

The Task



For all the kids in the world who are struggling. Big and small....

1. Radiant creature

Once upon a time, there was a little creature without a body. The creature was just energy and radiated in beautiful colors. It could change shape, become small and stretch as far as possible. It could ripple or pull itself tight and shine through other objects or creatures. The little creature played with itself by discovering more and more what it could do. And preferably in all other places.

It visited several planets. There was a planet with a blue color, which made the creature a little green and went shiny. There was another planet with water where the little creature could swim and dance like a squid. And in places where other beings came together, it could feel what the other beings felt.

It then tickled a bit in its middle and the edge of its energy layer then ribbed nicely. Each feeling gave a different kind of tickle and ribbing. The little creature loved it!

When the creature was big enough, it was allowed to choose a task to make itself useful. There were so many tasks, large and small, that it was difficult for the creature to make a choice. It decided to do research in the library of the universe. It read whole stacks of books and looked at mountains of movies to get a clue what all those tasks involved. For example, it could choose from dusting stars, turning moons, learning to tickle creatures or waking up new stars. But there was one task that seemed very special.

A life on planet Earth.



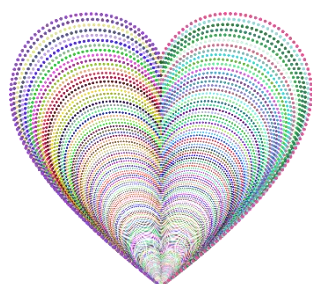
2. The earth

The little creature would have a body, experience for the first time what it's like. On planet Earth there are butterflies and dolphins that he could admire. And singing to the most beautiful flowers. There are people who laugh and party. You can go to school and learn all the smart things. You're going to have your own mom and dad on the earth. And you get your own name that suits you. Waaaw!!

The more the creature red about it, the more curious it got. What would it be like to live there on that earth and make friends? How would these other creatures all feel? In what colors will I be able to change there?

And so the little creature decided to go to Earth. It was born there as a boy and it was given the name Dex. Dex grew up with his mom and dad and Dex went to school.

Dex learned everything an earthy little boy had to learn. Dex also did his best to be as sweet as possible and to be liked. The crazy thing was that Dex couldn't remember anything from when he was a little creature. No memory of how he played on the planets, stretched out and completely collapsed. How he could change color and shape so easily. Dex was now a little boy with feelings that belong to the earth.



3. Dex is sweet

His mom and dad were very kind to Dex. But they weren't really that nice to each other. Sometimes they would scream and throw doors. It scared Dex. He then crawled into a closet in his bedroom and put his fingers in his ears. Dex didn't like that at all.

At school, Dex had a lot of friends. They played football together after school. And with some, they did homework together. They kept secrets together and laughed a lot. But sometimes it wasn't so much fun. Then you only belonged to the group if you were on the winning team with football. And they laughed at Dex when his pant legs seemed a little too short. Sometimes they just pushed him against the wall. Or did he have to sit alone when he ate his lunch.

Dex couldn't understand that very well. Why do people act so unkindly towards each other? Why are they being so ugly to me? Deep down, Dex often thought about it. He sometimes had to cry, but he didn't want to show it to anyone. He'd rather keep everything to himself, so no one could hurt him in there. He built a solid wall around his be-inside, so that it was really his alone and no one could get to it.

Every time Dex didn't understand other people, the wall got firmer.

But the firmer the wall became, the less contact Dex made with other people. Actually, he was just pretending to make contact, because then he'd be sure his be-inside was safe. And that's what Dex lasted a long time. Every time he showed a smile and he was nice. While his be-inside, for example, was a little afraid to make contact.

After a very long time, Dex didn't really know how his be-inside felt. He lost touch with himself a little bit. He sometimes shot into a severe cramp or a severe panic attack. But Dex and his mom and dad couldn't make contact with his be-inside anymore. They had no idea why Dex was acting like this. Why he was so scared, and why he didn't play with friends after school.

They told Dex there was no need to feel so lonely. He could just tell us why he was so confused, they said. Why don't you just do it once, Dex?

And Dex could only do his best. And he did. Very often and many times. His head became so full that he crawled into bed exhausted every night. Life isn't easy, Dex thought. I wish my life was different, because I can't keep it that way. Why doesn't anyone understand me? Why is no one like me. Dex often felt alone in the world. He couldn't do anything right and he wasn't fun and sociable. Not like all the other kids.



4. The Dream

One night, Dex fell asleep crying again. He had another fight with his mother. And his father took her side. He never got it right once. Never anyone who understood him.

That night, Dex had a dream. This dream was different from all those other dreams. Dex saw a creature with a lot of colors. It was very big and had no body.

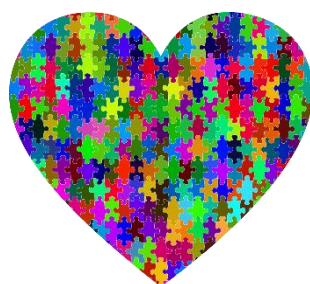
The creature spoke to Dex and Dex felt very comfortable with that. It was as if the creature knew him, but also as if he had seen the creature before. Dex remembered the dream very well when he woke up in the morning. Also what the creature had told him in the dream.

The creature said that Dex was actually such a beautiful creature. And he had been given the chance to be a bodyless being with a body. Dex had just forgotten that he was a being and how it felt. Dex wasn't himself anymore.

The great being said that it was also very important that Dex remembered who he was again as a being. It was important to be that original being here on earth. And at the same time be the Dex in the body.

Dex didn't quite understand what that meant. He felt it was very important. But the words of the great being still resonated in his head: **"Make every feeling big without thinking something about it"**.

In the days that followed, Dex couldn't stop thinking about it. What a crazy dream that was. He was just Dex. How could he be anyone else? He thought about it for hours, but he couldn't make anything of it. He just couldn't understand it with his head.



5. A feeling

One day after school he walked on the lawn behind his house. It was quiet there. There were only a few children in the climbing frame, no one else. Dex sat down in the grass. He took off his backpack and lay down for a while. He felt the sun shining on his face. He closed his eyes for a moment and felt quite satisfied today. No hassle and no arguing. A day when everything went smoothly.

The words "**Make every feeling big without thinking something about it**" came to mind again. With his attention, he felt the satisfied feeling in his be-inside. He was thinking about making that feeling great. He started to feel what it feels like to be satisfied. The feeling was in his heart and it was pretty big. He was able to get his attention all the way in. He was able to make the satisfied feeling big with his attention so that his whole body fit into it. Woow had never felt this before. He felt the satisfied feeling on all sides of his body and all the way through it. When he started thinking about how he had done it, the feeling became completely small again. Again, Dex went inside with his attention. He started to feel with all the attention he had. And again, the satisfied feeling became greater than his body and he could get all the way in.

Dex's been practicing this a lot. He first cleared his head completely by feel his breath and relax his body. Then he could feel the feeling in his heart. Sometimes it had a name, but more often it didn't. Then it was just a feeling. Dex then made it all big, so he became the feeling. The crazy thing was that he didn't realize if his mother called him or if it was time to go to school.

It had found a way past the wall to his be-inside. He was a little bit himself again.



6. And then the panic

However, Dex still had panic attacks and he didn't dare a lot. His whole body then stiffened and he wanted to become invisible. He could feel so bad sometimes. He sometimes felt it when something had happened, but sometimes without cause. It just came. Dex would be ugly to his mother and he would feel horribly bad about it.

After a big panic attack, Dex lay in bed at night crying and wishing he was no longer there. He didn't want to go through these nasty things. He felt so guilty again and such a huge loser. All feelings that are so horrible, that he wanted to push away. But they kept coming back.

And then Dex thought, "**Make every feeling great without finding any of it.**"

He chose the guilt to try. Every time he turned to the feeling with his attention, his head came through again. "You can't do it, you can't, you're not worth anything," the thoughts said. But Dex persevered.

He went to see in his head where all those thoughts came from. Very quietly paying attention in his head. Funnily enough, those thoughts stopped. They went quiet. It became completely silent in Dex's head, because he was there with his attention.

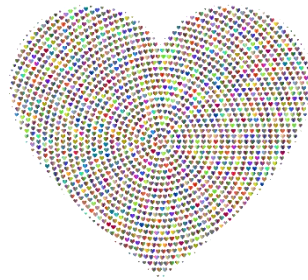
Dex went back to his heart where the guilt was. He made the feeling great and wanted to get back into it. But before Dex came to do that, the guilt was completely gone.

That was weird.



7. There is the creature

There was a lot more going on. Because Dex was practicing with those feelings, his wall became thinner and lower. Dex didn't think that was scary at all. He used to think it would be really scary. He was afraid of what would happen if the wall was gone. I'm sure terrible things would happen, and I'm sure he'd feel horrible. But behind the wall was his original creature. And by making every feeling with attention great and sitting in it, you don't have to be afraid of it anymore. Your own self, the beautiful creature that you are can then shine all the way and change your heart in all colors.



8. Dex continues

Dex got all excited when he came to understand this. He went to work with all the feelings. First, clear his head and feel everything.

That's what he did with his biggest panic attack. His enemy in life. He wasn't going to think about what he thought. He didn't think it was a very annoying feeling. Just feel like a sweater you put on without you being seen.

The panic put pressure on his chest and pulled his diaphragm together. He even felt a little nauseous. He was breathing right through to his stomach. It calmed him down.

He could feel that the panic was some kind of energy whirlwind in his heart. He looked at the whirlwind and felt him turning. This made the panic less scary. He found it easier and easier to feel him all the way. But it was as if the panic was getting nicer for him. As long as he didn't think about the panic. Don't have an opinion, or want to understand. Just feeling it. As long as your head doesn't get involved, all your feelings will behave differently. Sometimes they dissolve right away. Then it's feelings that are made through your head. And sometimes they stay and then it's feelings that are made in your heart.

Dex practiced through and through and through. He got to know himself better and better. Became less and less afraid, dared much more. The panic attacks became less. And he had less of a fight with his mother and father. He could feel that the original being was in his heart and beamed throughout his body.

He could have been both at the same time. He played with it. Then With his attention, Dex would feel everything in his body and then he would let the creature shine all the way through it. When he did that, he felt super solid. He usually did it in the morning before he got up. And especially before he had to do anything exciting. Often his head had all opinions ready. But by doing the exercise, he became strong and gained more self-confidence. He began to discover who the creature was and what it could do. He got to know himself. And he could honestly confess.... He had come to love himself!

And if in between he was scared or angry again ... Well, then he'd cry or scream. Then that feeling was allowed to be there for a while. And Dex stayed with his attention!



9. The task

Dex had spent his whole life letting the world around him determine how he feels. It wasn't pleasant, because he didn't understand what was expected of him. The behavior of other people often felt unfair and the rules were incomprehensible. So Dex lost control of what was happening in his head and what he felt in the rest of his body.

It wasn't until Dex went to investigate inside his body that Dex became more and more the little creature he actually was. Slowly, the creature gained control of Dex's head, his thoughts, his body and his feelings. And he enjoyed all those feelings that gave him a tickle in his midst and left the edge of his energy ribbing.

And that was the task Dex had chosen. How difficult the world around him would be, stay your shining self as much as possible. As much as he felt anything but himself, he let it all flow through him. Each feeling awakened a piece of his little creature to start beaming. Dex became more and more complete.

And as Dex became more and more himself, the people around him learned what real honesty was. And sincerity, sensitivity, vulnerability, creativity, softness, openness, connecting and much more.

All wonderful qualities that the creatures possess! Luckily, Dex was not behind a wall anymore.

