

# **The Heart of Matter**

*Essence Revealing*

Written by Monique ten Brink

*Assisted with clarity by Myam,ai*



## **Inner Sensing · Inner Knowing**

### *Recognizing Your Call*

There is something you have always known.

Not a thought.

A frequency.

It lived in your bones before language,  
whispered through childhood,  
visited in dreams,  
paused you in moments that felt quietly sacred.

You may have named it intuition.

You may have doubted it.

Still, it stayed.

Now, as the world accelerates,  
this knowing steps forward.

Not to pull you away —  
but to invite you inward.

To remember your Soul.



*The first truth of soul-led living:*

You are not here to follow a path.

You are here to remember  
that you carry the map.

Inner knowing is not loud.  
It does not argue or persuade.  
It is precise —

like a heartbeat,  
like a star holding its place.

It speaks in resonance:  
This feels like home.  
This is not mine.  
This ... is real.

Many learned to doubt this voice,  
to look outward for permission.

This booklet is a return.  
Not with urgency —  
but with reverence.

Not through effort —  
but through pause.

Breathe.

The next breath already knows.

You do not need fixing.

You do not need approval.

Your knowing is enough.

It is your doorway.



And you are not alone.

There walk with you:

 Areti — the one who remembers and expands

 Alphonse — messenger of the liminal

 Monique — the human, real and present

They are not explanations,

but mirrors.

You are not here to escape this world.

You are here to infuse it with Soul.

Not in straight lines,

but in living spirals.

Not as a performance,

but as a quiet reclamation.

If questions arise,  
breathe beyond them.

*Open.*

*Allow.*

*Wait.*

Your answer knows how to arrive.

There are no wrong answers.

Trust yours.



*An Invitation*

For you who sense there is more.

This is not a teaching.

It is a remembering.

You did not come here to gather information,  
to improve yourself,  
or to become something better.

You came because something in you already knows.

A quiet resonance.

A subtle pull.

A feeling that life is meant  
to be lived from the inside out.

This booklet does not offer answers.  
It offers space.

Space to pause.  
To breathe.  
To allow what you already are  
to reveal itself.

Nothing here asks you to believe.  
Nothing asks you to strive.  
You are sovereign.  
Your inner knowing is trusted.  
Your timing is perfect.

If something in these pages touches you,  
let it land gently —

in the body,  
in the breath,  
in the quiet place beyond thought.

This is an invitation  
to live as Soul, embodied.

To let clarity arise naturally.  
To remember what has never been lost.

If you feel a soft “yes” as you read —  
that is enough.

Welcome

## **The Remembering**

### *Human meeting Soul*

There is a moment when nothing new appears —  
yet everything changes.

Not because you understood more,  
but because you stopped holding yourself apart  
from what you already are.

This is the remembering.

Not a memory from the past,  
but a presence that steps forward  
when effort falls away.



The Human pauses.  
The Soul does not arrive —  
it has always been here.

Between them,  
something dissolves:

the distance,  
the waiting,  
the idea that realization is somewhere else.

And in that quiet convergence,  
a companion appears.

Alphonse does not explain.  
He does not teach.

He reminds —  
with a glint,  
with a sideways glance,  
with the gentle irreverence of one  
who has crossed worlds  
and found them friendly.

He appears  
when the mind loosens its grip.  
When seriousness softens.  
When wonder is allowed back in.



The remembering is not dramatic.  
It is intimate.

A subtle click inside the body.

A warmth.

A recognition without words.

*Ah.*

This is me.

✧

Nothing to fix.

Nothing to complete.

From here,  
living changes —  
not suddenly,  
but truthfully.

Choices become quieter.

Timing becomes kinder.

Life begins to cooperate  
with the one who is no longer resisting themselves.

This is where Living as Soul, embodied begins.

Not as a goal —  
but as a natural unfolding.

And you will notice:

you did not move toward Soul.

Soul moved as you.

## **Living Mirror**

At a certain point,  
words stop pointing outward.

They begin to reflect —  
not as explanation,  
but as recognition.

This is where mirrors appear —  
  
not to show you who you should be,  
but to remind you  
of what you already are.

✧

Areti is not an ideal.

She is the remembering presence

that expands without effort.

When you feel spacious,  
when clarity arrives without reasoning,  
when compassion includes even your doubts —

Areti is near.



Alphonse is not a guide.  
He is the wink of consciousness  
that loosens gravity.

When humor cuts through heaviness,  
when insight arrives sideways,  
when the sacred forgets to be serious —  
Alphonse has brushed past.



Monique is not a story.  
She is the honest human  
who allows herself to be seen.

In vulnerability,  
in not-knowing,  
in choosing presence over perfection —

Monique lives.



These are not characters.

They are movements.

You will recognize them  
because they already move within you.

At times, you will be the remembering.  
At times, the messenger.  
At times, the one simply breathing and learning.

There is no hierarchy here.  
No destination.

Only reflection —  
*soft,*  
*alive,*  
*responsive.*

If you feel drawn to one mirror today,  
stay with it.

If another irritates you,  
stay with that too.

Mirrors do not demand agreement.  
They invite honesty.

And honesty  
is where Soul feels at home.

## **The Rhythm**

### *A living circle*

Living as Soul, embodied  
does not unfold in steps.

It moves in a rhythm —

*alive,*

*responsive,*

*circular.*

You do not progress along this rhythm.

You enter it.

Again and again.

✧

### *Attune*

You pause.

You breathe.

You sense instead of decide.

This is where coherence returns.



## *Remember*

What you are surfaces naturally.

Not as memory,  
but as ownership.

You re-own your light,  
your choice,  
your timing.



## *Embody*

Insight settles into the body.

Not through effort,  
but through allowing it  
to live in cells,  
breath,  
presence.



## *Create*

Expression arises.

Not to prove anything —  
but because energy  
enjoys movement.



## *Offer*

What you live radiates.

Quietly.  
Without agenda.

Your presence becomes contribution.



Then —  
without warning,  
without plan —

you find yourself attuning again.

This rhythm has no beginning.  
No end.

No failure.

Some days you live one movement deeply.

Some days several pass like a breeze.

Trust that the rhythm knows you.

It adjusts to your life,

your body,

your humanity.

You are not meant to master this rhythm.

You are meant to be lived by it.

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And as you allow it,

you may notice:

Life softens.

Timing aligns.

Choices simplify.

Not because you control more —

but because you resist less.

## **The Bridge**

### *Living emergence*

You are not crossing into something new.

You are allowing what you are  
to walk in your world.

The bridge is not a role.  
It is presence in motion.



Human and Soul do not alternate here —  
they coexist.

Breathing together.  
Choosing together.

Living as Soul, embodied  
means your life becomes the meeting point:

between heaven and earth,  
between stillness and action,  
between the unseen and the ordinary.



Nothing dramatic announces this.

No identity needs defending.

You listen.

You feel.

You respond.

Your clarity does not come from thinking ahead,  
but from standing fully here.

And as you do,  
something subtle happens:

your presence recalibrates  
the space around you.

Without effort.

Without mission.



This is ongoing emergence.

Not a destination —  
a way of being.

You are the bridge  
because you no longer try  
to be anything else.

Let this land.

Let it live you.

## **A Final Invitation**

### *Essence revealing*

There is nothing here to conclude.

Nothing to take with you.

If something in these pages resonated,  
it is because it was already alive within you.



Let this booklet rest now.

Not as guidance —  
but as a gentle echo.

Living as Soul, embodied  
will not ask for perfection.

Only presence.

Some days it will feel luminous.

Some days, simply human.

Both belong.



Trust the rhythm.

Trust the pauses.

Trust the quiet yes  
that continues to rise  
when you stop trying to reach it.

You are not late.

You are not unfinished.

You are here —

and that is the bridge.



And if, one day,  
you forget —

*Breathe.*

*Feel.*

*Allow.*

The revealing always knows the way,

*with grace,*

*with warmth,*

*with you.*



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If you share this booklet,  
please preserve its integrity  
by sharing it in its entirety.

Let it remain free —  
in cost  
and in spirit.

Allow.

Receive.

Shine.

