of the clients who insisted on coming with me to my new building. She absolutely did not want to stay with my former partner who was her former dentist).
'Yes, of course I do', she said. 'Well, I have to honestly tell you it has cost me a tremendous amount of money. At the moment I am really, really, really having a financially tough time financially. I hope I can trustentrust you with this story. That means I, of course, will pay you the money as promised but I cannot pay you the full amount this month. I would like to spread it overin three. I hope you agree'.
She was silent for a couple of moments. She ……..she then said:;
'I thought dentists had tons of money. Maybe I was wrong'. but I now might come to the conclusion it must be a stupid thought'. She was quiet again.
Then **she** said,; 'I actually have been thinking a lot.; Aafter having been through this with you, my

dentist, I wonder if I'd better have stayed in *your* office'.
I was flabbergasted but purposely did not say a word; I did not reply at all to that comment.
When the silence became too long, she said she agreed on my payment terms.

When clients leave, they and their ~~y/~~new dentists have the right to receive the dental records. She didn't want any nor did she want me to send it to the new dentist.
I ~~of course~~ kept my promise and the case was closed…~~.~~ ~~….~~*almost.*

I happened to receive some information by email which was not meant to reach my eyes. (Sent to the wrong ~~e-mail~~ address….)

It appeared that the client, Mrs. T., had gone back to my former partner. Amazing!~~; because she had had so many complaints about her.~~
Anyway, that's not all; my former colleague had decided that Mrs. T. absolutely had to file a complaint against me for malpractice! I know my former colleague did this on behalf of my ex-client.
It showed because of the email I got from the Dutch Dental Association:

Dear Dr.Mrs. ~~…….~~ (name of dentist)

Commented [SL96]: Please see the other comment I made about this earlier.

We thank you for your e-mail dated ..-..- in which you…~~……~~.

We have contacted your client Mrs. T. It appeared your client does NOT want to bring this matter to c~~C~~ourt.~~,~~ S~~s~~he just wanted it to be settled with her former dentist.
We have received notice this has been done correctly.

We~~,~~ therefore assume the case is closed~~ to be closed~~.

If you…..~~.~~(not important for this story)

Sincerely, ~~……~~*(name)*
Dutch Dental Association

With this case, dear everybody, ~~–~~I sincerely utter the
wish for CLIENTS as well DENTISTS to trust and have faith in each other.~~,~~ ~~B~~be honest and speak up.
Trust me…~~.~~it won't kill you.

Office talk # 9.

Thank you, or,
Bye Bye

A family ~~, party~~ of five~~5~~ paid~~yed~~ a visit.
The m~~M~~other, 43 years old, used to be very panicky when coming to~~in~~ my office. On my request she would ~~used to~~ come alone~~,~~ without her kids so they wouldn't see her in total distress in the dental chair. The kids always had~~ve~~ fun in the office because I let them help me~~,~~ push buttons, get my tools, help dental checking their siblings and so on.

This time, the mother joined the whole family. She had~~s~~ reached the state of no longer having any fear of the dentist. ~~not having fear anymore when coming~~

~~to the dentist.~~ "Yay"! She even had a terrific announcement to make~~:~~; she wanted to become a dental assistant. 'Because of all your attention', she said to me, 'I got intrigued about the~~into~~ teeth business'. 'Well, good for you!' I replied. 'I hope it will all work out for you'.

That was about six~~6~~ months ago. About one month after that visit, I received an email from her.
She asked me for some advice: Would she need an official ~~–~~dental assistant education? ~~if she was going to solicit for work?~~ I wrote a long e-mail in answer to that.
She thanked me and had some more questions~~ in a new mail~~. Again, I answered; I was happy *for her!*
A few days after that I received a new email. ~~; again my reply followed.~~
~~In this mail s~~She asked me whether I~~s~~ would be so kind as to have an internship for her as a dental assistant.
I did not, unfortunately. I know myself: she wanted~~s~~ to learn a profession and I would want to be a good teacher, which mean~~t~~s~~~~ I would want to invest a l o t of time. But my~~I can't…..~~

~~M~~y practice was~~is~~ too busy for me to pay the deserved attention.
~~In my mail~~ I advised her to check at other dental offices~~,~~.
p~~P~~referably the big ones; many dentists, many assistants; more chance they might have time for you.
She thanked me for the suggestion!

Recently the whole family came for check-up again.
The m~~M~~other was happy to announce me she had already passed some exams~~ of her education~~! I congratulated her.
She also told me she was happy I suggested a larger practice; she indeed had found an internship.

What a way to co-create! Right?

Two days later I received another email ~~mail~~ from her:

Dear Leslie,

Will you be so kind as to send all our dental records to dentist
…….(name of dentist and names of family members)

Thank you for everything.

Best regard, D.K.

The dentist appeared to be the one~~dentist~~ where she has her internship……

It will not change me.~~:~~ My work is unconditional.

Chemistry of stress.

We all know that~~;~~ 'good stress' is sometimes ~~is~~ beneficial because it can provide a temporary extra boost of energy or alertness which increases performance.
It is a short, intense burst of energy/tension/anxiety that is felt before events like exams, job interviews, going somewhere new or riding~~going in~~ a roller coaster.

But cortisol, the major stress hormone, has negative effects. Over the long-term, it can cause ~~you better not want to live permanently with; you then might develop~~ chronic stress which can be detrimental to mental and physical health.

Cortisol is produced by the adrenal glands, located on top of the kidneys.

Cortisol is a steroid hormone. It~~'~~s primary function is to redistribute energy (glucose) to regions of the body that needs it the most~~,~~. **p~~P~~rimarily to reduce inflammation**.

Stress was needed in ~~the~~ prehistoric times, remember?~~,~~ W~~w~~hen we had to hunt for food and duck for cover from ~~for~~ life threatening animals. Our body prepared us for~~to~~ *Flight-or-Fight*~~–~~; the brain and muscles were needed. Run-and-Hide or Stay-and-Fight!

An example of t~~T~~he *flight-or-fight* response in everyday life now could be ~~,~~ getting startled by a loud noise.

As a part of the body's fight-or-flight response, cortisol also acts to suppress the body's immune system!!

Well! 👆this is NO joke!

STRESS suppresses your immune system!

Your immune system is your defen~~s~~ce system. It defends the body ~~Defense~~ against influences (bacteria and viruses, for instance) ~~–~~from the outside which can make us sick.
The immune system is the total of organs, tissues, cells and cell products that all work together to fight the intruders.
~~Suppressing means weakening.~~

Now, remembering the fact that the function of cortisol is regulation of inflammation, remember inflammation is natural!

Mechanism:~~;~~
chronic stress~~—~~-->cortisol long present --> body gets resistant to cortisol --> inflammation decreases!! -->
more vulnerable for diseases!

Chronic stress can cause people to develop~~Because of chronic stress people can risk ;~~ anxiety, sleep problems, depression, high blood pressure, heart disease and digestive problem. Stress can affect you mentally as well as physically; the dentist can ~~indeed also~~ recognize these problems!!

The lymphatic system.

Most ~~—~~people think of the white blood cells and antioxidants as the main parts of the immune system, but the *lymphatic tissue* also plays an important role in keeping us healthy.

The lymphatic system helps us fight germs, bacteria, viruses and~~or~~ fungi by distributing immune cells. For dental health, the lymphatic system helps to fight infections~~,~~ so that the gums and teeth will stay healthy and strong.

Most people are not aware that this beautiful system runs through *your* so-~~-~~called Far Far Away land.

~~The system consists of immune system cells.~~

***Andrea place picture here 'immune system cells' jpg#44**

Every single cell has either itsthis own or a combined function. Target: attack all foreign bodies in theyour body. Isn't itthat amazing how your own body helps you to stay healthy?~~.~~ Don't mess up!!

Many dental procedures, sometimes even the tiniest dental cleaning and, of course, surgical treatments, can cause bacteria to infiltrate ~~in~~ your body.

A client of mine ~~absolutely~~ needs antibiotics before every single treatment in which it's possible that this could happen~~I expect bacteria can infiltrate~~. Bacteria can even infiltrate after I have, for example, put a mould around your molar when doing ~~I have to do~~ a filling. This can happen no matter how careful I am. ~~I am very careful doing this but it still can happen.~~

Bacteria can infiltrate the body even when you brush your teeth. Don't worry, though: ~~now because~~ most people have ~~a~~ brilliant immune systems.
When a tooth is infected, its contents drain via the lymphatic system through your entire body.
A lot of health problems can therefore ~~can~~ arise inwith people with a depressed immune system after dental procedures!!
There can be t~~T~~oxins from root canal treatments (thyroid--->depression, anxiety)~~.~~, mercury residue when caught under the gums while doing surgical procedures, pulling teeth unsafely, and so on.

The lymphatic veins need us to 'pump up the volume' because ~~for~~ they haveit has no pumps of theirits own (valves). They need ~~It asks~~ ~~from~~ us to exercise enough so the muscles work as a pump to keep the

Commented [SL97]: ???

Commented [SL98]: You should also make it clear that this can also happen if you go without treatment, and that going without treatment in certain situations can be dangerous, lead to serious dental problems, etc.

Commented [SL99]: What about the thyroid? How is it relevant here?

lymphatic fluid going. So while in the gym remember: *"I am doing a Natural Killer-workout"*, LOL.

Commented [SL100]: This doesn't make sense. What do you mean?

So are some ~~—~~treatments ~~—~~still safe? Should we~~,~~ dentists still carry them out?

Love your K9's!

At least ~~In my practice I encounter at least~~ 80% of the adults in my practice ~~grown-ups who~~ do NOT like their teeth!

Especially NOT their cuspids….

*Andrea add picture 'Cuspid'jpg #55

Why the cuspids? Because you tend to find them too yellow.

Well, ~~;~~ ~~—~~they indeed tend to be (are) more yellow(-*ish)* than their neighbours (front teeth and premolars).
This is because the dentin tissue ~~—~~in your cuspid is much thicker than the dentin tissue in your adjacent teeth. The colour of dentin is dark yellow-brown-*ish.*
Because of the thickness of the cuspid-dentin, the 'yellow' will shine through the white enamel covering~~which covers~~ the dentin.

People can have thick dentin and thin~~small~~ layers of enamel; the yellow will show even more.

One other reason (which I do not like to mention) is ***age***.

~~Why don't I like to mention that?~~
~~Well, because a lot of negative issues concerning health and body are being dismisses as 'because of your age'.~~
Although the cells of your body constantly renew themselves, the cells of the enamel and the dentin DO NOT.
The dentin grows thicker during life so the yellow will shine through the translucent glass~~—~~like enamel.
So that's why tooth ~~the~~ colour changes.

There are other factors that can cause the teeth to darken. ~~To be clear, teeth darken for a variety of reasons.~~ The first and most significant ~~, and most important after all,~~ is poor oral hygiene. (A chapter will follow about cleaning~~ as you know~~).
Additionally, specific foods and/or drinks can accelerate stain formation between cleanings~~;~~, the tannins from teas and wines are recognized for their stain~~—~~forming ability. Also, medications taken during the formation of teeth (most notably tetracycline antibiotic) and dental trauma can lead to tooth discoloration.

~~I picked out the cuspid because it is hated so much by so many.~~

We've discussed how~~You were shown that~~ blood runs through the veins of the tooth~~;~~, blood is watery. When you are thankful for them and send them love……do you think the hate will change?.

It wouldn't change the colour, that's true ……but it would change how you feel about ~~the attitude to~~ the colour. ~~….~~

You can change your attitude to your teeth; be thankful and show love for them~~that you have them~~. I know, this~~Which~~ is tough sometimes!
How do you do this?~~?~~ It takes practice. ~~, so you have to exercise*.~~
That is the mental part.

The physical part is the one~~part~~ in which the dentist comes in handy!
We are able to give you good cleaning instructions, and ~~–~~maybe put in a new fresh filling or bleach your teeth.

After this correction, it might be easier to love and be grateful for your teeth. ~~your teeth and be grateful you have them.~~
~~It takes a smaller step up the emotional scale to love them and be grateful for them than without intervention of the dentist.~~

Loving your teeth is a part of loving yourself. ……
Don't we have an issue here? ~~…….or~~ ~~M~~maybe **the~~E~~** issue of most people's lives: we do not love ourselves~~!!!!!~~ (enough)!~~.~~

You can only experience two~~2~~ things:

LOVE, or the ***absence of* LOVE!**~~!~~

That's it, that's all.

Commented [SL101]: I can't figure out what you mean, and I don't see the connection of this to the rest of the paragraph.

Once you know this, all else is easy. Actually, ~~,~~ you ***k n o w*** this on a deeper level--> your spiritual level.

Many complaints are being heard by me about teeth, weight and diets for instance.

Sometimes I can help as a dentist; ~~,~~ sometimes I **won't**…. ~~!.....~~

Office talk # 10.

Pull?, or
Against the stream.

A 51-year-~~-~~old female client of mine had been complaining for years about her teeth.
She absolutely *hated* ~~-~~their colour ~~-of them ALL~~.

In the past, a dentist had given her porcelain veneers (porcelain covers over the front of her *front*

teeth) which were n o t the right colour to start out with.
The cClient wasn't satisfied with the result of the veneers from the beginning, ~~many years ago~~ but the dentist had 'glued' them on~~ and she was sent home to discover she didn't like the color~~. He told her: ~~r dentist told her;~~ 'Well, too late.~~,~~ I cannot take them off now'. She just had to deal with it….~~.~~

This was v~~V~~ery painful…~~..~~mentally, I mean….~~.~~

A~~A~~n aesthetic ~~(concerning beauty)~~ procedure (such as this one) ~~–~~at my dental office ~~e~~always goes like this: ~~would go like this;~~

- Client ~~! (yes; client)~~ shares her/his mental need to change something (*colour, form, position of teeth)*
- I tell her/him I can or cannot see~~imagine~~ the problem
- I check my ethics *(can I do this procedure without doing too much harm to the tooth ~~?~~ or the ~~even~~ body? Remember~~:~~ the tooth~~it~~ is alive!!)*
- Discuss the costs~~.~~
- When all parties agree~~,~~ I check the colour (toughest part) ~~–~~and more.
- ~~–~~When procedure/product is ready ~~–(~~
- ~~)–~~or ready to be placed ~~–~~(crowns/veneers)~~,~~ I **show** the client. If they're not happy~~,~~ I do not 'glue' them~~it~~ on in the case of crown/veneers or I take the composite off partly and remodel or 'recolour' ~~or else~~. I start over if it doesn't meet the needs of the client! What I put on I can take off….

She uttered her wish~~:~~ she wanted ALL her teeth whiter.
This ~~Which~~ at least meant I first had to take her veneers off.

I suggested many, many options which had their specific costs (I didn't mind whether she had many

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terms to pay) time-lines to place it, durability –and so on and so on.
Informing her of everything cost me a lot of time; ~~It all had cost me a lot of time to inform her;~~ she had many visits~~ to discuss~~, e-mail conversations and telephone calls…. ~~.~~I didn't ~~don't~~ mind. (I hear you thinking,~~;~~ 'Well, you get paid for this…', but no, I don't!).
After at least a year and a half of contemplation, ~~ing~~ she ~~had~~ made her decision!

She wanted to have A L L –of her 28 teeth PULLED out!

Yes,~~!,~~ all ~~the~~ 28!~~,~~ (You may not realize this, but y~~y~~ou have 32 teeth only if you–have your wisdom molars~~ also~~. An aside: a~~A~~t least three patients of mine have 33 teeth,~~!~~ –including five~~5~~ wisdom molars.~~;~~ I~~i~~sn't the~~your~~ body a miracle?).

Well, back to what I was discussing: her astonishing request! ~~according to my point 3~~;
I was **not** the dentist who was going to do what she wanted~~help he~~. ~~r……~~.
I told her again I understood her problem and I so much wanted to help her, but this request… ~~….~~I was not at all –able to meet her needs. Her teeth were perfectly healthy and perfectly clean. Such a shame! ~~…~~.I wouldn't be able to sleep if I robbed her ~~either when robbing her~~ of her teeth.
My heart skipped some beats ~~actually~~ when she asked me to please, please do the job.
I calmly told her again that I was not going to help her. ~~……..~~
She has been in my office as a client for the ~~whole~~ 15 years and it was tough to disappoint her.

She said she would look for another ~~an other~~ dentist.
Believe it or not, s~~S~~he found ~~athe other~~ dentist~~,~~ willing to do 'the job'. ~~, with just one phone call away.~~

Commented [SL102]: I can't tell what you mean.

Commented [SL103]: What does "it" refer to?

TomTom.

As a dentist, I see myself as ~~the feeling I have is to be~~ *your guide.*

Commented [SL104]: What does this mean??

You come into my office for a check-up, which means you want to have my advice, right?

My advice regarding:~~;~~

-your cleaning
-your dental health
-the options and treatment plans when something is wrong~~is not ok…~~
-your gums
-your jawbone
-your joints
-your children's dental health
-your dental costs
-and so on ~~…….~~

Of course, I know you come to the office when you actually don't want to. That's okay! ~~but actually you don't want to….LOL~~

I will do my best to make you~~it~~ as comfy as possible ats ~~you can have~~ ~~@~~the dentist. I will be as polite as I can. I will be as helpful as I can. I will be as integer as I can. I will address your problem as professionally as I can. I will give you advise as gently as I can. I will not be ashamed to say, 'I don't ~~-~~know~~ not~~'. I will refer to colleagues when it is necessary~~that is needed~~ for your dental well-being. I will not do any over-~~-~~treatment. I will remember that the tooth is a part of your body and being. I will play a role in prevention against (dental) sickness. I am honoured to be able to have *your* mouth as *my field of* work~~ field~~.

Commented [SL105]: ???? I can't work out what word you meant to use here.

Sounds like part of the *Oath of Hippocrates*, right?

The Hippocratic Oath is an oath historically taken by physicians. It is one of the most widely known of Greek medical texts. In its original form, it requires a new physician to swear to uphold specific ethical standards, to treat the ill to the best of one's ability, to preserve a patient's privacy, to

teach the secrets of medicine to the next generation, and so on.

I always act in accordance with ~~bsolutely act according~~ this oath! Yet, on occasion I sense some distrust from patients about my advice and proposals for treatment. ~~however, sometimes I can feel some *distrust* in people regarding some of my dental proposals.~~
The reason for this is usually quite simple: ~~Because, usually, of one major thing;~~ *money!*
Please be assured that I am not here to pick your pocket. ~~k-pocket your money.~~
Of course, I understand visiting the dentist ~~it~~ costs money, just like it does when you have~~ing~~ your car fixed, eat in your favourite restaurant or buy the beautiful clothes you wear.
You couldn't ~~t~~ do any of those thingsat with a huge tooth-ache, could you? ~~.~~

I advise~~e~~ clients to have their teeth (and especially the gums) checked regularly, like twice a year -- ~~, especially the gums!,~~ just like having your car checked.

PIT stop @the dentist~~:,~~ **P**~~p~~revent!,~~it~~ **I**~~i~~nhibits **T**~~t~~orment!

I am a guide, not a judge. ~~So, a guide I am, *not* a judge.~~

Do you remember ~~Hence, for instance,~~ my 'point 1' in the ~~last~~ chapter, Office talk #10.

This is e~~E~~specially applicable in cases of aesthetics/cosmetic dentistry~~s~~.
Cosmetic dentistry is dental work that improves the appearance of a person's teeth, gums and/or bite. It improves the appearance, not necessarily the *function.*

Commented [SL106]: Do you mean inhibit problems so they don't get worse?

Commented [SL107]: Torment? Are you sure that's the word you wanted to use here?

Commented [SL108]: You need to remind the readers of what this was about, so they don't have to look back in the book.

Who am I to tell you your teeth are ugly? Who am I to tell you that you ~~—~~h a v e ~~—~~to fix the colour or position or form of a tooth?

Who am I to…?~~……~~.

Shopping cart.

We want to create ~~a~~this beautiful, gorgeously aesthetic filling.
Have you ever wondered ~~- had a thought of -~~*how* ~~—~~and *where* we obtain our ~~—~~filling materials, burs, hand pieces, finishing materials, ~~—~~primer, bonding, tissues, napkins, cups, glasses, X-Ray machines, curing lamps, brushes, and instruments~~ - from~~?

Well, we go to our dental shops. We shop~~Either~~ online or ~~on-line, -~~in-person at~~to~~ the dental depots, or we have the account managers come to our offices. We get magazines or flyers just like you do at home.
Shops are very competitive and have a lot of attractive price promotions. ~~lot of price stunts.~~
So ~~; —~~it is very worthwhile to compare prices!~~!!~~

***Andrea put picture 'shopping cart with articles' jpg#88**

In fact, it is a real life soap; W~~w~~e can get discount coupons, ~~—~~bonus materials, kitchen knife sets, and free visits to the Spa, and even~~ - or~~ win trips to the Bermuda Triangle.

Luckily, I have the best assistants on earth who are like Scrooge McDuck browsing the flyers for discounts.
Why pay *four* times the amount just because ~~when~~ retailers are able to put~~put~~ the word 'dental' in front of the product name~~it~~? 'Dental' plastic rinsing cup? For me, it is the same as a '~~'~~Rregular' plastic rinsing cup.

Commented [SL109]: What do you mean? Do you mean a soap opera? In what way is this like a soap opera?

We, of course, ~~–~~order them in a specific colour: Orange.~~,~~ I~~i~~t matches the interior of the office. So, Carolien and Jose, my assistants, ~~(assistants have names!!)~~ ~~–~~shop until they drop…~~.~~tissues, brushes, wedges, burs, dental cups, filling materials……

Wait! ~~….Wait……~~*I have something very important to tell you! Hang on!*

There is one ***BIG*** ~~–~~item at the ~~on~~ top of my Dental-Market list:

Q u a l i t y

I buy quality stuff! Of course, a cup is a cup, wake-up, wake-up…..🎼🎹🎤

But filling materials on sale?! Primers and b~~B~~ondings? Don't mess with them!
How can we judge the quality of a filling material? How do we judge the quality of the primer? What about the bonding? (Primer and bonding precede the application of the filling in the cavity).

I judge it by checking the results of testing, which you can read about in dental scientific magazines or learn from colleagues, courses, or lectures. ~~, ask a colleague, learn in courses or learn in lectures.~~

Don't worry. I don't~~do not~~ just throw random~~some~~ stuff into my shopping cart and ~~subsequently~~use it on your teeth, hoping everything will be okay in a

few months! ~~and be like; 'let's see what happens in a few months'.~~

In some cases, t~~T~~here are way too many options~~materials~~ on the market.
It is like buying matches; they all work but which matches should you buy? (pun intended)

A little~~not~~ known aspect for ~~—~~the customer ~~—~~(YOU!!), is the reality of the~~facts about~~ *costs* of these materials….~~….~~

High quality materials *are~~is~~* expensive!! By~~With~~ high quality I mean, for instance,~~;~~ tough enough to resist your chewing activity, low abrasive, relatively easy to apply, and low shrinking percentage.

Q: This also means there are cheap~~!~~ materials, right?
~~Q:~~ Why would a dentist buy them~~is~~??
A: Because they~~it~~ save~~s~~ the dentist *money!!*

Q: Is it smart?
A: *No!*

Q: Why not?
A: *C~~Because c~~lients might experience* **pain** *afterwards* because of the chemical characteristics of the~~at~~ material.
Like every other market, there is rubbish for sale on the dental market. ~~As I said there is a lot to buy on the Dental market. Like on every market there is rubbish for sale.~~

Amalgam:~~;~~ filling material that is an alloy of metals, including *liquid mercury, zinc, silver, tin, copper.* It is~~s~~ cheap to buy

Pros and Cons for the dentist:
Pro: -cheap for sale
~~:~~ -fast to apply

Con: -mercury might run through your veins!! I~~i~~t is poison….~~..~~

Prior to applying the composite filling, a primer and subsequently the bonding ('glue') is applied.
(See next chapter: '…...**and fill**').

Some primer and bonding systems are very cheap and very easy to apply.
A bit lLike the many hair 2-in-1 shampoo with conditioner systems we've all seen, there are ~~÷ "2in1; shampoo & conditioner in 1 application" there are~~ primer and bonding systems: *"2-in-1 primer and bonding in one application".*

Pros and Cons for the dentist:
Pro: -often cheaper than the separate system
-saves time instead of using the separate system

~~(time is money so it is cheaper in the end)~~

Con: -the 'glue' in some '*2-in-1*' systems ~~do~~ have poor
adhesion!

Now, would you want your filling to fall out?

~~As being a dentist as well as a client (LOL, I have a dentist :-)) I prefer not!~~

I also prefer to buy tools which are~~;~~ comfy to work with, easy to handle, 'patient friendly', nicely designed (my eyes like nice looking things) and last but certainly not at all least, ~~÷~~ easy to clean and disinfect.

What we need for a filling:

- 'Mould'
- Primer and bonding
- Cotton rRoll
- Wedges
- Brushes
- Curing lamp
- Filling material in applicator
- Filling material
- Modelling instruments
- Tray paper

- Tray
- Counter top

…~~. .~~and Fill’

Now, finally, I am going to tell you something about filling and filling ~~-~~materials.

As promised~~stated~~ earlier in this book~~,;~~ I am not going into chemicals, procedures, and dental science and know-how~~'s~~ too deeply. There is so much on the Internet that you can explore.~~to explore for you, clients, about dentistry.~~ If you’re interested, j~~J~~ust *Gg*o*og*gle;
~~'~~*filling, dentist, anesthetic, fear, amalgam, composite, veneers, crown, bridge, implants, drills, endodontics, glassionomeres and more*~~’~~. Let yourself be guided and informed.
***Andrea place picture “Goggles” jpg #222 here**

If you do not get an answer to your question you can always email me;

leslie@theawakeningdentist.com

I am happy to assist you!

For my fellow dentists ~~colleagues~~ reading this book~~, ; there ain’t nothing new, concerning our profession, right?~~

I'd first like ~~want~~ to talk about restorations.

A dental restoration~~s~~ or ~~a~~ filling is *a dental restorative material* used to restore the function and integrity of missing tooth structure. ~~The original tooth is supposed to be reconstructed! Which is nice so you will be able to chew your favorites foods and smile again your smiles.~~

You can divide the restorations into two~~2~~ main~~large~~ categories:
direct and *indirect.*

Direct restorations*:* involve~~s~~ placing a filling into a prepared (by burs usually) tooth cavity *immediately*.
They are placed in your tooth layer after layer and light-cured in between.
A variety of filling materials are available: ~~-~~for instance~~,~~ ~~;~~ *glass-monomers*, *amalgam ('silver' filling)* and ('plastic')*composite*. Amalgam will harden once placed in the tooth directly after preparation. Composite or glass-monomers will harden because of the light-~~-~~curing lamp or because they contain two~~2~~ component chemicals substances so they harden by themselves.
This is u~~U~~sually achieved in one visit.

***Andrea place picture filling-plastic jpg #18**

The procedure for~~re is a difference in~~ '*preparing the tooth for the filling*' (dentist talk: '*preparation*') will depend on whether it is ~~regarding~~ an amalgam filling and a composite filling.

See the picture below:
A: composite/plastic fillings
B: amalgam fillings
U~~u~~sually with the amalgam fillings more of your precious tissue has~~d~~ to be sacrificed!

***Andrea place picture'preparation cupshaped-undercut'jpg#46**

Commented [SL110]: I'm confused. At this point, it seems like you're now going to be talking to dentists who might be reading your book, but then you go on to talk about things they will already know!

Commented [SL111]: I don't understand why you're telling other dentists things they already know.

Indirect restorations: involves c u s t o m i z e d tooth replacements in the form of *crowns*, *bridges*, *inlays* or *onlays and veneers*. These generally have to be made by the lab after dental impressions have been made, or after computer scanning. This is why indirect restorations are usually achieved in two visits. Examples of materials are porcelain and gold. ~~Usually achieved in two visits; they usually have to be made by the lab.~~

New techniques, however, make ite possible for you tocan get a crown the same day. This is ~~…check:~~ CAD/CAM Dentistry. So you might get the question; 'do you have any errands to run?' from your dentist so they can fix the crown in that time. Say NO~~–~~, LOL, because you will definitely get a grocery list!!

~~Materials can be porcelain or gold, for instance. They are made after dental impression have been made, or after oral computer scanning. Veneers: mostly only in a front tooth or cuspid.~~

Check the drawing below to find out ~~give you an impression~~ what part of your tooth/filling has to be removed in order to place a crown, bridge, inlay, onlay or ~~a~~ veneers. Veneers are mostly only for a front tooth or cuspid.

***Andrea place pictures here 'crown bridge in-onlay veneers jpg# 49 + 9**

The restoration 'vs's':

Ind vs Direct

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Commented [SL112]: What do you mean?

Huge tissue loss by preparation	Minimum tissue loss
Expensive treatment	Way cheaper than indirect
More visits/longer office stay	One visit
Dental impressions/CAD-CAM	Application of filling
Insurance covers poorly usually	Insurance covering 75-80%
Need a skilled, ~~***good***~~***!!!*** ~~***artistic***~~ technician!	No technician needed
Can still chip off porcelain	Can break/chip/loosen
Repair: not porcelain or gold	Easy to repair
Sometimes root canal treatment	Less needed
Retention sometimes tough	Retention easy through ~~by~~ bonding
Allergic reaction possible	Allergic reaction possible
Dental cement needed	Dental primer and bonding
Tough to take off without damage	Easy to take out

Commented [SL113]: Chart needs to be re-formatted.

Well, every dentist has his/her own preference with regard to which type of restoration to use. ~~in using a type of restoration.~~ So, often the decision the dentist makes does ~~it does~~ *not* depend on the amount/form of the tooth to be restored but rather the dentist's personal preference! ~~which is to restore but the choice of the dentist!~~ This is something you need to keep in mind when looking for a dentist. ~~So search a kind-to-my-tissue-dentist!~~

You might encounter a dentist nearby~~in your street~~ who favours the composite or even amalgam filling, but~~,~~ the next dentist around the corner might *assume* you… you…~~definitely~~ need a crown!! And then a ~~Again,~~ ~~a~~ different dentist might advisee you to have the tooth pulled….

Who is to believe?

I am the dentist who very, very ~~very~~ much favours ~~the~~ ***direct*** restorations. Yes, because of all the facts mentioned in the 'vs' charts~~'~~.

~~The most important fact in my every day every patient decision is the fact that I want:~~

You have been blessed with the precious gifts of beautiful enamel and dentin, blood vessels, roots, nerves, ~~—~~lymphatic system, all wrapped up as beautiful teeth.

Who am I to destroy this delicate, well-~~-~~balanced system?'

"What do you mean, *destroy?*, Doc?
"Well, I mean I don't want to drill~~do not drill~~ away more tissue than necessary".
The ~~-~~drilling procedure was~~has been~~ invented to carefully scoop away (doesn't sound like it, I know) the infected part of the tooth, the part in which caries is settled. The drill was not ~~has not been~~ invented to wreck the tissue which is left just to be able to place a crown.

I love that 'they' invented composite filling material. It is a 'clay'-like material that comes in many, many tooth colours.
After the drilling process is over (you are relieved…),
I start the filling procedure.~~:~~
It is like putting clay in a mould; ~~-~~ I push it gently in the mould without squeezing in air bubbles.~~,~~ Yyou can use clay instruments for this or your fingers. I will use instruments, ~~LOL.,~~ shape it, and let it harden. Take it of the mould and shape it again. ~~n…~~Voila! ~~a.~~

Here I go.~~,~~ I~~:~~

- Place the mould
- Place the dry cotton roll
- Place wedge in between mould and neighbouring teeth
- Rinse and blow-dry cavity
- Apply primer
- Apply bonding (glue)
- Cure-light it (it hardens)
- Place first part of filling
- Gently press it in the cavity with instrument

10. Cure-light it
11. Place next part of filling
12. Gently press it in the cavity with instrument
13. Cure-light it
14. Place next part of filling (if needed)
15. Take out all excessive stuff

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16.Model this composite clump of composite w/ a bur
17.Check 'the bite'

There are a few kinds of filling materials~~.~~ ~~,~~ I will address these three~~:~~ ~~;~~

- Composite (white)
- Amalgam (dark-grey)
- Glass-ionomer (white)

Because ~~of the reason~~ composite glues onto ~~to~~ your teeth, it is not necessary to take away any more healthy tissue than needed when~~than by~~ filling with amalgam. Amalgam *doesn't stick* to your tooth. ~~this is a very important aspect!!,~~ I~~i~~t is also soft when applied; it hardens by itself, with no curing light needed.

The preparation is the form of the tooth after the removal of the infected tissue and ready to accept its restoration.

Of course, this is a simplified ~~a very simple~~ representation of an issue which is incredibly ~~so~~ important to me **for your sake**!

Other facts:

Amalgam is ~~; it is a~~~~the~~ a combination of metals~~:~~ ~~,~~ *silver, mercury (!), z~~s~~inc, tin and copper~~ ~~–~~*. It is silverish grey in colour. I need an **amalgam separator in my unit but it is allowed to put it in your mouth,** now you tell me A~~.....~~anyway, ***I*** wouldn't want mercury running through my veins, would you? Let it stay in thermometers, please. People can be allergic to it.

Commented [SL114]: All of these should be in a numbered list.

Commented [SL115]: Meaning unclear.

Composite also~~;~~ contains monomers, Bis-GMA, silica, and ~~-~~photoinitiators that~~,~~ people can be allergic to~~.~~ ~~it.~~ It can shrink.
Glass-ionomer~~;~~ contains silicate glass powder and a specific acid. It is white but not ~~-but not to be~~ as smoothly polishable as composite.

Because of their characteristics, the direct restoration materials are sometimes used in different areas of the teeth~~:;~~ on top, near the roots, beneath the gum.

Many studies have compared the longevity ~~(how long does it last?)~~ of composite restoration to that~~the longevity~~ of the amalgam restorations.

Depending on the *skills (!)* of the dentist, ~~-~~patient characteristics (allergic?), and the type and location of the damage (near/under the gums?), composite can have **similar** longevity to amalgam restorations.
The aesthetics of composite material, of course, are far~~is FaR~~ superior to those~~at~~ of amalgam.

So the *more than often* heard excuse dentists make when they say ~~s of dentist;~~ '~~-~~You'd better take amalgam because the composite fillings are weak' ~~-~~is outdated! ~~long overdue!!~~

It takes more time for the dentist to apply a white filling than a ~~, compared to the~~ silver one, but this should ~~which may~~ never, ~~never never~~ ever be an excuse to avoid
restoring teeth like new!

One of the things I love the best about composite is the fact that I can ~~This is what I love the best:~~
restore your teeth like new, ~~with composite,~~
modelling the cusps and the fissures (highs and lows in your molars) in their original places.

It is important to use quality material!

Studies have shown~~:;~~

cheap primer/bonding systems do not adhere well enough; your restoration might fall out
cheap composite might wear fast
instruments might break IN your tooth

It is important to fill composite in thin~~small~~ layers!

Studies have shown:~~,~~
because of the shrinkage you have to fill in layers

New patients often ask me whether they really should receive a white filling because they have experienced pain
in the past when they'd had~~having~~ a tooth restored with *composite*.

To me this ~~it~~ seems to be the result (exclude the factor of drilling too close to the pulpa with its nerve) of applying the wrong type of bonding and ~~applying~~ too much of a bulk of composite. It shrinks too much off the walls of the t~~T~~ooth, and this ~~which~~ overloads the nerve! It translates that feeling into pain.

Of course, I sometimes place a crown, but this is only when I think a composite crown will not achieve the same aesthetic and/or functional result.
This~~Which~~, for *me*, sometimes occurs with the ~~are~~ front teeth.
I hardly ever place a bridge because often you have to sacrifice the next-~~-~~door neighbours. An implant then *might* be the best thing to do. The costs of an implant plus crown are about the same as a bridge.

What does your dentist buy?

®

Pain is, I think, —the second most common reason for consulting a dentist. The first reason is the half-yearly check up!

Pain in dentistry can be caused by:~~:~~ trauma, a huge cavity, pulp irritation, bad cleaning, *your dentist*, braces, bone disease, and more.

But~~,~~ isn't it ironic? You are in pain, but you don't want to call the dentist because you *believe you will* experience pain.

Too many people will put up with pain until it becomes severe, at which point they'll finally see the dentist. Remember that pain could be a symptom of something more serious for which you need treatment. ~~There is a big threshold for so many people to have this symptom called 'pain' checked.~~
~~Pain is just a symptom.~~

Pain is an amazing incredibly fantastic ~~invented~~ warning system~~:~~ 'h~~H~~ey~~!~~!, you!!~~;~~ ~~listen to me who is you,~~ S~~s~~omething is out of balance somewhere in here', your body screams.

Guess what? We~~,~~ dentists can reduce the pain by using~~giving~~ anesthetic~~s,~~ (or teeth sleeping water as I call it with kids).

Awwww, yes~~,~~ I forgot. ~~…~~Y~~y~~ou are afraid of the needle.

I know, dear people, I know…

I am *not* saying: 'There is nothing to be afraid of~~£~~'. I know ~~because~~ you *have* experienced the needle many, many, ~~many~~ times and it hurt, right? ~~you you many many many times,~~ right?

You got programmed/conditioned according to the following ~~–~~equation:

NEEDLE = PAIN

This~~Which~~ is absolutely understandable!!!

Luckily, there are things that we can do to help reduce or eliminate your pain: ~~To be able to help you without any pain sensations luckily some inventions have been made in the past;~~

- *The Wand*®~~–~~*:* is a CCLAD (Computer~~–~~–controlled

Local Anesthesia Device)
It delivers anesthetics painlessly and effortlessly.
~~the anesthetics.~~

- *N2O*: nitrous oxide or laughing gas :-)
  Not to be confused with "NO" from the ~~chapter~~ **'chemistry of pleasure' chapter**, although that molecule might make you smile at the end, too!

- *Narcosis*: State of unconsciousness induced by a narcotic drug in operating room!

The above-mentioned options are terrific options!!
~~The side effects h~~However, they are~~:~~ more expensive than regular dental anesthetic (dentist with needle) and more time-consuming for the patient as well as for the dentist.

Fortunately, I have my invention: ~~Now, *that* is why I invented the~~:

Patientce ®

***Andrea place picture here "patientce" jpg#15 just the upper part of the picture**

Benefits of this system have proven to be huge! Clients are absolutely wild about this and very thankful.

I keep my ~~For me the~~ office costs ~~are also kept~~ low.~~!~~
When I buy an expensive machine I cannot ask a higher dental fee. In the Netherlands we have fixed dental fees.
So time, expensive materials, and so on cannot~~can not~~ always be included in the fee.

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First some chit chat about "the" needle,

The needle is designed *not to hurt;t,* it is ~~'~~bevel-~~'~~ shaped at the tip.

*Andrea place picture here "patientce" jpg#15 but place tha lower part of the picture!! the bevel shape of the needle

*** —= sharp part of needle to go into gums/flesh
<--- = direction of fluid/anesthetics
Dental needle with bevelled edge on the left. The other part of the needle goes inside the ampoule with anesthetic on the right.

Now, mind this: *only —h a l f —of the needle will punch your flesh….~~……~~*

Q: 'Then *w h y* does it hurt, Doc?"
(Well, I haven't been asked that question~~that question hasn't raised~~ since I invented the Patientce ® just after I graduated from Dental School).
A: Because the needle is inserted by ~~a~~the dentist ~~d e n t i s t~~*not using the ~~'~~* Patientce ®.

Patientce ®is *the* way to get *painless* anesthetics;
The invention is simple: patience with the patient!
Giving painless anesthetics is *no more than ~~and nothing but~~* taking time to deliver the drug. Really;
take at least one whole minute to give one ampoule.~~'~~
T~~t~~hat's all, folks!

Just before I enter your gums, —I sprinkle a few drops of the anesthetic liquid on your delicate flesh, then I punch with the bevelled side of the needle through the tissue and gently and very, very slowly apply the fluid. I watch your face and eyes (out of the corner of my eye) to make sure ~~whether~~

Commented [SL116]: Shouldn't this be "release"?

you are ok, then I gently move the needle forward, continually releasing the fluid. ~~under the continued applying of the fluid.~~
After 1 -2 minutes I am finished. I always tell you that it takes quite a bit of time for me to administer the ~~my giving~~ anesthetic~~s~~ ~~takes a lot of time~~ (1-2 minutes might seem like~~be~~ a lot when somebody is 'doing something' in your mouth and you don't know *what* ~~they are doing~~). At first you are surprised (*t h a t long?*), ~~—~~but then you understand.

Commented [SL117]: I used "releasing" rather than "applying. If that's incorrect, please change.

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Physical Pain, Mental Pain.

According to Wikipedia:

Pain is a distressing feeling often caused by intense or damaging stimuli.

Commented [SL118]: If this is a quote, it needs to be in quotation marks. Also, I would use a source other than Wikipedia, such as Oxford dictionary.

Stubbing a toe, delivering a baby, burning a finger, losing a loved one, falling off a bike, getting divorced (mostly), being bullied ……

The world would be overpopulated if the wish of sssssso many female patient was granted; 'I would rather give birth to a baby than go to the dentist' is a well-~~-~~known declaration in the dental chair.

The above mentioned~~called~~ incidents all cause pain, either physically or mentally.
Pain motivates the individual to withdraw from the environment which harms them so the body or mind can heal. W~~Also w~~e learn to avoid such stimuli in the future.

The definition of 'pain' is tough to give~~ of course~~ because it is a complex, *subjective* phenomenon.

The definition of pain according to the

International Association for the Study of Pain:

"Pain in an unpleasant sensory and *emotional experience associated with actual or potential tissue damage, or described in terms of such damage.*

In medical diagnosis, pain is *a symptom.*

In the dental office we are ~~, of course, we are being~~ confronted with dental pain, or toothache. This is pain in the teeth and/or their supporting structures, caused by dental diseases or pain referred to the teeth by non-dental disease. (See also 'office talk # 6 a # 7').

Common causes include:
-inflammation of the pulp (result of decay/trauma)
-dentin hypersensibility (exposed root)
-apical periodontitis ——(inflammation of the bone and ligaments, around root apex)
-dental abscess ————(localized collection of pus)
-gin ————————(inflammation of the gum)
-pulpitis ————————(inflammation of the nerve)

These will all be addressed later on.

When people come in my office, a standard question of mine ~~always~~ is: ' do you have dental complaints or pain in your teeth?'. When they say 'no' and I tell them I have to make X-rays, some can be somewhat distrustful~~ing~~ saying: "*Why? I do not have any pain, so I do not think anything is wrong….~~.~~!*"

Unfortunately, I have to tell you, you are "wrong"…..

Enamel is non-vital tissue, as you know by now, right?
It doesn't have blood vessels, ~~-~~nerves (the *inside of the tooth does! but not the enamel~~;~~ ~~,~~ see drawing 7)*, and living cells.
Therefore:
*Pathological processes involving **only** the **enamel**~~,~~ tend to be painless.*
Pain mechanisms and pathways:
How does pain arise?
How does pain reach your brain?
What is needed to experience pain?
Of course: stimuli!, either ~~physicall~~physicaly~~ly~~ or mental~~ly~~.
Why do *mental* stimuli hurt~~ actually~~? Have you ever thought of that?
Even *thinking of the dentist hurts….~~.~~*

Well, I would never have guessed, while studying dentistry, most of you would have to *drag* your bodies into my future office…. Even clients of mine who encounter me around town, at the bakery, in the restaurant, on my bike, or in the gym, ~~ in my home~~

Commented [SL119]: In the rest of the manuscript, you have used single quotation marks. You need to make this uniform.

Commented [SL120]: In the rest of the manuscript, you have used single quotation marks. You need to make this uniform.

Commented [SL121]: In the rest of the manuscript, you have used single quotation marks. You need to make this uniform.

~~town (I work in a different town than my home town)~~ are usually not happily surprised. ~~to do so at the bakery, in the restaurant, on my bike, in the gym.~~ But…that is *your* monkey, right??

(Yes, I work out ~~@~~Monday, Wednesday, Thursday and Friday to stay fit and have the energy to absorb yours. Oh, I forgot; on Saturday and Sunday I will walk or bike with my kids or dogs…~~..~~).
I will ~~, however,~~ do the utmost to make your stay in my office as 'pleasant' as possible. I love doing that actually.
I know and I've seen your stress level lower as a result of my efforts~~s~~….

So, what about the mental PAIN?
How does that reach your brain?
How~~Where~~ does ***emotion*** cause pain~~hurt~~ in the body??

Well, it appears that:~~;~~

emotions can cause activation of the same areas of the brain as when n get activated as when people feel physical pain

Isn't~~Ain't~~ that something? So, physical and emotional pain have similar neural signatures: the same nerves are responsible to guide these stimuli to the brain where you will become~~get~~ 'aware' of the intensity, form, and duration of the pain.

***Andrea put picture 'anterior insula' here jpg#80**

The brain is MASSIVELY interconnected with~~to~~ ~~–~~A L L the cells of your body.

So, again, ~~a~~ physical *and* emotional experiences can cause pain. ~~it is..pain.~~
~~On the other hand: emotional pain doesn't *just* hurt psychologically it *also hurts* ***in the body!***~~

Commented [SL122]: You've said this kind of thing several times in the manuscript. Did you mean to say it so much?

Physical pain: there is an obvious clear link between hitting your little cute small toe again the post of the couch and *the* awareness in your brain *of the location of that physical (hurt)* ~~*location*~~. Route: nerve endings-synapses-nerves-spinal cord-brain.

Emotional pain: *must then* have a physical location in the body because their stimulus end at the same spot, right?
See drawing 13; anterior insula).

Then in what way might emotions be *embodied?*
Your *heart* can be broken, somebody is a pain in the neck, ~~your are fed up,~~ you are sick to your stomach…~~.~~

All emotions have a motor component!!

Even if we try to hide our feelings, there will be a split1/100th of a second~~,~~, invisible muscular movement ~~(in)visible~~.
So, emotional pain may be located in the body in those places where a muscular expression was meant to happen ~~(did for a split second though…)~~.

Sometimes you try to hide your feelings at my office:~~,~~ your anger (again! 6 cavities because~~,~~ ~~again~~ you didn't take the~~your~~ time to properly clean your teeth), your despair (will she be careful?), your worries about your child (you envision the child experiencing the same anxiety you have).
Often you do not succeed ~~at that~~. I will sometimes tell you that it is ok to cry ~~….~~(I've already said this, haven't I? ~~wrote that before, didn't I?~~), as it releases and relieves emotion.
~~Actually~~ I am trying to create an environment~~a surrounding~~ in which you might start to feel comfortable… ~~….~~eventually….

Most established clients of my practice are pretty ~~kinda~~ comfy.
New clients~~?~~...~~...~~?
We will hopefully train them into the comfort zone.

Commented [SL123]: What does "their" refer to?

Commented [SL124]: What does this mean?

We really ~~y hope and~~ do our best to keep you out of the vicious dental ~~dental black vicious~~ Round and Round.
That is our contribution ~~tribute~~; you do the 'rest', ok?

- **Andrea add here picture 'round and round jpg#17**

The role of the dentist is to cut the connection~~rope~~ between 'clinical pain' and 'pain with dental treatment' that occurs as a result of fear. ~~.~~

Be nice! dear dentists….

Commented [SL125]: Is this what you meant? Just want to make sure.

House of teeth.

The role of the dentist is~~,~~
to help the patient through a treatment which ~~h,~~ ~~again~~ ~~hopefully~~ is hopefully as painless as possible.

Another part of the dentist's role ~~role for the dentist~~ might be~~;~~ creating an environment that is ~~—~~**l o w** ~~—~~in stimuli which might reduce extra fear.
I, for instance, decided to use *colours* in my house (of teeth) ~~)~~ ~~(~~otherwise called ~~;~~ office)~~,~~ different ~~other~~ than the regular blue or (apple) green. While there are certainly ~~There are gorgeous~~ beautiful offices decorated in these colours, ~~for sure. However,~~ I decided to step outside that/my ~~—~~comfort zone.

I decided to use ~~the color~~ orange and red, instead. Red is the colour of energy, passion and strength. Orange symbolizes health, attraction and happiness.

I make sure as many of my accessories as possible are red and orange including, for example, ~~We also play the game to find as many red and orange accessories, like~~ cups, face masks, a mirror, coffee mugs, and suction tips. R~~Also r~~ed and orange instruments like composite modelling instruments and dental mirrors with red handles and orange frames are my favourites. Our uniforms consist of orange shirts and orange/red shoes and……orange socks! Sometimes I encourage patients to play a game where they spot as many red and orange things they can!

~~Also our uniforms consists of orange shirts and orange/red shoes and……orange socks.~~

We get a lot of positive and funny comments on all this.
What does it look like~~How does that look~~? Ceheck my website www.theawakeningdentist.com

It is a 'non-hospital, sportif look'. All of my patients love it. The adults appreciate the cheerful colours, and the kids think the look makes us cool. They even comment on the socks! ~~Adults like this very like it very much! Kids like the brand very much, they think we are cool and even comment on the socks.~~

Commented [SL126]: Didn't you already say this earlier in the manuscript? I thought you did. It's better not to be too repetitive. Maybe you should consider deleting it where you used it earlier on.

Commented [SL127]: I checked your website and didn't see any pictures of your office. Maybe you should delete this section.

Commented [SL128]: Do you mean sporty?

They allKids as well as grown-ups like the poster I have fixed on the ceiling; it's something they can they have something else to look at instead of *my* face (lol). I preferRather a poster tothan a TV: TVtv overload is
everywhere……it also inhibits communication. Imagine if I had I have to duck so you couldan see your favourite show. scene on TV.

When I started my this practice, I did not realize at all how much of an an impact the colours and design I chose would have on my patients. the choosing of colors and carefully designing the office and our clothes *really* has on clients/patients: it is HUGE

‘House’ with teeth.

In my view, another of the dentist’s most important duties is ~~An other absolute role, beside the fact of creating a low anxiety environment, of the dentist is to~~ allowing ~~–~~clients to be ‘themselves’.
(The **big** question, however, is ~~is;~~ what is ‘being yourself’? I discovered the answer…~~.~~you can read about that later in this book, in Part II).

We can encourage patients to be themselves by: ~~do this by;~~

#communicating well
#working from the heart
#providing~~give~~ access to clients favorite music
#being gentle while working

Never~~Do not~~ rush through things~~and hurry~~ ~~(~~(for example, because you’re running late or ~~do not have time because~~ the next client is waiting) to fill all six~~6~~ cavities *today*. The client will invariably sense it and feel uncomfortable, and you’ll experience more stress than necessary. ~~In the first place you, as a dentist, will develop a lot of stress (because it isn't the first time you run late .....be honest to yourself) **b u t** secondly the client will *feel* your hurry. His or her compliance will definitely reduce.~~

When I cannot finish ‘the work’ I am supposed to do *today*, I will inform the client:~~;~~ ‘~~’~~John,~~’~~ I know you’ll probably be very ~~must be very~~ disappointed

Commented [SL129]: Are you sure you want to use the word “clients”? I think “patients” seems more appropriate.

Commented [SL130]: Did you mean to use these marks?

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but I have to tell you that I do not have the time to finish ('you off' might be the joke afterwards) my work today….I know you hate to come back.~~,~~ I am sorry but I need to be able to take the time necessary to do a good job'. ~~rather like to deliver a good job'~~. People u~~U~~sually ~~people will~~ understand. ~~, luckily.~~

~~So from my heart I showed I was sorry for him and on the other hand I saved myself from rushing and rushing and rushing to get it all fixed.~~ Sometimes we~~,~~ dentists~~,~~ run into unexpected things such as ~~like;~~ cavities being bigger than is apparent ~~showed~~ on X-rays, roots being more crooked than can be seen on X-rays, or clients being ~~–~~more nervous than expected. All these things demand more time. ~~d which asks for more time.~~
~~So that is one aspect of our time: the so called 'shortage'.~~
I said to a client once: 'dear X, I am really tired now, actually. I do think it would be in our shared interest to make a new appointment. I have to get some rest'. (I had to fix a molar which was broken to the gum-level).
Well, the client very much appreciated my honesty.
Dare to be vulnerable, dear ~~–~~Dr. Dentists.~~,~~ A~~a~~fter all, we are human….
~~I have said to a client once: 'dear X, I am really tired now actually, I do think it is the best in our shared interest to make a new appointment, I have to get some rest'. (I had to fix a molar which was broken to level 'gums')~~
~~Well, client very much appreciated my honesty in this.~~
~~I thanked him for that.~~

My heart tells me also to have 'room' for all of your feelings (including the bad mood you'll probably be in because you're visiting me). ~~–to be able to express your feelings and your bad mood because you have to visit me.~~ If I do not leave space for you to express that, you will be more nervous and less likely to trust me. ~~us or you will~~ **~~think~~** ~~you are today's victim of~~ **~~my~~** ~~intentions.~~ Allowing you to

release the tension you feel will make you more open to whatever procedure needs to be done.
~~Creating a bit more time for you to release the tension will eventually result in more compliance of you to undergo the surgery.~~

This kind of approach ~~Writing this down seems so overstated to me because it~~ is my natural state of dentist-being. However, I know many other dentists have a different kind of attitude and that at other ofices you probably haven't had the chance to get a sentence out before the needle is in your mouth! ~~I know mostly clients don't get the chance to say anything and the needle has been put into their mouths already.~~
Unfortunately, i~~I~~t's a kind of a~~:~~ 'shut your mouth but keep it open'-thing.

I will even tell you ~~often advise~~ to bring your own music on an iPod or smartphone, if you'd like. ~~,~~ ~~walk-men (1980's), disc-men (1990's), iPods (2000's),~~ . Alternatively, ~~iPhones with 'download' music (2007-now) or~~ you could just listen to *my* radio blasting through throughout the ~~e the~~ office; I don't ~~not~~ care. As long as it will raise YOUR vibration it is fine with me.

Be gentle. My working field is ~~—~~***i n*** y o u r body while you are lying backwards…~~.~~it is a vulnerable position. You think that I ~~I now~~ have ***power over you.***

Do NO~~no~~T Give YOUR~~youR~~ POWER ~~aWay~~away.~~,~~ N~~n~~ever, ever, ever.

I will guide you d~~D~~uring the surgery or other procedure. ~~I will guide you~~. I describe all the steps involved (that is, if you ~~would~~ want to know). ~~to be taken.~~ *For example, ~~(….~~first the mould…now primer…now bonding…now first layer of composite then the curing light…~~ ….~~now the second layer~~—~~…and so on. ~~and do on……)~~*. It gives you an assured feeling.

Commented [SL131]: What do you mean? Are you telling the patient to be gentle?

I will use my mirror and probe (whisker) very carefully, remember? I won't poke around. Hey! It is not a hokey pokey clinic!

Once I haveNow, having done my part of the teamwork, what is yours part, dear patient?
Despite all my efforts as a dentist, some of you still are still very grumpy.. Yyou might can be worried and, you blame *m e*.. Perhaps you can have tears in your eyes and make nasty remarks while taking *da* seat. You've been so afraid that you didn't sleep. , you have fear and you don't sleep.
Maybe you've hardly slept for a week because of your worry about a 15-minute procedure. For a treatment which will take up to 15 minutes you decide not to sleep for a week……

Stop and think: iIs there anything you ecould do to alleviate this fear in advance? an do to change it?
For yourself ??
To have less fear?

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MetapPhysical meaning of pain.

So, we know pain is a symptom, right? Pain has a profound meaning. ItPain means tissue damage and it wants to 'tell' you something. How ***do*** we recognise

pain as a symptom? As a symptom for what? And what is ***the cause?***

The following might be very unexpected and ~~a~~ tough ~~part~~ to chew on. ~~B~~bear with me; it's worth reading. ~~it has a great unfolding.~~

We ***ALL*** know there are~~is~~ *more* things in~~between~~ heaven and earth, don't we?~~, don't we?.~~
~~Or else we might have heard about it, right?~~
Of course!! You recognize the feeling when you meet someone and it seems ~~if you meet somebody; 'it is~~ *'like you~~we~~ have met years before'*, or when you~~ will~~ enter a room and think to yourself, ~~be like;~~ *'this~~it~~ doesn't feel right'*. ~~, or the all-known famous 'Law of gravity' ; when you drop something it will fall!~~
There are things that exist that you cannot see. ~~You cannot see things but they are out there…..!!~~
But…*.'WHAT* is out there*'?* And…*'WHAT* is it *WHAT is out there'?*

'Meta' is a word-forming element meaning;

- 'After, behind'
- 'Changed, altered'
- 'Higher, beyond'

'Meta~~p~~Physics' is a~~, meaning:~~

'Branch of speculation which deals with the first cause ~~(!)~~of things~~'~~, from Medieval Latin *'metaphysica'.~~,~~*

This is, in turn, from Greek *'ta meta ta physica'*, meaning:

"the (works) *after* the Physics" :

Commented [SL132]: If this is a quotation from another source, you need to cite it.

Commented [SL133]: You've used single quotation marks everywhere else in the book. You need to make this uniform.

This name was given to ~~–~~the works of Aristotle by Andronicus of Rhodes, a Greek philosopher.
Andronicus was most famous for publishing editions of the works of Aristotle, Greek philosopher and scientist.
(384-322 B.C.).
History tells that while Adronicus was arranging the works of Aristotle in the library of the Philosophical School of Alexandria, ~~–~~he placed the work ~~,~~ ~~–~~*after* the ones on Physics and named it: *"After the Physics"* ~~.~~ *(---> "ta meta ta physica").*

Aristotle himself ~~has –~~named his own work:
'First Philosophy'

So there is a kind of misunderstanding there in the name giving. However once Adronicus named it, it could not be turned back…. ~~.~~

Meta~~p~~Physics is the crucial, rational and systematic study of existence. It is a critical inquiry into the origin, nature and destiny of human existence and our~~his~~ place in the cosmos. It is an ~~critical~~ investigation of reality.

Aristotelian 'physics' is different from what we call 'physics' today. ~~mean in today's modern world by this word;~~ He was referring to ~~he meant the~~ – '*philosophy*' instead of ~~the~~ modern '*physics*'. ~~– being a kind of science that presupposes a philosophy.~~
Today's '*physics*' sometimes has an underlying structure on which it is built. Is this structure a true/honest –structure?

The chief purpose of Aristotle's –work is to discover the first principles and causes of change, ~~or~~ movement, and ~~–or~~ motion, especially that of natural wholes.
So it is a philosophical study of nature and the physical Universe! (From particle to the Parallel?

Commented [SL134]: What name??

Commented [SL135]: Meaning unclear.

Commented [SL136]: Meaning unclear.

Universe). It was dominant before the development of modern science.
Science is based entirely on~~,~~ knowledge that is ~~,~~ testable, with which we can make ~~and~~ predictions~~ing~~ about the Universe.
Metaphysics, on the other hand, is a traditional branch of philosophy concerned with explaining the fundamental nature of
b e i n g and the *world* that encompasses it.
It attempts to answer two basic questions in the broadest and simplest~~simple~~ terms:

- *Ultimately, what* –is there?
- *What is* –it like?

In current popular literature, the term 'metaphysics' is often used more loosely, meaning simply the non-physical. ~~Now, there is a widespread use of the term 'metaphysical' in current popular literature which replicates the understanding that~~

~~metaphysical equates to the nonphysical~~

T~~t~~hus~~,~~ ~~,~~ 'metaphysical healing' means healing through~~by means of~~ remedies that are not physical.

Quite a long story~~,~~ (I know *you* struggled through this; I am proud of you~~….~~). But it's always ~~but~~ worthwhile to discover that deep--rooted words, as well as –things, thoughts, habits or beliefs can be build upon facts which appear to be not true or the result of misunderstandings. ~~r are built upon misunderstandings.~~

Wo~~w~~~~W~~~~…~~~~……~~it makes you wonder what is 'true' about history….

I have *always* been the inquiring~~y~~ type.~~,~~ I~~i~~t must have started~~been~~ from the moment I could think my own thoughts.

The detective in me wasn't always welcome, especially in college…, but ….I didn't care and still don't…. I simply must find outK ~~need to know~~ the answers.

I could sense people's emotions and speak aloud~~out loud~~ things I wondered about~~of~~ myself. I ~~often~~ was often surprised by my own answers.

At a very early age I told my mother she was egotistical in missing *her* mother! It was kind of a surprise –to myself saying something like this. Where would I get this kind of information? ~~for where did I get this information???~~
Her mother had died about 10 years prior to that moment.
I told her: 'that is selfish~~egoistic~~ of you mom!, Grammy has a great time up there, just leave her'.

I have always felt that 'dead' is not 'dead', but rather ~~it is just~~ out of sight. I was convinced we could actually talk to her if we wanted and knew how to.
At a later age I bought many books regarding the 'afterlife', 'speaking with the dead~~th ones~~' and~~or~~ 'near death experiences', 'ghosts' and so on. Unfortunately, being too busy with 'down-to-earth-life', I never read them…..until many, many~~, many~~ years later.

Commented [SL137]: Are you sure this is the right word?

Commented [SL138]: You told this story earlier in the book.

Your body as a manifestation.

everything on the physical plane is a manifestation of something on the metaphysical plane

The signs and symptoms that are apparent on the physical plane should ~~now~~ lead us to inquire ~~ultimately~~ more deeply into ourselves as energetic and spiritual beings. What a blessing it would be if everyone all around the world did this. ~~That would be such a blessing, worldwide…~~
I would call that a www: =world wide wonder. ~~if we indeed all would do that.~~

We tend not to worry too much about anything if our body seems~~is~~ fine: ~~e, i~~if there is no pain, if there is no bad disease and all goes well. But…~~.~~when we **do** get pain, are having troubles or ~~and~~ become disabled, we – *'want to know the big w h y'.*
Do you want to know the big ' *w h y' ?*

Or do you –just 'go see the doctor' ––and have physical problems~~it~~ fixed as they arise? Do you h~~H~~ave your neck repeatedly crushed by a chiropractor, have your lower back injected every month by the other doctor, or, lo and behold, have your teeth fixed every half year?~~.~~

In a later chapter, I'll discuss a study carried out by Ellen Langer, PhD, in which a group of elderly men in the 1950s were able to steer the functioning of their bodies with their minds. Their pain disappeared. ~~Read in this book my writing about the experiment with the elderly group of men living in the '50's? (Study of Ellen Langer, PhD); their thoughts steered their body. Pains disappeared.~~

What if this could happen to **dental** pain?
When our body is in pain or does not work according to our expectations, ~~metaphysically,~~ it is NOT broken. It is TELLING us something. ~~some-thing.~~

One of the functions of the body is to carry messages from the higher energetic planes to us. In fact, ~~Actually;~~ we are

Translators of energy (vibes) waves.

The body is~~Bodies are~~ like a river, constantly flowing and changing.
It is~~Bodies are~~ like the wind, ~~it is~~ an empty space containing a swirl of energy.
The body is an ~~Bodies are~~ idea~~s~~ of the mind…. In other words, ~~.w~~We are NOT our bodies.

T~~t~~he mind came first because you decided to come live here in this body, so the latter came second. The m~~M~~illions, even trillion cells of our bodies know what to do, ~~just know what is good for it~~, can ~~it~~ repair~~s~~ anything that~~wat~~ is off and ~~it~~ tells ~~warns~~ the brain~~s~~ for what they~~it~~ need~~s~~.
Our cells obey the natural cycle of rest and activity~~;,~~ they ~~it~~ follow~~s~~ the deep understanding of life embedded it our~~its~~ DNA.
We used to think that DNA was a given, a static~~,~~ ~~appearance, a~~ stable chemical. Little did we know ~~then. Now we know~~ that DNA is responsive to everything~~tyhing~~ that happens in our lives!

DNA is responsive!
We are responsible!

So, cells are not here to attack us! W~~w~~e are not the victim of our cells!!

We use our bodily
- eyes with their trillions of beautiful cells (visible light comes in waves; 390-750nm),
- ears (audible sound comes in waves, frequency; 20-20.000Hz),
- touch (e.g. feeling texture; your skin vibrates 50-300Hz),
-nose (smell; receptor gives off an electric signal to the brain in waves),
- taste (receptors for bitter, sweet, sour, salty and savoury gives off an electric signals to the brain).

All these signals go to the brain. They~~It~~ get~~s~~ translated *there!*
Now, *we do* recognize; we see a bird, we hear a motorcycle, we feel sand, we smell the piggies and we taste the bittersweet.

Commented [SL139]: ??????

'Then *w h a t* ~~–~~does that~~it~~ tell us, Doc?'.
'You just said; '*when our bodies are in pain or do not work according to our expectation, ~~metaphysically,~~ it is NOT broken. It is TELLING us something (some thing)'.~~'~~*
~~Yes, I did say that, you are right.~~

Western wisdom~~—:~~
Western medicine: we feel pain because we have so many receptors and nerves. That's it~~;,~~ that's why!

So, accordingly, the 'Western' approach is to determine where this pain comes from *physically* and then to attack it with ~~it will be attacked. Attacked by:~~ painkillers, drugs and/or surgery.
The pain receptors get numbed and/or the sick part of your body will be taken out by the surgeon.
It is a wonderfully terrific ~~, terrific, terrific~~ method for repairing that broken ankle or stitching that wound so you won't bleed to death. It's terrific, but often ultimately temporary. ~~How absolutely fantastic to help 'patients' acutely (and often temporarily).~~

Thanks to ALL the professionals who pour their energy and passion into treating and curing people!! ~~people in care/cure taking world who are engaged with all their passion into curing other people!!!!~~

Actually, this~~it~~ also sounds like **my** job (LOL). I love my job so much. I love to make that beautiful filling so you can go ahead and chew your favourite food again and drink a~~the~~ cold beer~~olest beer ever~~. You might~~sometimes~~ ask,~~:~~ 'Why on *earth* did you become a dentist'. My ~~I sometimes~~ reply would be, ~~say;~~ 'Assignment of *heaven*…~~.~~'.

Human beings have made amazing strides in understanding science and health. ~~How amazing the fact we know so much of science and health,~~ Aand yet, it unfortunately must be said: the more we know…~~.~~the more we don't.
~~Unfortunately;~~

We don't know WHAT we don't know….

We, 'patients'~~,~~ have learned that 'someone *e l s e* can and will take care of *o u r* health or be in charge of *o u r* illness. In fact, we have been educated and raised that way. We have the doctor's~~s~~ or dentist's~~s~~ number saved securely in our i~~I~~Pphones.

Preferred time to call:~~:~~ *just before your weekend starts….*

BUT~~:~~ there is a trend going on, a shift, actually ~~actually~~:~~.~~ people are increasingly encouraged to take responsibility for their ***o w n*** health.
~~Beside the fact that i~~It is as much for economic reasons as ~~it is as much~~ for reasons of spirit and ~~of~~ human development. ~~, namely: people are encouraged to take responsibility for their~~ ***o w n*** ~~health. Oh my goodness….~~

~~Actually, it also sounds like **my** job (LOL).~~

I love when I ~~to~~ give you instructions about how to properly clean your teeth, and you ~~. I love the way how you decided to~~ actually follow them~~go do that~~. I love seeing you for your next check-up and seeing that all is well, and that there are no cavities, gum irritation, or any other problems. ~~the way I do the next check-ups and I love the fact to tell you that all is well (no cavities, gum irritation and so on).~~ You ~~u, then,~~ are relieved and you ~~then~~ thank **me** very much, but actually it was **you** who did it. I was merely the guide, remember?

NO PAIN, ~~–~~BUT GAIN.

Ancient medicine~~:~~
Ancient ~~–~~wisdom~~–~~: ~~encourage~~ people are encouraged to take responsibility for their own health/lives. We use our bodies to communicate with ourselves (first!) and with others. We tend to judge our pain and~~,~~ sick body negatively…~~.~~but according to the ancient Taoists, 'good' and 'bad', 'right' and 'wrong', 'yin' and 'yang' are just different points of view. They~~se~~ are typical~~ly~~ ~~–~~h u m a n (ego) statements!

Of course, there is such a thing as 'being sick' and~~or~~
'being healthy'.

The ancient wisdom and all its (whole-istic) holistic*/meta-physical healers look at different energy levels; healing occurs on one or more~~some~~ of these levels.
*holistic= emphasizing the importance of the whole over~~and~~ the independence of the parts/ concerned with wholes rather than analysis or separation into parts.
The holistic~~sche~~ approach is often called 'alternative'; it's a healthcare philosophy in which the entire patient is evaluated and treated.

Did you notice that this sounds like my approach? ~~Actually, it also sounds like **my** job (LOL).~~ I do not see teeth as being separate from your body, mind and soul.

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Example: a holistic approach to a certain kind of pain in your teeth.

Problem: last week pain in left upper molar, but now pain is slightly gone.
Examination: nothing appears to be *visibly and X-ray-y* '*wrong*' (yet) with that molar.
After interrogating the patient some more (after having had the anamnesis), I was being guided to check the
TMJ*-joint and the jaw muscles.
The area felt very, very tense; tense muscles.
It appeared that client has been 'clenching' and 'grinding' his teeth. This habit had started ~~He started clenching~~ three weeks earlier ~~ago~~ as a result of the divorce he was goingent through!!
In clenching and grinding, he had ~~(there a 'clenchers' and 'grinders'); he has~~ been ***prrresssinggg*** his teeth against each other. This gives such an enormous overload to the nerves of that teeth that it~~this~~ can result in throbbing, aching tooth pain. It is like hitting your elbow against the door over and over ~~and over~~ again; the nerves in your elbow will protest and eventually ~~it~~ will hurt without any stimulus.

Many, many misdiagnoses ~~mis-diagnosis~~ have been made concerning these kinds of matters. People have been mis-treated; for example, a slightly painful molar might have ~~did~~ received a root canal treatment unnecessarily! Instead; the client should have had instructions to relax~~lease~~ his jaws and jaw-muscles.
~~He started clenching three weeks ago as a result of the divorce he went through!!~~

*TMJ-joint=Temporal-Mandibular-Joint. It attache~~s~~d your lower jaw to your head.

Let's look at a~~A~~ metaphysical approach to dealing with~~of~~ tooth pain from decay caused by irregular brushing or poor diet. ~~pain in your teeth might be:~~

Commented [SL140]: Explain how this relates to what you said about clenching and grinding.

~~For instance: pain as a result of tooth decay, through irregular brushing or poor diet.~~
The fact that you haven't been regularly brushing as you should and eating healthfully points to the likelihood that ~~Meaning;~~ it is hard for you to stick to routine and you refuse to recognize what you need to do to take care of your long-term well-being. ~~or do not know how to look after your long term needs.~~
You mistrust authority, including your own.
Allowing your teeth to 'rot' means you have given your power away. It is time to have~~take the~~ courage in your life again. Issues might have occurred in a past life which you have to solve now…~~.~~for your own sake.

The moral of this~~your~~ toothache ~~tooth ache~~ story is: t~~T~~ake your body seriously! Pain is the only way through which the body can say: 'hey something ~~some thing~~ is not quite well here!'.

Not paying attention or, in many cases,~~:~~ even totally ignoring your feelings is ~~is ignoring your feelings about it. Ignoring your feeling is~~ ignoring your emotional level.

This can lead to many dis-eases.

Periodontal disease:
this affects the soft tissues (gums for instance) and bone. it is initiated by the increase of a specific bacteria (P.Gingivalis).

It impairs your immune system.

Caries (dental decay):
this affects your enamel at first. It has been causally linked to the bacteria Streptococcus Mutans. These bacteria love to live in the dental plaque which sticks to your teeth immediately after a meal.

When bacteria that cause tooth decay and gum disease enter ~~into~~ your circulatory system, your liver releases C-reactive proteins which have inflammatory

effects. Inflammation is a disease-causing force leading to many chronic illnesses.

This is why So brushing and cleaning in between your teeth is life-saving.

Inflamed and diseased gums may increase raise your risk of fatal heart attack by up to ten times!! times.
When people need heartcardiac surgery, the cardiologist will refer them to the dentist first! the patients are referred to the dentist first by the cardiac surgeon!!

If there is just one thing that you remember from this book, it should be this: If you would just remember one thing you have read in this book it should be this:

BLEEDING GUMS ARE NOT OK!! GO SEE A DENTIST!!

I have had new clients tell me: 'I have had bleeding gums all my life'. I tell you: this is not the way cells will treat you if you are taking care of your teeth and yourself. .

Parodontitis is related to diabetes, coronary diseases, rheumatoidreumatoide arthritis and low birth weight babies!

Please, dDo not tell me that you smoke…. ...

Mechanisms of oral pain.

How does the physical pain component work? How come you can *feel* the pain? Well, you need nerves, cells and a brain; we have those! (Remember?: Western medicine!)

The trigeminal or 5th cranial nerve or CN **V**

(tri=3, -geminus=thrice twined) has three branches.

***Andrea here add picture 'trigeminal nerve' jpg # 150**

This drawing shows that @ nr. 4, three different branches enter the 'nerve knot'. Can you understand why ~~imagine~~ that means ***you*** therefore sometimes might~~are~~ NOT be able to determine where your pain comes from? You sometimes think the pain comes from an *upper* molar but…~~.~~it appears to be a problematic *lower*
premolar or your ™ joint, or even your ear~~,~~ or your sinus~~s~~es!!
The eye- and upper jaw branch are only sensory!
This~~Which~~ means the branches can only inform your brain about things connected to the ~~aspect considering~~ senses (no movements!!).
The lower jaw branch has sensory as well muscular function.
A ganglion is a 'nerve knot'; the CN **V** divides into 3 branches.
I have to show you the next drawing ~~–~~because it is important in
explaining how a pain stimulus travels to your brain.
It is only~~Only~~ when the stimulus reaches your ~~–~~***brain that*** ~~–~~you will be *aware* ~~–~~of either a feeling or a command to move a muscle. ~~–it will translate into a *command* to move a muscle.~~

This is thee pathway of the stimulus until you say "ouch". The s~~S~~timulus could be, for example: ~~being~~ hot coffee, cold tea, your fingernail, a hair of your toothbrush, the icy wind outside, the dental bur, trauma or even your tongue when pushed against a~~your~~ tooth. This stimulus will ~~,~~ travel~~s~~ to your brain.

***Andrea, add picture 'stimulus' here jpg #21**

But when you point your finger to –***t h a t*** –specific molar, how do ***we dentists know*** we will treat the right one?
(A lot, and I mean a **llllllot**~~!~~, ~~!~~ of misdiagnose~~i~~s have been made and subsequent inappropriate ~~mis~~treatments have been done because dentists just followed the finger of the patient and started drilling….~~.)~~
When Because~~, of course~~ our anamnesis is good, our examination is great and ~~when~~ we still aren't 100% sure ~~for the full 100%~~ which tooth to treat (assuming the cause of the pain~~now the cause~~ is a tooth problem), we *of course must* n u m b –the suspected tooth locally!
If the~~When the~~ pain goes away~~is gone~~…~~..~~the culprit~~suspect~~ is found!!

(Message for my colleagues: it is easy to anesthetize locally in the lower jaw ~~it is possible/easy~~ with the Anesthetic Syringe Gun. But be very, very gentle and careful not to damage the ligaments. Nothing new, right? Anyway…~~.~~who am I to tell you? ~~).~~

4 x ¼.

Upper, lower, left, right. Communicating about teeth is easy! Patients will for instance say~~,:~~ 'my upper right… (pointing to his tooth *under his right eye*), ~~)…,~~ is that
y o u r –upper left, Doc?, or what?'

Well we always look from the patient's point of view:

your right tooth is YOUR ~~y O u R~~ right tooth

Yes, even if I am standing upside down and looking in the mirror….~~.~~
So, ~~—~~when I am talking to you on the phone because you have a problem I will ask,~~;~~ 'is it *the* tooth at your left eye or right eye side'.

In the dental world, with colleagues, I~~we~~ talk about the numbers the teeth~~y~~ are given. The ~~Also do~~ sides of~~of~~ the mouth also~~teeth~~ have (Latin) names.
That's why you hear us say 16 (one six; not '16'); it is the 6th tooth ~~out~~ of the 1st quadrant.
When you have a cavity, you might hear a dentist say '34 disto-occlusal'. Or we take a short-cut and say, 34DO.

This means y~~Y~~ou have a cavity in the rear part of the premolar ~~—~~in the third quadrant. 'Oh great, thanks~~x~~!~~,~~ Wait, what did you say, Doc?'

~~We take a short-cut and say; 34DO. Doesn't waste a lot of paper……~~

So, if you complain about the yellow left upper cuspid,~~'~~ which number is that? With your new knowledge, maybe you can figure it out. ~~attained knowledge up until now I think you might know.~~

So 'your lower left molar' is your lower left molar.
But in dental world we give the teeth and molar numbers while facing to you.
Look at this next picture;~~,~~ imagine it is someone with his mouth wide open in front of you.~~,~~ N~~n~~ow the countdown starts:

**Andrea place picture 'counting teeth ⅛ here jpg# 31*

number 1 is the first tooth (incisor) in the second quadrant, so that front tooth is called the "21".

number 2 is the second tooth (incisor) in the second quadrant, so that tooth is called the "22".
number 3 is the third tooth (cuspid)in the second quadrant, so it is called the "23" (two-three)
number 4, is the fourth tooth (premolar) in the second quadrant, so it is called the "24" (two-four)
number 5, is the fifth tooth (premolar) in the second quadrant, so it is called the "25" (two-five)
number 6, is the sixth tooth (molar) in the second quadrant, so it is called the "26" (two-six)
number 7, is the seventh tooth (molar) in the second quadrant, so it is called the "27" (two-seven)
number 8, is the eighth tooth (wisdom tooth) in the second quadrant, so it is called the "28" (two-eight)

the quadrants: under upper right eye (upper right jaw) is the first quadrant; under~~,~~ upper left eye (as shown in the picture) is the second quandrant;~~,~~ low left jaw is quadrant three, and lower right jaw is quadrant four!

*Andrea place picture 'drawing from picture(pre)molars jpg#27

For~~In order to give you~~ a different view, check this picture: here the premolars and molars of the right lower jaw are shown.
The numbers of premolar and molar (arrows) are ~~called~~ the –47 and the 45.

Be-cause.

As referred to in chapter 'Physical pain, Mental pain', there are causes of dental dis-eases.

A) Inflammation of the pulp (pulpitis)
B) Dental hypersensibility
C) Apical periodontitis
D) Dental abscess
E) Gingivitis
'-it Is' at the end of a word refers to ~~an~~ inflammation.

A: Pulpitis: inflammation of the pulp ~~—~~because of the entrance of bacteria in the pulp/or because of trauma.
Cause of pulpitis: CARIES! Because of bad cleaning of the teeth, usually!
The little red ~~little~~ arrow shows the invasion of bacteria into the pulp. Remember, ~~You know;~~ caries is a disease.

Another cause of pulpitis can be: trauma to the teeth!
Trauma is represented by the BIG ~~—~~ARROW.

Trauma can be a high impact-short duration~~nce~~ force: a blow to your teeth while fighting, injury while falling from your bike, while in the pub getting your glass elbow-bumped into your front teeth, and so on. In the worst-case scenario, ~~At the worst case:~~ the nerve and blood vessels can be ripped….~~.~~

Trauma can be a low impact-long duration~~nce~~ force: a constant force like pen chewing while studying, teeth clenching or grinding ~~—~~because of stress~~!~~, or nail chewing!!
These forces are similar to the forces that cause RSI's. Repetitive Strain Injuries of~~at~~ your arm, wrist, or thumb, ~~—~~for instance, because of long, intense computer work while having a bad posture. Because of the constant nagging force, your nerve ~~really~~ gets really upset…~~.~~your tooth will hurt. You are not able to touch it anymore without pain. Brushing even hurts!

Commented [SL141]: I changed "durance" to "duration", as I assumed that's what you intended. If not, please feel free to change it back at all its instances.

It is as if you have bumped your head five times at the same spot…the nerves will overreact at the ~~next~~ *slightest touch.*

your tooth will react the same way as any limb will react on high short-, or low long impact forces: it can break, it can 'sprain', it can (partially) dislocate! It can bleed inside, it can become discoloured, it can heal~~cure~~ itself from within~~from itself~~ or be cured with professional help.

I mentioned the low impact-long duration~~nce~~ force of nail--chewing, for instance.
I am appalled by the number~~amount~~ of ***k i d s*** who have this habit! At a very young age I can see enamel loss because of the tear and wear caused by, in most cases, ~~!,~~ trying to release stress through gnawing.
Of~~f~~ course, many grown-ups have this habit, too.
In some cases, it has even led to a root canal treatment!!
The nerve of the tooth has had such a blow it cannot recover from that on its own. Sometimes the dentist needs to take out the sick tissue. ~~We as a dentist need to sometimes take out the sick tissue.~~

Sometimes pulpitis can even be introduced by~~-……~~your dentist!~~….~~ Leaving ~~When leaving~~ a restoration too high can lead to the nerve getting~~can get~~ overloaded whenever you ~~by~~ simply clos~~e~~ing your mouth with slight teeth contact. Hence it is very important for the dentist to check the height of the filling ~~as a dentist~~ and ask the patient to confirm that ~~have confirmed by the client that~~ 'the right and left sides of the teeth touch at the same time' when closing the~~ your~~ mouth.
Sometimes though, it is tough to register that because of ~~the~~ numbness after anesthetics

So, in this case beginning pulpitis can resolve on its own ~~cure of its own~~ when the stimulus is taken away, which should be as soon as possible.

Commented [SL142]: Why do you use the word "so" here? How is what you say here a consequence of what you described above?

*Andrea place picture here of 'cross section molar dentin tubule jpg# 98+99

In these picture, you see an enlarged cross section of a molar.
The picture at the bottom shows the direction of the stimulus. Fluid runs i~~I~~n the dentin tubule ~~runs fluid~~. After the stimulus the fluid runs from the outer part of the molar to the inner part, the pulp. This stimulus gets translated into energy signals that are sent up to the brain.(S~~s~~ee earlier picture showing ~~earlier~~ the ~~from~~ molar through ganglion to the brain).

When, however, a process has reached the dentin with the nerve in sight, ~~;~~ you now are very likely to feel pain.

Some processes/stimuli move very *quickly*! Some of these include ~~, like~~ hot/cold drinks, the touch of your nails, or *one* hair of your toothbrush scraping the dentin. Some processes move slowly; one of these is ~~, usually like~~ caries (there are possible exceptions to this~~exceptions possible~~!) moving into the dentin.

LOVE at first bite or:
FOOD and your P4's!

The importance of food to our oral health is still not very well accepted. Many books have been written on food and the gut. The gut, however, doesn't have to deal with bad foods if you do not put themit in your mouth. It is as simple as that!!!!!
Teeth's happy state depends not only on your daily cleaning but the food you offer them to chew. Eat, clean, eat, clean, eat clean….repeat. This is, of course, a vicious cycle which cannot stop as long as we live.
As stated before, we better notneed to stay away from eat the carbo hydrated foods. Sugar harms our teeth is killing in many ways. Since digestion starts in the mouth, I want to address the impact of foods on your oral cavity:

I call it the P4!

YOUR P4!

- the pH
- the power of muscles
- the pleasure of digestion
- the protection of saliva

P1:
pH:
The enamel cannot cure itself. , hence dentist are invented, like I wrote before. Mostly (hopefully) to guide, sometimes to cure. Millions of microbes live on the surface of your teeth. They are NOT waiting to attack; in ideal conditions, they want to protect your enamel (we are divine creatures remember?); they contribute to the constant exchange of minerals and nutrients between your enamel and saliva. It is however ***yYou***, *however*, , ***yourself*** who cause them to

Commented [SL143]: Do you just mean carbohydrates? If so, say carbohydrates.

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~~lets them~~ attack your enamel by eating foods which cause your pH to drop.
Some bacteria just love this kind of environment ~~surrounding~~. Even 'good' bacteria go wild in this acid environment, like a kid in a candy store. The enamel is in a constant state of flux: it is continually~~onstantly~~ exchanging minerals and nutrients with your saliva. When eating food, a~~A~~t your first bite ~~–~~your salivary glands add enzymes to your saliva. Here the first part of digestion takes place….
What foods contribute to the bacteria to start panicking and attacking your teeth? ~~?~~

- foods containing sugar ~~sugar containing foods~~ (a LOT more foods than you realize fall into this category, so make sure to check the ingredients lists on ~~the~~ packages)
- processed foods (corned beef and turkey, for instance)
- some grains
- sodas and other sweetened beverages
- fruit juices!
- mushy foods
- certain medications!

Commented [SL144]: Think of a better example than turkey. After all, turkey can be fresh.

Commented [SL145]: Too vague.

~~–~~When you eat foods containing sugar, n~~N~~ot only do ~~the~~ the bacteria in your mouth go crazy but your blood sugars will rise. ~~might jump up and around but your body too. your blood sugars will rise.~~

The tooth ~~–~~is made in such a way it can handle some sugar and a certain amount of acid,~~s~~ but not for days and months at a time.
The bacteria will eventually withdraw calcium from the enamel because they start lacking it. A cavity is eventually born.
Dental caries is an epidemic in the Western world. ~~economic western welfare disease.~~ Our mouths were not ~~at all~~ designed to eat many of the ~~these~~ kinds of foods that occupy such a prominent place in the modern diet. ~~When we stopped hunting for foods and after the Industrial Revolution the huge huge shift~~

~~was there~~. It was the Industrial Revolution that led to a dramatic shift in the types of food we eat. This resulted in an increase in the prevalence of ~~T~~the bacteria Streptococcus Mutans and Lactobacillus Acidofilus. Additionally, ~~came to a rise,~~ the natural diversity of our oral microbes was decimated. ~~gone…..~~

Now! Love at first bite!

P2:
T~~t~~he power of muscles
Now chew on thi~~s~~e next piece:

All the~~your~~ internal and external muscles around your mouth and your jaws act together in~~s~~ a very ~~premeditated,~~ organized and subtle way.
You can feel thi~~s~~at when you try to keep on talking while chewing; your cheek or tongue are the first ones to know that this isn't possible…~~..~~
Mushy foods ~~–~~do not invite your muscles to become active. If such foods are a large part of your diet ~~this goes on~~ for years, you *will* lose muscle tone!
You wouldn't~~do not~~ like to have a face hanging ~~–~~on your knees, would you?~~.~~ Some of y~~Y~~ou might go to the gym to build enormous biceps but perhaps ignore your facial muscles~~ are totally ignored~~. Except for the grins you make while lifting 80 pounds.
Your biggest jaw muscles are the Masseters (cheek) and Temporalis (side of the head)~~,~~. N~~n~~ow use them! ~~.~~
The strongest muscle of your body is your tongue!! It moves around your food in a way that makes it easier to digest. ~~such a delicate way you can digest it well.~~

If for whatever reason your muscles are weak, it can cause your teeth to shift!!
No upper lip muscle tone: your teeth might wander in front of you.
No cheek muscle tone: your molars might shift towards your ears.

In a 'normal' situation, there is a balance between oral muscle tone and tongue muscle tone. This~~Exactly~~

~~that~~ is why your lower front teeth are situated nicely.
Eating carrots, raw foods, muesli, oats and so on stimulates the use of your~~the~~ muscles.
The better your teeth stay in place, the better your digestion.

P3:
The pleasure of digestion.
~~Eating is kind of necessary to stay alive.~~ In the Western world, w~~w~~e have everyday access to refined sugars and white flour. Our ~~The~~ addiction to these foods~~at~~ made us forget we eat for a living purpose. Making them a large part of your diet means that e~~E~~ating and chewing is in many cases not done properly. Because of our busy work schedules, ~~(yep, we invented a boss too)~~ we do not take the time to chew. You need to c~~C~~hewing every bite at least 30 times! This ~~times~~ causes~~makes~~ the food to mingle properly ~~easy to mingle~~ with the saliva and not stick on your teeth. Chewing this much makes you also conscious of the fact that you are eating, which tells your brain you have had enough at some point. In this way,~~So~~ consciously enjoying your food might save your teeth.
I get a lot of people who broke their teeth on~~:~~ '...a quick bite'.
Choose foods that are rich in taste and need time to chew on. Your brain will love that.

P4:
The protection of saliva.
Saliva ~~, again,~~ protects your enamel because it buffers the pH in the mouth. No saliva? D~~d~~ental decay is very likely to happen even if you clean well.
~~On the other hand saliva has to be protected! We need our saliva.~~
The key to good saliva also lies in the quality of your nutrition and~~,~~ the amount of water you consume. Certain medications (including, for example, diuretics, appetite suppressants, and specific antidepressants) may interfere with your saliva production. It goes without saying that smoking is terrible for your saliva (and your teeth)! ~~and the~~

Commented [SL146]: Meaning unclear.

~~use of any medications. (and the use of cigarettes!!).~~
Alcohol and lots and lots of coffee can also cause a dehydrated mouth.
~~Appetite suppressants can also cause a dry mouth as well as diuretics and antidepressants!!!~~ I'm continually~~Be~~ astonished by the number~~amount~~ of people who are on~~get the~~ antidepressant meds! I usually advise these people ~~who use these~~ to come into my office every three months to monitor their oral health.

If you experience dry mouth symptoms, please call your dentist or get a free consult from me by mailing to leslie@theawakeningdentist.com.

Remember I am here to help you.
Exercise.

As a former physical therapist, I am quite familiar with the use of muscles. I am also quite familiar with ~~the~~ misuse~~mis-use~~, too.

As already mentioned~~said before~~, when facial and or oral muscles are weak, ~~-~~your teeth can move in unwanted direcitons~~ in few directions~~. When lip muscle tone is weak it can also ~~-~~affect your breathing. Your lips will not close well; this can ~~I~~ ~~which will~~ result in breathing through the mouth instead of the nose. Breathing through the mouth ~~Latter~~ can result in ~~a~~ dry mouth and put you at greater risk of developing decay. Often I see more plaque accumulated on ~~-~~your lower front teeth ~~too,~~ if this is the case.

Good muscle tone is needed for
- facial expression
- chewing
- looking good ;-)
- speaking
- swallowing
- breathing
- feeling good

- sleeping well

We can exercise the masticatory muscle groups.

NOTE!! Be careful not to exercise the 'mouth closing' muscles with ~~–~~the clenching exercise when ~~–~~this ~~clenching –~~causes you pain. Clenching is a very common misuse of the~~your~~ jaw muscles. People ~~–~~do not recognize when they clench and very often this overload is overlooked by dentists too. One needs to understand the difference between muscle aches that may reasonably occur as a result of exercise and pain caused by overloaded muscles. ~~make a discrimination of pain thru exercise (the usual muscle ache) or pain caused by overloaded muscles.~~

NOTE!! Be careful not to overdo the 'open your mouth' exercises if you are familiar with dislocating jaws!

Commented [SL147]: Meaning unclear.

Consult me online (www.theawakeningdentist.com) or consult your ~~–~~dentist or an orofacial physical therapist if you have any questions about this.

Many root canal treatments have been done unnecessarily because the dental pain was actually a referred pain from the~~your~~ overloaded jaw muscles. When you are about to have your fourth endodontic treatment in a row, you hopefully remember what I am writing here.

Before doing these exercises make sure you are warmed up.
Warming up: laugh out loud, talk, rub your cheeks or place ~~–~~a warm cloth against your cheeks.

√ E~~e~~xercise for the masticatory muscles: the masticatory muscles ~~, these are for the muscles which~~ are responsible~~s~~ for closing~~to~~ ~~close –~~your mouth (this includes the Masseter muscle and Temporalis muscle, for instance).

1. Ppress your teeth firmly for 30 seconds.~~,~~ Rrepeat 6 times.
2. Oopen your mouth as wide as you can.~~,~~ Uuse your finger to help stretch the muscle group~~(stretching the muscle group)~~ for 30 seconds.~~,~~ Rrepeat 6 times.

Do this exercise twice~~2 times~~ a day.
If you have become stronger or you do not like to press your teeth that hard against each other which might also mean you have some power there, you might want to try the Jawzrsize ® created by Brandon Harris (www.kickstarter.com) or use the Myobrace® (www.myobrace.com)

Commented [SL148]: Meaning unclear.

√ Eexercise for the masticatory muscles.~~,~~ These are the muscles~~these are for the muscles~~ which are responsible for opening~~to open~~ the mouth (Digastricus muscle, for instance).

1. Put your hand under your chin and press upwards. With this pressure in place, open ~~——~~your mouth as far as you can without it hurting. Repeat 6 times.
2. Now open your mouth ~~by~~ 2 cm more, and increase the pressure against the chin.~~,~~ ~~——~~Ddo not close your mouth! Hold it steady for 6 seconds. Repeat 6 times.

Do this exercise twice a day.

√ Eexercise for the masticatory muscles.~~,~~ Tthese are the~~ for the~~ muscles ~~which are~~ responsible for the jaw being able to move to the left and right. (For example, Pterygoid muscle).

1. Put your right flat hand against the right side of your chin. Move the lower jaw towards the right while your hand presses against it. Repeat 6 times.
2. Now do the same on your left side. Repeat 6 times.

Do this exercise twice a day.

In many cases, the Masseter muscle might need to be relaxed instead of activated. You activate this muscle very often without knowing this.

√ Sstretching exercise for your masseter muscle:

Put two fingers of your right hand against the *inside* of your left cheek.
Now gently push the cheek as far as you can towards the *left*. You can feel the stretch. Maintain this position for 60 seconds. Repeat this 6 times.
Do the same exercise for your right cheek while using two left fingers.

Be aware that tThe 'wrong' use of your muscles can ~~even~~ lead to crooked teeth. I urge you to stop/adjust as soon as possible:

- the pacifier (before 40) When children ~~by~~ use it for too long, an 'open bite' can result. ~~sucking this one you can create an 'open bite'~~
- nail biting
- pencil chewing
- tongue pressing

When teeth are crooked, we are almost always able to get them back in place. ~~That is is you have unlearned your habits first!~~ We are able to get teeth back in place with braces/brackets OR in many cases: the myobrace! It's essential that you unlearn your bad habits as well, or your teeth will move back to the unwanted position.

Commented [SL149]: Before 40 what??

~~Please inform yourself well when you want (your kids) to have teeth straigthened.~~
You should be aware that b~~B~~races, *the passive solution*, can cause harm: this includes r~~R~~oot resorption because of the forces used ~~-~~and dental decay because brushing is difficult~~tough~~ (being a teenager even tougher, LOL).
The myobrace, *the active solution*, can cause some muscle pain because it is a training device.

Back to clenching: you tend to clench when the going gets tough or even when you think it might~~will~~ get tough.

You need to get aware of this or you might eventually start to experience
- toothache
- headache
- pain while chewing
- pain while laying on your side
- pain while speaking

How to raise the awareness?
Usually when your jaw is relaxed, your upper and lower teeth DO NOT TOUCH each other. Try this now for yourself.
~~Wow, well, ok …..you are trying this now….ok…..I will wait……~~
So, what did you feel???

Did the upper row of teeth touch the lower?
No??? P~~p~~retty amazing! C~~c~~ongrats!
Yes??? Y~~y~~ou might need some muscle stretching and relaxation exercises.

When do you tend to clench?
- driving in traffic
- surrounded by tired kids
- in a hurry to go somewhere
- when under pressure
- weightlifting at the gym

I advise clients to hang stick-–on notes with the text:

"–DO I CLENCH?"

throughout the whole house, car, office, your spouses' forehead, ––and yes, even your bike.

Every time you encounter this note, you will be reminded of your jaw position and from this point on you will beare able to reverse the situation. You just have to be determined. ….that is….if you want to.

My cell phone is your placebo.

"what you think is what you experience"

A placebo according to WikipediaA is a substance or treatment with no active therapeutic effect. Common placebos include inert tablets (sugar pills for instance) inert injections (saline), sham surgery and other procedures.

Commented [SL150]: Is this a quote? If so, it needs to be in quotation marks. Also, I recommend using a source other than Wikipedia.

Placebo comes from the Latin word *placebo*, which means: '"I shall please'" and from *placeo*: '"I please'".
Wikipedia~~A~~ also says: 'A placebo may be given to a person in a clinical context in order to *deceive* the recipient into thinking –this is an active treatment'.
For obvious reasons, it is ethically problematic for a doctor to try using a placebo with patients. ~~The use is however ethically problematic, for is the doctor ever to believe?~~

It is true, though, that the ~~However,~~ placebo effect has beenve shown to be clinically powerful. They must be a result of the brain's role in physical and mental health. Brain imaging techniques have indeed shown that placebos can have real measurable effects in the form of real physiological changes in areas such as: ~~on physiological changes such as changes in~~

- heart rate
- blood pressure
- *chemical* activity in the brain

MRI studies have revealed that a placebo can reduce pain-related neural activity in the spinal cord, indicating that these effects can extend beyond the brain.

How does this ~~it~~ work??

Keywords are: conditioning (see also earlier in this book) and expectations.

A placebo and an actual stimulus are used simultaneously until the placebo is associated with the effect from the actual stimulus.
Conditioning has a longer lasting effect than expectation.

M~~Also m~~otivation is another important factor which may contribute to the placebo effect.
It might also link to the meanings we attach to illness and its treatment in the culture in which we live. ~~through which people experience illness and~~

Commented [SL151]: I've changed to single quotation marks because that's what you've used in the rest of the book. You need to keep these things uniform throughout a manuscript.

~~its treatment. Such meaning is often derived from the culture in which people live.~~
Some people see illness as punishment from God or a result of karma or bad luck. ~~Illness can to many people be a punishment of God, or Karma or just bad luck.~~ Others see it as a sort of warning system, waking us up so we'll make the effort to live a better life and improve as a person. ~~To others it can use as a warning system. Wake up and live the better you!!~~

My own mother saw her sickness as a punishment. ~~(~~'This is my punishment', she said when we found out she had metastasized oesophagus cancer~~)~~.
I, on the other hand, saw it as a warning system.~~:~~
She had neglected herself ~~her own Self~~ all her life and feared what ~~all~~ people might think of her. She had also had~~, in~~ an~~combination with her~~ abusive father and lost~~the loss of~~ her mother and brother at a young age. ~~the cancer was born.~~
A placebo would not have worked, that is for sure.

Expectation: the bigger the expectation, the better the result. Studies have found out that the colour and the size of the pill is important. "H~~h~~ot-coloured" ~~–~~pills worked better as stimulants and "cool-coloured" pills a~~l~~s depressants. Capsules seem to be more effective than tablets. I~~i~~t might even be that the bigger the pill, the better the effect. I can imagine that more expensive pills work better, too.

In my dental office, I do not offer placebo-pills. I offered my cell phone number.
In explaining the entire treatment from A-Z and ~~explaining~~ what people can *expect*, clients ~~–~~are a lot less scared of pain.
I offer my clients the possibility to call me after I have done a treatment, even ~~even~~ after ~~the~~ office hours. ~~after I have done a treatment which might cause some unexpected inconvenience.~~
~~The usual I have already explained.~~

Guess what will happen? Hardly anybody calls me….

I very much believe that when caretakers really ~~will~~ take care of their clients, and are ~~be~~ interested in their lives and their ongoing issues, ~~.~~ ~~C~~clients will feel at home and ~~will~~ feel heard instead of hurt!!

Dare to ~~give~~ care!!

A bitter pill to swallow.

In the former chapter about food, I mentioned the influence of medication. Many medications and some vitamins, minerals, and herbal preparations can have negative effects on your oral health. ~~Also vitamins, minerals and herbal preparations can!~~

Some side effects are listed down below.

Aabnormal bleeding:
Mmedication: Aspirines and anticoagulants.
(helps for the blood n o t to clot –(heparin))
Ddis-ease: ———Stroke, heart disease.

Tthey can cause abnormal bleeding with cleaning sessions or oral surgery. I hadve a client who almost died in the hospital –because of the extraction of a tooth!! Abnormal bleeding caused him to be ~~He was~~ black and blue all over his face and breast. ~~caused by abnormal bleeding.~~

Ooral sores, inflammation or discolouration ~~discoloring~~ of the soft oral tissues:
Mmedication: Blood pressure regulators, chemotherapeutic agents as ————————————well as immunosuppresive agents.
Ddis-ease ———: Cancer, autoimmune disease, organ transplant patients.

Tthey can cause a very dry mouth (Xerostomia), ulcerations of the soft tissues and a very very sensitive tongue. ALL sharp edges of teeth or filling need to be made smooth~~smoothened~~ to prevent~~for~~ the tongue from~~will~~ being damaged. It could bleed and become inflamed otherwise. ~~and may bleed and inflame.~~ This is u~~U~~sually because of the lack of saliva!!

Ggum tissues reaction, overgrowth of the gums:
Mmedication: Aanti-–seizure meds like Phenytoin and calcium channel ————————————blockers.
Ddis-ease ———: Hheart patients, patients experiencing epileptic seizures, ————————————organ transplant patients.

Commented [SL152]: Do you mean Aspirin?

Tthese can cause an overgrowth of the gingiva. This will mean This will cause that cleaning of the teeth will be very very difficulttough. You need to get under the gums to clean the teeth, otherwise inflammation and infection can —occur and decay lurks around the corner.

Ttaste altering
Mmedication: cardiovascular meds, sometimes nicotin skin patches, respiratory inhalers, central nervous system stimulants.

Ssometimes altering of the taste can be worsened by the fact you still might have amalgam fillings. Amalgam is a metal!! Sometimes medicines which fight anemia can cause this taste. (as they containe iron components).

Ddental decay!
Mmedication: COUGH! meds!! respiratory medication, inhalation therapy. chemotherapy, anti--depressants
Ddis-ease : asthma, COPD, cancer
children taking syrup based (!) medications like cough medicines are left with sweet residue in their mouths...you know what might come next, especially in younger children because they tend to dislike brushing their teeth. , if you are parent you know how togh it is to brush you kids teeth sometimes.
Brushing sessions can sometimes feel like a martial art clinic!. Please everybody, rinse your mouth directly and thoroughly with water after you have applied this medication. Sugar is frequently part of liquid medications like cough drops, vitamins!!, anti- acids, and anti--fungals.

Iincreasing jaw bone density!
Mmedication: bisphosphonates (calciumtablets, or in some cases intravenous infusion)
Ddis-ease: osteoporosis (poor bone density, you are likely to break a leg easily.

Most drug treatments for osteoporosis work by slowing down the activity of the cells that break down old bone (osteoclasts). Ssome treatments stimulate cells that build new bone (osteoblasts). The main aim is to decrease the risk of you breaking your bones again. Usually they find out you "have" osteoporosis when you have broken a bone without a legitimate cause.

NOW MIND THIS:!!!: because of the increasing density of your bones (in your whole body), the density of your jawbone will increase too.
Now, bone is living material, ~~(you knew this didn't you because a broken bone can heal under normal healthy circumstances)~~ with blood vessels wired all through the bone cells.
When the bone gets denser, the blood vessels can be weakened and have a tough time keeping~~to keep~~ the blood flowing properly!!~~!~~ Now, ~~:~~ you'll remember we learned earlier that ~~know that~~ teeth contain blood vessels too, right? T~~t~~he vessels run through just a tiny opening which is called the apex of the tooth (see drawing -------). ~~If the bone is very dense the vessel has trouble to stay strong.~~ As we discussed, when the bone is very tense, the vessel will have difficulty in staying strong. In combination with the fact that it also has to run through the fragile apex, ~~—~~there is a risk ~~is born~~ of blood loss in your teeth. This will not happen directly but after having taken these drugs for maybe months or years. Your teeth might start hurting and will die….
Many misdiagnoses have been made here, and root canal treatments done unnecessarily! ~~Root canal treatments after rootcanal treatments have been done unnecessarily!~~
As dentists, we have to be careful if we need~~have~~ to extract a tooth. T~~t~~he bone can become inflamed and eventually infected because of the loss of proper blood flow!! ~~This is very critical.~~ It's clear that ~~So~~ whenever you go to a dentist, you should take your list of medications with you. ~~take your entire farmaceutical diary with you.~~

Commented [SL153]: Apex of what? The tooth?

Water your teeth!! ~~W remind yourself w~~hen you use ANY kind of medication, make sure to rinse your mouth with water frequently and to drink a lot of the liquid, too~~water~~.

~~Every cell wants to receive Well…..~~

***SALIVA*, your holy toothwater.**

Although I know I have mentioned saliva in former chapters I need you to know how freaking important this ~~absolute God given, holy,~~ nourishing, moisturizing, dis-ease fighting liquid ~~this~~ is.

Saliva is the cheapest mouthwash!
Saliva is a clear liquid which washes around your teeth.~~,~~ ~~I~~it is made by several salivary glands in your mouth. You can find the biggest glands under your tongue, under your jaw and in your cheeks (next to your ear). The latter might cause some contraction when you eat something very sour;~~,~~ you might feel a tingle around your ear and your mouth will fill with saliva.

~~Saliva is one of the most important liquids of your body!!~~ Saliva~~It~~ helps to keep~~keeps~~ your body healthy because it keeps your teeth healthy.
It is mostly made of water but also contains important substances necessary~~which you need~~ for digestion (enzymes). ~~) and as said, healthy teeth.~~

Saliva keeps your mouth moist and comfortable so you can chew, taste, speak, smile, ~~–~~start to digest food, and swallow.

Remember: d~~Đ~~igestion start in the mouth…!

Saliva fights germs (it contains immune molecules like IgA) because it has a lot of anti0~~–~~bact~~e~~erial components like peroxidase and lysozyme; it helps to ~~, hence it~~ fight~~has a contribution in fighting~~ bad breath. The fact that proteins and minerals are present makes your enamel jump for joy. ~~….it protects that.~~
Your gums are in love with your saliva too.

Commented [SL154]: ???

How do you make saliva?
When you chew, the harder you chew, the more saliva you make. Sucking on (refined sugar-free!) candy or chewing gum helps you make more saliva, too.

Hundreds of often and commonly used medicines are known to have effect on your saliva!!

Anti-depressants, antihistamines, diuretics, analgestics, and appetite suppressants.

WHY?? Because the medicines contain substances which grab on to your beta-2 –receptor.

WHAT are receptors?
They are protein molecules on your cells that receive chemical signals from outside thea cell. If the appropriate signal is received, action will be carried out.
The beta-2 receptor binds epinephrine (bear with me…..I know I know this is tough...I love you) –and is involved in the 'fight or flight' response.

Now this specific action of the beta-2 receptor causes:
regulation of smooth muscle contraction

Smooth muscles generally form the supporting tissue of blood vessels. They need to contract to make sure the blood gets the blood getting pumped through your body. They are located in the walls of hollow organs like the uterus, stomach, intestines, urinary bladder, and your heart, and *salivary glands.*
(Thank you for staying with me….you made it!).

Smooth muscles are also called 'involuntary muscle' because it is not under voluntary control! This type of muscley keeps us alive without our having to think about it. needing our brains to worry.
Calcium plays a part in their contraction.

Doctors typically turn to beta-blockers when people experience problems such as:
- high blood pressure (stress)
- irregular heart rhythms
- migraines
- anxiety disorders
- tremors (e.g. Parkinson's disease)
- drooling (e.g. Parkinson's disease)

WHY do they prescribe this?

Commented [SL155]: You talked about this earlier in the book. Don't really see a need to repeat it here.

Commented [SL156]: You should move this to where you talk about medications that affect saliva earlier in the book.

Because doctors want to relax the involuntary muscles so the organs come to a rest if they are overreacting to things you experience in your lifeyour life (altering) situations.
Stressed hearts need to relax, and the heart is a muscle.

The beta-blocker blocks the Beta 2 receptor and the smooth muscle will RELAX…..and here we are:

the salivary glands will produce LESS saliva!

Whilesometimes this therapy is sometimes given with full awareness of its effects on saliva, for example on purpose with for patients with for instance Parkinson's disease, the impact on saliva production is still mostly a largely unknown side effect! e but mostly it is a huge unknown side effect!!

Dehydration of the mouth can hence lead to inflammation of the gums, dental decay!, sore soft tissues, irritated tongue, difficulty speakingeven less speaking!!, and weakerless appetite.
Additionally, people with dentures might find them more likely to come loose. This is because of the lack of a and last but not least when you have dentures they might come loose because there is no vacuum created by saliva filming saliva film on the roof of your mouth.

Tongue tied

The tongue is a muscular organ in our mouth. We need this muscle to manipulate the food for mastication. How else would the food be thrown from left to right, so it can to be able to get chopped up by our teeth?

Another An other major function of the tongue is enabling of speech in humans. (and vocalization in other animals).

The left and the right side of the tongue are separated by a vertical section of fibrous tissue

known –as the 'lingual septum'. If you can stick out your tongue very far to the dentist, your tongue isn not very much tied to the bottom of your mouth. If a baby is unable to do this and has a ~~Sometimes this~~ tongue-tie, they might have ~~can cause~~ difficulty in ~~breastfeedin~~breastfeeding. It's possible that~~g,~~ the septum might need~~sometimes needs~~ to be cut. This ~~Th~~ because thee infant ~~ba~~isn't able to~~bies cannot~~ latch on to both the breast and the nipple.

The tongue ~~pinkish brownish muscle~~ plays a huge role in tasting.
This pinkish-brownish muscle's~~e tongue's~~ upper surface is covered with small bumps called "papillae" with their –taste buds.
The sensation of taste includes five~~5~~ established basic tastes:

- sweetness
- sourness
- saltiness
- bitterness
- savouriness

Specific taste receptors (protein molecules or ions) on the tongue ~~Different molecules or ions~~ are responsible for the different tastes.~~ Specific taste receptors (protein molecules) on the tongue are responsible for the specific taste.~~

Out tongue tell us a lot about our health. You will not leave an acupuncturist's~~s'~~ office without sticking out your tongue. Have~~e~~ you had a difficult life~~bumpy rides in your life~~? Your tongue will tell!

The colour of the tongue, the shape, the coating, and the surface itself reveals our state of being. I will mention just a few of the possible colours and characteristics of the tongue that can hint at certain conditions or circumstances:

- pale or pink: blood deficiency
- swollen~~————~~: retaining fluids or bloated tummy

Commented [SL157]: So is this a good thing or bad thing? Does this mean that breastfeeding will be difficult?

Commented [SL158]: I was assuming you were talking about a baby here. If not, please change it.

- cracks————————: your nourishing fluids are burned out
- thick————————: issues with digestion

Bacteria are also present on your tongue. As a dentist, I often tell clients to also brush their TONGUE! It keeps it fresh.

Some clients love to have tongue piercings. I'm sure you're already aware that they can harm your teeth. ~~I do not have to tell you that they can cause harm to your teeth.~~

It's always surprising to find there are~~To my surprise~~ people who are scared of the dentist but~~are~~ not of ~~scared of~~ chipping of their teeth.

i have a client who is scared to death of~~for~~ my treatments (note: not for me :-)). Yet she decided to get a tongue piercing! ~~how courageous she was to get a tonguepiercing.~~
Guess what: it will cost ME a huge, huge amount of energy to repair the damage. Th~~b~~is client will cry during her whole treatment….. ……

~~People do not realize this.~~ Remember I am a human being with a certain amount of energy. But hey, ~~…~~.I will help you through ~~—~~this agony.

Commented [SL159]: Are you sure this is the right term? I'm not sure what you mean.

Commented [SL160]: What do you mean?

OUCH.

Have you decided how long you want ~~—~~your ouches to last?
I did not ask: 'How long will your ouches last?' but 'how long you want your ouches to last'. I can hear you think: 'what do you mean? I have no control over that. ~~,~~ T~~t~~hey just happen to me!! I am the victim!'.

No!, no!, no! no! Y~~y~~ou are not the victim. You are a victim of your own thoughts...~~—~~that's all, nothing more and nothing less.

I have shown you that teeth are a vital and brilliant part of your body. If you think they don't look nice, you won't smile and you might hide them behind your hand if you do;~~,~~ if you they're causing you pain, ~~find them hurting~~ you won't eat. ~~t, if you even hate them you hide them behind your hands.~~ Your total body will be affected, and illness might result. ~~it might turn ill.~~

~~On the other hand, and this might be very revealing to you!:~~ The following might be a revelation for many people:

Illness requires something *from* you which you might not even know (yet).~~,~~ T~~t~~his is on your unconscious level.

Two factors that can lead to the development of illness are: ~~Illness requires~~

1. unconscious guilt
2. a certain type of mental belief system

Commented [SL161]: Do you mean illness occurs because of these things, or that it needs these things to become resolved? Meaning unclear here.

1: # if we all would be willing to forgive other people's choices and our own, ~~then~~ we would be free.
if we all would be willing to let go of judgement, ~~then~~ we would be free.

2. #the mind must believe ~~in a~~ certain kinds of beliefs for illness to occur. This might be at the subconscious level. ~~the body to get sick.~~

A belief is a thought we keep on thinking. It gets stored in ~~to~~ our subconscious system and our bodies will react accordingly.
Our beliefs get expressed through the:

- autonomic nerve system (nervous--->toilet)
- hormonal system (scared--->sweating)
- stress system (angry--->heartbeat up)
- acupuncture system (meridians--->energy transporters)

Teeth have a place on the meridians!

***Andrea add picture 'teeth and meridians' jpg#111**

(more on this in part II of the book)

Healing comes from your attitude and belief system, since we are subject to what we hold in the mind!! ~~I~~if you do not believe this ~~belief this (pun intended),~~ ~~-~~try to remember what happens when people are hypnotised. They receive messages on the subconscious level, and they can experience effects ranging from acting goofy to having their allergic reactions disappear. ~~they can heal from allergic reactions or start acting goofy.~~ Whatever the assignment is, the hypnotized person will carry it out. The
body responds to what the mind believes. So, stop saying "my dad and grandpa had periodontitis, so I will have that too"!!!

STOP HYPNOTIZING YOUR 'SELF'

Now! It's time to hheal your belief system and starts X-raying your mind.

We can change our own DNA;, enough research has been done to prove that. You may want to check Deepak Chopra's book "*Supergenes*" (, , Harmony Books, 2015) and Bruce Lipton's *Enough illnesses*. People have been cured by their changing beliefs; , I am a living proof of that as a human being. I cured my own back pain!

You might believe that as a dentist, nothing bad could possibly happen to my teeth. Wrong! My profession as a dentist let you belief nothing can happen with MY teeth, right? No wrong. I lost my front tooth a few years ago…it was athe best sign from the Universe to tell me to finally live up to my authentic self.

I wasn't scared, mad, angry or in any other way upset because I just knew this message was going to set me free…..

Listen to your emotions, t!! to your tears, aches and pains!. Accept them and decide to work on them. Part II of this book will reveal how I managed to finally meet the real ME, and how you can do the same. I in the meantime…just brrrrrreaeaeaththth. Oxyggen is our life food. for oxygen is our life food.

*Andrea put picture 'oxygen molecule here jpg#150

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Mind your step:~~;~~

A ***practical guide to a new consciousness***

Until death do us not part.

One last look over my right shoulder affirmed it to me ~~again:;~~ she was fine. She was lying peacefully in her bed with her pillows stacked behind her. She

~~couldn't lay flat really, s~~he had to prop herself up ~~sit up~~ a little otherwise she couldn’t ~~wasn't able to~~ sleep. She had~~n’t~~ slept like this ~~that~~ for months…. Her breathing was calm, so ~~Because her breathing was calm~~ I decided to leave.

Prior to leaving her to go home to my 3, 5 and 7= year=~~-~~old children, I asked her: “I think I might go home to the kids…~~.~~is that OK with you?~~,~~ S~~s~~o when you wake up I might not be here. Is that OK with you? Or would you rather have me stay here?”
It was a terrifying ~~-~~decision for me; ~~because~~ it felt like I had to choose between my kids and her, a choice which was difficult to bear, but I figured she didn’t need me when she was asleep. ~~; when she was asleep she didn't need me.~~

The kids were at home and hadn't had my attention all day.~~,~~ I had missed them…~~..~~I wanted to be with them so much.

But I also wanted to be with her…~~.....~~.

“But, honey”, I said to her, “when you wake up have them call me and I will be here in a second, ok?”

That was fine with her. She couldn't talk…~~..~~there was only a very weak nod. ~~She nodded ‘yes’.~~
~~A ‘second’ was too optimistic actually because it would take me half an hour to be back by car but it was an excuse to myself.~~
Then my mom ~~-~~was given the~~got the~~ ~~-~~injection with sleep medication that ~~, like~~ we asked for and she immediately fell asleep. I was glad I had asked her the questions. Better safe than sorry, right? I stayed with her for a while until I felt she was at ease…then I left. ~~her ease….then I left.~~

Commented [SL162]: You used single quotation marks everywhere else in the book.

The last look over my right shoulder showed my mother sound asleep in a bed which didn't even take up a quarter of the~~is~~ huge, beautifully decorated room in the hospice. ~~ in the hospice. Glad for her to be able to stay in this beautiful home.~~ I was thankful that she was in so lovely a place. ~~for that….~~

She had always said that anesthetics, sleeping pills and ~~or~~ narcotic drugs didn't work the amount of time they were~~it was~~ supposed to~~ work~~. It was because of this that I was afraid that the sleeping medication she had been given wouldn't last all night. ~~She had a lot of sleeping stuff needled into her right now but back in my head I was afraid this dosage would not drag her through the night either.~~

~~I now closed the door. I was going to go home.~~

The very split second I stepped outside the room and closed the~~at~~ door I ~~frantically~~ started to frantically wring my hands. ~~Wringing my hands immediately, firmly and continuously.~~
I was shocked: this movement was completely unfamiliar to me. I had never wringed my hands before. ~~in shock and amazed with myself for this movement was unfamiliar to me; 'wringing my hands????????~~
W~~w~~ h a t is t h i s????~~,~~
'This is not YOU, Leslie', I was telling myself.
'Why are you wringing your hands?''~~?~~ was the question I asked myself. 'Why?'. ~~, 'why?'.~~

Then I screamed at a nearby nurse I had never met before: ~~to the nurse who walked with me;~~ " this evening or tonight it will happen!~~,~~ T~~t~~his evening or tonight it will happen, I just know!!!! M~~this evening or this night m~~y mother will die.~~,~~ I am not going

home. There is ~~absolutely~~ nobody in this world~~no-body~~ who can ~~and will~~ keep me away from her!!!!~~,~~ I am just not ~~-~~going!'. ~~I was ranting and raving to a nurse whom I had just met for the first time.~~ While it wasn't like ~~This was so not~~ '*me*' to shout ~~out loud~~ like this, ~~.~~
~~On the other hand~~ I felt I was right…. I felt the truth...

The nurse who had been with me since the administration of the drug tried to calm me down. We walked together ~~were both walking~~ to the hospice's cosy living room area. ~~cosy living room of the hospice~~.
She gently asked me to go home, explaining she could see a desperately needed sleep. She suggested I should come back in the morning. ~~requested me to go home because I obviously needed a lot of sleep so I could come back rested in the morning.~~ 'Well, in the morning I have to go to work…. I have a busy dental office to run, ma'am!'' I replied quite obnoxiously.

I could see that t~~T~~he hospice nurse ~~-~~felt sorry for me, being here all by myself and dealing with ~~all of~~ this.
'"*Well, I am used to making ~~take~~ decisions by myself and not being comforted or really supported, ~~with lots of stuff~~, so that's fine.~~,~~ S~~s~~he doesn't~~didn't~~ have to feel sorry at all',"* were my thoughts.

~~I didn't know what to do, I missed my kiddos but was afraid my mom would die with nobody by her side.~~

I decided to go back to her room and peak in one more time…~~..and again…..~~ she still looked very peaceful~~ly~~ and at ease in spite of her horrible dis-ease.

Commented [SL163]: Did you mean to use this spelling here?

I took this as a signal that I should indeed go home. ~~Her being peaceful was the signal for me to indeed go home.~~ I called my husband to please come pick me up.
She had recently been transported to the hospice from an academic hospital ~~He had dropped me off at the academic hospital were she had spend two weeks, that morning because this Tuesday was the day for her to be transported to her final destination: the hospice.~~

As I'd gathered all the stuff she had in her~~the~~ hospital room, I'd checked again if the closets and drawers were empty, and they were. Everything had ~~It all~~ fitted in a duffle bag. I cried so hard seeing her lying on that gurney ready to take her last trip….

~~We were off….~~

I remember I walked by my mom's side as she was wheeled down the hospital corridors. The duffle bag was on her gurney. ~~We wheeled down the hospital corridors, here I was, walking along my mom's side, the duffle bag on the bed.~~ T~~t~~here was more than enough space on that bed, for mom was now only 80 pounds~~had turned into a 80 pound light woman~~. Her cancer had made half of her body disappear. We walked past her colleague~~;,~~ I was glad he didn't notice us. They had worked~~had been working~~ together for 25 years at the hospital's purchasing department.

And so, on the present day as my mom slept peacefully in the hospice, I decided to go home and see my kids.~~I was off again….. now heading home to see my kids, leaving my mom in her peaceful state.~~
By the time I arrived it was 10 o'clock ~~.00~~ at night. I rushed up the stairs —to check on my kids and found ~~, I was happy to find~~ them sound asleep. I tucked

them in and kissed them goodnight. What an incredible contrast.
'There' is my mommy at the end of her life and 'here' are my kids starting their joyful existence. 'There' and 'here' I had~~I was with~~ such different emotions. A chameleon wouldn't have been able to change his colours as~~this~~ fast as I was experiencing this awful roller coaster of emotions. Was I in a movie?

I walked down the stairs and felt like I had to call a good friend of my mother.~~,~~ I told her: 'If you want to see mom you'd better come this week'. She was going to call first thing in the morning she said.

Right after this talk I called the hospice nurse to ask whether my mom was still 'fine'. The nurse was going to go check on her. She called me back: "your mother is sound asleep still", she said.~~,~~ "S~~s~~he lies ~~exactly~~ in exactly the same way you left her", she reassured me.
Those were comforting words for me. I then decided to go to bed.~~,~~ A~~a~~fter all, I had to go to the office the next morning.~~,~~ Patients~~clients~~ would be waiting for me. ~~As usual I had a pretty filled schedule the next day so I better get some rest. I fell asleep very easily around 11 o'clock.~~
I have always been a good sleeper~~ luckily~~, no matter what!!! But….~~……..~~

Suddenly I was awake, wide awake…~~……~~it was 01_~~.00~~ am. Strange, because I was supposed to be tired, exhausted from the long previous day. Being around my mother from 10-10 and experiencing such an emotional roller coaster didn't prevent me from opening my eyes like I was struck by lightning. I sat up in bed vertically like I was pushed by a great force.
I immediately thought: *"IT is not ok!!!!!!*~~,~~ *she is not ok!!*~~,~~ *M~~m~~ommy is dying!!!"*.

I h a d to call the hospice nurse….
I was furious with myself. '"*How on earth could you have gone home to see the kids when~~and~~ she is 'there' dying! How could you?'~~!!!~~*
O~~o~~h my goodness, please don't say she's died without me at her side! ~~I do not hope she passed without me being by her side, please~~please, please, ~~–~~please let this not be true!!!"
I thought this despite the fact I believe that ~~On the other hand I absolutely believe that,~~ when people die they choose whether they want to go through that process alone or with a loved one or loved ones.

Since the nurse had called me back earlier that night, telling me my mother was still sound asleep, I suddenly realized I could push the 'redial' button on my phone to reach her. That way I didn't have to go downstairs to look up the number. My youngest daughter was lying next to me, cuddling against her mommy because~~for~~ she had become~~became~~ sick an hour before~~ago~~ and needed my attention. I did not want to risk the chance of waking ~~to wake~~ her up….~~p…….I didn't have the energy to be able to comfort her. She was sound asleep, my three year old.~~

So, I pushed the 'redial' button, and pushed it again,~~–~~ again, ~~….~~again, ~~….and again~~ and…~~……~~again. It wasn't working. ~~didn't work for some reason. I didn't understand why.~~ But…instead of freaking out I was very calm. I knew, I *just knew* the nurse was going to call me!! I put my cell phone right next to my bed telling myself: 'Stay awake, the nurse will call you'!
I had hardly finished telling myself this when~~talking to myself and there~~:

Commented [SL164]: I think this passage would be better placed somewhere else.

Commented [SL165]: You wouldn't be pushing the 'redial' button if she was the one who called you. It must be another button. You'll need to find out its name.

my phone rang!!

It was just after ~~0~~1 ~~.00~~am. I answered the phone: ~~picked it up….~~
'Hi, this is Leslie'. 'Hi this is nurse 'X' from the hospice. A~~,~~ ~~a~~m I speaking to Leslie van Oostenbrugge?', I heard her ask calmly. ~~on the other side speaking very calm,~~ –'I want to …~~.~~'. I didn't let her finish her sentence.~~,~~ M~~m~~y gosh!~~!!~~ I knew whom I was talking to!!

Had I been indeed a fool to go~~have gone~~ home? To have taken a~~A~~n action *against my intuition*??~~?~~ 'I shouldn't have listened to that nurse~~ that afternoon to go home~~!' I thought in agony. I promised myself that very second that I would never ignore my intuition ever again. ~~to never ever ever ignore my intuition.~~
I frantically asked:~~,~~ 'Is she dead?? Is she dead??'
I thought~~ in a split moment~~: '*no, don't let it be too late*'. As emotional as I was, though, another part of my brain couldn't help but tell me: ~~In the next split second I figured;~~ '*Well, if this has happened, it is ok. She must have chosen her own moment, without me'.* ~~*if it might be the truth that's also ok, I guess, then she must have chosen her own moment, without me'.*~~

But hallelujah, mom was still alive!~~.~~ She had woken up!! T~~A~~~~gain t~~he dose~~s~~ of sleeping~~the~~ medicines didn't last the time it should ahve~~they should~~. ~~I was afraid of that because it always happened that way…..drugs wearing off before the end of time, that fitted my mom.~~ The nurse said: 'Your mom was restless and ~~had~~ made clear that she wanted you'.
I yelled to her: –'I am on my way!!'
She replied: " take your time.~~,~~ Y~~y~~our mom will be ok…'.

Formatted: Underline

After the quickest shower ever, I ~~So I decided to take a quickest shower ever to wake up.~~
~~Then I~~ jumped in my car and drove/flew to her.

While on my way, I thought of calling my brother and ~~of calling~~ my dad.~~,~~ ~~S~~should I drive by and pick my father~~him~~ up?
My dad had Parkinson's disease, so it would have taken a huge amount of time to wake him up and get him in the car….~~.~~
My brother had to go to work the next morning, so I decided to~~better~~ let him sleep. All kinds of thoughts were running ~~were running~~ through my mind.
~~While I was flying 80mph I figured; 'let me just check when I am there, I can call them later. After all the nurse said to take my time. The nurse wasn't very worried when she called, was she?'~~

I arrived just before ~~0~~2 ~~.00~~am. I hurried down the hallway, where the nurse ~~was~~ welcome~~ding~~ me. We both walked up to my mom's~~her~~ room. Just before entering, ~~her room~~ I heard a~~this~~ strange noise (like ~~3~~ three kids ~~are~~ blowing into their lemonade through a straw, ~~and~~ producing enormous bubbles).

I opened the door……..there she was, her head tilted to the left, her normally beautiful blue eyes ~~were~~ gazing into a space I could only imagine~~guess which one~~.

'Hi, ~~I called her: 'hi~~ honey', I said. S~~s~~he quickly turned her head to the right'; that~~it~~ meant she had heard me.
I threw my jacket off and went to hold her hand.
She made some gestures ~~with her hands~~ that seemed ~~as~~ to say;
'I want out of this bed'.

I shouted out to the nurse, ~~which was~~ a different woman than I had met in the afternoon~~,~~: 'she wants to sit!~~,~~ Sshe wants to sit!'. ~~For how was the nurse to know what my mommy wanted?~~

We pushed all her bed sheets aside to let her sit up straight. She sat up with her legs hanging overalong the side of the bed.~~side.~~
With the remaining energy in her body, she had been able to tell us what she wanted. I could read her gestures, like I had done my entire life.
I kneeled before her and I held her knees tightly so she couldn't fall of the bed and I could see her face~~;,~~ she could no longer lift her head. ~~couldn't lift up her head anymore…~~
I then asked:~~d;~~ 'would you like for me to call Dad and Ronald (my brother)?'. '~~?~~ She could not give any answer either verbally or nonverbally. It was so hard to see her like this, and all I wanted for her was to go back to sleep.

We both had agreed earlier that year for her not to suffer. The risk with oesophagus cancer was to choke. She actually wanted euthanasia but we had not really take~~n~~took action of filling out all the forms to prepare for this. ~~to indeed fill out all the forms to prepare for this step.~~ Now it was too late...

Here she was, realizing she was going to die within a limited number of~~how many~~ days or months. I once said to her, *"You are sitting in the lala waiting for your ya ya"*, referring to the time she was waiting o~~i~~n her own for her death to arrive. The words are part of the lyrics of the song from Lee Dorsey *(Ya Ya, 1961, https://youtu.be/K5LnpErE6f4)*, *an artist* my mom ~~which she~~ loved so much.

Commented [SL166]: You mom or the writer of the song?

So I knew if she wanted euthanasia, which wouldn't be the case, she definitely wanted to ~~go~~ at ~~–~~least go to sleep now.
I shouted to the nurse: 'Give her a sleeping drug!! Give her a sleeping drug!!! I do not want for her to wake up…~~..~~let her sleep…~~….~~let her sleep!~~,~~ S~~s~~he doesn't want this…~~.~~'.

The nurse said: 'I will give her another sleeping dose, but she will not die from that'. Well, as far as I was concerned, my mom was ready to die, but when and how? And to be honest…~~..~~I wanted the suffering~~it~~ to end for my mother, too. How amazing to want this for a loved one. I knew s~~S~~he would be better off in heaven, that's for sure.

The nurse admitted the drug, enough to let her rest again. Indeed, she fell asleep.
The nurse left….~~.~~

Now I ~~–~~was all ~~–~~alone with her…my mom.

The terrible sound of that what I came ~~became~~ to know as a death rattle filled the room.
I sat next to her, on the right side of the bed, holding her hand. I was facing the wall and facing my mom.
I was in despair…~~..~~and cursing and swearing!~~...~~
I realized she might be able to hear me. She might have thought: ~~–~~'I didn't raise you like this, girl.~~,~~ D~~d~~on't swear'. I didn't ~~–~~care; I had to express my fear and anxiety like this, I guess.
I was kind of rocking in my chair, and it wasn't a rocking chair! Cursing and swearing and rocking and listening to my mom's rattle while time passed by.

I finally decided: 'I am not going to do this anymore on my own! I will not do this on my own. I am totally fed up with doing emotional things on my own'.
So, I decided to ~~….~~call the nurse. Wow, what a decision. Asking for help. ~~….~~

I was going to push the red button beside my mom's bed to call ~~–~~this nurse whom I didn't know at all, to help me and bear with me through this.
I had never asked for help~~;~~, being 40 at this point, I thought it might be about time. ~~and about service to myself.~~

The nurse came and I asked her whether she could hold my hand….~~.~~
'Please can you hold my hand?~~,~~ I cannot go through this alone'. Well, maybe I could, but I didn't want to. Period.
And, I didn't know for how long I was going to sit there.
Was she dying? Now? When? How many weeks would it take?~~,~~ Hours?~~,~~ Seconds?~~.~~ Well, neither of us knew. ~~we both didn't know…..~~

When I had travelled with her to the hospice less than a day ago, it has been ~~In the ambulance, this same morning, it was~~ clear to me ~~–~~how weak my mom was. I held her head in my hand for the whole journey in the ambulance. ~~all the way from the hospital to the hospice.~~
The ride took about 15 minutes; she was in sheer agony the whole time~~ride~~. The smallest bump in the road felt like climbing M~~the m~~ount Everest.
~~For her the duration of the ride felt like a year like I guess.~~ The ambulance driver asked whether she wanted to drive by her house for the last time. She had lived there for 38 years with my dad. She didn't

want to. This showed how weak she was and realizing that made me cry even harder.

Finally, we arrived at the hospice; ~~, ww~~e knew the place where she was going to literally 'end up'.
She was terminally ill: diagnosis: "Cancer".
Esophageal cancer. ~~r……BAM.~~ She was~~is~~ 62, and her life was~~is~~ over….~~.~~
Diagnosis had been ~~was~~ made in February, and she was operated on in May. We were all very hopeful because the so-~~-~~called PET-scan showed NO metastasis!
Yahoooooo!!!!
My mom was pretty healthy~~sportive~~, relatively young and in good condition so the doctors decided to operate.

The surgery involved taking ~~It was only a matter of the surgeons to take~~ a piece of the esophagus out and doinge~~liver~~ some arts and crafts, like sewing a part of the esophagus to the bowel…~~—~~and lo and behold ~~……..s~~she would have more time to be with us.

Commented [SL167]: To the bowel? Are you sure??

But things~~t…~~ didn't turn out as hoped~~.it turned otherwise~~. When they opened her up, the doctors saw that the ~~the~~ cancer had~~seemed to have~~ spread all over her body….~~.~~

Apparently, all the PET scan had been able to do was ~~Thank you PET-scan. After all this scan only seemed to be able to~~ recognize a certain minimum size of ~~a~~ tumour. When the doctors still thought that the cancer hadn't spread, I had wheeled her all the way down to the operation room and watched her go in with this brilliant news on our minds.
~~I wheeled her all the way down to the operation room and watched her go into narcosis after this brilliant news; we had a good feeling.~~

Now, I had to go tell ~~her~~ her that her life would be over…~~.~~and ~~–~~I did. ~~….~~

My brother was with me; he came immediately after I called him with ~~to bring~~ the bad news.

Later to go ~~we were going~~ to our dad to tell him. My dad was at a rehabilitation centr~~eer~~, recovering from ~~a~~ sensoric paraplegia.
He had Parkinson's d~~D~~isease also and it was impossible for him to come to the hospital where his beloved wife had just ~~had~~ received her death sentence. ~~..~~

My dad's medical conditions were ~~So that is~~ why my mom decided to go into a hospice. ~~and I went for a sightseeing Hospice tour. W~~~~For w~~e knew she didn't have ~~had not~~ many months left to experience this life, and ~~. S~~she didn't want to be a burden~~wanted to be of no burden~~ to my father, as he was unable to ~~for it was clear he couldn't~~ take care of her. So we selected the hospice~~choose this resort~~ in May, the one she would die in very soon. ~~, it was our first choice, the one she will die in very soon now…..~~
I cried when we both first stood in her beautiful hospice room. ~~both stood there, in May, in that big, beautiful room. It was like looking for an apartment, and getting a tour from the broker, but slightly different.~~ My mom apologized to the people around us for my tears. "She is a bit upset', she explained. ~~(……) 'Yeah, right mom, when you will arrive here one day , we know you are about to die, pardon me'.~~

Now, being exactly six~~6~~ months later, ~~we indeed are here.~~

Commented [SL168]: Do you mean "sensory"?

~~We arrived around 1.00pm,~~ she sat in a chair all day long with her head on her chest…~~.~~too tired to~~o~~ lift it.

Her colleagues had sent beautiful flowers.~~,~~ H~~h~~ow lovely.

When I had to leave her for a minute, I warned her not to die! ~~Although I have heard stories of people dying when relatives leave the room to smoke a cigarette and despite the facts that I am convinced that one decided his/her moment of dying I really wouldn't want to miss guiding her into her new dimension.~~

She promised me not to:-))

She hadn't eaten for about ~~like~~ half a year orally;~~,~~ she had been fed through a nasal tube. Since this very ~~—~~morning she hadn't had any fluids either;~~,~~ all her feeding and drinking tubes had been~~were~~ pulled out of her body.

It startled me at first…but, but, but; then she will die. Oh, I forgot…she has too. It was all so confusing.

I was very hungry.~~,~~ H~~h~~ow could that be? I didn't want to leave my mom to eat~~grab~~ a sandwich which I had bought in the hospital that morning. Then mom ~~—~~asked me,~~,~~ 'Aren't you hungry?'
Kind of embarrassed, I answered; 'Yes, but I don't want to eat in front of you'. '"It is ~~—~~fine with me', she said, '"you have to eat'". 'Ok'. So, I grabbed the sandwich…~~.....~~mom wanted a smell. 'It smells so nice, Les', she said. This~~I~~t made me cry. My mommy who loved cheese sandwiches…~~.....~~all she could do and

wanted to is take a little sniff. 'I would pay a 1000$ for a glass of water', she said.

I was hiding my tears, but she couldn't see me anyway. I wanted to stay brave, for her.

The doctor told me he saw a very, very ~~very~~ sick woman. I was like 'seriously?'. How naïve of me…I just didn't want to see it.

I said to her: 'Thank you for being my mom'.

She nodded. She had expressed her feeling towards me earlier by saying: ~~'~~
'You are the best thing that has ever happened to me in my life'.

She had never told me this before.

Remember, ~~The point is she never told me before. So my biggest advise to everybody reading this:~~

tell your loved ones you love them every day!! Act like it is~~would be~~ your last day on earth and like it could be theirs, as well. ~~would be their~~! ~~last day on earth.~~

So, now, about 12 hours later I was~~am~~ alone with her, ~~….~~and the nurse was ~~e…~~holding my hand while I held~~old~~ hers~~mom's~~.

Then, all of a sudden, the nurse let go of my hand and went to sit at the left side of the bed.
'I see a change', she said. She had been closely watching my moms face, ——I guess. I screamed,~~'~~
'what!??, what!?!!, is she going to die?, is she going to die?'.
'I am not sure….', she responded~~said~~.

'What a stupid question', I thought, 'how does *she* know?'
It must have been obvious for the nurse that mom was about to pass over to the other realm, but I couldn't see that.
She now made clear mommy was indeed starting her new journey.
I was totally stressed, I did not at all expect **"t h e"** moment to be nowhere.
I was now yelling at the nurse: 'what can I do, w h a t —can I do???'
The past year I had driven my mom as well as my dad to and from hospitals, nursing homes, rehabilitation centreser, pharmacies, home, with my dad to my mom, with my mom to my dad, you name it and I had done that….

Bbut —NOW??? What on earth (yeah, earth….) couldan I do now????? Nno more 'going to's', —no more 'medication', no more 'I am here for you's'....
'Talk to her', the nurse said. 'Oh, my goodness, great idea…', I thought.
So I started talking to her, while holding her hand. The other hand was running through the her dark brown hair. Not a greay hair in sight to find. On my head there was hardly any brown hair left. —I've have been greay since I was 33.
Mom's eyes were very glazed, nothing left of the beautiful blue sparkleing eyes. They stared at me but I wondered whether she could see me. I hoped she could hear me.
The nurse confirmed she could hear me. Come to think of it, —I have read that the last sense to go before someone dies is that ofe hearing.

I told mom —to go see her mom and her brother. Her brother died at the age of 14;, my mom was 10 at that

time. My grammy died when my mom was 21. She never got over that.

Her father had died many, many ~~-~~years ago also, but I knew she wouldn't~~didn't~~ want to see him, so I didn't mention his name, no way!! I didn't want her to suffer any longer. ~~any delay for her to die.~~

While stroking~~going through~~ her hair and talking to her, dark fluid came out of her nose.~~,~~ W~~w~~e wiped it away carefully. She was breathing in a very strange way, ~~had this special breathing~~ very deeply. Every breath was to hard I thought that she was gone. ~~With every such a breath I thought she was gone.~~ But she wasn't. She came back.

I didn't want her to come back, for her own sake. I suddenly felt I had to let go…~~.~~physically. I said to the nurse; 'I have to let her go…~~'~~. She nodded.
So I took my left hand out of her hair. But… ~~….~~my right hand was still holding her hand.

I pointed at my hand and asked the nurse; 'what to do with t h i s one????'. She said: 'you decide'. ~~……'~~

Then I decided to 'let go'. I carefully let go of her hand, pulled my hand towards me from under the sheet….~~.~~

I watched her…~~…~~there…~~e….~~one last breath…~~……~~mommy died….
I felt and saw her peace. ~~……~~

A few months earlier, after ~~having had~~ the operation, I said to her; 'Actually, we should ALL be jealous that you are going to die'. 'Why?', she asked~~said~~. 'Because it is all beautiful ~~'~~up there~~'~~. There is ~~and~~ peace and no wars and just people loving each

other’. ‘Thank you for thinking that’, she said.~~,~~
‘~~H~~How lovely of you’.

At that time, I thought only heaven was great.
Gradually, I discovered heaven is also on earth and life is great.

She has been dead for 13 years now.

About me.

I am ~~p~~Proud of my name: Leslie van Oostenbrugge. I do not consider myself to have a biography, for Spirit is eternal and everlasting. Anyway, a~~A~~ bio is meaningless because~~for~~ what matters is what I ‘am’ at this moment. ~~now, right here.~~
Physically, however, I do have a bio~~one~~ which you can find elsewhere in this book.
Half an hour before my birth, my brother decided to go ahead and ~~go~~ see the light.
Born on the same date out of one and the same mother made us twins.

My mother told me many times; ‘you always had *that special* look from the moment you were a born’.
My answer would be,~~;~~ ‘that’s because I loved you’.

I spent a great deal of my childhood in the eye-hospital for treatment of a viral infection in my left eye.
Hence, (I guess…) I decided at a very young age (it ~~,~~ must have been around 8 or 9) ~~,~~ I wanted to become an eye-doctor. I had a deep-rooted wish and longing to go to medical school.

But…

In primary school I really didn't know my numbers AT ALL! I badly flunked ~~at~~ the 'aptitude' test regarding numbers and calculating in my~~by~~ head.

As a result,~~So~~ the teacher decided that my level ever to be reached in secondary school would be~~as;~~ 'way below average'.

An aptitude is a *component* of a competency to do or comprehend a certain kind of work at a certain level. It is a developed knowledge, understanding, learned or acquired ability or attitude.

Well, the *numbers (and in secondary school ~~,~~ ~~:~~ the math)* were not my friends, that's for sure….
My mother, however, decided to see whether a higher level of education instead of 'BLO' would suit me anyway.
And so I started 'MAVO' (~~' or~~ nowadays called 'VMBO').

In Holland we have a grading system which ranks from 1 (very poor) to 10 (excellent).

I had the best grades a~~A~~t the 'MAVO'! ~~I had *the best* grades~~! They ranged from 7-10. ~~From 7-10.~~ I was awarded the '10' about 52 times in the first year!

Commented [SL169]: ??

So, indeed I outgrew the 'BLO' as well as the 'MAVO'…~~.~~right?
Except, ~~again,~~ for math.

Usually when you have these grades you can go straight to the 'HAVO', but because my math grades tended to be 6, the teacher decided that I couldn't. ~~, again a teacher decided for me not to. Because; math had the grade :6!~~

I remember telling my parents, ~~;~~ –'Well, I will go the long way but I will get "there"!'.

I decided to –choose to be a BETA student.~~,~~ This means that I opted for ~~choose~~ ~~the~~ math, which was my not--so=–good subject, instead of Alfa, the languages, which I was good at. Why would I do this? So I could go to Medical School one day. ~~for to go to Medical School beta was needed.~~

~~…~~'Oh,––my goodness!', you're probably thinking. 'D~~….d~~espite your teachers strongly advising against it, you made this daring decision?'. ~~the fact all teachers did forbid me and despite the fact I had shown myself I better not?~~

Yes!!!, indeed.

Anyway I finished secondary school ––(average grade 6…the math!~~.again the math~~ ;-))), –so Medical School; here I come!!!

H~~h~~owever…~~...~~

I was *n o t* admitted, despite my more than devoted hard work and desire to become an eye doctor. ~~ultimate longing to become an eye-doctor.~~
My grades were not good enough….~~.~~

Commented [SL170]: What is this?

Commented [SL171]: What does this mean?

Commented [SL172]: The short form of mathematics in the UK is generally "maths" rather than "math", I think.

So, my dream was shattered. ~~....~~Thank you system!

My life took a new turn.

To understand this, you'll need to know that I had travelled to the USA when ~~When~~ I was around 15 years old. I went ~~traveled to the USA~~ with my brother and my parents for a month. My uncle lived there;~~,~~ he had invited us to come over and use his camper to ~~make a~~ tour through several states.

THAT was the moment I hugely fell in love with the USA.
More and more, over the years, I have come to know~~n~~ that for ~~–~~some reason I feel an~~have this~~ intense connection to~~with~~ the US.
It appeared that my dad had wanted to emigrate to the US but he met my mom so he didn't. But my uncle had.

Anyway, w~~W~~hen I finished secondary school and was not admitted to Medical School, I had a temporary job.

But then, in 1984, a letter arrived. (Date written; my birthday date !!; ain't no coincidence).
In that letter a friend of mine, who lived as an au-pair girl in a city close to New York, asked me whether I was interested in the same type of job~~job she had~~. I would live with friends of her family.
In the US? Oh my! YES! No doubt.
Two months later I was living~~lived~~ in Rye, NY. ~~....~~ The family had~~A family with~~ three kids to take care of. I learned ~~,~~ ~~learn how~~how to ~~–~~to cook, *express* love, iron, clean, do the laundry, ~~and learn how to~~ receive, drive, play tennis, ~~learn how to~~ play squash, baby-sit and come to terms with my broken self.
It was a 'work hard-play hard experience'.

Commented [SL173]:

Commented [SL174R173]: Receive what?

I stayed for 22 months in this very, very loving family.
I still deeply care about this family and am in contact with them 30 years later! ~~My heart still goes out to them, they know. We still have contact, being 30 years later!~~
I also passed my High-School exam in New York, earning an equivalency diploma, ~~. I still was eager to study. I have a U.S. High-School equivalency diploma.~~
What a roller-coaster of experiences!!!

I also got to spend a lot of time with my friend whom had sent me the letter. She lived about 15 minutes away from me. We talked to, or saw, ~~–~~each other every day.
I have known her since I was around~~must have been~~ 14 or 15 years old. We met~~were~~ playing handball at the same club. I was a
~~Being –~~reasonably good handball player myself, but~~;~~ my brother was way better~~ in this sport~~. My father was a well-~~–~~known (team)player! My mother also enjoyed~~discovered~~ this sport.
We were a sportive family.

Years later my brother called my living in the US "an escape" from the ~~elderly~~ nest.
I was 19, very cheerful, fun-~~–~~loving, an always laughing girl.
~~I was in love with that country, not being admitted to Medical School and not really having fun at my elderly home, were the ingredients to have this new experience.~~

He~~My brother~~ was right….~~.~~

Our mother was a grieving woman who had had a difficult childhood. ~~and she had had a bad child~~

~~youth herself~~. I am saying 'grieving' and not 'dominant', for efforts at dominance can be~~is~~ the result of grief, I believe.
Unfortunately, she inflicted a lot of her unhappiness on~~to~~ me. I was not ~~to~~ able to stand~~up~~ up to her behaviour.
My brother is much braver than I am, and he ~~for~~ sure did stand up for himself.
I grew up and finally left my parents' ~~elderly~~ home with the idea I was worth nothing at all and pretty ugly.

About myself.

While in the US, I had applied again to be admitted to Medical School but was again rejected. After my return home~~from~~, ~~the long stay in the US~~ I decided to study Physical Therapy instead. ~~While in the US, I, had applied a g a i n to be admitted in Medical School but, again got 'no' for an answer.~~

~~'Physical Therapy', a friend said, 'is also a great study'.~~

So, to satisfy my eagerness to know everything about the human body, I travelled ~~went~~ directly ~~straight~~ from Rye, New York~~.Y.~~ to the School of Physical Therapy in Utrecht.

I did very well in the program, earning terrific grades. ~~It appeared to be a great study indeed. My grades were terrific.~~
I always wanted my grades to be perfect so that I could feel good about myself. Nothing less than perfection in every area of my life was good enough. ~~. Otherwise I didn't feel perfect.~~ The teachers, who were p~~P~~hysical t~~T~~herapists themselves, told me I would do well in the profession. ~~become a good Therapist.~~

Given how well everything was going, I was shocked to get a written remark on a report in my senior year, in which the instructor suggested it would be better if I didn't continue asking bold questions. ~~However, on the other hand, I got a written remark on my report in my senior year telling me to not to ask any more bold questions.~~
~~I was kinda shocked….~~ Why would they say this? I was eager to learn and wanted to know 'the why' of different ~~certain~~ physical treatments. I guess my asking for wisdom so frequently must have made me a pain in the butt. I hadn't realized that.
~~I sometimes must have been a pain in the butt asking for wisdom. I didn't realize that.~~

After four4 years of study, I experienced a terrible disappointment: I did NOT pass the exams. ~~s….~~
I suspect the reasons for this were my ~~Partly because of my~~ amazing lack of self-confidence and perhaps ~~I suspect partly because of~~ my so-called 'off the chart questioning'.

I'm sure you can imagine how beside myself I was when I was told I still hadn't passed the practical test after the fifth attempt. I was so upset I kicked down a closet door. ~~I was beside myself and kicked down a closet when they told me I for the fifth time hadn't passed the practical test……~~

I dropped out of the program and ~~I stopped the study for Physical Therapist and~~ started a temporary job in a hospital as an audio typist. I had the best time and a lot of fun with my colleagues.

But, I couldn't bear the thought that I had given up. ~~….it couldn't be…~~*ME* ~~quitting a study!~~ It felt like a huge failure. After having shown so much ~~Having had this~~ perseverance for so many years, I had allowed other people to destroy my dreams. ~~all these years…and now…just stop because 'they' didn't like it?~~
I just *knew* I had the qualities necesssary~~y~~ to become a good physical therapist. So I decided to recommence my studies~~pick up the study again~~ , ~~-~~ half a year later at a different school.

My~~The~~ new physical therapy ~~therapist~~ teachers also told me I would become a good therapist (yeah, right, I had~~ve~~ heard that before…). I was even allowed to do exams within three months.

I passed!! ~~……~~

W~~w~~ith honours!

It was a~~A~~lmost, 'with highest honours', but I had been fearful and didn't allow myself to show my true potential. ~~;~~ This had ~~but I was fearful, didn't show all I have got in me. I played it safe. My fear~~ kept me from summa cum laude.

Commented [SL175]: Is this the attempt you discussed in the previous paragraph or is this later on? You need to make this clear.

Commented [SL176]: I've put in "closet door" because I assume that's what you meant by "closet".

How happy I was to regain a strong sense of ~~more~~ self-~~-~~esteem and self- confidence by passing this exam. My success was proof that I deserved to give myself credit. ~~This 'proof' to myself gave me back my confidence:~~

After this, I decided to continue studying but in a different field: ~~I decided to study….~~DENTISTRY.
During my stay in the US I had experienced many dental problems. ~~I was confronted with a lot of dental problems~~ And before that ~~, also~~ in Holland, I had undergone ~~had~~ treatments because of an accident with a surfboard at the age of 12.
As if that wasn't enough, ~~Iso~~my having a small jaw meant that I had needed to have premolars pulled and had to wear braces. ~~I had had a lot of premolars pulled because of a small jaw and the need for braces.~~
~~So dentistry had caught my eye at the age of 19 also.~~

~~Must have been:~~

~~Eye for an eye, a tooth for a tooth~~

I applied to Dental School at the age of 28 and was accepted! ~~got admitted!~~

In the first year of my dental studies, a teacher (and dentist)~~,~~ ~~dentist,~~told me that I should drop out of the program and give up any idea of being a dentist because I had a viral infection on my lip. ~~said to me….~~
~~'You have to think about stopping this study….you have a viral infection on your lip which will come back every time'…..~~

I was shocked…~~.~~what kind of remark was~~is~~ THAT?

Commented [SL177]: Don't you mean professor?

Commented [SL178]: If you want to mention this, you need to go into more detail. What kind of viral infection? Why would anyone think it should prevent you from being a dentist?

Four4 years and nine9 months later, I finished Dental School.

Graduated with honours.

I started to study Dentistry at the age of 28! So no tuition for me. I worked hard to fund the study myself.
I worked as a Physical Therapist in the evening hours and during in the holidays.

I graduated in June, and I started to work as a dentist that in August.

You! !form history; it doesn't form you!

Because of my upbringing I believed that I was worth nothing.
My parents were very dear to me; I loved them very much.
We had handball in common the four of us and lots of fun and laughter.
While we had our fights like other siblings, My brother and I got along very well overall. We and our parents had lots of fun and happiness. ll, and like other siblings we had our fights.
There was a lot of grief in my mother's heart.
Unresolved grief for of the loss of her mom and brother as well as her hatrede for her father. She didn't attend never attended his funeral!
She had never learned to express or receive love.

She admitted her "shortcomings" the moment I became a mother. The way I treated and expressed my love to my children differed very much from hers. She realized that and was burdened with an intense feeling of

Commented [SL179]: I think you mean no grants or help. You were paying tuition, so you can't say "no tuition for me".

Commented [SL180]: Need to better explain this for the reader.

guilt. ~~now carried a huge feeling of guilt with her, on top of the grief.~~

I said ~~had said a couple of times to her;~~ 'I forgive you'. What I actually meant was ~~, actually I meant~~ 'I understand you'.
Because forgiving would mean~~means~~ I was~~ould be~~ bigger than she was in spirit, and I was not. ~~which of course I am not!.~~
We are all the same…~~..~~we are love.

My beautiful mother ~~, I gave her so much love,~~ couldn't cope with her own grief. Her mother had died at a very young age, her brother died at the age of 14 when my mom was only 10, and ~~, h~~her sister left the house early. ~~and m~~My grandfather sexually abused my mother. ~~was not at all a likeable man. His sexual activities with my mom nearby as a child did not raise any love for him, mildly stated!~~
She emigrated at the age of 19 from Germany to Holland when she met my dad.~~,~~ T~~t~~hey married when she was 20. I was born about a year later. ~~and was 21 when she gave birth to us.~~

All of this~~It~~ formed ***me.***

It led~~formed~~ me to choose only love, and to be kind, polite, gentle and patient.
But i~~I~~t also formed my belief~~ve~~ that I was worth nothing….

I, however, am the only one with the responsibility and duty~~ble~~ to cut through the tortuous~~long~~ cycle of criticisms, verdicts, sadness, ~~no spontaneity, seriousness of life,~~ and the
non-receiving~~,~~ and non-giving of love.

I have always had the 'knowing' that some-'thing' is 'out-there'.
I know **n o w** that it is all in here!!! (the *palm* of my hand is pressed~~lying~~ against my *heart*).

There is a 'knowing' and the 'knowledge'.
Knowing: you came in this life *feeling* there is 'more to it', that there are 'more things in heaven and earth'. ~~is more 'between heaven and earth'.~~
You just know!
This knowing~~It~~ came *with* birth.

Knowledge: acquired information from teachers or books or other sources which is stacked and drilled in your brain.
This ~~It~~ comes *after* birth.

My mother felt *inferior* to me, ~~to~~ her own daughter. Hence the remark about *'that special look of mine'*. I loved her so much and I really encouraged her in life. ~~I was her big uplifter, anyway, I tried.~~ She expressed her joy whenever she noticed *me* noticing *her* doing well in anything.

It 's~~S~~hould' have been the other way around, shouldn't it? I don't know. I never felt like 'the child'; I have always felt 'the caretaker'….

We cannot allow ourselves to be ruled by life experiences of our ancestors. ~~With this book I want to make clear to not let ourselves rule by life experiences of our ancestors.~~
It must not at all affect me that in the year 1680 my great-great-great-great grandfather sprained his ankle, ~~.~~ ~~M~~my great-great-great-great grandmother couldn't make a fire because her spouse didn't get the branches home on time, their children

were cold, their being cold led to them being grumpy and obnoxious, and they were punished for this, leading to a roller coaster of condemnation. ~~and therefore their children were cold and being obnoxious. They therefore received a punishment for being cold and here a roller coaster of historical and futuristic condemnation~~

Sometimes people have to experience things of profound meaning ~~to start~~ to remember that there is more to life than arguing,~~e and~~ complaining, and being~~acting~~ miserable.

Sometimes we 'need' to:

- lose a loved one
- lose the so-~~-~~called love of our life
- lose our job
- get caught in an accident
- feel betrayed
- feel used

or another negative experience ~~whatever~~ in order to create a new turning point.

It is a huge leap to acknowledge that you see these kinds of experiences as the turning points in your life that you 'need' in order to make transformations. Frankly, if this is the case, it's a sign that you need to change your course.

~~Isn't it too bad we actually 'need' this? Frankly, if so, we should be thankful to realize THIS is the sign to change your course.~~

~~The acknowledging itself of seeing these experience as the turning points in our lives is already a huge leap!~~

Commented [SL181]: Need a transition of some kind from the previous paragraph.

I have a client who has had cavity after cavity after cavity for years. She suffered from gingivitis also. She had been working forin a company 60-70 hours a week for many years.
I had warned her that she needed to take more time for r to take more time for self--care.
Unfortunately, she did not. Clearly, she saw tThe expectations offrom her boss aswere more important than her teeth. She eventually had the need for root canal treatments (more on this treatment later). She was worn out, and on the edge of a burn out, and .
Hher dental health was declining.
~~I had advised her several times to claim her own time. She didn't. The expectations from her boss were more important than her teeth.~~

It sounds strange, but I must say hHow joyful I was (for her sake) for her to learn she had been fired for economic reasons. ~~from her job due to economic reasons.~~

We do not have to fix ourselves, for we are not broken. We only think we are. We come ame here into the world fully wholeheal and awake. We only need to remember or be reminded.

Commented [SL182]: But what about the stress she would have as a result of this? Wouldn't this interfere with her self-care?

More of the same.

In ~~So,~~ August 1997, I started my ~~'~~career~~'~~ as a dentist.
I had already investigated *where* to live and work after my studies~~y~~; I eventually decided on IJsselstein, near Utrecht~~, it is~~. My husband and I bought our first house.
In November of that year ~~–~~we would moved ~~and~~ in, and in December ~~1997~~ our first baby was born! Happiness all around :-)))

So, in 1997:
I got a job, I bought a house, I got pregnant, and ~~–~~I graduated.

Yes, ~~indeed,~~ in that ~~this~~ order.

Of course, as I saw all this coming on the horizon, I couldn't help but ask myself, ~~*before it all happened* I asked myself;~~
'Who am I to deserve this?'~~,~~ (for I heard my mom saying~~:~~ 'you do not deserve this');
'Will I really get the house?' (owning a home instead of renting like my parents did); and
'Can it be true?' (for I heard my mom ask,~~:~~ ~~–~~'who do you think you are?').
'No way, a house *and* a baby *and* a job?????'
~~–~~Something **m u s t** go wrong!!

It didn't. ~~t….~~I~~i~~t all went well even though there were problems we had to work through at first. ~~it didn't seem like it at first.~~

Commented [SL183]: Is this the correct spelling or is there a typo here?

He had a vision in mind…~~.~~*with me.*
He~~The point was, h~~e never shared ~~–~~that vision with me even though~~and~~ he was pretty sure his future included ***me.***
Working with this dentist was my first experience as a young graduate. How full of energy I was to work beside him in his office. How much was I to learn from him~~ dentalwise~~. Or so ~~At least, ~~I thought.

I disagreed with him on many different points and issues, but I was ~~A lot of things showed up which I did not agree with at all. I, at first was~~ afraid to stand up for myself, again….
After a while, I ~~But~~ finally ~~I~~ decided to check out what other opportunities were out there. ~~would be out there for me.~~
Would I ever have an o~~O~~ffice of my own? My own space with my own vision, my own rules, just for me?

Long story short; I worked in this dentist's office~~at his office~~ for a year and a half.
Our collaboration ended up in court….~~t……~~

Luckily, I soon found a new job! Just an eight-minute drive away from home. Whooohooo!
I, however, ~~–~~thought this new colleague was a bit odd. Her ~~'special', especially her~~ approach to people wasn't my kind of thing.
I agreed on starting a partnership; we would be equal partners~~'mates'~~ with the same position and the same rights. My~~, well~~ ~~*finally*~~ ~~my~~ dental career had finally started. It felt like~~as~~ the
'first day of the rest of my life'.

Unfortunately, ~~……~~. ~~–~~I eventually ~~as time passed by, ~~~~I~~ realized the partnership was not working for me the

Commented [SL184]: Who are you talking about??? It seems like you've just jumped into a new topic here with no explanation as to who "he" is.

way that it shoulddid not feel good. It did not only not feel good but tThere were things happening which made me extremelyvery very unhappy and disempowered. I'm sorry but I can't share the details here. No details shared here, I am sorry. (I hate gossipingNo gossip, I do not like gossiping). Things had accumulated too much over time….. I felt very unhappy, sad, let-down, unheard about what was supposed to be a companionship.

I figured I had tried long enough to make it work.

I now knew! Just knew: ……..

I, no longer wanted to be defined by somebody else's opinion.

When I experienced again another very nasty injustice I decided to leave.
I just could n o t take it anymore. I was fed up with people telling me what to do and judging me for how I wasam. I was totally fed up with it. I would no longer tolerate the psychological pain.

I have had enough of the psychological pain..

I now was now ready to start my own office.
.
The dentist, (being late in her 50's) had a vision in mind *with* me and **her** future which she didn't share *with* me.
Hmmm, sounds like something we heard before, right?

My dear colleague wanted to settle things with me into court. We met there four4 times….….

She was furious that I had made my own choice…. ~~. . .~~**her** future changed…. ~~. . .~~I would not be there. ~~without me. She said that I was the only dentist she~~had ever been able to work with. ~~ever was able to work with.~~

So, in my life I first encountered mom, then the dentist and then the other dentist…. ~~. . . . . .~~

'Woe is me', right?~~,~~ ~~'woe is me'?~~
What is **with me?** Why do (these) people do this to me? I must be a total 'wrong-do-er'. Everybody is against me….

Yet~~On the other hand~~ I have always felt *I am* a~~the~~ loving, caring, helping, listening, always-there-for you ~~be-there-for-you-ing~~ human being.
I have not allowed people to bring me down and I've made my own choices. But I've had guilty feelings about doing so.
~~On the other hand also; I did NOT let people bring me down; I have always made my own choice! But also had **guilty feelings about doing so.**~~

My life up to this point had been: ~~this far has been like:~~
following my *own* choices, ~~–~~preparing ~~and prepaving~~ my ideas in silence, ~~–~~cashing all negative comments thrown upon me, having lots of fun, joy, and laughter, and playing sports. I've been ~~**But also,being**~~ *the quiet observer, –the passionate listener, and the comforter.* –I knew I would somehow, someday gain insight into the meaning of life. ~~find the answer to life, I was too darn eager to find the meaning of life.~~

It appeared I needed to experience so many negative situations to ~~these encounters to~~ find out that all you need is *within* yourself.

Commented [SL185]: Need some kind of transition from the previous paragraph or a break of some sort.

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Commented [SL186]: ?????

Sometimes you ‘need’ pain to realize you are ‘off’!
Off of what??
Sometimes you need pain to realize you can more effectively~~now better start to~~ tap into your own power.

Pain is a symptom, remember? Mental ~~,~~ (or emotional or psychic) pains and (meta) physical pains are symptoms!

These **e n c o u r a g e you !!!**
These can be wonderful~~thankful~~ **reminders ~~to show~~ that** you want to become who you already are.

Homeless.

I always like to listen to stories about the 'why' and the 'how' people have created their livesfe. I love to hear about their perseverancee they have. Never ever give up! That's MY advicesentence.

It's quite possible that you do not share all of my interests, but as human beings are curious and inquisitive (and dare I say, on occasion, a bit nosey), What my interest is might of course not at all be yours, but looking at the amount of gossip magazines which are being sold all over the world I dare am bold to believe that you might be interested in how a dentist builds a practice. indeed might be interested about how a dentist builds a practice. Am I just a tiny bit right? I hope so! t….?

So, in July 2007 I had made the decision to; start my own practice.
This meant I now had to take action.

I was so eager and anxious to contactall a contractor that I made the first call at 8 am…r. I called him at 08.00am…I think he was still in still wore his pajamas, lol. I had known him for several years, as . hHe had helped us with the interior of the office where I worked with my former colleague. building the interior of the office I had worked in with my colleague for 5 years. (At that time)
He wasn't surprised that I called him, he had expected my phone call way earlier. I was like 'huh, whatdoyoumean….'

So the search started to find an office building.
Contractor C and me were on a home run….:-)) And,

~~First of all,~~ of course, I also had to find out what all the costs of the office would be, ~~the costs were to run a dental office~~ including~~with~~ all the new materials, equipment, ~~a new~~ staff, ~~a new building,~~ you name it.

I found a financial advisor who guided me through th~~e~~is whole project. He was the one who had gone through my financial details and told me I could afford an office of my own. It was this that allowed me to get a mortgage from the bank.
~~After having given him all my financial details he came back to me four weeks or so later to make the happy announcement: I could afford an office of my own!! I was able to get a mortgage from the bank. WoW!!!!!~~
Yeahooooo!!

I also needed approval from an official (regional planning) at~~from the~~ city hall ~~to settle somewhere~~. I knew that might be a tough one….
~~I am not allowed to just pick up my office and rent or buy a space somewhere else without their permission.~~

We ~~C and I~~ were informed about a house for sale in the centr~~eer~~ of Vianen. We went to check it out. It had housed ~~–~~a cute old flower shop; it wqas~~,~~ affordable but I couldn't really buy an ~~an~~ all new interior and dental chair. Also because it was located~~of it being~~ downtown, it was not very handy with regard to~~considering~~ parking ~~spaces~~. Later on, we found out ~~–~~it appeared to have asbestos in the ceilings. It was out of the question. ~~, so no way for me to go there.~~

~~Frantically~~ I frantically dragged my assistant Carolien to come see~~watch~~ another (~~,~~ too tiny!)~~,~~ office space. She, however, realized that it was my anxiousness to escape the situation with my colleague that made me so desperate to find something quickly. This could lead to bad decision-making. She firmly yet kindly advised me not to view this eminently unsuitable location. ~~realizing my anxiousness to leave the current office which I shared with my colleague, kind of firmly but in a loving way advised me not to go there either…..~~

~~But then,~~ I found another place soon, though! ~~house!~~ I liked it. I~~However I w~~couldn't be able to afford to put in a whole new interior, but I told myself that perhaps this wouldn't matter. ~~in it but who cared, right? (right?)~~

T~~t~~he contractor and I walked through the house to check whether it would be 'dentist' proof. We make a lot of noise with our burs, LOL. I got an OK from him. So, I got 2 'yesses'! T~~t~~he house and the contractor's approval.

The next hurdle would be getting approval from city hall. Luckily, after a very relaxed meeting, we received a ~~(According to the jury of Idols, a singing competition television series, you require 3 'YESSES' to go on to the next round).~~

~~First 'Yes' was chapter financing, second 'Yes' was the chapter 'housing', next 'Yes' would be the approval of the city hall official.~~

~~So, Mr. or Mrs. City Hall, here I come!~~

~~After a very relaxed meeting in the City Hall, I, within ***no time*** received a~~ 'Yes'~~–~~!!! ~~(By mouth) to get~~

~~settled in the house C. and I both liked.~~ Didn't know it would be *this* easy.

Wo~~w~~W! The only thing left was to have a purchase agreement made up and signed….~~.~~

~~My husband had, in the meantime, checked the papers at the 'office building for sale' section whether he could find me a space. He indeed found something. The building was also in the town I worked.~~
~~It appeared we didn't~~ need it anymore.

~~So, a few weeks later the real estate agent came to my house with papers to sign, what a joyful moment.~~

Three 'Yesses' obtained within 9 months after my decision to go start my own practice!! what an achievement. Unfortunately, however, it was all too good to be true. ~~.~~

On the day the real estate broker came over for me to sign the papers, I received a phone call. ~~….she of course wanted a cup of coffee, and yes, milk and sugar please.~~
~~The real estate broker then shoved the purchase agreement to me to have them signed by me; my new building for my first own practice…what a moment…~~
~~I was just about to let the ink flow on the paper….~~
~~*….the phone rang……*~~

~~I felt the hunch to pick it up (intuition). Although I thought it was impolite towards the woman across the table I did so anyway.~~
~~I put my pen down, excused myself and picked up the phone.~~

'Hi, this is~~it's~~ Leslie.~~,~~ G~~g~~ood afternoon'.

'Good afternoon.~~,~~ ~~A~~am I speaking to Mrs. Van Oostenbrugge, dentist in Vianen?' (Vianen is where my current office is. It is located at an 8 minutes drive away from my home).
'Yes, y~~Y~~ou are speaking with Mr. K.'.
'I am an official from the City Hall of Vianen'.
~~*'Hello…..'*~~
I was a bit confused. An official from the City Hall? What does this mean?~~.~~ He continued~~said~~:~~,~~
'I have received ~~a~~ notice that you are planning to settle with your practice in a ~~the~~ house on ….street in Vianen'.
'Yes, that's true', I said.
'Well, Mrs. Van Oostenbrugge, you are n o t allowed to do that!'
I was like; *'W HA T????!!!~~,~~ 'W~~w~~hat do you mean? I have the approval of Mr … , a colleague of yours'.*
'Yes, ma'am, but he doesn't work here anymore and he checked the wrong books. He had very old information to go on'

I was flabbergasted!!~~!!!~~

Here I was, one inch of ink away from being the owner of a new building and ~~…~~my dream was shattered. ~~……~~

'I'm afraid w~~Mrs., w~~e cannot let you open your new practice at that location. Please be aware that if you go through with the plan, you will be removed by City Hall. ~~If you, however, prefer to still realize the plan I have to inform you that the chance is high you will be removed at the expense of the City Hall'.~~
I was shocked and felt like a criminal. Me who always abides the law felt really threatened.
'But ~~, I received an approval!, I, I, was in your office!, even worse:~~ I was just~~am~~ about to sign to purchase the house! T~~, t~~he real estate broker is here with me!!'

'Yes, ma'am—…I understand your frustration,' he replied, but there is nothing', he replied, 'but this is the case and again I hold you responsible for the law not abided, there is nothing else I can say'.

I hung up the phone and returned to the living room. The broker had overheard the conversation and was almost ready to grab all her stuff and to leave.

No signature, no balloons, no champagne. …….

Now what????? After she had left I called C. He felt sorry.

So, now I had to start all over again. had to go on a new journey…..

A few days later, my husband and I remembered an ad regarding an the office building that he had seen in the papers. The paper had been thrown away, but I was able to find the listing online. It was still available. We thought wouldn't need it anymore so we threw the paper away.
Thanks to a thing called memory I knew where they were for sale. So, hush hush let's check on the internet! There we found it.
A call was made and within a day a new broker was sitting across my table.
I was interested in building #1: there were, three parking spaces in front and two2 at the side.
Brilliant!
The only minus, I thought, —was that it was located in at an industrial area.
Well, I figured, ; we will make it beautiful on the inside……who cares about outside!

So I wrote an official letter to the City Hall to ask approval to move over there. It would be a two-

minute drive away from the current office. It was a very nervous few weeks before I heard back.
~~Well, it took a few very nervous weeks before I was given any notice at all.~~
~~Then, finally! I heard the news…….~~
Bad news! ~~….~~I was not allowed to move over there either. ~~….~~
According to the development plan, there was no room for a dental practice.

I was really getting worried now! How would I ever be able to leave my current practice? I'm not an anxious person by nature but all of this was really getting to me. I was afraid that my assistants would soon resign, as they hated working with my colleague. ~~I am not a worrisome person at all and not at all a nervous person in life but this was getting to me. The fact still was; I wanted to leave the sickening companionship but where to go with my clients?~~

~~The other sad knowledge I had was that I *knew* my assistants would resign their job. They were thrilled to work with me but they couldn't handle to work with my fellow colleague which, unfortunately, was a must.~~

~~A lot of signs were telling me to leave the companionship I did not want to have anymore.~~

I had no choice but to continue in my quest. I had been so proud of my decision to leave. How

~~I was ***s o*** proud of having made my decision.~~
~~How~~ many people stay in a bad work-related relationship? How many people think, ~~;~~ 'Well, this is ***IT*** for the rest of my life. ~~,~~ I am stuck here'. Not me!

~~No question about it…~~***~~I~~*** ~~was ready to fight. I figured; better work on it now for a period of time and then be happy!~~

~~But the fact was again I received no approval to settle for this new space.~~
~~I called the officials: according to the development plan there was no room for a dental practice; that's it??? that's that!?????? They were going to talk this over again in a big meeting but the outcome was a NO for me again.~~

~~I heard the news just after my great spinning lesson. Contractor called me to bring the bad news.….I left the building….crying.~~

~~Now what????~~

~~I just couldn't understand why, why wouldn't they let me practice over there?~~
~~It had taken me months now to come this far…as far as a 'no'.~~
I suddenly remembered: there was another dental office across the street from the location! ~~Then all of a sudden I realized that across the street there was a dental office! Well, w~~Why and how did *they* get an approval, then?
It was time for me to make a call to the regional planning department. I asked why my application had been denied but the other dentist was allowed to practice 100 meters away from my desired location. They claimed that until that point, they hadn't been able to 'maintain order like they should', and that the dentist had been at that spot for at least six years. ~~.~~

~~*'Can I speak to Mr…. from the department regional planning?' they put me through.*~~

~~I asked him how it was possible that the other mr dentists were allowed to be just 100 meters away and I was not permitted? *'Well'*, he said, *'until now we haven't had the time to maintain order like we should'*. The dentists had been at that spot for six years at the least already and I had been threatened~~ All of this seemed more than a little fishy to me. I had to wonder: were ~~not to settle….well, this did ring a bell to me. Were~~ the people at the city hall really honest? This seemed like a case of jobbery. ~~I felt there was a game going on called jobbery.~~ Being a ~~n honest, correct and~~ non-judgemental person it was tough to bring it up but I did.
I do not like to threaten but I finally said, 'You're clearly treating me differently than the other dentist. I plan to call a lawyer to look into this.' ~~to him; *'I have the feeling we are treated differently although we have the same profession…I have the feeling something else is going on here. The time has come I better call a lawyer to find things out'*.~~ Oh my goodness!! This is not me!!~~.~~
He gave no response, and I hung up the phone. Now what?
~~But I was in despair…. I just had to say this for my sake.~~
~~Well, he didn't have anything to say.~~

~~I hung up the phone….now what????~~

I put on my thinking cap and really mulled it over. I suddenly remembered that~~Then I found out that~~ the highest official working on regional planning was an old acquaintance of mine!! Could I really be this lucky? ~~!! Well, was **this** my luck???~~

I decided to write her an official letter with a very friendly note attached. ~~r and a very friendly note attached to it~~. In the *letter* I ~~, again,~~ asked for

approval to move my clients, dear assistants and myself over to the industrial area. I…..in the *note* I was very amicable. Would 'her knowing me' –help in my situation?

Well, it was ~~again, this process took~~ weeks before I heard from her. ~~r……~~

In the meantime, it happened I had a client from my colleague in my chair for treatment. He was~~is~~ a member of the board of City Hall. I suddenly realized he might talk to her about ***my*** search for a new office. With this in mind, I told ~~It made me inform~~ him about my plans and asked him to please keep it a secret from my partner. I knew the remainder of my time in this office wouldn't be a lot of fun for me or my assistants if this got out. ~~this a secret. He sincerely agreed.~~
~~I made the choice not to tell my companion yet. I knew the period left in our wouldn't be fun for me as well as my assistants.~~

There was a moment where I thought that neither my old friend or my colleague's patient would be able to help me. This was when I got a call from City Hall again telling me that my application could not be approved for the same reasons as before. ~~I was wondering how my application was going along.~~
~~Did City Hall have a new verdict? I called again but, no the meeting was yet to come. Again I had to wait. Then, two weeks later, 'they' called me in my office. The Board had decided……'NO'.~~
~~'NO???!!! 'But why?! No approval to settle in the industrial place?' 'No, ma'am, according to the development plan it is not allowed'. 'Well, of course I knew that already!! Then change the plan! What's the big deal?!'. 'We cannot do that for you ma'am'!~~

~~*'Where do you want met to go with all my clients?'.*~~
~~*'Good luck ma'am with your search…'.*~~
~~Isn't a city board happy with his health care providers? Is this the way to scare them away?~~
~~Again a dream shattered.~~

~~Now I had to cancel the next purchase of a new office building.~~ I asked Jose, one of my assistants, ~~my other assistant~~ to contact~~all~~ the broker to call the whole deal off.
But then the phone rang again. This time it was my colleague's patient from City Hall. ~~I was really sad.~~
~~This all happened while I had a client in my chair….awful.~~

~~*……then the phone rang….It was urgent, my assistant asked for me to answer the call…..*~~
~~*It was the client of my colleague whom I had asked for secrecy.*~~

He asked,~~said;~~ *'You just had a call from City Hall, right?'* *'Right'*, I said. *'Well, Leslie, the outcome might turn out differently than you probably*~~*would*~~ *expect.* ~~*', he said. 'That's all I can say"*~~, he said.
~~What??!! What was going on here? Am I in a thriller? Unbelievable.~~

After the conversation was finished I screamed for Jose.
'Please Jose, call ~~*back*~~ *the broker again* ~~*whom you just half an hour had called to cancel the deal*~~*!!*
Tell him I've changed my mind and ~~*–*~~*want to have the option to buy the office building* ~~*back*~~ *again!'.*
Jose, feeling like a puppet on a string, ran to make the call. I had to go back to a patient~~my client~~ who had been waiting for me in the chair.

~~Jose came back winking her eye with which she was saying; 'it is all ok again'.~~

I really was in an emotional roller coaster. I have never been o~~i~~n a roller coaster but ~~for sure~~ I have seen those monsters and knowe~~w~~ I never want to!
~~didn't like to be in one ;-))~~
~~Blood, sweat and tears…~~

Now what?~~??~~

It appeared there would another meeting in which City Hall would discuss my application. Ok, there was hope~~,~~ again!~~.~~

Four weeks later, I knew the result of the meeting would soon be in. Being somewhat irritated ~~–~~that no one called me~~they didn't seem to care to call me~~, I decided I could wait no longer. What was the answer:
~~couldn't wait.~~
~~The answer was there;~~

~~–~~ '*I~~…..i~~t is not a 'yes', but it is also not a 'no'….~~…~~'*

This didn't make sense. They clarified, ~~'Why still a 'no', I asked. 'Because w'~~we now have to publish your application in the paper, so that anyone ~~body~~ opposed to ~~being against~~ your plan has to communicate this to City Hall'.
'So if none of the neihbours~~body of the neighbors~~ has any objections then I can have~~start~~ my office there?'
'Yes, ma'am!'

I was trying not to get too excited but things seemed hopeful. As it was an industrial area, it seemed unlikely that anyone would object. ~~was carefully~~

~~getting really excited. Being it an industrial area gave me total confidence nobody would object.~~ It was full of concrete~~parking spaces~~ and noises much louder than that~~the noise~~ of my bur! ~~.~~

Well, finally a~~A~~fter six~~6~~ months of writing, calling and begging I finally succeeded!! Yeahoooo. Ready to go.

The next step was to tell my colleague that I was leaving! But when and how would I do this? ~~I was going to leave the office to start my own, in the same town~~

The accountant.

Of course, I also had to contact ~~contacted~~ our mutual accountant. He was responsible for~~of~~ the contract made when we (former colleague and I) decided to start the~~is~~ practice together.

~~I have had a lot of people sitting across my table at home to get my move well organized. Now it was time for the accountant.~~
I had to find out whether there was anything in the contract that could interfere with my move. He assured me that there were no restrictions of any kind, no non-competition clause or goodwill to be paid. He said that he admired my courage to leave. ~~needed to know whether there would be any restrictions at all for my move according to his contract. Better be safe than violating a contract, right?~~

~~He very much admired my courage to leave and assured me there were no restrictions or otherwise matters for me to be concerned about.~~

~~No non-competition clause, no goodwill to be paid; those were the most important issues to address.~~

I still hadn't actually told my colleague that I wanted to leave the partnership. Why? I must admit that I was scared. ~~The one left thing was: Now it was the time to tell my colleague I was stepping out of the companionship…..~~

~~This was going to be a tough one for me, actually I was scared to do so.~~

Luckily, o~~O~~ut of the blue our accountant asked, ~~said;~~ *'Would you like me* ~~***m e***~~ *to make this announcement?'*

You can imagine how relieved I was. I accepted his offer. I must admit that I felt like a coward in doing so, but I couldn't resist the opportunity to avoid facing my colleague's inevitable displeasure. ~~*I said;'Yes, please, thank you so much for offering'. I feel like a coward to accept your offer, I really really do'.*~~

He said he'd ~~was going to~~ talk to her first thing in the morning.
I would be starting at ~~0~~9 ~~.00~~a~~.~~m because I had ~~was going~~ to take the kids to school first. I knew that she would already have the information by the time I got to the office. ~~When I would arrive at the office …..she would know….I knew I would **not at all** like the upcoming thriller…….~~

Colleague.

~~I was horrified to tell my colleague I was going to move.~~
~~I felt very sorry for her, it felt really like a betrayal.~~
~~I have always felt having been a very lovely and caring colleague, always ready to help her and be there for her and her clients when she was on vacation or other kind of leave.~~

~~She had actually complimented me one day;~~

~~'you have been the only dentist who has been able to work with me'.~~
~~It said more about h e r than about me.~~

~~I, being a loyal person to someone else, was choosing my own path. It went with a lot of emotions.~~

Just as I expected, ~~Indeed the upcoming morning was a disaster,~~ my colleague totally flipped. Her reaction helped to confirm that I had indeed made the right decision in leaving. ~~Her dreams shattered, not mine. Let's keep it short. No need going back to this day. It confirmed even better w h y I indeed had made the decision.~~

I (still!) respect my colleague despite ~~even after~~ what I went ~~have been~~ through with her. I love her as a human and remember the fun times we had over cups of coffee. ~~d I desrly hold the space of love fo rher. We had fun over cups of coffee.~~
What was the problem, then? O~~However o~~utside of the office she was a very, very different person than inside. It was almost as if she had a split personality. We had diametrically opposed opinions on dentistry, the running of a practice, and social contact with patients that continuing on with her was untenable. ~~like experiencing a split person every time.~~
~~The fact being we have such a different opinion concerning dentistry, running of a practice and the social contact with clients made that I just did not and could not deal with my work situation anymore.~~

~~My colleague had hurt me too much, I was at the point in my life, as said before that I choose not to let me hurt again, ever.~~

~~Let me be very very clear about my companion;~~

~~I wish her the best in life. I, by no means, judge her, hate or despise her. On the contrary; I send her love.~~
This story is absolutely not meant to make her look bad in any way. ~~or anything like this.~~

As said before, ~~–~~we often 'need' difficult people or (bad?) situations as an ignition to change our lives. It is a sign~~.~~ to finally, finally make a choice to achieve better things in life and not stay stuck in a situation that make us unhappy. ~~which feels bad.~~
We often meet people who are our 'teachers' (spiritually spoken) in life. ~~, –~~ I~~i~~t is a gift to be able ~~–~~to perceive ~~see~~ this and be led to make decisions that will benefit us. ~~therefore to allow to make decisions in favor of our feelings.~~

A year had already gone by since making my decision ~~already after my decision~~ to leave in August 2007. It was June 2008 now.

It was holiday time. ~~……not the easiest on~~ When I started my three-week leave,
~~When I came home from a three week leave~~ I found *a* ~~a letter of a~~ *lawyer's letter* ~~–~~*in the mail.* ~~……..~~

It is law!

It appeared that ~~Well, what a warm welcome; a letter from a lawyer!~~ my
~~My~~ colleague was incredibly ~~appeared to be very very~~ angry. Talking to me seemed out of the question to her. A lawyer was apparently the answer. ~~the answer.~~

~~The fact she hired a lawyer was her first shot of ammunition.~~

This~~It~~ scared me.

So ~~Freakingly~~ nervous I almost tripped over the stairs, I made my appearance at his office.
~~I almost tripped over the stairs, I was a nervous wreck.~~
Why did all this have to~~this all~~ happen? We could talk ourselves, couldn't we?
Well, no, I guess not. ~~……again this move of her confirmed and strengthened my decision to leave.~~
Did I have to go through all of this because of a personal~~I of the~~ choice I made for myself? What was it all about, anyway? She didn't have a case~~ at all~~, did she?

According to my own~~the~~ lawyer, there indeed was no case! He had set up a meeting with himself, ~~–~~my colleague, her lawyer and me. Keep in mind that while all this was happening, we were still working together in the same office.
~~Imagine in the meantime we were still working in the same office.~~

I~~Well, in the next meeting i~~t appeared that she was demanding~~anted~~ money. She wanted to be paid for the clients I was going to take with me~~, supposedly~~.
She also wanted me out of the current building as of January 1st, 2009 since that was the date chosen for the end of our partnership. ~~I wanted it to be the end of our relation.~~

The money part didn't worry me; our contract stated ~~aid:~~ 'no good-will to be paid', just like the accountant said!

Her ~~Also the~~ request~~requirement~~ for me to leave the building by~~on~~ December 31st didn't really frighten me, as she had no control over this. ~~didn't look very scary.~~ We both rented the current office from another dentist, and I thought that the current agreement meant that I could stay there until January 2011 if I needed to. My new office would be ready far earlier than that, though, in August 2009. ~~.~~
~~I knew my new office wouldn't be ready until August 2009. Since we have a rental agreement until January 2011 I figure I could stay in the building until then.~~

Well, it turned out that I was mistaken about this. My lawyer explained that my colleague actually did have the right to ask me to leave by the last day of the year. I couldn't understand why but he assured me that it was true and didn't seem willing to fight it. I was flabbergasted. ~~….~~H~~he~~ was **m y** lawyer! Wasn't he supposed to stand up for m y rights?
~~…..THAT didn't seem to be true.~~
~~Finally because my colleague absolutely didn't want me to be anywhere near her she demanded my leave as of the last day of the year.~~

~~I said to my lawyer that I had the right to stay there until I was ready to move into my new practice according to the rental agreement.~~
~~But….it showed otherwise….~~

~~'The fact that is is the law doesn't mean you **have** the right', he said. 'So, you better indeed leave the office at that date!' I was flabbergasted….he was **m y** lawyer! Wasn't he supposed to stand up for m y rights?~~

~~This meant I had to go find **another** office building for the time being?? You must be kidding!! He was not. He was serious.~~
So, ~~My goodness; t~~the frantic seaerch~~hunt~~ for a ~~new now~~ temporary, home started.

~~Now what??~~

~~The frantic search started. I thought I had it all thought through well enough and was safe according my contract but I was wrong.~~

I wondered if the best thing to do ~~The best thing~~ was ~~to~~ rent a dental port-a-cabin ~~I guessed~~. Wow! Good idea Leslie. But it seemed~~It appeared~~ way too expensive.
Then I had the idea of renting ~~the idea came up to rent~~ a dental bus! In the 1970s in Holland, ~~In Holland~~ there were pediatric/school dentists ~~in the 70's~~ who rendered~~. They could render~~ complete dental care in such busses. ~~their bus.~~
Unfortunately, though, this was done in such a way that a high percentage of the now grown-ups have dental fear!!
When '*that bus*' showed up in front of the school the kids would ~~run~~ run home or hide in classrooms to avoid being dragged into the bus to see Mr. Dentist. ~~subjecting themselves to Mr.Dentist.~~
~~Really, up until today I have to try to get these people fear-less.~~

And ~~But,~~ '*the bus*' seemed to be even more expensive than the cabin. It took me three weeks to find this information~~out~~.
But I was desperate….
One morning, I took a long walk, worried sick about the future. ~~I decided to take a long Sunday morning~~

~~walk,~~I even called my assistant, hoping for comfort and reassurance. ~~but worrying sick about the future.~~
~~I even called my assistant on this morning about what to do.~~ She said it would all be ok, ~~!~~ "s~~S~~unny side up" ~~she was just~~ like her eggs at Sunday morning breakfast! ~~I guess.~~

I decide to call for help….~~.~~

Another ~~An other~~ patient of mine, a logistics manager in transportation services, worked right across the street from~~of~~ my new office building. ~~He knew about my plans to move into the building opposite the one he worked in. He worked as a logistic manager in transportation services.~~ I knew that his workplace had a huge parking lot for trucks.
~~Across my building therefore was a huge parking space for trucks.~~
It occurred~~came~~ to me that this parking lot ~~to me he, K.,~~ might have room for a dental truck to house my practice. I made inquiries but unfortunately found it would not be possible. ~~for a while at a parking spot.~~
~~Wouldn't that be great?!!! I would be able to be present while constructors and the contractor were building my new place. I could run over in between treatments and guide the process wherever necessary.~~

~~He called me with the answer; unfortunately it was not possible……~~

~~At one hand I was ok with it because the rent to pay of that truck was way too much. On the other I did not know what to do anymore.~~

Commented [SL187]: ???

I was utterly ~~too~~ desperate at this point. The situation ~~….I was desperate and i~~t was all getting way too big for me. ~~….~~

So, I ~~now~~ decided to let it all go. I gave up. I didn't care anymore. I was fed up with the frantic searches and stress and worrying. Being this anxious and frantic wasn't like me at all.

~~This wasn't me at all!, being this worrisome, frantic and this stressed.~~

~~I gave up……. I couldn't care less anymore……..~~

The only thing 'left' for me was to go to my office each day and do the job I love ~~to do being a dentist~~. After all, it is my passion no matter what. Working with lovely assistants and being part of a team with great clients; that's the passion. I decided now to focus on the good stuff. ~~……~~

But ~~….~~then, a few days later, I received an unexpected phone call. ~~……~~

It was K. ~~H~~he said he might have a temporary office space for me~~…….~~WHAT??? You must be kidding!!
'Can you come now? I can show you the space we have for you!' –I was flabbergasted. ~~and in a split second the thought past that now I had let it all go, had not cared to search anymore and decided to focus on the good, I received this call.~~ *'Of course, I will be right there!'*, I said.
I grabbed the kids from school and off they went with mommy to see what might be her temporary dentistry shelter.

It appeared K. had office spaces for rent that I didn't know about~~which I didn't know~~.
He showed me a huge space, big enough for us to work in. The 'to be' waiting room was as big as a football canteen.
It was fantastic!! Too good to be true??
The rental price was terrific. But…~~..~~
But?? Yes 'but'.
Was I allowed to practice in here according to ~~the~~ City Hall?? Had I go through that ordeal ~~this stuff~~ again??
K. said, ~~,~~ *'don't worry, it will be ok!' 'Yeah, right K.!! You know what trouble I had to t~~m~~ake to come this far!'*
'I know', he said, *'but don't worry. I~~i~~t will be fine, I promise you'*.
Well, I wasn't sure at all. City Hall; I am back again.
K. was going to call the officials for me; he would get~~be~~ back to ~~with~~ me the next day.
….and so he did.

~~I could hardly wait for him to call.~~ He announced that I would be able~~to me it was perfectly fine for me~~ to rent their space.
I was stunned!! ~~How? Why? T h i s easy?~~
I~~Well, i~~t appeared that City Hall had changed their development plan! After they had given me the approval to settle in my new office building, they apparently declared that the entire area would be open to dentists and other medical professionals in the future. ~~region (also including that of my colleagues across the other street) to house medical caretakers in the future.~~

It appeared that~~Well,~~ my 'fight' served a bigger goal than just mine.
How fantastic!!

I was all set now to go and start a new future!!!

On~~I moved~~ December 18th, 2008, I moved all my gear into my temporary home. ~~December 31st was the last official date of our companionship.~~

~~January 2009 was the first day of the rest of m y life.~~
I had m~~M~~y own practice, my own office~~building~~ with my lovely assistants, Carolien, Jose and Claudia.

In October 2009, ~~being~~ a year and a half ~~later~~ after my decision~~choice~~ to change my working life, my new office building was ready to receive us…~~.~~and we made it beautiful on the inside. …~~W~~we sure did!

One for the money…..

The contractors, the constructor C., the hard-working men who moved in ~~to place~~ all the dental equipment, the assistants who painted ~~painting~~ the place ~~together~~ with me, you name it:~~,~~ we were a team. *I did all the interior designing myself!! (N~~n~~eed my number?~~).~~ ~~)~~*
~~A great product was released.~~

Commented [SL188]: Do you mean "contractor"?

We had an opening party with a few hundred people in attendance. ~~at which a few hundred people showed up.~~ What excitement! ~~a gift and an excitement.~~
From the beginning, we had a great time in my new practice. ~~We were having the best time in our practice, o~~Our clients loved it!! Well, maybe not ~~(Not~~ the treatments, LOL! ~~) e~~Everybody seemed to know their role and be happy with it. ~~be at their place.~~
~~We had an opening party at which a few hundred people showed up. What a gift and an excitement.~~

2010 arrived. I was still in ~~A new year came it was 2010.~~
~~In~~ seventh heaven ~~I was~~ with my gorgeous new work-space, and couldn't imagine a better way to ring in the new year. ~~.~~
I thought things couldn't get any better, but it turned out that my situation was perhaps not as

perfect as it seemed. ~~It couldn't be better! It couldn't be!! It absolutely couldn't! Or?? What to me looked like heaven was not…..~~

It became clear to me that money was going to be a much bigger problem than I had imagined. The costs involved in opening a new practice were huge, and then I also, of course, had the burden of: ~~Gradually it became clear to me that money became a huge burden of lack, the combination with the high costs of the new project, and the fact that I had to pay the next simultaneous costs for a while:~~

- *monthly rent of the mutual building*
- *monthly rent of the temporary building*
- *mortgage for~~of~~ my new practice*
- *my home mortgage ~~mortgage of my home~~*

made me become more than worried.

Commented [SL189]: I don't understand. What do you mean by "mutual building"? And wouldn't the rent be included in the mortgage for your new practice? Are you renting or did you guy it?

Commented [SL190]: But I thought you were now in your permanent location?? Why would you still be paying rent for the temporary building?

There was also a mountain of unexpected costs and costs I hadn't properly accounted for in my budget. ~~Also a lot of unexpected costs showed up, like always when building something new.~~ As a result, I found I couldn't pay the IT-bill, the bill from the contractor, the bill from the ~~carpente~~carpenter. ~~r…..~~I can tell you these were~~are~~ thousands of dollars.

While in the temporary building, I had been forced to spend a lot of money making it workable. A few thousand dollars were used to rebuild an office I would only be in a few months. ~~I had to spend a lot of money to make the temporary building work-able. The inside had to be rebuild for a few thousand dollars to be able to work there for even only a few months.~~

On top of all this, I still had to pay a lot of money as result of the law suit. You'll remember I mentioned that my former colleague demanded that I

compensate her for the money she would lose by my patients leaving the practice. ~~Also I had to pay a lot of money because of the law suit.~~
~~My former colleague didn't agree with my lawyer and the, by herself signed, contract about the non-paying of goodwill.~~
~~She wanted to settle it in court. She wanted me to pay money for the clients who came with me even though~~

~~I was working way too many hours to get it all paid. I had to arrange payment agreements with my debtors. The lovely thing was that they all trusted me. I asked the bank whether they could lend me some more money, the answer was 'no'.~~

~~So within a year after my move I was really getting worried, **again!!**, this time is was about finances.~~
Although I ~~for sure~~ ***knew*** that everything ~~it~~ would ~~all~~ be ok in the end, I was experiencing severe emotional effects because of the stress. ~~could not help myself but emotionally spiraling down because of my financial position.~~ Especially because ***'the bank'*** was complaining a lot. They were very concerned and ~~they~~ let me know it~~this~~ almost every month.

~~A thriving practice almost about to go bankrupt?????~~

I was so worried ~~I was getting worried so much~~ that I would come into the office crying every morning. ~~in to the office in the morning….~~ I couldn't just enjoy what I had built, ~~didn't realize anymore what I had built,~~ what I had realized~~;~~ I was cursing the money. Why couldn't we just exchange our services in life? I will fill your tooth and you will give me a bread…. Courthouse, bills, unexpected financial losses, threats with financial consequences from my former

colleague, a broken washing machine, oven, and dishwasher at home; ~~in my house the washing machine broke down, the oven quit working, the dishwasher failed;~~ ***more money to waste.***

I was in despair. I could no longer see all the good in my life. I had ~~….couldn't see all the good I had anymore.~~
~~Having~~ a totally new office building, lovely kids, a great husband, good friends and family, two cars, a house, lovey staff, good health, being Dr. Mrs. Dentist, Physical T~~t~~herapist M.Sc., yet I was still not happy???

This feeling must have gone on and on and on for months until I was suddenly ~~got~~ struck by a thought.~~,~~ I~~i~~t almost~~even~~ seemed like a voice:

'Leslie~~,~~ you have to make a change! A change inside of you'.

~~'inside of you'~~

Where did this come from? Change inside? Where did this voice or thought come from.
Obviously not from myself….~~……~~

~~It struck me like lightning. It was as if I received a message. It was as if a voice spoke *through* me, like someone would say.~~

My reaction was~~:,~~ 'change *i~~f~~ n s i~~f~~ ~~–~~d e???'* What does this have to do with **money**, for crying out loud?~~???~~

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Being anthe intuitive person, I immediately realized that myI figured:
thought was intuition, while the reaction was from the reasoning mind.
The choice was mine. ….Which one would I was I going to make? Follow my intuition? Or do what most people would do and dismiss it? go with the crowd saying *"Nahhhh, must have been a mistake".*
Would I choosemake the choice to *continue* to *feel* this way?. To keep on seeing the things I see?. To keep *feeling* like the victim of my past, ? wwhether it was yesterday or in my childhood?.

I knew, I just knew!!!! For once and for ALL! ;
I was totally fed up with it. Totally fed up with *feeling* ugly, *feeling* a victim of the past, *having* the money shortage.
Although I didn't know what change on the inside had to do with receiving money, I definitely decided I was going to change.ll

But I struck me again to receive the thought about the ***HOW!***

'READ!!!', the thought or the voice said!

Read?? Oh, ok. , ..oh …..ok. I am good at that. I am a book-wourm.
I have had books on 'spirituality' or 'healing your life' for years on my bookshelf; book-shelf, I assumed the voice was referring to those. My staff knewows about my love for this subject and the love for books in general, and so they had given me a book on this subject years prior to this moment. Why had I not read this before???

I had not taken the time to read that yet. Or perhaps it just hadn't been the time yet? ~~, or it w a s not the time yet?~~

Now wa~~s~~is ~~the~~ time!!!

Think and grow! I~~, i~~t is Law.

I came home from work and immediately ran up the stairs to look for the book my assistants had given me. ~~which had been my assistants present.~~ My eyes searched the bookshelf. There it was; ~~'~~*The Power*~~'~~ ~~written~~ by Rhonda Byrne.

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Of course, I had heard ofabout 'The Secret'. But because everybody seemed so obsessed with it, I chose not to be. was hyper about it so I was not; I thought it mustto be a 'hype'.
I live my life my own way. I don't follow the herd. , not following the masses.

Beside the book were others I still hadn't read, such as titles from Next to other books I had never read yet, there it was, Rhonda's book. Louise Hay's, Wayne Dyer's, —as well as Deepak Chopra. The only reason they 's book covers weren't covered with dust either but the only reason was because I had cleaned them a few weeks earlierlike three weeks ago. It never actually occured to me to read them. As said before:

Now is the time!!

So, I picked up *The Power* and started to read and read and read and read.
I took the book with me to the office and read in between treatments.
I encountered the following: ;

It is a common belief that money and spirituality don't mix. That 'if:
'If you're spiritual, you shouldn't want money. People who want money are greedy and materialistic'.
But this way of thinking can hurt you. is detrimental.

Well, t h a t hit me! Indeed, I d i d have this belief!
Money is the root ofto all evil/When lots of f money is earned it must have been through a criminal

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meansway/Why does somebody need that much money?/Money smells.
I would even throw pennies **away** while cleaning!!!

I considered myself to bebeing spiritual.
Spirituality for **me** meant:
'knowing there is more inbetween heaven and earth, seeing the good in every person, refraining fromdo not judgement, helping people around you, being kind, being polite'. It had seemed to me that this was incompatible with money. To me it indeed did not match with money.

It turned out that I wasto be 'wrong'. I had complete flawed ideaspremises on the subject of money.

I learnedwas taught about the Llaw of Aatttraction. 'Law of attraction'. Simply put: the Law of Attraction is the ability to attract whatever we are focusing on –into our lives. whatever we are focusing on. It is believed that regardless of age, nationality or religious belief, we are all susceptible to the laws which govern the Universe, including theis Law of Attraction. It is the Llaw of Aattraction which uses the power of the mind to translate whatever is in our thoughts and materialize thatem into reality.
In basic terms: **all thoughts turn into things.**
If you focus on negative doom and gloom you will remain under that cloud. If you focus on positive thoughts and have goals that you aim to achieve, you will find a way to achieve them with massive action.

Commented [SL191]: Is this a term?

No man can attract money if he despises itI, I thought!

The fact that I had such money problems suddenly made sense to me. Well, I figured; that meant of course I

~~had this lack of money~~!!~~—~~I hated it and ~~, I~~ despised it.~~,~~ I had cursed ~~the~~ money and ~~I~~ had even thrown pennies away!
I was flabbergasted by~~with~~ this knowledge. Of course, I had heard of the 'like attracts like' but I didn't really know we could **use** this law to create our lives~~fe~~ ourselves.

My negative ideas about money~~The 'money thought'~~ had been created in my childhood and adolescence~~ further on in adolescent life~~. Perhaps this happened to you, too? Perhaps there were p~~P~~arents who kept~~ep~~ telling you to 'save your money', 'buy nothing new before the old has worn out~~broken down'~~. ~~, h~~Having two, or worse even three pairs of shoes was almost criminal! Hoarding and saving was the motto. 'Study hard', 'Go get~~have~~ a good education' are phrases we all know. 'Have a good job and work your ass off' also, right? When there is enough money people will love that money. But the same people will hate ~~the~~ money when it is gone.

I was ready for **the** ~~—~~change. Nothing to lose, right? I ~~now~~ had now read tons of success stories of people deliberately using this Law.
If 'they' could do it, so could I~~ I could do it~~!!

Change the thought and the situation will change!!!

Wikipedia.

I am an eternal student, so I love the free online encyclopedia. It is written collaboratively by the people who use it. I regularly donate ~~some~~ money to help ~~–~~keep this project going.

Wikipedia on The Law of Attraction:
In the New Thought philosophy, the LOA ~~again, —~~is the belief that by focusing on positive or negative thoughts people can bring positive or negative experiences into their livesfe. This belief is based on the ~~n~~idea that people and their thoughts are both made of **'pure energy'** and that through ~~–~~the process of "like energy attracting like energy", a person can improve their own health, wealth and personal relationships.
The LOA is among the most popular of the Universal laws. Advocates of this mind-power paradigm generally combine cognitive reframing techniques with affirmations and~~s~~ creative visualization to replace limiting or self-~~–~~destructive (negative) thoughts with more empowering (positive) thoughts. A~~a~~ key component of the philosophy is that in order to effectively change one's negative thinking patterns, one must also **'feel'** (through creative visualization) that the desired changes ***have already occurred.***
This combination of positive thought and positive emotion is believed to allow one to 'attract' positive experiences and opp~~o~~rtunities by achieving resonance with the proposed energetic "Law".

Despite the fact that the LOA has no scientific proof that so many of us~~, which we as human beings~~ believe (!) we~~to~~ need, ~~—~~there is absolutely evidence that emotions are associated with significant changes in the body!

Commented [SL192]: Is this a quote from Wikipedia? All quotes need to have quotation marks.

Even ***acting*** our emotions cause a medical shift in our bodies.
Researcher Paul Ekman of the University of California, San Francisco has shown that people who willfully contort their facial muscles into expressions of happiness, fear, or anger will soon come to ***feel*** happiness, fear, or anger. Immunologist Nicholas Hall and his colleagues have reported immune changes associated with acting! Their findings suggest that acting is more than an act; it exerts effects on the body that may have important consequences for our health. The scientists~~y~~ measured changes in the immune systems of two actors before, during and after they performed in two plays. One was a comedy and the other one was a serious, depressing~~ve~~ play. The researchers started drawing blood and measuring the heart rate before they even read the scripts. They monitored the actors through rehearsals and during all the subsequent performances. Hall and his colleagues measured the responsiveness of the immune cells called T- and B-lymphocytes. The data suggested a correlation between the type of personality being performed and immune responsiveness!!

You probably already know ~~We all might know~~ that Shakespeare said~~asserted that~~ if all the world ~~–~~is a stage, ~~then~~ we are all actors and every life is an act! But, then, which role shall we play? In my opinion, the best role to play is the ***'act as if you are loving'*** -role. I know, at first it sounds like a recommendation for false behaviour. But I can assure you, you will eventually go through life loving even the people~~rson~~ whom ~~you~~ (thought) you hated. I have been practicing this same role. It doesn't change 'the other person', but it changes YOU who will eventually ***experience*** that person in a different way~~, honestly~~.

As writer Marguerite Yourcenar says in her book,

'*Memories of Hadrian*':

'The mask, given time, comes to be the face itself'.

New Thought.

So, now what to do with this profound knowledge?

When you have had certain thoughts all your life, they have been stored into your *subconscious* mind (more about super-, sub-, and conscious in the next chapter). It's kind of like a computer with a lot of new data. ~~in which a lot of data has been added~~. This ~~is~~ old data is ~~a,~~ useless. It must~~has to~~ be removed. This is accomplished by squeezing it out with new data to take its place and create a new program. ~~You need to add new c w data to realize a new program.~~ So, you have to add new information to~~in~~ your subconscious mind.~~, squeeze it in there!~~
~~Reprogram your computer.~~
~~Not by removing the old stuff but putting in the new.~~

This part is important: don't focus on removing the old stuff, as thinking about it will only attract more of the same. Get it out of your brain by adding new things. ~~By removing the old stuff you keep thinking of the old stuff. By thinking of it you attract it again.~~
~~Instead; add new! ' Agree with thine adversary quickly'~~
~~Do non un-think the old but agree to think on the new.~~

Each book I read referred to a new one which I devoured.
It tasted delicious and I wanted more of it.

I came across the book written by Florence Scovel Shinn titled ~~'~~*The Game of Life and How to Play It*~~'~~. This is a *must read.* Schools should absolutely include it~~put this one~~ in their curriculum.~~.~~

Why do we learn about h~~H~~istory? Does that make us happy really??

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I have had a bible since I was twelve and ever since then I have had the urge to read that. Ebut every time when I started, though, I gave up because I just didn't understand it. had to put it aside for I did not comprehend the text.
When I read Florence Scovel Shinn's book, The book of Florence however, my urge to read the bible totally disappeared. made this urge totally disappear! She explained what Divinity is.

Just like with 'Sermon on the Mount' written by Emmet Fox, 5 years later, I learned aboutfound out who we really are and what the real meaning of life is. r the bible is in so many other books.

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I discarded old information about myself. ('I am ugly', 'I do not deserve this car', 'people do not like me', 'I am fat'). I accomplished this by adding the new! I constantly told a new tale to myself all day, day in and day out.

I started adding the new!!
Adding the new can be done by constantly telling a new tale to yourself lots of times all day, day in, day out.

Affirm the new! Affirmations help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible! The word 'affirmation' comes comes from the Latin '*affirmare*', originally meaning "to make steady, strengthen". Affirmations are proven methods of self-improvement because of their ability to rewire the brain. Much like exercise, they raise the level of feel-good hormones and push the our brains to form new clusters of 'positive thought'-neurons.

In the sequence of thought-speech-action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative (re)~~-~~actions.

Affirmations do not make things happen~~;~~, they make things *welcome* to happen!!

I learned to change my thoughts ~~renew the thought~~ about lack of money. I started with an ~~:~~ ~~My~~ affirmation from ~~which I picked out of~~ Florence Scovel Shinn's book:

I cast this burden of lack to the Christ within and go free to have plenty
I cast this burden of lack to the Christ within and go free to have plenty
I cast this burden of lack to the Christ within and go free to have plenty

I affirmed this for days, every morning when I was barely awake and every night just before I fell asleep~~.~~ (moments when the subconscious is most susceptible), ~~for weeks,~~ for months until I understood and indeed believed that 'lack' doesn't exist.

What is meant with 'the Christ' is your *sub*conscious or the 'Absolute Spiritual Truth'.

Reversing your thoughts and changing within is NOT an easy task. It takes time and perseverance. Remember, i~~I~~t took time to put the crap in there, too!

So how did I manage to take the time to reprogram ~~do the whole reprogramming of~~ my mind ~~-~~with a busy family, three kids, husband, dog, and a dental practice~~busy~~ ~~practice~~ and gym hours??

Commented [SL193]: What are you referring to here?

The answer is I set the alarm clock an hour earlier than I used to and decided to stop watching television. Even athe few minutes a day of TVtv-time now felt now like a waste of time to me. I used to watch the news but I didn't like the way that found out that we are supposed to always believe what 'they' are telling us. Negativity all over. I was not going to literally buy itthis anymore.

~~So my alarm was set at 05.30am! I was ready to roll!!~~

Of course there are many, many affirmations you can do to help within case of –'lack of money' or 'debt'.

For instance:

- Money comes to me in unexpected ways
- I look inat wonder at the money I will receive
- My bills will be paid in a wondrous way
- I deserve all the money I need
- I am awake to see the sign of money coming my way
- Money will find me because I am a Divine being
- I am all good, I am Divine therefore I will receive good
- Money flows to me from many different sources

Of course, in the beginning you will be like,; 'yeah, right, it is all bull-do'. Just by saying things like this, your bills will be paid??? 'Have you been hit by a windmill?', you will ask me. 'No, I haven't', is the answer.

Because I am living proof: ***my bills were paid!!***

Just keep reading! This is just the beginning of your transformation, if needed. There is more to come…start slowly and~~but~~ gradually.

Please take the time to start your own affirmations in case you want to try it. Do you need guidance in choosing your sentences or words? G~~For g~~ood affirmations are positive~~;~~, they need to lessen the tension. So, an affirmation like: '"*I am not angry*'" will still register a negative impact in the subconscious mind because of the word "angry~~er~~". R~~ather r~~eplace that with: "*I am loving*", ~~–~~for instance.

Do not hesitate to contact me in finding the right words. I am here to help.
Again~~,~~ it takes practice, practice, practice!
It is like going to the gym: you have decided to grow some muscles or lose weight. ~~or do your endurance workout.~~
You cannot expect to accomplish this ~~will NoT gain that~~ in one week!
The next few pages are for you to write down your affirmations.
Pick an affirmation, mentioned here or written~~made~~ by yourself. It must ~~which~~ resonate~~s~~ strongly ~~the best~~ with you. Just make sure that you affirm; don't ask about the 'HOW' and 'WHY'.

No more excuses…~~..~~READY?~~,~~ SET? GO!!

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

My affirmation for today

Well, 14 days have gone by; 14 days with or without affirmations, with or without wasting your time on TV and negativity. ~~tv's fake news.~~
I'm so happy you've decided to continue reading this book. ~~For sure you kept on reading this book~~.
Wasn't it fun to find out the strength of your perseverance?
Time flies, doesn't it?
Have~~Did~~ you noticed a change already?

Or, maybe you didn't do the~~is~~ exercise. Did you give up?
Well, you have a free choice!

You are so free you can choose bondage. ~~.....~~

Well, you oughta know one thing!

I am n o t giving up on *you!!*

Are you out of your mind?

There are three departments of the mind.

sub conscious mind
conscious mind
super conscious mind

Can I draw this? Can we ~~, people,~~ make a drawing to visualize the location of the mind~~s~~? Where is it located?
Is the mind in the head?~~,~~ I~~i~~n the brain?~~,~~ J~~j~~ust outside of the head?~~,~~ I~~i~~n the air? Who cares?????
Well, ***mind*** *(verb) that the mind is NOT the brain itself*~~–~~.

here Andrea add jpg 'out of your mind #16'

The subconscious mind lies below the level of the conscious mind. It is a LIFE recorder. It tapes ALL activities and experiences. Nothing is hidden from~~or~~ or~~and~~ forgotten by this system. It is a huge *storage* room~~;,~~ it has a lot of yottabytes!! (YB). It is simply power without direction; it does what it is directed to do. It has stored all whatever the human being *feels* deeply. It is a~~A~~lso called the immortal mind! It carries out orders without questioning.

Commented [SL194]: ??

The conscious mind is what we *operate with* during our waking hours and daily activities. It represents only a tiny, tiny part of our *three* consciousnesses. It is the mortal mind.

The superconscious mind is the ALL-knowing power of the soul, of the universe. This 'mind' perceives truth directly (with no interference or disturbance)! It is your *intuition!!!* , *your received dreams or thoughts….*

Part of the above I had been taught in high school. ~~I already.~~

I understood this…I thought….~~..~~

~~…..I thought….~~

But ~~….~~it turned out, I did not at all. For I didn't know I could
change my own subconsciousness.
If I can do it, I know YOU can for sure!!

The subconscious~~It~~ is, again, your storage cabinet, your garage just before the sale.~~,~~ T~~t~~here is a lot of necessary stuff in there as well as unnecessary.

Your subconscious is nothing but your past!~~,~~ It is history.
The past is only an activated thought.
By changing your thoughts, you can change your past.

The ~~—~~mind is like an~~the~~ iceberg:

***here Andrea add jpg "iceberg #17"**

You see~~,~~ life is ruled more by your subconscious ~~s—~~ than your conscious mind.

In your *sub*conscious mind, all the ~~your —~~information from~~;~~ your past lives, memories from childhood, habits, pleasant and unpleasant experiences is stored.

Also stored isare the knowledges of *how* to talk, walk, drive a car and so on.. Pretty handy so you do not have to learn everything again every day.

Without the subconscious mind, you cannot recall anything.

Learned behaviours and (limiting!!!!) beliefsves are also in there wrapped up here!

Beliefs and behaviours have been learned through practice and repetition.

The conscious mind gives orders and makes decisions.

Superconscious to the conscious: 'you can ride a bike, all is well'. The conscious starts to pick up the bike with a lot of muscles. The subconscious says it liked it very much. You fell but got up and learned much more. After a lot of lessons,sessions you now know how to ride that bike.

GOOD news: since (limiting) beliefs are stored as a result of repetition and practice, they can be replaced by NEW beliefs through renewed practice!

This all sounds like you have heard it in a previous chapter; I know but I cannot emphasize it enough.

Repetition is learning.. Llearning is invisible;. only the *result* of that learning is visible.

Einstein and Bashar (and many more) meant:
Keep practicing a ***n e w*** thought which has a different vibration so you will catch up with a new vibration and this new one –will be stored in your subconscious.

(Don't get upset if it takes you a few weeks or even months! You might have practiced the upsetting stuff for ~~—~~t e n ~~—~~years).
~~Actually you are to delete all the bad stuff and download all the good stuff! Practice and see the results arrive……..~~

You have to use~~ your~~:
Your f~~F~~ree will to direct your attention!!
Positive affirmations
Visualization
Subliminal audio/video
Meditation
Habit

I am happy to be able to show you how to use these techniques.

~~I am happy because~~

I am an experienced expert~~, myself am an experience expert~~!!~~,~~ I cured my back pain and solved my money issues.

I would also love to describe approaches to ~~processes also regarding~~ dental fear and dental pain. ~~, dental pain…..in fact; the facts related to the dentist.~~
Of course, ~~—~~they can be applied to any kind of situation you want to use them for.
For instance:~~;~~ school issues, hospital fear, phobias, working environment, stressful business, family relations and more…

5th Dimension.

A dimension is not a space. ~~,~~ It ~~i~~t is a state of being.

Every matter, thought, experience and~~or~~ emotion has a vibrational frequency. I already wrote earlier that thoughts and emotions create a change in your immune system. Since immune cells run through veins and blood vessels run through your teeth, you might realize now what the effect of thoughts might be on teeth…~~.~~especially if you think ~~r are like: 'I~~ 'I hate my teeth'.

~~For a human being i~~It is difficult for people ~~tough~~ to understand that we can create shapes from thoughts. In the dimension we live in, the 3rd, things often have a physical appearance, like size or form. Let us say we are talking about a table: it has a size and ~~his has~~ a form. The table is matter, and it is built~~d~~ up only of atoms and electrons. Atoms and electron are energy particles, so the table is made of ~~of~~ energy. Because of the density of the matter, we do not 'see' the table as energy with its own, in this case, slow vibration. This 3rd dimension is specific because the sense of duality reigns~~!~~ (we only recognize; good/bad, off/on, male/female, dark/light and black/light). If the soul becomes more aware and sees that ~~that~~ there is more in~~between~~ heaven and earth (you must have sensed that some~~times!) time!)~~ ,matters will be perceived differently.
A long, long time ago, it was very natural for a soul to connect with higher dimensions.

The fourth dimension is the way up to the fifth.~~,~~ I~~i~~n the fifth ~~is~~ dimension is the most beautiful and precious state is the opening of the heart. T~~t~~he vibration (frequency) is therefore higher than in the third. in this dimension, we learn to forgive and we learn to see the importance of matter. Once your heart has really opened and you look through the eyes

of love you do not want to go back to the third dimension. You are responsible for your own soul growth. You still experience duality like good/bad, off/on, male/female, dark/light and ~~–~~black/white, but ~~however~~ you know how to be able to transcend this. The p~~P~~roblems in your life are caused by duality!! You really do want to work on yourself because you really want to mind your own business!
Once you have experienced the fourth dimension you can transcend duality, ~~—~~and the concept that '*we are all one*' (in spirit, not in flesh) can really~~might~~ sink in. We are all equal~~;~~ we are all energy from the same Source.
Our conscious grows! M~~m~~ore light is present and solutions to problems become more and more clear.
If people want to feel better, they have to make a choice. If people want to stay stuck and sick, ~~then~~ that is also a choice.
Sickness and dis-ease only come~~s~~ forth from hanging onto duality.
Are you hungry for more knowing through knowledge or do you want to stay stuck in duality world?

'*Then how can we transcend to the fifth dimension*', I can hear the really eager to learn- people ask.

In this dimension, manifestation through thoughts become possible~~;~~ thoughts turn into things. Emotions are still present but you no longer let them fool you! You are your own master. Are~~Or a~~ you still whining about a friend who didn't show up when you needed her so badly? In this dimension, your heart is in charge! The higher Self is (your soul) is now matched with the heart. ~~y.~~
Love rules because the heart rules.

Things that can help you find your way to the fifth dimension include: ~~You can find your way to the fifth dimension to;~~

- listening to light workers,
- reading spiritual guidance books,
- talking to healers,
- joining~~become member of~~ spiritual groups,
- realizinge you can only help yourself.

These are all tools to ~~–~~awaken you!! Lots of people are still asleep and think this is life. No, it isn't. ~~,~~ I~~-~~t is the dream. You are supposed to be the dreamer of your dream. I once said to my mother: once we are dead we will really know the meaning of life. I sensed something back then. Now I know, death doesn't exist (transformation of energy) and the meaning of life will be shown to you once you transcend the fourth dimension, like me.

Conscious.

To be *'awake'* in life means we are fully conscious in the present moment. Whatever we do, we do it fully consciously, focussing with all our attention on~~to~~ the activity we are actually performing. No distraction! But ~~…~~how many people can say that they are fully conscious, or ~~about themselves they are~~

~~fully conscious, or~~ present in every moment of their li~~ves~~ves~~fe~~?
We often identify with thoughts and emotions. But, hey!!! Y~~y~~ou ***are not*** your thoughts or your emotions. ~~,~~Y ~~y~~ou just ***experience*** them. Realizing this is of huge importance and ignoring it~~this~~ is the source of many dis-eases!
Because you identify with emotions and thought~~s~~ that appear in your mind~~,~~ you believe that you are a separate, illusionary person:

AN EGO

When~~because~~ you think your way through life, you ~~immediately~~ give power to the EGO. So you keep the illusionary self alive~~;~~~~,~~ you try to stabilize it! But in this world~~,~~ nothing can be stabilized. ~~for~~ T~~t~~hat is Law! The law is that of the law of change which stipulates that in the world everything is in the process of constant change. So is your EGO. Ego is just an idea!
Your sufferings are ~~are~~ caused by the fact that you attempt to stabilize something which is made up by yourself. You totally forgot that you are pure Energy, pure Consciousness and free of identifications!!

There is only one factor in life that doesn't change and that is the sense:

I am!

As a result of identifying with your mind and its function, the emphasis shifts from "I am" ~~–~~to "I am this...or that".

Commented [SL195]: You used single quotation marks in most of the rest of the manuscript. You need to keep this uniform.

I am a female, I am Dutch, I am a dentist, I am a spouse, I am a mother, I am a divorced woman. Those are just earthly sentences.

There is only one thing NOT subject to change, which is the beyond *"I am", called "Consciousness": the REAL, unchanging, stable Self.*

But *how* does the shift take place? It cannot be imposed on me or on you (by me), this shift from 'identifying' to 'Self'. Well, first of all it doesn't happen to just a few chosen people. It happens to everybody but not everybody can or wants to 'see' the shift. It is an experience that simply happens to you!
At the moment when the shift of attention takes place (shift from the mind to love), your alertness emerges. A new space appears in you; you have the ability of *'seeing'* and you contemplate what is happening to you as an external observer!

NOW, this! State you want to be in this space ~~because~~ now! You woke up and realize YOU! are the dreamer of the dream. You are the creator of your life. YOU choose the experience you want to have! Again, this is *not* the result of the analytical work of the mind but a series of insights inspired by the inner *'quiet'.*

Now, enjoy the *'power of Sight'.*

Bridge over troubled water.

Dr. Masaru Emoto (July 22nd, 1943-October 17th, 2014) was a~~n~~ Japanese author, researcher and entrepreneur.

He claimed that human *consciousness* has an effect on the molecular structure of water.
His belief was that water could react to positive thoughts and words. He also claimed that troubled or polluted water could be cleaned through prayer, positive thinking, meditation and positive visualization.

Water was a '*blueprint for our reality*', —Dr. Emoto believed.

Emotional energies and vibrations can change the physical structure of water.

Please check this amazing video!!~~,~~ Gg~~o~~ to my website www.theawakeningdentist.com. I~~or if~~f you prefer you can visit this direct link~~ this direct link please do~~:

https://m.youtube.com/watch?v=TWAuc9GIvFo

I wonder why Dr. Emoto wasn't named "Dr. Emot***i***o"
It is brilliant!

~~or if you prefer this direct link please do:~~

~~https://m.youtube.com/watch?v=TWAuc9GIvFo~~

E~~So, now! e~~motions can change the energy level of water as well as the structure.
The water, —with positive messages addressed to it, such as~~like~~ love and gratitude, formed beautiful crystals!
The water with negative messages addressed to it, such as ~~like~~
hate and anger, became ugly and malformed.

Now shut the front door!
Shut the back-~~,~~ and side doors, also. ~~.~~

Aren't we —a l l *watery* —beings? Our bodies consist of approximately 80% of water!!

Commented [SL196]: I know this is an expression, but do you think it's appropriate here?

So, if —the findings of Dr. Emoto imply that thought can do amazing things to water, *imagine* what thought can do to us?

Teeth are part of this living watery body. They are not some piano-key-like thingies —(yes, sadly some people have black teeth..) sticking out of your gums. Your watery blood runs right through them.

Imagine… imagine… imagine… imagine… imagine!!

Our body remembers!

Beside the fact that each separate human (body) has its own consciousness, a global, human *collective* unconsciousness exists. This unconsciousness is much vaster, much older and it is the record of humanity's biological evolutionary history. The real human collective unconscious mind is sum of the millions of years of humans' experiential memories which are stored and recorded as a code in our DNA in each and every cell in our bodies. DNA (deoxyribonucleic

acid) is a self--replicating material which is present in nearly all living organisms as the main constituent of chromosomes. Chromosomes carry our (ancient) genetic information.
The true human collective unconscious mind is, in fact, the record of the path that humanity has followed during the long journey up to this moment.

Bhagwan Shree Rajneesh, aka, Acharya Rajneesh, aka Chandra Mohan Jain Rajneesh (December 11, 1931-January 19, 1990) and perhaps better known as ***Osho*** was an Indian godman and leader of the Rajneesh movement. He emphasized the importance of ***consciousness***, meditation, mindfulness, love, celebration, courage, creativity and humour-qualities that he viewed as being suppressed by adherence to static belief systems, religious tradition and socialisation.
In advocating a more open attitude to *human sexuality*, he caused controversy in India during the late 1960's and became known as *'the sex guru'.* Rajneesh's teachings have had a notable impact on Western New Age thought and their popularity has increased markedly since his death.

Ever since the day I had heard that voice telling me to –"read", I have read –many esoteric/spiritual books, and gonewent to spiritual seminars, psychic mediums, regression therapists, acupuncturists, paranormal counsellors and reiki healers. Mostly just for the fun of it but mainly to experience their love-filled sessions. We can go to seminars and read a zillion books but the actual work out to dive in is up to you. If you get distracted, again, that is a choice too. Just do not think the six o'clock news will save you. During my work out my conscious muscles started to build and indeed "*The power of Sight'* hit me.

Commented [SL197]: Meaning unclear.

Commented [SL198]: ??

I started to 'see' that we are a soul, sSpirit in a body. I started to 'see' that sources of body pain have links to emotional states.
Like pain in your gum is attributed to not making good decisions for yourssSelf and not sticking to the proper routineit. Message: be clear in what you have to do and go for it!
Here I am performing the act of dentistry and I am being confronted with many many clients with bleeding gums. Sometimes the message to a client can be: quit your job!!
Teeth are living parts of the body, so I discovered that teeth are an expression of consciousness, too. My hungry search for all conscious connections led me to the following:

In "Tthe First Buddha In tThe Dental Chair", Oshoı writes:

"Lying in my bed for hours, for the first time in my life I have thought about teeth. , Who normally thinks about teeth, except dentists and madmean like me? What I am about to tell can prove to be of great significance to you and every true seeker [(like me- being the dentist, LOL)]… ……..It seems that our teeth connect each individual to the whole collective unconsciousness of humanity".

Oh, my goodness! Here I found my truth! Here I finally found the 'proof' of my own experiences with my own teeth!

Each human body contains memory., It remembers our evolutionary history back to the beginning of time long before we were human beings, Osho says in his book.

Commented [SL199]: What do you mean?

LinkedIn.

Each person's teeth are their own individual link, their evolutionary link to existence itself. The teeth are able to store memories;~~,~~ they are even a personal akashic record of everything that has happened to an individual during their whole evolution. To me that is very clear, for aren't the teeth the 'left-overs' of the body when the body is Spiritless?~~,~~ I~~i~~n other words, when we have died?

The dentist is one of the professionals most commonly called on~~most favorite persons~~ to identify a~~the~~ deceased human being! DNA can be extracted from the root, fillings tell their own stories and form, size and shape are willing to tell you a lot about the deceased person.

What is an akashic record? The Akashic Records or "The Book of Life" can be equated to the Universe's super computer system. It is ~~—~~*this* system that acts like the central storehouse of all information for every individual who has ever lived upon earth. The Akashic records contain every deed, word, feeling, thought and intent that has ever occurred at any time in the history of the world.

"every thought has already been thought"

So, don't think you'll ~~—~~come up with something new, LOL. All ideas already exist: some just haven't been expressed yet!!~~They have just not all been expressed!!!~~

The record is also called *"God's book of remembrance"*. It contains the entire history of every soul since the dawn of Creation. We are connected through ~~—~~these records~~;~~, they have been the inspiration, the dream, the idea. T~~t~~hey draw us towards us or repel us.
Some people can give you accurate readings~~ to you;~~ they tap their information out of the subconscious mind of the client and the available Akashic records.

You can tap into ~~out of~~ these records too, you know.~~,~~ T~~t~~hey are yours!
Sometimes the most terrifying discovery is who you really are. I once asked my best friend (cause I saw her pain) to go to a "soul retreat".~~,~~ S~~s~~he immediately said no. She was afraid that messy consequences would arise. ~~"NO, because then a lot of mess will arise" .~~
Well, I figured, "it better rise so it can help you", but I didn't say that. Everybody has his or her own

Commented [SL200]: Don't you mean "are"?

Commented [SL201]: You've used single quotation marks in most of the rest of the manuscript. You have to stick to one kind!

Commented [SL202]: What do you mean?

level of existence. You cannot push anyone into healing themselves.
This reaction of my friend can only come from someone who doesn't know who she really is. ~~,~~ I am just witnessing this, while I myself am in bliss. ~~in bliss.~~
Without this connection to Source we indeed do not know who we really are. The ~~—~~road map back home to Source are the Akashic records.

So again, to be sure you understand~~get~~ this:

The Akashic records (Book of Life) are an ancient energetic record or database of every thought, emotion, feeling, word
and action that has ever existed~~EVER to exist~~, is already existing or will always exist.
I call it the:

'I-consciousness cloud'©

Your~~your~~ I~~-—~~cloud of consciousness.
Just tune in, get your WiFi installed and receive this Galactic information! ~~.~~

It is easy~~:,~~ you just have to get rid of some trash from your so called 'past'. The past is just a thought, remember?

According to 'A Course i~~I~~n Miracles', all time is at the same time. Past, Now and Future exists at once. ~~already exists.~~ You definitely at least once had a thought like "I knew this would happen', right?~~.~~ Now isn't this "future"? We live parallel lives. It is just that as humans we ~~us as human who~~ think linea~~i~~r thoughts. We ~~It is us, human who~~ need to step out of

the control of one's ego mind in order to create a better life.
Think differently and see your world change.

I did it, so you can, too. Just link in to your higher Self.

Crystal clear!.

Teeth record all that is happening, even now. Isn't that absolutely fascinating and amazing? Why are these memories in teeth? Well, the enamel of your teeth are made out of millions of tiny crystals!! Crystals can store information, just like the crystals in your computer, the chip; the enamel of your teeth absorb a lot of energy! The brain is a computer and the teeth are storage rooms for memories going way, way, way back in time.

Now, knowing this, isn't it very clear that curing the tooth means curing the body??
Literally: it is possible to find the ***roots*** of many diseases in the teeth!!!

Takinge out the right tooth, extirpatinge the right nerve, treating the inflammation of the gum;~~,~~ all of this can help getting rid of your dis-ease. Release the memories they hold, and you will be free!

Osho found out that certain teeth contained memories with his mother, father, his family, other relatives and friends.

Commented [SL203]: Explain. Were these bad memories? How did he find this out?

I~~,~~ myself ~~–~~have had a problem with my lower first right molar. My dentist started a root canal treatment which didn't work. I knew something else was going on. I figured I had to release something, but I didn't know what. ~~g and yes, I have to think myself very hard too~~. After a lot of reflection, ~~"Off what?" Then~~ the answer came to me through Osho:

'*release the memories of my mother*'

Osho himself too had an issue with the same molar!! He pointed out that within the same tooth the different root nerves are connected to different people and different events.

The root canal treatment didn't work for me. I did make an appointment with the oral surgeon to have the molar removed and have an implant. But then I decided to cancel the appointment and knew I had to work on something else; release and forgive my mother, although I thought I had done that sufficiently already….

Working with the teeth is very healing for the whole person.

Parents.

When it comes to our families, especially our parents, we allow ourselves to create attachments to them. Well, for sure I did. Do or did you value your parents' opinion of you over your own? Oh yes, I did for sure! It is very possible that family karma might hold you back. I know it did for me!
The law of Karma maintains that every action has a "cause and effect", meaning that each action produces Karmic energy that will eventually return to you.

Whether you like it or not, the connection you have to your family, and especially your mother, is much greater than just the genetic one. ~~s, especially to your mother~~. When you are born, you are literally attached to your mother~~her~~ through the umbilical cord.
This cord is the connection between the mother's sacral chakra and her child's solar plexus chakra. A

chakra is each of seven centres of spiritual power, or major energy centresers in the human body.
A mother typically feels a strong emotional connection to her child(ren) because the sacral chakra represents the emotional centre.
So, mothers can wrap a huge invisible leash around us;, be aware of that now. This leash can be tightening and frightening but also loving and moving. Be aware that this chakra helps to shape the child's sself-identity and personal power! is being shaped by this chakra!
When my mother died, I experienced the unleashing of this energy. This which was such a powerful experience!. After the moment she died, I walked around leaning forward with my hand firmly touching the area just below my breastbone for at least 15 minutes (solar plexus).
It was unexplainable why I 'had' to do this., It wasn't until later later on that evening that I realized: *our physical cord was cut!* And it hurt deeply.

After my dad died, I had aAnother terrifying emotional experience. I am certain that it was related to the trauma of losing my father. huge emotional kind of terrifying encounter I had after my dad died.

I woke up one night and I couldn't breathe. My self-supporting system of breath had left me. I was wide awake and I felt my eyes bulging out of their my own eye sockets. *"What the hell is this!!???"*, I thought. I couldn't breathe., I was about to choke. ……
I managed to recoverhad to resuscitate myself by deliberately and consciously drawing my breath through my nose, ensuring I felt the air in my chest. through the deliberate raising my own chest up and down. How frightening!!! The involuntary action of

~~breathing had totally stopped!! I had to concentrate on resuscitating my self.~~ I desperately needed fresh air, so I jumped out of my bed in the dark of the night and reached for the window. Frantically, I pulled up the blinds ~~for~~ so I could ~~to be able to~~ open ~~up~~ my window.

Staring into the pitch black of~~in~~ the ~~-~~dark night through my window, I encountered my reflection in the glass. ~~red my own face reflecting in that same window~~. What I saw is a face I will never forget….~~t……~~

It was me, or more precisely~~better said~~, *it was my face*, staring back at me. This face had huge black circles around its eyes. The eyes were bulging out of their sockets and looked frightening! My face was desperately crying for help! It~~My face looked exactly like faces in horror movies with deep dark faces and running through mascara. But then, except for the mascara.~~ In the meantime I trying to recover~~ still was resuscitating myself~~ by breathing deliberately and deeply, using all the muscles in my shoulders. ~~pulling up and down my own chest using all the muscles of my shoulder.~~ It took a few hours for my normal, involuntary breathing to return.
~~It took a few hours for my voluntary breathing to come back…..~~

Experiences are warning systems. They tell you whether you are on the "right' (positive) track or the opposite. Don't say to yourself, *"why me?"*. Rather, ask ~~but~~ *"what does this experience teach me?"*.

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This experience told me I had to work on myself. I had to remember that ~~this experience told me: For I remembered:~~ every ~~body~~ pain in the body has a link to a specific emotional state.

The revelation of OSHO that the problems with my molar was warning me to release my mother issues was a huge one.
~~I bet the literally breathtaking experience had to do with my dad.~~

Since I gained the knowledge that memories even before our physical life are stored in our~~the~~ bodies, I knew that I had to dig deep ~~into my own memories~~.

I went to see a regression therapist~~;~~ I was ready to release ALL blockage in every area of my body.

Commented [SL204]: Why do you have this in all caps?

Past life.

Edgar Cayce, –Brian Weiss, Sandra Ann Taylor and Carol Bowman are four –among many writers with books on past lives. Brian Weiss' books *Many Lives, Many Masters* and~~as well as~~ *Same Soul, Many Bodies* are absolute must--reads!! We all know the deja vu experience, right? When we suddenly remember something like we have seen it~~that~~ before when –we are at a certain place or do a certain act. Or, when we meet people and we feel like we have met them before. ~~.~~

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Are you experiencing unexplainable pains in your shoulder? You might have fallen of the back of the horse when you were a knight in shining armour in the year 1560.

If you tend to be depressed, you may have been emotionally beaten down when you were young, but there also may be lingering feelings~~conclusions~~ of hopelessness from preceding existences!! Low self-esteem may have some of its roots ~~be sourced~~ in a previous life filled with criticism. ~~, but your current training is also likely to be in play!~~

You are impacted by ~~There is absolute a connection between~~ past-life influences, present-life upbringing, and ongoing unresolved emotional issues.

By releasing the feelings, clearing the Karma, and in my opinion above all restructuring your belief system into healthy assumptions and intentions, you will not only restore balance to your personal energy field, but~~you will~~ also bring a dramatic new direction to your life right now and to your Soul's future!

My desire to achieve this was ~~So this intention was exactly~~ the reason why I was there, lying on a~~her~~ therapy bed, breathing in and out, in and out, in and out…~~.~~
…~~...~~until I reached this mindless state…~~...~~
…~~.....~~and saw myself in the year 1680.

I went back to the moment I saw the ~~had this~~ frightening face in my ~~own~~ window. The therapist asked me to look deep, deep, deep into those eyes and then even go deeper and deeper and deeper. Then! there I was…~~...~~
I saw myself jumping around in the woods with my little skirt jumping with me. I had to get wood for

the fire stove. I must have been 6 years old. I was a happy little girl, ~~with two tails and a pony tail~~. sSkipping and jumping and singing. I looked very happy! ~~, how happy was I?.~~ I could only see myself from~~on~~ the back. The sun was going down and darkness was falling into the woods. I had to go in there still to gather the wood~~o get the wood~~! *'Hurry Leslie, hurry'*, I said to myself. My mother was in the little house with smoke coming out of the chimney. ~~its chimney burning, for how long?~~ My dad was outside, running after me into the dark, dark forest. ~~to get wood for the stove…….~~I didn't see myself coming back. ~~……~~

The more deeply I sank into ~~I went into~~ this mindless state, the more I *'saw'*. I saw myself as a little baby in the year I was physically born in my present life, in the 60's. ~~.~~
I had a visitor in my room~~….……~~

The therapist asked me whether I wanted to stop the session. *'No way'*, was my answer. I was going to finish this session today. *'I'll Float 'til I drop'*, I said to myself~~figured~~. I had to know the truth!!

~~While going deeper and deeper into this mindless, thoughtless state~~ I suddenly saw a face peeking over my right shoulder. A very familiar face! A friendly, happy, bearded face. I instantly knew who it was!!~~!!!~~
GOD!!!! It was GOD!!!! Oh my Godness.
I knew what this meant immediately~~it directly~~: ***"I AM GOD",*** ~~,~~ I said to the therapist.~~,~~ ***"I AM GOD".***

~~What an amazing revelation! for w~~We all are God, because we are part of him.
He made us like Himself.

That night changed my life for the better. I knew who I was! I never had a breathing issue like the ones I had experienced ~~at~~ again.

We started at eight o'clock in the evening ~~–~~and were finished by eleven thirty at night.

Your family is your gift.

Before we were born we choose our family, our father, our mother, our siblings. We choose them to get the best out of our lives, not the worst. Remember that we live in a friendly~~!~~ World! ~~.~~

Of course, the newspaper and the journalists on TV~~tv~~ will tell you otherwise. T~~ for t~~hey need you to believe that the world is full of horrible and sad news and very little good. ~~to let you believe that~~

~~horrible and sad news is the truth.~~ Why do they do this? They need to sell papers and attract viewers, that's why. ~~It needs to sell, that is the only reason!~~ Every evening, ~~And here m~~millions of people curl up~~are all cropped up~~ on the couch with a cup of coffee ~~ready~~ for another eight o'clock news indoctrination.

Whenever you feel an energetic tie is present, you can release it~~them~~ by physically pulling it~~them~~ out of you. Pull the rope out of your body and visualize the emotions leaving you. ~~go.~~

You are 50% your dad and 50% your mom. To 'accept' your mom and dad on a deeper level is very essential for a child. Because you will always be their child. If you inwardly ~~nerly~~ reject your parents, you immediately install a new pattern within yourself. the pattern that you do not want to be 'like them'.

But guess what…~~.~~eventually you will be like them! That is LAW! The most important thing to remember is this: the more you let your parents be who they are, the more you get to be your Self and you will not turn out *"like them'.*

~~The more you let your parents be who they are the more you get to be your Self and you will not turn out "like them'.~~

Now here is the pitfall for many people, including me. I didn't accept my parents~~them~~ the way they were. I took over a~~l~~ lot of responsibilities from them, took care of my brother, tried to please my mother and did my utmost to make~~let~~ her love me, and never actually talked to my dad because he was on mute a great deal of my life. He was u~~U~~nable to express and show love, like my mom.

But taking over responsibilities that aren't your own ~~which aren't yours is does~~ weakens you as well as 'the other'.
You have got to honour your mom and dad and honour the space they are in. You know immediately when you are not doing that: you tend to

look for love and recognition and ~~you~~ want to prove yourself

You don't need to do that for *'being'* is all encompassing. There is~~,~~ no need to search, as love is here for you.

So ~~shut up and~~ cut the crap for you are wasting time, energy and teeth!!

I forgave my parents through affirmations and I walked the Labyrinth in Turkey. You don't have to go to Turkey for that (LOL), ~~—~~but while I was on holiday there and had spare time, I decided to draw the Labyrinth myself ~~—~~in the sand on the beach with the sun nicely tanning my body.

The labyrinth is a walking meditation, a path of prayer and an archetypal blueprint where psyche meets Spirit.
A labyrinth can be a source of solace and can quiet a distracted and overactive mind.~~,~~ I~~i~~t can help resolve your inner discomfort and still your mind enough for you to clarify what is going on.

Remind yourself that you are NOT your thoughts and you are NOT what you think your parents think of you.

You are not responsible for~~of~~ what happens to you in childhood.~~!~~ You are responsible for~~to~~ healing that childhood pain as an adult!!

Commented [SL205]: Is this supposed to be capitalized??

Commented [SL206]: Is this supposed to be capitalized?

Like Carl Jung said: 'I am not what happened to me. I am what I choose to become'.

After having walked the labyrinthhis lab inside and out twice, I stopped in the middle, raised my arms up to the beautiful sunny sky and yelled out loud; *"mom, dad, thank you for being my parents. I forgive you'.* It is 'the moving through' as an adult which is crucial to our well--being and maturation!!

This was a healing moment I will never forget…..

The sacred priviledge to be a mom.

My three lovely children are a joy to watch. I crack up most of the time because of their sense of humour :-))

Many people have lots of~~so much~~ problems with adolescent kids going through ~~being in their~~ puberty. Honestly…~~...~~I don't…!
You will only have ~~so much~~ trouble if~~when~~ you try to control them and want them to behave the way *you* want. Also, when you want to make~~have~~ them believe what you believe~~t your beliefs are~~! This is impossible. ~~unbelievable.~~ All I can do is give all my love, show them my power and 'teach' them WHY they experience things in life. It is all for the best. Even my own death will be for their sake. ~~….~~I hope Keij, Max and Eef, the three of you will read this book while I am alive. For sure you will read it when I am dead.~~,~~ S~~s~~ee? T~~Then t~~he three of you needed my transition to get out of your own way.

I am trying to raise honest, expressive and happy children while maintaining my own sacred joyful God-given space. Love yours~~S~~elf, then love you being a mom!

Let me share the 7 education grids for kids:

Commented [SL207]: ??

1. C~~c~~ommunication! Talk about what is really happening at home. Share what your thoughts are on running a household, raising children and having a job. Talk about your plans, encounters, life and friends.
2. E~~e~~xpress love! Show them you love them! Say to them every day: "I love you". Even when it is tough for you. You can do it~~;,~~ it just might take some practice! Forget the fact *your* mom didn't say that to *you*. Take your responsibility and LOVE!
3. S~~s~~how authenticity! Tell them who we really are. Not just a bag of bones but pure energy, love and light. Everybody is unique and has special gifts.

4. Ppraise the kids! Do not praise them for having good grades, but rather, praise them for who they are! Ffocus on strengthening them. Focus on the fact that a problem is the solution in itself. Every so=-called 'problem' is just a mindshift closer to Self. Do not criticize! Jjust witness in bliss!
5. Nnever compare your kids to one anothereach other! This wille worst way to demolish your child's self--esteem!! My mother used to say to my brother: "look how well -your sister is doing!" Guess what??? It destroyed MY SELF-ESTEEM for ***I was the one*** who -felt guilty because my brother felt badtowards my brother! I couldn't help it was easy to sit on my butt and study for hours and eventually 2 decades :-)at that age. The combination with tThis combined with and my mom telling me "who do *you* think you are" was enough for me to totally shut my feelings up towards my brother. I felt guilty for many, many years. So comparing your kids it may not only affect the "accused' child but also the "eulogized" child! For God's sake, please accept your children as they are. My brother went to uUniversity in his late 30's and got a terrific business degree! I was happy to see him wear his mortarboard!! My mom wasn't physically around anymore at that time. It was only then, when I started doing my affirmations and got rid of my guilt, that when my brother and I really beautifully reconnected again in the most splendid and beautiful way! Again: it is all YOUR OWN WISH and YOUR OWN work.
6. Oorganize a family meeting once a month! In this meeting let every family member say out loud five5 positive things about every other family member. It is incredible to hear this. It is wonderfulincredible to watch each member

straightening their back and to ~~,~~ see~~ing~~ the twinkle in their eye and sparkle on their teeth. The family vibe is raised! If you hear your son telling your daughter: 'Keij, I was so happy that you helped me out with my homework without asking.~~,~~ T~~t~~hank you for that', you might cry from~~your eyes out of~~ joy and utter bliss. B~~b~~ut if you would rather see them ~~like to~~ sit~~hang~~ in front of the tv with sad faces after a fight then that is ok, too. See? It's all choices. The movie will be over in an hour….~~.~~

7. T~~t~~ake care of Self. You cannot take care of them if you don't feel ok!~~.~~ It is just like putting on an oxygen mask on a~~in the~~ plane: YOURS first, then your kids'! Don't choke on all your chores, must-do's, have-not's and what-if's. They will be out of the buggy and bugging you before you know it! ~~, LOL~~

Commented [SL208]: ??

Healing is the portal to abundance.

Forgiveness and self-love will allow you to release negative energy, making room for the positive. ~~Through forgiveness and regaining self love a lot of negative energy is unleashed. Now there is room for positive energy.~~

There was more to work on for me: MONEY! I had judged money all my life. I had seen it as my enemy. ~~It was my enemy.~~

I realized that ~~knew now~~ I had created that thought and eventually believed~~f~~ myself.

I now had to turn my thoughts and beliefs~~ve~~ about money ~~–~~around; I had to choose to create good feelings about money. ~~pick the good feeling thoughts of money.~~

It was already all written in books such as~~;~~ ~~'~~*Think and Ggrow Rich*~~'~~ by Napoleon Hill, ~~'~~*The Essential Law of Attraction Collection*~~'~~ by Esther and Jerry Hicks, ~~'~~*The Sermon on the Mount*~~'~~ by Emmet Fox, and ~~'~~*The Master Key System*~~'~~ by Charles Haanel. ~~and of course in '*The Bible*' written and translated by too many people therefore blurred in many ways.~~

They all provide the same advice for how to see money in a positive way: ~~say the same in order to grow love for money:~~

- Pay your bills with love
- Write 'thank you for your service' on your invoice
- Write 'thank you for the money' while you wait paying the bill
- Whenever you receive (even the smallest) payment, write ~~;~~'thank you'
- Feel love when you pay for your goods in the store
- Say 'thank you for my groceries' to the man behind the counter

Commented [SL209]: What is "It"?

Commented [SL210]: Meaning unclear and ungrammatical.

- Realize you help people keep their ~~have that~~ jobs because of your payment
- Pet your credit card like it is your puppy
- FEEEEEEL rich
- Give money away with love
- Feel happiness while buying a too expensive toy
- Train happiness, good will follow
- Keep a 100$ bill in your wallet and spend~~t~~ it mentally ten times a day
- Clean out your wallet!! It is not your g~~e~~arbage bin
- Clean your house; make room for the money
- Say thank you for the money you will~~to~~ receive (affirmations)
- FEEL happy when you give, FEEL happy when you buy!
- Order your bills; stack them neatly in your wallet
- Shout out to heaven when you find even a penny,~~;~~ 'thank you universe'
- Money is energy;~~,~~ just like thoughts, like attracts like.

I can proudly tell you I have done ALL of the above. Yes, it takes perseverance! When you try to learn tennis, you might not like the game at first if you cannot hit the ball. But ~~You are not liking the game of tennis if you cannot hit one ball.~~ y~~Y~~ou will learn to hit the first ball and the next and the next. T h e n the game begins.

Let the games begin.

I cleaned my wallet of all the 3, 2 and 1--year old receipts, and threw away coupon cards of stores I hadn't gone to for the last year or so. I still pay

Commented [SL211]: Meaning unclear.

at the cashier with love and say or think '*thank you for the beautiful stuff*'.
I sometimes put a ~~–~~stack of bills worth 150 dollars in my wallet to *feel* rich. Sometimes I take them out and pet them or play with them like mafia bosses play with their stacks. When I find pennies, I thank the universe. I pay for the customer behind me even though I don't know him. I buy drinks for people I know whenever we happen to be in the same restaurant, ~~;~~ all for the fun! I recently paid for an elderly woman's groceries; ~~all the groceries for an elderly woman~~, she was in heaven. I surprise people with flowers and chocolate. ~~just for the fun of it.~~

~~–~~Life experience teaches. Life is a game according to Florence and I was ready to live it.

Commented [SL212]: ?

Soon……~~.~~my results showed!!!
Now remember, the process takes at least three months!

Believe it and you will see it!!

But first…how do you~~to~~ love money if you don't love yourself??

I love me.

From a very early age,~~early age on~~ people (usually your parents) teach you what to believe~~, usually these are your parents~~. ~~O~~Very often because of their own ~~–~~upbringing, stress, experiences or lack of

love,~~.~~ t~~T~~hey try to impress things upon you. Unfortunately, most of the time they succeed. ~~Mostly they succeed…….~~

~~On the other hand, mostly they do not even recognize they are doing it.~~ It is a flawed premise that because my parents are my parents and were here way before I was born~~ and because they are my parents, is it true then that~~ they must know better than I do what is right or wrong for me~~ or wrong~~.
Of course, we all understand that parents must provide us with ~~would help us in getting~~ food, shelter and a safe physical environment. But why do we think they have the right to determine our life's purpose?
~~But we did not intend to have them determine our life's purpose, right?~~

We were all born with our *own* guidance and~~or~~ intuitive system!

I just had the lovely experience of being on holiday for a week. ~~to have been on a holiday for a week.~~ Although I hardly ever listen to conversations between other people anymore (95% is complaining), I happened to witness ~~be a witness of~~ two conversations between mother and child.

Well, perhaps I shouldn't say 'happened to'. Sometimes you overhear things for a purpose; maybe they are needed for your own growth. ~~it is not 'I happened to' it is I had to hear it for a reason, often you pick up words which you really need for your own growth.~~

In the first conversation, I overheard a mother forbidding her child to take home two~~2~~ (small) beautiful stones she found on the beach~~ to take with~~

~~her~~. She was only permitted to take one. ~~allowed to take only one.~~ The discussion as to why she couldn't take both went on for around 15 minutes. ~~There was a discussion going on for like 15 minutes as to why she couldn't.~~ It ended up with a 'you just cannot'.
May be the child's energy resonated very much with these two stones. She was now cut off short of experiencing this on a higher level. She didn't ask to take 100 stones….

Another conversation: on a~~the~~ balcony, a little child about 3 years old was very lovingly~~ely~~ and carefully putting cream on her mommy's~~ies~~ back. ~~Very caring and full of love she was distributing the cream.~~ All of a sudden, the mother ~~shoute~~shouted,~~d to her;~~ *'don't you know what is enough??~~?,~~ D~~d~~o you never what is enough?'*.~~?~~ No, she doesn't know what 'enough' cream is. She doesn't know what 'enough' love is either. Love is endless…~~.~~it came to the mother through the cream. Needless to say, the child stopped….~~.~~

A zillion examples are available, of course.

Well, I grew up and realized I didn't love myself at all, hated my body, was insecure, didn't really think I was smart…~~.~~you name it.
I eventually g~~G~~raduated cum laude in both studies and still thought ~~inking~~ I was~~am~~ not smart enough. As if that wasn't bad enough, I thought I was ugly, too. ~~not smart and oh yes I am ugly by the way.~~

Compliment your kids, tell them you love them, and huge them every single day. ~~every single day, tell them you love them every single day, hug them!, squeeze them.~~ Include your partner in this process. If you cannot do this, it is not because of *your kids ~~them~~!* It is because of *you!!*

Commented [SL213]: Which studies? Do you mean physical therapy and dentistry? If so, say so.

When I hadgot kids, my mom would admitted she wasn't able to really hug, squeeze or say '*I love you so much*'. She saw her past in my future….
I forgave her and asked her to try again with her grandkids. I asked her to tTry it for herself in the first place to learn and realize how beautiful it can be. Try for me in the second place so I could feel the love towards me through my kids towards me.
She couldn't….

I was judged, and I learned to judge myself.

II let myself deviate fromoff of my own guidance system.

A+!, Tthat's the grade I would have received for judging and hating myself, yes indeed. Actually, I would passed cum laude. cum laude if I would have made the test on 'how to hate my self!'

When I received the thought (yes, we receive them) about changing within, I Immediately knew I had to start loving myself. Fed up, I was fed up with hating myself. It seeps through into your whole life.

I had heard about the existence of 'Mirror Work' (we should better call itthat 'Miracle Work' haha because it *really, really* works). I started to do **thist h e work.**

Every single day I would stand in front of the mirror saying beautiful things to myself.
Obviously, you have to start with the things you *believe* in and really find very beautiful! (If you *believe* you have a fat stomach, have a **fat** stomach, according to your belief you cannot suddenly like

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that, right?). There must be something beautiful about you!

So I said to myself:
-I have beautiful eyes
-I have terrific hair
-I have beautiful strong hands
-I have strong biceps
-I have beautiful triceps
-I have a great length
-I have a good clothing size
-I have beautiful size feet
-and so on and so on

Of course, it takes time and yes again, practice practice, practice. Gradually you will see the increase in self-love and ~~you~~ will be able to see more and more beautiful things in yourself and your body.

It's important to create a schedule for self-work exercises that works for you. ~~Important is to make your **own schedule in time** of any kind of self-work.~~ You'll find that many books provide set schedules and tell you to abide by them, but it's best to take the lessons that really resonate with you and invest an amount of time with which I was comfortable in those. ~~Often schedules are made for you in many books but I took the lessons I really resonated with and I invested the amount of time which was comfortable with me.~~ So for example, I didn't follow instructions to stand in front of the mirror three times a day. Instead, I spent one moment a day in front of the mirror. ~~when described to stand in front of the mirror three times a day I wouldn't do that. I spent one moment a day in front of the mirror.~~

Commented [SL214]: Do you mean height?

When going to the gym for the first time you will probably not go busting your ass ~~off~~ for~~during~~ three consecutive hours until you throw up, will you? Because there wouldn't be ~~you won't go~~ a next time, that's for sure. Your exercises have to~~It has to~~ fit into your daily schedule.

I generally did my mirror exercise~~For me it was preferably~~ right after my morning shower.~~,~~ W~~w~~rapped in a towel, I would gradually unveil~~ing~~ my body and choose to love it in its entirety~~gradually loving my entire body~~. The full unwrapping took a few weeks….~~.~~

This process led me to the feeling I have today when I look in a mirror. ~~I took me to the feeling that whenever I see myself in a mirror or window nowadays~~ I ~~starts~~ laugh~~ing~~ with joy and say~~ing~~ to myself,~~,~~ I know I know **I am** beautiful.
Mirror, mirror on the wall you don't have to tell me anything ~~–~~at all, hahaha!

Chapter closed.
Closed at the age of 48.

If you do not love yourself and find yourself *not worthy*, *WORTH* cannot come to you! You are blocking it.
If you deep down you don't have confidence in yourself and~~or~~ your mind (thoughts=energy) is always battling with limitations and fear, you won't recognize great opportunities right in front of you!!

Well, I was healed and ready to receive. ~~for~~ I had the strongest desire to begin changing and allow the healing.

The next page might be of help tofor you into quick starting your use of affirmations.

Again,; affirmations are statements that which you repeat over and over and over again. During these affirmations, you **have to/must** *f e e l* good. Whenever you cannot reach the '*feel good*' feeling, just try to remember a great situation, a great love in your life, a funny experience. The trick is to keep the butterflies (which is the demonstration of feeling good) which start flying again, alive and get them flying again!!

The universe knows what you *f e e l* **. , Ffeelings are energy. , tThe universe will respond to that, for IT IS LAW!**

Affirmations for you.

- I enjoy feeling good
- I am n o t my body
- I am totally good stuff
- Thank you for this body that ~~it,~~ takes me everywhere
- I can be healthy at any size
- I love my legs thatey carry me all over the place
- I like my eyes because I can see beauty
- I like the colour of my eyes
- I love my curls, and the way they dance
- I love my straight hair and the fact it~~, it~~ is easy to groom
- My body can do awesome things
- Only I have to like me
- My body loves me
- My ears are able to hear my children
- I give thanks to my belly, as it ~~they~~ protects my organs
- My head is keeping my brain safe
- Breathing through my~~this~~ nose lets me smell my food
- My hands work to keep me young
- My eyes are seeing all the wonders
- My butt lets me sit when I want to
- My butt doesn't hurt when I am sitting
- I am happy I cho~~o~~se this body
- I love my back as ~~I~~it always supports me~~, always~~
- I love my hips because~~,~~ they carry me to my friends
- I love my mind

- I love the wrinkles because they show me I have had fun
- I like my funny smile
- I love my teeth because they are smiling back at me
- I love my gums because theyit areis pink, like the colour of love
- My teeth are great because, they help digest my food

Chemistry of 'feeling good'.

Because feeling good is an essential part of life, I want to talk more about it. I want to, emphasize it, actually.

'Feeling good' can be measured.

When you have joy, it creates a good, most often terrific feeling….

Usually It is however, the other way around; you have the terrific feeling first and you recognize this as being 'joy' within a thousandth of a second. It is recognized by the brain.

But how?

TAmong a lot of molecules there's athis molecule called **'NO'** (being nitric oxide). It is the boss of the neurotransmitters*, including endorphins, dopamine, and serotonins, for instance. It regulates the release of all these chemicals.

Nitric oxide is produced by cells in the brain, blood and its vessels., It is also produced in the lungs and your *gut. (gut feeling)*

Their –production is triggered by *laughter* –and other pleasure experiences.
Bodily exercise also releases this molecule. Have you heard of (or experienced yourself) the –'why' of why runners get a~~this~~ 'high'? It is produced by NO.

M~~Also m~~editation also triggers the production of NO!!.

NO~~This oxide~~ relaxes blood vessel-*walls*. These walls widen and then~~hence~~ more blood can flow through the vessels. Your heart can really skip a beat from it. Your vessel walls will become softer, more relaxed. The more relaxed **you** are (meditation? exercise?), the more relaxed your walls, and the more your blood flow will increase.

Imagine; more blood flow-->more oxygen in your organs and muscles---> more muscle relaxation, and so on.

***Andrea, please add jpgNO-molecule#8**

Note: it is a 'NO-brainer'. T~~– which means t~~his process –happens unconsciously.

The muscles, including those in your jaws, ~~in your body~~ relax. ~~, which means the muscles in your jaws will relax also.~~
Muscle relaxation might reduce headaches~~,~~ it could even might reduce *referred* pain to the teeth.

So what if you 'choose' to **feel good** –ON PURPOSE?~~.~~ I mean choose with the mind and then influence the brain and *let* your body –act accordingly. (Study by prof. Ellen Langer, next chapter).

You can *choose* to **feel good, feel joy**.

But…it takes practice, and moreit takes practice, and more it takes practice.

Our *inborn* nature is one of JOY and LOVE!

But Nowadays people tend to be ashamed of having fun and being joyful. When my friend and I are having the greatest fun on vacation, people asked whether we have been drinking. We saidy 'Yes, water!, Wwe don't drink alcohol'. Assuming that 'drinking' means loading alcohol.
People tend to step back whenin having fun and huge laughter. 'What if…..someone sees me', they think. you'.

We have forgotten to really really thingsenjoy. ..... that's all!
Now it is time to step-up and remember!
Are you in your mind?????

Commented [SL215]: ??

Before science, the *church* provided the 'truth'.
Church said the uUniverse is run by 'God'/'Spirit' and we humans are lead or even controlled by invisible forces being 'above' us.
We are? the puppets on the famous string.

Science, (Isaac Newton) came around the corner and observed the uUniverse with its pPlanets. He and he made the uUniverse very physical or material. No 'God'/'Spirit' needed. Physical material stuff. Formulas to be reckoned with. The body was only supposed to be matter.

So, where did the 'mind' go? It suddenly got left out by science.
The church was supposed to take care of the 'mind'.
Science literally took matter over mind.

Like *medical* science took over your body.

A lot of people hold the view that life originates in matter alone. However, mMany —great scientists —have accepted that mind *precedes* matter in order for life to originate—in!!

BUDDHA QUOTES:

'Since everything is a reflection of our minds, everything can be changed by our minds'.
'Tthe mind is everything.. W~~w~~hat you think, you become'.
'our life is shaped by our minds; we become what we think'.

What's (*the*) matter?

All matter is made of molecules which are a series of atoms. In fact, the body is made of atoms also. As a matter of fact, the atoms of our bodies are traceable to stars. We are chemically connected to all atoms in the universe. ~~Biologically seen w~~We are biologically connected to every other living thing in the world. This smart talk doesn't come from *my* brains. Enough research has been done and can be found online. ~~on the Internet.~~

What I ~~have~~ learned in school ~~—~~about matter, atoms and molecules is that they are energy packages.

*Andrea, add jpg#60 ATOM

So an atom is the smallest constituent unit of ordinary matter. The atom's~~,~~ ~~a~~ nucleus contains~~ing~~ protons and neutrons, and ~~with~~ electrons circle~~ing~~ around it. ~~this nucleus.~~

Quantum physics says: the atom is made of energy!

Proton~~s~~: *a subatomic particle with a positive electric charge.*
Neutron~~s~~: *a subatomic particle without a charge (*'*no net charge*'*).*
Electrons: *a subatomic particle with a negative electric charge.*

Description of a molecule: at least two~~2~~ or more atoms brought ~~being cosy~~ together by chemical bonds.

For instance, water: H2O-molecule, which is~~,~~ a chemical bonding between two~~2~~ hydrogen (H) atoms and one~~1~~ oxygen (O) atom. ~~)~~ .

*Andrea add jpg "H2O molecule" #39

Remember, the human body is 70% water. ~~we human being consists of at least 70% of water.~~

The~~Actually WE as a~~ human body can be considered matter.
We consist of different types of atoms;~~,~~ combinations of these are molecules and combinations of the latter are matter.

Who is the matter? YOU! You are matter.

*Andrea add picture"you are made of different types of atoms#38

Yet aAccording to qQuantum physics, ÷ a quantum atom is made of energy, molecules are made of energy, water is made of energy---->people are (made of) energy!!
Energy is *not* matter.

Energy is all around you and interacts with you constantly. You can see it; for example, sunlight. You can touch it; for example, vibration. You can hear it; for example, music.

Energy isn't made up of any one thing…-it is a very abstract concept. It is a force **field**, is invisible, and has a big influence in the physical world.

We are energy beings. We are vibrational beings (actually it is only the trick of the light that we see ourselves as human beings).

We are capable ofto influencinge energy particles to go where we want!!!!!!! Energy particles can behave differently just as a result of being observed. By observing only energy particles behaved differently!!!!The following is an amazing experiment!

Theis double slit experiment by Thomas Young (1773-1829), a British physician and scientist, showed proof of thisat. Please check this link and be amazed.

https://m.youtube.com/watch?v=zKdoE1vX7k4n

This is an orderly universe. Nothing happens by accident. The images you plant in your marvellous mind instantly set up an attractive force which governs the result of our life.

You are a living, breathing magnet.

Spirit meets science, hi!

Spirit just knew science would catch up.

The English word '*spirit*' comes from the Latin word '*spiritus*', which means 'breath'.
It is often used to refer to the consciousness or personality. The notions of a person's spirit and '*soul*' often overlap because they both contrast with the body and ~~both~~ are believed to survive bodily death in some religions.

Spirit is experienced through:
Love, children, connection to something great, your ease, your 'just knowing', saying the right things at the right time, the 'how did I get that idea' kind of experience ~~thing'~~, receiving a thought', and ~~–~~feeling things like cold/warm air suddenly ~~all of a sudden~~ passing.

It is not that the body has a soul, but the soul has a body.
Our body is a physical vessel for our spirit while here on earth. It is energy ~~like said before~~ even though it looks solid.
Our soul is our horizontal view of the world, the spirit is the~~de~~ vertical view with your Higher Power, God, inner being or who~~,~~ or whatever you ~~will~~ want to call it.

Commented [SL216]: Explain.

Our mind can create! Too often we let our mind control *us* instead of *using* ***it*** to create our life.

One of the other meanings of the term 'spirit' is: *'A non -quantifiable substance* ***OR*** *energy present individuality in* ***ALL*** *living things'.*

Quantum energy and spirit (energy) are on the same plane in the Universe.

We are in an energy field thatwhich gives us shape. We are all part of that field. ~~. Part of all that is!~~ We are not separated from each other orneither from nature!

So your field, thoughts and energy shape your life.

Einstein said: the field/mind is the sole governing agency of the particle (or matter).

The new thought movement ~~was~~is a mind-healing movement that ~~That~~ originated in the ~~the~~ 19th century in the United States. It~~'~~s fundamental teaching is that spirit is more real and more powerful than matter and that the mind has the power to heal the body.

But the New Thought movement was preceded many ~~many many~~ years by Wallace D.Wattles, for instance.

Quotes by Wallace D. Wattles:

"There is a science of getting rich. It is an exact science, like algebra or arithmetic. There are certain laws which govern the process of acquiring riches. Once a person learns and obeys these laws, he will get rich with mathematical certainty". ~~(Wallace D. Wattles, "The Science of Getting Rich")~~

Commented [SL217]: Meaning unclear.

Commented [SL218]: Did you intend to capitalize this?

Commented [SL219]: Why for instance?

Commented [SL220]: Are all these from The Science of Getting Rich? Say so here.

"Every thought that goes forth from the brain sends vibrations into the surroundingsur-rounding atmosphere and moves the realm of things to action".

"All is Mind. The things that appear are expressions of Mind".

"If we lack anything any-thing it is because we have not used our mind in making the right contact with the super mind".

"Science is at last proving what Religion has taught from the beginning-that God gave dominion, and that we have only to understand and use dominion to become the Masters of our Fate, the Captain of our Souls.".

There are many 'New Thought Practitioners' that say the same thing. In fact: the Bible also does so. has said it also.

The Bible involves the laws of the universe and it, in its turn, describe the nature of how God works. Jesus said, "[Jesus] said, 'Pray believing that ye have that ye may receive.' '"Pray believing and feeling and sensing that you already have it, and then you're available to receive it'. ."

The Bible represents 'nothing but' the science of the mind….……...

Mind boggle.

~~You have seen what the mind is capable of already,~~ T~~t~~he mind is ~~also~~ capable of healing the body.

A very famous study about the power of the mind was done by Harvard professor
Ellen Langer, Ph.D. (*Book: Mindfulness*, Addison-Wesley, 1989).

She and her colleagues took two groups (in 1981) of men in their seventies and eighties, ~~–~~brought them to an old Monastery in New Hampshire and dropped the *first* group into an environment which resembled the early 1950's. The men watched black and white TV shows from that period (they went 30 years back in time!~~so 30 years back in time they went!~~), and read newspapers and magazines from that time~~, and magazines~~. They saw pictures of themselves when they were~~being~~ 30~~some~~ years younger, and ~~walking vividly and being joyful then. They~~ listened to music famous at that time.

The second group, who arrived a ~~the~~ week later ~~afterward~~, were told to stay in the present and live in that era~~,~~ ~~;~~ the 80's.

~~So the first group discussed the launch of the first U.S. Satellite and for the second group it was long history.~~

BEFORE ~~–~~AND AFTER THE ~~–~~EXPERIMENT:

Both groups took ~~a~~ many~~lot of~~ cognitive and physical tests including, for example, weight, height, ~~.~~ ~~(Memory, height, weight,~~ gait, hearing, blood

pressure, eyesight, memory, intelligence, and so on).
~~)~~
What she found even surprised her as her own team!

After *one* week there were dramatic positive changes. *BOTH* ~~–~~groups were stronger and more flexible!, ~~H~~height, weight, gait, posture, hearing, vision and even ~~the~~ performance o~~f~~ the intelligence test had improved.
Their joints were more flexible, their shoulders wider, their fingers more agile and longer and less gnarled by arthritis.

While it's true that both groups experienced positive effects, t~~T~~he men who had acted as if they were actually thrown back in time to ~~(TBT LOL) in~~ 1959 showed significant **more** improvement! In other words, t~~T~~hose who had impersonated younger men seemed to now have bodies~~'s~~ that actually *were* younger!

These physiological results provided evidence for a simple but invaluable fact.
She stated:

the aging process is surely less fixed than most people think

and:

wherever you put the mind, the body will follow!

~~"~~"It is not our physical state that limits us.~~,~~ I~~i~~t is *our own* mindset about our own limits, our perceptions, that draw~~s~~ the lines in the sand", she declared ~~lectured~~ after the experiment.

Our fixed ideas, internalized in childhood, can affect the way we age

Commented [SL221]: Meaning unclear.

Commented [SL222]: What do you mean? Are you saying that their shoulders actually grew?

Commented [SL223]: I have changed to single quotation marks for this sentence because that's the type of quotation mark you have used in the majority of the book.

Our bodies are designed to thrive and jump for joy!!
~~The biggest part of the population has learned very well how to make our bodies (con)form to the needs of our minds. Our bodies are designed to thrive and jump for joy!!~~

Alas, in our education~~al~~ system we get pushed in the chair and warned: '~~"~~You'd better sit still or else……'~~"~~.~~"~~. ~~W~~well, from the ~~at the~~ ages of 5-12 in school it might be tough to keep your joyful, jumping little body within these restrictions. ~~in this armor.~~

Sounds ~~like~~ my son Max's body. The teachers ~~in~~ *every class* reminded him he talked too much, he jumped up and down too much and did~~oing~~ too many gymnastic exercises in the classroom.
It wasn't unusual ~~no exception~~ for him to enter the classroom cartwheeling. ('Why do they build such small classrooms mom?').

His~~The~~ eighth~~8th~~ grade teacher had the best comment: ~~'Max (12 years),~~ I didn't care whether you were sitting or standing in class, because you always paid~~,~~ ~~you paid good~~ attention and that was what counted for me'.

Every one of his ~~every every single~~ teachers also wrote ~~in his report~~: 'we will miss your joyful presence'.~~;~~ I can tell you, this hasn't changed in h~~H~~igh s~~S~~chool. He is always laughing and funny! One teacher admitted she simply cannot ~~can n o t~~ get mad at him. '**Join the club!**'~~Well, join me~~', I thought. He is 18 now….
Luckily, he hasn't changed!

We are not designed to sit still in chairs, stare at ~~at~~ screens (except when writing a book……), and create problems with RSI's, ~~s and~~ hernia~~'~~s, and ~~get~~ headaches ~~aches~~ because of the stress.

~~Our brains are wired to allow us to connect to the life forces and experience rejuvenating pleasures for ourselves.~~
~~'Well, *how do you know*' I can hear you think.~~

~~I will tell you:~~
~~*'b e c a u s e THAT m a k e s o n e FFFEEEELLL g o o d!*~~

Your experience is your proof!

So having the *knowledge* you need as a result of ~~,~~ ~~after having~~ reading tons of uplifting self-~~-~~help books, watching~~ed~~ movies related to this subject and ~~having~~ listening~~ed~~ to uplifting stories, as well as ~~nd~~ the *knowing*, and all of that is ~~it is indeed all~~ within me and I am all that is, I started to see **proof**. Proof of the Universe backing me up.

Many people want to see proof before they believe something. I am convinced that you can change your approach to~~absolutely can change that into;~~ 'believing is seeing'. I am living proof of that, as are hundreds of thousands of other people on this planet. ~~am living proof of that, as well as hundreds of thousands of other people on earth. Don' t miss out on that, come with us.~~

While it's critically important to do the affirmations for self-love and money, it's equally so to ~~So I did the affirmations about self love and money as you know but what important is is to~~ have an 'open mind' so that you can~~to indeed~~ see and~~or~~ hear proof of the Universe backing you up!

You studied for an exam, wrote~~did~~ the exam and now you want to see the result**s**, right?

What is 'an open mind'?
It is ~~the~~ focusing on the situations and~~or~~ people you encounter ~~-~~and *translating* these~~is~~ encounter**s** on a *spiritual* level. Allow yourself to receive the information~~;~~ ~~,~~ allow yourself to receive the answers.

Ask yourself: 'wWhy' did I meet this person today or 'why' did this situation occur?
Not ~~a~~ '*why did this happen to me'?.*

Every Friday morning, ~~–~~for the last 10 years, I have gone to my spinning class. Spinning is an indoor cycling sport. You race and sweat but you don't move. The bikes are fixed on the floor. After class, I used to drink coffee with a few cycling friends.
The weather was great, so we sat outside. I had to leave the table for a few minutes, ~~arrange something~~ so when I sat at my coffee it was cold.
I decided to go inside and order a new cup of coffee. The woman behind the counter said; 'Hey Leslie, coffee~~?~~, black? This one is on me'.

In a flash, my mind said ~~told me~~ '*it was **me** who let the coffee go cold/who am I to deserve this coffee for free/you cannot get coffee for free, you **have** to pay for coffee'.*
So the guilt, the lack of self-~~–~~love and the blame pervaded my~~went all over the~~ mind and the brain was just about to absorb it until the truth~~it~~ struck me:~~;~~

*Wait a minute!!! This is IT!~~,~~ THIS is A SIGN!!! The woman giving me the coffee for free was~~This is~~ the proof or result of the affirmations concerning the self-~~–~~love and money coming **t o** you.*

When was the last time (or was there ever a time) I received a cup of coffee for free in a restaurant or bar from the owner ~~r his or~~ herself? Other than a 'thank you for being my guest gesture', ~~––~~I mean.
I realized THIS was the moment to *allow* and *receive* the feeling of worthiness that came with~~of~~ receiving that cup of coffee from her. THIS was also the moment to *allow* to get something ~~it~~ for free, no money. So the money was coming ~~–~~**t** ~~–~~**o** ~~–~~me, right??

So, I did **not** let the 'old' mind trick me again intoto hatinge myself and telling myself you are not worthy enough to get a present. , it is ok to get something for free.

In a split second I adjusted the ego and spirit took over. As a result, ….so my answer was:; *'Thank you very much, Fiona.; That is so kind of you'*, . Iinstead of saying the old 'nothankyoubecauseitismyfault'.

So I walked outside with my first demonstration: aA cup coffee for free.

Commented [SL224]: ?

Do I sense some sceptical thoughts hovering around your head? That is because –your mind is tricking **y o u** right now.

Trick or treat?

TWith this first awareness might have been just a baby step, but I felt like celebrating. , being a baby step, in da pocket I was having my own little party.
I continued With the story 'words don't teach but life experience does' I proceeded reading, acquiring more knowledge, and affirming and practicing what I learned. preached.

Then the next proof showed up:; I received money back from the energy company. About 400 euros. I didn't see that coming. *'Money will come to me in many different ways'*. The Universe doesn't just hear what you say;, it hears what you mean.

The Universe doesn't trick you, it treats you!

BUT.

You –can trick the Universe!

"Match the frequency of the reality y o u want and you cannot help but get that reality" –*Bashar*.

You'll remember I mentionedI came across the teachings of Florence Scovel Shinn Florence Scovel Shinn (September 24, 1871, Camden, New Jersey – October 17, 1940), was an American artist and book illustrator who became a New Thought spiritual teacher and metaphysical writer in her middle years.
In New Thought circles, she is best known for her first book, *The Game of Life and How to Play It* (1925).

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Shinn expressed her philosophy as:

'The invisible forces are ever working for man who is always 'pulling the strings' himself, though he does not know it. Owing to the vibratory power of words, whatever man voices, he begins to attract'.
So I learned that if a man is in debt or experiences lack, it shows that a *belief* of debt is present in his *subconscious* mind.

So I better turn that around, right?
I had a huge number~~amount~~ of bills to be paid. I didn't ~~t~~ know how the to pay for them.

I knew I had to ask the Universe for help.

I started to repeat the following sentences every single day, day after day after day…~~y……~~I eventually knew them by heart so I could repeat them during sport activities, walking the dogs and even during patient treatments.

1)'I cast this burden of lack on the Christ within and I go free to have plenty'!
2) 'Infinite Spirit open the way for me to let me receive me what is mine by Divine right. Let me receive love, health, wealth and self-expression'
3)'I deny debt.~~,~~ T~~t~~here is no debt in Divine Mind, therefore, I own no man anything'.

I wrote the next statement down on paper for months in a row: *'at the end of the year ALL my bills will be paid'.*

Do not ask the Universe: *'How' or –'Why'*, just trust the process. I repeated this sentence also over and over just before going to sleep.

The best time to do your affirmations is just before you go to sleep and *immediately* when you wake up the next morning. The mind is still 'still' at those times. They are ~~and~~ before you wander off to all the bad stuff you force in instead of the new, good stuff. ~~this new stuff in there~~. Focus, focus, focus! Hocus Pocus Focus.
So instead of thinking or trying to remind yourself of negative things, such as; 'oh yeah something went wrong yesterday, what was it again? How could I forget! Yes, now I remember again'….~~'…….thought thought thought) L~~So, lovingly and gently force yourself to focus on something else. Otherwise you might start again ~~g a i n~~ where you last finished:~~;~~ in low vibe city!

It is just like hitting the brakes of your bike going downhill; it is better to stop on top of the hill instead of trying to hit the brakes while going 40 miles an hour downwards.

Stop your thoughts from controlling you~~of getting you under control~~. You must be the boss of your own thoughts. ~~Instead you be the~~ ***b o s s*** ~~of your own thoughts.~~
This was ~~going to be~~ my goal. Hope is not good enough of a goal. I reached for a higher vibration.

~~Hope was no goal… I reached for a higher vibration:~~

Faith.

H~~Because~~ **hope** looks forward but **faith** knows it has already received and acts accordingly.

So I started to act like I had paid~~yed~~ all the bills. I showed assurance of having enough money.

I ~~really~~ *w r o t e* ~~:~~

'~~—~~thank you for delivering the goods to me. ~~,~~ I am happy to. ~~o~~
~~——~~be able to pay you'.
'T~~—t~~hank you for letting me continue my business'.
'T~~—t~~hank you for fixing my car so I can go to the office'.
'T~~—t~~hank you for your support so I can treat more clients'.
~~—~~'T~~—t~~hank you for cleaning my office'.

I showed faith; I even went for a luxury dinner, bought some new clothes, and so on and so on. ~~and started even to buy new clothes, went for a luxury dinner and so on and so on.~~

Like Einstein said: ~~,~~

~~—~~'I~~i~~magination is more important than knowledge. K~~k~~nowledge is limited, while imagination circles the world'.

~~In the meantime~~ I tried to keep an open mind and open vision to receive the answers and~~or~~ solutions from the Universe.

Off course.

Of course, it was very hard for me to break through my learned and 'overtheyearsconditioned' behaviour. It ~~absolutely~~ became an everyday practice ~~f~~for me to focus on the good.

One day, my husband and I were cycling a beautiful route, the weather was sunny and birds were singing and the sky was clear blue. In Holland, this kind of weather makes us ~~we, with this kind of weather,~~ fly out of our houses like birds that have~~having~~ been kept imprisoned in their cage for months.

It was a fabulous day! As you know, ~~now~~ I am really very sport~~-~~minded and I was in heaven on my bike. I was appreciating the green grass, the cloudless sky, my bike and my good-in-shape body. The coffee and apple pie in the sun tasted very well after having passed our first 50 miles.

Then my cell phone rang….~~…~~

At first, I thought I was not going to answer the call but then I realized it might be one of my children. ~~Since we were not al all nearby I figured I better check who is calling.~~

It was t~~T~~he bank!! My bank!! The bank who had given me the loan to start a new office. The bank that had shown ~~which had~~ faith in me at the start (or knew it was going to receive lots and lots of interest money from me in all the coming years perhaps?), but also the ~~).~~
~~But….that~~ same bank that had become worried when I asked for a small loan to cover totally unexpected expenses. ~~which kind of got real worried as a result of my honesty. I had called them whether I could get~~

~~a small loan to cover the totally unexpected expenses.~~

I knew I would be totally out of debt if they could lend me some more money. I had faith in myself and my dental practice to be able to pay it all back. It would let me be a bit more relaxed and even have a vacation to re~~-~~-energize myself.

But the bank figured they had lent~~d~~ me enough money. The mortgage was based on historical numbers and not on the amount of money I was making now. At least… that was *my* vision.
Despite the fact *'they'* said I had a thriving practice they didn't act like it: *'they'* were putting me on a black list!
~~Because I had asked for an extra loan it made their emergency bells ring.~~ *'They'* were planning to put me under *'special asset management'*.

This was despite the fact I had never failed to pay either the mortgage on my house or on my office-building or failed to pay any other kind of money I owed the bank. *'They'* were scared I would go bankrupt. ~~as going bankrupt…….~~

~~I recognized the phone number of the bank.~~ I decided I was **not** going to pick up the phone! I was sssso proud of myself. I refused ~~Not~~ to pick up the phone and listen to their accusations. This was a huge step for me. ~~s and 'black list' remarks was a huge step for me~~. I choose to feel good at that~~e~~ moment. ~~the phone rang.~~ I wasn't going to feel like the victim. ~~of the bank telling me what to do because 'they' were worried~~. I knew, just knew I was financially going to be ok. ~~….~~Wwhen?~~,~~ Wwhy? H ~~and h~~ow? W~~, w~~ell, that was also still a mystery to me.

This is what it was all about! I c~~C~~hoose to feel good! Keep the vibe high.
I was able to totally focus on the course I was cycling and not go off the course I had decided to follow.

I continued focusing on the landscape and on our terrific day off. I was in heaven.

But~~……~~ w~~W~~e are also on earth…a choice we made as a soul before birth. We wanted to experience this earth and all its miracles and beauty.

So…I called the bank back a few hours later. ~~back the bank, a few hours after they had called.~~ But now it was me who decided to have the conversation~~go into this conversation~~. It felt better but on the other hand I was still very nervous. ~~because I was anxious about the conversation.~~

Remember, I had been doing my affirmations only for a little while at this point. ~~; I had not been doing my affirmations for a long time yet.~~ It had only been a month or two, maybe three, since I started changing my thoughts. ~~had not changed my thoughts for a long time yet either; maybe a month or two, three~~. So I was not very stable at all concerning the money belief.

I sat on my bed, far away from the kids' noise, and talked to *'them'*.
'They' again were very worried about my financial position and didn't want to mention the word 'bankrupt', so ***I*** did. *'Well, Mr. X. Do you think I will go bankrupt?'*

'If you continue the way you are doing now…~~.~~well, uuuhm, I don't know…~~.,~~Leslie'. 'Mr. X. I assure you

it will all be ok!', ~~—~~and…~~....~~again there was the threat of moving my 'case' to 'special asset management'. ~~' was made clear.~~
I said: *'You go ahead and do your thing'.*
Then we hung up the phone, leaving me ~~behind as~~ a nervous wreck, but…~~.~~less so than I would have been without my affirmations and growing new belief.

After all, at this point I had reason to be ~~was~~ happy the bank hadn't~~didn't~~ lent~~oan~~ me the money. ~~…~~.I would never have discovered all the good that life has in store for me. At this~~at~~ moment, though, I didn't realize that. ~~it of course.~~

Many of us fall into the trap of thinking someone else is responsible for our issues in this world. ~~One other thing has happened in earth's life; we hold someone else responsible for our issues.~~ This was how I felt about the bank. But then something ~~Like the bank for me for instance at this moment. Something~~ inside me said: *'the bank is not responsible; you yourself are'*. I rationally knew that deep down, but re-affirming that I knew that ~~….it~~ was worth a try, right?

In the midst of 'trouble', please know something better is in store for you.

I realized I was getting stronger inside. I was not alone~~;~~: the Universe, GOD, inner being, you name it, was~~is~~ with me, always.

You are never, ever, ever alone.

Source energy.

Many people do not understand that they existed *before* their physical birth. Or they might ~~Also they~~ think that when they were~~are~~ born they stopped being 'non-physical'. ~~if they think they were 'non-physical' before birth.~~ They think it's the body that has a soul, but it's the other way around:
~~They think the body has a soul. It is all different;~~ the soul has a body!

The body is energy; we can only come from energy, called Source energy.

Before the moment of birth, we are~~were~~ vibrationally connected with the Energy Source or what we might ~~often~~ otherwise call 'God', or 'all that is', 'all-encompassing love', 'all-encompassing light', 'higher being' or 'higher self'
Whatever you name it, it doesn't matter. Hopefully you understand! For that is the most important part.

In the moment of birth, a part of the c~~C~~onsciousness that is ***y o u*** focuses itself into ***y o u r*** physical body. ~~Indeed; a part!~~ The 'rest' of your consciousness will stay 'non-physical'!

Like Emmet Fox (1886-1951), writer of *The Sermon on the Mount* (and one of the foremost spiritual teachers ~~teachers~~ of the twentieth century) wrote:
'Man being a m a n- ifestation or expression of God….'

Also:

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*'God **individualizes** Himself in an infinite number of distinct focal points of consciousness, each one quite different* —(hence all the different people on earth!)*, and therefore each one is a distinct way of knowing the universe, each a distinct experience'.*
The word 'individual' means 'undivided'. Emmet Fox states: *'The consciousness of each one is distinct from God and from all others, and yet none are separated'.*

Well, how can this be?~~???~~
How (on earth, LOL) can *two* things be *one* and yet NOT one and the same?
You might be getting confused here!
Well, the answer is that:

in matter, which is finite, they cannot; but in Spirit, which is —i n-finite, they can!

To me this is the explanation of the fact why we sense that 'we must have met before' or 'it seems like we have been friends for ages'.

As you know,~~÷~~ energy cannot be destroyed; it can only change form. So at birth we as an energy life form enter the (finite) body on earth. When we die, as an energy form, —we enter the infinite realm also called 'heaven'.

This present limited three-~~-~~dimensional life on earth means~~akes~~ that we cannot see this, but intuitively we do know that it exists.

So, we are all a part of God Spirit, of source energy.

In my lifelong questioning, looking for answers about ~~what~~ the purpose of life~~e is~~, and why I ~~for sure do~~

know and sense things like the existenceing of an afterlife, ~~after life,~~ sensseing people's energy, and felt 'different' as a kid (and still do), ~~as a kid (and still) feeling 'different'~~
I also found the answers in the teachings of '***Abraham***' by Esther and Jerry Hicks and '***T~~t~~he Seth M~~m~~aterial***' ~~written~~ by Jane Roberts.
Abraham is a group of uplifting Non-~~-~~Physical teachers. They present their Broader Perspective *t h r o u g h*
Esther Hicks. Her husband Jerry Hicks made his transition back into the Non-Physical in 2011. In other words: he died in 2011.

Why would this 'material' and teachings be true for me?
Because it resonates so much with me!!!

NOW I know what life is about.~~.~~ NOW I know the purpose of life. NOW I know why I sense people's energy. NOW I know why I said to my mom that we should be jealous that she was going to heaven. NOW I know that ~~it is true in the sense that~~ heaven is beautiful, and ~~but I also came to know~~ that heaven is on earth also. NOW I know why I had all these life experiences up until now….~~……~~

Why didn't ~~not~~ the Bible or 'the church' contribute to my truth?
Because it did not resonate with me. For instance, why should there be a hell? ~~because of the 'fact' there should be a hell.~~ Why should anyone ~~would we~~ end up in a place like that~~in hell~~?

~~Genesis 1:27 states: 'So God created mankind in his **own** image, in the image of God he created them; male and female he created them'. (New international Version of the Bible). What the hell do people mean?~~

~~There are more visions in the bible which I do not support. It couldn't be a lot of things written in the Bible was what Jesus meant. It feels 'off' to me.~~

There are some things in the Bible, though, that I appreciate. For example,

Abraham says: *'in the moment of your birth, a part of the consciousness that is **YOU** focused itself into **your** physical body and your first relationship began,~~;~~*
t~~T~~he relationship between the physical you and the NON-physical you.

Now we are talking!~~!~~ I get it now!~~!~~

It is all about ***'the remembrance'.*** I had 'forgotten' who I was and what I came here for, on earth. I was now starting to remember. ~~now was being remembered.~~
I had been visiting my ~~–~~clairvoyant friend for years to 'search' for the meaning of life. During those visits, my vibration was the highest ever but I couldn't always continue that feeling because I lost the connection.

This discovery made me cry…~~.~~it~~this discovery~~ reminded me of~~gave me~~ the questions I ~~have~~ had all through my childhood.
I was like a wheel not attached to the bike. I knew something 'must' be out there to make me whole and to help me function properly and vividly, full of speed and energy,~~;~~ ready to roll!

I am connected to my non-~~–~~physical part 'up there'. That part which wants the best for me sent~~d~~ me here to experience all the best:
JOY, LOVE, HEALTH, WEALTH, SELF-EXPRESSION, you name it we can have it.~~,—~~ D~~d~~o it or be it!!

How do I know my non-physical part or 'God' or 'Source Energy' wants the best for me? Just by reading
t h I s??
No, not just by reading this, but by ***f e e l i n g*** this.

Give Love and receive Love, that is the only real thing in life.

So this is 'it' right? We came from source energy, since we 'are' energy. Whenever we feel 'off', it means we do not remember our own guidance system (our non-physical part/God/Soul/Heaven), ~~—~~which shows us the way by giving us *signs* and *intuition* or *inner guidance.*

Emmet Fox wrote: '*whenever the Christ (that is the True Idea concerning anything) is raised up in thought by anyone, healing follows-physical healing, or moral healing, or even intellectual healing, as the case may be.*

And indeed, it did. ~~…~~I cured the ~~my~~ own back-pain I had experienced ~~which lasted~~ for 15 years just by remembering this, doing my affirmations and ruling out my ego.

I also learned a lot from people who recovered from a near death experience (NDE). ~~We can learn a lot from them!~~

One such NDE is that of Tommy Rosa, as described in this book, ~~Like Tommy Rosa writes in his book:~~ ~~'~~*Health Revelations from Heaven and Earth*~~h'~~ (co-written by Dr. Stephen Sinatra):

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' your heart should lead you through life. It is through your heart —that you can truly connect with —your Creator —and —your Divine self. Living through the heart keeps you fearless and egoless and connected to all things —Divine. When the mind leads and the heart shuts down, a person is in danger of losing his or her way. True faith can elude the mind but never the heart. Living through the the heart allows an individual —to keep a high enough vibration to maintain optimal,—vibrant good health~~..~~'.

Tommy Rosa is a Bronx-born plumber who died after being the victim of a hit- and- run incident. (A restaurant owner being a witness even saw Tommy's ~~s~~Spirit rise out of his body!) Well, ~~ he did not die;~~ he came back after an~~his~~ amazing encounter with his loved ones and Jesus!

Like Anita Moorjani wrote in her book:
'Dying to be me':

'Just look at my life path!~~,~~ Why, oh —why have I always been so harsh with myself? Why was I always beating myself up? Why was I always forsaking myself ? Why did I never stand up for myself and show the world the beauty of my own soul?
Why was I always suppressing my own intelligence and creativity to please others? I betrayed myself every time I said 'yes' when I meant 'no'! Why have I violated myself by always needing to seek approval from others just to be myself? Why haven't I followed my own beautiful heart and spoken my own truth?'

Dear all,~~;~~ we do not have to die (and come back) to accept this truth ~~now anymore~~, do we?

Sleeping beauty.

This awoke me even more! It shookuffled me WIDE awake! In fact, it slapped me awake! ~~Just like the discovering of the scientific facts written about earlier.~~

This was what I had been doing all my life:~~;~~ rejecting myself, punishing myself, calling myself ugly, judging myself ~~being~~ for not being ~~–~~perfect….~~…~~ Punishing myself for not~~NOT~~ getting an A! For not studying hard enough (cum laude…remember?). For not getting an A+ on that filling, when ~~however~~ that was the best I could do with an uncooperative ~~non cooperating~~ client. For not being able to be the daughter my parents wanted me to be, for not being the deferential~~obeying~~ colleague, for not being what 'they' want me to be. For not being able to pay all the bills…. I was tough! I was the tough woman, right? For me that ~~it~~ meant:~~;~~ 'no weakness'!

But what is weakness? Is it perhaps just the lack of ability to conform to the demands and/or wishes of others? ~~the lack of being unable to~~ conform yourself to the demands and/or wishes of *others???*

~~On the other hand~~ I have always lived from the heart and refrained from~~without~~ judging *others.* I got an A+ judging myself, though!

Well, sleeping beauty is awake now!
Never, ever ~~ever~~ again will I~~I will~~ let myself be guided off of~~f~~ my own guidance system, inner being or GOD.

God isn't a man with a beard; it is a state of being.

~~There is a sign when you are off of your guidance system it is called negative emotion.~~

I am prouder ~~more proud~~ of myself for ~~to have~~ finally having reached this state of being than I was when I finished Dental School and Physical Therapy School put together! ~~alltogether!~~ I take more pride in getting an A+ from my higher self than any other source, such as clients, friends, or family.
~~I am in state to be really proud to get an A+ from my higher self than any other 'source' like 'teachers', clients, friends or family.~~

~~It takes perseverance to finish and graduate…but you are never finished and you graduate every day.~~

Calibration.

I do not want to describe an emotion as being intrinsically ~~–~~'negative'. For why should *crying* or *being mad* always be ~~be~~ negative? Actually, these can be ~~it is a~~ terrific experiences, because they ~~; it~~ tell~~s~~ you ~~I~~ that you are off of your inner being or guidance system.

You can call something 'hot' because you know what 'cold' is. You can call something 'big' because you know what 'small' is. You can call something 'negative' because you know what 'positive' is.

We have decided in our language to call feelings 'positive' when feelings feel good. We have decided to call them 'negative' when they do not feel good. Although a good cry can 'feel good', I assume you know what I mean.

So there must be a calibration system! For to call an emotion 'negative' their must be a 'positive'. This system is your emotional guidance system. You were '*delivered*' with it when you were born.
You were delivered with an A +. You were born into your physical body, leaving your greater part behind, in the non~~–~~physical realm. This ~~h I s~~ has only good stuff in store for you.
~~You were born as a loving being, you could only give love and receive (!) love. You are not trained off of it (yet!)~~

Recently my dearest ~~dearest~~ friend's granddaughter transitioned. This was, of course,
a~~A~~ tragic experience for her as well as her daughter and son~~–~~in~~–~~law and the other family members ~~of course~~.

My friend's daughter was 21 weeks pregnant when she 'lost' her baby. They had their precious little girl cremated.
The father said; *'there is no such tiny little baby-girl –who gave and received so much love as Stelle did'.*
~~Well, isn't that beautiful.~~

She was not trained off of her guidance system. We grown-~~-~~ups are! How come? As~~Like~~ described earlier~~,~~. ~~p~~Parents, teachers, bosses, governments, **doctors**~~!~~, **dentists**, caretakers, –you name it, ~~; they~~ 'think' ***for*** us.

Why do they do this? ***They*** have often entirely lost touch with their own guidance systems. ~~are often off themselves!!!~~ They've forgotten where they come from and ~~, they forgot~~ their purpose in life. They have ~~themselves~~ forgotten the message of Jesus. They wouldn't act this way otherwise. ~~or otherwise they would act this way.~~

We wouldn't have wars, shouting parents, killing teenagers, jealous friends, or angry neighbours if everyone was ~~when they would be~~ 'aligned' with their higher being self. The all-~~-~~compassionate part of themselves. The 'ALL IS LOVE'.

love, joy, passion, happiness, optimism, trust, peace, faith, admiration

---

fear, sadness, aggressiveness, remorse, anxiety, anger, disgust, hate

Any emotion experienced below the line feels bad~~;~~, anything above the line feels good.

When you experience 'negative' emotion, please **at that moment** realize: *'hey I have strayed from ~~am off of~~ my t r u e self'*. Ask yourself, ~~nd:~~ *'what can I do to go back to where I came from'*.

Of course, *experience~~; live through~~* your emotions but know source is there for you ~~has your back~~ and wants to guide you back.

Recognition *of* your emotions tells you *where* on the scale you ~~—~~are….~~..~~

You can train yourself back above the line. How?
First and best of all, by believing you can!

~~First and best of all; by believing you can!~~

'You don't look out there for God,
something in the Sky

you look in you'

-Alan Watts-

Emotional alignment.

OThen one day when my brother wascame over for a cup of coffee, he looked in Ollie's eyes and suddenly exclaimed, said while looking in Ollie's eyes; *'she looks like dad!'*.

My dad had beabeautiful blue eyes and Ollie's aren't quite the same, but there is a similarity in Spirit that you can see. utiful blue eyes so Ollie's didn't really look the same but in Spirit they are. Amazing, right?

Apart from each other my brother and I had the same thought. Like written before in this book; you want to choose to feel good. Because you are born to experience all good.
Sometimes we have experiences that experience things which do not seem 'good' but they are part of or serve a greater good. So amidst all the apparent problems in your life, l seeming problems; keep your faith!

Alignment is the process of applying the knowledge that you are one with your higher self or God.
It is the training into this high state of being. It is the stripping away of the garbage you have gathered during life. By garbage, I mean Garbage meaning; the opinions and judgements of others and your own , the judgements of others the negative judgements of yourself.

Commented [SL225]: How does this link to the previous paragraph?

Do your training, and ~~Train,~~ step by step ~~and~~ you will get back there! No excuses! Train your feelings to get up there.

~~—~~Remember, it isn't easy to ~~You cannot~~ get from the emotion of ~~—~~fear to joy. ~~that easily.~~
A psychologist said to one of my patients~~clients~~: 'focus yourself on the next ten minutes. In ten minutes, the fear ~~it~~ will be over'. I asked her whether that advice was effective. The answer was no! This is demonstration of caregivers must never assume, but rather ASK what the client thinks he or she needs!

~~I asked my client whether she agreed on that advice~~? ~~She did not! Let us as care giver or care taker not assume what a client needs but ASK what he/she thinks she needs!!!~~

This client came from a place of total fear. She would not come into my office. She would stay in my waiting room for like half an hour, then it would take another half an hour for her to go sit in the chair! We trained together (took a few visits) so that she could come to my chair within two minutes! ~~to come sit in my chair within 2 minutes~~!!! You'll remember her therapist had said that she should focus for ten minutes. This was impossible for her, and we could both see that. I asked whether she thought she could manage to focus for five *seconds*. She thought she could, and indeed she did. While I was drilling, I'd count to 5 and then stop. It went great.

~~At this point she, according to the therapist had to focus 'just' ten minutes! But this was impossible, we both could see that.~~
~~So, I asked her whether she thought she could manage to focus for five *seconds*. She thought she could and indeed she did.~~
~~While I was drilling I was counting to 5 and would then stop. It went great.~~

~~She also judged herself very negatively. So~~I helped to train the patient ~~I trained her~~ into a more positive outlook~~better feeling mood~~. I did this b~~B~~y letting her~~self~~ say out loud ~~,(~~for instance)~~:;~~ *'I can leave any moment I want to'*, ~~or~~ *'I know I do not like the dentist but I will try to stay for five minutes'*, ~~or~~ *'I know I can trust Leslie'*, and ~~or:~~ *'this filling will keep me from hurting any longer'*, and (of course) ~~. And of course:~~ *'I trust myself in this process'*. (Remember? Don't give your power away).

So, as you can see, I ~~Anyway; I~~ now apply teachings I used for myself to help other people. ~~to others which I applied on myself.~~

Only *you* can decide what is good for you. But also remember, **you** ~~**…. Y o u ….**~~ are guided!

Practice no force, or ~~or;~~ you indeed are guided.

Here's a~~A~~n example of my own game with the Universe.

Since energy cannot be destroyed….~~.~~

I have a dog named Ollie, she is five years old now. She is such a loving furry ~~cute, loving brown furred~~ buddy!

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Right after the transitioning of my dad, she came to live with me and my family as a puppy.
She has beautiful dark brown eyes. There are a l o t of times when I look in her eyes and I see…~~e……~~my dad….~~.~~ I have said a few times (very, very softly…), *'hi dad'.*
~~I have said a few times (very very softly…) 'hi dad'.~~

I never told anyone about this because I knew they'd probably think it was far-fetched. ~~didn't want them to think it was too far fetched~~. I didn't even tell my family.
~~e idea.~~

I believe the~~f~~ non-physical can have a distinct focal point of consciousness in animals, like my dad has in Ollie.

Just like with my mother…~~..~~it didn't feel like 'dead, over and out'.~~, I sense she is around.~~

Every once in a while, I play the game with my parents: ~~;~~
I 'call' them. One day when on a long walk ~~I went for a big walk~~ , I stopped at a beautiful place in the middle of a park, looked up in the sky and said:~~;~~
'hey mom, hey dad, I k n o w you are out there. You know me…~~.~~ ~~—~~sometimes I am a bit stubborn (stub born) so even though I know you are there, I am asking you for a sign. I am here in my physical body,
and sometimes I still need the 'proof', mom. So please show yourselves to me…~~.~~'. T~~t~~hen I continued my walk.

Just a few minutes later, it happened….~~.~~

When I go for a walk, drive my car ~~or~~ just before I go to sleep, and~~or~~ right after I wake up, I listen to ~~(you tube on my iPhone)~~ or read uplifting material. Just like this afternoon I was listening to a high vibrational speech on my iPhone. In the middle of the speech, the sound stopped. Mute…~~.~~nothing…~~.~~no sound, which was odd because that never happens ~~,~~ unless there is no signal but that was not the case. My earphones were ~~was~~ still plugged in. What could be ~~so what was~~ 'wrong'?.

I pulled the phone out of my rear pocket, checked the screen and was flabbergasted. ~~…….~~ Captioning of ~~The~~ speaker's text was showing~~shown~~ on the screen. ~~while talking, I didn't t have to read it because I was listening.~~ Maybe it was a service for hearing impaired people. Anyway, when I checked the screen the word 'momentum' was there. ~~cut in…….'mom~~'. It said **'mom'** across the screen…~~.……~~

I took a screenshot of it….

***Andrea add picture jpg "mom" jpg#28**

Then…two miles or so ahead I saw a woman sitting on a bench. I felt compelled to talk to her. I felt the urge to ask whether the name 'Dirk' (my father's name) would ring a bell to her. Although I felt very awkward, I walked up the hill (thinking she probably think I was~~find me~~ nuts…~~.~~see…~~.~~I wasn't stable enough yet in my thoughts) and asked her indeed whether the name 'Dirk' rang a bell. Well, she knew a 'Dirk' but…~~..~~I even forgot the answer. It didn't resonate with me!

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But the answer didn't really matter. ~~This encounter also however was very eye opening to me.~~ I realized suddenly that I was ***forcing*** an answer…forcing an answer from Dad.

~~I didn't even listen to her answers….I realized suddenly that I was ***forcing*** an answer….forcing the answer from Dad.~~

The Universe doesn't know force…it only~~.the Universe~~ waits for your allowance. You need to get into a different frequency to see the signs.

~~So~~ I said goodbye to the lady and walked away, asking myself, ~~.~~
~~I asked myself;~~ *'Leslie, you were compelled to talk to her. You are so good in following your intuition, so why did this not resonate with you?'. The answer came: 'Well, Les, the answer indeed didn't resonate with you~~ ~~indeed~~, ~~–~~*but the lesson you learned is bigger than that and t h a t did~~resonated with you~~*!'.*

The Universe is not forceable

I did not realize that at this ~~red hot~~ minute, though. I realized it later when at ~~I was~~ home and sitting~~at~~ down to read a book.
There it was~~….~~,on the first page. I ~~I read, i~~t said the name…~~.~~
'DICK'.

My dad's name was 'Dirk', but he had always called himself 'Dick'.

*Andrea add picture jpg "Dick" #42

~~I cried….~~I cried in happiness and gratitude for the sign the Universe and my father had ~~he~~ given~~ave~~ me.
~~but also I cried for the sign of which the Universe gave me (again);~~
(~~my dad's name was 'Dirk' but he always called himself 'Dick')~~

~~———~~'Ask and it will be given, but be still and allow it to happen'.

Be still.

Before the time I started to read Florence Scovel Sinn's '~~T~~the ~~G~~game of ~~L~~life and ~~H~~how to ~~P~~play ~~I~~t' (around August 2010),I had a very odd experience. ~~.~~

~~I had a very odd experience.~~

One day upon ~~when I~~ arriv~~inged~~ at~~in~~ the office, I felt very, very overwhelmed. My heart was pounding in my chest and I had trouble breathing. What was going on?? I didn't know. All of a sudden, I was scared to open my mailbox.

Although I was scared, I still did. I was sweating all over but I did open my mailbox. Why? To find out who needed me and what for, —I guess….

At this time, I also had troubles opening my physical mail. I was also experiencing difficulties in answering questions, especially at the office (because I HAD to). My heart would beat like a heavy metal drummer.

~~I was experiencing difficulties in answering questions especially in my office (because I HAD to) in the sense that my heart would beat like a a heavy metal drummer would drum on to.~~

Around that same time, my youngest daughter, Eef~~,~~ (then ~~being~~ 6 years old), didn't seem ~~wasn't quite~~ very happy. ~~Actually I think she has never been the happiest at all.~~ I have always felt she was 'different'. Highly sensitive is what she is. It was hard for me to 'read' her. My other two kids are very easy to 'read'. I always instantly know what

theywould know instantly what they want, how they feel and what I can do to could contribute to their happiness. With Eef, though, I had 'troubles'.

In the classroom she would throw with her pens and pencils and scream, throwing tantrums. literally throw a 4 year old tantrum.
The head of the school would ask me, *'who does she have it from'*. As if itthat is a genetic thing.

Of course, I wondered whether it had something to do with the death of her grandma, my mother. I thought that perhaps her young mind hadn't been able to process it.
Something not being able to process in her little mind.

Although I know it is ok for me to show grief, I never did soid in front of themy kids because I didn't want them to see me sado see them sad. So I kind of stupidly assumed they didn't really experience my grief. Me, who knows there is more in heaven and earth and can sense people a mile away, was thinking this?

So I kind of stupidly assumed they didn't really experience my grief. Me?, knowing there is more between heaven and earth and being able to sense people from a mile was thinking this?

I decided to bring her to a psychologistgo to a psychologist with he, an old acquaintance who I knew was very good at her job. r. I had know this woman for a long time and I figured her very good in her job. After a few visits she wanted to talk with me. She said:; *'Eef is suffering'*.

I felt pain ~~going~~permeating ~~straight through~~ my heart. ~~….~~'~~'S~~*suffering?????'*, I asked~~said~~? It was not at all what I'd expected. *'Suffering???? ~~...~~M~~m~~y goodness, MY baby'*.
~~The psychologist was not able to help her.~~

~~She wanted to have a talk with me……~~

She asked me, ~~We came to the point that she said to me;~~ *'When will you stop the interrogation?'*.
~~*'When will you stop the interrogation?'*~~

Interrogation? I wondered? I only ask ~~am only asking~~ my kids how school was, how the teacher was, how the bike ride was, how…~~.~~how…~~..~~how…~~..~~and how…~~.~~~~…~~

~~Then~~ I suddenly realized this was causing stress for my children~~I was over asking them~~. ~~Not over asking in the sense of chores in house.~~ I soon~~then~~ recognized~~found out~~ that I was asking all these quesitons~~asked things~~ to *'sense their wellbeing in a place where I was not'*. Get it?
It struck me that my own hypersensitivity had gone so far (it was my protection system from childhood on; I 'read' my mom and acted accordingly!) that it affected my kids!
~~She called it 'interrogation' while I called it 'motherly curiosity'.~~
Although I am a mother who lets her~~the~~ kids lead their own lives (I generally only advise when there might be danger), I indeed plead guilty of doing the thing the psychologist had accused me of: interrogating. ~~that….interrogating.~~

From childhood on, I had used my senses to 'feel' people.
I was going much too far with this, though~~way way way too far to use them~~. It used to be a protection

system but I had trained myself too well~~good~~ and used it everywhere. I wanted to 'know' answers to meaningless questions such as: ~~—~~who ~~was~~ was the person ~~—~~sitting in the car in front of mine, ~~I wanted to 'know'—~~who was the guy across the street, and ~~I wanted to 'know'—~~who was the woman behind the cash register.~~,~~ I wanted to 'know' the license plate numbers on ~~the~~ cars. I once recognized the number from a friend's license plate before I even knew it was her in an approaching car. ~~even knew whose car it was before I actually saw the friend of mine behind the wheel.—~~It was literally sick from ~~making actually,~~ more than 40 years of energy waste. ~~But I never realized, up until now…..~~ I'd never realized this, until now.

Up until this moment, ~~e moment came~~ my heart would beat out of my chest when~~before~~ doing something as minor as opening my mail…~~..~~I have had too much…~~……~~too many stimuli.

My life had been an emotionally tip~~-—~~toeing game. And yet things had still been great in many respects! ~~On the other hand my life up until then had been great!!—~~Despite my upbringing, I was a clown, I had fun and usually I was the life of the party~~party animal everybody could laugh with~~. When I was quiet, everybody would wonder what was going on. Well, *nothing!* of course. Everything I had set my mind to I succeeded in.

I knew for sure now that I had always lived to 'please' others, to say 'yes' instead of 'no'. I wanted the other person to feel good and ~~. I~~ didn't care about my own feelings. *'When they are fine, I am fine'*, was my motto. At my home, my parents' house, at friends' and for sure, at~~; in~~ my office. Everybody happy (but me)???? Yeahhhh!!!

It had taken itsnow payed its toll.

I **had** to change this!!! I had to quiet down my senses. or else…..

The therapist had sent us to a pPsychiatrist!!! My goodness, our daughter and us!
But Eefshe did not want to speak; I quietly applauded….I applauded quietly!!! Why? Because if the questions I asked her at home caused problems, how would she respond to an 'interrogation' from the psychiatrist?

She had a few sessions…without a word! Isn't that amazing?. This highly sensitive child is without a doubt an Indigo child.

This high sensitive child, for sure she is an Indigo child….didn't speak! High five.
Well, to me it was all clear. The interrogation at home was too much for her so what do you think the Psychiatrist is doing?
We stopped the treatment. It didn't work. This was ok with me because I knew I would be making important changes that would help my daughter.It felt better for me because I knew it would al be ok if…….

I would make a huge change…….

Eef was born five5 and a half weeks too early, only weighing six6 pounds. She was, being rushed to the intensive care, and at day five5 I feared for her life. Almost two weeks after she was born I got to take her home….all healthy and happy!
It was from this moment on that I was a frightened mom. Checking on her a zillion times. My other kids were chubby ones at birth but Eef was fragile.

My care for her and my '*I am going to love my kids to pieces because I missed out*' made me gradually kind of overprotective. This resulted in still dressing her every morning until the age of six. This was in contrast with my other two which I always encouraged to be independent earlier on. It also resulted in a tantrum when I didn't dress her.

~~It resulted in still dressing her every morning until the age of six. In contrast with my other two which I always stimulated in being self supporting. It also resulted in a tantrum when I didn't get her dressed.~~

Again, I needed to change!

I organized a family meeting. I talked about the visit to the shrink and my wake-~~-~~up call. I asked the kids whether they thought~~ink~~ I ~~would~~ asked them too many questions too frequently (in other words, all day, every day). ~~too much (ALL day every day).~~ Their answer was 'yes'. Wow.

I had thought I was being ~~Me thinking being~~ a good mom was, in fact, harassing them. Harassing them and only ~~to be~~ able to feel a glimpse of ***their*** well-being.

So I said that from this very moment on I would stop asking all those questions and leave them alone. I was also planning to stop trying to acquire any kind of information which I did not need to 'survive'. I stopped asking questions other than those important for my job. I stopped checking out cars, people, and situations unrelated to me.

~~I stopped asking questions other than being important for my job. I stopped checking out cars, people, situations.~~

I decided not to watch television, hear and watch~~see~~ the news, read newspapers (all negative crap), ~~ap; in fact that was the main reason~~) and listen to conversations and gossip~~s~~.

My assistant Jose was getting scared:~~,~~ *'I hope we will get the old funny and sincere Leslie back'*, she said. I sat down with my assistants to reveal my intentions.

~~I sat down with my assistants to reveal my intentions.~~

In between every patient I was going to read a sentence from an uplifting book. The books went with me to the office every single day. Many times, I would lie down on the floor in the room next to my office and do my affirmations. I would repeat the affirmations during drilling and filling. Nobody knew, but~~,~~

Being ~~—~~still was my new mission.

At home I abruptly started not to get Eef~~my kid~~ dressed anymore. What I would say to her was; *'mommy loves you so much, baby! It would be so nice to have breakfast together before you go off to school'*. Then I would take a shower, and go to breakfast. S~~s~~he wouldn't show up.~~,~~ I would get dressed and then go~~move on~~ to the office, leaving her crying upstairs. (NOTE: daddy is home;-))
The same night I would come home and say to her: *'honey, I love you so much.~~,~~ T~~t~~oo bad I didn't see you downstairs this ~~to his~~ morning'*.
The next day it would be the same. I went to my office, crying. It wasn't easy. It was the **BIG** letting go.

I also did not call my husband to avoid any stimuli forto myself.
It went on for a week or so. Then the *shift* came. First of all, the kids started talking. They were sharing things from school and their time with friends. This was aA sign for me that they were kind ofa 'cured'.
Eef started gradually doing better, too. She would still get out of bed, take a shower, get dressed, and eat breakfast too late, but I complimented and encouraged her. I continued telling her I loved her so much and was sad we didn't have breakfast together. ~~Secondly Eef started to come out of bed, too late, take a shower, too late, got dressed, too late, and ate breakfast.~~
~~I only complimented her on doing so well, still telling that I love her so much and was sad I missed our breakfast together. So I didn't judge her on being too late.~~

Then, sooner than expected…Eef and I had breakfast together with brother and sister and daddy.

The *shift* was there!

Her as well as mine. My mirror and me.

~~Up until today I do avoid all those stimuli. Of course sometimes it is hard, very hard. At those tough moments I remind myself: *'you want to feel good right ?Leslie?'.*~~
~~Then the choice is easy……..~~

My shift resulted in a remark from my dad: ~~,~~
'You are not my lovely Leslie anymore…'. ……
'Well, dad, I still am but I have come to define ***my*** *borders'.*

Much later I read in ‘TFlorence's book ‘the Ggame of Llife and Hhow to Pplay Iit’: ‘*Mothers often, unconsciously, attract illness and disaster to their children, by continually holding them in thoughts of fear, and watching for symptoms*’. .

Nothing left to say here……besides that, I felt I was on the right track.

Ask.

I was feeling much better. I felt less tired.

One reason for this was the time and energy I was saving by being still, while the other was the fact that I now knew my life's purpose and was rejoicing in it. ~~On one hand because of the time and energy saved by being still on the other hand by knowing my life purpose and rejoicing in it.~~ Finally knowing that I am an extension of~~from~~ source made me less tired, too. No more 'holding onto~~on to~~', 'striving', 'fighting' or 'pushing'. Now it was more like: 'let it be', 'allow', 'all is well', 'ease into it' and 'God is with me on this'.

~~Now it was more like: 'let it be', 'allow', 'all is well', 'ease into it' and 'God is with me on this'.~~

I remain extremely happy about the 'road' I took. ~~Up until today I am happy about the 'road' I took~~. W~~Again; w~~hatever I concentrate on, I succeed in. **So ~~you~~ can you, too!!**

Now, ~~;~~ my next mission:~~;~~ 'the money'.

The bank didn't loan me the money.

You know that this ~~it~~ le~~a~~d me to reading my books, affirming the high vibrational sentences and listening to very uplifting material. ~~stuff on you tube for instance.~~

In August of 2012, a few months after my nervous call with the bank, I was surfing ~~on~~ the Internet to find more uplifting material.

I came across a seminar which seemed very interesting ~~to me~~. I checked to find out what this course was all about. I was thrilled to find out it contained practical application of all the theories I had studied for a number of years now.

~~I was thrilled to find out it contained practical application of all the theories I had studied for a number of years now.~~
The curiosity in me arose~~;~~ I straightened my back and my heart started pounding somewhat faster.

The contents of this seminar ~~actually~~ looked exactly~~!~~ like theoretical lessons coming alive in a practical exercise. Like dentistry~~;~~ studying and applying the knowledge.

So I wanted to find out where I had to go to attend the seminar. Yes! The USA. You know I love this country so much so no obstacle here…
H~~What else…..'h~~*ow much do they charge*?~~'~~? Nothing!!!!
~~What else….'W~~*when is it taking place*?~~'~~. In November; check! F~~ok f~~ine with me.

November is always a special month for me. My mom was born in November~~;~~ she also died in November.
Where is it being held? ~~What else…'where?'~~.
Burlingame, California.
Ok…~~.~~Burlingame…~~.~~ *"whhhhaattt…??? Burlingame??? California??? They must be kidding!!! OMG!!*
Burlingame is the city the/my (I like to call them 'mine') American au pair family lives today~~nowadays~~.
'This cannot be true!!!!' Coincidence? Coincidence doesn't exist.

Co-incident! That is what it is!

How come that in my month of bBirth (August), I find a seminar to go to in the month of birth and dying (November) of my mother which will be given in Burlingame????

I had goosebumps all over my body…..they are signs of truths. I knew, just knew I had to go there!!! Amazing!

So my heart said; 'you go for it, girl'! My wallet said, however, ~~girl, something is going there'. My wallet said;~~ 'you cannot go, because no work-no money'.

I had a tough one to chew on here. This choice was going to be very challenging.

The question was: did I out-–train my brain well enough about the money issue. By the way,~~;~~ I didn't call it 'issue' or 'lack' anymore because words come from thoughts and they have vibration. 'Issue' and 'lack' have low vibrations so I preferred not to use them.

Had I trained myself well enough to be able to follow my heart instead of following my wallet?
Was I strong enough to hold onto my faith pictured in photo 3, '*there is no debt'?* Or was I going to choose a lower vibration and not accept Einstein's wisdom in saying: ~~following;~~

~~Einstein on his:~~
'imagination is more important than knowledge. K~~k~~nowledge is limited;~~,~~ imagination circles the world'

Or Florence Scovel Shinn when she sayson her:
'All obligations are now wiped out under grace in a miraculous way' (Your word is your wand 1928)

Commented [SL227]: What is this? The title of a book?

Or the Bible when it sayson its:
'Ask, and it shall be given you, seek, and ye shall find, knock, and it shall be opened unto you'
(Mat.7:7)'

Or Catherine Ponder when she sayson her:
'God in me is my prospering power. God in me is always worthy'

I still felt wobbly in my choice of whether to attend the seminar. In fact, the score was
70% GO and 30% STAY.
I had to contact Berna 'my' clairvoyant friend. I needed a helping hand….still.

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Anothern other absurd thing had happened simultaneously: ; I had NO patient appointments scheduleds planned on the current date, September 4th! This was very unusual for a Tuesday! There had initially been some bookings, but patients had called and cancelled for a variety of reasons. Another sign was the fact that the date
(Date 09-04-2012): Angel number '3' has a lot to do with this date. *'You are doing something right'*, it says.

I asked clairvoyant Berna whether I should go to Burlingame. She immediately answered, said; *'YES"*.
I also mentioned that for some reason although I have a very very busy practice I had no clients that day. They all cancelled their appointments! Some were sick, some had to go to work unexpectedly and others cancelled with an other reason. A lot of people were

~~not able to come Tuesday. This has never ever happened before.~~

Berna said: *'Well, look at the date: this is the day you have to prepare for the trip you are going to make in November'.*

Well, wasn't she right… ~~…….~~again….~~…….~~

~~I was always busy in my office and organizing things for my private life always had to be done in between patient treatments. Any private phone call would let me call in the next client too late.~~

~~Now, I had the time to get organized for this trip….~~

I made the decision to go to ~~an appointment with Berna at her home to talk this all through. I had made my decision to indeed go to~~ Burlingame, attend the seminar and see my old friends. ~~to meet my loved ones.~~

Berna was happy for me. She said: *'you will see the color –green'* and *'you will be on stage'*. She would probably be right. ~~t…..again.~~

***Sign*ature.**

In the weeks before the seminar was to start, I had amazing encounters. I experienced signs.

What is a sign, exactly? Well, when I looked it up online, this was the definition I found: *'Spiritual meaning of (subject)…'.*

Encounters of the Universe or signs or messages or Angel callings. You name it…—I call all of these things ~~—it~~ signs. They were pointing me in the direction of Burlingame. Just one example is the fact that many of my patients came into the office wearing shirts with the American flag.

~~Beside the fact that I had an unexpected day off at September 14 I noticed that for instance; a lot of patients of mine suddenly wore shirts with the American flag on it.~~
Another flabbergasting sign happened as I was driving to work one day. You know that I had trained myself off of letting unnecessary stimuli overwhelm me. Yet at a traffic light, something caught my eye. ~~attack me.~~

~~At the traffic light something caught my eye.~~

~~The biggest flabbergasting sign was the next;~~

~~I drove to my office. You know that I had trained myself off of letting unnecessary stimuli attack me.~~

~~At the traffic light something caught my eye.~~
When anything 'catches' your eye, please be aware of the message the subject gives you. This might be in the form of a word on a truck maybe. An animal perhaps in the middle of a street. A stack of wood at a~~n~~ strange place and so on and so on.
Keep an open mind and start questioning: *'Why do I see this right now?'*.

Again, at the traffic light something caught my eye. It was the~~A~~ license plate of the car in front of me. *(I trained myself off of checking license plates, remember?)*

But this one I had to see.

84-P**-6

** not revealing the initials here on purpose.

84-P**-6?????? This is so amazing! But why was I still amazed at occurrences like this? ~~Why do I still let myself be amazed like this every time?~~ Didn't I now know ~~now~~ the Universe conspires to let you receive all the good? Did I still need proof???

The '84' referred to the year I went to New York~~.Y.~~ ~~a~~As an au pair girl to live with the American family. The 'P**' is~~are~~ the initial of the first name ~~initials~~ of the mother of the kids and my employer!~~!!!~~
The '6' referred to the amount of people living in the house.

All of this~~It all~~ couldn't get any better. ~~,~~ I~~i~~t just couldn't!!! I had to go to the conference!
~~I had to go there!~~

~~When you see 'a sign' just look up on the Internet;~~

~~'*Spiritual meaning of (subject)….*'~~

~~This way I found a lot of explanations about the road to take. But, of course first you h a v e to see the birds, license plates, words, people.~~

Another strange ~~An other strange~~ (co) incident happened around the time before the trip.

One Friday morning (usually I am out but today I wasn't), the doorbell rang. It was the postal carrier. ~~mail man.~~ He came to deliver the three DVDs I ordered.

'*DVD~~'~~s I ordered?*' I thought. '*Mister, I did not order any DVDs~~'~~*. '*The label shows this address*', he said. '*Well, they were~~it is~~ not ordered by me*', I said. '*So, you have to take it back I guess*'. '*Well, yes ma'am, ok*'. So he tried to b~~l~~eep b~~l~~eep b~~l~~eep the return of the DVD's into his little computer with his scanner but somehow it didn't work. He was not able to 'un-deliver' his delivery. He didn't know why the system didn't work. He told me I *had* to take the

DVD~~'~~s otherwise his boss would be angry with him. There was no invoice ~~either~~ to be found on the package.

It was a weird situation. The mailman requested me to please accept the package, and said that no invoice would follow. He couldn't trace the right name or the right address.

I decided to accept it; I didn't ~~—~~know why actually, because it wasn't mine.

When I opened the package, I found that one of the DVDs was called ~~Half an hour later he left me with the package I didn't order. When I opened it I didn't have a clue at first. It came later.~~
~~One of the DVD's had the title:~~ "*Autumn in New York*". Wasn't that ~~That was~~ where I was going to be on a layover for my flight?~~!; in New York.~~
I ran up the stairs to check my E-ticket: my flight to Burlingame, California would indeed have a layover in New York!

Oh my…~~.~~did I need more?

~~About the DVD's;~~ I never unwrapped them the DVDs. They are still in a drawer…. ~~..~~

Flying high ²

Finally, off I went on Wednesday November 13th, 2012.

Burlingame here I come!!

My family in Burlingame knew that I was coming for a visit while there for the conference. ~~Because of all the work I had done, all the prepaving actually, I was able to contact my family in Burlingame and tell them I was coming to visit.~~

This opportunity to see them was really *h u g e* for me. Kind of inviting myself (I stayed in a hotel, however) was a big step. Coming from a place of low self-~~-~~love to this high-~~-~~flying place was still new for me. I really stepped out of my comfort zone. *'~~R~~relax Les, relax…~~.~~breath in…~~.~~breath out…'. I was a good actor, so it's likely that no one else could perceive this inner struggle.*
~~Nobody probably has ever known of my inner struggle; I was the perfect actor in hiding this~~

'you can only become a new kind of being through a new kind of thinking' -theawakeningdentist.com

P. was going to pick me up from the airport. I was so happy to see her again. I couldn't wait!!

19 hours later…~~.~~touch-down. Safe landing. Ready to go on my adventure. Now, off to get my two suitcases~~get the luggage; 2 suitcases~~. One was filled with ~~the~~ famous Dutch stroop waffles for my family as well as chocolate, 'Delfts blue' ceramic cups and more for the kids. I was feeling anxious.

I was~~A~~ as happy as a little kid when I arrived at the luggage belt and stared into the crowd looking for P. She must be somewhere out there. She must…~~.~~she must…right…?

She wasn't… ….she wasn't there. ~~The 'somewhere in the crowd' was not the right sentence.~~
How could this~~it~~ be?

She was supposed to pick me up, wasn't she? O~~o~~r had I completely misunderstood?

My wobbly vibration showed up.
"Yuck" ego spoke to me: ~~aid to me. Ego continued;~~
'See, you are not worth it! Who do you think you are to invite yourself and think they will spend their ~~precious and~~ valuable time with y o u?~~.~~ They need all the time they have to live their own lives~~keep their own stuff running~~'.

I had to stay calm and breath through this.

I knew that~~ow~~ Source says: *'You are worthy, you are loved, by me. I am here. The fact that you are alive means you are worth everything.'*

Life ~~In life it~~ is all about this choice:

Ego or Source

We are an extension of Source (energy). Source is focused *i n* you and *t h r o u g h* you. We are an extension of love. We *ARE* love. Every moment of the day, look through ~~—~~the eyes of love~~;,~~ in other words through the eyes of Source.

Make *that* choice.

Your ego likes ~~to have this~~ negative talk.~~,~~ I~~i~~t enjoys~~likes~~ ~~to~~ putting you down ~~in life~~.

'Breath in…~~..~~breath out…~~.~~feel your feet on the ground, Leslie (I was telling myself). ~~)~~ *I~~i~~t is not about you…choose Source…* ~~….~~*choose Source…~~.~~'*.

So I focused on the good stuff and didn't let the negative self-~~-~~talk get to me. This talk was based on make belief~~ef~~. ~~anyway, right?~~
Left-overs from the past. Left-overs; no meals anymore….~~..~~

So, instead of feeling sad I focused on the journey I had taken ~~took~~ so well by myself. On~~About~~ the safe trip I had experienced. On~~About~~ the transportation which was going to bring me to my hotel.
About the nice people helping me find the way around the airport.

Within an hour I arrived in my beautiful hotel room. I grabbed a quick bite to eat and decided to get some rest~~o to sleep~~.

~~I grabbed a quick bite to eat and decided to go to sleep.~~

Just before I fell asleep, I got a text message.
It was 'P': ~~….texting me~~ she was so sorry she hadn't picked me up at the airport~~to have not been able to pick me up at the airport~~. This message appeared to have been sent earlier on, so I guess it must have been delayed. ~~(I received the message very delayed).~~
She had been confused about my time of arrival.
~~She thought I would arrive at a different hour. But this was the hour I had the connecting flight to San Fransisco. She had mixed up the time….~~

I am glad I choose Source. See, ~~;~~ everything always works out for me ~~….~~(and for you).

We decided to meet the next morning. ~~; I was excited about it!~~
~~It was still Wednesday…..time to snore…~~
Source hears no evil sees no evil

We are an extension of~~from~~ Source Energy.
We are one with this Source, yes, indeed on earth.
One in Spirit I am. It is the body which *seems* to be the device which detaches us from Source. The truth is that the soul has a body and not the other way around.
We are not separated.
We human *created* a separation *in the mind*.
~~This creation is called EGO.~~
~~Ego doesn't serve us, at all.~~

Ego is the worst invention in human history

'God individualized Himself in an infinite number of distinct focal points of consciousness, each one quite different; and therefore each one is a distinct way of knowing the Universe, each a distinct experience'
-Emmet Fox in *T~~t~~he Sermon on the Mount~~'.~~*

So he created infinite kinds of consciousness through people, with each person having their own special plan for them to have a joyous life on earth. ~~with infinite kinds of plans for them to have a great and joyous life on earth.~~
We were ~~-~~created with a free will. Too bad humans so often ~~people~~ chooses to use their ~~his or her~~ free will in ~~a~~ negative ways.

Commented [SL228]: You've already said this several times elsewhere.

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As you know, I have used my free will in many negative ways in the past. ~~I have done so in the past.~~ Now, however, ~~You are witnessing I am working on creating my new, old being back.~~
~~I am closing my own account,~~ I am in tune with the ~~counting on the~~ Universe. I am counting on its flowing *through* me by way of ideas, hunches, goosebumps, intuition and signs.

We have our ears, eyes, nose, taste buds, and fingers to receive information from the Universe, and we use our body as a vehicle to take action accordingly.
~~so and use our body as a vehicle or device to be able to take action upon it.~~

Like the example of seeing the sign of the automobile's license plate which 'told' me to go to Burlingame.

Let us check out why the ego is not our friend: ~~we better not like our own invention:~~

Ego	**v s**	**Source**
Absence of love		**Only love**
Force input by others		**Force within**
Make belief		**Real**
Temporary		**Eternal**
Can feel bad		**Only feels good**
Doubt		**Secure**
Fear		**Joy**
Changeable		**unchangeable**
Fake you		**Our true self**
Self-criticism		**Sself-love**
Man-made		**God made**
Brain		**Gut-feeling**
Image you have of yourself		**God's image**
Mask		**Un-mask**
Worth depends on external things		**Birth makes worth**

Action	**Allow**
Sin	**Sinless**
Mistakes	**Growth**
Time	**Timelessness**
Seek and ye shall NOT find	**Seek and ye shall find**

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Commented [SL230R229]: I think chart should be re-formatted.

Your ego misleads~~fakes~~ you every day. It tells you to follow others in their beliefs, it tells you there is sin, it tells you to take action on getting stuff so you will finally be happy. It makes you think you will be happy by the having this stuff~~of it~~. It will tell you to jump into a relationship so you will feel better.

It says you will be complete if you marry as soon as possible; best before you reach your 30's.
The fact is; if somebody can complete you it means somebody can *un*-complete you, which is nonsense. ~~non-sense.~~
You are complete as you are, and have been from the moment you were born.

The ego is changeable, yet~~:~~ it doesn't like change. Sounds a bit strange, doesn't it?
It loves familiarity and is threatened by change; change in your attitudes and opinions~~your change~~, changes in ~~of~~ your perception. It is scared you might choose something which *will* serve you. All excuses will be made up to define the *known* as preferable to the unknown.

This is why you continue eating unhealthy food~~keep on going buying the candy~~, stay in abusive relationships, keep that job or stay in your 'comfort zone' every day.

It all seems safe (for now). Ego has created a world (the world ~~actually~~ doesn't actually exist) in which

you think that to predict is to be safe! I have always said as long as I can remember: ~~;~~ '*when~~if~~ men predict, ~~s~~ God laughs up His sleeve'.*
I have changed that idea, however.
I have come to know that *God, or inner being or higher self or soul,* doesn't ~~at all~~ acknowledge 'bad' or 'sin'. 'They' are totally unaware of it!!!

We have to return to our Source. Be like little kids and do what makes us feel joyful. ~~with our guidance. Let us do whatever feels good.~~
~~Like the little kid of my hairdresser Ania. Ania told me something 'nasty' happened. Ania was about to freak out but the little one just laughed and laughed. Eventually Ania decided that laughing indeed was the greatest reaction. So they had the best laugh together.~~

The ego delays happiness whenever the opportunity to experience it presents itself. ~~postpones happiness every time it will come around the corner.~~ It leads us to believe there is always some type of change needed before we are able to relax and be joyful.
~~According to the ego there is always some change needed that must take place before we can be happy, relaxed or chilled.~~ First we, (especially women?) have to clean off the table, get the dishes done and dust before we can sit and enjoy a cup of coffee in our beautiful backyard.
~~First we, (especially women?) have to clean off the table, get the dishes done and dust before we can sit and enjoy a cup of coffee in our beautiful backyard. Oh, and yes we better not have that cookie with the coffee because the husband needs to lose weight.~~

Do not misunderstand, though. We still need the ego. It is not evil, and you should not discard it. Why? Because while it makes a lousy master, it can be a

terrific servant! ~~But: do not misunderstand THE ego! We need it.~~
~~It is not evil do not discard it. The ego makes a lousy master but a terrific servant!!!~~

Do not allow the ego ~~However is is not invented~~ to make big decisions in your life. Your higher mind/self is there to serve you in this area. So allow the higher mind/self to do its work, and then take action. While it's true that the ego it true for action to take place, you need to be the ego's master! ~~For the action the ego is necessary.~~
~~Be your ego's master! Let the ego not master you.~~
~~Guide your ego to choose.~~

'"The moment you become aware of the ego in you, it is strictly speaking no longer the ego, but just an old, conditioned mind pattern. Ego implies unawareness. .
Awareness and ego cannot coexist'".
-Eckhart Tolle

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Commented [SL231]: I changed to single quotation marks because that's what you used elsewhere in the manuscript.

Timing is on your side.

Ego tells us to look into the future instead of the now.
But ~~:~~ every decision we make is in the now. Not in the future. The future doesn't exist, ~~exist~~ because every moment is now. The so-called future is but a collection of many, many, many ~~many~~ nows. The ego wants to escape the present, hence its flight. This is why~~Hence~~ we desperately have the urge to plan and take action to ensure our secureness in the 'future'.

~~-Proverbs 16:9~~
The heart of man plans his way but the Lord establishes his steps.
-Proverbs 16:9

Be secure in the now by realizing that you are safe in this moment. ~~you are safe~~. The next moment is not yet here.

Ego tells us that *time* exists. This isn't true either.

Einstein concluded in his later years that the past, present and the future all exist simultaneously. Einstein proved that time is relative, not absolute, like Newton said. Einstein's own Relativity Theory let him to reject time. ~~The majority of physicists didn't give up on their own beliefs of time; it exists.~~

Another highly recognized American physicist, Richard Phillips Feynman (May 11, 1918 – February 15, 1988), described *time* as being simply a direction in space.

We all know that a belief is just a thought you keep thinking….

~~……~~

~~Another highly recognized American physicist, Richard Phillips Feynman (May 11, 1918 – February 15, 1988), described *time* being simply as a direction in space.~~

We invented time to be able to stick to our earthly agenda. But t~~T~~he heart doesn't want to be rushed. ~~The heart doesn't want to be rushed.~~ It will respond one day by telling you! ….it will slow down…..
Time tends to separate us from ourselves. The worst time is the dead line :-)) Being in a hurry ~~or to make haste~~ doesn't contribute to you living your most joyful state.

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Commented [SL233]: Meaning unclear.

~~-Colossians 3:2~~
Set your minds on things that are above, not on things that are on earth.
-Colossians 3:2

'Timing' is the word we should acknowledge. Timing is the regulation of occurrence, pace, or coordination to achieve a desired effect, as in music, sports, work and so on. Set your mind on Divine Timing!

The Universe is famous for its Divine timing. ~~;~~

'A~~a~~nd it shall come to pass, that before they call, I will answer and while they are yet speaking, I will hear.' (Excerpt from the Bible).

Commented [SL234]: Provide citation.

This~~Which~~ means that our prayers are heard; your wish will be~~is~~ granted.~~,~~ T~~t~~he timing will be at its best but you must be patient. ~~it needs time.~~

During our time on earth, we are obliged to act within the constraints of time in many instances. For example, there are certain times in which we must work, take part in sports, walk the dog, iron, do the laundry, and wash the dishes. But let us ~~Time is however, according to the ego, present on earth. So let us~~ ***use*** this time ~~then~~ to also~~only to~~ express love with whatever we do. ~~; work, sports, walking the dogs, ironing, doing the laundry and dishes; you name it.~~

Make sure to use time to: ~~***Use 'the' time to:***~~ get up early so you don't have to rush to work. Take time to listen to the birds outside. Take time for a llllong shower and be in the present moment while scrubbing and *feeling* your ~~your skin and feel that~~ skin. Take time to listen. Take time to express.

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~~Take time to listen. Take time to express.~~

Emotions are manifestations.

Negative~~Your~~ emotions are the manifestations of having chosen ~~-~~e~~E~~go instead of Source.

When you use your free will to choose Source, or love or God, your emotions can only be those~~at~~ of love and joy and happiness.

This doesn't ~~It absolutely doesn't~~ mean you are not allowed to experience grief or sadness or ~~or~~ other 'low-vibe' feelings. These feelings only~~But they~~ tell you how far you ~~off you~~ are from~~of~~ Source. Live through the negative emotions but~~it but…..~~ sense 'where you are'.

Emotions belonging below the line drawn in drawing 10 tell you that you are separated from yourself (yourself being the 'all that you are' circling around you) (~~,~~ see drawing 9).

Shift back as soon as possible so your cells can heal. Know that your life is bigger than your experiences!!

~~Know that your life is bigger than your experiences!!~~

Holiness created me whole
Kindness created me kind
Helpfulness created me helpful
Perfection created me perfect

Love, which created me, is what I am.
-ACIM A Course i~~I~~n Miracles

Instead of letting your ego rule, ~~—~~seek and find and affirm the evidence of~~for~~ your 'innocence'.
You are 'innocent' of guilt and shame and worthlessness because you created this flawed premise yourself!

Many people have become addicted to seeking and finding proof of their guilt, weakness, shame, worthlessness and so on.
~~Because tons of people complain about 'this or the other'.~~

This used to be me.
~~Just like me.~~ I would wake up in the past and immediately return to the bad thoughts of yesterday. In a split second I would run across my negativethoughtcentreer and ~~really~~ remember the negativity of the day before even more intensely. The~~,~~ ‘*what ~~again~~ was wrong yesterday again?~~,~~ Oh yes…’.
Have ~~any one of~~ you ever experienced this?

It turns out that people in many cases *seek* to experience self-pity, pain, humiliation, victimhood, and putting themselves down. Why? ~~They even stay in abusive marriages or choose to return to mean siblings~~

~~Why?~~

There is a biological explanation!

Negative emotions and pain activate the reward centreers of the brain, which causess an ***un***conscious addiction to those negative emotions and pain!!

The same area of the brain that seeks out pleasure also seeks pain.

Feelings of~~;~~ self-pity, anger, hate, and so on ~~and more named above~~ seem to activate beta-endorphin and dopamine pathways.

Chronic jaw pain (~~!~~essential for dentists to recognize and acknowledge) and~~or~~ painful thoughts activate these pathways just like addictive drugs do.

Cocaine, meth, crack and heroine, and cigarettes ~~or the simple cigaret smoking~~ cause a joyous vicious circle in the pleasure centresers of the brain because they activate the beta--endorphins. ~~and self pity is joyful too?~~

Negative emotions have negative effect on the cells (remember Emoto?); they release cortisol and mediates dopamine release. But why are beta-endorphins released? After all, these are the 'feeling good/runner's high' chemicals.

Commented [SL235]: I don't think I remember this, so I don't think other readers will. Maybe remind us, explaining that it is an example.

~~But why the real ease of beta-endorphins? These are the 'feeling good/runner's high' chemicals.~~

Well, the beta-endorphins are also powerful painkillers (analgesics). You are in a high state of being; you won't feel pain until you have finished that ten--mile run with huge blisters or have done the 100--mile bike ride with a more than sore butt. When you are home you suddenly hurt everywhere.

We engineer our own suffering!

For heaven's sake, get out of the dungeon!!~~.~~
Stop the game of blame, guilt and self--pity;
instead, accept your own responsibility, correct your 'mistakes' and turn grief into soul accomplishments.

You need to~~It means you have to~~ start your own NA (negativity anonymous) to get rid of your addiction.
Ask yourself, for instance:~~;~~

- ~~————~~Is it hard for me to be around happy people?

- ~~————~~Do I feel comfortable around people with drama?
- ~~————~~Do you find yourself becoming suddenly angry, ~~suddenly~~ especially when all goes well?

For me there were three~~3~~ y~~Y~~es's. I was able to turn them into three~~3~~ n~~N~~o's.

The Miracle.

Thursday……I was so happy to meet 'P'—. ~~. The friendship arosen between us from my au-pair years in their home on is really wonderful.~~ She picked me up from the hotel. I was sure to bring them the typical Dutch treat: 'stroopwafels'. Cookies with molasses. About 120 of them because the whole family was~~is~~ in

desperate need offor this treat. ~~Of course Dutch chocolate was hidden in my suitcase also.~~

Off we drove to her house, just outside the centreer of Burlingame. I couldn't believe that ~~indeed~~ I was really here.
Pinch me….~~…..~~

We sat at the kitchen table~~,~~ and had coffee and fresh fruit; delicious. Her house felt ~~For me her house feels~~ like mine. I wasam home….

I had seen 'P' a couple of times since 1986~~,~~ ~~luckily.~~ ~~!~~ Once they had asked me to come back and babysit ~~baby sit~~ while they went on a cruise~~were going to make a cruise~~. Like a fairy tale, indeed,~~,~~ being invited ~~from the Netherlands to come~~ to New York (they moved to California approximately 20-25 years ago)to babysit!
~~to come baby sit!~~

I had visited them in 2008 with my husband and my three kids, which was absolutely fabulous. Can you imagine? **My** kids playing with the kids of her eldest son? (He was 11 when I left in 1986).
Four years later I was back, on my own.

Back to the present visit. 'P'~~She~~ was eager to know about my life ~~of course~~ and how I wasam ~~doing with running~~ my dental office. She knew I had started my own office, as I'd ~~had~~ told her that in 2008.

I took a sip of my coffee and fired off….

As you know, words are energy. Mind your words. Use only high vibrational oneswords. As you know, you needwant to tell the story like you *want* it *to be*, not *like it is* and for sure not at all *how it w a s*.

Keep the vibe high!!

That's indeed what I did.

I choose not to ~~to~~ tell her what I had 'been through', the law suit, the lack of money, the hostility~~e approach~~ of my former colleague, the pains, the self-~~-~~pity and my role as a victim. After all I had been out-~~-~~trained~~ed~~ myself of those thoughts since 2010.

Anyway, I no loner it was appropriate to think of my experiences as something I had 'been through'. They were a gift. ~~I didn't see it anymore at all as 'having been through' is was a gift.~~ I wouldn't have grown the way I have~~this way~~ if I hadn't experienced them~~it~~. My colleague's hostility ~~The hostile approach~~ was only a sign my that she~~colleague~~ was not at all aligned ~~at all~~. ~~I wish her alignment; she would feel so much better. About victimhood….what was I talking about?~~

At some points in the conversation, I did feel a little bit ~~however I was still a bit~~ wobbly. I made it through, though. ~~(self love and money) but had improved by 90%!~~

'My practice is thriving.~~,~~ I am doing so well. I have lovely assistants; we are a great team', I told ~~was telling~~ her. *'I had such a great team who built my office; it looks terrific'.*~~.~~

On ~~the~~ questions regarding my former colleague, I had to answer that I really didn't know how she was doing. I only said ~~The only thing I told her~~ that I had to face her in court.

'The kids are terrific, Keij is 13, Max is 10 and Eef is now 8 years old. They are my sunshines. Sjaak is doing well also.'

When the conversation turned to finances, ~~On the question about finances~~ I told her I was doing ok. Why 'ok' instead of 'wonderful'? It was too much of an emotional leap to go from terrible to terrific, but 'ok' was manageable.
~~(from actually doing terrible because of the huge debt to saying 'OK' was a big leap. I couldn't say 'terrific' that was too big a leap in emotion).~~ I said, *' I am doing ok; I would love to go on vacation again with the kids one day* (wobble)…' .~~……..'~~

Then it happened….~~……..~~

She raised her hand and ~~she~~ said: *'STOP, STOP!~~…~~'.*
I stopped talking.

'I w a n t to help you', she said.

'What do you mean?', I said. *'Well, I want to help you financially…!'* she said.

I was absolutely shocked. Stunned. Flabbergasted. I dropped my head in my hands. ~~My stomach turned around because i~~In a split second, I realized her saying~~mentioning~~ this to me was~~that~~

~~this was~~ the work of the Universe!!~~!!!~~

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Through her I was going to receive money to pay off my debt! Hadn't I written down *'at the end of the year, all my bills will be paid'* (photo 3)? Did I not ask myself *'how?'*.

P said, ~~,~~ '~~W~~well, I may~~might~~ not be the Universe but I will help you'.

The Universe works through people like it was now worki~~nged~~ through P.

This was a reward from the Universe/God/inner being/Jezus~~/~~ for finally allowing myself to love myself, to stop criticizing myself, to accept help from others, and most of all: ***findi~~ng~~ myself worthy***.

Commented [SL236]: Did you intend for this spelling?

My choice to realize that because I am alive I am worthy had resulted in this manifestation of money.
~~My allowing to realize that because I live therefore I am worthy now showed this manifestation of, in this case, money.~~

...that you would walk worthy of God who calls you into His own Kingdom and glory.
-1 Thessalonians 2:12.

How can you walk worthy if you are not worthy? You can't!!! But He wants you to walk worthy, so what is going on?~~.~~ What are we doing to ourselves? What have I done to myself? You and I are worthy, but you must also make the choice to see yourself that way.
~~have a choice: see yourself that way and indeed walk that way.~~
~~Or not.~~

As a man thinketh, so he is.
-Proverbs 23:7

You all know that I have shifted my thinking.

It became clear to me that because I had followed all the signs, intuition, gut feelings and the advic~~s~~e of

Berna, I was now receivinged money I couldn't have earned my office in months

Thank you, Universe. Thank you, Universe.
Thank you P. Thank you P.
She asked me how much ~~in~~ debt I had~~I was~~; I couldn't tell her at first.~~,~~ I was too embarrassed, afraid she would think I was terrible at handling money. ~~as if I was terrible in handling money.~~

Later on, of course, I had to tell her. She was proud of me for being such a strong woman and getting through such difficult circumstances. ~~of being such a strong woman going through all of this.~~

Worth-y.

Many people define self-worth as a feeling of worth based on their skills, accomplishments, status, financial resources or even appearance.
This kind of self-~~-~~esteem can lead someone to feel independent and prideful and to indulge in self-worship, which minimizes our desire for God/inner being/higher self.
Self-worth~~o it~~ doesn't depend on what we *do* but rather on *who we are; we are* nothing but an extension from Source.

I have never, ever taken pride i~~o~~n my status of being ***a*** 'dentist'.
It is just a profession. I take pride in being able to ~~-~~deliver my service and love to you.

Despite the fact that I (like many dentists) receive critical comments from clients, I love to be able to help you in the best, most loving way I can.
Critical comments ranging from:~~:~~ *' Yes, of course you go on vacation…you are a dentist',~~;~~ 'You only work four days a week? Y~~of course! y~~ou earn a lot of money'; '~~-~~You can do what you want because you are your own boss',* to even children saying *'I want to become a dentist because then I will~~can~~ earn a lot of money'. ~~' to grown ups telling me how much time I should take to do a certain kind of treatment because their employer needs them back at work.~~*

Society often seems to leave no place for humanity. However, I am not playing *that* game.

I have mostly outgrown or out-~~-~~trained the experience of such~~the~~ negative comments ~~for a huge part~~. In talking with colleagues about this subject, I have

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learned many, many doctors suffer from #*whatclientthinkitis.*

Fear of what people think about us and being overly concerned about~~for~~ the opinion of others can be a reflection of obsession with self. Your self-~~-~~worth can go down the drain when you~~we~~ believe *'other'* people.

The Bible/higher self ~~/….~~says we are not to be worried about the opinions of men, not to fear what men think about us or even what they say about us ~~(with us I now mean everybody)~~ if we're doing what we know is right.

In fact, 2 Timothy 3:12 says: ~~;~~ if we are striving to live godly lives, we can expect not to be liked!

This makes ssssso much sense to me.

Dent-art-ist.

Like I mentioned before: you are not your profession.

Sometimes a profession can distract your focus off of your 'be-ing' though.

In dentistry, it can be quite a challenge to stay focused on one's self-love, self-esteem, worthiness, and equality. ~~the challenge can really be high to stay focused on your self love, self esteem, worthiness and equality.~~

There is a lot of stress in this field~~Dentistry, in the patient as well as the dentist.~~ Apparently, dentists have an alarmingly high incidence of cardiovascular disease, hypertension, colitis, lower back pain, eye strain and mental depression~~ show up in dentists~~. A Dutch dentist even chopped one of his fingers to get money from the insurance company (the case was investigated by the police and insurance police; he was found guilty of attempting fraud). ~~;~~ Why did he do this? H~~h~~e felt he couldn't handle the stress anymore.

WHY? Why is our profession so prone to these problems?

The fact that being a dentist can involve a high level of stress ~~can mean having a stressful career~~ is being shown by data gathered by Steven Stack, professor State University in the USA.

He made a list of the 13 ~~-~~most suicidal jobs. ~~,~~ C~~e~~heck it out: ~~;~~

1. **D~~The d~~entist**
2. Musician~~s~~
3. Actor~~s~~

4. Dancers
5. Authors
6. Photographers
7. Artist, sculptors and painters
8. Carpenters
9. Doctors
10. Performers
11. Mathematicians and scientists
12. Skilled manual labourers and machinists
13. Semi- and unskilled manual labourers

Dentists are 5.45 times more likely to commit suicide than the average of other professionals and workers. ~~the average job attendant.~~ Doctors' rate is 1.94. The other professionals in this list are between 3.60-1.46 times more likely to commit this act than the average.

Why is the dentist at number one? (I don't need a trophy, thank you. I was acquainted with a colleague who killed himself).
Because of the: ~~;~~

- Stress of perfection
- Economic pressure
- Time pressure
- Treatment frustration
- Patient anxiety
- Dentists's personality
- No exercise

Stress of perfection:~~;~~
W~~Indeed~~ e want everything we do as dentists to be perfect. Unfortunately, though, ~~every kind of restoration, dental hygiene act, advise or you name it we want it to be perfect.~~
~~The point is however,~~ this cannot always be.

Example: saliva gathering around a difficult place to reach in the mouth when the patient will only open it like half an inch is difficult. ~~a mouth from an owner who keeps it open like half an inch is tough.~~ The same patient~~owner~~ complaining he is drowning makes it even tougher.

Making~~Having made~~ a perfect restoration doesn't mean it will stay~~stays~~ perfect on its own. ~~t….~~T~~t~~he owner has to keep it clean.
Not keeping it clean and showing up two years later might mean we have to do it all over, ~~.~~
~~W~~which means more stress because the restoration probably reaches below the gums now….~~.~~

Economic pressure:~~:~~
In the Netherlands, our dental rates (and thus our fees) are fixed by the government. They decide how high our incomes can go. ~~the heights of our income.~~
We get paid~~yed~~ by the procedure. Last year our pay was ~~we were~~ cut ~~down~~ by 5%! The costs, ~~however~~however, keep ~~are~~ rising and rising.
Keep your chin up, dear dentist.
~~You better start a different business when it comes to earning money.~~
Another problem is that of trying to close a practice for a two or three-week vacation. ~~An other point is how to close a practice for a two-three week vacation?~~ No office hours means ~~-~~no income. There's also n~~N~~o time to be sick. It costs money. The insurance rates are huge.

Time pressure:~~:~~
Don't get behind schedule. Patients are generally very intolerant of delays. ~~Clients tend to have~~ no ~~patience to wait.~~ Catching up your time usually means no lunch.

Once a client said to me:~~;~~ *'you often run late, but when I am in your chair you always take the time for me no matter what'*. That is true…~~..~~just ignore my growling stomach! ~~no matter my stomach.~~

Compromise treatment frustration:~~;~~
Sometimes/often ~~—~~we have to do a treatment that isn't the best solution for the patient~~being not the best solution for the client~~. He or she doesn't have the money to have the best option available. Or he or she for whatever reason simply chooses an option that is not the best possible one. ~~He or she just doesn't want any kind of option; the tooth has to be pulled out despite the money they have.~~ Often, people choose the lowest insurance possible but expect me to give them the best available treatment.
~~Otherwise; people take the lowest insurance possible but expect from me to give them the best treatment available.~~
This is stressful for~~to~~ us, believe me.

Patient anxiety:~~;~~
There is evidence that dentists experience patterns of physiological stress responses (increased heart rate, high blood pressure, sweating, and so on~~—etc~~) while performing procedures, and that ~~. T~~these are related to the response of the patient~~client~~. So true!!!
Sometimes the client jumps because he/she is so stressed and we jump with them. We really have to recover a few seconds from this before proceeding ~~together~~.
Some noises and even words even evoke the patients fear and anxiety. I am very careful in the language I use, day in and day out.

~~Words!!! can evoke stress responses in patients. So I am more than careful in the language I use….day in day out….~~
Sometimes sweat ~~About the sweat; indeed…sometimes it~~ runs from between my shoulder blades right into my pants. When the client leaves I ~~really~~ have to go get a towel.

Despite ~~all~~ my effort~~sactions~~ to alleviate your ~~take your~~ anxiety~~stres~~, ~~s away~~ many~~a lot~~ of you keep on stressing. You tend to continue ~~o keep on~~ blaming the school dentist from 40 years ago,~~.~~ ~~Being~~ a big guy with huge hands, no gloves, big glasses, no operation mask and assistants even worse ~~being worse~~ than the he is,~~dentist~~ in a camper you still might feel tempted to~~wanna~~ set on fire.

I am a friendly and cheerful~~sportive~~ woman with small gloved hands, wearing a colourful mouth mask in a gorgeous office,~~surrounding~~ working with assistants well-worth hugging.

Dentist~~s~~'s personality:~~:~~
This is a biggie!!

Compulsive attention to detail…~~s…..~~extreme conscientiousness……~~..~~careful control of emotions (!!)…~~.~~unrealistic expectations of herself.
Oops!~~s….~~ I plead guilty. …

I must control my emotions when I am doing procedures, so my patients will not perceive them and possibly become anxious. ~~Controlling my emotions is indeed also an everyday exercise in the sense that I do not show them while doing the procedures.~~ It's like being an airline attendant: you can't show your anxiety about high turbulence to the passengers!

~~It is like checking the stewardess on an airplane flying with high turbulence; they are not going to show any emotions.~~
~~You can follow me with your eyes (I can see that out of the corner of my eyes) trying to catch a glimpse of the horror movie of which I will let you be the main character. I will act like that stewardess for sure!~~
While necessary, hiding my emotions in this way is very stressful. ~~It is not a healthy habit from me; that's for sure!!!~~ Sometimes I ask patients to close their eyes because I'm afraid they might see some anxiety in my expression.
~~Sometimes I will ask you to close your eyes because they are too anxious looking for me.~~ Trust me I will inform you about what I am doing. I always describe every step of my procedure.

No exercise~~:~~:
This one I am not 'guilty' of! I work out four~~4~~ times a week. I stretch
~~Stretching~~ connective tissues and work~~ing~~ on endurance and power with the muscles. On the weekends when the weather is pleasant, I add in h~~H~~iking and bicycling. ~~biking I will add in the weekends when the weather seems to be ok. I live in Holland, remember?~~

We dentists are very confined to a space; the room we work in is small, ~~(little square feet)~~ and the area we work in (your mouth) is significantly smaller! ~~(little square inches).~~ Meticulous work in s~~S~~mall, restricted places, ~~, meticulous work~~ in a static posture, often leads to back problems and circulatory disorders.

How do I deal with all these causes of stress for dentists? The most important things I do are: ~~I have taken on a lot of the problems above by;~~

remembering who I really am
aligning with source
rediscovering mythe love for myself
rediscovering –my self--worth.

In the next chapter, **Office Spirit**, I will describe a challenging n–office encounter and . In this chapter I detail will show the emotional/vibrational reaction.
You'll see how I deliberately chose Source over Ego.
can read about what is going on in my mind and what used to go on in my mind while in the office.
Read how I deliberately choose Source over Ego.

Office Spirit #1.

I usually start my appointments at 9am on Thursdays.Thursday morning, as a result of a habit in the past I usually start at 09.00 a.m.

~~Hence~~ I was therefore surprised to see a car parked in front of the office at 8:20. ~~08.20 a.m.~~ Pretty early for a client to show up but I imagined they must have had their reasons. ~~it surely has its reason~~. We have coffee and up-to-date magazines so be my guest, I thought. ~~.~~

When I entered the waiting room, I found there was no one there. ~~entering my waiting room it showed no one there.~~

'He went for a walk', Jose said. *'Ok…who is?'* I asked. *'The first client of today'*, Jose replied. It turned out that he had thought his appointment was at 8:30 rather than 9. ~~*'All right….well he is early today', I commented.'Yes, he thought his appointment was at 08.30 a.m.*~~ *But I was~~am~~ convinced I'd said nine o'clock on the phone when he called to book the appointment. ~~for an appointment because we start at nine on Thursdays'~~*.

Well, usually we are right concerning the appointment times, ~~of appointment~~ but once in a while we do make a mistake ~~on that~~. We are human, too.
~~Jose usually repeats the time three times when on the phone.~~

At 08.40 am, ~~.m.~~ he came back from his walk.

Now in the past I would have thought, *'let me get him into my office because **I** ~~made~~ made that mistake. M~~m~~ost likely, he will be mad at me so I'd better start the appointment now'. ~~go and let h I m not get that upset~~*'. Hear my ego talking?

I choose love. I choose love instead of fear since fear is a lower--fragmented energy.

I choose the only useful purpose of my body: to~~,~~ be a communication device through which I extend love.
Love is the only reality.
All the rest is made up!

I finished some administration, and then at 9 I invited Mr. J. into my office. ~~and now it was 09.00 a.m. Time to invite Mr. J. into my office.~~

He stood up from his chair with such a force that the seat was almost thrown against the wall. While ranting and raving, he grasped his jacket from the table and without shaking my hand ~~he~~ rushed into my office. He sat down in my dental chair.

~~He sat down in my dental chair and I decided to focus on his good.~~
I was in a higher vibrational state than he was, obviously, so I wanted him with me 'up here' ~~_~~ and certainly not the other way around.

So I skipped the usual first question, 'how are you?". Instead, I immediately starting focusing on ~~So the usual question; '*how are you*?' I for sure skipped!~~ the fact that J. also comes from the loving Source and had just picked up a lot of noise during his years, some of which he was projecting on me.

~~So I focused on the fact that J. also comes from this loving Source and had picked up a lot of noise during his years and is projecting some on me today.~~

I complimented him on~~made lovely comments about~~ the way he looked~~s~~ (to help ~~let~~ him raise his vibe…~~.~~).
He totally ignored it.

Commented [SL238]: What did you specifically compliment him on?

I decided that *his* actions could *not* determine my experience.

I went on doing my work, ~~;~~ focusing on his teeth and doing my affirmations: *'All is well', 'If it isn't mine, I don't want it', 'God is the only power and that power is within me',* over and over again. My vibe was~~is~~ getting higher.

The game started for me.
I asked him about his daughters.
He kind of lit up but answered politely, not enthusiastically. ~~willingly.~~

I went on with the check-~~-~~up.
I went on with my affirmations.

He had two cavities and calculus. I asked politely whether I should fix that for him now.
'Yes, please', was his answer.
'My pleasure', I said. *'I am happy to do this for you.~~,~~ I will remove the calculus for you also so you don't have to come back'.*

So we went on and completed the procedures.

My focusing and my treatment lasted 45 minutes. I kept on being polite and very friendly.

He suddenly said:~~;~~ *'thank you very much for ~~me~~ helping me today. I'm h~~H~~appy you were able to do both fillings'.*
'Thank you for always helping me so nicely'.

My game had succeeded; I had been ~~was~~ able to raise him up and make him leave the office happy instead of grumpy.

~~It might be a futile situation to you, reading this.~~ As you know, I have always had a lot of difficulty in being around grumpy people. It may be that you don't have this problem. Everybody starts exercising from a different level. I thought I would share my experience with you though, just in case. ~~It might be you wouldn't have a problem at all with people around you being grumpy. I have always picked up those feelings so to me it was huge. Everybody starts exercising from a different level.~~

Survival guide for the dentist.

It is very ~~very~~ easy to get overwhelmed at~~in~~ the office. Questions, tasks, accusations, clients, personnel, money, government rules, expectations, time, choices, demands~~;~~ all ingredients to bake an overheated dentist.

Survival guide for the dentist:

- **Show gratitude**
- **Write~~!!~~ d~~D~~own what you *want* to happen**
- **Write~~!!~~ d~~D~~own what you *want* to feel**
- **Breathe and feel your lungs inflate**
- **Meditation during medication**

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1) Show gratitude every day, ~~. W~~whether you are the owner of the office or not.

One day a long time ago, ~~–~~you cho~~o~~se to study dentistry. I hope you remember why. Be thankful for that. Say it out loud!! (If you don't want anybody to hear you, yell it when everybody has left the office or hasn't come in yet).

~~I hope you remember why. Be thankful for that.~~
~~Say it out loud!! (If you don't want anybody to hear that, yell it when everybody has left the office or hasn't come in yet).~~

Say (for instance):
'thank you so much for giving me the opportunity to express my love for teeth'
'thank you so much for this office ~~-~~space'
'thank you so much for the all-~~-~~day-~~-~~long ringing phone; it means clients are interested'
'thank you for my assistants; we are a team'
'thank you for my paperwork;~~ works~~ it means I have a job'
'thank you for this beautiful dental chair'
'thank you for my beautiful instruments'
~~'Etc'~~

P~~p~~rescription for the dentist:

*Andrea add jpg "prescription dentist"#34

2) Write down (for instance):
'I want to make a beautiful restoration'
'I want to look through the eyes of love'
'I want to relieve this client from his pain'
'I want to see my assistants as my co-owners'
'I want to experience my client as my compliment'
'I want this encounter to be a miracle'
~~'Etc'~~

3) Write down (for instance):
'I want to feel excited in my work'
'I want to feel divinely guided'
'I want to feel confident in talking to clients'

‘I want to feel connected to the client’
‘I want to feel connected to Source”
‘I want to express my ‘self’’ ’
‘Etc’

4) Breathe!
I found that I was holding my breath during many dental procedures! With a lot of dental procedures I found out I was holding my breath! When giving anesthetics, when pulling a tooth, when imagining a procedure might hurt….
.
It seemed like I wanted to take over your pain.

Breathing stops way too often.
Please start being aware of your breathing pattern!
If you’re like many of us, you’ll probably discover that you don’t breathe properly. Once you finally start paying attention whether you breathe properly you will find out you *don’t! breathe* properly.

Not breathing properly No good breathing means less oxygen in your blood than needed, and less oxygen for the muscles, which; they will cramp.
We dentists usually sit statically or are bent over most of the day.
Our posture is; ‘bent-over’ most of the day. Imagine the effect of this being made worse by failing to get enough oxygen. lungs behind compressed and muscles being deprived of a good blood flow.

5) Meditation during medication
To keep your mind off of worrisomey some, unwanted and discouraging thoughts,; you needwant to block all negative thoughts and you want to focus on reach the the ones that bring you joy. best feeling thoughts.

MWM® (meditate while medicate))is the name of my meditation exercise.

With the 'medicate' in dentistry I mean everything that we administer and apply, including when we ~~a l l we apply:~~ giveing anesthetics, applying medication to stop bleeding, applying the filling, giveing the loving tap on your shoulder to ask whether you are ok, and provide ~~as well as giving~~ cleaning instructions.

MWM® (Meditate While Medicate).

Whenever I feel my back hurting, I think I am the luckiest woman on earth!!!
~~(~~One to chew on, right?~~)~~

Because of this:

When I have back pain, I am being reminded of my separation ~~fromwith~~ Source. This might happen when:

- I feel~~lt~~ upset about a filling not being perfect
- I feel~~lt~~ guilty about~~for~~ running late

- I feel~~it~~ harassed by clients insisting on a procedure I don't feel is appropriate
- I feel~~it~~ bad skipping ~~–~~lunch for the 876th time
- I feel~~it~~ sorry for sending the invoice
- I feel~~it~~ overwhelmed with a full waiting room

'Hey you, Source is calling'. 'Well, High, I mean HI!~~,~~ I~~i~~t is Leslie here'.
'Well, Leslie~~–~~, I just called to remind ~~–~~you of the following facts:

- *The filling is fine; the patient~~she~~ can chew with it and the tooth doesn't hurt like it did.*
- *You run late because you l i s t e n e d and took care of the previous client*
- *Clients want things to be fixed which cannot be fixed by YOU; t h e i r mind.*
- *Don't feel bad; make a choice!*
- *You took care of the problem, you pai~~dyed~~ Dental School a lot of money ~~like 50.000euro~~ yourself. You spent more than a lot of time fixing the patient's ~~his~~ problem. You are worth the money you charge~~it~~. With the money you receive, ~~is money~~ you can invest to help out more patients~~clients~~.*

'Ok, thank you for calling!! I tend to forget you sometimes. Whenever I feel my back again I will think of you like I do so many times. But…I am human. My ego tends to distract itself from you. I know I a m the boss of my mind and my thoughts. ~~TWoW; t~~hank you for catching up with me! Bye'. 'Bye now, Leslie!'.

Commented [SL239]: ???

I am happy with these calls!

I have learned to take a few seconds/minutes time out, and ~~.~~ t~~T~~ake care of myself in between appointments.
I l~~L~~ay down on the floor somewhere and meditate (preferably not in the waiting room). I often read uplifting posts o~~r~~f parts of pages of uplifting books. This I told you before.

The other thing I have started is meditation while doing ~~the~~ dental procedures.

I tune into myself, inner being, higher p~~P~~ower, Source, you name it.

While doing~~During~~ a drill and fill, my thoughts include: ~~session this dentist thinks like:~~

'Am I sitting on my butt? Do I feel my butt on this chair completely?….~~.~~
Do my feet feel the floor? The soft shoes I am wearing indeed make this shuffling noise to pr~~o~~ove~~f~~ they are completely ON the floor and not just the toes.~~,~~ I can indeed hear that. Is my back relaxed? Ok, I am fine…I feel fine now….
Wow…amazing how the surface of the hand piece feels, nicely rounded and slightly curved….thank you sharp burr for letting me feel the ease of drilling through this old filling…the filling comes out easily with my great tools…I feel great this client is not in pain…. I am fortunate to be able to carry out this procedure, I am fortunate to feel the trust of my client to have me work in their sacred space,~~,~~ their mouths.~~,~~ M~~m~~y gloves feel perfectly fitted around my fingers…I feel the ease of the patient…. G~~g~~reat how I

love to experience my job as an art….~~I feel the smoothness of the ……..t~~The presence of my assistant feels great……it feels absolutely fantastic to have a great team….~~.~~ I feel fortunate to have these ladies around…. ~~.~~I feel honoured that t h e y feel good to work w i t h me, I feel blessed to be able to do this work….~~I feel honored to have the permission on the clients to work in such a private, personal space.~~ I feel fortunate to be able to feel the patient's ~~ir~~ pulse in their lips so I know whether they are really at ease…~~.~~when they are not at ease I am able to comfort them which feels terrific…..I feel my heart skips a beat when my procedure is done successfully…. I feel satisfied when a filling is not just a filling but again ~~–~~a restoration ……. I feel the ease……..' And so on and so on.
~~so on and so on.~~

We should be taught in d~~D~~ental school about ~~these~~ meditation~~lessons~~, about stress reduction for the dentist.

Usually the excuse people have for not doing meditation is: ~~with meditation is:~~ NO TIME. But it's actually very easy to find time to meditate, as I have demonstrated. How much ease you will gain. It will make you feel terrific. New doors will open for you.

~~It will be very very surprising to you though how easy this is.~~
~~How much ease you will gain. It will make you feel terrific. New doors will open for you.~~

The more ease you have, the more ease your patient~~client~~ has. Remember: everything is energy. The patient can feel you, too!

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~~Remember: everything is energy. The client can feel you too!~~

High energy.

F~~So~~rom day one, being in Burlingame ~~day one~~ was the manifestation of the vibration I had been experiencing for a long time. ~~during a long time.~~ Remember that a~~A~~ccording to the Universe, everything will happen at the right time, at the right moment. Well, it~~that~~ did.

The second day of my stay, ~~next day~~ I got ready to go to the seminar. ~~;~~ ~~Day 1!~~ I was excited. About two hundred people would be there. ~~are joining me.~~

I was early. Then Berna's premonition of my seeing green was realized in the form a huge green screen! ~~the premonition of Berna (remember? the clairvoyant woman I know) showed; a huge green screen.~~ She had also said I would be on stage…. ~~.well surprise me!~~

The seminar was ~~indeed was a~~ practical training in ~~of~~ the theory I had intensely studied for ~~read~~ ~~the last~~ many months. We did a lot of exercises like: hugging each other and giving compliments. This was easy for me but I noticed that many people had difficulty. This made me cry at night.

~~We did a lot of exercises like: hugging each other and making compliments to each other.~~
~~To me it was easy but I noticed that so many people have so much difficulty hugging someone else. In fact it made me cry at night.~~
It is v~~V~~ery tough for many people ~~also is~~ to accept compliments. Often people receive (note that I didn't write *accept*) compliments and then immediately return a compliment themselves. But is this a compliment or a distraction?

~~Often people receive (note; I didn't write *accept*) compliments but immediately return a compliment themselves. Is it a compliment or is it a distraction?~~

For instance, somebody says~~:~~ *'I love your hair! It looks fantastic'*. Often the reply is~~:~~ *'Your hair looks great, too'*.

Usually within a split second this compliment is made after you have received yours. Actually, ~~;~~ you didn't really receive it. It bounced back on you.
Too bad. But hey I know the reason: ~~;~~ you didn't find yourself worthy to ~~even~~ get a compliment or you hate your hair.

See it from a different point of view; the other person really meant the compliment they gave you ~~s it~~.
The other person wanted ~~loves~~ to make you feel good.
Well, ~~—~~how absolutely fantastic is that?

How to receive a compliment: ~~.~~
Whenever somebody pays ~~makes~~ you a compliment, just say:

THANK YOU!

'~~N~~nothing else? ~~,~~ *~~T~~that's it? ~~t~~hat's all?'*, I can hear you think.

Yep! That's it. It might feel strange at first because you want to reply within a split second, a reaction time a table tennis player would envy ~~be jealous of~~. But *train* yourself. Train yourself to only say, *'Thank you'*. This will also make the giver happy. So you are both in on the happiness, ~~Train yourself to only say; 'Thank you'. This will also make the giver happy. So you are both in it.~~
~~T~~the giver as well as the receiver. It is an example of co-creation ~~ng~~.

Most people do not want to be touched by a stranger at all ~~by a stranger~~, never, ever. I once met somebody who really crouched when I touched her shoulder. It was supposed to be just a friendly

gesture, but it scared her. I felt sorry. Not for touching her but the experience it had caused for her. She probably had a lot to deal with from the past.

~~One day I met somebody who really crouched when I touched her shoulder. It was supposed to be just a friendly sign. It scared her. I felt sorry. Not for touching her but the experience it was for her. She probably had a lot to deal with from the past.~~

So a lot of men and women reluctantly executed the speaker's command to hug someone. ~~commands of the speaker.~~ Again, this was no problem for me. Wow, I guess I had reason to be proud already!

~~Again, no problem for me. Wow, I guess I had to be proud already.~~

I got a ~~very~~ huge compliment from~~of~~ a fellow seminar guest on~~at~~ the second day ~~of the seminar~~. He said:~~,~~
'when you enter a room, the whole room lights up! You radiate so much energy!'.
'Thank you so much', I said.

Don't bow for the arrow.

All participants at~~of us, participants from~~ the seminar received an arrow. (After having signed a paper to not sue the speaker in case of an accident).

~~The arrow represented your *fear*.~~
The arrow represented our *fear*. This could ~~Could~~ be, for example ~~anything from~~: 'fear of failing', 'bosses', 'lack of money', 'dogs', 'not being able to pursue my dream', 'no perseverance', 'family', 'fear of being in public', and so on.

Commented [SL240]: Was this exercise going to be potentially dangerous, then?? That's the impression you give in your account.

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In the exercise we were assigned, one person was to hold the arrow with its point facing the 'victim', and the 'victim' was required to 'walk straight through the arrow to break it'. It represented their fear being broken. The 'victim' wore safety goggles and the person holding the arrow wore a glove. ~~The (point of the) arrow was to be pushed just below the sternum by someone else.~~

~~The command; 'walk straight through the arrow to break it'. It represented your fear being broken.~~

~~Wearing safety goggles being the 'victim' and wearing a glove being the pusher of the arrow into the other person's belly, the assignment started.~~

At 3…~~,…..~~2…~~, ……~~1!!!

I took my step forward and indeed the arrow broke, of course! I mean, why not? I had set my mind to it, —so I was going to do it.

~~….~~

No hole was punched in my belly by the arrow, and there was no effect on my sternum at all~~broken in fact~~;. There wasn't even a scratch. All that was left was only to hand my goggles to someone else.

~~not a scratch at all.~~

~~What was left was only to hand my goggles to someone else to perform the act.~~

To my big surprise, however, —there were a lot of people not able to take the step 'through' the arrow.~~this step~~. They were unable to trust themselves and the other person. ~~Take the step of breaking the arrow, in fact trusting themselves and trusting others not to perforate them.~~

To be able to cut through a belief, you have to start to cut through a thought train. It starts with a first step…in your mind…~~..~~in your now.

They couldn't take that step, then, at that moment. They felt too much resistance to pull through. It may~~ight~~ have been way too soon. Hopefully, they were able to do that later in life.

To me, again, it was a piece of cake. Let's have carrot cake; the best on earth, my favourite.

'Everybody back to their seats please', the speaker said~~finished the event~~. It was a~~A~~bout time to have dinner, we knew. But first he needed to evaluate the exercise. He asked us all:
~~He evaluated the exercise. He asked us all:~~
'Who succeeded in breaking the arrow?'
I reluctantly raised my hand to admit I did.

'Who thought it was a piece of cake?'
I now suddenly doubted whether I should ~~(….) to~~ raise my hand. The assignment was incredibly easy. I was not going to raise my hand, I decided. No showing off on this one. It was way too easy, come on!! I did not ~~at all~~ deserve *any* credit.
A lot of people raised their hands. Fewer~~Less~~ than had followed at the first question, though. ~~question before though.~~

Then we were surprised by an outburst from the speaker~~ the outburst of the speaker followed~~:
'So, you think it was easy, huh? You thought, what a piece of cake! A real waste of time, right?~~.~~ But NO, NO, NO it was NOT!!!!' (he slapped his hand so hard against the flip over that ~~to emphasize his words~~ I thought he must have broken~~was going to break~~ his fingers). *'That wasn't an easy exercise at all! ~~Not~~*

Commented [SL241]: Is there a better term for this?

~~at all was it an easy exercise.~~ You get all the credit for it.~~,~~ Yyou walked right into that sharp point of anthe arrow and think it was nothing???~~???.~~ You were all required to identify a long-standing fear that you needed to address. ~~In this seminar you made clear what your fear was which you have dealt with a long time.~~ You wrotewere ~~able to write~~ it down and took the leap of faith that everything would ~~it would all~~ be ok in the end. But now ~~n o w~~ you ignore your own strength?~~.~~ What are you doing? You are underestimating your own capabilities and strength! Everything you reach in life is worth a big compliment to yourself, a huge pat on your own backshoulder!!~~.~~
Please remember thisalize ~~that~~, every day, every month, every year!

I was happy I hadn't raised my hand. ~~Because he luckily wasn't looking at me.~~ He wouldn't ~~at least~~ accuse me, right? ~~….~~
~~Right?~~

But it all hit me like a hammerr ~~on the head~~.
I hadn't~~didn't~~ raised my hand in the first place because I thought it was BS. Also,~~Secondly~~ I didn't want to express my opinion.

I had been ~~was~~ *scared* to do so.

Expressing my opinion had led to so many negative comments in the past ~~always led to so many comments in my past~~ (*'who~~you~~ do you think you ~~y o u~~ are?*) that I'd decided not to speak. ~~had kept my own opinion for myself.~~

This realitye ~~whole scene~~ hit me so hard I started to cry. Sobbing is the word, actually. I had to leave the conference room because I was so~~too~~ emotional.

Commented [SL242]: You thought what was BS?

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What had I done to myself all my life?

I'd thought I wasn't ~~hadn't been~~ good enough~~;~~, I had accused myself of being ugly. Graduating cum laude from my dentistry and physical therapy studies ~~at Dental School and Physical Therapy School~~ was 'just' something that~~which~~ happened. I had always attributed that only to my eagerness to learn. Forget the hundreds and hundreds of hours spent studying. I hadn't even patted myself on the back after~~After~~ the brave move of establishing my own practice,~~of my practice I hadn't even patted my own shoulder because of that brave act~~. To me it was normal. It was 'just' a step to take and 'just' a move to make.

I did not ~~at all~~ experience or acknowledge my own greatness. I had been strong enough to follow my dreams despite people advising me to do otherwise. ~~Despite everybody advising me to not do the things I intended to I did follow my dreams.~~ I remember one assistant telling me I'd better think it all through again before separating from my colleague.

~~I remember one assistant telling me to better think it all through again before separating from my colleague.~~
That comment made~~let~~ me wobble in my decision at first but I chose to focus on the good feelings and proceeded. ~~focused on the good feeling so I definitely proceeded.~~
Despite all the things that had happened in the past, I flourished in everything I undertook.

Focus is the keyword. Focus on feeling good.

We all have free will, remember? We have free will to choose our thoughts.

This day at the conference, at this moment, I realized I indeed am a bornunderthestarLeo genius! Confident, Ambitious, Generous, Loyal and Encouraging. This seminar weekend was finally the time when I would allow myself to be in alignment with myself. To realize I am good and lovely just because I AM.

~~This seminar weekend was finally the time for me to allow to be in alignment with myself. To realize I am good and lovely just because I AM.~~

~~I walked to the hall outside searching for a handkerchief.~~I talked to one of the organizers sitting behind the table.

~~There is was on a table in a box. Placed there by the staff.~~

~~I talked to one of the organizers sitting behind the table.~~

~~*'Why do I have to cry?'* Did I really ask her? No, I asked myself. *'Why do I cry and nobody else does'?* Actually I didn't care why it was the way it was. To me it was a confirmation I had to let to go of old grieve and pain and sick making thoughts. I was proud actually to be the first…….~~

~~*'Well, ma'am you are an early bird, you grow fast. Take my word for it; tomorrow night at the end of this great weekend almost everybody will'. 'Well, will this box be enough?'* I asked through my tears, pointing at the Kleenex. We both laughed.~~

~~I was ready to go inside again…..~~

The 100$ bill.

Finally, I had learned to love money……..
Money is energy! Contrary to the popular belief that money is the root of all evil, The Bank of the Universe never fails….
~~In opposition of the overall thought of many people that money is the root of all evil The Bank of the Universe never fails……~~

We were given the assignment of bringing in a $100 bill in our wallets. ~~We were all asked to get our 100$ bill out of the pockets or wallets. Of course, as brave and compliant as I am I pulled it out of my wallet. Because the assignment was to get a 100$ bill I changed my 2 50's yesterday in the city. Wondering why not everybody really obeyed the teacher's wish I waited patiently for people to trade 50's in 100's. After a minute of ten everybody seemed set to continue.~~

We were asked to lift up the bill and look very carefully for~~carefully watch~~ every detail on it~~that bill~~. ~~Actually I didn't care to carry out this exercise but because the entire seminar up until now had me flabbergasted I figured I better do this because what would be in store for me? I was not going to miss out on that, that's for sure!!
So I screened the bill carefully to only get focused on the next assignment I guessed.~~

Then we were asked to put the bills in our laps and listen. ~~…..we were asked to put the bills in our laps and darn well listen good….because…~~ …

~~…..then t~~Three men came in the room. They were holding candles while walking silently and gracefully ~~graciously~~ toward the front of the room. They carried three buckets of water with them.
~~(Funny aspect; three buckets of water came along with them).~~

~~Silence was golden……..~~
The men positioned themselves; one on the left, one on the right and one in between. ~~them.~~

There was a silence I had~~ve~~ only ever experienced at funerals.

Then the speaker spoke: *'I want you all to stand up, keep your hundred-dollar bill ready, and walk to the front. You will then burn your money. Please walk this way". ~~……, keep the dollar bill ready……, walk to the front and~~*
~~b u r n~~ *~~your money. Please walk that way……..'.~~*
He pointed out a~~the~~ route that~~which~~ resemble~~d~~s the way you walk in a Roman Catholic church to receive the eucharist. ~~to the front to come get your host in a Catholic church.~~

A~~Then.....a~~ll the lights went out; ~~….~~the flames of the candles were showing us where our goal was. ~~……~~

As you can imagine, I was in total shock at the request for us to burn our money. I was ~~totall~~very ~~y~~ confused. ~~*'Whhattt did he say?????' , I thought. 'Burn the money???'. I could not believe my ears. 'Burn it? Just like that?????'.*~~ I asked my neigbour:

'Is he serious?~~,~~ B~~b~~urn the money??'. 'I guess so', he replied. ~~said.~~

*Andrea place picture 100$Bill jpg#29

After all these months of being thankful for the money, understanding that ~~now really knowing~~ money is energy and deliberately living~~having deliberately lived~~ by the Law of Attraction, ~~(which had shown me that indeed this Law works),~~ and realizing that my ~~all the~~ negative ideas related to money were~~as~~ all just a manifestation of my own mental state, I was totally at~~in~~ war with myself. This means ~~Which means:~~ I totally separated my ego from Source. I cried and cried, tears ran down my face. I didn't know what to do.

~~Everybody stood up from their chairs and started to walk the way which was pointed out.~~ We were like sheep. ~~I feel like the black sheep.~~ I absolutely didn't want to go……..I didn't want to follow. I was convinced Source was on my side. My life had changed~~turned~~ for ~~to~~ the better already in the previous ~~last~~ two years, so my inner being must be right…~~was right….~~right?

But I kept on walking, we had to leap over ~~the~~ bags that~~which~~ lay~~were laying~~ in the aisles.
I couldn't stop crying. *'Why do I have to do this??'*, I asked myself. *'Source doesn't want me to, inner being doesn't want me to because it absolutely doesn't feel right'.*
My neighbour ~~had also~~ convinced me to continue~~go~~, so I did. ~~went on…..~~

~~I couldn't see through my blurry eyes, really, but I keep on going.~~ I didn't have a handkerchief~~;~~ I was a bit embarrassed about ~~ashamed for~~ my tears but I wasn't ashamed~~on the other hand I was not~~. I was allowed to cry~~!!!~~, darn it!!!~~.~~
~~*'I am going back, no, I am not 'they' are all going….' I thought.*~~

Then, all of a sudden, when the first person in line was just about to burn his money~~worthy paper~~, alla~~l l~~ the lights were turned on, the flames were extinguished and the water buckets were being carried outside again.

The speaker shouted at us, ~~out~~ red-~~-~~faced:
"WHAT DO YOU THINK YOU ALL ARE DOING????"

It all struck me!!!!! ~~I am a strong woman but it felt like the situation could bring me literally to my knees. It was such an overwhelming experience…….~~

~~Here I was, finally *knowing* Source is with me. I had felt for such a long time, in fact for decades that I had to follow my intuition. I had trained myself off of my negative mental state regarding money which (like attracts like) has brought me so much money now.~~

I had allowed ego to make me fall for a trick.~~Now I indeed let me totally trick myself into someone else's trap!!!!! To burn the money was a trap. A terrible hoax.~~ This exercise had shown us how easy it is for ego to take over power from your inner being, by listening to others.
~~A way to show yourself how you let your ego take over power from your inner being by listening to others!!!!!!~~

~~Now I knew why I had to cry so freaking hard; my inner being was right, Source is with me. Ego and Source were separated more than a Pacific Ocean can separate people from each other. My ego showed despair, fear and powerlessness this night while my inner being revealed joy, knowledge, eagerness, love and passion.~~

~~The clash within me these 15 minutes was heavy.~~

~~But I got the message thank you very much…….~~
~~Indeed t h a t was exactly what I had done for years!!! Oh my goodness!!!~~
I had let other people make decisions ~~decide~~ about MY money because I figured they would know what they were doing. ~~they were doing with it.~~ I had given away all my power regarding my money.
~~I realized I had given all my power away regarding my money. I was scared about money, remember I always had a fear I wouldn't have enough. But; because I had felt unworthy all those years *therefore* I didn't have enough!. A downward spiral; I was a victim of it.~~

~~Hadn't I overheard the verbal battle between my insurance agent and my private banker about MY money? I all of a sudden remembered that.~~
~~*They* were fighting about *MY* money! Isn't that something? Where was I??~~

~~For the first time in my life I knew **I** had to take responsibility regarding my money. I had done a good job by overcoming my fear regarding lack of money already a whole lot.~~ This exercise ~~however~~ showed me to not give any power away.

I had regained my power on so many subjects. And I now knew, just knew I would have a new challenge once

I arrived back in Holland. ~~had a new challenge coming up when being back in Holland.~~

During this exercise, I had wanted to go my own way but didn't listen to my inner being. I listened to the 'Master' instead. But I am my own Master. You are your own Master. Get it? ~~Men often suffers loss through lack of appreciation.~~
~~Well I had learned to appreciate myself and was shown today again to appreciate myself! Feeling the black sheep because I didn't want to 'walk with the masses'.~~
~~I wanted to go my own way but didn't listen to my inner being. I listen to the 'Master'. But you are your own Master! Get it?~~

'No man can attract money if he despises it. Money is God in Manifestation as freedom from want and limitation, but it must be kept in circulation and put to the right uses. Hoarding and saving react with grim vengeance.'**-Florence Scovel Shinn (*The Complete Works*).**

~~Money is God in Manifestation as freedom from want and limitation but it must be kept in circulation and put to right uses. Hoarding and saving react with grim vengeance.'-Florence Scovel Shinn (The complete works).~~

~~I have to also thank my seminar neighbor in retrospect:~~
~~He had actually attended that same seminar before so he knew what was going to come next. He didn't tell me! I desperately asked him whether the speaker was serious concerning burning the money but he said; 'I guess so'.~~

Commented [SL243]: How is this relevant here?

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~~Way to go neighbor!! What a way to help others. Instead of being selfish and yell; '*hey I know this already*' he planned to let this magnificent exercise be my lifelong lesson.~~
~~A lesson to hold on to your own power regarding much in life.~~
~~This also includes the power to let go and trust the Universe, including money.~~

A new client of mine felt that his former dentist had made too much money. ~~was furious because his former dentist was nothing but a big moneymaker according to him~~. '*The dental care he provided was below average!*' he stated. '*But the money he makes is huge!!*' he complained.

I never react those~~on~~ ~~those~~ statements such as these. My dental care was very different. He wasn't used to the amount of ~~dental~~ attention I gave him. The cleaning instructions I provided~~gave~~ he had never even heard of. If he had known how to clean properly, he would have done so, he assured me. ~~ld have done that~~. This~~Which~~ was proven by the state his gum health on his next visit: they are pink! ~~of the health of his gums the next time he visited me; pink!~~ This patient was 85 years old and had dentures, and I was the first dentist who had checked under the dentures to ensure the health of his gums.
~~I was the first dentist (this client is 85yrs and has had these dentures for five yrs) who checked *under* his dentures to make sure his gums were healthy.~~

He connected his idea of the other dentist making a lot of money with that of low-quality care. He said, ~~His statement was:~~ '*money is the root of~~to~~ all evil*'.

I didn't agree on that.

‘Money in itself is good and beneficial but used for destructive purposes, hoarded and saved, or considered more important than love, it brings disease and disaster and the loss of money itself’.- Florence Scovel Shinn.

I didn't charge him for the cleaning (it had been cleaned by a professional but not thoroughly enough according to my standards). I didn't charge him for the ~~a~~ following consultation because I felt sorry for him. I felt sorry for the price he had to pay for low-quality dentistry. ~~receiving low quality dentistry.~~ So a few visits were ~~for~~ free. After that, he had to pay, ~~Then one visit he had to pay,~~ yes even if his question took three minutes. Once, I had to check his records ~~, inform~~ and write a letter to the oral surgeon. He was upset he had to pay!! ~~Was it my mind or his…..?~~

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Mind my own business.

In the past, I hadn’t interfered with the discussions between my banker and insurance agent, about *my* money. ~~I didn't interfere with my preferred banker and my insurance agent. They had a discussion about my money.~~ The agent was concerned because *his* commission was in danger. The ~~preferred~~ banker because *his* commission was in danger. And I? I was scared to talk about money.

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But…~~.~~that was history.

As soon as I arrived back in Holland,~~Being back in Holland~~ I really grabbed my power. It is~~You are~~ never, ever too late. Every day is a new day to start. I was eager and enthusiastic to cut the old habitual thinking.

~~I was eager and enthusiastic to cut the old habitual thinking.~~

I had never felt like doing these things before. I'd considered myself a dental care giver and not an entrepreneur, owning a business. But that's actually part of my role, too. ~~I actually am too.~~

First of all, I undertook the task of obtaining quotes from a variety of agents, and compared their services and feeds. I also did this with accountants. ~~invited insurance agents from different companies. Then I invited new accountants, compared their services and prices.~~
Then I really started to investigate what I spent my money on. How much of my spending was out of fear and how much from love? ~~; was this out of fear or out of love?~~

The underlying cause of all trouble is fear!

Looking back, I indeed made many (all?) my financial choices out of fear.
FEAR OF:
-Insulting an agent or accountant by choosing not to become his or her client ~~when not becoming his client (!!)~~
-Running risks regarding staff/sickness
-Bank requirements
-Out--of--control invoices

-Taxes
-The future
-*Insurances*.

I had a disability insurance policy. I had to pay thousands of euros a year for this. Yet I was, ~~-~~and am never sick!!~~!!!~~

Insurance~~The~~ agents know how to get you to buy their products. ~~stuff.~~ Remember they receive a high commission. That is fine but I made a choice out of fear. They sell because of fear….

~~Remember they receive a high commission. That is fine but I made a choice out of fear. They sell because of fear….~~
I have learned ~~the past years~~ to trust my inner being, to trust t~~T~~he Universe. It has the best in store for you. Let go! So I cancelled the insurance. It was possible!! But I had to be determined.
~~So I cancelled the insurance. It was possible!!~~
~~Usually your are stuck because they have a few years notice.~~
~~Co-incidence??~~

My insurance agent, who had always been polite and gentle, suddenly became very grumpy. ~~All of a sudden I experienced a very very grumpy insurance agent. He who always had been so polite and gentle and nice to me now revealed some aggressive behavior.~~ He was upset with me for cancelling the policy. I knew that his commission was commission was 2500 euro a year….

~~I know….his commission was 2500 euro a year……~~
I wrote him a kind~~dear~~ letter in which I thanked him very~~so~~ much for the services rendered.
It was because of my understanding of the Law of Attraction that I decided ~~According to the Law of~~

~~Attraction:~~ I am not going to pay for my sickness when I am in this super healthy body. I am the one responsible for my body, not the company.

~~I am the one responsible for my body, not the company.~~

I, of course, still have all of the insurance ~~Insurances~~ required by law ~~I do have~~. Not because I want to but ~~I~~ rather because I don't ~~do not~~ want trouble from rule enforcers. In such ~~these~~ cases, I buy my relief.

Staff.
My assistants are never sick, mainly because of the love and respect they receive in my office. ~~Because of the love and respect in my business towards my assistants, because the love between them and their love for the office they are never sick.~~ So don't worry. It is ~~the~~ love that rules.

Taxes/Future.
I had to pay additional taxes, in the amount of ~~:~~ 25.000 euro!! I didn't yet have that money.

I found a solution: a pension plan I had paid into. I decided to surrender it, and received the 25.000 euro I needed. ~~I didn't have that money yet. Companies have been founded to earn money, of course. Many are founded to use your money and at the end when you are to receive for instance your pension money; you will hopefully get a nice amount back…… Source will take care of me…..I know! I informed about the amount I had payed already for my pension. I wanted to surrender the pension policy!! Guess how much it was worth?? Yes indeed! Oh my goodness!!! 25.000euro!!!~~

I now had the money to pay the taxes. I live in the now….……!!
Coincidence? As I've already explained, there is no such thing. Co-incidence??

The everyday affirmation:
The everyday affirmation,÷'*Infinite Spirit open the way for me to receive what is mine by Divine right; let me receive healthy, wealth and self-expression', came to fruition.*

'Infinite Spirit open the way for me to receive what is mine by Divine right, let me receive healthy, wealth and self-expression'
came to fruition.

Line yourself up with well-being; do not line up with the idea of tragedy befalling you! But if you feel okay about paying for insurance, that's fine, too! The key is to listen to your inner being. !! Really it is tru
e.

If you feel fine paying for insurance that's fine too!! Listen to your inner being……

Timing is all you it needs. Stay patient.

Maslow's hammer in court.

Maslow, (April 1, 1908-June 8, 1970) was an American psychologist who was best known for creating Maslow's hierarchy of needs. This is a~~A~~ theory of psychological health based~~predicted~~ on the fulfi~~l~~lment~~ing~~ of innate human needs in order of priority, culminating in self- actualization. As care providers, ~~being~~ dentists, doctors,~~ dentists,~~ psychologists, ~~or~~ nurses, and so on,~~ e.g.~~ we are pretty much all familiar with Maslow~~pretty much all know the pyramid of Maslow~~. For people who are familiar with this pyramid you will immediately have

Commented [SL244]: I can't really figure out what the main purpose or message of this chapter is. Why have you made Maslow's pyramid so prominent? Very confusing.

your eyebrow raised, for the lowest bar does not belong to Maslow's pyramid.
You are right. I added that. In this evolving world new knowledge~~s~~ and new knowing arises; while~~,~~ we honour our ancestors, ~~and~~ we add new elements to theories. The purpose of this is to try to raise everyone's ~~everybodied~~ awareness.

*Andrea place picture jpg"MASLOW PYRAMID here #65

~~To me, the *bottom line* is (pun intended)to have **self love**, for how can you have sex if you do not love yourself? Is that why you turn off the light when having sex, or fake a headache to avoid this tragedy, or worst of all, *fake* an orgasm?~~

Without the **'knowing'** that there is more than we see, we will remain limited in our 'thinking'.
Realizing we are **Divine** and that therefore Divinity is our birthright is the ultimate 'achieving one's potential'.

The hierarchy of the pyramid might suggest that human needs will only be fulfilled one level at a time. On the other hand, it suggests that self-actualization is always obtained. Of course, that is not true. Maslow called his work positive psychology. It focuses on higher human nature; the positive side of things and how they go right. ~~t rather than the pessimistic side.~~

How do you know you are a self-actualiser? Self-actualisers impress us as being both authentic and wise, calm and energetic, people and problem-oriented.

Commented [SL245]: I can't figure out what you're saying here. Eyebrow raised why?

Commented [SL246]: This seems irrelevant and doesn't really make sense.

~~Self actualisers seem both authentic and wise, calm and energetic, people and problem oriented.~~

~~What I like about Maslow's approach is the gathering of all positive symptoms not only the negative like it isn't usually the case.~~

Maslow's ~~This~~ pyramid attracted my attention because of ~~–~~its positive approach. ~~of the positive intention.~~ Its positivity harmonizes with my own approach to dentistry: I have always focused primarily on that which is healthy rather than emphasizing the negative. This is different than the conventional approach taught in dental school, where we are led to focus on what is wrong rather than right. We were not taught to give compliments to patients. We were not taught about naming the good.

~~On one hand because of my personal dental approach to my own clients: approaching what is healthy! And not emphasizing what is supposedly wrong. In dental school were are taught about what is wrong. We were not taught to give compliments to patients. We were not taught about naming the good.~~
~~Whenever we got a case presented, the question would often be; what is your diagnosis and what should you do about it.~~

People are inspired when you approach them in a positive way. ~~get inspired by approaching them in a positive way.~~

~~On the other hand:~~ I still wonder why I cho~~o~~se to collaborate with colleagues. I suppose ~~colleagues.~~ I was eager to learn the dental profession, ~~I wanted~~ to have 'role models' in the office to show me how things ~~it~~ work~~s~~.

'Please teach me! I am eager to learn' and the *'I have a low self-esteem thing going on'* was the essence of my internal war. ~~my internal war. I am a slow starter but a fast learner once I have digged deep into stuff.~~

Once I overcame my low self-esteem it seemed I got wings…. I wanted to fly…~~. .~~away….
I could handle things~~it~~ ~~myself~~myself, ~~.~~ a~~A~~chieving my individual potential!

Achieving this, mixed with the imperative of getting away from~~the presence of~~ a woman nowhere near self-actualisation~~with a hammer~~, made *me* decide to start my own practice. It made *her* decide to sue me. Now, w~~W~~e were going to court. ~~listen to an other hammer…..the one in court.~~

I had to choose between ~~a choice between~~ two options for how I would approach ~~as how to undergo~~ the court sessions.

1 choose ~~–~~victimhood
2 choose the magical approach

Well, I cho~~o~~se 2.

Your behaviour and experience are the result of your beliefs. A belief is just a thought we keep thinking, right? So, change the thought, if you need to.

~~A belief is just a thought we keep thinking, right? So, change the thought, if you need.~~
So, there is allowing…~~.~~*'a~~A~~llowing what?'* Connection with Source. Or, ~~–~~there is Resistance…~~.~~*'. Resistance to what?'* ~~–~~Connection to Source.

Thise resistance causes negative emotions, and not feeling well generally. Between the allowing and resisting is a whole range of feelings available. They are all ok!!! Just make peace with where you are on the emotional scale. The important thing is that you try to pick the best available feeling there is in every moment.

~~Between the allowing and resisting is a whole range of feelings available. They are all ok!!! It is fine. Just make peace with where on the emotional scale you are. As long as you try to pick the best available feeling there is in every moment.~~

You are a magnificent person! The law of the instrument.

Commented [SL247]: ???

Abraham Maslow, said in 1966: '*I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail*'. It seemed that my colleague had fallen into this trap.

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~~This pyramid shows the believe that every person has a strong desire to realize his or her full potential, thus to reach a level of 'self-actualization'.~~
~~In other words; first you have to walk through the four stages, moving up the ladder to the top, before you can reach something greater.~~
~~(Do we have to add WiFi nowadays? What about cell phones :-))).~~

~~Basic needs are health and food and water of course.~~
~~We do not need danger but safety and security.~~
~~We definitely need love, I am convinced that without love, we will die. Shouldn't it be positioned at the base of the triangle? We need to belong to social groups. We are social animals. Oops, this is a tough one for me. I don't want to belong to groups. Usually~~

~~most of us are ok up until this level. The top two levels are getting tough for most people.~~
~~You deserve the best, remember? Release the resistance!~~

Of course, I wasn't very happy to go to the c~~C~~ourthouse, a place full of negative vibes!
~~A courthouse has a huge content of negative vibes.~~

However, I knew that I am~~am~~ in charge of my own thoughts. Nobody can get into my head and tell me how to think. ~~, nobody can demand my thought.~~ Since I am in charge of the way I think, I am also in charge of the way I feel.
~~I am in charge of the way I think therefore I am in charge of the way I feel.~~
So, I am free? I am free!!!

~~The time between the initial subpoena and the (what appeared) final court session was 4 years. I wanted to get it over with it as soon as possible; *'do not see the problem but come to a solution*. But my colleague decided it should take this long.~~

~~Then there was the court session……..~~

I went to pick up my lawyer.
Something extraordinary happened when driving through the very narrow one-~~-~~way street. A~~Just half a minute later a~~
cargo bike approached us.
The women driving it was going the wrong way; ~~y~~ ~~obviously.~~ t~~T~~he street was way too narrow to have her pass the car.
While my lawyer was expressed frustration about~~ing some verbal and language referring to~~ the biker's behaviour~~maneuvers~~, I had goosebumps all over my

body. ~~on the contrary got all goosebumps over my body……..~~

A cargo bike!!! This was~~is~~ a sign!!! A sign from the Universe. A cargo bike brings goods. The container was empty, ~~. I~~it struck me. Suddenly in my mind I saw the empty container of the bike filled up with money, money for me!!!

What other reason could there ~~else would the reason~~ be for ~~–~~this cargo bike appearing ~~to appear~~ at this moment, right now in this narrow street?~~??~~ ~~Only to bring me *that* message of course……~~

What you perceive, you believe….~~e……~~

My lawyer was angry, while I felt at ease. We both experienced the same encounter but interpreted it differently. That made all the difference. ~~ranting and raving…~~

~~Me feeling at ease….~~

~~Both experiencing the same physical encounter but both interpreting it so differently.~~

While enjoying the experience of getting there, ~~enjoying the experience I had~~ we arrived at the courthouse. After a three~~–~~hour debate, the session was closed.

It turned out that in contradiction to what our business contract stated, ~~included:~~ the arbiter wanted me to reimburse my former colleague ~~pay~~ for all the clients who came with me to my new practice. Despite my argument that clients themselves choose ~~may choose in their life~~ which dentist they go to, the verdict was final. PAY!

After bargaining about the amount ~~price~~, ~~; (I was not willing to pay the amount wanted)~~ my colleague finally agreed on my offer:~~;~~ 12.500 euro.

Commented [SL248]: Are you sure this was the amount? Doesn't seem very much! Maybe you used a period in the wrong place?

The arbiter must have been a dentist who had paiyed a lot of money to buy himself into a practice. He for sure was not letting me get away with this.

~~12.500 euro! I had no money (yet), and the word 'debt' I tried to avoid! You know what I practiced. Well, why in the world was my colleague going to get the money?? And….how? After all the things I had going on financially the idea of paying 12.500,00 euro didn't seem to add up.~~
~~I could have gone crazy but I didn't.~~
~~During the session I felt the Universe having my back.~~
~~I sent love to my colleague, sitting on the other side of the table. Two lawyers where dividing us. She had her reasons to be there with me…..~~
Despite all of this, though, I felt the presence of Source and I saw the cargo bike; I kept my faith….~~…..~~

~~We drove back home.~~

I saw my colleague in the parking lot.~~,~~ A~~a~~t first I wanted to shake her hand and say good-bye but I figured she wouldn't be pleased with that,~~it~~ so I got into my car. ~~stepped in my car.~~
I considered ~~have been considering~~ sending her a card to thank her for the time we had worked together, ~~say thank you for the time we had together~~ but I didn't do this. ~~also this I didn't do.~~
I figured she would rip it up and throw it away, ~~……~~like she had done with so many other messages.
I didn't hate her then and still don't ~~do~~ now. We just didn't get along in the office, that's all. ~~didn't get along very well in the office~~ that's all.
This~~It~~ doesn't mean I wasn't ~~–~~upset about~~with~~ the situation we were in; of course I was.

The main thing I was upset about was the fact that someone obviously hated me so much for making my own choice. ~~Or just hate me for anything. Hate for their OWN thing.~~
~~Actually:~~ I didn't like being hated. I didn't like her negative thoughts about me.

I send her Love and Light.

We drove back home and I cried. I cried for the incredible strength I had shown ~~myself~~ during the session. I cried for having experienced Source with me during the session. I cried for thinking, ~~:~~ 'why did she 'win'? ~~I cried for thinking; 'd I d she win?'.~~
But ~~Hang on to this one:~~ on a spiritual level, everything is a win-~~-~~win situation. There is no losing, only gaining.
~~I cried for the terrific decision to have been able to start my own practice.~~
~~The ride home was a n emotional roller coaster…. I can tell you that…..~~
~~After the initial subpoena we finally settled four years later.....~~

The time between the initial subpoena and the final court session was four years. I wanted to get it over and done with it as soon as possible; *'do not see the problem but come to a solution.* But my colleague decided it should take this long.

In those four years my life changed so much. Tears of~~from~~ happiness will still often blur my eyes.
I had to go deep to experience what I ~~have~~ experienced.

Today, I couldn't care less ~~I now don't give a rip~~
what anyone else thinks.
I will love them~~you~~ anyway.

Reptility.

Those of us who have not awakened and become emotionally aligned are part of the ~~We are part of the~~ population of ~~the~~ conditioned minds.
Minds that resort to~~use~~ their brains right away.
Minds that~~which~~ have an opinion right away, a comment or, even worse,~~r in worse ways~~ a judgement. T~~We often begin to think at once, t~~hinking operates instantaneously within many people's heads. This ~~it~~ is called the reptile's brain.

Definition of *Reptility*:
A. the nature or condition of being reptilian
B. (*figurative)* reptilian character or conduct; devious or sly behaviour; baseness

Definition of *Sly*:
A. having or showing a cunning and deceitful nature
'a sly, manipulative woman'

On one hand, we cannot help to use our intellect. The brain is there for us~~has been installed~~ to use this

intellect. But the intellect (which can be part of the ego~~?~~) has taught itself to be separated from Source. The intellect is often the cause of actions performed out of fear, of lack, of anxiety, of feeling overwhelmed~~ming~~. It is sometimes called the rational approach to things.
It makes us think we are unworthy. It makes us think we need to acquire evidence before making a decision.

Intuition, however, ~~—~~is the ability to acquire knowledge without proof, evidence or conscious reasoning, or without understanding how the knowledge was acquired. It is a 'gut' feeling, a preconscious thing. In retrospect you don't know how you knew you knew what you didn't know before. (LOL)

The intuitive approach is the magical approach. An example of this was the approach I took in court. ~~, like I did in court for instance.~~ It is the approach of knowing that life will fulfil~~l~~ itself. It is a knowing, not a knowledge.
To me knowledge is the wisdom you acquire after gathering facts and proof.

~~The court thing is made -up it is an illusion. It is a decision from the divorced mind. Chosen differently and we wouldn't have been there.~~

The magical approach takes it for granted that life will unfold in your own best interest. Your cells are impregnated with this knowing! Each cell yearns for your good! Your cells renew every day. Every other seven~~7~~ years, you have created a whole new cellular body. ~~.~~
Your body is treating you well. Now it is up to you to treat your body well.
Sorrow, regret and remorse kill your cells. Show respect, use great words, forgive and show love.

Your cells love it!

For many people, tThe intellect often overrules the instinct. However, iInstinct or intuition should come first and the intellect ~~is supposed to~~ carry out whatever evolves from the intuition.

Take your time to let your instinct/intuition tell you what to do.

I rewired my brain. By being still and not reacting right away, I trained myself into seeing and hearing signs and listening to my gut first before acting out.

This ~~It~~has greatly helped me in dentistry ~~very much. so.~~ —Intellectually, I might know~~knew~~ I could and wanted to pull that tooth. But a gut feeling said: *'don't!!'*. So, I didn't. It turned out to be ~~appeared~~ the right decision. The oral surgeon had been busy with pulling the tooth for over an hour!!

Commented [SL249]: Meaning and relevance unclear.

Intuition is magical.

222.

Our intuition is installed before birth, and we ~~. We~~ have the opportunity to use it our whole livesfe. That's what we are intended to do. 'But *how???*' I can hear you ask. First of all, by being still ~~remember~~. Do not react, agitate, comment orand judge. Be quiet (be)for(e) verbalizing or otherwise showing your emotions~~crying out loud~~!

Lock yourself up in some room, stay longer in the bathroom, walk in the woods, stay longer in your car when you arrive home. Contemplate! Give your mind time to be content-free!~~*Content free your mind!*~~ Begin~~Start~~ with little steps. Start with 30 seconds, watch a tree, watch the rain drops on your car window, watch your kids for a minute before rushing off and cleaning the house. Follow up the next day with another 30 seconds; for example, you could~~,~~ stay in your car, and watching and appreciating ~~the wheel, appreciate~~ the wheel. It is b~~B~~ecause of that wheel you are able to drive your car. The next day spend~~t~~

Commented [SL250]: Meaning and relevance unclear.

3 x 30seconds in silence. And so on and so on. Contemplation keeps the true end (which is only love) in sight; ~~,~~ it gives meaning to every practical act of life.

I know the meaning of life now and am awake. ~~. My pillow got shaken up heavily after having been asleep for a while.~~

I know that b~~B~~y contemplating and focusing on the good, you will experience the good.
You will eventually discover~~find out~~ that:

- You ARE in a field of infinite possibilities
- You ARE invisible energy
- You ARE ~~–~~the creator of matter
- You ARE turning ~~–~~thoughts into things
- You ARE connected to everything and everyone
- You ARE expanding the things you focus on
- You ARE the Universe

Maybe ~~Okay okay,~~ you need ~~are the one that need~~ proof.
~~You need p~~Proof that the Universe indeed has your back. If so, ~~.~~
y~~Y~~our intellect and ego are still too much intertwined. ~~go hand in hand.~~

Well, you can the get proof you need. ~~f!!~~
Try the game! Really! Try. For fun. Show yourself. Give yourself a month's time. What is a month? ~~Only a couple of days.~~ Before you know it, it's ~~is~~ Christmas again, right? T~~So that tells you how t~~ime flies.

You've already read about some of my encounters ~~with~~of the Universe. One of ~~–~~the many significant~~big~~ signs that have been ~~was~~ given to me was the license plate of the car ahead of me in one of the stories I told earlier. Remember? ~~appearance of the license plate of the car in front of me, remember~~? I couldn't have been ~~be~~ much clearer that the Universe wanted me ~~to me~~ to go to Burlingame.

T~~It is t~~he art of recognizing signs that allow you to recognize that they are sent by the Universe, and are from intuition. ~~what you see to experience it as a "God-given", "Universe-Sent", "Intuition", "gut feeling".~~ Because we live in a *space/time reality*, we must wait for things to show up. When you are not physical anymore, everything you need will be easily evident and within your immediate reach. On earth, though, it is different. Just be patient!! It will come.

In her book *E-squared (E^2)*, Pam Grout describes a elucidating exercise that you can try. She says to simply 'imagine the number '222' appearing'. I tried this. I visualized the number regularly and consistently. For the first few days, I did so almost every hour.

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~~Although I know this already I was going to have a game with the Universe again. Ask and it IS.~~
~~In her book called E-squared (E^2),,~~
~~written by Pam Grout (#1 NY Times bestselling author)~~
~~she describes an experiment.~~

~~*'Imagine the number '222' appearing.'*~~

~~With the knowing and knowledge of points 1-7 I played the game.~~

Eventually, ~~I visualized '222' in my head. At first for a few days in a row, almost every hour. Then~~ I let the thought go and eventually forgot about it. This~~Which~~ is the best way to do it!
Ask and it IS. The Universe ~~now has~~ gathered all its components to show me~~you~~ the '222'. It was within a month that my focussing on '222' finally showed its manifestations.

Commented [SL251]: You also need to explain how this happened for you. Where were some of the places you saw the number. On the clock as the time 2:22? In money number? Somewhere else?

As you must now realize, this exercise doesn't only work for manifesting numbers! Visualisation also works for abundance, happiness, money, you name it! ~~(or whatever!!! Money, happiness, abundance, you name it).~~
~~Because we live in a *Space/Time reality* we have to wait for things to show up. When you are not physical anymore your stuff will be at your reach right away. On earth it is different. Just be patient!! It will come.~~

And yes, for heaven's sake, the thing that you visualize will come ~~it will come~~. When you want something, the Universe conspires and expands with you ~~and the Universe expands with you~~ to fulfil~~l~~ your wishes.
The process is one of focus/allow/focus/allow/let go/allow it to happen.

~~Then within a month it happened.~~
~~I indeed was being shown the '222'.~~

~~I work out a lot. Before hitting the weights (or before they hit me :-)) I cycle to warm up.~~ My personal trainer used to be the rehabilitation trainer of a famous football club in the Netherlands. He works at a physical therapy gym owned by another football enthusiast, who is currently therapist for a

famous football club. ~~He works with the owner of the Physical Therapy Gym where I work out. The latter is still the therapist of this nationwide known football club.~~ ~~M~~Many shirts of football players are hanging in the gym. They were given as thank-you gifts. ~~as a 'thank you' for their services rendered to the players.~~ As you know, football player shirts have numbers….
~~You know….shirt of football players have numbers…..~~

My heart skipped a beat when I saw two '2's staring at me. Not three '2's all in a row, but I still thought it must be a sign from the Universe. My magic wand had worked again! Right? ~~a couple of '2's were staring at me~~!
~~WoW, an other sign of the Universe. My magic wand has worked again! Right? Right? Or not?~~

~~222! Amazing again. I am surprised that I still am amazed because it happens to me all the time.~~
~~But…..wait….didn't I sign up to see '222'? I mean a straight line of '2's', the '2's' standing next to each other?~~
But I couldn't avoid admitting to myself that the '2's did not stand beside one another. This couldn't be a sign. I had to admit it, although I really didn't want to.
~~Did these '2's' in the photo really stand next to each other. Yes! They did. No….heck they didn't. Let's be honest Leslie. They don't. You want it to, but really they don't.~~

*Andrea put jpd tshirt222notinarowjpg #----

~~I didn't like to admit it!!~~ My ego led me to believe that this was a manifestation from the Universe. ~~forced the '2's' in a straight line.~~ My intellect

wanted to believe that this was it, and m~~. M~~y ego didn't have the patience to wait for the Universe.
However, I checked myself. ~~! I recaptured myself!~~
Source must ~~needs to~~ overrule ego. ~~So I was not going to put up with this presentation of the '2's'. Which means in daily life: don't put up with the things you don't want!~~

Focus on what you **do** want. When it appears to be only half of that, ~~the wish then~~ **WAIT!!!** Don't try to rush things by fooling yourself.

Don't force it.

Your heart won't lie to you! That is the job of the mind.
So I reluctantly agreed with myself to wait. Which was tough. But I decided to play on.
The game was still on…~~……~~.and on…and on…~~n….~~and on.

As I said before~~again~~, I forgot about it. Remembering it is not your work!
It is the Universe's work. ~~es' work~~.
You just have to ask. You thoughts turn into things.
Ask and it is given.

It was ~~Then……~~about two weeks later that I ~~. I~~ happened to glance at the wall of fame at the gym. My eyes were drawn to the shirts again. ~~.~~
There…~~……~~.there it was!! ~~!!~~ Thank you!! Thank you!!!
'2 2 2' ~~—~~in a straight line, just like I asked! ~~!!!~~
~~Like I asked!~~

*Andrea place picture here tshirt 222 in a row jpg#45

So, try this out for yourself~~please do try to manifest something~~. Take time to visualize ~~Picture~~ a hairpin, a trolley, a blue butterfly, a pink car,

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anything really, give it time, and see what happens. ~~really…just for the fun of it~~ and watch. I bet you ~~it happens,~~ it will show up~~,~~ somewhere. ~~Now….manifest the rest.~~

The moment you spot your ego is the ~~very~~ moment you ~~have~~ become aware. The moment you invite the Universe into your brain is the moment you will find peace.

Do not settle for less in life. Remember: Jesus wants the best for you. He wants to see you happy.

.

The meaning of 222.

You might be interested to learn that the number 222 has a meaning. ~~Although the number '222' might have been chosen deliberately by Pam Grout you can chose and play with numbers, bikes, purple tables, cups, anything you want.~~
~~However, number 222 *has* a meaning.~~
Did you know that n~~N~~umbers have meanings?~~.~~

Numerology can~~will~~ uncover your destiny and life purpose.
But~~,~~ ~~I~~ r~~R~~emember:~~; only~~ you are the captain of your own ship.
The numbers *only* reflect back to you your emotional step on the ladder!

Have you ever become aware of the '11:11' hour at night, or the 12:12, 22:22, 3:33?
Or the date being 12-21-2012, or the price tag showing $6,66?

Teeth and molars have numbers~~……~~ *two* digits. That means double force!! What does it mean if you lose a '11' or a '36'? ~~(Right front tooth and left lower molar, see Part I of the book about tooth numbers). More about that later.~~

What is your house number? I lived in a house with the number 52, and ~~I~~ then moved to a new one with the ~~a house which had~~ number 32, which was eventually changed by the local government ~~in~~to number 42. This is an example of synchronicity. ~~Talking about synchronicity here.~~

Have you ever questioned why this kind of synchronicity happens?
Today for instance I started writing ~~to work on my book~~ at 11:11 o'clock!

My, dad, brother and I played (European) handball. All three of us had number 9 on our backs. Perhaps more accurately, the ~~Better said;~~ number 9 had our back! All three of us became ~~were leaders at some point. The~~ captains of our teams. Enough said.

~~There are so many books in store about numerology. So have fun checking those!~~
~~Something funny came up just now!. When I do my cooling down on my bike in the gym I always stop at having cycled for 4:44 minutes…… way before I had this number knowledge! ……..awesome.~~

'Numbers are the highest degree of knowledge. It is a knowledge itself.' "

Commented [SL252]: Is this a correct form of currency?

Commented [SL253]: Relevance? You only saw the number once. How is this an example?

Commented [SL254]: When?

-Plato

Pythagoras (570 BC-495 BC) was a ~~(~~Greek philosopher mathematician, and founder of the movement called Pythagoreanism. ~~570 BC-495 BC, mathematician, founder of the movement called Pythagoreanism~~) He believed numbers had souls as well as magical powers. It was said that he was the first man to call himself a philosopher, or lover of wisdom.

The Pythagoreans even divided ~~the~~ numbers into two groups: odd and even, male and female, dark and light and so on.

Below is an overview of some of the characteristics of each number. Please be aware that this is very basic and just a tiny fragment of the meaning of numbers.~~I am just mentioning the absolute basics and just a tiny tiny part of the meaning of the number or of 'its human'.~~

Commented [SL255]: Is the list of meanings what the Pythagoreans believed? Or is this from elsewhere?

Number –1–:
New beginning, strong will, power, purity, confidence, loner, individuality

Number –2–:
Kindness, duality, balance, communication, partnership, conflict, trust, faith~~.~~

Number –3–:
Magic, expression, intuition, divine, good fortune, wisdom, understanding~~.~~

Number –4–:
Solidity, calmness, creation, stability, order, strong foundation.

Number —5—:
Balance, social, funny, uplifting, need of change

Number —6—:
Completeness, beauty, high ideals, trusting, caring, healing.

Number —7—:
Perfection, security, safety, seeker, thinkers, intellect.

Number —8—:
Harmony, balance, infinity, abundance, power, justice, ability to make decisions.

Number —9—:
Magic, sacred, heaven, good leadership, fulfilment, wisdom.

Number 10:
Completion of a cycle, receiving an unexpected fortune, sacred.

In 222, of course, the number 2 appears three times. This has a very powerful vibration. Number 22 is a 'Master Builder' number. 222 means manifesting miracles!! It involves keeping your balance and discovering your infinite opportunities. It Number 222 tells you to keep faith and keep up the good work you are doing. Stay strong and believe in yourself. The number 2 appears tripled. It has a very powerful vibration. Number 22 is a 'Master Builder' number. 222: manifest miracles!! keep your balance and discover your infinite opportunities.
So Pam Grout *must* have chosen this number on purpose.

Armed to the teeth.

~~Prosecuted~~ Ordered to pay 12.500,00 euro to my colleague before the end of the following~~next~~ month left my body a bit shaky.

~~On the other hand~~ I knew I was going to be taken care of so my inner being ~~—~~kept the faith; all was~~is~~ well.

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Commented [SL257R256]: Are you sure you wrote this out correctly? It seems like a VERY small amount!

~~In my life~~ I ha~~ve~~d always kept all my promises and I still do. However, this was one time when I couldn't fulfil an obligation. ~~I couldn't keep my promise now.~~ I'd ~~—~~signed the agreement in front of the arbitrary trio.
~~'Pay the amount of 12.500,00 euro before the end of the month'. I signed it for God's sake!! But I was not going to be able to pay that at all. I mean where was I when I signed it. On a cloud?~~

A few days later, obviously, I had to call my bank. '~~"~~THE bank'~~"~~, is how they refer to themselves in their ads ~~what their advertisement is~~ in the Netherlands. I even have a personal banker! Whooohooo! ~~Wow! doctors, dentists, surgeons or any person graduated from some sort of University with a degree and a nice income 'earns' a personal banker. How impressive (…..) I never fall for those type of commercials.~~
Anyway, ~~;—~~'my' banker (let's call him 'Mr. Bank') is a ~~really~~ very ~~really~~ nice guy. ~~Let's call him 'Mr. Bank'.~~

~~The court session was Friday. Monday I called Mr. Bank.~~
~~I told him all about the financials details which I was kind of obliged to do because of the final financial consequences. My colleague and I shared the same bank account and the same 'Mr. Bank'. Of course the account had to be terminated and he was responsible for the process.~~
I had to ask the question of whether the bank would lend me the money to pay off the debt. ~~t h e question: 'can you please lend me 12.500,00 euro to pay off the debt I learned I have just three days ago'.~~

His answer ~~was~~: 'Well I think it is going to be tough. You just opened your new office, you are up to your ears in debt and now you come asking for more money'.

Wham…~~. .~~ a~~A~~ slap in my face moment.

'Although your practice is doing ~~running~~ amazingly well, I am afraid this request will probably have to be denied~~not be honored~~', he said.

I started this phone call being in alignment and keeping the faith. His answer didn't really come as a surprise but was enough to knock~~sweep~~ me of my foot. Yes, you read that right~~it well:;~~ '*f o o t*'. That means 1 and not two….

He ~~But…..h~~e was going to do his best and ~~was going to go~~ ask his superiors, he said. We hung up.

After that, w~~W~~e had a lunch break in the office. Carolien and I decided to go for a walk. The weather was nice. I had to distract myself from~~off of~~ my conversation with Mr. Bank. ~~the message just given by Mr. Bank.~~

I wanted~~s about~~ to shout it all out and scream. I was tempted~~about~~ to smash one of my nice chairs. ~~rs. I wanted to throw my glass door against the wall.~~ Tears welled up behind my eyes. When the heck would the financial struggle stop.

I couldn't help but wonder, maybe we should~~Let us~~ shut the place down and quit. Why work so hard? But I soon calmed down and became myself again.
I don't like the idea of~~to~~ '*work*ing *for money*'. I prefer having an amazing job I love that will bring me money. ~~love the idea to have an amazing job and~~

~~love that so much that it is *that* which will bring me the money.~~
Commit to the thing you love~~;~~ don't get distracted by anything else.

But then I remembered: I had been at this emotional place before. ~~, right.~~ I'd decided not to call debt 'debt' anymore, remember? And I'd resolved to no longer use the word 'struggle'.
~~I didn't call it debt anymore remember? And the word struggle I wasn't using anymore at all.~~

I don't want this feeling ~~f e e l i n g~~ anymore!!!!!!

But ~~t….~~hey…—I am a human being so sometimes I let my ego cut myself off from ~~pinch myself off of~~ my true self.

~~So~~ I decided to go for a walk ~~….~~with Carolien, my assistant.
We walked in the sun, enjoying a nice stroll. ~~,~~ ~~together, outside.~~
~~Then….w~~We found a feather. Feathers bring messages from above. Then…another ~~an other~~ one… ~~….~~and another one!!!
Three feathers in a row.

I picked them up. The colour of all three were white and gr~~ea~~ay. Remember, colours have meanings. ~~You have read earlier in the book colors have their own meanings.~~ White means to *keep the faith. You are supported by angels.* Grey is *a call to return to peace. Create within!*
~~In this feather case the meaning is:~~

~~White: *keep the faith. You are supported by angels.*~~

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~~*Gray : a call to return to peace. Create within!*~~

Well, the feathers really gave me a lift. ~~ally lifted me up.~~ I was still alive. My children were safe. My husband was fine. My friends and family were ok, too. I love them all. They love me. The only true thing is love, right? The rest is illusion.
~~On the other hand, hey I was still alive, nobody shot me, nobody strangled me.~~ I still have the highest good on earth. ~~÷~~

~~My children were still safe. My husband is fine. My friends and family were ok too.~~

~~I love them all. They love me. The only true thing is love, right? The rest is made up.~~
I started to feel better already….
I put the feathers in my '*bills to pay*' organizer….

I didn't hear from Mr. Bank again until several ~~couple of~~ weeks later, probably eight~~even 8 weeks~~. Needless to say, I had already been meant to pay my debt.~~that payment was due already~~. I'd ~~had~~ managed to stay pretty calm even though I hadn't kept my promise. Amazing and surprising. I guess my alignment exercises were~~are~~ working….~~….~~
~~Then Mr. Bank called.~~

When Mr. Bank called, ~~H~~he had a surprise for me: 'they', ~~,~~ meaning "THE bank", were going to ~~so generous to after all~~ lend me the money! Under many strict conditions, they were willing to support me. ~~me. I received the call on a Friday.~~

That same day (a Friday)~~Friday,~~ he was going to drop the quotation papers at my house. T~~ and t~~hey were supposed to be signed immediately and ~~be~~ returned on Monday~~the next Monday~~. So, the offer expired on Monday. ~~…~~ I had Saturday and Sunday to think the agreement over.

I had been the most obedient woman on the planet when it came to following orders from 'authorities'.
The bank, the local government, police, former bosses, the IRS and teachers.
I never argued with them. Was I going to continue with a ~~.~~
~~Was that a~~
'~~b~~*Be-quiet-and-do-as-you-are-told-kinda-thing*'? Like in Burlingame when having to burn the 100~~$~~ dollar bill?
No way, not anymore!!!

I had a strange feeling about the bank's~~is~~ proposal. First, they hadn't wanted to help me at first, but now they insisted that I sign the forms within three days. ~~hey didn't want to help me but then they wanted me to sign within 3 days.~~ I didn't get it.

~~The bank always complained about me being on the 'black list'. I can tell you though that I have never ever ever skipped a single payment to the bank.~~
~~I am a brave, reliable customer.~~
~~What the bank 'sees' however are only numbers…..not the person behind the numbers.~~

Guess what? I did n o t sign.

I was going to take a time out on this. I ~~was~~ refused to act out of fear. ~~not going to act out of fear, again!!!~~ I had acted out of fear many times in my life and I wasn't about to do so again now. ~~I was~~

Commented [SL258]: ?? IRS? But you're not in the United States. What do you mean by IRS?

~~totally done with the fact that I had acted out of fear so many times in my life.~~
I was not going to fall for ~~The~~the: *'I better do this, otherwise they will get mad at me'*.
~~didn't appeal to me anymore.~~
I was totally fed up with it.

I want nothing but love! To g~~G~~ive love and receive love.
Wherever, whenever. In personal life and~~or~~ in business.
I was fed up with being threatened with insecurity.
~~"If you don't do this…t h a t will happen"~~
~~No, it won't!~~ Life has something big in store for me.
Life is meant to be good.

I suddenly decided ~~So, all of a sudden I planned~~ not to accept the offer which expired on Monday. It felt good~~…….……~~

Monday was here, the offer was in my bag. Off to the office.
Tuesday was here, the offer was in my bag. Off to the office.
Wednesday was here, the offer was in my bag. Off to the office.
Thursday was here, the offer was in my bag. Off to the office.
Friday: day off!
A new Monday, Tuesday and Wednesday appeared.

Then~~……~~the call came to my office. ~~. To the office.~~
My assistant picked up the phone. She came to tell me Mr. Bank called.
Jose and Carolien know all the inside outs of the practice, which means that finances are no secrets to~~for~~ them. They also knew how I was going to handle this situation.

They had both~~both have~~ seen my incredible~~skyhighrocketing~~ growth. ~~so they aren't surprised anymore about my new approaches.~~
~~Act out of love not out of fear is the message.~~
~~I am happy they have learned a lot about it too.~~
~~I often bungee jump in the office telling the new discovered surprise from the Universe.~~
~~Wonder why the cotton rolls disappear every time. In their ears?~~

~~The phone calls kept coming in from~~ Mr. Bank ~~.~~ ~~He~~ was very surprised I hadn't signed yet. I answered him by email. With a white lie, actually. I said ~~actually…..~~I needed time to think, to get in alignment.
The ~~brave~~ good old Leslie didn't do~~anymore~~ what she was told anymore. At least, ~~t….~~not right away. And certainly if it didn't seem right to me.

~~Then about four weeks later I knew I had to do something.~~
So I eventually emailed Mr. Bank.

'Dear Mr. Bank,

Thank you so much for your offer. I am happy and very grateful that you and your superior want to be of so much help.
I would like to have a nice talk with you both. ~~and your superior.~~
I ~~, in person,~~ want to express my gratitude for your helpfulness, in person. ~~helping.~~
~~I also would like to introduce myself to your superior.~~
I want your superior to meet ~~let him meet~~ the woman who is behind 'het tandenhuis' (name of my company).

~~I would love for him to meet the woman of the black list.~~
I'd like to~~Please let me~~ share some feelings I have about~~with~~ you and THE bank'

With kind regards,
Leslie van Oostenbrugge, dentist~~.~~'

Two weeks later, I had an appointment at their office.
Carolien, my whiz woman on finances, came along.

Did I see 'my' Mr. Bank trembling while drinking his coffee? Really? I didn't understand.
I wasn't completely shake-free either but better than I could have ever imagined addressing one of the most fearful topics in life: *money*.
Talking to 'THE bank' isn't what you call very joyful.

Can you relate to thisat?

Sitting next to 'my' Mr. Bank was, let's call him, Mr. Bank number II. A very 'respectable' ~~presentative~~ young man, with a blue suit and ~~blue~~ tie ~~guy, and a .~~ ~~A~~ lovely pair of shoes, well--polished, brown, and beautifully crafted. ~~made the finishing touch.~~
Oops I revealed mya ~~real~~ shoe fetish (blush blush).

After having shown my appreciation for ~~to~~ the fact they were taking time out of their day ~~their time~~ to hear my story, I filled the next half hour with my words.
I explained how I got into this financial situation. Just moved, unexpected finances in the building, court sessions, and so on and so on.

I made clear that I was the strong woman behind the office~~s~~ walls. That I was their brave client, paying bills on time and never neglecting~~ed~~ a demand from them.
That I was the one who had started this great thriving practice with all the energy, love and passion I have in me.
That I was the woman who was not for even a split second letting them get to me.
That I was the woman who had attracted more than 500 new clients in the last three years.
That I was the woman on their black list, paying their penalty fees o~~—interests….o~~n time.
That I was the woman fighting to survive it all.

No power~~—~~point, no paper…~~.~~it came straight from the heart.
They nodded and watched……
They felt my energy.

Nothing left to say. What they said actually didn't resonate with me.
I felt like Gloria Gaynour: 'I will survive'.

When the meeting was finished, Mr. Bank gently shoved the financial offer towards me. '"Would I please sign now?', he asked. "

"Now? N~~, n~~ow I will.~~,~~ Y~~y~~es, now was the time. Now~~This time~~ it felt great'.

~~For the first time I had talked myself out of my fear, had faith and in the end I succeeded anyway.~~

Please you all, t a l k, t a l k, t a l k.
Communicate without getting angry! ~~Try to get into a conversation but don't get angry!~~

Remember the law of attraction; what you seed you will harvest.

You are allowed to show your emotions but keep respect for the other party. They are doing what they have been told to do. They have a boss. If they don't follow instructions, they will lose their job. ~~'If not' ….then will lose their job.~~

Business people often want to earn their money aggressively. I w~~W~~ish the banks would work in a different way; I'm certain that they would be much more successful. ~~I am absolutely sure of that.~~ They would be able to grow *and* help others. Now *that* would be co-creation at its best.
~~Why do banks disappear? Why do banks submerge into each other? The Universe has the answer.~~

~~Is it a coincidence that 2 of my clients are bank top managers?~~
~~I hear their complaints.~~
~~One of them had a burn out, for months.~~
~~He was not able to provide loans although he had faith in the people and their businesses. Every time he had a good word for the clients to his bosses. But they turned more than 80% of the proposals down. He couldn't handle it anymore. He shut down. He had to live through his burn out in his new home…..both made possible by his own bank.~~

~~Is it a coincidence that one of my clients is an insurance agent of the disability insurance company? He told me last week that every year more and more dentists have to stay home, burned out and burned down. The young ones too!~~
~~Why did Wikipedia (Dutch version) put a picture of a dentist at the opening page of 'disability insurance'?~~

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~~He also told me a lot of disability insurance company merge into one. They don't have enough money to pay their clients anymore.~~
~~He and I shared the story of a dentist chopping off his own finger. It was in the news a few years ago. He couldn't handle the stress anymore so he figured he collect insurance money. Too bad this well educated man didn't realize a cut looks sharper than a rip. He stated he ripped off his finger. He supposedly got stuck in his wheel of his sports car. Sherlock Holmes found out.~~

Emotions have colours.

~~Colors have meanings, you know that by now, don't you?~~

The human eye can distinguish ten million different colours. But
w~~W~~hat is a colour and why can we distinguish them~~at~~?
A colour is a visual perceptual property. It means the eye can catch a vibration or wavelength. The brain translates it into a colour. The eye needs equipment for catching the different wave lengths. Each wavelength corresponds with a colour.

The retina ~~In the retina~~ of the human eye has ~~are~~ different kind of cells which have a variety of sensitivitiesitivity to those wavelengths. Cones ~~We have *cones*, these a~~are colour receptor cells and required for bright light. *R*~~We also have r~~*ods*, ~~these~~ are required for dim light. Rods do not give colour vision.
Rods are rods light structured, cones are cone shaped.

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The human eye has about~~re are about~~ 6 million cones and 120 million rods.
The body is beautiful, amazing and magnificent!

ASo, a special property of the cone is colour vision. There are three types of cones that differ in the photo pigment –they contain. Each of the photo pigments has a different sensitivity to light, which means every pigment absorbs another an other wavelength of a colour. These pigments are referred to as 'blue', 'green' and 'red' or better said 'Short (S)', 'Medium (M)', and 'Long (L)'.
'

L-cone: peaking in the yellows but also responsible for red.
M-cone: peaking in the greens.
S-cone: peaking with blue.

The rods have only one type of light sensitive pigment.
They are almost entirely responsible for night vision.
We also use them to watch from the corner of our eyes at daytime.
You detect a color *b e c a u s e* of the reflection of a wavelength off of a subject.
For instance: a ripe banana does not absorb wavelengths of light between 570-580 nanometers; which means they bounce back from the peel into your eyes (supposing you look at it of course!!). These are the wavelengths of yellow light; that is why a banana looks yellow.
So the n o t absorbed wavelength corresponds with a color because these are captured by your eyes. Not the absorbed ones: they disappear in the object.

You know colour is energy because it comes in waves,
.
It comes in waves just like sound, touch, and smell. When these waves hit your senses, they get translated into your brain.

The main source of light on earth is from the sun. It delivers beams of white light or visible light. Visible light is ~~being~~ dispersed by a triangular prism ~~just~~ to be able to transmit~~proof~~ the different wavelengths and therefore colours.

So light is colourless but all colours belong to light.

We are also the light. ~~, we are light beings~~.
Our mind is our prism. We will only experience colours when we are **in** the mind. When we 'think', so to speak. ~~ so to say.~~
We will experience ~~only~~ white light only when we are our authentic beings, our 'selves', our higher selves~~f~~. The place where we don't think but we 'are'.

Newton originally (1672) divided the spectrum into FIVE main colours; red, yellow, green, blue and violet.
He admitted his eyes were not very effective~~critical~~ in distinguishing colours (!) (in the mind?), and ~~.~~ ~~He~~ later added orange and indigo. He chose to divide the visible spectrum into seven~~7~~ colours out of a belief~~ve~~ derived from the ~~beliefs of~~ Ancient Greek sophists who thought there was a connection between the colours, the musical notes, the known objects in the Solar system and the days of the week. Well, what about the seven centr~~esers~~ of a human be-ing: ~~;~~ the chakras?

There are no two people who see the same rainbow, get it? It is not magic. It is simply a result of cause and effect. ~~it is just a clear understanding of cause and effect.~~

As the within so the without…~~.~~.

Although the colours of the spectrum look~~l o o k~~ (all because of the translation in the mind) like the colour pattern of the rainbow, there are differences. The colours of the rainbow are less saturated; ~~,~~ the number of colour bands may be different because of the size of the raindrops.

~~According to Wikipedia: the question of whether everyone *sees* seven colors in a rainbow is related to the idea of~~
~~*Linguistic relativity*. Which means that the structure of a language affect its speakers cognition or world view.~~
~~Another version claims that linguistic categories and usage only influence thoughts and decisions.~~

~~Bodily expression is the best language according to me.~~
A colour is a form of nonverbal communication. It is dynamic energy. It can change every day with an individual; it depends on *what energy* that individual expresses at some point.

Colours represent your state of MIND (not your state of being).~~! (Not your state of being, see above)~~
If you are in a positive state of mind (happy, joyful, loving yourself), ~~)~~ the colour you will attract shows with a '+'.
When you are in a negative state of mind (thinking too much, being grumpy, no fun in life) the colour you attract shows with a '-'.

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Colours have vibrations; ~~,~~ colours are energy.

RED ~~———~~ + ~~–~~: love, action, passion

- : anger, danger

ORANGE + : courage, creativity, confidence
- : caution, sluggish

YELLOW + : energy, joy, perky, intellect
- : irresponsible, unstable

GREEN + : freshness, new, money, earth, healing
- : envy, jealous, guilt

BLUE + : trust, intelligence, security, peace
- : coldness, fear, masculinity

INDIGO + : devotion, wisdom, fairness, justice
- : fanaticism, addiction, prejudice, intolerance

VIOLET + : spirituality, faith, magic, awareness, wealth
. - : death, mourning, conceit, instability

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What colours are *you* wearing today?
~~What are the colors of *your* logo?~~
What colours did *you* notice the most today?

You are the rainbow: the colours are in you.

The covenant of the rainbow (*from the new American Sstandard Bible):*

'~~'~~When the bow is in the cloud, then I will look upon it to remember the everlasting covenant between God and every living creature of all flesh that is on the earth'~~"~~.

And God said to Noah *"this is the sign of the covenant which I have established between Me and all flesh that is on earth".*

The rainbow is at its brightest when the clouds are at their darkest; do not fear the rain (problems) in life. God will be there. Be thankful and have faith, evenalso at dark times.

The colours of the rainbow are in you. As mentioned earlier, ~~; as said:~~ no two people see the rainbow in the same way. It is your state of being that determines ~~the state of being in which you are which decides~~ how the outer world looks.

~~My office has great colors: orange and red.~~ Many people noticesee the orange and red of my office right away, ~~colors right away but~~ but there are many ~~also many people~~ who will do so ~~see th~~ only after a few visits. ~~ese colors only after a few visits~~. They are surprised by the brightness ~~of them~~. 'Did you re-decorate ~~your interior~~?' they ask me. '~~"~~No, you are probably less scared today'~~"~~, I will reply. ~~Lol.~~

Your soul has this appointment with God;~~,~~ through your soul you connect with God. Flesh and Spirit, heaven and earth is in us. ~~put into us.~~
Colours are within us;~~,~~ colours are within our eyes. The eyes are the windows of our souls. The nebulas of

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the Universe are visible in our eyes. Look someone deep ~~deep~~ in the eye and you can discover beautiful colours.

Colours are also in your teeth;
We think that t~~T~~eeth are white, but that is generally only really true for ~~. In fact that is mostly only true for~~ the deciduous teeth ~~(or~~ also called milk teeth or primary teeth).
That is because they absorb all the sunlight; no waves bounce back so no colours are visible.

~~Deciduous means: 'falling off at maturity' or 'tending to fall off' or 'temporary'.~~

It makes sense that milk or primary teeth are white; it represents the purity of childhood. ~~They are white because of the pureness of the kids….~~

The 'colour' white is the colour of new beginnings, of perfection, purity, innocence and completion.
Of course, the child had a new beginning with his/her physical body-called birth.

If a child falls or has a cavity or other abnormality, a tooth is likely to discolour.
In fact, is doesn't *dis*colour, it does *colour*.
Colours from teeth and gums can go from red to purple. ~~Here is your rainbow.~~

Grown-ups have more yellow-coloured teeth. That is because the underlying tissue (called dentin, layer beneath the enamel) which is yellowish, is much thicker than in children's teeth.

~~Like the rainbow being an arch the upper and lower arrangements of teeth are also called arches.~~
~~The upper arch of the teeth and the lower arch of the teeth together constitute the dentition.~~

~~In part 1 of this book I showed you how the teeth are numbered. It is a two digit system. The '13' (say one-three) for instance is the right canine of the upper jaw.~~

~~A very interesting part of the body and its surrounding is the appearance or meaning of number 8, the eighth day is the first day of the new week, the octave is the eighth note that begins the musical cycle anew, Jesus showed~~
~~himself eight times after his resurrection from the dead,~~
~~you have 8 teeth as an adult in every quadrant, the 8 represent a new beginning, a new order of creation;~~

~~*'man is truly born again'*~~

~~Which doesn't mean physically but within the soul.~~
~~It wasn't that Jesus showed himself but it was that the people now saw/believed (in) him and his messages.~~

A new life begins when you begin transforming from a child into an adult. ~~; your teeth begin to grow. Your deciduous teeth are falling off.~~
On a spiritual level, ~~Actually:~~ you decided to 'grow up'~~;~~ you were~~are~~ born a second time.
~~Well, on a spiritual level this~~ ***decision*** ~~(decidious) was made.~~

~~Some of you didn't choose to let all the primary teeth fall out. Some of you still have 1 or more primary teeth, are they 'cling-ons'? To what?~~
~~A child has a total of 20 teeth, an adult has a total of 32 teeth (4x8)…..8 again?~~

Every tooth corresponds with: ~~;~~ a colour, a memory, an organ, a tissue part, and psychological aspects. Every tooth has its own place on your meridian.

Teeth and their colours (of the rainbow):

1. red
2. orange
3. yellow
4. green
5. blue
6. indigo
7. violet
8. white, the sum of all colours

*Andrea; add picture of "teethandtheircolors jpg#31

Memories are often the root of~~to~~ (dental) diseases! Psychological issues ~~more than~~ often lead to (dental) diseases.
Diseases of the tissue can be expressed through the teeth.

~~You have read now that;~~
~~Colors have meanings~~
~~Numbers have meanings~~

You are about to read more about the spiritual meaning of teeth. Want a sneak preview? ~~some more that teeth have spiritual meanings.~~

~~Want a sneak preview?~~

I lost my front tooth! How was this possible? ~~come? How come I could not protect or prevent my own tooth from falling apart in my mouth?~~ I am a dentist for crying out loud!!!!

The spiritual meaning of teeth.

The etheric body gives vitality and health to the physical body. It also gives life to the body —and organizes it.

The cooperation between trillion cells in your body is a smooth operation. ~~You don't have to take action in the bodily processes like breathing (hopefully), digesting, the beating of your heart and of course the growing of your teeth.~~

Y~~In fact y~~ou have many bodies. Highly sensitive people have been able to perceive one or more of the bodies. They are non-physical bodies.
~~Science nowadays catches up on these bodies with touchable proof.~~ Science is ~~–~~beginning to ~~and its high technology are~~ verify the ~~fying their~~ existence of these other bodies. ~~, probably to proof these people are not 'crazy'.~~
~~Crazy is just a term for not fitting in the worldly box.~~

The etheric is the subtle level of the physical body.
~~You knew that already right?~~
~~In my book I am trying to describe matter from different angles so I hope everybody wants to, and will understand.~~

This body contains all your energy called ~~for instance~~ *'chi', 'ki','electromagnetic field', 'human energy field', 'aura', 'spirit body', 'light body'* or *'body of light'*.
I like the term *'God body'*.

Your physical body is nicely surrounded by your etheric body. The God-body has the same form as your physical body. It is made of different energy channels called *'meridians'*.
There are 7 major energy centresers called *'chakras'*.
There are 21 minor energy centresers and many more even smaller centresers.

On tooth growing:

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In mommy's womb all the teeth are already constructed. So as a fetus, you are equipped with all the germs. I mean all of them, including those for your ~~your~~ permanent teeth. Nature is cool.

Around the age of six *months* your first little toothies appear; in the lower jaw, the front. ~~(And yes!, have your mommy or daddy brush them because you like cookies)~~ By
~~A~~around the age of three *years*, –you have all your primary teeth. It's when you're about six or seven that you start to lose your baby teeth. You usually use the ones you grew in first:
~~Around the age of six/seven you start to lose the ones you got the first:~~ the tiny ones in the lower jaw in the middle. New biggies come at the scene.

~~Oh I forgot, you cannot read yet….~~
~~I will tell mommy and daddy…..~~

~~Hi mom, Hi dad!~~

Your child loses its teeth baby teeth ~~around this age~~ because the etheric body ~~of your little prince(ss)~~ has been freed and comes to its own activity.
The etheric body has been attached to the physical body but can now express itself on its own.
A new life starts, ~~for your baby.~~ n~~N~~ot only in teeth-world but also for body development and growth and mental development and learning. ~~so the development in his body; growth. Also development in skills; it learns to read and write.~~
Do not forget: until the grown-–up teeth appear, the child lives in imagination for the greatest part.

Commented [SL263]: ????? Do you mean roots?

~~I make 'use' of this aspect of course. Read my story in part I of this book of the child I had 'brushed' instead of treated with the burr.~~

Change of teeth means a change of consciousness.

Around the age of 12-13, mostly all the grown--up teeth are visible. This is also the stage in which you grow into puberty.

You've probably heard of the wisdom tooth (third molar). ~~Another interesting fact is that of the third molar, also called the wisdom tooth (molar).~~
This one can show itself in many ways:

- It might~~can~~ *not* show itself because there is no germ ~~--~~made!
- It cannot show itself because it is stuck in your jaw.
- It can show itself partially and will not grow further.
- It can be you have even 5 or 6 wisdom teeth.
- It can grow as well as the other molars.
- It can show itself even at the age of 70!

Why this diversity?

Two theories are known in d~~D~~entistry world:

S~~s~~tory 1- Neanderthals.

Commented [SL264]: ? Explain.

T~~In history t~~he Neanderthals had huge~~big big~~ jaws and a small skull to hold their brains.
As humans evolved, ~~During the next years the~~ skulls became ~~have become~~ much bigger and the jaws way, way smaller. This meant that the wisdom teeth became more and more likely not to have the space to come in.
~~This means that the wisdom teeth were being robbed of their space hence the problems with these teeth.~~

It has been demonstrated, however, that Neanderthal DNA is very different from our own! This means that they had an entirely different evolution than ours.

Commented [SL265]: As this theory has been debunked (because Neanderthals have different DNA), why talk about it at all?

story 2- Muscle power.
We have more than 40 muscles in the face. Usually, muscle contraction is teamwork. M~~Few m~~uscles contract together in order to make you smile, cry, frown or look angry. Muscle tone is also important for letting ~~to let~~
OXYGEN enter your body through your nose and nourish all your cells every moment of day and night. Oxygen is the main food of your body. Muscle power helps to form the bones! Weak muscles mean you cannot chew your food well or your mouth drops open because of lack of lip muscle strength. If weak muscles lead to improper development of the jaw bone, it's possible that could be a contributing factor to why wisdom teeth cannot come in. ~~So muscle strength develops the jawbone, is that why wisdom teeth sometimes fail to fit in?~~
~~Breathing definitely plays a role in the having of crooked teeth!~~

~~Oxygen consists of two oxygen molecules linked together~~

~~*Andrea add here picture 'oxygen molecule'jpg#40~~

People's natural state is laziness, your body was made to walk, run, chew good food, digest healthy ingredients inhale the most important good: Oxygen. You tend to lie on a couch swallowing fast food

Stand up for your birthright…….

The underlying spiritual meaning however, according to me is that we people have become thinkers instead of feelers. The message therefore is: 'wisdom is not coming through'. I am not talking intelligence here but 'knowing'. The skulls didn't get any bigger in all these tens of thousands of years ago according to Weston Price (Canadian dentist 1870-1948), he even stated: "we had our big new brains long before we had wisdom teeth problems".

Charles Darwin, (February 12th 1809- April 19th 1882) was a famous English naturalist and geologist best known for his contribution to the science of evolution.
He established that all species of life have descended over time from common ancestors. Existing species may evolve into new species over a long period of time.
We all had been taught that in school. But visions can change and therefore the school books can change.

It has been demonstrated however that Neanderthal DNA is very different from our own!!! This shows that their evolution is different than ours!

~~Archeologist from the Department of Anatomy and Anthropology at the University of Tel Aviv Medical School found *Homo Sapiens (Latin: 'wise men')* remains, specifically **teeth** from 400.000 years ago in Israel.~~
~~The eight teeth were very similar in size and shape to those of Homo Sapiens!~~

As humans evolved, our brains became larger and larger as our jaws became smaller. In ~~Even Darwin himself in *'On the Origin of Species'* (the book he wrote himself) considered it unlikely that natural selection alone could be responsible for enormous specialization of organs and tissues.~~
~~Einstein said: 'I see a pattern but my imagination cannot picture the maker of the pattern…..we all dance to a mysterious tune intoned in the distance by an invisible piper'.~~
The bigger the brain the smaller the consciousness.
The bigger the brain the more awkward the growing of the third molar! (Wisdom tooth).
We think we can lead our lives ourselves! We think we can think our lives! Make decision after decision and think it all over and over. Not realizing that we haven't thought about other facts we cannot think about.
You don't know what you don't know!

You must have experienced a lot of things in life which worked out pretty well even though it when totally different than you (again) *thought!* it would! Be honest!
That is because the Universe is backing you up.

Living my life means: I take action on my part and the other part I let it handle by the Universe.

Commented [SL266]: Are you saying Darwin said this? What's the connection with Darwin?

Think of two situations in life and please write them down on the next page.
Just name two…… I don't want to rob your time.

My life is lived by me and the Universe together.

I understand now: because I recognized these two things happening 'through' (not *to*) me:

1.

2.

Commented [SL267]: This entire section on the wisdom teeth needs the author's close attention. The main arguments and intention are not at all clear. I can't figure out what the author was trying to do here, so I can't really revamp it myself.

Our body doesn't just 'grow'. It grows because we mind!
Get it? We mind too much.

The less we mind (overthink) and the more we let go, the better, healthier bodies we have.
Our inheritance is just a part of our beliefvs. e.....

How ~~Why~~ c~~w~~ould ~~—~~brothers of the same household, with the same upbringing, ~~—~~same nature and nurture, and the same intelligence turn out very differently~~in such different boys~~? One brother is a criminal lawyer the other one is a psychiatric patient.
The latter helps the former to clean his yard.

The brothers are clients of mine.

The latter made a brilliant remark to me the other day:

'I cannot interfere with your dental knowledge the only thing I can do at this moment is to express my feelings"

Absolutely well said!!!

Commented [SL268]: I can't figure out what you're saying here. It seems like you're arguing that growth is bad.

Commented [SL269]: I don't understand how this is relevant.

Spiritual meaning of teeth problems.

Mouth and teeth idiomss:.

Are you biting off more than you can chew.?
Armed to the teeth.
Bite one's tongue.
A bitter pill to swallow.
By the skin of one's teeth.
By word of mouth.
Eye for an eye and a tooth for a tooth
Fight tooth and nail.
Keep a stiff upper lip.
Keep one's mouth shut.
Long in the tooth.
Loudmouth.
Like pulling teeth.
Pay lip service to.
Put some teeth into.
Show one's teeth.
A slip of the tongue.
Zip one's lip.
Sink one's teeth into.
Down in the mouth.
Born with a silver spoon in the mouth.
Foam at the ~~the~~ mouth.
Have a sweet tooth.
Shove down someone's throat.
Cram something down someone's throat.
Hold one's tongue.
A sharp tongue.
A slip of the tongue.
Live from hand to mouth.
Make one's mouth water.

All idioms express feelings.

~~Whenever you experience problems with your teeth just look up on Google the metaphysical meaning of it! Or ask me….LOL.~~

Commented [SL270]: What's the relevance of this list here?

~~This doesn't only count for the teeth but for your whole body. Bladder problems, kidney stones, heart failure, leg pain, back problems, you name it…. I have written about this before in my book.~~

The only way your God-body can tell you that you are off--course is to let your physical body ache. This is the way it gets your attention. Let's take a look at some physical problems and what they indicate: ~~This way it get attention hopefully so you can cure your physical body.~~

Tooth decay:
You are not taking good care of yourself.
Inadequate~~No proper~~ cleaning.
Not enough healthy food. ~~proper food.~~
You deny yourself.
You give your power away.

Solar plexus chakra issue!

Bad breath:
You don't pay attention to your body.
Your body is angry with you.
You cannot receive, only give.

Heart chakra issue!

Teeth grinding:
You are upset with yourself.
You feel you are not 'heard'.

Throat chakra issue!

We have 7 chakras (energy centreser) in the human body:

*Andrea add picture Chakrahumanbody jpg#36

Crown chakra. : Wholeness, the God Source
Third eye chakra. : Clarity, Connection to higher self
Throat chakra. : Expression, Sound, Speak, Write
Heart chakra. : Love, Trust, Hope, Forgiveness
Solar plexus chakra. : Power, Will, Energy, Self esteem
Sacral chakra. : Emotions, Sexuality, Creativity
Root chakra. : Security, Survival, Material World

Commented [SL271]: Chart needs to be re-formatted.

Every tooth has a connection to every chakra. (Surpass your 12–th chakra and you will reach your Akashic records).

So, let the physical damage be repaired by the dentist but the underlying cause be cured by the lovely guidance of a:

- Yoga teacher
- Meditation teacher
- Regression therapist
- Wellness coach
- Clairvoyant helper
- Angel healer
- Spiritual counsellor
- Psychotherapist
- Reiki healer
- Chakra healer
- Aura healer
- Acupuncturist
- Light therapist
- Hydro therapist
- Colour therapist
- Holistic dentist
- and more

Be thankful for the following arts-and craftsmen who repair your vehicle (body):

- Surgeons
- Physical therapists
- Manual therapist
- Chiropractic doctor
- Massage therapist
- Dentists
- Cranios—Sacral therapist
- Dry needling experts
- Podiatric therapist
- and more

Meridians.

What are theis the differences between auras, meridians, and –chakras?

~~We get confused very often when we begin to discover our energy systems. Which is what and what for? Takes energy to understand this :-)~~

An aura is on the *out*side of our body. People who are focused and trained in this subject can see these.

A chakra is kind of a funnel of energy; chakras they filter the energy into our bodies. In addition to the main ones, there are about more than about 150 other small chakras in our bodies. Every joint has a chakra point. If one or more chakras are blocked the system can be way out of balance. This can cause sickness and pain.

The meridians are energy tracks. This energy is called 'Prana', 'Chetana', or 'Qi' (chi). They are undetectable with the naked eye, but scientifically proven to exist (for the ones who still need proof) Scientists at Seoul National University confirmed the existence of meridians, which they refer to as the 'primo-vascular system'. They say that this system is a crucial part of our cardiovascular system.
In a study published in the *Journal of Electron Spectroscopy and Related Phenomena*, researchers used contrast CT imaging with radiation on both non-acupuncture points and acupuncture points. The CT scans revealed clear distinctions between the non-acupuncture point and acupuncture point anatomical structures.

These ***'tracks'*** transport energy through your whole body. Blockage of this energy means a stop of flow which means illness will be the result. Meridians complement each other, one Yin (energy flowing up), one Yang (energy flowing down). Each meridian is related to an element: Earth, Metal, Fire, Wood or Water.

For instance: **the stomach meridian** is a yang meridian and is paired with the spleen yin meridian; it is an Earth element. It has its physical branches to the muscles, lips, mouth and saliva. It has its emotional imbalances; the stomach influences mental state.

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Commented [SL272]: Exact meaning unclear.

Our energy flow affects how we feel, how we think and the overall condition of our health ~~situation~~.
So chakras bring energy **into** your body, meridians send energy to all the organs, tissues and ~~.....~~ teeth.

The mouth is a gateway to all sorts of microbes. To have ~~an~~ optimal defen~~c~~se, you need an optimal immune system~~. The latter depends on optimal energy.~~ This ~~e defense~~
s~~S~~ystem consists of~~m is nothing but~~ cells that ~~which~~ 'eat' the microbes.

Your immune system depends ~~. The latter depends~~ on optimal energy. Energy is also needed for eating and proper digestion. ~~For eating and digesting you need energy.~~
So energy transport is important.
Less energy means~~;~~ less defen~~c~~se, and~~:~~ a tooth can decay more easily. ~~get decayed more easily.~~

There are 12 major meridians in the body~~:~~ ~~;~~
Lung meridian
Large intestine meridian
Spleen meridian
Stomach meridian
Heart meridian
Small intestine meridian
Bladder meridian
Kidney meridian
Pericardium (Circulation/Sex) meridian
Triple Warmer meridian
Liver meridian
Gallbladder meridian

These meridians are in control of not only their corresponding organ, but also additional organs around them as well as their surrounding systems:

endocrine, nervous, circulatory, immune, skeletal, muscular, digestive and lymphatic.

Meridians can have an excess of energy or a shortage of energy; both can~~it can both~~ cause imbalance. ~~a mis balance for the organ system.~~
Balance is ~~the~~ key in the body; it is no different for the energy in the meridians.

Let me keep the attention to the meridian of the head.

Commented [SL273]: ?? But you don't appear to talk about that here.

*Andrea, here picture "meridians of the head" jpg# follows

1: bladder
2: small intestine
3: triple warmer (TW)
4: gallbladder
5: large intestine
6: stomach
7: pericardium/sex

Meridians: function= '+', dysfunction= '-'

	+	-
LUNG	Respiration. Intake energy.	Infections upper body Skin/nose(smell)
Large int.	Extracts water. Before poop.	Abdominal pains Difficulty in 'letting go'
Spleen.	Distribution.	Abdominal pain, muscles,

	Nutrition.	General fatigue, brain fog
Stomach.	Digest food.	Feeling of worry, nervous
	Extract energy	Lack of acceptance
Heart.	Distribution.	Chest pain, insomnia
	Blood.	Anxiety, depression
Small int.	Absorbs energy	Weakness legs, always cold
	Absorbs nutrients	acne, nerve pain, shoulder
Bladder.	Removes.	Stiffness neck, shoulders
	Liquid waste.	Anger, emotions-expression low
Kidney.	Sexual energy.	Genital/urinary, backache
	Bone marrow/blood	Willpower, asthma, tinnitus
Pericardium.	Protect heart.	Heart sore, chest pain
	Lubricates heart	Sad, unhappy feeling
Triple Warmer.	Controls body as.	Cold, bloated feeling
	Whole, metabolism.	Grumpy feeling
Liver.	Energy cabinet.	Dry skin, PMS, vertigo
	Female sexual cycle	Irritability, anger
Gallbladder.	Bile storage.	Liver pains, yellow tongue
	Bile excretion	Expression emotions

Commented [SL274]: Chart needs to be re-formatted.

NOTE: this is just a very, very short ~~small~~ summary of the functions and dysfunctions of the organs. There are amazing books out there that you can read to learn more! ~~in the world to gather all the knowledge!~~

TAlso: the teeth in the upper jaw are connected to the subconscious: ‘*negative emotions keep us busy*’. The teeth in the lower jaw are connected to the conscious.
~~‘we take action in dealing with the negative emotions’.~~

*Andrea put picture (un)conscious yin yang teeth jpg#33

Tap into your canines.

Teeth are infinite: they still exist after the rest of your body disappears~~our physical disappearance~~, just like your soul. ~~….there they are…….all your memories left on Mother Earth.~~

There is a way of using colour to evoke the memories of the body! Colours are nothing but energy waves, each colour having its own frequency. Crystals, the most orderly structures in nature (as they have the lowest amount of *entropy*, a measure of disorder), are able to absorb energy waves! ~~Crystals are the most orderly structure that exists in nature!~~ Remember that your enamel consists of compact crystals. ~~WoW what a miracle your enamel is….it exists only of compact crystals….~~

Commented [SL275]: Are you saying that they never disintegrate, even after thousands or millions of years? I just want to make sure, as I'm not familiar with the topic.

Commented [SL276]: You've already covered this topic, and it doesn't seem to be specifically relevant here.

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~~They have the lowest amount of *entropy* (a measure for disorder).~~

Crystals are structured in such a way that they respond to the input of all the different energies around them, leading them to oscillate and emit specific vibratory frequencies. The energy is consistent because of the well-~~-~~balanced crystal laettice~~;,~~ when dissonant energy is inputted it *will be* balanced and transformed into a harmonic energy.

Crystals can contain a huge amount of energy or information: this is why~~,~~ ~~hence~~ we use liquid crystals in computer and cell phones, for instance. Quartz (a ~~s~~ type of silicate mineral) is used in watches and clocks to help them tell earthly time; ~~because~~ it helps stabilize and regulate the flow of energy. A quartz crystal can be used to store data for up to 300 million years!!! So, if you would like to talk to your great-~~-~~great-~~-~~great-~~-~~grandma, just tap into one of your canines:-)).

What do crystals~~es a crystal~~ have to do with spiritual growth?
Well, ~~it is all about,~~ according to ~~-~~Nikola Tesla, energy, it is all about frequency and vibration. ~~To Mr. Tesla the latter are the key to understanding the Universe.~~ Crystals have their~~re~~ own vibration, as do~~well as~~ the cells in our bodies as well as, of course, the chakra~~'~~s. So when we come in contact with a crystal, it interacts with the vibration of the cells.

~~What if we would chew one these crystals? Would our teeth heal? It is the digestion which will be tough I guess.~~

When you want to tap into your past lives, it might be possible to access memories ~~receive the remembrance~~ through your teeth.

Commented [SL277]: You've brought this up and then don't follow it up.

Colour or light therapy is the term used to describe the exposure of light to the human body. It has been used in Western traditional medicine only since the late 19th century, but ~~. It~~ has been known in Eastern medicine for thousands of years~~way before that time~~. I~~i~~n Eastern medicine, light therapy ~~it~~ mainly focuses on the energy systems of the body, the various chakra zones, and meridian points.

L~~In both Western and Eastern science it is a fact that l~~ight is energy and our body is comprised of ~~comprises~~ energy. When ~~for instance~~ red light penetrates the skin, it tends to strongly promote healing, rejuvenation, and balance~~provide a profound effect on healing, rejuvenation and balance~~. ~~Now, don't we all want this balance? (you thought I was gonna say something else right??)~~

Red light is converted into cellular energy, thereby stimulating the natural processes of the body on a cellular level. This ~~and~~ leads to a complete series of metabolic events, all to make your cells jump for joy!

Red light therapy will boost your ~~Find your:~~ lymphatic system, ~~boosted (OMG teeth contain a lymphatic system..)This system is~~ the most important part of your immune system. It carries all the 'kill and attack-molecules'. Some benefits of red light therapy include:

: reduction of inflammation, the root cause of many diseases~~instances reduced.~~ ~~The ROOT cause of many diseases.~~

: formation of new~~!~~ small blood vessels (capillaries)(remember that ~~OMG~~ teeth contain blood vessels…~~..~~)

: increase of ATP energy packs release ~~increased,~~ straight from your mitochondria! (OMG, teeth will jump for joy)

: repair of soft tissue ~~being repaired~~ (your gums will thank you~~OMG you can chew your gum again~~)

: increase of oxygen flow (OMG, let your teeth get oxygen before they fall out)

In Japanese Acupuncture clinics, they sometimes use the Lumen Photon Light Therapy. They use a ~~,~~ a ~~this~~ device ~~comes~~ with seven different wavelength settings. For example, there are settings for:
- nerve pain (herniated disk/gum/tooth pain)
- joint pain (TMJ-jaw joint)
- muscle-tendon-ligament pain (total oral cavity!)

~~Is there more for me to say beside the fact (I am stalking you) that all the healing starts within. You are the one who has to get of the couch…..~~

When will you let your light come in?

Let's get physical.

~~Here, I am, being totally vulnerable to you. Teaching everybody to clean, take good care of their teeth, love themselves more than enough now I, as a dentist, am facing a huge dental issue.~~

I decided to get ~~had~~ braces because I wanted to look even better than I already did.

Commented [SL278]: When did this happen?

Commented [SL279]: Explain how long the braces were on.

~~The final hour had come: I was to drive to the orthodondist's office to have the braces removed. To be honest I was fed up with driving to his office because it caused too much stress,leaving my office as soon as my last client walked out of the door to race to him wasn't always such a relaxed feeling. Anyway, here I am, grasping for air, quickly brushing my teeth and cleaning in between as fast as I can to be able to rush off to have my final appointment. I was so anxious to see how my teeth had undergone this alignment process.~~

On the day of the appointment when I'd finally have my braces removed, I felt something strange on top of my gums. ~~Then…..there, in my car I suddenly felt something strange on top of my gums.~~ There was a lump!! Whaaattt? ~~'What is this' I thought.~~ I had to stop at a traffic light and look~~ed~~ in the rear-view ~~rear view~~ mirror. I lifted up my upper lip to check… and ~~..~~
~~there~~ I saw it…~~..~~a little lump, kind of~~a~~ yellowish.~~,~~
I rubbed my finger against it.~~t……~~
My diagnosis was clear!

My tooth needed to be pulled out!

Wouldn't you be devastated? Just finished an orthodontic treatment for two years and now your right front tooth has to be pulled out????? ~~You would, wouldn't you.~~ A front tooth!!! As a dentist!! You may find it difficult to believe, but

t~~T~~he opposite was true. ~~….~~I was totally relaxed, had no fear and the only thing I could think of was~~,~~ ~~;~~ 'what is Spirit trying to tell me?'. ~~For I had learned: "sources of body pain and link to specific emotional states ".~~
~~I wasn't scared or angry at all.~~ I felt a~~There was this~~ total resignation and ~~total~~ expectation that the Universe~~,~~ or my Angels wanted to protect me from something worse than losing a front tooth.

Something worse which could have a dis-ease causing frequency, for when cells vibrate in a different frequency than their own, you will feel discomfort.

I was thankful for the message. ~~……..~~

It turned out I had been~~was~~ *biting* my way through life. I had been~~was~~ a very ~~very~~ sensitive and caring child. I could 'feel' so much as a kid but I never dared to share that. Parents are supposed ~~–~~to make you feel safe, but I did not have this comfort. ~~to be your caretakers and you are supposed to feel save and maybe even cured.~~
~~But I was not.~~ As I've already explained~~I said~~, I have forgiven~~forgave~~ my parents for that; I know that~~,~~ they had their own issues, too. There is no such thing as 'the perfect parent'. Even the best parents have their own conditioning, beliefs and hurt. I attempted~~tried~~ to solve their issues by trying to please ~~them~~ and help them as much as I could and whenever I could. Unfortunately, p~~P~~leasing them meant losing mys~~S~~elf.
I looked for love everywhere and I wanted to show how good I was.

Losing my tooth showed me I had to~~must~~ 'let go' and not to 'force life' but rather allow life to come through me.

We all have to let the fear out of our lives! Your life path has already been orchestrated like a movie on a DVD~~has been put on a CD~~. If you start ***being*** and stop the frantic ***doing,*** all will be well.

Just follow your heart and follow your dreams despite what your parents, neighbours, sisters or teachers tell you. Remember,~~Because~~ your blueprint wasn't made by them but by somebody else.

By the way,~~,~~ don't worry about me.~~,~~ I have a new front tooth….

Psychodontics.

Have you ever wondered *why*~~?~~ your teeth:

~~*are unimpaired (wow!, brilliant)~~
~~*have just a few minor fillings~~
*are heavily filled?
*have so many crowns?
*are dead?
*are missing?

Everything is energy (sigh…~~.~~here we go again). ~~:-)).~~
We need a good energy level to be able to have a well- functioning immune system. The cells' mitochondria are the energy suppliers. ~~.~~

As human beings, we are subject~~We are submitted as human beings~~ to bacteria, viruses, and fungi 24 hours a day. They invade our bodies~~y~~ through the mouth, through the air, liquids and food. So even at night when we snore, we are being attacked, LOL. So our immune system is a never allowed a break from its duties. ~~ending protection system~~.

The better our energy, the better the immune~~is~~ system works for us. ~~Energy runs through our meridians and passes our teeth.~~ The less energy through the meridians, the less your immune system will protect you. The immune system is a system of cells. T and B-cells, neutrophil, eosinophil, basophil, monocytes, macrophage-cells and natural killers.
I figured I'd throw a little science in here, to make sure you're concentrating! ~~keep you concentrated.~~

immune system cells, our little helpers:
*Andrea put picture here immune system cells jpg#44

Negative emotions steal~~oak~~ a lot of energy from our bodies.
Let me give you an example.
Our first, top left molar (26), is connected to the stomach (sorrow/sick to the stomach). If a person keeps on hanging into their sorrow~~this emotions~~, the immune system of that tooth will weaken. Hence this system might not be able to attack the bacteria in an effective way and ~~good way~~ a ~~–~~cavity might be lurking around the corner (especially in the absence of proper dental hygiene). ~~. In combination with people not taking good care of themselves being bad brushing or interdental cleaning, a cavity is now likely to be born.~~
The first molar, left and right in the lower jaw are situated on the large intestine meridian. Imagine eating all these fast food dinners!! bad digestion, inflammation and there goes your immune system!

~~Here the emotional link is clear!~~

The 26 (2nd quadrant, 6th element) molar stands for chakra V. It stands~~Now if we check the same molar (26)~~we can see it standing in YIN energy, and it ~~. It~~ carries the information of the energy of the past and the now!~~.~~ ~~The 26 (2nd quadrant, 6th element) stands for chakra V.~~The 26 is situated in the upper jaw (unconscious). This means that problems with it can indicate that negative emotions are dominating our unconscious. ~~) so negative emotions are keeping us busy. But: we are not actively busy with it.~~

male/yang/right-*psychodontics****-left/yin/female***
Here the message is delivered: teeth don't lie.

Commented [SL280]: I can't figure out exactly what you're saying here.

Commented [SL281]: Where?

Commented [SL282]: Explain connection.

Cyprus.

Following my intuition, I ended up on the iIsland of Cyprus. I decided to listen to my heart and take a leap of faith. I cancelled all my patient appointments and went. ~~, having cancelled all my clients and leaving my children and just taking a leap of faith and listening to the message from my hart.~~

I was invited by my dear friend Elspeth, healer and soul reader of the heart.

Cyprus is the third largest Island in the Mediterranean Sea, after the Italian Islands Sicily and Sardinia. Religion has always been of high importance on Cyprus;~~in the Island as people~~ after many hardships, people created a strong connection with the Divine ~~seeking~~ in their quest to ~~for help in order to~~ (re)gain inner strength. ~~to handle all the sufferings they have experienced.~~

I felt that spirits were all around me while I was there. ~~As a spiritual being it was huge what I felt on Cyprus, spirits were all around me.~~ As a spiritual person, e~~E~~ven the animals on~~from~~ the iIsland were drawn to me.

While visiting a lot of sacred places I knew I had to release a huge attachment because it was really not serving me at all. Looking back, I believe that ~~can only admit~~ Spirit told me to come here and release garbage. We are perfect as we are on our own, guided by the light. We need not be attached to anything! A~~a~~ttachment can literally kill us!

Commented [SL283]: This seems like an especially sudden shift of subject. How does this connect to the previous section? There's no transition or even a hint of one.

Commented [SL284]: When? In what circumstances?

Commented [SL285]: Meaning unclear.

Commented [SL286]: ??

~~Do not attach to any outcome, neither to any person.~~

'Everything happens for my own sake'

When you are NOT attached to results~~the results~~, you are showing you have the confidence necessary to have no doubts about the positivity of what will happen~~that you indeed won't wait for that result~~. You now know that infinite intelligence knows ~~better,~~ ~~knows~~ what is best for you. Being anxious about the results ('will he love me?', 'if I do this, will she do ~~'~~that?', 'what if???', and so on) is detrimental to you.
~~You need not help God, for He knows, he doesn't need your direction. He just needs your Faith, that's all, that's It!~~

Practice your infinite patience so that you WILL (no doubt) see what is in store for you. Infinite patience means infinite faith.

So, focus on the goal and not on the thoughts.

So, off I went on ~~for~~ a sort of ~~the~~ de-attachment tour, crying on top of a hill, shedding tears in a ~~the M~~monastery and lighting a candle for MYSELF for the first time ever. ~~, while being afraid my tears would put out the flame.~~
I felt at home ~~.....~~ there, more so than I'd done at any other place before. ~~..... like I've never felt before.~~

The hospitality, the ~~lovely~~ kind~~amazing~~ people ~~,~~ who became my ~~new~~ friends, ~~—~~and the sun made me an instant Cyprus lover. I felt safe~~;,~~ I brought my own energy into myself again. I felt the love of Aphrodite inside of me fill me with amazing joy, and I was able to ~~so I could~~ spread my wings. I knew~~ow~~

my power but I had given it away to somebody else. I was getting it back now.

Sometimes you have to go to a different place to leave the energy belonging to your home ~~to that place~~ behind and go find a higher vibe.

Elspeth gave me a Reiki healing in her beautiful room, lit with candles and filled with the sound of amazing Tibetan bowls. What an experience. The music in that room was amazing, I was in the 8th dimension. We played a CD with the beautiful music of Paul Luftenegger~~'s (Multi award Winning international singer and songwriter)CD released the most profound music during this session.~~ His song "My Heart" caused a profound shift inside of me. I said the words "I love ME'~~,~~ to myself. I was on the Island of Love loving Leslie finally and forever…~~.~~it felt great….
All the cells in my body soaked up every vibe of that music. I know I will never have a Reiki treatment other than in Cyprus, with Elspeth and with Paul!

The room was filled with ~~–~~spiritual beings and angels;~~,~~ I ~~definitely~~ felt their presence.

Let your awareness rise.

~~A~~ poem ~~written~~ by Elspeth Kerr,
healer and soul reader of the heart

Cyprus 2018

there is so much more Love and Light
in the Universe
so it is time to wake up unto it all
and just be
you are of the light
so shine this pure light
into the space of here and now
as you do your heart opens
to your own magnificence
so give yourself permission
to heal from the inside
to the outside
and rise up
and take center position
you will help the weeping ones
to smile ones again
by remembering you are the light
and the Love of God
you are your own wholeness
as your awareness rise

you are genuine, spontaneous
and the authentic you of you
you came to be a vessel of pure
unconditional love and joy
and to spread blessings of light
unto Mother Earth
now vibrate your new Power
into the Vortexes and to the grids
connecting all from the Heavens and
the Galaxies above
to allow your awareness to rise
and rise
find peace and strength from within
as you take your next breath
all of your past melting and dissolving
to leave a clean and beautiful heart
you are safe and
you are protected
by the hand of God
so rise up
like the Phoenix from the ashes
and be powerful once again

Ohm Shanti

Commented [SL287]: As this is a poem, I haven't made any changes to it.

Archangel Michael.

Archangel (*'chief of the angels')* Michael, whose name means

'"he is who is as God'",

is most often thought of as the angel of protection and the most powerful of all angels! He is considered a leader within the angelic realm and a patron angel of righteousness, mercy and justice. That is why he is usually depicted as a warrior, carrying a sword. Archangel Michael assists in situations where you are afraid, confused or fear for your safety. He helps us to release fear and doubt. He is the embodiment of compassion, the Earth's representative of the all-encompassing strength of the Divine.

He wants ~~for~~ us to make positive changes in life and he is often said to work closely with those who perform healing work or provide spiritual teaching. He can be of assistance with your courage, direction, energy and vitality, spirit releasement, worthiness and self-esteem.

Do~~n't~~ you wish to talk with him? You can! Is he around? Yes!! How do you know because you cannot see him? NO doubt he will give you signs~~,~~ you will see

evidence of Michael's presence. He is a clear communicator:~~,~~ he is your GUT feeling.

Don't tell me you have never seen *small flashes of light!* Don't get obsessed trying to **find** signs; rather,~~,~~ open your mind (crown chakra)and 'sense'. ~~' is my idea.~~

Don't tell me you have never heard '*a voice*', telling you something.~~,~~ T~~t~~hat is Michael. Have you found the name 'Michael' popping up more in your life? That could be him, too. The family for which I was au pair had two Michaels, the father and son. I didn't realize in 1984 that this was a sign of Archangel Michael's presence. ~~I have lived with a family in the state of New York, dad's name is Michael and son's name is Michael. So you will hear or see the name "*Michael*" more often. (the funny thing is; I just realized this like a week ago, 2 Michael's!! Archangel Michael wanted to talk to me then, in 1984 but I was totally oblivious to that).~~ How many times have you see the number 11? You are protected! How often have~~did~~ you check~~ed~~ your digital watch and 11:11 showed up?

~~There are many more signs to help you help rise the awareness of self.~~

If you would like to talk with Archangel Michael and ask him for guidance~~life directions~~, speak to him. If you don't know how, you~~would like to talk to Archangel Michael and you do not know how to you~~, can contact an oracle.

An oracle is someone who offers advice or ~~a~~ prophecies~~y~~ thought to have come directly from a Divine Source. Spiritual psychotherapist and intuitive medium

Commented [SL288]: But you haven't said anything about how this number is connected to Michael. Explain.

Rev Lea Chapin is an inspirational spiritual counsellor, teacher and oracle for the Ascended Masters and Celestial realm. She has 25 years of experience as a direct voice channel for Spirit and helps her clients understand the ROOT cause of their life challenges and soul lessons from a sSpiritual perspective.

As I've already said, ~~I wrote in this book before:~~ I have been spiritual all my life (just like you, whether you're aware of it or not) ~~are aware of this or not but hey you are….~~). ~~I have received all the confirmations of a lot of feelings!!!~~ Feelings are right! Trust them~~;,~~ do not let your mind ~~swipe you off of your feet.~~

I have told many people that in a former life I must have been an Indian woman living in the USA! I've a~~A~~lways have felt that, and ~~.~~ Archangel Michael confirmed this.
He also confirmed my connection to certain animals, ~~feelings about certain animals I know~~ and he said that in early life I was a Shamanic healer of both animals and people.

As I have stated so many times in this book:
body pains are linked~~have their links~~ to specific emotional states.
Although I AM a being of light, I choose to be in this body and experience life on Earth.
Hence Spirit will tell me what is the matter when I am in pain, or experience any other discomfort in my body.

What did Spirit tell me about my **back pain**? ~~÷~~

~~***back pain:***~~

Commented [SL289]: I assume you mean Native American? If so, say that. Also, give more details on when you had this lifetime. Was it before the USA existed? If so, you'll need to say America or the North American continent.

Commented [SL290]: What do you mean? When you were a child? Or in a previous life?

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As a dentist we sometimes bend over in miraculous ways ~~sometimes~~ to fix your teeth~~left rear upper molar~~. ~~Twisted like your DNA helix we fix what you lost.~~ Although this posture issue was part of the cause of my back pain, I knew there was a~~THIS~~ bigger one, and, yes, Archangel~~A~~ Michael confirmed that. He told me that because~~Because~~ I am so highly sensitive, I pick up too much of the energy of my client.

Michael said: 'do weight training to strengthen the muscles of your back' (I have~~had~~ been doing this~~at~~ for five years now and my back has gotten so much better), and~~:~~ 'clear the energy of every client when they leave your office'.

What did Spirit tell me about my nail bed?~~:~~

The nail bed of my left index finger was damaged. ~~.the nail therefore started to look sick.~~ I figured it was from the curing light; perhaps it overheated the tip of my finger. Growing more aware, though, I realized that ~~I suddenly realised it had nothing to do with that light!~~ Source was telling me something different. Source just needed this light and my nail to make me aware of something.

Commented [SL291]: What curing light? For what purpose?

Michael said: '~~Y~~your nail bed is weak, the opposite of what you are: strong. ~~just way opposite the way you are~~. This is the only weakness left in your body. It is telling you to regain your powers in every part of your life'.

This absolutely resonated with me!
I did healing work for myself and my nail is going back to normal~~curing now~~!!

What did Spirit tell me about my left index finger? ~~:~~

Since the nail bed is a part of the finger….

Michael said: 'the left finger is about inner power' and 'you have to set your boundaries' and 'or not knowing what you want'.

Commented [SL292]: ???

He said he knew exactly what I want, and that I am very focused on any kind of work I do. I take no crap, and I have no time for nonsense. True. However, I still have work to do in boosting my inner power and establishing boundaries.
~~however I had something to work on:-)~~
Oh my Michael, you were~~are~~ right again.

What did Spirit tell me about my front tooth?
~~missing?:~~
A dental treatment in the past didn't go quite as planned….it caused my gums and jawbone to inflame. Like I said; I was curious about what Source had to tell me.
Michael said: 'You have had the habit of biting your way through life because of hardships in the past (childhood).

Commented [SL293]: You've already described this.

What did Spirit tell me about my left eye being different than the right?~~:~~
I have what we call a '~~"~~lazy eye'~~"~~. My left eye~~one~~ doesn't function as well as the right one. This minor loss of function has been with me ever since I was born. No worries~~;,~~ it does NOT inhibit me in~~to~~ performing dentistry, drivinge a car or ~~in~~ any daily life function.

Michael said: 'this lifetime is provided for you to balance your male-female energy'. A~~a~~nd 'you decided to not accept your female energy, so there is a blockage'. (Remember that y~~y~~in is ~~-~~female energy, and yang is ~~-~~male energy).
I can assure you that ~~tell you all:~~ Archangel Michael is more than right. ~~……~~

This life I now live is for me to be a healer of humans as well as animals, according to Archangel Michael.

It is absolutely an honour and my passion to be of ~~great~~ service to you!

I am yours in Dental Health,
Leslie van O, the awakening dentist
embodied Divine Goddess

Aftermath.

Commented [SL294]: Aftermath? Are you sure you didn't mean 'Afterword'?

I am so honoured that you have read this book, that you took the time to invest in Self and faithfully ~~will~~ find your way Home. Our purpose here~~The point here~~, on Mother Earth, is to learn knowledge of who we~~you~~ really are at a ~~–~~soul level, learn from past 'mistakes' and/or why what is happening now relates ~~in relation~~ to that.

I am so honoured that such a tremendous number~~amount~~ of people are reaching out to me to discuss life with or without teeth.
I've also been thrilled to be ~~am so honored to have been~~ a guest on many radio shows all over the world.~~,~~ T~~t~~hank you, thank you for inviting me.

'"*What should I doam I do to do*?'", is the most common FAQ. Just a few others are: '"*Should I do a crown?*'", '"*Should I have that tooth pulled?*'", '"*Can I use coconut oil?*'", '"*Do I have to undergo an root canal treatment?*'", '"*What toothpaste do I have to use?*'", '"*When does my child have to go to the dentist for the first time?*'. "

The truth is that tThere are pro's and con's towith every kind of treatment. , it is just like that. Adding to the confusion, some people go to extremes, claiming that certain kinds of treatments are always wrong. This can lead to a number of dilemmas. "Pro and Con-groups" are fanatically getting together to ban 'the other treatment' out, calling them 'wrong'.

Amalgam is poison, but removing ittaking it out is also poisonous.
Root canal treatments block the chakras, but the pain is unbearable without one. you have pain.
Braces can cause terrible remendous headaches but my teeth are crooked.
My muscles are weak, but the TV show is on.
This implant is titanium but I want a new tooth.
See all the "buts"?

The only thing you have to do is gettget ing your energy right, remember? Iif it doesn't feel ok, then, back off.

Ask your dentist for the technical and ,—financial information, as well as all the and —pro's and con's.,- Iif he or she doesn't want to provide this information, explain this then you know it is time for a different dentist.

Always bBe aware of your gut feeling! Be aware of your every 1/100th of an inch of your enamel for it will never grow back.

What does your dentist do to cherish your tissues?

Thank you for chewing on this.

'"Who am I grateful for?'" -list.

I thank you all so very~~so~~ much!!!

Archangel Michael, for you kept showing me the way!
We played seek and hide.~~,~~ I hid….
You confirmed my 'knowing'.

Alan , for freaking me out:-))!

Andrea , for saying: you have no niche!!
Berna , for reminding me I am Spirit.
Carolien , #nowords.
Claudia , for being amazed.
Dirk , for watching over me, dad!!
Dot , for being my friend, editor of my book proposal.
Edith , for being your only holy daughter.
Eef , for being my inspiring daughter!!!
Elspeth , for unlocking my soul.
Fitzpatricks , for infinite love.
God , for telling me: y¥ou can do it!
Jill , for reminding me #Iamtheboss!
Jose , for infinite Spring!
Keij , for being my amazing daughter!!!
Lea , for your Celestial messages!
Max , for being my brilliant son!!!
Paul , for all your music- and keynotes!
Ronald , for taking such loving care of me!
Taz , for being awesome
You , for reading this book!!!!!!!

Commented [SL295]: Why is this list formatted this way?

Other comments from Samantha Lord (editor):

You'll find I've made a great many changes and comments using Track Changes. Here are some additional suggestions:

-Do more work on ensuring unity, cohesiveness, and clear communication of purpose of the book.
-You should re-visit your stories of the dental office (your conversations and interactions with patients, patient treatments, and so on). Some of them are far too long and have extraneous information. You'll risk losing reader interest if you leave them like this. I think you could also cut down on the number of stories that you relate.
-More work needs to be done on formatting and ensuring consistency in this area.