



www.aurelis.org

MY AURELIS DIARY

While writing about you experiences per session, next questions can be interesting :

- Which emotions did I encounter?
- Which thoughts came up?
- Did unexpected things come up / which things?
- How can I further handle what I encountered?
- Do I want to talk about this / with whom?
- At score 3 or more, what did I find enriching?
- Which session would I recommend to myself next time?



Aurelis is like surfing

Using Aurelis is like surfing. Try to be open to the right waves within yourself, the waves that bring you where you want to be.

Don't try to make the waves yourself, but make use of their strength. They will help you. Without them you stay where you are.

DATE:

SESSION:

I found this session enriching:

| 1 | 2 | 3 | 4 | 5 |

My experiences:



Look at yourself as a source

Be open to what takes place inside yourself. Accept that you are much more than what you can control entirely consciously.

Look at yourself as a source of always fresh water. Each day again.

At your own source, your 'origo', you are really original, free, yourself.

Each day again.

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My experiences:



Fresh things

With Aurelis you can meet new, fresh things within yourself. These are not things that you meet elsewhere, also not within Aurelis. These are things that are already present within you. You meet them within yourself. You meet yourself.
Only through meeting yourself, you can grow, you can become a more complete person.
More completely yourself.

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My experiences:



You work

Aurelis doesn't 'work'. You work. You use Aurelis for this purpose as an instrument, as well as possible (see 'Aurelis Manual'), therefore also with a certain discipline: at least during some weeks daily and better twice daily (twice the same session).
Don't try to progress too quickly. With Aurelis you invite yourself (intensely) to grow. Growth only comes at its own pace.

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My experiences:



Friendly

Be friendly to yourself. Avoid aggression and every kind of 'forcing' yourself. That's not always easy. To be really friendly is sometimes even the most difficult of all. It demands the courage of a hero to lay down the arms that you otherwise use even without thinking about it.

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My experiences:



Your own way

Go your own way. That is: while respecting others and *also* yourself as much as possible. You will see that this is *always* thoroughly possible. The way towards a goal is seldom straight. Perhaps for this purpose it's sometimes necessary for you to go against transitory opinions of others and even of yourself.

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My experiences:

Emotions



You can surely let your feelings freely flow. To be emotionally touched is a good sign. You don't have to counter this. Neither should you expect it. A session can be just as valid if the emotional aspect is not present this time. Nothing is needed. Everything is allowed. Each session is different.

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My experiences:

Other things



If while listening you think of other things, that's no problem. As soon as you notice this, you simply return to the session. It's nothing to worry about, even if it happens time and time again. It is mainly your deeper self that perceives the meanings and effectively does something with them. The best encouragement for that purpose is exactly this: to each time 'simply' return to the session.

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My experiences:



Intention

At a conscious level, while using Aurelis, it's mainly the intention that counts, namely to do it well and to grant yourself the freedom to 'grow' as a *whole person*. As a result of this, symptoms are less necessary and your personal possibilities and well-being increase.

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My experiences:



Total self

Using Aurelis is no ego-tripping. Of course you are busy with 'yourself' during a session, but it's your total self, not your enclosed ego. It is therefore the reverse of ego-ism. Through your total self you get more possibility to be in contact with the world around you.

DATE:

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My experiences:

A matter of ego



Aurelis is not oriented *against* your ego, but neither purely *for* your ego at the cost of other egos or your wider self. It is a total-happening.

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My experiences:

No computer



The human mind is no computer-program, the brain is no computer. Mind and body are one. If you change your mind, you change your body. What you do during a session, is not something that only hovers somewhere in the sky. That your symptoms can diminish through this, is definite.

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My experiences:

A present



What you build up within yourself with the aid of Aurelis is a present from you to you. Others may want to take this away from you, to see you go back to how you were before.

Sometimes out of fear or jealousy.

Try to be strong and to decide for yourself what you want to keep and what not.

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My experiences:

Openness



In order to meet yourself in a very profound way you don't even have to actively 'believe' in the possibility of this.

However, it's important that you keep an openness that goes deep enough. If that openness is blocked somewhere (I 'will never succeed '), then it's no longer there.

Very logically.

DATE:

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My experiences:



To look for

If you only encounter walls, then look for doors. If you only encounter closed doors, then look for keys. If all keys have been thrown away, then look at where you are. Perhaps through the right searching you have already found yourself?

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My experiences:



Open attention

is not in the first place attention to 'equally what' but to 'equally how'. Equally how things come to you during a session, try to simply let them happen. Perhaps it all revolves around one thing today. Try to accept it equally how.

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My experiences:

Relaxation



Deep relaxation is more than the disappearing of tension. If all tensions disappear, a deeper landscape appears. Deep relaxation is like the wind blowing freely in this deeper landscape.

It's your wind and it's your landscape.

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My experiences:

Meaning



Meaning lives within you and not outside you. That's a hard truth if you have already sought meaning within you for a lifetime.

It's a gentle truth if you are *now* strong enough to realize it.

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My experiences:

Flower



If a flower bud 'lets go' and opens itself, the top of the flower bud doesn't disappear. It gets integrated into a much wider and nicer whole.

'Letting go' doesn't mean 'getting rid of'.
On the contrary!

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My experiences:

To change



If you have the impression of 'regrettably losing something of yourself', then you are not busy with your total self.

If you progress with your total self, you don't lose anything, you don't leave anything behind.
Only that is a real change.

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My experiences:



Patient

A mind of openness is a mind of being-patient.
Not: in all impatience 'being-patient'.
But: always again with the beginner's mind, who actually
expects nothing yet.

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My experiences:



Time

Discipline is not the same as coercion.
Try to create for yourself *already beforehand* the freedom to
do each session in a time that entirely belongs to you.
Discipline is freedom. Freedom is to have all the time of the
world.

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My experiences:

Archer



A good archer looks at the aim as if the arrow is already there,
as if the aim attracts the arrow
and not as if the arrow still needs to be pushed further at each moment.
You are the archer. You are the arrow.

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My experiences:

Expectation



If what you expect doesn't work out, then expect 'nothing'.
Generally the 'expectation of something' is what lies mostly between the expectation and that something.
Therefore expect 'nothing' and as a result, also 'everything'.

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My experiences:



Feeling and rationality

Feeling and rationality are no enemies of each other.
On the contrary.
They are the closest friends.

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My experiences:



Language

An Aurelis-session is a communication with your wider self
in the language of your wider self.
Even if it looks sometimes like an ordinary language, it *is*
another language.

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My experiences:



Stagnant time

Imagine that the time is already a session-long further
and then stagnates a session-long.
In that stagnant time you do a session.

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My experiences:



Deep joy

Deep joy is the key.
Your wider self is positively sensitive to deep joy
and therefore not to *only* superficial little pleasures
even if it seems like this sometimes for a while.

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My experiences:

Automatically



Remain open to things that happen 'spontaneously'.
Plants grow 'spontaneously'. Flowers open 'spontaneously'.
You can support nature (also within yourself) and give it
direction, but you cannot 'do' it.

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My experiences:

Medicine



You cannot just swallow a depth-experience.
It is no medicine.
It demands an active being-there.

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My experiences:



Yourself

Become more yourself.
Give to others more yourself.
Give more yourself to this whole world.
You are worth it.

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My experiences:

