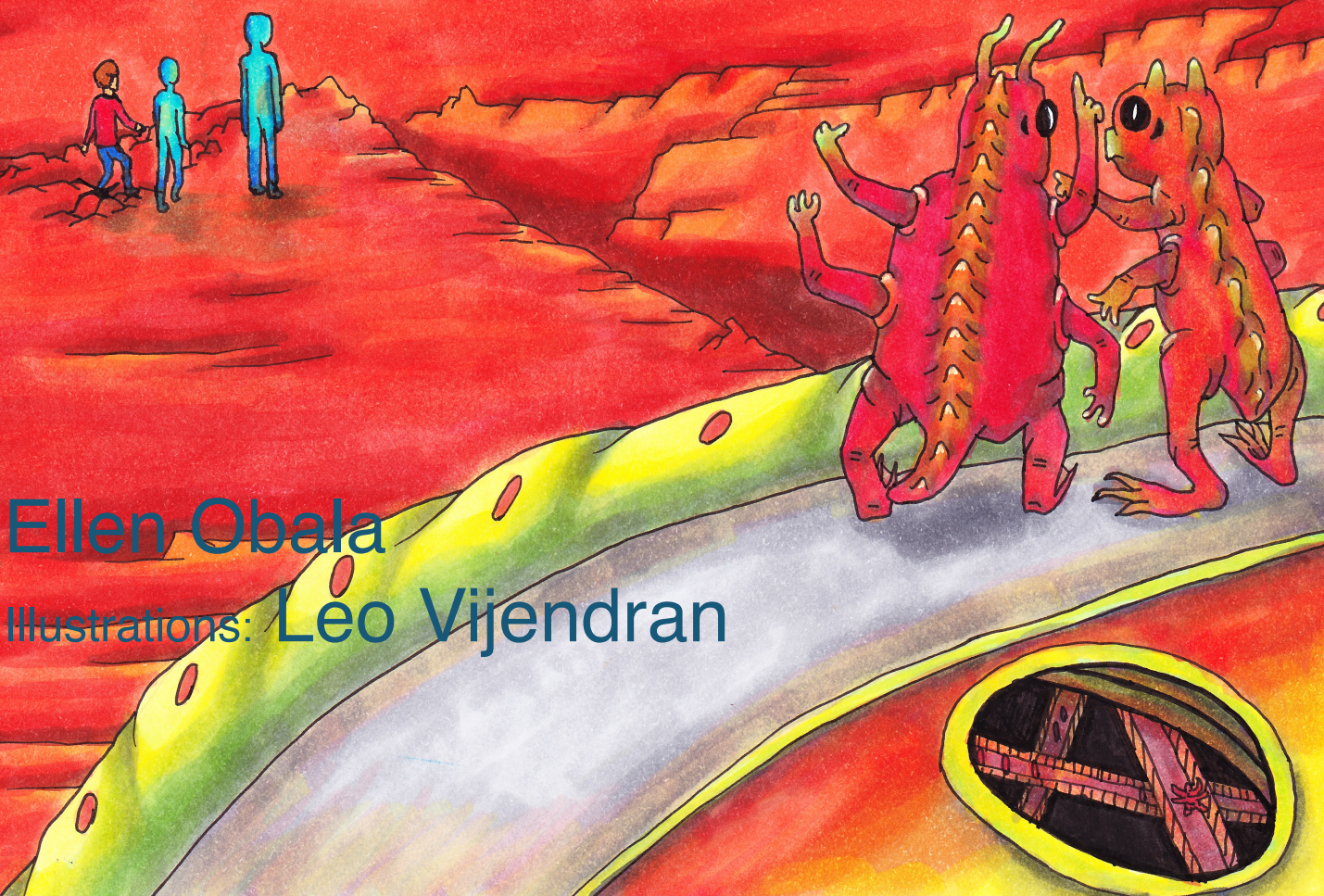


Nick & the Blue ones

Ellen Obala

Illustrations: Leo Vijendran



Nick & the Blue ones

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For all the children of the world

“We, we could be heroes... Just for one day”, Stardust / David Bowie

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Before

Please! Could you tell me another story? I do not feel sleepy yet

All right, Mischa ... hmm, Let me think... Yes, I can recall an extraordinary story your grandpa used to tell us. He had found a diary in the house he grew up in. This diary contained all kinds of adventures. I have always remembered one of them, because it is very exciting and a little bit unusual as well... It is the story about Nick and the Blue ones...

Did it happen for real, Mom? I like fantasy stories better, you know.

I really don't know Mischa, but listen and let yourself be taken away. Then tell me what you think about it afterwards...

1.1. Nick

I am scared... It is pitch dark and I cannot sleep. As always it was busy at school today. Mister Brown got mad at us all, we were that loud. Moud, Sarah and Saida were giggling the whole afternoon... I can still feel today's restlessness...

Wait, what is that? Do I imagine this? No, I really do hear something rustling in my room... There, just behind my bookcase in the corner... I don't know what it is and whether something is there for sure, but I am not alone... It seems... Yes! Another bustle; something did just move! And once again! This time for sure, I definitely heard it again. Gently, very gently I turn my head and listen closely... There it is! That was just another twist and turn.

It seems like someone is holding his breath... It is quiet... Almost too quiet

When I squint my eyes and try peeping into the dark, I believe I can almost see a blue radiance. It gives me the creeps... I blink my eyes some more and my heart is in my throat, because something blue *is* fleeting away!

1.2. Shi-koo' story

I am scared.... It is pitch dark and I don't know how I can get out of here... I am lost. This is my first visit to the human layer and Dad had promised me he wouldn't let me out of his sight. But now here I am all by myself, trapped in this small room and I do not know what to do... I hold my breath, because I have discovered a human child in the corner over there. What is he doing? His tiny body is in this gigantic big soft thing...

He is afraid too, I can smell it... Why would he be scared? People have the light... So why staying in the dark? And why isn't he going outside to watch the stars? That is what I like to do. Gazing at the stars peacefully gathered in an endless space spreading out at every breath. It helps me relax and I really like to do this, especially when I am afraid.

Oops! I have to take care! I make myself as small as possible (I fold myself into half as well as I can), because this human child seems to see me through... He is stepping out of this softness now! Did he notice me? The Old one claims that people cannot see us, but it looks like this child knows I am here. What did I do? Did I make too much noise? Can he smell me? Which sensor did he use to detect me? How does he know I am here tucked away? If only I were in my cocoon on the mothership together with Tak-Ti, my best friend. Or better, if only Tak-Ti were here! She always knows what to do and she is never afraid... Then this would have been just another wonderful adventure...

1.3. The first encounter

I cannot take it any longer! I need to know if there really is something in my room. So I get out of bed and slowly, very slowly I tiptoe towards my bookcase in the corner of my room. I hold my breath and I can feel the cold floor under my bare feet. I should have chosen carpet over wood when I had the choice last summer... I can hear a little rustle and some cracking; I must have stepped upon my new drawing that I made last night. I need to find my balance again before I can take another step.

This drawing I made is from the lightship I saw hovering above our neighbour's garden, shining a strange blueish-green light. It was like a three pointed star, so I gave my ship these sharp edges as well and I drew a tunnel of green light, just like the one I saw yesterday. Slowly I lean forward and take another step.

I see this blue shimmer again! Ah... Do I dare to go through with it? I know I won't be able to sleep now, I have to check and reassure myself first. Otherwise I will stay awake all night till I finally fall asleep. Mom always says: "Check for yourself there is no crocodile under your bed." Three more steps and I will end up in the corner next to my bookcase... I am going to do it! First I need to take a deep breath and then I will make a giant leap forwards!

I can see a tall, blue thing in front of me and big, really big eyes glaring at me. Before I know it, I notice a sharp, disgusting smell. Then everything becomes blurred...

1.4. Stuck in here

Suddenly this stinky human child jumps in front of me! He is much faster than I had expected and I release myself instantly. A familiar smell immediately fills the air and I know it will have its usual effect. Indeed, my fragrance caused his body drop to the floor like a dead weight, before he could do anything to me...

I realize I only have a limited amount of time to get out of here now... I know it will be around the respiratory rate of five breaths, before he will wake up again. So I fluently step over his hairy, tiny, dense body and quickly move into the direction of the only way out. I believe it's an opening because I can feel a draft coming from that corner... Would daddy still be here?

My Dad is a hero. He is the commander of the mothership that takes us all over the universe. I can already imagine telling my friend Tak-Ti all my late adventures. The stories I have on these stupid humans... I see in my mind how we will laugh about them, but then I stumble over some black, spiked human shoes and I am flat on the floor. My head slumps against the wooden shield where the opening should be, accidentally shutting it with a loud click.

I get up as quickly as I can, I am in a hurry, just four more breaths to go and I try to open this primitive opening... I have never opened a thing like this before and have no clue at all. I remember our mothership where all doors open by themselves whenever the all knowing eye perceives a Blue one.

I cannot make it... I am stuck in here! "Help me, Dad!" I send out, before my sensors expire... But daddy does not reply and now I am panicking for sure... Immediately I can feel the life force leaving my system and I realize I need to refuel as soon as possible. Whenever I am out of balance, my body burns much more energy. So first I need to rebalance and by doing so save some energy.

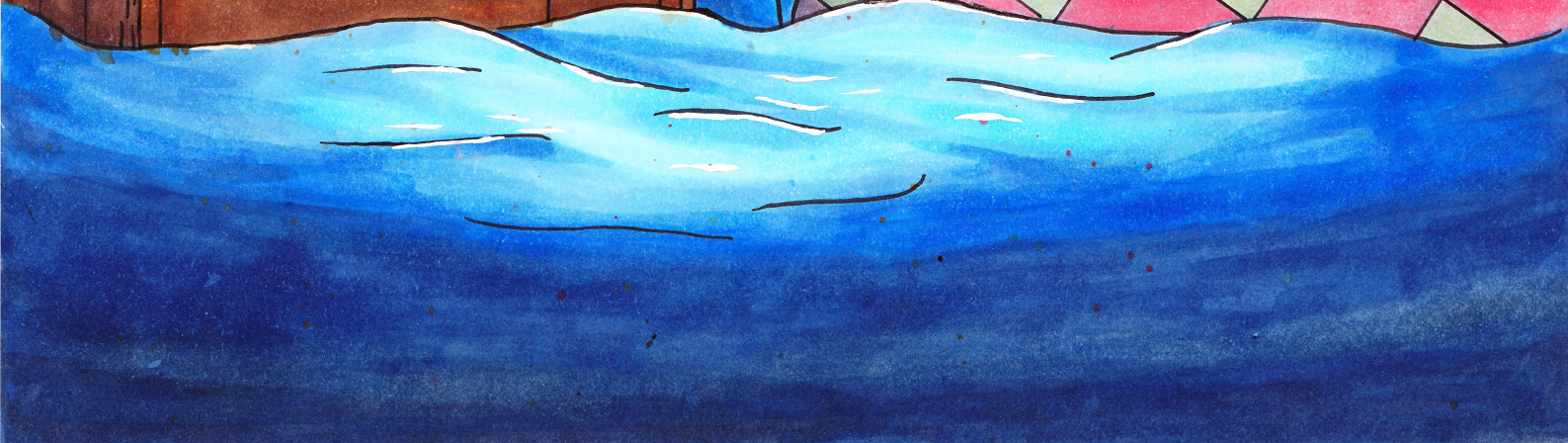
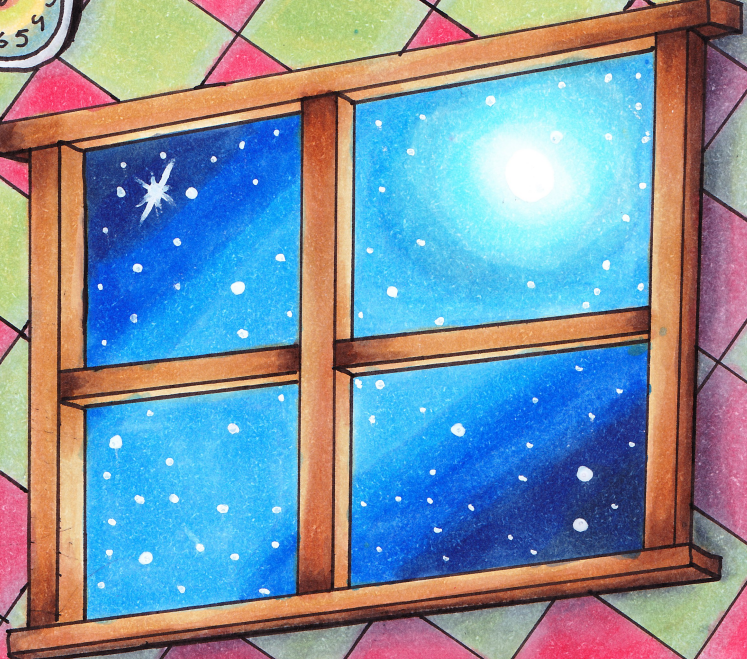
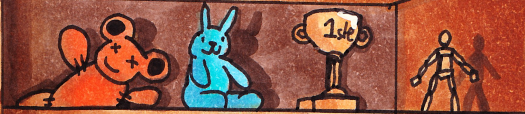
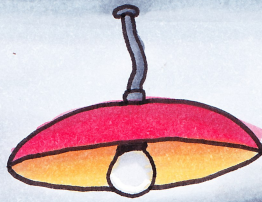
I have learned from the Old Blue I can become calm and rebalanced by steering my breath. So I sit straight up and inhale as deeply as I can. Then I exhale as quickly as possible. This time I inhale as normal as I can, slowly taking in the fresh night air. Fortunately, after three more calm breaths I am relaxed again... But be aware! Slowly this human child is waking up.

1.5. Discovery by Nick

Sleepy and drowsy, with heavy eyelids I take a look around. No! No! This cannot be true! It is still pitch dark, but here it is, this tall blue thing next to me on the floor... I rub my eyes and blink some more; what is this here in my room?

I am wide awake now, not because of the coldness of the floor, but because of the shock of disbelieve. Automatically I shrink back, because this is real scary! Is this for real? Curiosity killed the cat, I am scared but also very eager to know what is going on, so why hesitate? I try to sit up straight. I carefully stretch my arm and try to touch this tall blue thing... I can feel through it; is this made of a syrupy jelly, or could this be solid light? It is a very strange, smooth, and tall body. Its limbs are thin and it has got long fingers. The big, very big poppy eyes are shut. I believe this creature must have fallen asleep! Its nodding head is completely bald and it strikes me as rather cute and even innocent now. The way it is washy and sissy on the floor here next to me, makes me feel I can expect no harm from it.

"Who are you? What are you doing here in my room? Where do you come from?" I have so many questions and I am no longer afraid... This creature here is weak and almost liquid, how can it ever master me? Any judo technique I know will be enough. It is flabby and sleepy now, but even when this creature would be its tall self, I never believe this see-through-body could hurt me. I wouldn't like to smell its fragrance again though, but it has already proven running over fighting... Might it be afraid of me?



1.6. Discovery by Shi-koo

I remember I need to refuel my system soon. Without food I cannot leave this place. My energy levels need to be high enough for our mothership to be able to detect me. What if daddy isn't coming? Will I be strong enough to signal? What if I cannot find any food? I am worried sick and wish I had never left home... But Dad insisted I should come along with him and prepare myself for the Big Step. The next Sacred Star is due very soon and I cannot postpone my test any longer.

Dad assured me I really do need to take the Big Step this coming Sacred Star, because otherwise he will have a problem. He will have to answer some difficult questions from the Circle. Although he is the Brave Leader, he is accountable to the Circle. That is a group of Old Blues. As the leader of our mothership he must encourage his eldest to take the Big Step in time. We left the ship last night, so he could teach me more about the humans and this wonderful planet, called 'Earth'.

The human child suddenly makes some strange sounds... He looks at me with his tiny, inquiry eyes. What does he need from me? How did he even notice me, anyway? According to the Old Blue, humans can neither see nor hear us. But this lousy humanoid here in front of me is blocking my way out... On top of that, I am hungry and weak. My first priority is food... Maybe this humanoid here has some food for me?

1.7. Start of a friendship

Do you have any food for me? I ask him soundless

Of course, my Mom always has something in the fridge: What would you like to eat? He says spontaneously

He can hear me! He knows what I want! Do I really get some food now? I cannot go on like this. My body is fading...

Do you like some snacks or would you like some sweets? He squeaks

Well, great I have a choice, but I do not know what you mean... I always eat the same

So, what do you usually eat? He asks me with his curious and friendly eyes

Heart of course, I answer somewhat confused... (as if there would be anything else?)

WHAT did you say!? The only heart I know, is the meat from the freezer my Aunty prepares for Duffy on Sundays. It stinks like hell, but Duffy is so happy he gets his treat that he wiggles his tail so that you need to take care not to get wiped out... The humanoid is telling me laughing out loud

Yeh, but only human hearts will do for me. I answer feeling relieved and happy, because we have an understanding

Human hearts? Suddenly his eyes seem bigger... His smile has disappeared and after a little choke, he utters another strange high pitched note: How?

I get it! He wants to learn about our traditions, so I explain: Well, the adults search for a pure human heart and suck it out with the Steel Sweep

1.8. Strange habits

Human hearts? I can feel my jaw drop in surprise and sense the immediate urge to run away, but my legs are limp beneath me... I am speechless and it takes a minute before I stutter: How ?

The Blue one looks at me with moony eyes: Well, the adults search for a pure human heart and suck it out with the Steel Sweep

Do *you* have this Steal Weep? I ask with a dry mouth and a twisting nerve under my eye

Now he is taken by surprise and his look is empty... I sigh in relieve and relax somewhat, because I understand he does not have this Steal Weep

I will only be allowed to use the Steel Sweep after taking the Big Step. I will perform the Final Test and then I won't be a child any longer, he explains. That will happen during the next Sacred Star. Then I will receive a sign between my eyes, just like all the adults on our ship. I get to wear a helmet with a golden star and I will receive my own Steel Sweep. My main task, like all grown-ups, will be collecting energy

I do not understand... Why a **Human heart**? Why not some chicken? Or a vegetarian burger, in case you do not want to eat any meat?

Chicken? Vegetarian burger, you say? Do they contain any warm feelings, emotions and memories as well? His anticipation is hopeful for sure

I am confused... First, he is talking about a human heart and now about feelings and emotions? I believe you can feel emotions in your stomach, but how can you satisfy your stomach with emotions? I am really relieved to know he does not have this Steal Weep, so I dare to ask: Why ? What do you mean?

Well, we need feelings, emotions and memories to fill up the big hole we have in our bodies... We are cold and are basically numb, so we need a warm heart full of love and energy. That is why we collect pure human hearts

1.9. Nick is helping out

Big empty hole? Cold and numb? My feelings are all mixed up... My own fear has gone now, but I am shocked and amazed at the same time... I feel for this alien here

In a spontaneous gesture I put my arms around the cold Blue. "I will warm you up." My heart is beating steadily in my chest and I can feel my own warmth against that of the cold Blue. Then, without even thinking about it, I am humming the song my mother used to sing for me... Here we are, hugging on the floor of my bedroom and suddenly something very peculiar happens. As the Blue one lets out a deep sigh, its belly starts glowing a growing light. This Blue one is coming back to live and now I recognize the blue shimmer that started it all...

After some time the Blue whispers: "How did you do that?" I do not know what to say for a second, so I stammer: "I just did what my mother used to do whenever I was upset, sad or scared." I am a bit shy now and both of us do not know what to say or do. Then I realize things have changed and I dare to ask the sticky question: "Are you still hungry?" In surprise and then cheerfully the Blue one answers: "No, I am not! Isn't that crazy? I feel good and look at my belly: it is completely full!"

We laugh and both rub our tummies. "Look, mine is more round than yours!" The Blue one laughs. He is sparkling blue all over and easily jumps on his feet. He stretches his long thin arms and pulls me up. "Well, my new friend: what is your name?" I am happy to hear this and answer spontaneously: "I am Nick and who are you?" The tall Blue straightens his back, puts his left hand on his head and answers in a solemn voice: "Gamma, Shi-koo Gamma is the name..."

Then Shi-koo turns around and says while leaving for the door: "Nick, thank you so much for your help! I will return to the mothership now. Are you coming with me, my friend?"

I am taken by surprise: this is the opportunity of a lifetime! Ever since I have made this drawing of the spaceship I have been wondering about its inhabitants and the inside of the ship... Who are they? Where do they come from? Why are they here? I know I will probably never have another chance, so without any second thoughts I cheerfully follow my new friend out of the room...

2.0. The mothership

We tiptoe through the dark, silent house. The floor is creaking here and there under my feet, but there is no other sound except for the well known, rhythmical ticking of the old clock in the living room. I am just behind my new friend and notice now that Shi-koo is feeling better, he radiates an evenly blueish light. The living room, which is so familiar to me, can be seen through my new friend's blueish body. This is no solid body like mine! I take another close look: also those feet are peculiar. I can only count up to four toes! My friend does not wear any shoes and does not seem to be bothered by the cold floor, like myself.

Once outside in the garden Shi-koo turns around towards me and inquires friendly: "What about your hearing range?" But without waiting for my answer, he says: "Just to be safe: press your hands to your ears, please." I do not know what Shi-Koo is talking about, but just as well I put my fingers in my ears. Still I can hear a very sharp, high pitched tone. This is followed by a bright green light beam, that comes out of Shi- koo's head. "What has happened just now?" I ask my new friend quite astonished. Casually he answers: "O well, that is how I call on the mothership. The all knowing eye will perceive my sound and detect and identify the beam and therefore know my location, so they can come for me to collect me."

I am standing barefoot on the wet grass, wide awake and I realize I am part of a very exciting adventure.

2.1. The Blue ones

The starry sky is beautiful and peaceful this quiet, cool evening... Endless little twinkly lights send their silent reassurance. We breathe in the fresh night air, both in awe of this wonder above.

Suddenly, out of nowhere this huge triangle is hovering above us. This is the three pointed star I saw the night before. It is here, just patiently waiting and then it gently sweeps even closer. Shi-koo has piercing eyes now and clearly wants me next to him. I step in front of Shi-koo while slightly shivering from excitement. Immediately I feel strange tickles all over my body. Then Shi-koo raises his long, thin arms and at the same time a narrow cylinder of green light slides over us. I have to recollect myself and notice nothing but my own dry mouth. I put my arms tightly around my new friend and together we are effortlessly lifted into the spaceship above.

It resembles going up in an ordinary elevator... It gives you the same excitement in your stomach. I feel as light as a feather now, but because of my fear of heights I keep my eyes focussed on my friend. Shi-koo however, answers my frightened gaze with a smile: "I am looking forward to introducing you to my father", he says. "I cannot wait to tell him about you, what you have done and how special you are."



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I am still not sure whether I should be happy or concerned. After all, these Blues have this 'Steal Weep'. And just about when I am really getting uncomfortable, the ship opens its big mouth and we are in. Gathered around us in a huge circle are many, mighty tall Blue ones. The ship is immense and I am struck by their greatness and the sheer number of all these Blues...

2.2. The Brave Leader

We are still standing closely together when a great commanding Blue steps forward. "Welcome home, my son!" He says. His impressive posture strikes me and I believe he must be the leader of the ship, because he is the only one who has got a blue star on his chest. Just like all the other tall Blues he has a deep notching between the eyes. This scar makes them look hostile and aggressive, I think. The Blues are odd and yet they are slightly familiar, because just like me they have a corps with arms and legs and a head. The head is bald and bare, clearly out of proportion, the poppy eyes are huge. But it is still a familiar pattern.

"My brave son, Shi-koo!" The leader continues: "To my great surprise you have taken the Big Step already and even before the next Sacred Star." The Blues in the circle around them are nodding in agreement and I can hear an approvingly buzzing sound go round. The Blues are content with their leader's son for sure.

The leader in front of us is really very tall, so I have to step backwards to be able to see his face. The arms across his chest, his hands resting on his small shoulders, he exemplifies: "Most special of all and filling me with pride is the fact that you have taken this promised pure heart home."

Now the Blue leader is staring me in the face. His gaze is void and cold...

I am staring back and I believe nobody has ever looked at me like this. Gradually, very slowly I realize I am but a pure heart to these Blues. Just another pure heart to crunch... For the second time this evening things turn black...

2.3. The Sacred Room

Nick had fainted again, this time because of too much tension. The Brave Leader took him on his shoulders and like a trophy he was brought to the Sacred Room. This is the central place of the ship where the Blues used to worship their Sacred Star. The domed space has a soft golden glow, as if the walls are made of gold. The room is completely empty except for this transparent sphere in which Nick is floating.

Shi-koo is next to me when I wake up. "Take it easy, my friend", Shi-koo appeases when he notices I am alarmed and looking at him with wide open eyes. "I am going to help you, you are safe with me, have some faith in me."

But I am trembling with fear and do not know what to do. Where am I? How do I get out of here? I feel like I am trapped in this sphere... What could it be? It seems like this sphere is charged with electricity; it is a force I cannot control. I know I cannot escape this ship without any help, so I better listen to Shi-koo and do whatever he wants me to.

“In a while my father is coming back and he will pose me the Important Questions. I will talk to him and tell him you are my friend, Nick. I could not do that earlier, you know, in front of all the Blues. Then I would have opposed my father and even I, his eldest, am not allowed to contradict him.”

I am interrupting here: “What are you going to tell him? How do you know he will listen to you? Because I think he still wants you to use the Steal Weep on me.” I say in all fairness to my new friend. Right now I am not sure whether Shi-koo is a true friend indeed, but without this friendship things do not look good for me.

2.4. The Great Story, part 1

“You know Nick, I will tell you the story of the Blue People. When I was ten years old The Old Blue told me this story which has passed on from generation to generation. Nowadays it is almost mythical, but it still largely represents our history. Maybe it will help you understand why we, the Blue ones, need the light information from a human heart.”

Shi-koo continues: “Long, infinitely long ago the Blue People lived on a planet called ‘Gamma’. This planet was connected to the Sacred Star. (We call that star the ‘Far Star’ now, Shi-koo explains). Our ancestors lived in harmony with the natural world and their society was peaceful because they had great prosperity. The fellowship blossomed; they were happy and in large numbers. There was enough of everything and the Blues were ‘vegetarians’ as you would call it, so they lived in peace with all animals. They honored the Sacred Star and expressed their gratitude to this force of life every single day. They had special celebrations in honor of this star as well to remember themselves how lucky they were.

The Blues had a good time day in day out, because they were occupied by things they were good at. For example: some were builders who made the most beautiful homes, others took care of the sick and the old and others were gardeners who took care of the orchards and fields. Artists performed heavenly music, made sculptures or painted fabulous paintings. All the Blues lived in comfortable starlit houses, nothing else to wish for.

The warm light never failed; it was always strong and radiant. The Blues were happy and healthy, because they had the Sacred Star and they had each other... They were innocent and blue.”

2.5. The Great Story, part 2

“The Circle had made a prediction: once, everything would change. But the Blues lived happily and unaware and because everything was good and beautiful, they could not imagine it would ever change. The flowers bloomed their blossom in all colours and scents. The birds sang their brightly songs and all was in harmony. The Blues were still grateful to the Sacred Star for their happiness... They had forgotten what the Circle had warned them about.

Then out of the blue, on a day like all the others, came the Bang!

Our planet was catapulted through the universe by this enormous bang. The connection with the Sacred Star, our life force was broken and all of a sudden the Blues were left in the dark. It became quiet. It became cold. And it was empty.

Many, many Blues did not survive the bang. And the way back to the warm and starlit side of the universe had been cut off by a large fracture. Shivering from the cold some survivors gathered in the dark. Where flowers had bloomed and birds had sung their elaborate songs, there was only barren darkness and frozen emptiness.

Then one brave Blue broke the silence and addressed the small battered group of Blues. This Blue became the first Brave Leader: “Dear friends... Now we mourn the loss of all our loved ones and the loss of our great fortune, the Sacred Star. Let us never forget how wonderful our lives were and let us never forget this day. But there is no future for us here. There is no other option but to leave this place and look for our Sacred Star.”

Shi-koo adds to make sure I can follow him: “As I have told you before, we call it the Far Star now.”

He pauses and seems lost in his own world for a while. Then he says softly: “How can we live without our loved ones? How can we live without the force of life, the light? How can we live without love? We are the only ones left and therefore it is up to us to make sure our children and grandchildren will see the light again and be the light again. We will bundle our talents, vigor and strength and by doing so we will build a powerful and mighty space ship. A ship that will take us into the future where we will find our Sacred Star again. Thus the first Brave Leader had spoken.”

2.6. The Great Story, part 3

“The Blues did what their leader asked them to do and together they built a mothership that was a more primitive version of this one, on which you are now, Nick. Still mourning their beloved ones but hopeful in their hearts, they ventured to explore the universe. Searching for the Sacred Star, their source of light, life, warmth and love.”

Shi-koo looks me in the eyes before he continues: “For far too long our ancestors strayed through space. Several generations of Blue Leaders guided the Blues on their search. They encountered many star people on their adventures and unfortunately were part of many star wars. Sometimes they could install themselves on a deserted planet, till resources had dried up there as well. Many times they were invited by befriended star people to recover and recharge after difficult times. They immensely enjoyed the company and warm support of their star brothers and sisters and thus could survive and find the courage to roam some more.

But it was an ordeal. It was exhausting in the end. Generation after generation lost some love, some warmth, a piece of light information. Gradually our people toughened up. The Circle was no longer aligned to the life force and misinformed their leaders. The Blues were unaware of this and because none of the Blues were connected to the life force themselves, they got more and more dependent on the Circle. Successive Brave Leaders made disturbed choices based on the false instructions by the Circle and all this led to more confusion and callosity. The Blues were getting desperate and more and more astray. ”

2.7. The Great Story, part 4

Shi-koo continues: “Our people lacked love and light and they grew cold and tough. That is why stealing and pillaging were more and more accepted and finally became the norm. Enduring many wars on their quest in the universe hollowed out the soul of the Blues. The battle of the planet ‘Nena’ marked a turning point. The violence was extreme and the consequences of this war so fierce, something had to change. The Council of Nine gathered because a decision had to be made about the blustery Blues. A long period of deliberation followed, because the Council of Nine had to make a final judgement and could not take it lightly. Many times they had to have a break, because some star people were in conflict and sometimes even in combat again. But in the end the Council of Nine came to an agreement and a final judgement followed. The Blues of the planet Gamma were banished by the star people who were still aligned to the life force. This was a death sentence, because being made an outcast meant we were doomed to fade away...

The last resources of the Blues drained away. This time there would not be a possibility to replete the life force through any means at all. Our people were to peter out and a quick solution to supply the Blues with any light information had to be found. There was no love to be lost...”

2.8. The Great Story, part 5

“Then the Genius Blue invented a new instrument and using her last strength she vigorously pattered it into existence. This instrument is now called the Steel Sweep. She told her eldest to take this Steel Sweep and visit the wonderful planet. Her eldest was supposed to find a human child with a pure heart.”

Shi-koo explains: “On this wonderful planet light information can be stored in the human heart and children are most likely to hold this in high quantities. She told her eldest to aim this Steel Sweep onto the heart and take the light information back home, so the Blues could use it to refresh themselves. The eldest of the Genius Blue succeeded in this mission and could supply the Blues and the ship for one whole week with the acquired light information. The Genius Blue had expired because of her last exertion and did not live to experience the love and warmth her eldest had obtained by using the Steel Sweep.

Ever since every young Blue has to take a test, which is called: ‘the Big Step’. The first time a youngster may use the Steel Sweep she has to go alone... When the youngster is able to find a pure heart and return home with the content, the first step of the test is taken. The next and final step is answering the ‘Important Questions’. Only when completed to the satisfaction of the group, the youngster can wear a helmet with a golden star and will she receive a notch between the eyes. Thus everybody knows the youngster has become an adult and a full-fledged member of our group.”

2.9. What is next?

Silence is filling the Sacred Room... I cannot take it any longer and say trembling from fear, in an angry voice of betrayal: “So you took me here, just to suck me out with this Steal Weep?” Now Shi-koo is calling out in surprise: “No, my friend! I do not know how it all came about, but you are my friend now and I want to inform my father how you gave me your heart energy without me needing the Steel Sweep! And that is rather special, my friend!”

I have been quietly listening to this extraordinary story of the Blues up till now, but I am very confused by so many emotions at the same time. So I cry out: “Well, maybe you will leave *me* alone, but what about all those kids you have used to survive! How on earth is *that* okay?” Tears are running down my cheeks... I am regretting my curiosity now, I should have gone to sleep after all. Who knows I will ever return home and see Mom and Dad again... They will be worried sick when they find out I am gone... I am huddled up in my transparent sphere and tears are falling down... Shi-koo is silent and deep in thoughts for a while... Then he makes a special gesture, thus opening the sphere and carefully Shi-koo steps inside. Deliberately hugging me and buzzing the melody I have sung for him earlier that night. Once again the miracle happens: Shi-koo’s belly glows a white light and becomes round and more round... Just when the Brave Leader enters the Sacred Room...

3.0. The love energy

“What is going on in here?” The Brave Leader calls out in surprise and he seems somewhat cross.

Still hugging me, Shi-koo does not respond. Only after his body is radiant blue again and his white belly as round as can be, he quits buzzing and hugging. He flexibly gets out of the sphere and makes eye contact to encourage me. Then while turning towards his father he solemnly says: “Brave Leader and my hero, may I introduce to you my new friend, Nick.”

I recognize this Blue, who are all alike, because of his blue star. The leader is impressively tall and I cannot see his face, because I am still ducked away in my sphere. I do not even try because I do not dare to look the Brave Leader into the eyes... I can remember all too well the freezing gaze of this Blue...

“My son, could you explain to me what is going on?” The Brave Leader seems a bit out of balance... Clearly he has never seen his son like this before: “I do not understand why you are so excited about this miserable, stinky, small human child.”

“Father, when I got lost in the big human layer Nick here supplied me with the heart energy. Out of the blue he passed it freely on to me! Therefore I had sufficient energy to call upon you. I believe he rescued me and I think that is rather special, because not only I was afraid of him, he was scared of me as well!”

3.1. Harmony

“So how did Nick manage to do this?” The Brave Leader sincerely enquires now. He takes some steps into the Sacred Room to get a closer look and this time I dare to look back. I notice the Brave Leader does not sparkle at all and has a grey flutter about him. How come is he so different from his son?

Shi-koo looks at me and this time turns his hand twice to the left and by doing so the sphere opens up and Shi-koo helps me getting out. “Come next to me, Nick.” Shi-koo wraps his arms around me and I immediately understand what Shi-koo is aiming for: we are going to show the Brave Leader what will happen whenever we are allied and sing in harmony. That is why, without any doubts, I put my arms around Shi-koo and hum the melody my mother has taught me. Next to me I can hear Shi-koo buzzing endearingly.

I am moved by my new friend and fearless I face the Brave Leader. To me the melody is a powerful method to calm myself and it reassures and strengthens me, just when I need it the most. We are in a friendly embrace in front of the tall Blue, it almost feels familiar now. The Brave Leader, though, is nailed to the ground. Time stands still...

His grey flutter is slowly disappearing and some white is flashing... There is a reflection of a memory... But then he abruptly turns around and with angry steps he leaves the Sacred Room.

I turn to my friend in surprise: "What was that all about? What did we do wrong?" Shrugging his shoulders and beaming a brightly blue Shi-Koo says cheerfully: "That is how my father can be whenever he does not understand or things do not go his way... Just let him be... Come on, let us visit my best friend Tak-Ti!"

3.2. Tak-Ti

I follow Shi-koo out of the golden Sacred Room into a complex of corridors. It seems like I am in a gigantic mole hole made of a silvery metal and the ceilings are still very high. Shi-koo is moving flexible and fast. I really do have to keep up with him, because all these endless corridors are alike... I cannot see any openings and where does this white light come from? There are no windows at all and I have not noticed any lamps either.

So many questions left: How does Shi-koo know where to go? What can he see I cannot? But there is no chance to ask him any questions, because we come across a guard, or is he a watcher? Shi-koo looks him fiercely in the eye and naturally the guard steps aside and nods his head. We are allowed to pass! Next to Shi-koo I feel relaxed and powerful... Would he enjoy that much respect being the son of the Brave Leader?

Finally after three more corridors, Shi-koo turns to me and tells me in awe: "Tak-Ti is my best friend ever since I emerged from my cocoon. My mother and father had me through the intervention of the Circle and when the time was right for me to be born, Tak-Ti was there to help me take my first breath. Only much later, when I could already walk and talk using sounds, I met my mother and father. Tak-Ti often visits the human layer, she is tough and always knows what to do."

I remember my own loyal friends back home... I was at kindergarten with Jelle and I grew up with him since I was four years old. Jelle is not so tough, but he is real nice and friendly and he makes me laugh all the time. My other best friend is Toon. We met when we were three, but I only got to know him well after I was seven years old. Toon is rather tough, but that is not important to him at all. He is smart and so much just Toon.

Shi-koo is making some gesture by which another panel silently opens up. The walls are smooth and this panel is so genially placed that I had not noticed it before. I carefully take another step and in front of me I can see a very small space that also has these smooth walls. This room, though, has moving images everywhere: on the walls, on the floor, the ceiling and all around. From where I stand I can see another transparent spheric bubble in the middle of the room.

A tall Blue is curled up in this bubble and I can see she has a notch between the eyes. On her helmet shines a golden star... That means this Blue over here has already taken the Big Step! Oops! She must have the Steal Weep!

“Tough, did you say? Are you sure Tak-Ti is not going to crunch me with her Steal Weep?” I quickly inform, but before I can finish my question Shi-koo has already stepped into the small room.

3.3. Can you be trusted?

Shi-koo is in front of the transparent sphere. Tak-Ti opens her poppy eyes and stretches herself before she steps out of the bubble. This must be routine for her, because it looks effortless. I remember I felt sort of captured as it were in that sphere. Tak-Ti, however, operates the spheric bubble as if she wears a blanket, like my mother when she uses hers on the couch.

“What have you brought over here, adventurous friend of mine?” Tak-Ti directs her smile towards Shi-koo. These two Blues know each other through and through. Clearly they communicate without any words... Being close and bending heads together: “I am so excited to present my new friend to you and I want to know how you feel about him, Tak-Ti.” Shi-koo shines elated. He turns around towards me and gestures me to come closer. What is going to happen next? I am feeling rather coy and try to hide myself behind Shi-koo. I think about the Steal Weep and still feel somewhat insecure, but by now I have gained some trust in my new friend. And since this Blue over here is Shi-koo’s best friend, this Blue is first to listen to Shi-koo for sure...

“First, let me look at him and scan him thoroughly.” Tak-Ti is soundless in every way. It is quiet in this room and although there is no window, I just as well notice a slight luminous flux... I feel strange, it seems like a feather is fondling my body. The silence is suspending and then Tak-Ti bursts into laughter... This sets us free and it is contagious; we are laughing out loud together till Tak-Ti tells me: “I may have a Steel Sweep, Nick but Shi-koo’s friend is my friend indeed.” She vows while putting her hand on her head.

Pffff... I feel so relieved. Tak-Ti is harmless after all! I believe some things are strange though, because whenever I promise something or make a pledge, I put my hand on my heart and not on my head! And... Did Tak-Ti read my mind just now?

3.4. Tak-Ti and her observations

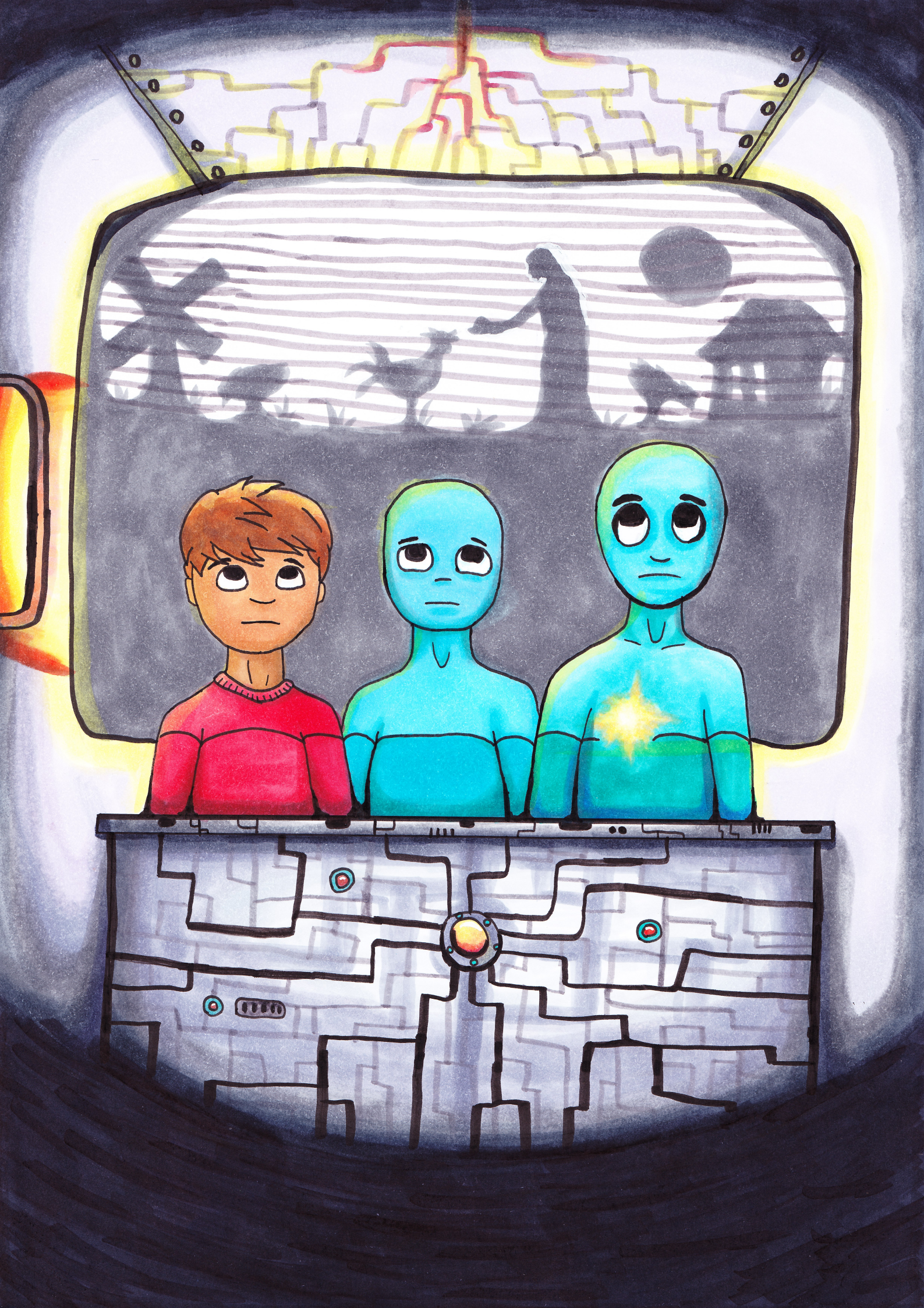
My thoughts are interrupted by a tingling sound coming from one of the corners of the small room and Tak-Ti and Shi-koo both turn their attention towards it. "Check it out, Nick." Shi-koo shoves me forward and I can see an image on the wall in front of me. We watch a girl feeding some chickens.

These chickens cackle and gabble, flutter and bounce around as the girl empties her bucket full of corn on the floor. All the chickens tumble up and down to finish the corn as quickly as they can. Then she walks over to the barn and gives some sugar lumps to a brown pony inside. The small pony is merrily shaking its head full of hair and its eyes are sparkling with joy. The girl and pony make intensely eye contact and she rubs its soft nose, tickles him behind the ears and laughs out loud... We see her tears of joy and leave her as the image is fading...

Another screen in Tak-Ti's room lits up now and I see a shadowy, dirty barn. This barn is filled with cages cramped with chickens, that pull each other's feathers being bored as hell. They cannot even walk, first of all because they are lacking space and second because they sag on their fat chicken legs. A metallic sound pierces the barn signifying lunchtime and a sticky, tacky mixture is served at the front of each cage. The listless chicks gobble it up dutifully. Their dysmorphic beaks and their short-cut wings are symbolic for their sadness... The image becomes obscured and this time the lights go out.

"Do you understand any of this, Nick?" Tak-Ti investigates, looking at me with her great poppy eyes. "These alienating images confuse me. I understand they show the same animals, but their lives and circumstances vary so much, even though they live on the very same planet... I do hope you can explain, Nick."

I am lost for words. I really do not know what to say, because I think it is incomprehensible myself... "My mother only buys free-range eggs and meat..." I try, but I know I fail here. "What?" Shi-koo says in surprise and Tak-Ti enquires politely: "What is free-range?" I cough and try again: "Well, the girl feeds the biological chickens, they are free to explore and have a good life... The chickens in the barn are so called 'floppy chickens' that are produced for their meat. But this industry is not allowed any more..."



3.5. Differences

“Do you know Nick”, Tak-Ti continues: “I am very curious about your wonderful planet and the people and I wonder how come this diversity exists at the same time. We call it the human layer, although ‘layers’ would be more appropriate, I believe.

Chickens that are to be free and caged ones never to see any daylight... Human behavior is strange as well; in the same neighbourhood some children clean up their litter and plastics and others throw it carelessly in the streets. Then the wind takes it into the water and the birds and fish eat it, which causes them to die...”

Tak-Ti is looking me in the eye and emphasizes: “Do you realize how wonderful and special the earth is? And how precious you should treat her? I will tell you: we lost our home. We are on the run for so long that we are lost as a people, we have no place to go and no friends left. The only thing we can do is trying to stay alive and search for our homeland. You live on the most beautiful planet in the universe and are making a mess out of it... That hurts.”

Here Shi-koo interferes: “Really Tak-Ti? Nick here is not making a mess.” He turns around towards me and says: “Tak-Ti is a researcher and therefore she knows a lot about the earth people and other star people.” Tak-Ti smiles at me and nods. I feel for her. It must not be easy to have no place to call home and meanwhile searching for images of a beautiful planet... Is planet earth truly the most beautiful one of the universe?

Tak-Ti takes me back to reality: “What would you like to become when you are grown up, Nick?” I have to think about it, because it is hard for me to pick only one occupation. One day I think I want to be a fire-fighter and the next I dream about becoming a football trainer. So I say: “I would like to become a football trainer. Football is the best sport there is and you can be outside all the time. It is hard for me to be inside at school all day.” I explain.

“Cannot you be both, Nick?” Tak-Ti asks me... Did she just read my mind again? It startles me a bit. But sure, why having to choose? So I reply: “Yes, that is a good idea! That way I will have the adventure of being a fire-fighter and maybe we can make a football team with all the firemen.” I have become curious about Shi-koo’s future now and ask my new friend: “What about you, Shi-koo, what would you like to do?” Shi-koo looks me gently in the eye and says calmly and self assured: “I will be the next Brave Leader.”

3.6. Ready for new adventures

“Has Nick seen the Heart of the ship yet, Shi-koo?” My friend is excited right away and says: “That is a real good idea, Tak-Ti!”

He spontaneously takes me by the arm and I cannot resist. "Let us go Nick, are you coming with us, Tak-Ti?" She flashes her smile while her nodding head immediately freezes all the images... I have seen this gesture before; I remember the guard and Shi-koo having a conversation without any words and Tak-Ti and Shi-koo clearly did so as well...

I have not yet let my guard down completely and I feel insecure about them talking about a heart again... So I would like to know more about this heart and what I can expect, before we are going there. I mutter some before I dare ask Shi-koo for an explanation of the heart. He understands my insecurity and takes some time to reflect on his answer:

"The Heart is the centre of our ship. In simple words you could call it a library. Many Blues have collected information for eons, just like Tak-Ti is doing right now about planet earth, Nick. Every planet we have visited and every star people we have met have supplied us with experiences and emotions. We have collected so much knowledge of the universe that it has become a really huge library. This library is multidimensional and filled with the life force. We succeeded in making it alive, because we added the heart energy. That is the energy which is created whenever a living creature is in direct alignment to the source of the universe. We can revisit every star people and we have access to all the places of the universe where we have been before. Every piece of information is connected to the maps the Blues have made of the universe. As soon as you are in the heart of the ship, you are directly connected to the information and you can travel wherever you want. Your body will stay here on the ship, so you only travel by heart... That is why we call the centre of our ship 'the Heart'."

Tak-Ti is taking the lead and we go down the hall. Shi-koo is following just behind me. We are in the silvery mole hole again and like Shi-koo I feel excited about our next adventure. I understand I am to be introduced to the secrets of the universe. I am still puzzled about what to expect, but I have grown some trust now and WOW! Being here on the ship is such an adventure indeed! I was scared to death earlier tonight, but I would not want to miss out anything at all.

3.7. The Library

I am astonished once again how these Blues know their ways in these silvery corridors. We arrive at a crosspoint and one by one we are lifted up! I had not expected this at all. When standing on the star in the middle, you are taken to the next level by a stream I do not know and do not understand. It feels funny though.

Once above we are in another domed space of a green colour this time. The space is completely empty except for three large sofas. Standing next to the sofas Shi-koo tells me to lounge on the one in the middle. Immediately after I have made myself comfortable, the space is filling itself with sounds, scents and colourful images.

I can feel movements in my body and some vague feelings that seem familiar, but this is not me! How strange! This is really exciting and I cannot wait for the journey to begin, so I lean backwards and close my eyes to surrender... I feel drowsy now and for a moment I believe I have fallen asleep. Am I dreaming? But then I realize I am wide awake and even though my eyes are closed I still can see everything!

I see even more now...How awkward, but the journey has already begun and I should better enjoy it all!

We travel through space... We go as quickly as light in between the stars. We are on our way to another galaxy! I am so excited and wonder where we will end up. The universe is huge and I am in awe of it all... I feel somewhat impressed and intimidated, but I decide to enjoy myself to the max. This adventure is off-beat for sure and I eagerly take in all kinds of new impressions... The universe is like a living being you can get to know.

Now we are accelerating and we ooze through the portal of the galaxy. Nobody is talking, but I just know it. We are still travelling at the speed of light when I am able to detect a red colour in the far distance. We are directed towards this planet and gently we slow down, so we are able to land on the surface of this red planet.

3.8 The red planet

The atmosphere is dim, a darkish red makes Shi-koo and Tak-Ti almost invisible. I cannot see far and I am feeling a bit scared, so I take Shi-koo by the hand. We do not have to wait long before I can see some lights approaching us. Although it seems to come from a long distance we are surprised by the speed of these growing lights. These lights turn out to be a rather flat, but huge disc. It hovers just above the surface and now that it is near, I can see an open skylight. Shi-koo and Tak-Ti are moving towards the opening of the disc, so I follow suit! I can easily step inside; the hatch adjusted automatically to my level. Once inside, we are greeted by a red planet inhabitant. She is completely red, just like the planet. I am next to Shi-koo, still on my guard, because after all this is unknown territory.

While Shi-koo is conversing with our host, I am taking a closer look at this strange red being. I observe our host is small and a bit chubby. She has two short feelers on her mellow head and she has got four arms and two legs. I try hard not to laugh, because this is how Martians should look like, according to the Simpsons. In a reflex I think back to the times me and Jelle were watching The Simpsons together and I cannot wait to tell my best friend about my new adventures.

Our host is very amiable and kind, so I try to focus. I really do not want to offend her. We are welcomed into the disc and in a large room I discern many more inhabitants. They are grouped into

two kinds. One group is slow, but squabbly; they are very loud and noisy. The other group is quiet and mousy; they are jumpy and nervously move in all directions. Our host stops to show us the first group. And we are to set eyes on a peculiar spectacle:

The red planet inhabitants over here are stout and reckless. Once again I try hard not to laugh, because it is such a funny sight. They argue and fight in slow motion! Their movements are sluggish and super slow. These obese beings here seem to dispute over several things which are laid out on a table nearby. There are two of them pulling on each side of a... Er, what could it be, is it a bag? Others are fighting over some cookies and some are just poking each others' faces.

I think it must be some kind of gambling game they are supposed to play in here, but the fighting keeps them from playing. They are not interested in the real game at all, so why should we? It is a sore sight for us all, therefore we decide to move on.

3.9. Message from the red planet

Our host takes us further into the room to the next group. The Reds over here are agitated and very mobile; they are all over the place. They are extremely thin and skimpy. They are almost transparent, that lean and slender they are. They give me a forlorn impression; it seems as if they are afraid of each other and could burst into tears at any moment. They do not talk and clearly do not trust each other. They are so jumpy that they cannot wait for their turn and this way we won't learn more about the gambling game either. When they find out we are watching them, they dive under the table! I feel for them and tell them they do not have to fear any of us, but all in vain. They stay hidden and we move on, because it is no use staying here.

Now the host takes us down to another floor. We are welcomed by red inhabitants who are working as a team on some instrument. They are working in harmony and all have a task to perform. This instrument clearly is very important, because they are in great numbers and are very focussed on what they do. They are friendly with each other and are having fun, but in a calm manner. Their movements are self-assured and whenever a decision is to be made, they respectfully consult each other.

Our host is directing her attention towards us and says: "Upstairs you have met our maturing residents. Those are the ones who are evolving towards the day they will be able to help shape our life purpose. All the ones here in front of you have already found their balance and know how to shape our life purpose, which is collecting the force of vitality."

"When you have too much vitality things are not working out for you, as you could see above with the greedy, reckless ones. But a lack of vitality is no good either, because it makes you anxious and suspicious.



Once you have learned the midway and know how to maintain the balance you can come downstairs. After all, the closer to the hull, the better the force of vitality can grow. We work in harmony and thus shape it and this machine here collects and consolidates this force. We have chosen this life purpose so we can pay our contribution to the great universe: we deliver vitality.”

Then all images suddenly fade away and I become aware of the green domed room. I feel my head and back resting against the soft sofa and realize I have returned to the mother ship. I can feel Shi-koo and Tak-Ti next to me, but before I can say or do anything, we hear the friendly voice of the host still loud and clear:

“You can feel safe inside, remember you can always ask for whatever you need. Trust it will be delivered to you at the right place and time.”

4.0. Lesson from the orange planet

I feel myself falling and afresh we are on our way through the universe. This time we arrive in an atmosphere of water only. There is water as far as I can see. We have not even landed and yet I hear gushy giggles and excessive cackles... I feel annoyed, because my ears are getting irritated by this noise. However, the more I try to ignore these hysteric sounds the louder they get. I do not want to be here at all. This is not the cool adventure I had hoped for! It should be fun, shouldn't it? I have not yet decided whether I will ask Shi-koo to return, when I am being ambushed by all kinds of... Well, how shall I describe them? These are long-legged larvae walking perked up!

They are all over me, intruding and obnoxious. I am horrified and try to shake them off. But the harder I fight, the more larvae are coming for me. They are like the dragon with the seven heads; you can cut one head off, but three more heads will grow back. I can see Shi-koo from the corner of my eye. He must have visited this place before, because he is laughing his head off. He is safely standing over there, having fun and clearly relaxed; nobody bothers him!

“Shi-koo!” I shout out angrily: “How do I get out of here?” Shi-koo takes me by the hand and together with Tak-Ti we smoothly travel to the other side of the planet. This time I feel ground under my feet. We stop for a moment to recover and I take in a couple of deep breaths... I inhale the fresh cool air and put my hands on my belly to become calm again. I need to think straight again.

“I got really annoyed over there, I definitely do not like these star beings.” I tell my companions straight out. I am very disappointed and it is no use to conceal my frustration.

Shi-koo carelessly shrugs his shoulders and casually says: “Well Nick, it is just your imbalance that knocks you out. Do you see those larvae over there, Nick? They are the other extreme.” I turn towards the direction Shi-koo is pointing and I look at the scene for a while.

I observe some orange larvae hanging listlessly on a branch of a beautiful tree. They are completely indifferent and ignore us flat out. Nothing can distract them and they do not move at all. I believe they are drugged because they are apathetic and numb. They remind me of the boys in our neighbourhood who moon about the playground at night, smoking weed till they are dazed. Stupid punch-drunks! Who wants that? I look at the larvae once more and feel disgusted. I start trembling; why did I get involved? This is too much. I am revolting and do not know what to do any more... I am tired and want to go home!

As soon as I think of home, I notice I am on my sofa again. Very soon Shi-koo and Tak-Ti are next to me and their laughter is filling the green domed room. "Why are you laughing?" I snap at them.

"That which you judge will become stronger, dear Nick. Whenever you feel any imbalance, it is important to accept whatever you feel and return to unity within yourself. By giving yourself permission to feel anything that presents itself, you can let go and be free. The battle inside you will be over and thus you no longer live in fear, but in harmony. There will be love instead... Have fun doing what you do and that way life will be an adventure."

"As if you know all about love!" I furiously shout out... Red dots blur my vision when I cry out: "Where is your own heart?"

4.1. Any disagreements?

Shi-koo looks at me empty eyed: "You know Nick, I understand quite well this is all new to you and I imagine you may feel somewhat homesick. I am still your friend, but right now I do not like you so much. Can you understand I never chose to be like this? I am a Blue one and I am proud of it. Even though my ancestors have been banished by the council of Nine, I still think I have the right to exist. My travels here in the heart of our mother ship have taught me that everything in the universe has a purpose. There is a reason for everybody and everything. Just like we saw on the red planet; we all contribute to the universe. I believe our demos has a task and a purpose as well, but we got lost and we lost our home... But we still want to be part of it all."

I am a little bit confused now... I realize Shi-koo has spoken from the heart and I feel he is right. I deeply regret my harsh words and lashing out, so I get up to shake hands with him: "I am so sorry Shi-koo, I was mean and you do not deserve that."

My question and his answer echo in my head and I suddenly wonder: "Are you really unaware of the whereabouts of your hearts, Shi-koo and Tak-Ti? You talk about the heart of the mother ship, but you do have a heart of your own, don't you?"

Shi-koo is foggy eyed and innocent; he really makes me laugh. He charmed me once again with his poppy eyes and I am no longer angry nor upset. It is clear to me he has no idea at all. Then I have an idea: "Shall I help you find your way back to your hearts, Tak-Ti and Shi-koo?"

"Yes, please" Shi-koo whispers and now Tak-Ti also comes next to me in a blink of an eye... Oh, help! How do I proceed from here? But then I feel my heart beat steadily and I am sure I can trust myself; the rhythm of my heart tells me I am fine... I know how to work it out, because these peaceful feelings I feel inside derive from my heart. So if I can feel this, I sure can show my new friends how to get there.

We are still standing together in a small circle and I ask them to close their eyes: "Breathe in through your nose and out through your mouth... Now once more... And once more... Imagine you say your name, but soundless... Okay, did you do that?" Shi-koo and Tak-Ti both nod in agreement...

"This time say your name again and listen to it at the same time... Have you done that?" They both are nodding their big heads, so I continue: "Please, do it once more and observe this time: Who's saying your name? And who's hearing this, while there is no sound to be heard?"

They both are very focussed on the exercise, so I go on: "This inner observer is your true self. Put your hands on your head and the inner observer has to follow your hands downwards... Breathe after breath you can take your inner observer down, while each time your hands move along and you focus on this inner awareness. Send it downwards and let it come home in your heart. You will feel it when you return home..."

4.2. An important discovery

I am truly astonished. I could easily share this exercise with Shi-koo and Tak-Ti. I learned this from my grandpa a little while ago, when I was being bullied at school. Ever since I do this regularly I can sleep better and feel more at peace with myself. At school things turned around as well. I no longer acted out whenever somebody plagued me and I could somehow ignore them. That was not very rewarding for them, so they left me alone. I suspect this exercise will help my friends as well, knowing it has done so much for me.

Shi-koo and Tak-Ti are still in this circle with me and they are completely focussed on the exercise. Meanwhile happy memories of my grandpa come along; he has taught me so much! Instantly I feel fuzzy and warm all over and immediately something special is happening to Shi-koo and Tak-Ti. My warmth must have ignited my friends because they are beaming blissfully now. They jump and shout and laugh; they have discovered their hearts! Each one of them is showing an orb of warm, white light in the middle of their body shining brightly in all directions... So beautiful!

“So this is how it works for you!” I shout happily while jumping along.

We are all bouncing up and down of happiness and the two white orbs of my Blue friends are glowing even brighter since they connect into one big orb. Shi-koo is yelling: “We are like the holy trinity, this is cool!” Shi-koo is smiling his biggest smile ever and even Tak-Ti is not her usual cool any more: “This is what I have always wanted!” She screams elated. “I wanted to be able to feel emotions, just like the earth people do. Now I can sense so much I cannot stand still any more!” We laugh, skip and hopscotch together in the green dome of the mother ship heart, until we can no more.

“Now I need to rest,” I sigh: “I am very tired of all the excitement and all our adventures.” We all lay down on our sofas and even before my eyes are shut I slumber into oblivion.

4.3. The yellow star

High above me in space there is this sparkling jewel. It scintillates and invites me to come closer. Effortlessly I melt and become one with this shining star. What a spacious spot I am in; I feel awesome! This is true harmony and unity. ‘Quite airy and real fluffy’, my mother would say and it reminds me of the tasty cake she often bakes on Saturdays. That is funny: I feel like sweet spongy cake! I enjoy this wonderful feeling for a while and then I hear a friendly voice saying my name. “NICK!” Somebody seems to call me, but I cannot find out who is calling or where it comes from and I believe I am all alone here. I take another look around to check, but there is only light in here and nothing else. Then again: “NICK!” This time it seems to come from inside. In a friendly manner it says:

“Whenever you are truly home, you can feel anger, sadness, happiness and joy and express it to others. Dare to show your true self to others and do what you want to do. This way you are in alignment to Source and you can achieve whatever you want, because Source gives you strength and joie de vivre.”

4.4. The green world

Slowly all the sensations and feelings of the yellow star fade away and I can sense Shi-koo and Tak-Ti once more on their sofas as well. I smile at my two friends telling them I really liked this place of the yellow star. They glow in agreement and tell me: “We are fortunate to know the yellow star indeed. We often go there to relax.” I feel mellow and relaxed as well and I do not want to lose this nice sensation yet, so I ask them: “Where are we going this time? I like to know if we can expect another nice adventure.” Tak-Ti gives me a friendly nod and again I experience her encouraging support: “We are on our way to the green world this time, just expect nothing and you will be fine.” She says. I feel blessed having such wonderful friends.



I get to know Tak-Ti more and more and feel safe in her company, because she always radiates a certain calmness and coolness.

We are approaching the green world and finally descent into a gigantic cave. A remarkably green light reflects in here, which you would not expect in a cave. After my eyes have adjusted to this strange light, my heart takes a leap and I am lost for words. This cave is beyond beautiful! Many artists have been at work here... On the walls I see landscapes featuring animals and a lot of symbols that I do not know nor understand.

There are many sculptures on pedestals scattered through the cave. These sculptures are complex figures that somehow seek your attention. Whenever you focus on it, the sculpture starts to move and it resembles a fifth dimensional movie. I cannot describe it well, but imagine the effect is something like the library of the mothership. This is just another kind of library... Yes! This must be the library of wonderment!

I look at a large sculpture in the middle of the cave. Shi-koo and Tak-Ti seem to be triggered by this particular sculpture as well and come closer to me. Together we watch till the sculpture becomes alive; it is dancing! Immediately I can feel the space in my heart expanding and great feelings of joy overwhelm me. The statue unfolds itself and in this twirling movement I can perceive two beings dancing in harmony.

They move synchronically and during this dance they flow into and out of one another, so you cannot tell them apart. **'Your inner voice will always find it's way out!'** Where did this thought come from? I decide to take a second look at the statue in front of us. Do I imagine this? The statue seems to beckon me! So I curiously step forward and immediately the statue flows towards me: **"Listen to your heart and go with the flow. These fluent feelings you feel inside show you the way. Whenever you trust yourself, your heart will open and you will feel strong and content every day. Even when things are rough, or maybe you picked a fight, or in case there are some tensions between your parents. Open your heart even when you do not feel welcome somewhere. As long as you listen to your heart and speak out your truth as well as your needs and wishes, things will become easier. By being afraid and hiding and shielding yourself, things which are already hard will only become more and more difficult."**

I am thinking about my own simple needs right now, because I have had some cravings for a while. I tell Tak-Ti and Shi-koo about it and right away we are approached by a green world inhabitant who invites us to dinner! Would we like to be his guests and join their festival? Yes, of course we would like to join! He calls out with a loud cheer and soon three carriers arrive. Each sedan is a piece of art in itself as well. All three are completely different, but equally beautiful. After we have taken a seat, the carriers take us deeper inside the cave.

4.5. The Banquet

Even before we are carried into the dining room I can smell all these fantastic scents. Upon entering a loud cheering gives us the reassurance we are very welcome indeed. This room is delightful; the lights shine brightly on these spectacular walls. Big flowers in every colour are cladding each wall and on the table small vases with beautiful, little flowers decorate each plate. Our table companions are even smaller than the carriers, but they look alike. They all have a green, thick, but soft fur and small eyes on stems. I adore these funny beings! They are so amusing, I think I can best describe them a combination of a hamster and a snail. Their eyes are friendly and cheerful. This could be a real festival indeed! We receive a kind of funnel with nectar in it and everybody raises theirs for a toast on our friendship. We all drink it in one gulp: "Bottoms up and cheers!" We shout together. It tastes real sweet and immediately mine is getting a refill. All kinds of fruits are on the table and they spread delicious scents, just like all the flowers.

I am feeling like I am in heaven now, sitting in between Shi-koo and Tak-Ti. We are spoiled to the brim with all kinds of appetizers and I like them all. The green inhabitants share everything they have and their cordial behavior and personal attention makes this a real feast! The green world demos is a hearty people indeed. We sing songs together and even though I do not know the lyrics, I sing along loud and clear. We are cheerful and happy and we all laugh about my efforts to keep up with them. Then our host asks for silence; serenity is filling the cave and dancers perform a mysterious dance for us. Although there is no music at all, the rhythmic dancers are in tune, almost hypnotizing us and everybody is in awe. The performance is strangely interrupted now and then, like the dancers seem to be frozen at times. I am sure I cannot stand still like that! The performance takes me on an emotional journey and being focussed for so long makes me falling into a deep, deep silent sleep...

4.6 The blue planet

I wake up in a room that is echoing my breath... Complete silence but my breathing and there is nothing at all in here. I cannot even sense my body, but it is okay... I am fine. The silence soothes me inside out... It feels like being washed and smoothed in this silence and I feel calm and happy...

Then I sense a song inside; this must be my own song! I try to give sounds to my song and I am surprised by the crystal clear sounds that appear by itself from deep inside. Now I know I can show who I am and what I really want by using my voice and through my behavior. Thus I will be calm and strong.

Silence is still all around and inside of me when a beautiful blue light appears and I see Shi-koo in front of me. He is not talking, but still I clearly hear him say: "Being your friend is such a great pleasure, Nick. Surely this must be an amazing adventure for you, but so it is to me..." "

“To my people it is a great honor to get to know you as well. Maybe you have no idea yourself, but you are our people’s savior.” His words surprise me, but I cannot meddle because he continues: “Thanks to you, Tak-Ti and I receive the lessons of some places we have not yet visited before. Next and most importantly, you have given us the gift of the discovery of our hearts. I thought we were doomed to snatch innocent hearts forever but now I can feel my own heartbeat... When we will be back on the mothership and rested from our travels, would you please show my people what you have shown us? And teach us about the heart?” His message touches me and my heart opens for him. I feel he is my dear friend and I reply without words, using my feelings and inner voice: “I would love to, dear Shi-koo.”

4.7. The purple haze

The scenery changes again and we are on our way to the next place. I have changed since we have left. It seems such a long time ago I was shivering in bed, listening to every sound and trying to find out what was there in my room. Now I cannot imagine why I was afraid of Shi-koo any more. I am feeling a bit foolish, because he is a true friend indeed. We are having fun and I dare to explore everything together with Shi-koo and Tak-Ti. I have never had so many adventures in such a short time before and I feel great!

We are approaching the purple haze now. This time I perceive Shi-koo and Tak-Ti next to me. I see them in a different light, as if my eyes can discern so much more. I not only see their transparent body, I also just ‘know’ who they are. It is as if I can perceive their character in one instant. I believe this must be clairvoyance and it is real epic!

Now I have to laugh about myself and I understand why I thought myself a bit foolish just now. I never had to be afraid of Shi-koo, because now that I can see right through him, I can see he is a loyal and rather serious, but kindhearted friend. And I know this is true, because I have had the opportunity to experience that during our past adventures. How is it possible that I can see the truth only now ?

Then a woman appears in front of us. Or rather, something in the shape of a woman. Could this be a fairy? She is all transparent and has a purple glow about her. She takes us to the top of a high mountain within a split second. She was able to do this by touching us on the forehead, so the four of us are admiring the view now. We can see so far and I wonder at this miracle. Usually I have fear of heights, but right now I feel like I am on top of the world!

After a while the fairy tells us to behold:

“This landscape is magical; it reflects just who you are. Is something bothering you? Something that is in between you and reality? Do you judge someone or do you judge yourself?”

The fairy continues: “This is the place where you can let it go. You are free and you are the one to choose what reality looks like. The world around you is yours to pick, but you must realize that the view is different for all of you.

It is different for everyone, because everyone of you is unique. Come to this place every day and train yourself to observe your behavior and reflect on all your experiences. Exercise in letting go of that which no longer serves you, so you will be renewed every single day.”

4.8. Inner landscape

I have been listening attentively to the fairy and do as she told us to do; I close my eyes and focus on my feelings... I feel as free as a bird here! In front of us, a couple of colourful birds are circling together high above the valley. They sing a beautiful song. There is a wild river flowing through the valley deep down under me. It is a powerful river that loudly and roughly trusts itself forwards. Beautiful trees and shrubs cover the flanks of the mountain and flowers in every colour greet the warm, powerful sun in summit.

The air is pure and clear up here and using one deep breath I let go of all my ballast that I still carried around. Simple, yet painful remarks like: ‘You are stupid!’ and: ‘Be normal for once!’ also one very loud: ‘Boys do not cry!’ tumble downwards this huge mountain and are flushed away by the fresh, sparkling water of this magnificent river...

Suddenly the river becomes calm and clear. I see fish swimming in all shapes and forms. Big, bold yellow ones and lots of tiny, small silvery ones. Large, but flat ones of green and orange shades and some big, fat silvery-blue-yellow ones. So many beautiful and ugly fish in all patterns and colours circle in the river. I feel afresh and cheerful all over and now I understand what the fairy means by her: ‘renewed’.

This time the fairy allows me to look through the eyes of Shi-koo. She wants me to close my eyes, taps me twice on the middle of my forehead and after her instructions I open my eyes again and watch.

I see a desert...

Whereas in my landscape there was a refreshing, wild river full of life flowing into the distance accompanied by blossoming trees and many colourful flowers, I see nothing here. A desert full of draught... A vast plain full of sand... Even in the far distance there is nothing, not even a mirage of an oasis to be discovered. I am on a sandhill and underneath me a long caravan of camels and Blue travellers stretches out from the east to the west.



They tread through the hot desert and seem to lack any direction: they are lost! I watch them for a while and notice they walk in very large circles. Thus they won't get any further!

Only until now I fully understand this errant people is really lost and lacking any purpose. How hopeless their situation! I feel my heart going out to them. Notably right at this moment a boy appears on the horizon. He is surrounded by a fresh, green oasis. The contrast could not be any more poignant. This thriving oasis all around the boy is growing wider and wider. Every time the boy takes a step, the oasis is expanding with him. He is coming from the south and walks into the direction of this caravan of Blues. The scout of the caravan has already discovered this boy in the lively oasis and some frantic consultation amongst the tribe members takes place. As a result the caravan is hastening their pace, but now they go in the opposite direction; away from the boy!

To me this is quite astonishing... Completely unexpected the last Blue of the caravan stays behind. He is patiently waiting all alone seated on the hot sand. Once the boy has come close, the lonely Blue gets up and walks into the direction of the boy. The heavenly, green oasis is still following the boy... The Blue and the boy get together and an explosion of growth takes place! The oasis does not stop growing and soon the whole of the caravan of the Blues is surrounded. Within seconds the desert is gone...

While all the images fade away the fairy is friendly nodding her head, keeping her hands in prayer position in front of her chest. She becomes smaller and smaller until she has become a purple haze in the sky. She leaves us wondering as even the purple haze disappears.

4.9. Into the white realm

We are quietly on our sofas again in the green domed room and still in awe of our last adventure. I think to myself I would like to know from Shi-koo who this boy was. But Shi-koo has already raised his hand in a gesture making me understand to remain silent. Even before I can blink my eyes I understand why. Large, white fluffy spheres are floating downwards from the domed space above us. They look like giant, half-transparent jellyfish floating on the current of the sea...

This is one large moving mass of white solid light and it does not take long before we are completely enveloped by a couple of dozen of these wonderful creatures. They absorb us lovingly and being integrated in this group we are on our way to a new adventure.

Together we travel to the realm of the white light. These loving creatures do not talk and have no face and yet I believe they are very clever and have great wisdom. I do not understand how I know this, but it just is.

On my way there I let go of everything that still occupied my mind. I do still notice all kinds of thoughts, but I just let them float by... I no longer fuss about that boy in the oasis and whether that was me or not. And I stop worrying about my parents at home who might be anxious about my whereabouts. My thoughts are here and now at this moment being assimilated and loved by these gently creatures that softly sway back and forth. I am dissolved into this group of huge, powerful white beings and my last thought is that I have reached the white realm without even noticing it. No boundaries were to be taken, since the sky is the limit now...

The softly swaying, fluffy white spheres are still all around me, when I slowly realize I have completely dissolved into this swaying. I have no beginnings and no end. I have become one of these white fluffy spheres myself.

We are in great numbers and softly sway as one. I feel spacious, light and free. A deep compassion and love pervades me and all those around me. This love does not distinguish nor differentiates; this love is one as we are one.

This love I can feel flows into and out of me and back... I feel the love of me! Together with these feelings a knowing flows through me: **“You are endless, all encompassing consciousness.”**

5.0. The silvery starry system

Without any interruption we travel into the silvery starry system where they are awaiting us. A choir is singing beautiful songs. Silvery beings invite us into their homes; as we enter everybody is happily singing and dancing to greet us. After we have had some drinks and snacks we are invited to take place around the campfire. We absorb the warmth of the flames and are having fun together with many silvery beings. We are gathered like a group of friends and I enjoy myself immensely. But still I cannot help thinking secretively: how come they are so friendly and warm, do they know who we are?

“We are all brothers and sisters.” He says, standing straight and one arm across his broad chest, his hand on the heart. His face is friendly and he looks us into the eye. This is a true leader indeed. He continues: “We are all children of the Great Universe. We all have a place in it and pay our unique contribution. All of us carry the light of the stars inside and all of us are asked to let our lights shine. Whenever one of our brothers or sisters is unhappy, it will affect us all. Therefore let us take good care of ourselves and one another. Let us raise our glasses to our new friends here, who have come from so far to greet us as our equals.”

A loud cheering follows and everybody gets up to embrace each other. The words of this silvery leader sound so true. I can feel them echo in my heart. I am intensely aware now and I feel in my whole being that I am part of this Great Universe indeed.

Being part of it all is such a miracle; I feel loved and warmed by all these friendly beings around me and the warmth of the campfire matches this feeling well. We dance and sing the whole evening. Tak-Ti and Shi-koo are cheerful as well and we heartily take part in all the games.

We have a lot of fun, even though we do not quite understand the rules. In the middle of the night we sing a campfire song under a starry sky. The leader sings a line like a question first and then we all reply. This goes on till the fire softly smolders and the stars have paled. We all huddle together and crawl up in our sleeping bags. "Sleep tight dear friends."

5.1. That's no chicken!

I wake up by a cackling sound. I immediately have the impression that I stayed over at my aunties place, because she has chickens. Her crowing rooster always wakes me up very early and I am to feed the chickens first thing in the morning. I like that a lot because the chickens are always funny and crazy when I enter the hen. They fuff around and fight for the best bits, making hilarious sounds. For a while I listen to these familiar sounds on my comfortable sofa and quietly open my eyes. But that's no chicken! Right there in front of me is this gigantic golden bird almost filling up the green domed room.

Shi-koo has woken up now and because I am afraid to alarm the bird, I softly whisper: "Do you know what this is?" Shi-koo is surprised as well and together we admire this beautiful bird. Then Tak-Ti wakes up and seeing our astonished expressions he explains: "Well, I think I have heard about this bird before, the Old Blue told me about the phoenix and I believe this must be it." His eyes twinkle brightly. "What is a phoenix?" I ask my friend. "The phoenix comes for you when you are ready for a huge transformation. She is made of gold and takes you into the golden world."

"But what is transformation, Tak-Ti?" Shi-koo is interrupting her. Tak-Ti has to think about this and then says thoughtfully: "Transformation means you have changed from the inside. Not better nor worse, but different. I also believe it has to do with consciousness; like something you did not see or know before and suddenly you notice that you can experience it or even talk about it. Maybe sometimes you do not know the words, but you can feel things differently or you can make a fantasy drawing or make up a tune for a new song. Just like the phoenix; we can see her now and hear her chatter and cackling. Maybe she was here all along in the heart of the mothership, but we just did not notice her before."

"So let us go along with the phoenix! I really would like to see this golden world!" I shout enthusiastically. I am very excited and eager to go now and so is Shi-koo, so we run towards the big bird. Tak-Ti joins us exuding her coolness. The big bird squats to make it easier for the three of us to climb her. She is clearly used to having passengers more often and she patiently waits for the three of us to find a comfortable spot.

We are safely seated in her thick plumage and I feel warm and cosy in between my friends. A friendly jingly voice tells us to close our eyes and hold on tight. We are to trust what comes next and everything will be fine: "Ready for the ride? Let us go!"

The phoenix is fluttering her wings and after some rounds in the green domed room she cries out and we are shot into the universe. We travel through many star systems and we are going so fast that it feels like my body is falling, even though I hold on tight. I am not afraid, instead I strongly feel this bird can be trusted. I have a flashback from long ago... Or was it a dream?

This experience triggers a beautiful memory of mine; when I was a very small boy I must have met the phoenix as well. I remember flying and feeling free and everything was possible. This memory is very vage and almost deleted, because when I told my parents about it they said it was but a dream. I had forgotten all about it until now... This ride is incredible and I am laughing till joyful tears are rolling down my cheeks, I am feeling so extremely happy.

Shi-koo is on my left side and slightly leaning towards me, I can softly hear him hum... Wait a minute! I believe this is the melody I have taught him. It makes me want to sing along and it does not take long before Tak-Ti is humming as well. This is not a dream... This is larger than life! I feel blessed going on journeys like this one together with my two friends. We are having so much fun, so if this is a dream I never want to wake up!

5.2. The golden galaxy

We arrive at the golden galaxy and soon we see this golden world; it is immensely beautiful! We can only admire this spectacular view for a brief moment, because the phoenix prepares herself for landing. We are to close our eyes again and we gently arrive. The phoenix patiently waits for us to stand on our own two feet again. We hug her and thank her for this incredible flight and with a flap of her wings she waves us goodbye and takes off. She swiftly disappears in a golden vortex that takes her further and further away from us, until we see her as a golden star shining in the far distance.

This golden world truly is a wonderful place. Everything here is balanced out. I cannot find anything out of tune. There is light and lots of space. A guide is waiting for us and after exchanging some warm greetings he takes us up to a high plateau. From here we can overlook the world beneath us. I see the golden demos work harmoniously together and create all kind of things in groups of three and some are creating solo. They are cross-legged on the ground making strange movements with their hands which causes all kinds of shapes and forms.

Whenever they want to make something, they deconstruct an item they do not use any more and they make something new out of all these old parts.

I think it is real special they cause no residual waste nor any pollution during their production process. I never knew it could be like this! When we have arts and craft at school, or when I make something for my train at home my table is always filled with pieces of paper and some things I cannot use any more.

Moreover, I feel ashamed of all the dried out tubes of glue and little cans of paint in the drawer of my desk waiting for another project of mine. By the time I have another idea, they have become useless and I have to throw them away. Just like all the glass and paper my mother asks me to dump in the large container just around the corner from our house. Every week there are another two big bags full of waste. I enjoy throwing the glass bottles down most, because of the breaking sounds. And I always try to make as much noise as possible, but now I feel ashamed.

I also have to think of a documentary I saw on telly lately. It was about this little girl and her even younger brother who live on a dumping ground. They have to search the big dump all day for food and things that are still useful, so they can trade it for food or use it themselves. They have no house, no beds and they do not go to school. All day they walk barefoot through the garbage of other people and to them it is a gold mine. It made me cry, I still feel so bad for them. Our world is so unjust! My mother told me she had seen a documentary like that as well when she was a young girl herself. All these years nobody had done anything significant and nothing had really changed for these dumpster kids. They had just passed on their way of life to the next generation and there were even more of them nowadays. How can I explain this to these beautiful people of this golden world? How on earth could I make them understand? I do not even want to try...

Now I remember Tak-Ti and her many questions in response to her observations of planet earth. She had made me feel real awkward. Timidly I ask the guide of the golden world: "Do you know why there is so much misery in our world?" He looks at me with his big brown eyes and all I see is his love...

Then I hear him say: "The greatest purpose of the cosmos is expansion of consciousness." He gently explains: "On earth there are great differences. These differences are huge in every way; some people are happy and others suffer a lot. Some admire nature and its strength, they value the biodiversity of earth and others are unaware or even afraid of it. Some people live in poverty and others experience great prosperity. Often this results in selfishness and a passive attitude towards injustice, but these differences can also induce others to act and change things for the better of all. We have seen this happen many times. Very often it is the action of one single person which makes the difference."

I do not understand: "But why all these differences, Why cannot we be the same?" I ask him a bit impatiently.

He smiles and says: “That is a good question, Nick. Just because of this great variety and the freedom to choose what your action could be, there is this possibility to grow in consciousness. It is up to you. There is no good nor evil in your choice, mind you. Only because of people’s judgement it seems as if there is evil. But it is the lack of love which makes something bad. From here, the realm of love, we can see the bigger picture and we are in wonder of all these endless possibilities. We can observe from here there is no good nor bad choice.”

He smiles and tells me: “As you must have noticed, Nick, the universe is like a huge living organism. Everything in the universe has a place and everybody has a task to perform. You must know everybody has a talent to help fulfill their task. Use your talent and thus contribute to this living organism.”

Yes! That is what the guide on the red planet told us too and I remember Shi-koo talking about it as well. I am deep in thoughts... It is such a difficult thing to comprehend and I want to know what I can do, so I ask him: “So what about my task? What is my task and do I have a talent too?” I am feeling far less modest now.

5.3. The golden temple

“I will show you in the golden temple.” Says our guide friendly. He gestures us to follow him and we are on our way to this magnificent golden temple. We still have a long way to go, but I can see it shine in the far distance. A bright light is shining from this temple, because all the light of the stars is reflected on it. I wonder what it looks like when we will be there.

When we are close I can see it is situated in a big lake. There is no path and I cannot find a bridge; you cannot get any closer than this. I do not get it; didn’t the guide tell us: “I will show you *in* the golden temple”? Quite surprised I turn around to inquire him about it, but he is gone and so are my friends! I slightly panic; what am I supposed to do? What is the meaning of all this? I cannot do it alone! This thought makes me panic even more and everything turns orange now...

Feeling forlorn I sit down in despair... I have come so far and now what? I cannot even think right now! Then I see myself slightly reflected in the troubled water and I do not recognize myself. This frantic boy is not who I am! Then I make a decision: I want to become calm again and everything will be fine. I have to trust myself and have faith in what will happen next. I only have to take a deep breath to get calm. After focussing on my breathing I remember all emotions are okay. I only have to observe this battle going on inside of me and accept all these feelings that are raging inside. I just need to take my time to observe them and to acknowledge them. I am fine even while all these wild feelings are going everywhere...

So I say to myself: "I am fine, these feelings do not really hurt me, I do not have to run away from me. Right now I am confused and scared and I feel lost, but all this will change and a solution will come up in the end. I only have to take in the next breath of fresh air."

When my body feels calm again and I open my eyes, everything is golden again! I am stunned how easy this was... Whilst still sitting here I decide to admire this golden temple from the outside. I notice there are five layers. This temple is just like a Japanese temple with several roofs stacked up. On top there is a golden bird; but hey, wait a minute! That is our golden phoenix! The phoenix is the sixth layer of this temple...

I am over the moon! I can see so much when I am just relaxed. The water around the temple is calm and serene now. It is like a mirror and closely watching I realize I am looking at two temples at the same time. So, really I am looking at eleven layers of temple. This is truly beautiful!

Only my mind tells me the temple above water is the real one and the temple under water but a reflection. According to my senses though, there are two temples indeed. Only the under-water-temple has an open door... I feel welcome over there... What do I believe? Do I follow the reason of logic that tells me there is only one temple, or do I accept the friendly invitation of the open door?

I decide to take the invitation and calmly step into the lake. Slowly I wade towards this beautiful temple and soon my head is swallowed by the water. Then something magical happens, because the moment my head is under the blue above my head is no water any more, but a clear blue sky... To my surprise I can breathe and I can clearly see a path in front of me showing me the way. In the dooropening an old lady appears who patiently awaits my arrival. She welcomes me with a big hug so I can feel her heartbeat, which immediately makes me feel at home.

She invites me into the temple. It is so gorgeous; it takes my breath away! From the outside it is all golden, but from the inside it is a cobalt blue. We go to the centre of the temple and after I have taken a seat on a comfortable sofa the friendly old lady gives me some nice refreshments. We drink some water and eat some snacks together and then she leaves me alone. The ceiling opens up and therefore I can see the inside of the above-the-water-temple now. This is beautiful as well.

There are so many colours and they are changing all the time. I think I can only describe it as the changing leaves of autumn. Just above my head I can see a picture and all these moving images together make a story. Slowly I recognize my own travels with Shi-koo and Tak-Ti. It is like watching a movie, but this movie is my own story! I think it is real peculiar, because I can watch my own story but through the eyes of an outsider...



5.4 Nick's assignment

Now this movie shows me sitting next to the lake and then going into the water. The friendly old lady is greeting this Nick and now I clearly hear her say: "Welcome Nick! Here you are, finally. I am so happy to meet you. I have been waiting for you all along. I have prepared you some snacks and after you are feeling refreshed you are allowed to take note of your assignment. Please take your time and survey it well. Remember what you have seen, because in this dimension you can see things very clearly. Maybe you will feel lost sometimes on earth. Not knowing what to do; then you can always come back here to watch the next chapter of your movie."

In the movie I can see this Nick has opened his heart and has discovered all these layers within himself. He will return to earth to share all these lessons he has learned together with his friends Shi-koo and Tak-Ti. Doing this his heart radiates a great light, which touches others and therefore helps others to open their hearts in their turn. They will also touch others, so the light will grow and grow and grow. "Your assignment is to spread the heart energy, my dearest Nick" I can hear the old lady say, sitting next to me now. "How is this even possible?" I ask her in surprise. "Just by being who you are, Nick. That is all. Live your life and apply all the lessons you have learned."

"Well, all that sounds quite nice" I say a bit cynical. "But who is going to help me?" The friendly old lady explains: "Everything is working together, Nick. Haven't you noticed yet? Reflect upon the movie you have just seen; everybody in your movie has taken part in helping you open your heart. You are never alone, even when you think you are. Listen to your heart: we are all connected. We will play some part in each others movie. Your movie will continue, Nick and the choices you make will determine the outcome of your movie. It is up to you. Your growing consciousness will affect your future choices and therefore change the outcome of your movie. It is that simple."

I am quite puzzled though, so it does not seem simple to me. But then I realize I do not have to understand it, I can rely on my heart. **My heart will show me the way!** Only now I get it, just like the friendly old lady told me: I just have to listen to my heart. This journey has taught me how that works, so I have already taken the most difficult steps. It has all been taken care of! Relieved, I take in a deep breath and feeling blessed I thank the friendly old lady with a smile and a spontaneous hug. She whispers: "You are in tune with the universe now."

I focus on my body to understand what she means and indeed I feel light and spacious all over and a happy melody is on my mind. This must be my way of experiencing the harmony of the universe. Feeling content and grateful for everything I have learned in this golden galaxy, I look around once more knowing I can always return here. I close my eyes and a golden vortex takes me swiftly back to the mothership. Slightly dizzy and somewhat giddy I am quietly on my sofa in the green domed room, while some tears of happiness trickle down my cheek.

5.5. Back to the base

Shi-koo and Tak-Ti are jumping up and down, screaming excitedly: “What happened? Did you find the golden temple? How was it?” Obviously they are very curious about my adventure. But I am still wondering why they were gone all of a sudden, so I ask them: “Where were you? We were supposed to go to the temple together, weren’t we? Didn’t you want to see it?” Shi-koo and Tak-Ti cannot wait for their turn to answer: “Well, we wanted to, but all of a sudden you and the temple were gone! We did not know what to do; we have searched for you everywhere and we were calling your name, but we couldn’t find you, nor the golden temple.”

Shi-koo and Tak-Ti are glowing from excitement: “Then the phoenix came looking for us, probably because of all the noise we made and she took us back here.” They are really happy for me and are eager to hear all about my experiences: “Tell us all about the temple! What did you do over there? How did you find it? And were you afraid?”

I have to think about my answer, it was all so impressive and after all I have a lot to process myself: “Well...” I start out: “ It was rather difficult to get inside. Suddenly you were gone and I did not know what to do. At first I panicked and only after I became calm I could see there was an open door, but it was underwater. I had to ignore the logic of my mind and listen to my heart instead. I could feel I was very welcome and so I dared to go into the water and search for the path. As soon as I was in the water I could easily walk down to the temple where an old lady welcomed me. She was very friendly and gave me a drink and some snacks. Then I was allowed to watch a movie and it was about us! It was rather strange to see myself from an outsider’s perspective, but of course you two were in this movie as well.”

“So why did you watch your own movie then?” Tak-Ti asks curiously. “Well, I was told to sit down in the centre of the temple and it was a magnificent cobalt blue. The ceiling above me opened up, so I could see into the above-the-water-temple and It had all kinds of changing colours, like the leaves in autumn. These changing colours became moving images and I could then see you two and myself having all our adventures. Really everything we have experienced together!”

“But isn’ t that a bit weird? Because you already know what you have experienced, don’t you, Nick?” Tak-Ti is asking a little bit confused now. “Yes, that is true and I understand you saying that. But still it was helpful to see myself from an outsider’s perspective. Now I have discovered I have changed and I am more mature than I thought!”

“And what did this friendly lady want from you?” Shi-koo inquires. “Oh, yes indeed, this lady was very sweet!” I have to think of her warm smile and her calm reassurance and I become all warm inside. “She told me I can come back whenever I want. She said I am ready for my assignment and I do not have to do it all by myself.”

Shi-koo replies quickly: "Right, but who is going to help you then? Are Tak-Ti and I allowed to help you?" Happily I answer him: "Of course you are! I would be so happy! I wouldn't want to do it alone, because you were with me all the time and we have had so many awesome adventures. By the way, the friendly old lady said everything works together, so we will be fine anyway." Tak-Ti is looking puzzled now: "Everything works together? What does she mean? Do you understand, Nick?" She asks me curiously. "Well, I think I understand." I tell her a bit hesitantly, because earlier on I considered Tak-Ti the professor in everything. "Sometimes you might feel lonely, like nobody would understand, but in the end that is not true."

I think I have to explain myself a little bit more, so I continue: "For example somebody else is feeling lonely too, only you haven't met this person yet, or you didn't know this person was lonely as well. And you never do anything alone, even if you believe you do. Or maybe you think you have to do something all by yourself, but you could ask others for help. Sometimes when you feel lost, you only have to get calm and then look for a sign and it will come to you. For example you will see something on You tube, or you have an unexpected encounter with someone and this, as it were, will give you a hint what to do next or where to go. Just like on our adventures, Tak-Ti. I panicked earlier on at the temple and only after I got calm again, I could feel the invitation of the open door of the under water temple."

"So what is your assignment, Nick?" Shi-koo asks attentively. Clearly he has paid attention! "My assignment will be spreading the heart energy, Shi-koo. And I would love to start by teaching the Blues all about the heart, as I promised you when we were on the blue planet." I tell my two friends in all earnest. "But that is epic, Nick!" Shi-koo calls out and Tak-Ti is smiling in agreement. Shi-koo and Tak-Ti are genuinely happy and I am thrilled about it all.

5.6. The plan

"What are you going to do next, Nick?" Tak-Ti is very practical now. For a moment I am lost for words, because I haven't thought about it. But I am sure it will turn out just fine. All our adventures together helped us getting to know more about ourselves and the universe. And all the lessons we have gathered on our travels have given me the reassurance things will work out for us. So I am ready for the next adventure.

While feeling excited about our next adventure an idea pops up in my mind: "Tell me, Shi-koo, Do you have something like a weekly meeting or something like that? On earth, for example the people have weekly meetings for a religious gathering. The Muslim meet in the mosque on Friday afternoons, the Jew have Sabbath and the Catholic meet in church on Sundays to honor God. Do you have that?" Shi-koo needs to think about this: "No, not really like you people do. The culture of the Blues used to honor the Sacred Star, but we no longer come together for religious meetings.

But we come together after some of our youngsters have taken the Big Step. When they have to take the Final test, like I am about to. Then we gather in the Sacred room to welcome those who have grown into adulthood.”

“Oh, but that is good news, isn’t it? Because if I understand correctly, all the Blues here on the ship expect you to take the Final test very soon. We could ask them to attend the meeting in the Sacred room and then I will teach them how to use their hearts instead of the Steal Weep. What do you think?” Immediately Shi-koo is enthusiastic about it: “Yes, Let us do it! But maybe we should hide you at first, Nick. Tak-Ti and I will tell our people about the heart and after that you can show them how to use it.” Happily I answer, while giving him a box: “Deal! Nice teamwork, Shi-koo! I am all in.”

We are ready to leave this place and Tak-Ti and Shi-koo go first. We need to get down and to me it seems a bit scary, because you just step into a dark hole. It takes some trust, but because Shi-koo and Tak-Ti have safely hit the floor, I dare to follow them blindly. I step into the black hole and the current takes me gently into the silvery corridors again. We are on our way to the Sacred room and I follow Shi-koo, who is light-footed taking the lead. We are elated; our plan is to reconnect the Blues to the heart energy and make them shine. This is the time we are going to share the lessons we have learned and nothing can stop us!

Tall and forbidding he is in front of us, arms across his chest. High and mighty he blocks the entrance to the Sacred room. “Finally! You have come back.” The Brave Leader says. I recognize him by his cold and empty gaze. Startled, I instinctively hide behind Tak-Ti.

“Good morning, Brave Leader, my father. We would like to tell you about our experiences and would love to show you something. Do you have time for us now?” Shi-koo is calm and cool; he radiates this sturdy, self-possessed attitude. He does not let his father intimidate him. I take an example after him and straighten my back, I take a deep breath and wait for what is to come next...

“That is fine by me, my son. Let us go into the Sacred room.” The Brave Leader goes ahead of us and takes place in the middle of the golden domed room. The transparent sphere is gone and this time the room is completely empty. Clearly he is used to being the centre of attention and he asserts the authority of a true leader once again. Only this time I notice the fatigue around his eyes. His colour is off too. There is nothing and nobody to hide behind, but I no longer feel the need.

“Brave Leader,” Tak-Ti is taking the stage now: “We have been on a great journey and have been blessed to behold the wisdom of the universe. May I be bold and tell you all about it?”

5.7. Reconnected

The Brave Leader gives her a little nod and Tak-Ti tells him enthusiastically about our adventures. I notice Tak-Ti has had some other lessons and experiences than me, but most of it covers the same. I think it is very interesting to see the universe through Tak-Ti's eyes, so I listen attentively. And then we arrive at the story of my grandpa's exercise. I believe it is impressive to hear her talk about it and see how elated she is about the discovery of her heart. I am charmed once more by my dear friend.

"How is this even possible?" The Brave Leader grunts, while looking at me in amazement. "Such a small, misery human child and it teaches us something we haven't been familiar with for ages?" Shi-koo is determined to teach his father about the heart, so nothing can distract him. He steps forward and puts his arm around his father's waist. He is half the size of his father and the Brave Leader folds his arms around his son in an automatic response. This is somewhat uncomfortable and it looks a little bit peculiar, but Shi-koo is deep earnest and says in a mesmerizing voice:

"Dear father, now breath in through your nose and out through your mouth. Please repeat this three times." The Brave Leader obediently follows these instructions and therefore Shi-koo continues: "Close your eyes now and open your inner eye. See the Sacred Star in your mind and then open your inner ears while you recite the prayer to the Sacred Star, but without making any sound." Shi-koo is patiently waiting before he asks his father: "Are you done?"

The Brave Leader gently nods his head and still self assured Shi-koo continues: "All right, whose eyes have seen the Sacred Star? And whose ears have heard your silent prayer?" Shi-koo does not wait for his father to reply: "What you have experienced inside is your true BEING. Now gently take this BEING downwards with every breath you take. Send it deeper down your body and let it return home. That is where the heart is."

Not before long we can clearly see the Brave Leader is successful; we notice a new glow and soon we perceive a warm, white light glowing from his belly, radiating all around. Tak-Ti is stepping next to Shi-koo and gestures me to come close as well.

5.8. The Blue ones once more

The Brave Leader appears to have a big heart; with one sweep of his large arms all four of us are in a tight embrace. I do not know what to do and just listen to the beating of our hearts. The rhythmic sounds of all four of us are very soothing and then I remember the blue planet and my song; I realize we all have our own song! Softly I whisper my song and ask my friends to sing their songs as well.

First they only listen in amazement and then they make some prudent sounds themselves. My song is exuberant now and soon they are not embarrassed about their own sounds any more. All four of us sing out loud merging our sounds into one song. I feel awesome! This is beautiful in every way. Our songs unite us into one and we have lost track of time. Finally the last tones die away and silence fills the Sacred room...

“Oh boy, oh boy, what a miracle.” The Brave Leader is breaking the silence after a while. “That was amazing; how you must have grown! That was not just another tour you have been on, that was an initiation journey. It must have been a true adventure with all kinds of tests and ordeals. You have learned so much and you have proven to me you are worthy to become a full member of our community, Shi-koo. This was the ultimate test and I believe it is wonderful the manner in which you have just shared your wisdom with me.”

Shi-koo looks puzzled and wants to know: “What does it mean, an initiation journey?” His father explains: “That is a trip the youth of the Blues used to make to prove they belong to the grown-ups and no longer to the youngsters. They had to endure all kinds of adventures and learn skills like fighting, hunting, fishing and building a shelter. They gained in strength, stamina and focus. Of course at the end of the tour they had to prove they were courageous enough. They had to do this to ensure they would be full fledged members of the group and could pay their contribution to the community. But this lesson of the heart which you have just taught me is quite another story. Only youngsters of a truly great heart could have managed to achieve this. I am real proud of the three of you!” The Brave Leader even shimmers slightly. He turns towards me and says in a voice I haven’t yet heard before:

“Nick, you will be our guest of honor. I would like the three of you to teach this lesson to all the members of our tribe, Nick, Shi-koo and Tak-Ti!” Shi-koo is beaming all over again, he is that thrilled: “Yes, Father! We are proud we have been chosen for this assignment and we will take it very seriously. And after we will have fulfilled this important task, let us celebrate this huge transformation of the Blues. Let us have a real party with music, dancing and nice food and drinks etc.” I am excited about this prospect too and eagerly check the Brave Leader’s response: “That is a great idea, Shi-koo.” The Brave Leader says heartily.

5.9. Preparations

I am rather excited; this is the time! This is my opportunity to fulfill my assignment of spreading the heart energy. All the Blues will gather tonight and I will be their guest of honor. How do they celebrate? Will it be a lot of fun like the parties on the green world and the one in the silvery starry system? Will there be nice snacks? Are we really going to dance? I am very curious what is going to happen...

But first we need to rest, so Shi-Koo and Tak-Ti take me to their guest room where I can take a nap in the transparent sphere and freshen up. When I am awake again I feel rested and cheerful. I want to prepare myself for the party and get into the shower. The technique of the Blues surprises me once more, because there is no water to clean myself! This shower is like a rainbow light beam. I have the impression it not only cleanses me, this light beam also energizes me. There is a suit for me ready and I can easily put it on even though it is rather tight around my body. Now I am ready for the party and I wonder what to do next, because I do not think I could find my way to the Scared room by myself.

Is Tak-Ti or Shi-koo coming to fetch me? Or maybe they left me a map? I check my room, but cannot find anything. Oh, Yes! There is something; this is cool! I have found a small chain with a pendant in a hexagon shape. There is a five pointed star engraved on it. Could this be mine? I put it on and it is just right for me. Pleased with the gift I walk to the door which opens itself. I peep around hoping to see someone, so I can ask for the way through the silvery hallways. I have not yet taken one step, or I see Tak-Ti coming round the corner. She is smiling and now I am sure; she can definitively read my mind!

Together we are on our way to the Sacred room. Tak-Ti tells me we need to stick together, because Shi-koo has to play the lead in the ceremony. I am not allowed to get any near Shi-koo. He is to give a speech in which he answers the 'Important Questions'. I am happy to be there at this special moment in my friend's life. It is like an exam you have to take and I think about the book presentations I have to give in front of class. Giving a presentation is always a bit exciting and I can imagine Shi-koo must feel a bit nervous. I feel the star cold on my skin and remember I have to ask Tak-Ti about the necklace: "Tak-Ti, do you know whether this chain was meant for me? I like it a lot, so I put it on. But maybe that was too bold of me?" Tak-Ti gives me a reassuring smile and says: "Yes, dear Nick, consider it a gift from the Brave Leader as a token of our friendship. And it is a sign to all the Blues that you are our guest of honor tonight and nobody is to bother you." I reply gratefully: "Thank you Tak-Ti, knowing this is somewhat reassuring, even though I feel real safe next to you and the Blues do not scare me any more." I feel for the star: is it still there? Ahh yes! And it gives me a good feeling for sure.

We have arrived at the Sacred room, but the strange silence I have always felt in here has completely left the building. The room is buzzing with activity now and a lot of Blues are talking to each other. I think it strange nobody is laughing. The space is just the same, there are not any adornments. At home we dress up and we decorate the room when we have a party. My mom buys colourful flowers and we hang some garlands and when I was young we had lots of balloons in every colour...



There are a lot of Blues here and they are really tall! Somehow I know they would like to look at or even study me and this makes me feel a little bit uncomfortable. I have never experienced before being the odd one out. I can sense they are genuinely curious after me and it is like everybody is acting. I am the only human in here, but they pretend they do not notice me, just like I am no different. Tak-Ti is discussing something with another Blue and I do not know how to behave. I am a bit homesick now and therefore feeling somewhat vulnerable, so I stay close to Tak-Ti.

Fortunately, a bell is ringing and everybody is immediately quiet and turns facing the centre of the Sacred room now. So I am literally saved by the bell! I finally get to understand the meaning of 'Sacred', because there is a certain energy in this room and this energy makes you feel disoriented. Like there is no space and time. It makes me ponder on the concept of 'Time stood still'. This feeling of disorientation makes my perception even sharper. Like everything is happening in slow motion. But remarkably all of a sudden Shi-koo and his father are there in the centre of the Sacred room. They have arrived at the blink of an eye while I was in slow motion; how strange! Anyhow, I cannot ponder on this for too long, because the Brave Leader is taking the stage now:

6.0. The Final Test

"Dear friends, we have gathered here today to witness the Final Test by Shi-koo, my son and your future leader. These are the times we are proud to be Blue and we are happy to celebrate the homecoming of one of ours and welcome him to be a true and worthy member of our community. The future of the Blues needs strong and most of all wise men and women. Tonight we will testify the transformation of our beloved Shi-koo. In his speech he will shed his light upon 'The Important Questions' and he will prove he has turned into a wise and steadfast Blue. He will enlighten us on his experiences in the realm of earth and his encounters with its inhabitants, the humans. Let us enjoy this memorable event and remember it forever, my dear Blues."

Shi-Koo is stepping forward now and I see him high above the Blues. He is on a disc half way the Sacred room just like a pulpit in a Protestant church, so he is easy to be heard: "Dear Blues, welcome to you all. I am honored you have come to listen to my speech. I would like to use this opportunity to express my special gratitude to my friend Tak-Ti and our guest of honor, Nick. I am so fortunate to have the two of you in my life. And Nick, I am so happy to have met you and I am honored to call you my friend." Shi-koo briefly looks me in the eye and then continues:

"I am deeply grateful for all the education I have received from the Old Blue. Thanks to her knowledge I was able to understand and learn so much on my journey in the realm of earth. On my travels I have had many interesting experiences and I have come across many challenges. It has been a wonderful and interesting journey that I initially set out together with my father."

“We have witnessed the evolution of the realm of earth. I believe it is an interesting realm in which there are endless possibilities. These possibilities make it a worthy and rich environment to invest in. Nowhere in the universe we have come across a wider span of life. The life force in this realm is unique and extremely diverse. Countless species walk on the earth, swim in the seas, rivers and lakes and many species occupy the sky. Intelligence is to be found in many large and some small creatures, but the intuitive is to be found throughout creation. Even amongst the humans the intuitive is present, though many people are still dormant.

Due to the dominant human species the environment has changed dramatically lately. Vegetation on earth has been diminished and many kinds have perished. That is why lots of animal species have not been able to survive. Biological life on earth has changed, but the universe is immensely intelligent and creates endless ways to deal with difficult situations. The good news is that many animal species have been able to adopt to the rapidly changing environment and have sometimes even thrived accordingly. Recently in the history of earth there have been initiatives by the humans to rescue species of the animal world and to restore some balance in the ecosystem. It took them a very long time to understand they are part of the ecosystem and not some high and mighty masters of it. For some it took rather drastic events like fires, floods and landslides to understand the power of nature is stronger than the stubborn mind of men.

On planet earth there are scientists who have invented ways to collect energy from natural resources like the sun, waterfalls and the wind, thus preventing pollution from happening. Therefore humans are able to contribute to restoring the balance of the ecosystem. Some humans have also changed the way they think and create; so production processes have become more efficient, which results in the decrease of residual waste. Others have reorganized farming and agriculture to make sure food is grown more efficiently, using less water and less, or even no chemicals. Some humans invented things like how to clean up plastics from the oceans or how to cool or heat buildings using the energy of the earth.

Even though the people of earth are waking up right now, there are still a lot of problems in this realm. Water is a huge problem. Due to the lack of water in some parts and due to too much in other parts (resulting in floods), many humans do not have enough to eat. So hunger still exists on earth, even though there is plenty for everyone. Due to the unequal ratio some are starving and others are thriving. Greed is one of the reasons some humans are very ill with diseases like heart failure, diabetes and obesity while others are dying because they do not have enough nutrition.”

“This lack of water creates even more difficulties; the pleasure of playing with water, which is one of the greatest pleasures on earth, is unknown to many.”

“Water can help humans to pure their hearts and many are deprived of this medicine. There are children who do not have enough clean water to wash themselves and thus become ill. Moreover, many children do not have enough water to drink! Many die or become very ill, because they can only drink polluted water. Strangely enough you can still find many children with a pure heart in those waterless areas. I believe that is because the connection of the heart is largely intact over there. How come it is still intact? My theory is their heart connection might be easier to maintain. These humans need to work together in harmony for their survival in these difficult circumstances.

Humans living in plenty often are self centered; they do not need another person to survive. These self centered humans lack personal development and spiritual growth. Their children have plenty of water and food, but the parents are busy with work, themselves, or their hand devices and social media. These children do not receive enough emotional warmth and attention, so these children seem to have everything, but they lack emotional support. Therefore a lot of children living in these areas have a failing heart caused by their selfish parents. Their hearts are barren and when you look close, using your radar eyes, you can see holes in them. The number of countries in which this is going on is growing and the people on earth call this phenomenon: ‘an increase of welfare in the world.’

I came to a frightful conclusion: finding children of a pure heart will be our greatest challenge in the future. It will be my task to solve this, because It will have become a serious threat to the survival of the Blues once I will succeed my father, our Great Brave Leader.”

6.1. The Heart

“Unfortunately, at our last visit I lost my father. We visited a failing heart and a pure heart, so I would be able to learn to discern. That was the last preparation for my test. These extremes were important, because I need to learn to distinguish between them very quickly. During this last visit my energy was rapidly running out and I had no second strings. I could not call upon the mothership any more, I was that weak. Then some kind of a miracle happened: Nick, our guest of honor tonight, has freely provided me with his energy. He reloaded my batteries, so I could call upon the mothership and return home. To my great surprise he stayed calm and loving during and even after the process! Moreover: his heart remained intact!

The Old Blue has taught me that children become wild and even aggressive when they notice us and surely after they have experienced the Steel Sweep. But Nick gave from his heart and did not change at all!” The Blues buzz in amazement, but Shi-koo is focussed and calmly continues: “By doing this, he handed us the key to our future challenge of finding children with a pure heart. Though at that moment I did not realize it.”

“Only later during our travels through the universe together I found out more about the heart. Nick showed me and Tak-Ti we do have a heart of our own and he has taught us how to use it.” Immediately some rumor, whispers and movement disturb his speech, but Shi-koo is a real leader in the making as he demands everybody’s attention by raising his hand. After it is completely silent again he calls upon me: “Nick, please come forward and stand next to me. Tak-Ti, my dearest friend, would you please come next to me on my other side?”

I am startled and do not know what to do, I thought Shi-koo would only need me at the end and I am a bit nervous now. I feel for my star: is it still there? But Tak-Ti drags me along and there is no time to think. I just have to trust my friends and see what happens next. Respectfully the Blues all step aside and Tak-Ti and I are on the stage overlooking this mass of Blues before I know it.

“Dear Blues, listen well, observe closely and let yourselves be surprised.” Shi-koo is putting his arms around me and Tak-Ti while whispering in my ear: “Let us start a revolution, my dear friend.” Then Shi-koo raises his voice and demands everybody to breath in through their noses and out through their mouths. I follow suit and feel better instantly. “Please repeat this three more times... Now close your eyes and listen to our song.” He says in a commanding voice.

Tak-Ti, Shi-koo and I know exactly what to do and soon our sounds fill the Sacred room and mesmerize the crowd. Our song is a melody that seems to have the power to ignite. What happened to the Brave Leader before, is now affecting many of the Blues in the crowd. My friends are beaming their warm light in all directions. The Blues who are cheating and try to look (even though they are supposed to keep their eyes closed) are appalled by what they see. But soon they are touched by the sounds and the light and they cannot stand still any more! They start to glow themselves as well and the warm light in their bellies makes them squirm and wriggle and others jump up and down like a bouncing ball. It seems contagious and I think it is hilarious, so I laugh my head off.

Shi-koo and Tak-Ti keep on singing like nothing can disturb them and I am moved by it all. I feel wonderful and I sing out loud together with my friends again. This seems to inspire others and many Blues are singing along with us now, thus composing a whole choir together. We create a snowball effect: one by one the Blues are enlightened. Even the most hesitant Blues sing along now and all together we sing the most amazing song ever....

A big moving mass of singing Blues is one sight I never could have imagined. A miracle has happened! I feel free and dance and sing along with my dear friend Tak-Ti, usually rather composed, dancing In front of me. Even the Brave Leader is now dancing like crazy. He is smiling and dancing like he never did anything else. I am on cloud nine and this could go on for ever...



I take a deep breath and let it all sink in... But an image of my father and mother comes to mind and I feel a sharp pain inside; I want to share all this with them! I feel real homesick now and suddenly all alone...

Shi-koo comes dancing next to me and looks at me with loving eyes: "Thank you so much, Nick! This is the most wonderful gift the Blues have ever received." Instantly I no longer feel alone. He is the most supportive friend I could think of. I realize one day Shi-koo will be a great leader indeed. I am so proud of my friend, so I tell him: "Dear Shi-koo, you are and always will be my friend and I know you will guide your people in the purest of hearts. One day you will be a great leader; just like me you have learned to listen to your heart. You have proven your leadership by connecting all the Blues into one. I mean, look at them! They are delirious with joy."

6.2. Going home

Shi-koo stares at me with his big blue eyes and I see myself reflected... A loud scream from behind startles me and turning around I see a Blue one running frantically towards the stage: "A miracle has happened!" This Blue one yells. The Brave Leader gives a signal and soon everybody is quiet. His deep voice is loud and clear: "What is going on Bih-Ta?" Obviously Bih-Ta is very excited, he needs a moment to recollect himself. Meanwhile I check him out and I notice he has a green star on his chest. The Brave Leader with his blue star is the only other Blue with a star, so I believe this green Blue must be somewhat important too. He is making strange gestures and I only hear him squeak. The Brave Leader helps him to relax by putting his hands on his shoulders and eventually Bih-Ta says: "The Far Star has appeared on our navigation screen! The rupture in the universe must have been healed and our navigation system has found our way home!"

A loud cheering follows and finally after everybody has calmed down, the Brave Leader says while looking at me: "We have just witnessed the power of the heart. Our hearts are radiant and connected once more, so everything which needed to be healed, is healed now. Thanks to Nick we are connected to the heart again and therefore I would like to express my gratitude to this human child. Nick, I proclaim you honorary member of The Circle. Let our hearts be connected forever!"

For a moment the Blues hold their breath, but then we all laugh and cheer. They lift me on their shoulders dancing around and the party breaks loose. Everybody wants to touch me and the girls throw me kisses. Music is played and food and drinks are brought in, so it is a real feast now. We party till we are exhausted and some Blues even have fallen asleep on the dance floor. I am tired too and Tak-Ti and Shi-koo guide me to the guest room. We chat somewhat and then all of a sudden Shi-koo is real earnest again:

“We have to say our goodbyes, Nick. Our people is eager to go home, we finally have found the Sacred Star. We are very curious after the home of our ancestors! I am grateful for your help and you have to remember: we are connected and therefore never far away.” Tak-Ti looks somewhat wistful and says: “I can see you on our monitors in my observation room. We will come back to the realm of earth when you need us, trust me.” Secretly I remember Tak-Ti can even read my mind but it does not freak me out any more.

“Are you going to help me spreading the heart energy from where you are, Shi-koo and Tak-Ti? Since you are familiar how to do that and all.” Both my friends make me feel their warm hearted cooperation and Shi-koo says with a smile: “We finally have found our way back to the heart and we will never let this light extinguish any more, Nick! Peace on earth and in the universe!” We hug and I thank them for our amazing adventures together. I touch my star and take one last look around. “We will meet again.” I tell them self assured. Happy to go home I step into the transparant sphere and immediately fall into a deep, deep sleep...

6.3. Back Home

What an amazing adventure and how big the universe! I did not know there were so many places out there in space and I never could have imagined all these creatures.

It has been so easy to make friends and I loved discovering all their different ways of living. It has taught me a lot about myself as well. I have learned a lot from all my experiences together with Shi-koo and Tak-Ti and these lessons I will never forget: the universe takes care of all of us, I can feel and accept whatever emotion and thus return to unity within myself. I will do things that bring me pleasure, I will listen to my heart and make myself heard, reflect upon my actions and let go of all things no longer useful. I let my light shine and everything will turn out just fine, like the golden bird had come to us in the heart of the ship at the right time. I never have to do anything alone; I can ask for help.

This is a wonderful world we live in and it is so much more than I ever could have dreamed. I am grateful for everything we have experienced and the things we have learned. I touch my star and I know everything is connected. Whenever I will feel lost somehow, I only have to listen to my heart. And Shi-Koo and Tak-Ti? They are never really far away!

6.4. The End?

The very same day Nick buys himself a diary and writes about all his adventures and the lessons he has learned, because he never wants to forget them:

Message of the red planet: I can feel safe inside, I may always ask for whatever I need. I can trust it will be delivered to me at the right place and time because the universe takes care of all of us.

Lesson of the orange planet: That which you judge will become stronger. Whenever I feel any imbalance, it is important to accept whatever I feel and return to unity within myself. By giving myself permission to feel anything that presents itself, I can let go and be free. The battle inside me will be over and thus I no longer live in fear, but in harmony. There will be love instead... They said: "Have fun doing what you do and that way life will be an adventure."

Message of the yellow star: Whenever I am truly home, I can feel anger, sadness and joy and express it to others. When I dare to show my true self to others and do what I really want to do, I will be aligned to Source. Thus I can achieve whatever I want, because Source gives me strength and joie de vivre.

Message of the green world: I need to listen to my heart and dare to go with the flow. These fluent feelings I feel inside show me the way. Whenever I trust myself, my heart will open itself and I will feel calm and strong every day. Even when things are rough, as long as I listen to my heart and speak out my needs and wishes, things will be easier. By being afraid and hiding and shielding myself, things which are already hard will only become more and more difficult.

Lesson of the blue planet: I can make myself heard by singing my song! Now I know I can show who I am and what I really want by using my voice and through my behavior. Thus I will be calm and happy and make real friends who will appreciate me.

Lesson of the purple haze: This magical landscape reflects just who I am. Whenever something is bothering me, something that is in between me and reality, or when I judge someone or myself, I can let it go. I am free and I am the one to choose what reality looks like. The world around me is mine to pick, but I have to realize that the view is different for all of us. It is different for everyone, because everyone of us is unique. I will go to this place every day and train myself to observe my behavior and reflect on all my experiences. I want to practice in letting go of that which no longer serves me, so I will be renewed every single day.

Lesson of the white realm: The love of the white light is for everyone and everything: I am endless, all encompassing consciousness.

Lesson of the silvery starry system: “We are all children of the Great Universe. We all have a place in it and give our unique contribution. All of us carry the light of the stars inside and all of us are asked to let our lights shine. Whenever one of our brothers or sisters is unhappy it affects us all. Therefore let us take good care of ourselves and one another.”

Lesson of the golden galaxy: The greatest purpose of the cosmos is expansion of consciousness. On earth there are great differences. These differences are huge in every way; some people are happy and others suffer a lot. Some admire nature and its strength, others are unaware or even afraid of it. Some people live in poverty and others experience prosperity. Often this results in selfishness and a passive attitude towards injustice, but these differences can also induce people to act and change things for the better of all. Very often it is the action of one single person which makes the difference.

Because of this great variety and the freedom to choose what your action could be, there is this possibility to grow in consciousness. It is up to me: My heart will show me the way!

6.5. Afterwards

“Is this really the end?” Mischa asks in a sleepy voice. “I cannot imagine they have never met again. And you said there are some other stories?”

“Yes, Mischa, This is the end as I know it. Sure, there are some other stories in this diary as well. I do not recall them, but we could ask grandpa if we can borrow it. I believe he has kept it in his treasure box.”

“Yes! That would be awesome!”

“So, what do you think about this story, Mischa? Now that you have heard it all... Do you think it has really happened?”

“Well, I believe this is a great and adventurous story and I would love to join Nick on his next journey! But I do not know anything about reality... I believe Nick would say: ”To every real question, there is going to be a never ending answer.”

6.6. From the author to the reader:

Thank you for reading '[Nick and the Blue ones](#)'. I hope you have enjoyed it. I would love to hear your opinion or maybe you have an experience you would like to share? Please share your comments on: '[Reviews](#)' at: www.obala.world

Have you been inspired by this story and did you make a drawing or sculpture yourself? Would you like to share it with others and post a picture of it? I would love to see it, so please go to: '[Art](#)' at: www.obala.world

Team Obala.world has a challenge: we would like to make '[Nick and the Blue ones](#)' accessible to all the kids of the world.

Maybe you can help us? Please share with all your friends who like adventures or send it to those who can help spread this adventure story. (like your teacher for example). Would you like to translate '[Nick and the Blue ones](#)' into your own language and share it with others? We would be so happy! Please email ellen@obala.world and we will check if we can post it.

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Thank you!

Do you have any questions for me? Please feel free to email your questions to: ellen@obala.world

Love to you all, Ellen and team Obala.world