

THE BENEVOLENT SOUL

Jessica Kaasschieter

illustrations by Elisabeth Ruijgrok



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Uitgeverij Bewust Zijn

Postbus 17390

2502 CJ Den Haag

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Uitgeverij Bewust Zijn

Den Haag 2019

Dear Elisabeth, Joke and Frank,

thank you!

For *helping me create this beautiful book.*

For *expressing my work into the most amazing outcome.*

For *making this happen.*

Introduction

The Benevolent Soul is a collection of 50 poems. They are created from the perspective of 'The Benevolent Soul', a symbol for our ultimate fellowman.

I started to write these poems after my trip to Chicago in 2017, which was transformational for me in many ways. Being with myself in the darkness of the airplane on my journey back to the Netherlands, I experienced a deep level of loneliness as never before. I didn't realize then that this was the start of a period of transformation and crystal clarity, with these poems as a creative outcome.

The first little poem I wrote was 'Warrior'. It stands for the innate inner power in every human being. It emerged out of pure desperation. I discovered that writing was the one thing that provided some comfort and at the same time gave me access to messages I myself needed to hear. This got me through the unbearable pain of that moment. Connected to the essence of 'Warrior' I kept on writing and my second poem 'The Benevolent Soul' emerged and with that the title of this collection was born.

There are periods in our lives where we have to get through 'the tunnel of darkness' completely on our own. Periods where we are just overwhelmed with fear and doubt. We encounter a place of total desolation where we long for a comforting hand to hold ours, so that we would find the courage for the ultimate leap. A leap, deep down we know is required to bring us to the next level of our soul's journey.

With these poems, I hope to stretch out this comforting hand to you, to encourage you to take your own leap. However, we are alone in our moments of truth, and nobody can take the leap for us, the journey is universal to all of us and with that assurance we can feel a little bit less alone. Not only are these poems an expression of our longing for love and our yearning to be seen and heard; they are also the acceptance of our vulnerability that wants to be met with kindness and care. The wounds we incur traveling through the low points of our journey need time to heal, and we ask for love and patience from the people around us.

I believe that as human beings we can find the strength to raise above anything as long as we decide to open up to our power within. By surrendering to that truth, we allow our lives to be fully lived. Life can express itself freely through us. I also believe that we are here together to support each other in our journeys. To be each other's 'Benevolent Souls'.

BENEVOLENT SOUL

My benevolent soul
I'm so happy
You are here
And allowing me
To breathe
That you will help me jump
Into the darkest challenge

I'm grateful
For your love
For giving me your pride
And healing wounds
Inside

My benevolent soul
I hear the things you say
And maybe, someday
All the hurting
Goes away

WARRIOR

I am
In every way, every day
An undefeated warrior
I put on my crown
And dance around
With all the things I've learned
All the things I've earned
By taking all the risks
By never giving up seeking
When I couldn't find the key

I have
In every way, every day
The power to achieve
The things that I believe
And fill my heart
With love

GROW

Let me grow
Beyond my dreams
Beyond all my expectations
Beyond all the stars above
I'll spark my wisdom
And some love

'Cause I'm ready
For the show
Putting out there
What I know



LETTING GO

Why do you try
To figure things out
When the sun's
Already shining
And the mist's
Already gone
You've won your battles
Let it flow
Don't hold on
Just let it go

Thank you note

A very special thanks to...

Andrea, Betsy, Jenny, Miranda, Katrien, Franciska, Veronica, Peg, Alison, Beth, Romy, Cindy, Eliane, Lian, Loes, Judith, Hiske, Marije, Ilene, Ceylo, Nienke, Manon, Nastassia, Emma and Yeliz.

For being a part of my journey.

For supporting me.

For inspiring me.

But most of all for being
'My Benevolent Soul'.

I never could have done this
without you guys.

I love you.

A letter to love

Dear Love,

I need you. I need you to give me the courage to open my eyes and fill my heart with bravery, cause the night was full of needless worry. That's ok, I don't mind my search. I don't mind finding out who I am and what I'm supposed to contribute in this crazy, beautiful world, I totally love the ride, I just need you by my side.

While I'm searching, I need to hear your voice and the powerful guidance that you possess. I need your power and your warmth. I need your hand to take mine. I need yours to help me find my own sight during times when all I can see is smoke and not the powerful colors and possibilities around me. I know they are here, you've told me that. And I trust you. Please, teach me to see it again, to let it in.

Teach me all about loving my body. How to hold it, to feed it, like a mother holds her baby. I am ready to do that. I understand now why it's so important to do so. I surrender. I am willing to give myself the same love you're giving to me. I can finally see what you mean now and it's so freaking amazing. Hold my hand. Maybe we can dance a little. I want to know all about the joy I see in your eyes. How you found it and turned it into something you hold on to and made it your own. Even on your darkest days. I can only imagine how dark your lows are when you have so much strength during your heights. You are the most powerful weapon on this planet.

When I enter the room I want my smile to light up the entire room, just like you light up my heart, and the hearts of every human being, every single day. I want your brightness. Teach me how to carry you with me. So I can spread your message. I want to keep you in my soul and nourish your existence. What I want, so very deeply, is when people see me and they look me in the eyes, to see love. To see hope and light and that everything is going to be ok. I want them to see, you.

Jessica Kaasschieter

Frank Janse

THE MEANING OF YOUR LIFE

NLP en nonduality

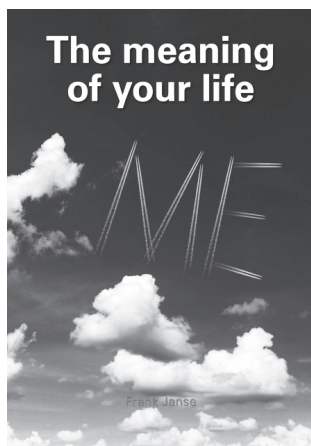
176 pages

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What is the meaning of life? – a question everyone will ask him or herself at times. Everyone wants to have a purpose in life. At times, it is difficult to understand the deeper meaning of life, especially when life is full of problems and deceptions. Nor is it easy to make abstract questions about the meaning of life tangible and concrete. Frank, however, manages to successfully combine the two in this highly accessible book, skillfully blending Eastern philosophy with Western psychology.

This book will surprise you by offering you a different perspective on the world you think you live in. It also provides clear answers to existential questions. Who am I? What is my role and purpose in life? The insights you get when reading this book may bring you more freedom, happiness, quality of life and inner peace. This book will bring you closer to who you are. It is the next step on the road to your personal development. Ultimately, you will discover who you essentially are, always have been and always will be. It is the key to true happiness.

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Uitgeverij Bewust Zijn

Alexander den Heijer

NOTHING YOU DON'T ALREADY KNOW

150 pages

ISBN 978-94-92066-4-66

Nothing you don't already know is a brief guide to making the most of your life. It's for everyone who wants to take on the journey of fulfilling their potential and live a deeply meaningful life. Alexander den Heijer is a Dutch inspirational speaker, trainer, and consultant. His workshops and talks have already reached thousands of people from all over the world. He is frequently hired by organizations to share his insights about purpose, self-realization, and (cultural) transformation.

In 2015, Alexander started sharing his writings about life on his Instagram page. This book holds a selection of Alexander's most popular writings that have already positively impacted thousands of people. His hope is that it will do the same for you. The title refers to the idea that if you learn something profound, it's not as if you have learned something new. Rather, it's as if something is being unveiled to you that you have always known.

Available in the bookshops and www.uitgeverijbewust-zijn.nl




Uitgeverij Bewust Zijn

The Benevolent soul

The Benevolent Soul is a collection of 50 poems. They are created from the perspective of 'The Benevolent Soul', a symbol for our ultimate fellowman. There are periods in our lives where we have to get through 'the tunnel of darkness' completely on our own. Periods where we are just overwhelmed with fear and doubt. We encounter a place of total desolation where we long for a comforting hand to hold ours, so that we would find the courage for the ultimate leap. A leap, deep down we know is required to bring us to the next level of our soul's journey.

*Each poem is written from a source of love,
inner power and acceptance.*



Readers will find themselves comforted throughout this quest, to find a form of light and therefore relief from their loneliness. I want to invite my readers to this place of vulnerability.

Jessica Kaasschieter (1992) studied musical theatre in Zwolle (The Netherlands) and graduated in the year of 2015. However, she won't let herself be pushed into a single box. She is an actress, singer, performer and writer who is continuously working on telling her story. This collection of poems is only one, beautiful, example of her many forms of expression.