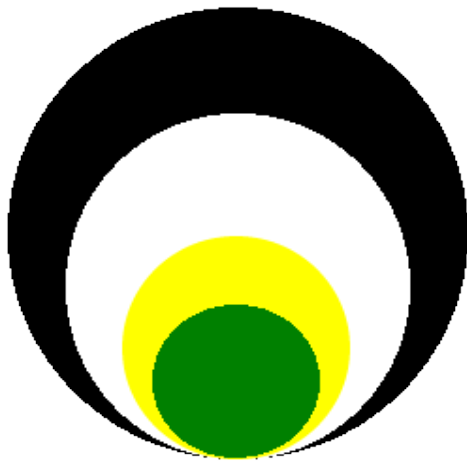


The Great Work

To Restore the Wholeness of Life

Manual



Cosmic Healing

**Cosmic Mother
HEALING the PLANET
Initiatief**

**De Grote Ommekeer
CultuurVernieuwingsBeweging**

WereldWijde Campagne

International School of Cosmic Healing

*Jezelf genezen * Elkaar genezen * De wereld genezen*

In Holland a "hermit" called "SermeS" (new wisdom teacher, medical doctor integral/cosmic medicine sinds 1972) has come forward, claiming that he has been **Beyond the Beyond** of space and time. He says: "In these most critical of times the Healing of the Planet depends on whether (wo)mankind is willing to give up the ego ("Ego-Catastrophe").

His teaching is called "**We Are Cosmos**". It consists of returning to the Origin to be reborn as a True Self, subsequently becoming part of "Heaven, Earth and the (New) Community" (once again), thus Restoring the Wholeness of Life ("Healing yourself, Healing each other, Healing the world"). Everything in the Name of the Cosmic Mother, the Origin of both God and the universe.

In the last couple of years he wrote down his Great Cosmic Experiences, calling it the "**Sacred Book Origin**" consisting of 7 volumes. In order to give you some impression of this epoch-making work (also called "Cosmic Bible") volumes 1- 6 are now available: 1. The Origin (G. 808 p.) 2. Commentary (G. 344 p.) 3. The Original Tradition (E. 773 p.) 4. Heaven on Earth (Photo-Autobiography E, G, D, 113 p.) 5. Handbook Integral Medicine (D. 472 p.) 6. The Turning Point (D. 654 p.) A free summary (Manifesto "We Are Cosmos" in English, German and Dutch) is available in the internet. Book orders through our e-mail.

The SermeS is living a simple life in unity with the Cosmos. People from all "corners, professions and positions" come to his "Hermitage" for personal **Cosmic Advice and Guidance**, time and again amazing people with "his" deep Wisdom. Visits to the Hermitage by appointment, only.

Hermitage "Cosmic Mother Healing the Planet", near Utrecht, The Netherlands.
www.healingtheplanet.info www.vitalworld.org [info\(at\)healingtheplanet.info](mailto:info(at)healingtheplanet.info)
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Naast het Sakraalboek "Origin" in 7 delen, zijn er bovendien 2 brochures verschenen en 3 in voorbereiding:

"We are Cosmos", "Cosmic Healing", "Cosmic Science", "Cosmic META-Religion" en "Cosmocracy"

Iedereen spreekt erover:

Thuis, op het werk, op straat, in de kerk, op school, in de tram, in de sportvereniging, in de yoga-les, in de cursus, bij de psycholoog, in de supermarkt, op de universiteit, in het internet, in de sociale media...

„De Kosmische Mens“, „Kosmische harmonie“, „Kosmos onze laatste Redding?“ „Kosmische intelligentie“, „Ego of Kosmos“, „Kosmische Ervaring“, „Kosmische Moeder-Genezers van de wereld“, „Kosmische wetenschap“, „Kosmische META-Religie“, „Kosmische Healing cq Geneeskunde“, „de Kosmo-Politieke samenleving“ („Kosmokratie“), „onze toekomst is Kosmisch“, „Kosmische Evolutie

Zegt het voort!

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BASIC HEALING

1. Introduction CAUSE OF ALL SUFFERING

Self-definition is a social necessity.
It is necessary in order to be able to function.

The mistake:
to think that your ego is *therefore* the core of your personality
That which you Really are – the True Self – is NOT definable.

The more you become your Self
the harder it is to describe yourself.
Love is a dimension that goes deeper than your “self”.
It is a greater Reality.
Can you define Love?

Ego is the unconscious identification with your self-image
It is created by yourself

As a child, you allow that which is pleasant (“self”)
while denying all painful things (“non-self”).

We are all “split personalities”
The ego is an isolated “entity”
cut off from Reality

It has no roots, and is therefore vulnerable and insecure.

Living with existential fear and powerlessness
is something that no one can stand for long

The (temporary) solution is called compensation.

The ego identifies with everything that allows it to forget
its inner confusion, restlessness, stress and futility

Those who suffer most from this go a step further,
blowing themselves up
 (“overcompensation”)

Overcompensation becomes your “new” identity

Your weakness is converted into “strength”

From that moment on, you are part of the “elite” of “winners”

It is the engine driving your addiction to
money, ego ambition, career, influence and power

You become so caught up in this that you do not realise
that you are living in a (self-created) Bubble

Your basic healing consists of becoming part of the Whole again

The condition is recognition of your inherent
ego vulnerability

Accept this, and the overcompensation
mechanism automatically releases you

Freedom consists of embracing your weakness!
Now your new situation still needs to be stabilised

Which you achieve through continuous inner Regeneration,
giving up your ego and the
birth of your True Self
All integrated in your Undivided Awareness
Everything is part of One Uninterrupted
Space

2. The Empty Space GIVING UP THE EGO

Everything comes out of the Emptiness and returns to it
It is the Essence of Cosmic Renewal
Man has a choice...
Are you part of this Divine Play
or do you cling to the illusory “self”?
The paradox: if you want to “live”, you will die
if you die, you will live

Your ego is fascinated by objects
But objects are contents of the Space
Without the Space there can be no objects
Try, “for a change”, to attune to the Space
Look at a white wall with a “gentle gaze”
As Gloria, a healer in Curacao, once advised me
In the forest, see the Space between the trees
It is the core of eco-spirituality
At night, in bed, look at the Darkness around you
in a very relaxed (but aware) way
while “giving back your ego” to the Emptiness
and you will be “astonished”
For “my” minor and Major Experiences, look at
Sacral Book “Origin” 6

The ego is smart
It keeps identifying with different things
It is a “born” trickster
a completely untrustworthy subject
“If necessary” it will even use “God”
for its own purposes
“Is that me?” you will ask yourself.
Unfortunately, you are a child of this society
which has raised you this way
In Essence, you are in fact someone else
and no one ever told you that

3. Conscious Back Contact REALISING IT – THE TRUE SELF

Saints have a halo "behind",
 not "in front of" their heads.
 This is no coincidence:
 Consciousness manifests in our backs.
 So constantly be aware of the contact of your back
 With your clothing, your chair, your bed
 Once you realise it, you can see everything (in front of you)
 It is as if you're sat in the back row of a theatre
 (the crowded hall: your "inner voices" and the stage)
 What used to be your "centre" – your ego – now
 turns out to be a "bundle of twigs"
 (thoughts, images, comments, emotions, desires)
 It will take some getting used to:
 You reach Reality by taking
 "a step back"
 (constantly feel your "rear")
 Thus, you see yourself and the world from the
 perspective of Your True Self.
 Your thoughts are free (flow unimpeded) from you,
 while you are free of your thoughts.
 While before you were imprisoned by your thoughts
 ("I am IN thoughts")
 you now let everything slip by, while
 only identifying with those thoughts
 that are valuable to you

4. The Breath

QUANTUM-ENERGY-REGENERATION

The Cosmos is "ruled"
 By two Cosmic Forces: "Construction" and "Destruction"
 This also manifests in our body (bodymind)
 25% of all cells is permanently dying,
 50% is relatively stable
 And 25% is in a growing phase.
 A dying cell sends out light to its surroundings.
 Death leads to life!
 But if you cling to your ego
 Your renewal is low

The breath is the vehicle of Regeneration.
 In the exhalation, all the old and sickly dies.
 While in the inhalation, the new, healthy is born.
 The deeper the exhalation disappears into the pelvis,
 the more powerful the inhalation
 (with the support of a mantra or not).
 Energy springs from the Void
 and constantly returns to it.

A conscious person is constantly reborn
He/she reincarnates with each breath
Look and feel!

5.1 Integration 1

COSMIC MOTHER MANDALA

Desire, trust, devotion and “faith”
are decisive factors in healing.
It does not matter whether you call upon Jesus, Allah
Or the Buddha
But that is just half the story
Because the closer your “object” of worship
is to Reality, the stronger the power
it emits

The Cosmos is All-Encompassing.
It is not part of a story or a faith
but the Reality-Itself that you yourself are part of.
That is why the Unity of the Cosmic Mother
with Her Body of Light (Great Consciousness) and
Her Physical Body (the universe, energy)
is the all-surpassing Powerhouse.
Everyone, without exception, is Eternally WHOLE
So become Part of the Cosmos (once again),
your Original Home

The “Cosmic Mother Mandala” is closest
to the Cosmic Reality
(see cover image)
It is the sacral symbol of the Cosmic Womb.
The Ultimate Bottomless Abyss (black)
gives birth to the Divine Light (white, yellow), the
Great Consciousness, the Cosmic Intelligence
and “then” to the universe (green).
See and feel the Mandala interwoven with the “Back Contact”
as if a beamer behind you is projecting the image
onto your back.
Live with it “24 hours per day”, and
you won’t have to do anything else: Wholeness
turns out to be your True Nature.

5.2 Integration 2

HEAVEN & EARTH EXERCISES -TIENDI QIGONG

The Empty pace, the Great Consciousness and
Continuous Regeneration, then
are “building blocks” of the undivided Cosmos.

In the beginning, you experience them as three separate areas
Your attention goes from one to the other
The more you practice, the closer together they get
You experience the Empty Space, your Conscious Back
and your Breath as One.
It is the experience of the Unity of the Cosmos
of which you are also part
("Cosmic Healing")

The "Heaven & Earth Exercises" assist you in this
The objective – the Cosmic Unity – is already there
starting from the very first Moment you practice.
"You already are, what you want to achieve".
All movements originate spontaneously from within.
Everything exists in your Empty Space.
Everything is equally dear to you.
You love everything as you love yourself: the grass,
the trees and the clouds.
A Chinese comment:
"this is the ur-Qigong!"

SPECIFIC HEALING

6. Laying on Hands THE INNER CHILD PROBLEMS, DISORDERS & DISEASE

The inner child is that part of your ego
that was blocked at an early stage in its "development".
Its inherent vulnerability, together with traumas
too great to process
are responsible for this
Everyone has a hurt inner child!
In order not to feel that pain, it is hidden away
It is localised in the upper belly (plexus)
Every child is different

What they have in common is their vulnerability
Ego and your inner child are two hands in one glove
Together, they are (co)responsible for secondary problems,
emotions, "negativity", complaints, disorders, suffering and diseases
This makes "Cosmic Healing" (relatively) easy
The inner child needs attention, love
care and protection.
Become passable so that the healing energy
can flow through you.
To do so, lay your hand on your upper belly

The inherent vulnerability is strengthened
by what is called "a lack of mother".
It is the structural lack of attention, love and care
Single mothers, mothers with a demanding job
as well as mothers who, due to their own vulnerable child,
cannot give their child what it needs
This deficit, once established, can never
be undone
The only option is to overcompensate for it
Passiveness, dependence, self-pity
turn into (e.g.) hyperactivity, an inflated ego
addiction and depression
add the total absence of self-knowledge,
inner balance, perspective and ideals
in the current childrearing system
and we have a complete picture of a "drifting" childhood,
and an easy prey for materialism.

The only one who can heal these wounds
is the Cosmic Mother
She is Eternal and is
constantly "at our disposal"
Through Her Emptiness She takes all pain, traumas
and problems unto Herself, while
the new, inspiring, constructive
is born out of Her.
For the Mother, it is never too late

Naturally, "horizontal factors", such as heredity, constitution,
biography, lifestyle and environment are additional factors
in the emergence of disorders and disease.

In the Great All-Inclusive Whole of the Cosmos, however,
there are no "external factors"

The whole universe is CONTAINED by the
Divine Space, dominated by the two
Cosmic Forces of "Destruction and Construction".
So if you are One with the Cosmos,
they spontaneously work within you
The result is Cosmic Balance

Note: the Cosmos heals, not us
Healing is a "gift", you cannot force it
As an additional! method, laying hands
on the place of disruption is the first choice
the secret: "short-circuiting" your conscious back
with your laid-on hand
What results can you expect, then
from "Cosmic Healing"?

Among others, stimulation of your self-healing capacity,
wholeness of body, soul and spirit,
improvement or healing of disorders and disease,
subduing of your ego and the birth of your True Self,
recovery of Unity with the Whole,
elimination of existential fear, return of joy in life,
a meaningful life in connectedness
and many more changes you had never
dreamed were possible

To be very clear:

I wish to point out here (as a doctor), though it may be unnecessary
that even “Cosmic Healing” does not replace assessment
by a regular doctor in all cases of (severe) disease.
My 45 years of practice prove this.

7. “Remote” Healing RESONANCE

Through the Empty Space, the Great Consciousness
And the Quantum Energy Field, everything
is connected with everything.

All people in contact with this Three-fold Field
are in contact with the whole Cosmos

They share ONE timeless and limitless Space.

The Full Emptiness of the Three-fold Field
is universal, it has the same form everywhere
it is on the other side of the visible world.

Emptiness, energy and matter interfere
What one has in excess, the other receives
and vice versa

The Great Emptiness constantly “strives” towards
a dynamic-inner equilibrium

It is the Essence of Cosmic Healing

Via the Empty space, everything happens at the same time

When one of us is attuned to the Cosmos

It benefits everyone

The Condition is the realisation of Cosmic Awareness

“My” Three-fold Cosmic Realisation (1977)

is the “shining example”

May many follow me in this.

Thus, the Healing Force can grow by leaps and bounds

“Cosmic Healing” transcends space and time.

It reaches everything and everyone at the same time

Both in personal contact and “remotely”
anywhere in the world. Isn't that miraculous?

8. Group Sessions-Retreats-Place of Pilgrimage HEALING COMMUNITY

When all participants enter the Empty Space, consciously
feel their backs and behold the breath,
resonance occurs.

Being attuned to each other works like an amplifier.
This influences each other in such a way that “tuning in” to
the Whole is much more spontaneous

There is no difference between “giver” and “receiver”

The shared Space is
the decisive factor in your healing.

It is once again clear, that the core of “Cosmic Healing”

is to become part again of the Whole

It goes much further than “energetic healing”

“Energy” is not isolated

It is springs forth from the Eternal Space

The directed channelling of energy to a
certain problem area (Chapter 6 “Laying on Hands”)
is (only) an (important) addition

(Attentive listeners will understand that “our” Cosmic Healing
has nothing to do with force of thought,
any form of imagination, new age, esoterica,
the masters of the Himalayas, angels, the goddess, the
kaballah, aliens, Jesus healing,
parapsychology, magic and all other ego projections
(including “cosmic healing”)
Hence, we also write “our” Cosmic Healing
As follows:CH©)

Here is the continuation of the first section:

Example of a healing circle

You stand in a circle with 20 other people

You hold each other’s hands

Everyone attunes to the Three-fold Cosmic Field
in the same way:

Relaxing and feeling the soles of your feet with the ground.

feeling your back with your clothing,

having inner contact with the Cosmic Mandala

consciously feeling your exhalations

as it disappears into your pelvis (the “Void”) and

feeling contact with each other through the hands

And thus you stand (motionless) for 10, 20, 30 minutes.

Important: aside from the contact with the “Field”

Nothing needs to be “done”.

Our Retreats consist of the 5 exercises
of the Fundamental Healing
These are practiced without interruption

in all daily activities.
In addition, there are personal sessions with the laying on of hands.
Depending on group preference
the special Ma-Zen meditation may be included
Every day, there is a (short) session
with the Teacher
Additional supportive treatments
are offered in the form of the
unique Chinese Gua sha.
While a form of vegan food and body cleansing
takes care of physical support.
Time in nature then does the rest

All this – we hope – will one day come together
in the establishment of an International
Place of Pilgrimage.

9. INCARNATING-WE ARE COSMOS! Man rooted in “Heaven, Earth and the (new) Society”

In this phase, a definitive shift in personality
has taken place.
Relapses to the ego are much rarer now.
To be part of the Great Whole gives
a feeling of “triumph”.
Together with a deep realisation of gratitude:
The Cosmos that was open to you all that time
even as you didn’t realise it;
your ignorance regarding the Love
that “surrounded” you all that time
which you, to your regret, did not honour for a long time.
Now, however, you have been assimilated into the Cosmos.
It is your Original Nature,
one that will in the future carry you across the “Transition”
Nothing can hurt you anymore.
For you, Heaven has come down to Earth
“Heaven, Earth and the (new) Society“
is your True Identity
Jai Mata Di!
(The Mother prevails)

An inexorable truth reveals Itself to us
When we are part of the Cosmos
and the latter permeates all existence
then it cannot be otherwise than that
we live in a Sacral World

in which everything, without exception, is “hallowed”.
And indeed, is man not part of society,
Society part of the earth,
The earth part of the universe,
The universe part of the Eternal Light,
And the Eternal Light part of the Absolute Void?
(The Cosmic Womb)
When you realise that the Cosmos intended us this way
“as Above, so Below”
the true life of humanity
has yet to begin.

The fact that the current crisis is no coincidence
is clear from the following.
Never before has the arrogance of (Western) man
been as great as now
with his scientific/technical progress
he thinks he is the “crown of creation”.
His “inner progress”, on the other hand
has reached an unprecedented low.
At the lowest tier stands “modern” ego man
Who comprises 95% of the Western world!
These are all the people who have (subconsciously)
Identified with their self-image.
One level higher stands the aware man.
These are the people who live towards/in and
according to their Essence.
Say that this is 4% of the (Western) population
Part of this group “incarnates” in “Heaven,
Earth and Society”.
This, I call “whole man”, and estimate at 0.5% of the population
It is the third tier of spiritual realisation
The (wo)man who transcends this all
stands on the fourth tier of human perfection
he/she has realised unity with the Eternal Light
a “group” so small that it cannot be
expressed as a percentage
While man is ultimately destined to
be one with the whole Cosmos (fifth tier)
Ergo, humanity is still at the beginning
of its “evolution”.

10. The Worldwide “Healing Field”

HEALING YOURSELF-HEALING EACH OTHER HEALING THE WORLD

When you find yourself in ONE Space with the whole of
“creation”, you love everything as you love yourself.
The grass, beetles, birds, sheep,
rivers, trees and clouds are also
Part of the same Divine Space.

In Essence, everything that exists is identical.

This is the Essence of compassion.

When a bird injures its wing, that is your “wing”

Love and Healing are the same

You live your life in “permanent” availability

In your Depth, a deep longing arises

to become a “Cosmic Healer”.

The basic principle: it is not you, but the Healing Field that heals.

Your duty is to be ONE with the Cosmos

and thus be a shining example for all.

Everything without an effort of your own (ego) (“wu-wei”)

In accordance with your intimate connectedness
with all-that-lives,

you are a Vat that spontaneously runs over (with
unbroken “compassion”)

While creating larger and larger concentric circles

Heal yourself first, then heal each other

and “finally” heal the world.

You have Become an instrument
of the Cosmos

That is easily said.

In a world increasingly threatened by

chaos, immigration, violence, nuclear war, climate crisis

“no amount of laying on hands is enough to help”.

On the other hand: if we do not include the world in our “salvation plan”

all our healing work is futile

In the first place: the core of the world crisis is spiritual

The cause is a vulnerable, fearful, isolated,
artificial, impotent ego

an “I” “thrown back upon its own devices”

Its way out is called “overcompensation”.

It inflates itself to become a MEGA ego

addicted to money and power

On one side, a power-hungry elite, and on the other

the distraught masses:

Not exactly a pleasant outlook

Without Cosmic Insight, things do indeed look bleak

The solution only reveals itself when

you touch the core of the crisis

Which is an inflated, megalomaniac ego

Through lack of Being, it is addicted to *having*

“More, more and still more”

The Mega Bubble blows itself up more and more until
its "inner supportive tissue" fails.
All this, furthermore, takes place against the background
Of the Great Emptiness: the Cosmic Womb.
She (through her manifestation as the Goddess Nemesis)
does not "tolerate" boundless accumulation, progress,
greed, exploitation.
It disrupts Her Cosmic Balance
Ergo: the system will kill itself,
we need not do anything to bring that about.
Instead, our duty is to build up
the Alternative
And this is achieved by "Healing yourself,
healing each other," and yes, "healing the world".
All in the name of the Cosmic Mother

11. Practicalities

THE COSMOS HEALS- SOME EXAMPLES

When your ego is in the way, the healing effect
of the Cosmos is blocked.
A simple example: you walk through the park, lost in thought
the thoughts then stand between you and the trees.
Although you THINK "What a pretty tree", you
have no true contact with it.
You are only in contact with your own thoughts.
Thus it is with "Cosmic Healing".
The first trap: your motivation is impure
Healing, for example, comes from your ego ambition
Second obstruction: as a result you cannot (truly)
surrender to the Empty Space.
No inner diamond is formed, it does not allow light to pass through
And the Cosmic Force of Destruction,
Which is essential for getting rid of old rubbish, cannot do its work.
The Absolute Nothing disassembles everything
down to its smallest components
to rebuild it again afterwards.
Every disorder/disease can "in principle" be healed in this way
The decisive factor is YOUR complete
Permeability to the Force of the Cosmos
If you are Nothing, you are Everything
The Cosmos heals, not you
Insight into the True Nature of the Cosmos is crucial
Something which I have called "vertical evolution"
So make sure you're sitting down.
Especially those who worship Darwin as a guru
will find it a difficult experience

“Dying and Being Reborn” is the
Law of the universe
 (“J.W. von Goethe “Stirb und Werde“)
You came out of the Great Void and return to it
You are ONE with the Ur-Ground
In this Nothing, everything is deconstructed down to the smallest particles
These are the building blocks for new life
The Cosmos is one great Vat of Regeneration
Vertical Regeneration is the Eternal Source
Of Renewal *and* Healing

Humans are children of the Cosmos.
This reveals itself to us as the Great Consciousness,
with the psyche, the ratio and the body as content.
The latter are therefore not separate from the Source.
The reductionist approach, on the other hand, is based on
a reduced understanding
instead of exclusively working on the body
(regular medicine)
the lowest link in the chain of vertical evolution,
“Cosmic Healing” addresses the Source.
It is in the Source that the Force lies!
If you “Mobilise the Source”, you mobilise all other levels.
It is therefore really no surprise that miracles
regularly occur at all these levels.

What the Cosmos “does” is more than miraculous
It is based on the insight that existence
is organised vertically.
The Absolute Nothing gives birth to the Great Consciousness
 (“God”) and then to the universe,
the latter return to their Origin
in the same Eternal Moment
The Quantum Energy Field “dies” and is “reborn”
Man is therefore part of
a continuous renewal and regeneration
the more primitive his bodily tissues, the
greater the potential bound up within (e.g. stem cells)
The greatest example is the extracellular connective tissue
also known as matrix or ground substance
By taking the matrix as the foundation of healing
our system is revitalised “from the inside out”:
regeneration, optimal vitality, healing and a long life
We call this the triad of Matrix, Chinese Guasha and
Flow System Therapy

12. The International Gatherings CELEBRATE!

Our intention is to organise an International Gathering of all who value “Cosmic Healing” somewhere in the world at least once per year.

13. REGENERATORIUM Supporting Treatments

1. Brain Boost

Optimising cognitive brain functions, clear thinking, memory, concentration, etc. Prevention of disorders from Mild Cognitive Impairment Syndrome up to Alzheimer.

2. Chinese Gua Sha Regeneration

Optimising all bodily (body-mind) functions. Stimulate self-healing capacity, immune system, detox, removal of blockages, pain treatments, anti-ageing.

3. Flow System Therapy

Optimising basic health: diet, digestion, circulation, matrix, cell metabolism, detoxification and excretion. Supplemented with 10-step Personal Health Plan. 45 years of experience.

4. Holistic Science

All those forms of scientific research that support the practice of integral medicine. The central focus is the Whole: “man – spiritually, psychologically, physically – in harmony with “Heaven”, nature and society”

5. Taoist Philosophy

The joining of Brain Boost treatments and old Chinese wisdom: for the promotion of self-understanding, inner balance, harmony with nature, “a long life”, an enlightened (“empty”) spirit.

6. Lectures, education and courses

Based on “Healing yourself, healing each other, healing the world”. An integrated whole of Flow System and Chinese Gua sha. We are working on a multi-year professional education.

7. A New Healthcare

The problems of the healthcare system are fundamental in nature. We are therefore striving towards a New Healthcare, based on self-care, holistic medicine and technological (regular) medicine.

MeiMei Yu is a Master in Chinese Gua sha Regeneration.

In 1997, she brought this unique form of therapy to the Netherlands. Twenty years of working as a teacher (day courses, basic courses, follow-up courses) and therapist (consultations)

have since passed. The time had come to upgrade. She is the only TCM Gua sha / Acupuncture and Moxa therapist recognised/certified by the Chinese state in the Netherlands. She is a member of the Medical Gua sha Committee of China and the chosen close colleague of Professor X. Zhang. She now puts her expertise to use for the “International Regeneratorium”.

Han Marie Stiekema, Cosmic Teacher, doctor (since 1972) and founder of Cosmic Medicine

has integrated all 4 levels of medicine. 1. Regular, 2. Alternative/organic 3. Holistic/integral and 4. Cosmic. As a result, he has a unique understanding of health and sickness at all levels. As a “New Wisdom Teacher”, he guides people who feel an authentic desire for Wholeness. His Great Cosmic Experiences are recorded in his Sacral Book: “Origin” 6.

14. TRANSFORMATORIUM “Cosmic Healer” Training

Hop, skip, the world is upside down
The ego is its foundation
A sandcastle, as is becoming increasingly clear
It is the state of constricted awareness
It can only understand the world by
dividing it into parts.
First it separates from mind, soul and body
only to put them back together again.
“psychosomatic”, “neuro-psychical”, “integral”.
Despite all attempts, they remain “mind constructions”.
They do not approach the Whole in any way at all
Combine attention, loyalty and connection
does this create Love?
Love is (much) more than its individual properties.
And thus ego as a “basis” for existence
makes for a very unhappy one.

Our “Cosmic Healer” training is our crowning achievement.
(Also known as “Green Men & Wise Women” in the past)
They take the Whole as their fundamental principle,
the true foundation of all living and “non-living” things
The future depends
On the number of qualified “Cosmic Healers”.
This may sound exaggerated (and of course it is)
but it does show the deep passion we feel.
We know, in the deepest depths of our Being
that only the Cosmos can give us Wholeness.
Our Wholeness comes from the Great Wholeness
We therefore want to encourage everyone to
develop in this direction. It is – and this is no exaggeration –
the most fulfilling work a person can do.
A condition is the development of Cosmic Awareness.
It entails a deep personal transformation.
THE GREAT WORK

distinguishes itself from all other healing
through its three initiations: “Cosmic Healing” 1, 2 and 3
Welcome are those who feel the call
“Cosmic Healing” is based on resonance.
Your own Healing and that of others strengthen each other.
In no time at all, a network of friends has sprung up.
This network is part of A GREAT
PLANETARY MOVEMENT
“We are Cosmos!”

In order to maximise its impact, we have decided
to establish an International Training Centre for the
training of “Cosmic Healers”, called the “Transformatorium”,
based on Spiritual Service, Health Service,
Earth and Community Service.
(See website)

15. EPILOGUE

We recommend to first read our “Manifesto”,
which is also published on our website.
In order to establish/maintain contact, we have opened an “Oracle” blog,
where you can ask all your questions. We do our best to answer them all.
Every genuine seeker can make a personal appointment for
cosmic advice, teaching, healing and guidance.
(See, among others, www.healingtheplanet.info index page).
Spread the word!
We can also come to your own village
or city to hold a lecture, day course of weekend programme.
It's all for the shared goal:
“We are Cosmos!”

„THE GREAT WORK“

Our Cosmic Vision!

COSMIC SANCTUARIUM

International Pilgrim Site

COSMIC MOTHER

Mothers for Mother

WE ARE COSMOS!

CultureRenewalMovement

COSMIC HEALING

International School for Cosmic Healing

COSMIC LEARNING

Basic Spiritual Education for All

COSMIC SCIENCE
The Supreme Design
COSMIC SOCIETY
As Above, so Below
COSMIC CONSCIOUSNESS
World Peace
COSMIC POETRY
Omniverses

An example
INTERNATIONAL SCHOOL
of
COSMIC HEALING
Healing Yourself * Healing Each Other
Healing the World
§
Curriculum
“TRANSFORMATORIUM“
Spiritual Service, Health Service, Community
Service, Earth Service
§
THE HERMITAGE
Cosmic Advice, Teaching, Healing
& Guidance
§
“REGENERATORIUM”
Supporting treatments with MeiMei Yu.

For an overview, info & contact details: see our website
www.healingtheplanet.info
info(at)healingtheplanet.info

As we await the start of “The Great Work”
We offer the following:
Personal appointments with SermeS
Theory and practical instructions
Applying the instructions in daily life
From ego to Being Whole
Daily support through direct contact
with SermeS via the Healing Space
Continuous contact through “Cosmic Resonance”
with additional “Remote Healing” of
fears, worries, loneliness, stress, suffering,
diseases, problems
Expansion of the Healing to a

Worldwide “Healing Field”
You can make an appointment with MeiMei
for her 7-step programme
(See chapter 13 “Regeneratorium“)

FROM THE HERMITAGE
SermeS extends a hearty WELCOME to
every sincere seeker:

He is living a simple life in unity with the Cosmos. People from all “corners, professions and positions” -
Religious people * Teachers * Mothers * Social workers * Officials * Scientists * Artists * Therapists *
Politicians * CEO's * Youth etc. come to his “Hermitage” for personal Cosmic Advice,
Teaching, Healing and Guidance, time and again
being amazed by “his” deep Wisdom

Appointments

1. Individual Cosmic Advice, Teaching, Healing & Guidance
2. Cosmic Healing
3. Small groups (1-6): Introduction to the Teaching "We are Cosmos"
4. Meetings "Mothers for Mother"
(Group max. 6)

Hermitage

“Cosmic Mother Healing the Planet”

Near Utrecht, the Netherlands

www.healingtheplanet.info [info\(at\)healingtheplanet.info](mailto:info(at)healingtheplanet.info)

By Appointment
+31. (0)30.6590178

Community Fund Drive

SUPPORT THE WHOLENESS OF LIFE!

We all know it: the blown-up ego is going to collapse (soon). It is something to be welcomed. However, the frightening side of it is the lack of any sustainable alternative. To prevent chaos, the SermeS has worked feverishly - **inspired by the Ultimate** – to offer humanity a **new start**. It is called **"We Are Cosmos"**. This Message has to be urgently spread WorldWide. Until now we have done it through our own modest income. Through platforms like **lectures, consultations, trainings, retreats, our website, YouTube, LinkIn and Twitter** we intend to reach people around the globe. Wouldn't that be **GREAT?!** More and more people are asking for **information, advice and guidance**. In order to be able to support them we need financial help from the New World Community, dedicated to **Healing the Planet**. Your donation will achieve miracles!

Please, contact [info\(at\)healingtheplanet.info](mailto:info(at)healingtheplanet.info)
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De “Hermitage” near Utrecht.

We are all Part of the Whole. When the Whole reveals Itself to one of us, It reveals Itself to all. Hence the need I feel to share it. There is “nothing” else behind it.

Our Mission?
Cosmic (Wo)Man

