Empowerment/Bekräftigung, Bodensee 8.10.2026

Neuschöpfung der Heimatwelt

Re-creation of the Home World

Let's open our hearts and let go of everything I have said.

Bring yourself into the body and realise that you are here today, in that moment, in this present, this now, because you made a decision to be here. I did not ask you to come, so it's not because of me (Martijn), why you are here. You are here because you decided to do so.

Let go everything and bring your intention in yourself, maybe you close your eyes. Everything that happens here is because of your own true power, your own force. So let it go all and bring your intention in yourself, feel your body. Feel that you are sitting on this chair, carried by this chair. And you can relax, bring your body into a relaxed mode. Breath in and out in your own frequency and let it go. You have nothing to learn. All you have is enough, that is you, that is all about you. I am in this very moment now because I exist. I exist and have nothing to do. I have no obligations, nobody is in charge of me, I am free.

Let it go. I'm free.

Bring your consciousness through your body, upstairs or downstairs, what you want. Be aware of your body. The front, the back, feel your arms, hands and fingers and also your nails. Relax. Don't fall asleep, stay alert and relaxed. Be aware of your head, the front of your head, your face, your beautiful face, your beautiful face. You are beautiful. You are so beautiful.

The back of your head, feel also your ears, left and right, and if you have one ear, then you feel one ear. Feel what's possible. You are beautiful. In the top of your head, what is inside your head is marvelous. It's amazing. And it belongs to you. Be aware of your brain. It's inside and relax.

Breath in and breath out. Be aware of your brain and let everything go. Do nothing, be aware that you are in this NOW. If you notice that your head is going to think put it on a hold: I decide to stop all the thinking. I am in this present now.

Experience yourself. I am alive. This is the moment where the force inside you, who you are, reboots. Be aware of yourself and let it flow…

When you are in a relaxed mode, your body is relaxed, your brain is empty, you bring your right hand, your hand, right, to the place of your heart. Lay down your hand on the location of your heart. Just do it to experience your own energy. Let your force come in to life between your hand and your body. Let the force awaken.

Be aware of your body and keep your focus between your hand and your heart. Then put your left hand above your eyes against your front head. Just do it for a test for yourself. And relax. Be aware of your body, let the force flow through your body into your head. And realise you do not need any machine to create life force energy. That is impossible. It's you. It's you. It's all about you.

And then make your own decision to let it flow through your whole body, in every cell through your whole body. Relax your hands on your knees, on your legs, stay in yourself, do nothing, just relax.

Be the guardian of your own energy.
I am the guardian of my own energy.
I am the guardian of my own energy…

And then you travel to a situation we definitively need in this world, what makes you happy and what you can feel: this is the reason why I am here. Create with your own energy in your body, maybe a movie, a picture, knowing is also good enough, what makes you very happy in what you know and feel: this is the truth I have to do.
Create it NOW…
Create it again. I am the guard of my own energy and I create it now… Know that this is the absolute truth.

And somehow, one way or the other, inform the fields, talk or communicate into the field where you are living in, establish friendship with the field, that your deepest intention and creation flows into the reality. Inform your creation efforts. And maybe you can feel that your creation is leaving into the field. It leaves your body. Bon voyage.

And listen again in your body in the silence mode, listen, be aware of yourself and let again flow the creation force. It's inside you, you are the generator and creator. Three, two, one, active.

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Now this is a very simple example but the most effective to realize that it's inside you. Your intention and attention without falling asleep – I know that

sometimes it's the challenge not to fall asleep, especially when you have to listen first a couple of hours to me (Martijn), that's not helpful.

This point, the activation point, the reboot of your consciousness, is the commander in chief what I am talking about. The commander in chief is a human being which can create life energy and can make that so strong and so soft and strong at the same moment, that you can think in this energy. And you can bring this energy into this field and this field is listening and is also designed to answer. It's designed to answer. So you can change it.

At this moment, we must be honest. In this moment, we do not have 100% full power. We have to cooperate. And the decision behind the screens, how the attack took place on us, was made to devide us. To separate us. That we cannot love each other, that we think, the other is not worth it, because he or she is stupid or she does not understand where it's all about. We have to cooperate. Opinions are not important. Just do it. Be kind to each other and do what you have to do.

This is the force to restart the Heimatwelt. I've experienced it myself several times also in this life here. That it's really accessable to go, to change this reality and be back in your homeworld.

Quelle: Martijn van Staveren, 8. Oktober 2026, Bodensee
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