



FOREWORD (Dutch version 2011)

This book is about the contradiction between two philosophical movements, namely the philosophy based on "freedom" and the philosophy based on "slavery". In society this contradiction is expressed in the institute of the free market versus government intervention. The same conflict can be found in mankind and is expressed in the concept of living out of love or living out of fear. This duality is functional. It is meant as a frame of reference. How is it possible to experience freedom and happiness when it is unknown what freedom and unhappiness are? Man's life on earth is also meant to transcend this duality and live according to his true nature. This is a life based on the connection with the cosmic system and everything that surrounds man here on earth. The process of awareness leads to a life based on this sense of oneness. Awareness brings liberation and freedom; the natural state of all life on earth. Only man has not yet been able to bring about this freedom for himself. Fear and dependence still dominate our existence.

By conscious life I mean a life in which you are able to let two of the most important human qualities, your thinking and your intuition, work together and give substance to your life. When we talk about 'living from the heart', this is what we mean. In our modern life, thinking and gut intuition are out of balance. From the earliest childhood our upbringing and education has been aimed at developing our intellectual capacity; our intelligence. Also called IQ. Our other quality, intuition, is usually not given any attention at all. You are a lucky boy if your parents have asked the question of how you feel as often as the question of whether you have already finished your homework? Education is more than the formation of the IQ. Other skills, such as those related to spiritual (SQ) and emotional (EQ) formation, also need to be developed. Our thinking dominates our ability to feel. This imbalance is also the origin of all the resistance we have experienced since time immemorial here on earth. Fear and the ego's pursuit of power and control over others have made man his greatest enemy. Especially the ego is a major jammer. The ego is the identity that is connected to your earthly reality. This identity is temporary and therefore not real. This means that the ego is a constructed self-image (a mask), which is necessary to conquer a place in the world in which everyone has an identity. As a person gets older and wiser, this ego, this temporary identity, comes under pressure. It is in fact the intention to establish your true identity, your true self, during your life. For this reason every human being has the quality to think and feel. They are two equal qualities. If these are able to work together, action will be



more in balance with who we really are and suffering and duality will be transcended. In order to be able to live from the heart, one must catch up with the development to trust your inner voice. Usually you can no longer go to your parents for this. Otherwise they would already have taken on this task. Nor are there any 'Intuition Development' courses in regular education. You will eventually end up with either 'The School of Life' or a therapist, who can support you in this process. Life and the universal intelligence connected to it require you to work with both qualities in equal measure. It will do everything in its power to confront and make you to do so. There is therefore no point in avoiding problems. If you stubbornly cling to your thinking or persistently deny the existence of your emotional world, then you will continue to meet expressions of resistance in your life, to an ever-increasing degree. This resistance comes in the form of conflicts with other people, illness or illnesses or setbacks of a different nature. Opposed to resistance is effortlessness. Effortlessness is the natural state of all life on earth. In nature life grows and blossoms without any effort.

I too have experienced resistance in many ways. I, too, got in my own way. I have been actively developing my intuition. I allowed myself to be vulnerable, to make use of my learning capacity and to allow and transform insights about the how and why of my ego driven behavior. I stopped pointing out to others and instead took responsibility for my own actions. No one else can live my life for me. In this process I have experienced that insights lead to liberation. The help of others has been indispensable to me. I am very grateful to them for that. This process has given me much, such as the ability to write this book. I have enjoyed it very much. It was fun, but it was also necessary to bring together two subjects in this book, which apparently have nothing to do with each other. It is my vision that man, as a spiritual and animated being, is inextricably linked to the society in which he lives. They influence each other mutually. The subjects I discuss in this book are intended to support the reader who is on his way to live (even) more consciously, to recognize obstructing beliefs and social institutions based on unconsciousness, i.e. arising exclusively from thinking and the ego, and therefore no longer allow themselves to be dominated. For this, however, it is important that a life is built on love and understanding for oneself, trust, freedom and wisdom.

When this book talks about politics and government or governing elite, it does not specifically refer to Dutch politics or government. However, many examples are related to the Dutch situation.



I wish you a lot of reading pleasure.

Kim Tjoa (2011)

FOREWORD English version (2020)

I published this book in January 2011. Pretty soon afterwards, in the summer of that year, I became involved in setting up a new company: FLOW2 World's Reset Button (www.flow2.com). An innovative new business model in the international sharing- and circular economy. In recent years a lot of my attention has gone to the development of this company. At the time I noticed during presentations that many people were not yet ready for my message. Self-development, freedom, a world without government, that's nonsense, isn't it? We came across the same attitude with FLOW2. Sometimes you can go too far ahead of the troops. But the steady wins the race is the saying. Times change. More and more people have awakened from their spiritual sleep this past decade. They are therefore able to better understand the world and see what is needed to bring us forward as a collective. They also see the benefit of becoming more self-aware. This development is also known as 'The Great Awakening'. This has been the signal for me to make my book available in English as well. Through my international travels I have met many inspiring people in recent years, who have expressed interest my vision. In addition, this may open new avenues for me. There is still a lot to be done and I would like to continue to contribute to that.

I have chosen to offer the chapters of the book separately. Not all subjects resonate equally with the reader. My writing style is rather direct in some respects unsubtle. The chapters are short and concise. Hopefully you'll feel the impact.

I wish you lots of reading pleasure!

Kim Tjoa (2020).