

# The Joy of Be(ad)ing



**What if creating a beautiful LIFE can be very well compared with beading: the art of creating fascinating things by stringing beads to a thread?**

**Here is that analogy, as filtered through my own experience with life.**

**By Esther Dageraad**

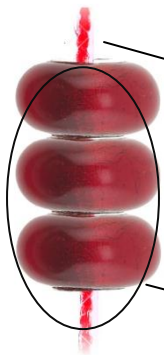
## *The linear method*

The simplest way of creating your life is by using the linear method.

Picture yourself to be the thread, or more precisely, your awareness is the thread onto which you stick element after element, like beads onto a piece of string.



First take the shape of the symbol **I**. You refer to yourself with this symbol all the time. See this **I** as the pointy end of the string you hold in the hands of your attention.



The **I** of *all you are* then grows, gets 'body' with every bead you stick onto yourself. Notice how this **I** has infinite capacity to grow out of 'nothing', it just is always there to stick new beads on.

You do the beading, you are *selecting* the beads for your composition, *colouring* them at times even in the process by *giving* them meaning.



One **I** in the hands of your attention, one bead at the time, stringing experiences together in a meaningful order. Meaningful to you.

That shows one choice you always have: am I using this bead, this given moment, to grow.... or not.

## *The beads you have available*

Get the picture of your as the **I**-string, beading with given moments on the tip(s) of your awareness? Good. Let's expand on that idea.

First with some thoughts on the beads. How are they brought to your attention, to your awareness?

Like in any beading workshop it is *you* who has ordered (or even created) the beads available on your mental table *yourself*. Although, like in many well assorted workshops, you may have forgotten when, where and why.

Once the beads have arrived in your workshop (the designing part of your life) , they have a tendency to stick around.

Unless you *actively let them go*, if you are completely sure you don't want to use them anymore, they *are* part of your assortment close at hand and are not going anywhere.

They also seem to lead a life of their own somehow. So, whenever you search for inspiration, crave for something *new* or more *variation* and *fun*, they seem to jump at you and stare you in the face, or just tumble in

abundance as if by accident over your mental table.

Somehow, no matter how much you try, these beads just *don't like* staying in the boxes you decided you needed them to stay in. That is, by the way, because these beads (moments) are bubbles of lively energy and contain so much intelligence that they come to the forth (into your circle of awareness) when *you* call them. And you call them with the vibes you send out.

How much *fun*, how *cool* and *perfect* you find this phenomenon, depends highly on your understanding of this:

Your Personal Orderer of supplies from the Universe knows **exactly** what you consider beautiful (worth investing your time and energy in) and what suits the designs and patterns you (soul-) deeply desire to develop on the string you hold in your hand, right now. It supplies you *in advance* with exactly the materials needed for that, so *you* can go on creating what you have somewhere in your mind as your (Soul) Dream, without ever having to put down your **I**, without ever running out of your favourite beads. All catering for you to go on enjoying the creation process.

*"Oh really?"*

Are you merely looking at the qualities of the beads (present moments) at hand with a *huge* desire to scrap them all, escape them or ship it all back? Such desires boomerang back at you.

The desire of "returning to sender" equals desiring *your own life* to go back to sender.

Put *a lot of* energy for quite a while into this desire to scrap *all* your materials ( thinking there is something else to do you are missing out of) and witness how, before long, you'll find yourself in a box with an label for the

Universal Express Service on it: Return Into Paradise.

Since Paradise in this Universe *is* the Joy of Be(ad)ing, when you start to think out of *that particular box* again, you'll find yourself in another one of these workshops, stringing experiences into a meaningful order again.

So, if that *could* be the case it may be a good idea to develop your skills in this BE(ad)ING in order to enjoy the process of making ever more beautiful creations from your life from/with the Joy of Be(ad)ing?

Personally, I reckon, that *even if* this reincarnation concept is pure fiction and your life *has* ended when you *are* in that box, the quality of your life leaps to grades of higher appreciation ( more joy, better physical and mental health for instance) when you are consciously applying yourself to it skilfully.

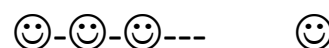
*Back to the basics*

As said before, linear beading is *simpels*.

Each bead ( every moment) had a channel, an opening on either side, where none of the openings is intrinsically the beginning or the end.

You focus your attention on it and in experiencing it fully, diving into it (the here and now moment), completely, you move through it, towards the next moment (bead).

Beading happily, it will look something along these lines:



You pick the moment up and then have the choice whether or not to use it, make it 'yours' by giving it your attention, diving into it. if you don't desire to choose it, if you don't want to make it a part of ' you'/' your project' ( life experience) ? Then you simple pick up nother bead with your attention and use that.

*How you put your attention onto something (else), shifting what gets your attention is something I think I don't have to explain here... or do I?*

It is a built-in skill and you've got decades of experiences doing it, simply by focussing on 'something else'.

#### *Non-linear beading*

Now you (as every human being) are capable of performing other techniques than linear beading alone!

This concept may not have figured much in your environment, may not have been skilfully and consciously executed by many of your living examples in life: parents, teachers, peers....

This idea may not have been spoken about often and *when* it was spoken about, probably quite often not in easy to understand terms you could easily put into practice in order to play and experiment (safely) with it into the design of your life.

So it may sound strange: unfamiliar, unconventional.

In order to understand how it works with 'life', I'll stay very close to the analogy of beading.

The only difference is that in the Joy of Being, you are crafting with Pure Energy, in the Joy of Beading with Pure Matter.

#### *Two techniques in non-linear beading.*

There are two techniques in non-linear beading.

You'll probably see that you **are** actually very familiar with the first one, maybe without knowing it.

It is called dividing.

The second technique is more likely to be the lesser actively used one. It is called unifying.

Being able to consciously use *both* techniques calmly and confidently at will, at any given moment, in line with the designs of your (Soul) Dream, gives a great boost to shaping your life into any form you consider beautiful (= worth investing time and energy in, being a joyful part of).

#### *The first technique of non-linear beading: dividing*

Every **I** in this world (person), is easily perceived as being only **one** (linear) thread: born at the beginning, stringing a number of days onto its existence until the string ends, having one form that grows (the body).

But in the world of *energy*, every **I** can easily divide itself in multiple threads, since the **I** we are talking about here is: your conscious awareness.

In doing so, the whole **I** can relate to *itself*: changing its general direction, experiencing itself in various ways. Changing something with almost no substance, into multidimensional living forms.

As the whole unified I-thread, you can *know* that you are potentially able to be an omnipresent shape shifting and creative entity, but you'll only create the experience in actually *doing* it.

*How you divide your core being of I and split your awareness is again something I don't really need to explain. You do it all the time! "O yeah? How?"*

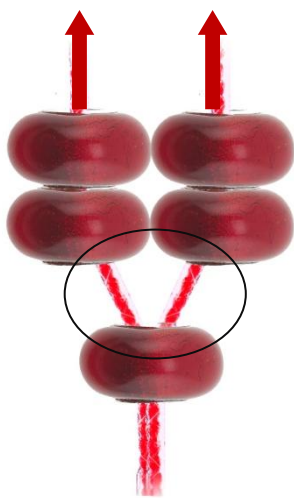
By declaring all the many things you *are* and the way you perform the tasks you choose to invest your energy in.

You divide your **I** for instance by differentiating yourself in the various roles you play: a child, a parent, a neighbour, a friend, a lover, a colleague, an employer, a client...etc.

You *are* all these roles, simultaneously. To be understood as in; you don't *stop* being somebody's child by going to work.

It is only that in some moments you are *more aware* of being a lover and in other moments you realise more clearly that you are stringing a beads (moments/ experiences) onto the I-part that is a parent.

Secondly, in this multitasking world, you are likely to split your awareness further to perform several tasks (even within the same role) at the same time.



**Moment of Dividing:**

Dividing my *I*, my awareness, into two parts, to experience two moments alongside each other, two roles and/or two tasks.

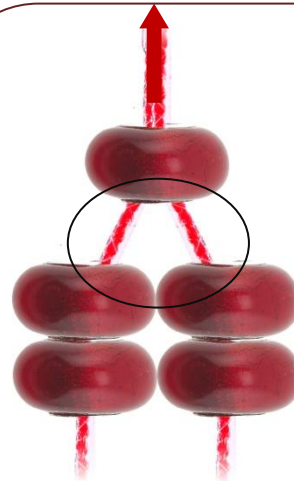
It is so common practise to divide your awareness in our world, that it is more likely that being one with yourself, where several of your roles and tasks concentrate to work together as one on the bead at hand, is something you find either incredible or mega-difficult to do/be!

*The second technique in beading: unifying*

Unifying, means bringing two (or more) different sides of you (your life/your project) to the very same moment and experience it as

one, moving tensionlessly in one direction, through the moment.

Various roles of you go freely and happily through the same (w)hole, hand in hand, moving at the same time in the same place in the same direction at the same speed.



**Moment of Unification:**

two parts (roles and/or tasks) come together in a stronger, more concentrated version of *I* (the awareness) experiencing a moment (bead) fully together.

Is it possible to bring *all* your roles and tasks together in the very same moment?

Yes, it is more than theoretically possible. Be(ad)ing like that comes with a very strong sense of 'self' and the possibility to experience the moment with full attention too, since you are not multitasking. You are *being* and therefore *experiencing as the observable truth*, completely centred and one with all of life.

Realise that this would mean: being fully concentrated, fully centred (self confident), without *any* conflicts between roles you have that can't be unified without tension in this moment, here and now. It would mean welcoming *any* bead (given moment) that arrives.

So far, that probably sounds great. Who doesn't want to feel fully at peace with themselves. life and the world, realising their full potential?

This concept might become slightly more troublesome when in the small print, it becomes clear that it *also* implies being, having and doing things that **everybody** else involved on **any** of your string is free to see you be, have and/or do!

It means 'not hiding' anything, putting **all** your core values into 'it'. It means not keeping deliberately away *any* aspect of your core **I** from anyone *and* aligning all actions in the very same direction.

Full openness, complete honesty about your values and living up to them as well as you can.

*Does that encounter a major "Whoops?" in your system?*

Being all one may be called 'not for sissies' 😊.

However, you may 'suddenly' find yourself in such a position, by *co-incidence*, and feel GOOD.

When you desire to apply yourself skilfully in this and being able to consciously create and experience those events happening and make *deliberately* beautiful designs of your life with an overall fulfilment of feeling GOOD, practicing your be(ad)ing techniques daily.

So this 'unifying' technique is best practised by unifying two roles regularly and or two tasks in one moment.

The more you are tensionless and skilfully able to unify, the less 'disorganised' and scattered you ( your **I** and your life project at hand) become and eventually: you can string all you I-parts as one through one, or several moments. Until you decide to start a new project.

When you work towards experiencing being all one, feeling strong and on top of your world ( which you then *are*, see the shape your bead project forms then), you'll unify all your roles.



Compare these images:

Although they both have their beauty and depending on what you desire to create, any of the two may suit your plan.....there is surely more method (when to divide and when to unify) to the blue design, than the yellow design.



*Special beads*

Something interesting I've discovered is that beads can have more than one channel.

This type of beads may occur in your life too. Don't be too surprised if 'odds balls' appear on your mental work bench packed with emotions in all shapes and sizes.



In my experience, the bigger the *size* of the emotion, the more likely it is, that it has more holes running through it.

Which (hurrah!) adds another choice to your pallet. Not only can you choose whether or not to use it, you also have to decide if you use it, which angle you are going to 'fly' with it. *How* you are going to string it into your life?

The beauty of these beads (emotionally highly charged moments) is that they give you access to even more options and opportunities to shape your life multidimensionally, but probably in a non-linear way.

However, in order for this type of non-linear beading to *succeed* in a calm and collected way, it helps to understand the nature and structure of three beads better.

Because if you don't understand how they work, in relation to your awareness and the project you are working on, you may *only* perceive them as nasty occurrences, with a tendency to put you out of balance.

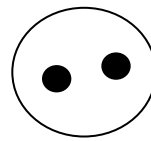
Your built-in sense of aesthetically pleasing things and levels of comfort may tell you in those moment that you are not so pleased with 'yourself'.... (when you then forcefully stress out on feeling that, you start calling forth only more difficult to handle moments to your mental work bench...)

However, when you understand their enormous potential as building material for your arts, this (true!) sense of being out of balance can be dealt with more comfortably.

Understand that these 'big/strong emotions' beads have more than 1 channel, for instance 2.

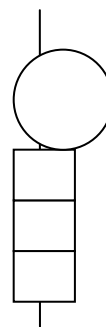
When you are aware that it *is* possible that moments *can* have more than one 'path' to move through them, it doesn't matter anymore if the number is 2, 3, 4, 5 or more.

What makes them so 'unsettling' is that none of those holes usually runs right through the middle!



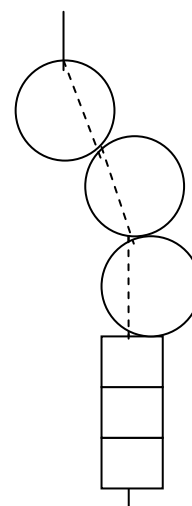
Although it still doesn't matter much in which hole you stick your attention (first), whatever your decisions and actions are next has various consequences, effects. Some you might like, some you might not.

First look how this bead unbalances 'yourself', the thread you call *I*, with your current project dangling on it.



There is more weight to the bigger, multichannelled bead on one side, pulling slightly on the thread.

String a couple more of these to it and witness how it starts to bend you around( and you lose control of its direction)



Of course it *is* possible to leave your current project like this and continue stringing.

Adding quickly some less challenging straightforward moments to your project usually put things 'straight' again. It can even turn out to be aesthetically very pleasing to do so, when you look back on your creation, later.

But the 'big' multichannelled emotionally charged bead (moment) is maybe done *more justice*, when you use it for its unique capacities to create **multidimensional** creations from your experiences in *a balanced way*.

In a balanced way of *your* choosing, again. So much in the Joy of Be(ad)ing is about seeing your choices and choosing wisely.

A great indicator that you are dealing with this type of beads in this moment, is that you start to wonder things, like: "Why me?"

Experiment with taking this internal question as a good suggestion next time and 'why' your awareness. Don't question the question, don't try to find an answer to it, just say internally 'yes' to it.

I > Y

You can either split your awareness to *investigate* what the characteristics of this bead (moment) are, or simply move more easily in a balanced way through the moment.

Knowing that on a split ( but fully aware in the moment) awareness, you *are* able to see more angles on how to look at it *and* see which angles appeal most to follow through. Enabling you to make consciously a better choice on how you'd like to deal with this.

But even if you don't want to investigate this whole moment, right now, (fully consciously *understanding why*) diving into the moment with this 'Y' awareness , the bead is more likely to be automatically handled with a nicer sense of balance.

*"How so?"*

It is for your *fully focussed* Y-awareness *very easy* to find entrances to the bead on exact opposite side that balance each other out.

You are *so* trained in being immediately aware of complete opposites of a scale in our polarised society, that you *can* automatically slip into those holes that differ the most and seem to exclude each other completely.

Holding something, anything, at the exact opposites, with both hands, ensures stability when you move forward, at any speed.

You don't *have to* follow this option of going simultaneously through both ends of the scales immediately through!

But if you are confused how to deal with a challenging moment, sensing that there are more sides to the matter at hand, it may help to know that you've got a multi channelled bead at hand!

And you have the freedom to hold in in your awareness any way you decide.

*That includes the freedom to choose both (or more) sides in one moment!*

Doing so is giving you a magnificent chance to bring more depth into your life project *and* variety. Know yourself differently, to be more versatile, resourceful, creative....

This probably benefits from some more illustrations.



*The bigger multichannelled moment is now right in front of your I, awareness.*

*This one has 6 channels.*



*'Why me?' Why yourself!*

*Divide yourself in more than one 'point of view' towards the same moment.*



*Here, it is divided in 2, but there is nothing to stop you to dive in 3 to 6 holes simultaneously.*



*The two sides of your now understanding awareness, slip easily in two opposites that balance each other fully out.*

*The moment is lived, experienced, in balance, with multichannelled understanding of the value of the bead/moment.*

From this moment, choice again.

You *can* continue divided but straightforward, or... explore the interesting new angles life has provided you the opportunity to go into and come back to familiar territory later. Or unify yourself (partially) right away ( in which ever direction you choose.



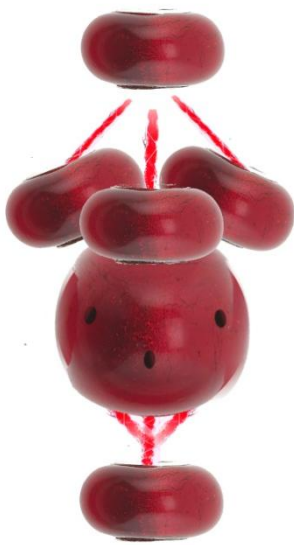
Here for instance you can go in three directions:



Applying single beads on each part of you.

Nothing to stop you to unify, at some point again.





*That can be done right away, like here, or after creating fabulous long threaded multidimensional patterns.*

*Endless options to play with those multichannelled beads.*

*There are also beads that help you intrinsically in unifying.*

They *do* have multiple channels, but the channels are not completely divided in separate channels.

For instance:



This bead has these three 'entrances' and, hidden at the backside, one exit for all strings.



Used, it looks something like this, where you can see that using several entrances simultaneously, leads to one outcome where you are literally stronger in a balanced way.

We all know this expression, to come out stronger at the other end of a (challenging) experience.....

*Take that quite literally. With these beads, you'll find in building your Joy of Be(ad)ing unifying skills, that when you work through something ( the moments) you find scary, **you** get out stronger on the other end. Having gained valuable experience.*

Of course, theoretically, it is possible to bend yourself in various awkward shapes in order to come out somewhere else and avoid unifying, leaving the moment( and yourself) unfulfilled, a.k.a. not used to it's full potential.

You've got full artistic freedom of choice. However, to my mind, it helps if you use this particular *unfulfilling* technique consciously, deliberately and scarcely. They are energetically unsound, meaning affecting the quality of your ('life's) structural integrity. These moments/beads were meant and called forward ( by yourself!) as an opportunity to unify *simply* and *smoothly*. Not to complicate an already complicated pattern even further.

Personally, I find that if I let the natural shapes of the beads (moments) do the bending (changing life's directions) *for* me, understanding and using their purpose and full potential.. there is more Joy in the Be(ad)ing, for it leads much quicker, with less effort to stressless results.

People who are bending themselves (their *I*) in the moment, adjusting who they really are in something that is not 100% moving happily and confidently forward, immediately feel this as ' not being true to themselves' , making adjustment to Who They Truly Are, in order to see life take a certain ( perceived to be) desirable direction.

Since your awareness *is* in the *I* that is beading the moment at hand, you *know* right in that

instant that you *are* bending yourself. You feel it in the overall tension in your system that feels twisted and/or not equally flowing with energy.

And if you *do* follow this moment through in this way, you'll feel the unbalancing effect of having this bead being strung onto your life this way, because it *is* one of that type that is more dense and not a simple centred one that leaves you in balance no matter how you bead it.

This is where applying a couple of meta-techniques come in handy.

### ***Meta-techniques?***

Meta-techniques are techniques that aim to support the beading *process*, more than the immediate beading *result*.

The one that I find to contribute a lot to the Joy of Be(ad)ing is **me-time**,. This is basically a deliberate action to stop stringing new beads to your work *and* have a look at the pattern you've created, assess it and make adjustments to it, if you find that necessary.

This me-time comes in two types: mini-me-time and more substantial me-time.

#### ***Mini-me-time***

This is a life-(energy) saving technique.

It can be understood as a very short stop, with optional a brief glance over the most recent work but at least tying a little energetical knot.

This knot is your safety measure, your back-up system, where you save your own life in a temporarily fixed file.

Save as in 'store safely' because you are pleased with the result so far, as you'd do on a text document you are working on, where you would NOT be amused if anything

happens and you lose all the work you've put time and effort in.

This technique is enabling you to go easily back to that last version you were pleased with, if it all goes pear shaped at some point in time. With this, you can calmly solve the issues at hand, for it not being 'far too much'.

It is much less 'safe your life' as in.. being in a crisis situation and *then* figuring out what heroic risky thing you can do to get yourself out of trouble, although.. you'll most appreciate having strung 'yourself' onto these little safety hooks, along the way on the moment you fall into despair.

Then you are *not* losing *all* you have held precious right in that very challenging moment, only a couple of beads. And you *can* easily pick those back up and make new choices on how to arrange them.

This is much easier to do with, let's say, 20 minutes worth of beading, than with a day's, weeks or months worth of stringing moment to your life.

Mini-me time is also giving you more flexibility *in* your work, more slack, if you like. It makes the overall structural integrity of your work more supple, which, as a result, gives you more room to manoeuvre, before you feel tangled up and overly stressed in your *I* when a challenging moment reaches the tip of your awareness.

You are making a hinge, a joint, a turning point in time. It is illustrated on the next page.

Understand the benefits of adding mini-me-time:



This is a single beading situation without mini-me time joints. The moments touch each other, stacked one on top of the other. All is well in the world, but.. now a single bead arrives that you want to enjoy in two roles you

play.



Simply 'going in' at high speed leads to a clash with quite some tension.



Compare it now with this situation, where only just before entering this new moment, a mini-me time joint has been added.



No clash, but even more flexibility to move easily in and through this moment.



Or a variety like this, where a deliberate joint is made of the two roles *before* entering the situation.

If you think this is a rather chunky solution, understand that this is a **model** of a world where the thread and beads are only different clumps of *energy* in vibration and hold precious little mass.

The illustration is showing the principle of assigning *functions* to pieces of the string of life: a stop or a go.

None is intrinsically better than the other, but you see that applying a deliberate conscious

stop sure has a *function* and leads to a different overall *effect*.

*How do you tie such a knot?*

By doing nothing, by abstaining actively for a moment or two from adding *anything* from your outside world to yourself. No input (food, drink, contact with others), switching your awareness completely onto yourself.

When you feel you are ready to move 'in' again, your *I* has completed turning back onto itself and is pointing in the right direction again ( forward), to the moment at hand. You feel ' safe', because you are, you have just made a point of being that: a recovery point.

Personally I find it a beneficial habit to tie an energetical knot by having mini-me-time **always** when I am about to leave a situation and **always** when I am entering a new situation.

That way, I can **always** happily and confidently pick up where I left of, response able to whatever size or shape moment my attention is caught ( by my own choice or by some occurrence in the outside world) to dive into a moment in this role again.

If you don't tie a knot in your role at hand when you switch to another role, you *may* come back to the former role, at some point in time only to find that all beads have fallen off, in your absence, due to movements elsewhere on the strings.

You attention, your awareness has slipped out of it, long ago and you've got to spend a lot of time figuring out ' where to start', sorting your tools and materials out.

*Substantial me-time*

Apart from the mini-me-time, where you tie a little knot in the process, a restore point to save your self/work, there is also longer me-time.

This is a longer period of time, where you mainly assess what you've created in the project at hand.

You awareness is not at the tip of your awareness, stringing new beads.

It is hovering over the pattern you've created, in all your roles in all the tasks you've performed. Observing it, feeling into it.

Is it to your liking?

Is it according to your intentions of how you like your life to be: for instance: harmonious, balanced, growing, peaceful, inspiring, beautiful?

If there are parts you don't really like ( in line with what you set out to create) ; how would you make it better?

Look, observe, see.

Is it always in similar situations where the beading becomes challenging, being in a certain role, or performing a certain type of tasks?

Is there a theme running through the wobbly unbalanced beads on your string?

Look also at your technique.

Which techniques *have* you applied?

How did that turn out?

Which techniques are you aware of that you *haven't* used ( mini-me –time for instance, or unifying).

Would your work benefit from applying other techniques in the (ever recurring) challenging situations, maybe?

Identify the characteristics of those challenging moments: when do they occur and start anticipating them... by standing ready with your technique.

Redo certain parts by unravelling the sequence of events and apply 'hindsight'.

String the very same beads once more in your

*imagination*, doing it now the way you envision it would create the life you consider beautiful. Write it down ( in a journal for instance) in a different version of ‘ what happened’ and look, see, feel, observe how that imagined version sits with you, until you wrote a version that you really like. Safe that version ( tie an energetically knot) for ‘future reference’, so you can apply what you have learned in this hindsight next time within the moment.

Act it out, play with all the beads and turn them around and around in your imagination. How many angles *can* you actually fly on this moment? Howe many roles can you string comfortably through it. Feel. Does it make you stronger, weaker, more balanced, less balanced.....

Store the version you like best in your memory, knowing ‘ I *can* deal comfortably deal with this situation’, by looking at this creation ( even if it is a re-beaded one using the *I* of the awareness in your imagination) with a sense of contentment, gratitude and appreciation of your resourcefulness to solve the situation to your liking anyway.

Benefits?

The ‘ horrible’ creation in which you were powerless *is* no longer energetically a part of your life. You’ve energetically re-beaded it, to learn from, choosing which approach works better, improving your skills, enjoying your be(ad)ing again.

Don’t forget to tie a knot onto this ‘correction’!

This is stored as the most recent memory to this type of events. The point to which you return as your best experience with the matter.

To the mind it is simple, evolution/life moves always forward: you always do the best you can.

Following that understanding, the last similar experience *must* contain the most appreciated technique to your liking, creating and showing the best version of ‘you’ you’ve got in store.

Your auto-pilot, the system that kicks in when you are not making conscious choices at the tip of your awareness in the moment, *will* then let you handle similar situation in a similar way to your *last* choice ( stored by you) about how you relate to it, which angles you like to fly.

Don’t like the outcome of what you autopilot produces in challenging situations? Spend some more time in your mental shed, re-beading the sequences.

Within 24 hours after such an event would be my recommendation.

Because more of the materials get ordered of what you have strung onto yourself, to make sure you never run out of these, apparently appreciated beads/moments!!!

So if you actually would *like* to alter the supply, sticking onto using them used in the way you did, is only creating more of similarly challenging and difficult moments.

Interestingly enough, you’ll find that once you know how to bead the ‘ difficult’ energetically charged moments, you’ll know why they were there in the first place, enabling you to create the most beautiful design of life you’ve ever dreamed of.

And you’ll love using them: you’ll enjoy interacting with that boss, that partner, that political issue, that recurring task in the household.

Once, you though probably regularly that you had to ‘get rid of’ or ‘escape’ certain people and situations, because they were ‘ in your way’ of creating your dreamed life.

Once you’ve altered your way of dealing with



those moments in which they figure, these specific people and situations portably prove to be the assets in the crown you are beading as a celebration of your life.

For they helped you to improve your technique and (re-) finding the Joy of Be(ad)ing.

### *Charging yourself.*

Another aspect of the Joy of Be(ad) is how you charge yourself, your *I*.

You have a choice, in how you charge yourself, but there is a way that helps you creating a positive life and that is by being positive.

The reason for this is that you than stay close to the original nature, natural direction and flow of the Universal Energy. Evolution is intended, designed to go forward ....ever better.

Charging your *I* positively, is the same as having a positive outlook on life.

Opinions on this matter vary somewhat. I recommend beading with a *slightly* positive outlook on life. Which differs from cultivating a super charged ("*nothing negative exists*") attitude. But that's a matter of taste.

Reason why I recommend a *slightly* positive outlook?

The more charged your *I* is, the faster those beads comes to you (since the more magnetic you become)

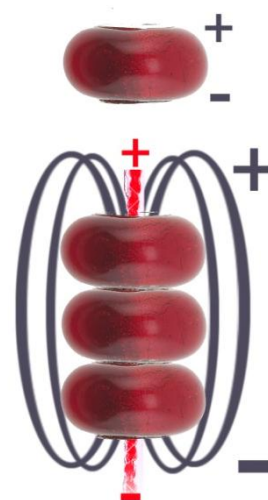
Which is fine, when you *like* and *can handle* everything that comes to you in a way that you enjoy, on auto-pilot. Because.... You'll hardly have time for any modifications on the fly!

But when you actually *desire* making some changes to what is happening in your life and the patterns you are creating, you'd probably *like* having some more control and buy

yourself some 'time' to assess situations and deal with them in line with your new highest choices.

You'll find that when you enjoy what is happening, the charge of the beads 'on you' is *amplifying* your outlook and *accelerating* things anyway.

Here are some illustrations of what I observe happens:



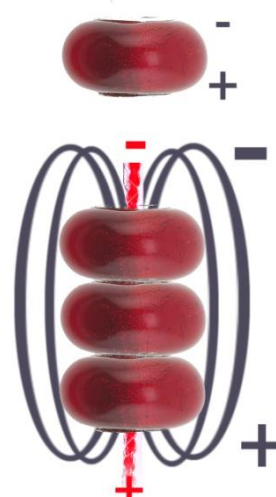
Here, you outlook, the charge of your awareness is positively charged.

In magnetism, the moment that approaches you turns it negative side to you, but with your positive direction, you swiftly move

through it to experience the positive side and grow and become 'better' from it. You become overall more positively charged by moving through it.

The very same happens in reverse.

You are on the lookout for things that are



positive on face value, but move quickly to the disappointment of it, growing more powerful, negatively charged.

All by yourself, on your own, you'll not notice much difference in approach!

You can experience the Joy of Be(ad)ing fully, both ways.

Things start to look a bit different when you interact or live together with a positively charged person.

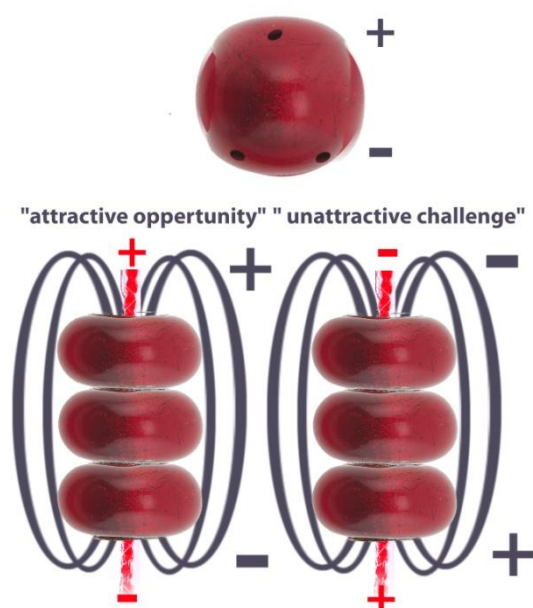
In human interactions you *can* experience the very same bead (moment) together and it adds great flavour to life when you co-create patterns with shared moments.

It is what people ultimately seek in Be(ad)ing together.

Now see this 'conversation' where the two strings of beads represent a different person, together facing the very same given moment, that happens to be (in this case) a big moment, that has the potential to bring the two partaking strings effortlessly together and strengthen the bond.

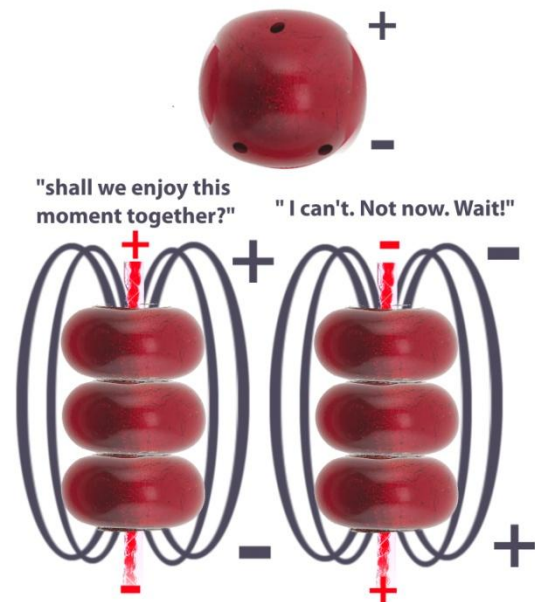
The one with the positive outlook is immediately attracted to it, feels a pull towards it.

The one with the negative outlook is not so keen and feels a push away from it.

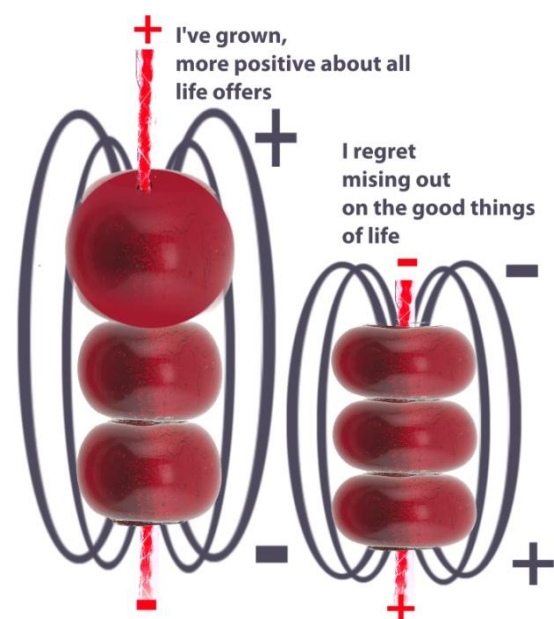


That is no wonder. It is elementary physics. '+' and '-' push each other away.

The moment is assessed on usability and desirability:



The positive person may like it so much for its transforming potential that (s)he chooses to enjoy individually anyway, with an observable result in the world of energy:



Theoretically is it possible for one of the partners to discharge all previous beads and turn polarity, to enjoy this moment together.

So why is it that I still think that it is recommendable to endeavour to have more people having a positive outlook on life, charging themselves positively?

I speak from experience.

Having a positive outlook of life, aligning yourself with the natural direction of the Flow of Energy, the polarity in which life presents itself, has a side-effect I quite like.

**There is no fear, no worry, anymore.**

I don't have to try to chance life's direction (swap moments round in order for me to be able to bead it).

It is a characteristic of people with a negative outlook on life: they feel a certain level of anxiety, fear of the future, all the time.

They express how life is about loss and difficulties with dealing with the polarities of life. They express how life is always 'the same', but seldom better than the past.

Feeling fear of anything that 'could' happen is a sure sign of having your -- pole at the front of your awareness.

Regretting any 'loss', is a sure sign of having your --pole at the front of your awareness.

Living and re-living predominantly the past, is a sure sign of having your --pole at the front of your awareness.

There is nothing intrinsically wrong with that and interacting with other '--poles, talking about problems can be very entertaining with a huge sense of mutual satisfaction.

Life is also 'hard work', for these people, because each and every opportunity life offers you, needs to be tossed and turned and

forcefully assessed.

That takes a enormous amount of *energy*! And *time*, to actively reference the whole database of your 'old ways'.

And the thing is, this bead IS here presenting you with the opportunity to experience yourself in a completely different *new* way. Which you probably desire more than anything, given the fact that this bead is here! *You* ordered it to move an a different direction!!!!

Many beads (precious moments) don't sit around to wait for you to be ready for receiving it.

They are bouncy and magnetic, so if anybody else seizes the moment, you blink and it is gone, replaced by another.

Life works at the speed of light.

If your not ready to receive at the speed it arrives, but are actually pushing the good things away from you...well... that sounds like a significant disadvantage of having your '-- pole 'up'.

*How to be positive, if you are not 'feeling it'?*

Very good question.

My answer to that is to familiarise yourself and making a habit of using another meta-technique:

**Discharging yourself**

I consider this meta-technique important in being able to experiencing Be(ad)ing with Joy.

Discharging is letting go of all (emotional) charge that you have accumulated over time in order to start anew and fresh and light.

I recommended to make a habit of *discharging* regularly what you have beaded, *regardless* whether you enjoyed what you have strung onto yourself or not.

In practising the meta technique of letting go of all the charge of any emotions, even the most beautiful, you are doing yourself (and others) a big favour.

In having this skill, you are increasing your response ability enormously, investing your energy in a sensible sustainable way.

Practise it **every** day and you'll reap the benefits on days when the going gets tough. Because it is on those days that you feel you wish you could do it, but without having the skill, you'll feel all tangled up in strong, difficult emotions and you are very difficult to be with as a result... not just for yourself.

How does it work?

Stop beading ( stringing new experiences on) disconnect from everything and everybody, like you would with me-time.

This time, you actively relax your body and mind as well as you can ( lying flat in the bed works well for me and provides a daily recurring moment in itself.

Then I surrender all charge, all I have accumulated, my whole content, to the Universe, for the benefit of all.

I visualise uploading all charge, giving it away to the one place where it can safely be deposited and processed to be brought back in the cycle of life, for others to be enjoyed too.

Knowing, similar to depositing the valuable earnings of a day's work at the bank, that I can have access to it whenever I need it.

Would I feel safe walking around with a week's worth of earnings in my pockets? Would those earnings be of active benefit to anybody, sitting there doing nothing in my pockets?

Lighter now, I thank everybody involved for this day and look forward to a new round of

Be(ad)ing wondering which shapes Joy will have.

Is it done in the evening, I fall asleep and do the next step in the morning.

If I do it during the day, because I feel the need or desire to let go of the accumulated charge so far, when I feel too heavy to be comfortable and the joy is fading, I surrender the charge and actively decide to start anew with a positive charge.

I then string a couple of simple beads to my *I*, with simple activities I can happily and confidently do without much thinking.

In doing so, I am already adding more positive charge to myself

When you (still) flip easily into a negative direction (sticking your '- ' pole up), the ability to stop yourself and surrender the accumulated charge while it is still only ' a little bit', helps to keep you out of the trouble of not (yet) being able to deposit it in a sustainable healthy way.

Monitor regularly your thoughts and feelings.

I recommend every half hour, the frequency of having a mini-me-time break anyway.

Any sign of negativity, towards yourself or others? Any sign of worries, anxiety, fear of loss, fear of the future?

Stop yourself! Disconnect and surrender everything. Deposit it in the only safe place for emotional charge if you don't fancy re-beading it ( a.k.a. have larger me-time) right now.

Surrender, relax, re-charge with a small positive thought as a new beginning and build on that for the next stint.

Positive growth towards enjoying life to the max and creating the patterns you like, is NOT done by continuing stringing beads onto

yourself, applied in a negative direction in a pattern you don't appreciate.

Although it is not intrinsically 'wrong', it is going against the natural sustainable grain of the flow of life, the way forward of evolution and complicating things for yourself (and others).

If for no better reason, you are not really working at the most beautiful designs you are capable of creating.

Your soul longs for seeing *those* creations come to life, come into being. Your highest ideas of beauty and joy.

### Project design

Many takes exist on how and where this project design takes place.

Knowing the Universe, they are probably all true, since we've got freedom of choice ☺.

But before you decide to create *your own* ideal life design *from scratch*, may I ask you to please consider the *possibility* that you were *born with* a blueprint of your highest potential already built-in.

Before you decide that *that* is in need of changing into something you are going to pencil out, by compiling appealing things from magazines into a vision board or other design-your-own-life techniques, wouldn't you want to *see first* what you create when you *do* follow the built-in pattern of your Soul Dream, beading skilfully, with joy?

Before you dismiss it as being 'an awful design', don't you want to get to know it first? Have you given it a fair decent chance to show itself to you in the way it was intended?

To me, knowing that *all* those design-your-life techniques I've come across put in the small print that you've got to *be positive* about your creation and *act* as if you already have it including *believing* it.

To me that is a strong indication of guiding you in the very same direction.

Basically saying, before you give this design-your-own-life stuff a go, make sure you know how to Be(ad) positively charged. Make sure that you confidently know what you are doing.

Are you, right now, completely sure you have got *all* the relevant data at hand to be able to assess if something fits in your overall design of a beautiful and fulfilling life?

Are you sure you can assess, looking at the face value, the immediate appeal of 1 aspect of a design, if *having this* or *doing that* will suit you in the long run, within the bigger picture of *all* you'd like your life to be about?

Then go ahead and make alterations to your life's design.

Personally I feel so strongly that I've been equipped with a set of natural talents and matching lifelong interests that suit the design of my Soul Dream so wonderfully, that I can't think of realising anything more beautiful or fulfilling.

Which is a sensation I share with people who feel to be right on track with their lives. In embracing our natural talents and developing ourselves, our lives, from there, working with the opportunities we were in, no matter how odd or out of synch they appeared to be at first glance.

I can see now, that every (relatively) big move I ever made, formed a building block in a coherent structure, even without me consciously knowing it. Often I was thinking I was having an experience completely unrelated to any of the others. And also, quite often, I was disliking having to deal with certain aspects of it too!!

Hindsight is providing me with the understandings of why certain of those 'odd' events fit beautifully in the overall design of



my life. What my soul knew I needed to experience in order to create and contribute to life what I deeply desired.

Want some examples?

Why did I end up working 10 years in a public library, while I was a trained teacher in human interactions and shared the common view on how exciting working in a library could be.....(*not!*)?

The answer is:

I had a built-in drive to expand my experience on professional information management. Also, to feel the dynamics of working in the public domain, with a public that is entirely free to pick and chose what they want from it.

To see, in practise, how 'the public' uses information to make choices in their everyday life. To be, day in day out, in the middle of experiencing that having access to relevant information, freely shared, makes *sooo* much difference in the quality of the decisions.

To understand the development processes of information databases.

To understand all the ins and outs on the theme of 'reluctance to chance', being in a place in society where 'conserving' forces are maybe at it's strongest in society. But still, in that strong current of 'preferring things to stay the same', seeing options to accommodate for progression ( using my human interactions skills in practise) .

To experience two entirely different styles of leading a community and feel their effects on the overall quality of life within that community, first hand.

To see and feel the dynamics of several communities trying to cooperate in achieving common goals, in a force field that is designed to keep them apart.

And then, against all expectations, I moved to France! Why on earth?

To meet different cultures, takes on life and feel their effects. To see how different values, produce different societies.

To experience how dynamics change when you communicate with words that have less emotional charge than to a native.

To hone my skills to read non-verbal language and see what is universal human in that and what is culturally learned behaviour.

To look at my own culture and see it for what it is, a bundle of collective choices, not necessarily choices that sit well with my own core values and I *can* play with it!

To experience my own resourcefulness, being thrown in at the deep end of challenging new situations.

To experience a true sense of community, in words and deeds, by the best neighbours I could ever have encountered in this world.

This is just a summary. The actual list is much longer, where also childhood events fit in like a glove. What glove?

All those experiences have great value to me now in my energy work as a guide in building and developing sustainable communities.

Enfin, enough *talking* about *my* Soul Dream. Much more fun to go back *living* it, giving you access to information with which you can develop your life and your community, in a sustainable way.

*The designs in the Joy of Be(ad)ing come to light*

I'd like to share an image I really like about this project design issue . It shows where in the system I see it is actually stored and handled.

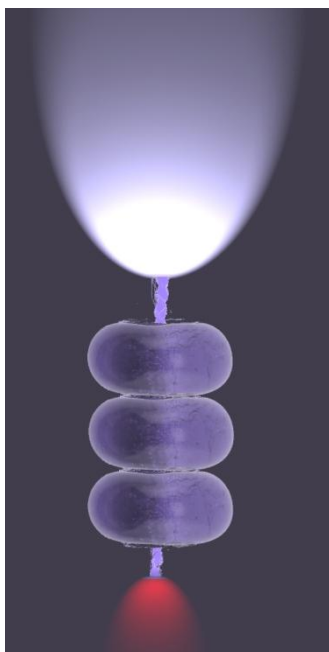
For this, I incorporate another analogy in this Beading one. Adding a popular item in spiritual texts: light.

The Joy of Be(ad)ing is not limited to ' in the light, when you can see clearly.

If you do it in the dark and pay close attention to what is happening, you might notice ( as I did) a couple of great supporting features.

A revelation to me was, for instance, that it is the *I* who is capable of *projecting light*!

It is so similar to the equipment of a car: white light in the designed flowing direction, red light on the other side.



Most spiritual teachers seem to agree on us all having these features in these colours, although they usually refer to it as chakra-colours.

When you are operating in reverse, like driving in reverse in a car, your red light is

facing in the direction where you are going (backwards) . It doesn't go that fast and the vehicle's engine is making an awful lot of noise. It is not the naturally designed direction for a car to manoeuvre comfortably , nor is it for a human being.

The red light was never designed to ' light the way' to your destination. It is more an alert to others: "watch out for me" and it is also not very bright.

If you ' break' in a car, the light shines brighter as an extra alert to others to stay clear or accidents may happen.

If you break in the emotional sense, it does

the same, clearly visible to anybody who is sensitive to energy and is paying attention.

Now in the bigger picture of this Universe you might be less like a car ( a vehicle that is moving anywhere), we all may be more like a projector.

### *The projector*

It seems we're leaving the beading analogy further, but bear with me, looking at a projector.

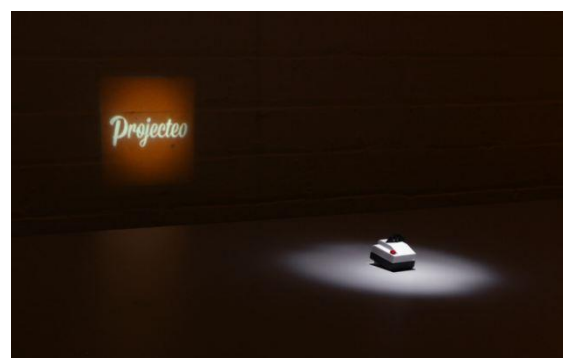
A projector also has a beaming **white** light, that is useful for fulfilling its main function: to project images.

It usually also has a **red** light, that is indicating it is ' live', is branched in and has a current flowing into it.

It is most noticeable when the device is on standby, when the lens cap is put on, or the device has gone into sleeping mode.



The fun starts when the projector beams the image that is loaded within outward ( and nobody is looking at the actual projector anymore....)



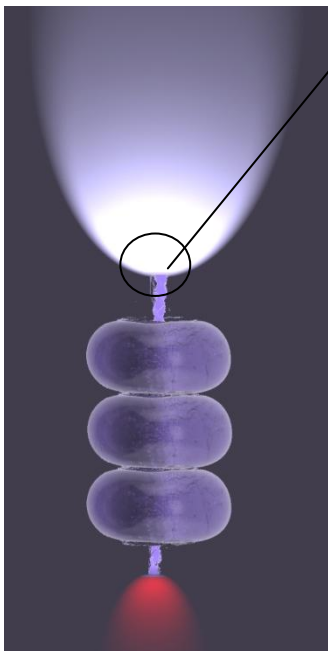
Unlike slide projectors, or beamers, where the beam of light comes from one 'eye' (I) and is following a straight line onto a flat screen. ... we are beaming out in more than 1 direction, onto more than 2 dimensions.

(For those interested in reading up on this concept: google on the **holographic universe**.)

Fully back to the Be(ad)ing analogy now.

As said, we are very much designed to be able of more than linear be(ad)ing. We usually have more I's (roles and tasks) on the go, in which we experience different aspects of one bigger multidimensional moving picture (life).

I like to picture that my one and only blueprint design is **loaded** in all the I's I have on the go and they are all working in harmony to create the Divine Design of my life. I simply (have to) follow that pattern.



Of course, I *can* choose to do something else.

I am fully aware of my freedom of choice and... there

are still choices to make, being offered several fine moments that match my design....

But *why* would I choose to drop the divine design?

Why would I ignore strong signals I feel in my awareness, in me, when I am be(ad)ing in a way that doesn't really match the pattern?

Why would I ignore things like 'uncomfortable tension in my body', 'draining energy' or 'disturbing thoughts', when I know now that

when I do follow the indicated suggestions, I really enjoy the process of Be(ad)ing *and* the creations I make?

The most common temptation to do so every now and then comes from peer-pressure. When I am highly aware that many people call me crazy for following an unconventional (non-common) path/pattern and project their fear out that doing so will isolate me.

I too, was raised in the tradition that stepping away from the cultural, collective patterns, is a hazardous thing to do, for a social being as we all are.

I too, am sensitive to this fear being present in given moments.

When enough of those heavily charged clumps of energy are present in the moment, sure they'll find my awareness too and unbalance me for a while, when I am conversing/ co-creating life with them.

It usually takes some re-beading and sorting out in me-time, to deal with this joyfully.

If the people I come across were living examples of enjoying life and making the most of any given situation, contributing their talents to building loving, caring, prosperous, resourceful communities for everyone involved.... I could be tempted to incorporate their ways.

I usually see/sense their red light glowing.

Which I interpret as an invitation to shine my light as an advisor, a guide in the Joy of Be(ad)ing some more.

Thank you for reading this creation. Have fun playing with it.

Enjoy your BE(AD)ING

Esther Dageraad