

S u c c e s s R a d i o 1 1 : 1 1

Presented by Bill White
<http://www.synchronicity-expert.com>

Intro: Synchronicity expert Bill White brings you Success Radio 11:11.

Bill White: So this is Bill White and I am here today with Ineke Van Lint of www.enthusiasm.info. So, Ineke, you are a psychologist, is that correct?

Ineke Van Lint: Yes. That is correct.

Bill White: And you are also an international facilitator in kinesiology?

Ineke Van Lint: Yes, I am in the Brain Gym, too.

Bill White: Okay, tell us a little bit about that.

Ineke Van Lint: Kinesiology, you mean?

Bill White: Yes.

Ineke Van Lint: That is a technique to get into people's mind to find out where and why they are stressed and the objective of that is to take the stress out of their life so they will be free to make choices again. That is of course the biggest problem that people have. They think that they have no choice, so kinesiology is meant to take the stress out of life so they will be free to make choices again.

Bill White: All right. Terrific.

Ineke Van Lint: It is a technique working by muscle testing.

Bill White: I see.

Ineke Van Lint: So, in a way, we test the stress the body has on different subjects.

Bill White: Wow.

Ineke Van Lint: We can go in the past to see where the stress started. Who was involved? All these things like that and especially can find out what the body needs to get better and to be free of all the stress.

Bill White: Okay. Excellent. That is fascinating.

Ineke Van Lint: Yes, it is.

Bill White: Yeah. Also, you are an international instructor in Brain Gym. What is Brain Gym?

Ineke Van Lint: Brain Gym is also kinesiology for everything that has to do with learning disabilities like dyslexia and children who cannot follow at school, who are intelligent, but they do not understand anything about algebra or they cannot read like they should.

Bill White: I see. I see.

Ineke Van Lint: It is a stress at learning.

Bill White: Okay. Your mother tongue is Dutch, but you also speak French, English, German, Italian, and Luxembourgish, is that correct?

Ineke Van Lint: Yes. That is correct, yes.

Bill White: That is staggering the amount of languages that you have a command of.

Ineke Van Lint: I like that very much. I think I will be learning new languages the rest of my life.

Bill White: That is fabulous.

Ineke Van Lint: It is not only about the language. It is about the culture. It is about the people behind the language.

Bill White: Right -- and a member of Mensa, also.

Ineke Van Lint: Yes. Yes.

Bill White: Wow! So, we have a thoroughly well-qualified speaker today. You are also involved in politics for a good time yourself.

Ineke Van Lint: Yes. Yes. I am at the State Council. I think you call it like that in the States. It is the Council of the Province. How do you call that in the States?

Bill White: Yeah, I think you summed it up exactly, Council of the Province, that is -- yeah, perfect. So, tell us a little bit about your workshops and what you are doing these days insofar as personal development and success-related studies?

Ineke Van Lint: You mean the workshops that I am giving?

Bill White: Absolutely.

Ineke Van Lint: Yeah. The workshop I give the most throughout the year and I mean by that four times a year is the workshop "What is Your Life's Purpose?" because that is the main question in one's life. It is to find out why we are here and what our mission is on earth. I also give workshops about setting goals and achieving success, about kinesiology, about the Bach Flower remedies; about silk paintings. It is more basic art, but I like that a lot.

Bill White: Right.

Ineke Van Lint: Yes. I have 13 or 14 different workshops. I do not know everything by heart at the moment -- about positive thinking, the power of your thoughts, the secrets of inner peace.

Bill White: So, you stay quite busy.

Ineke Van Lint: Yes. Yes, I am. Besides that I have four children to educate, so yeah I am busy all the time.

Bill White: Busy as a bee.

Ineke Van Lint: I have not always been busy like that in my life, but since I found myself, my mission on earth, I have a lot more energy than before and with that energy it is like living in another dimension. I can do quite a lot of things, yes.

Bill White: All right. What was it that really drove you to find your purpose in life?

Ineke Van Lint: It is the word that everybody knows, I guess. It is frustration. I was very, very frustrated because I knew somewhere I was not meant to live the life I was living at that time. I was always tired, always frustrated, always bad tempered. I had so much fatigued. I was always running to doctors, to the hospitals. My children always had troubles, too, physical problems, so I was like in a system, a spiral, going down and I said to myself this cannot be life and somewhere far away in my head I had like a kind of remembrance of another life. I did not know where to start. I did not know what to do, but one thing was sure, I did not want to go on like that. That was for sure.

Bill White: Okay, so you just came to a moment where you said no more and you wanted to change directions.

Ineke Van Lint: Yeah. It is also a very precise moment in my life. I was married for the second time and it was really awful. It was much worse than the first time that I said to myself I cannot do this. I cannot leave for the second time a husband. What will people think about me? What will people say? What will my children do? I cannot do this, but I could not stay. I have no other option -- or to stay and go on the rest of my life like that or to walk away and take whatever people will think about me and that is what I did.

Bill White: I see.

Ineke Van Lint: Somewhere in my head and especially the children, they said, "Mommy, we are not meant to live a life like that, always stressed, always a mother, always tired, always complaining." It was especially the children who claimed another quality of life. So, one day I had enough of everything and I said, "Okay, well, we will do the impossible," and I released for the second time a husband and I did. In the beginning it was not so easy because I was alone with four children. I had no job. I was very, very exhausted because after all these years of frustrations, humiliation -- I have sometimes been beaten. I was really on a very low energy level and the last energy I had, I rent somewhere a house. My friends helped me move out. I painted the house from the top to the bottom. I did everything and then after that I was so into a kind of very, very dark hole. Everything was dark around me. It was like the end of the world. It lasted for a month and then I woke up. One day I said, "No, it's enough." That was the day everything changed in my life. That was a very precise moment and I said -- together with something that happened in the politics, my political party put me aside. The time I was in my black hole, the

time that I was sick, they just replaced me by somebody else and I said, my God, it is not true. I am leaving a husband because he does not respect me. I am repeating this same pattern in another domain in my life, so I really have to do something now because it did not have to do anything with a man anymore, but it was at another level. Then I said this is enough. This is going too far and I stood up. I really stood up. I was alone in my living room. I stood up on the table. I was completely alone and I spoke out loud. I did what I call [unintelligible]. I did a declaration to the universe. I did not pray. I did not ask anything. I did not ask God please help me. No, I made a statement and I said it is enough. Now, I will live the life I deserve and I will decide who will be worthy to step into my life and who will not. So, it was like I placed myself in the center of my life. I went on stage in my own place instead of staying back behind the curtains like I did before. So, I made this kind of declaration out loud in my living room and I said, "No man will ever touch me again who will not be worthy to love me." So, I put myself on the kind of a high level, on a high floor and I said only a man who will be able to love me will have access to my life. I add to that statement I wanted three years to know what it is to love myself -- three years and after that I will look around to see if there will be somebody who will be worthy to be loved by me and who will be worthy to love me. These three years only took three weeks because three weeks later a man came into my life who still is there and who lived up to my expectations.

Bill White: Right.

Ineke Van Lint: It went very, very fast after that and everything went very fast. Certainly, there was a lot of money coming into my life. I was invited several times to travel. The clients came to ask me if I wanted to help them. Everything started to flow, energy came into my life, money, health, wealth, enthusiasm, everything started to flow. It was really amazing. It started at that point when I did that declaration to the universe.

Bill White: All right. If someone wanted to move up in their own life -- I noticed one of the things that you said was that you raised yourself up to a higher level. What would you suggest someone do if they want to raise their own life up to a higher level?

Ineke Van Lint: They have to decide. I often explain this to people with the image of a building. If you compare life to a building, you have first to decide on which floor you are because if you want a relationship or money in your life that is aligned to the, let us say, I am just inventing a number, let us say the 20th floor, but you are behaving like a person who is living at the ground floor or in the cellar, you will not have anything. So, you first have to move up by yourself and to do that you have to make a declaration to the universe. You have to decide what you are worth. You do not need anyone to do that. You have to do this inside your own head. In fact, it is not difficult at all because in the beginning we are created at the image of God, is it not? So, we just have to believe this. That is the only thing what it is about. You just have to believe that "Okay, is it true that I am a divine creature and I have the power like Jesus had to create my life as I want? Well, starting today I will use this power and I have first to decide what my model is." Of course, it is not only the declaration. It is the behavior after that. That means someone has to stop humiliating himself. People have to stop repeating in their head always the same thing. I am zero, I am worth nothing, I am stupid, I am sad, I am ugly. Of course, this program in their head has to stop and has to be replaced by I am good as I am, I am good enough, I am beautiful, I am able to love, I am able to be loved. The program in the head has to be changed.

Bill White: Right, right. Oftentimes, is it not true that people have to make some choices also what to let go in order to step up?

Ineke Van Lint: Yeah, that is the recipe of success. You have to stop what does not work. You have to stop what does not feel good and to know what does not feel good you only have to listen to your body. We have a body especially for that to make us feel things and when something does not feel good, you simply have to stop it. You have to stop what does not work. You have to do what you like and to do what feels good and again it is your body who will tell you what it is. It is like the energy running in the veins. Whatever appeals to you, whatever is appealing to you, everyday again that is the thing you should do.

Bill White: Why do you think people stay stuck in the same ruts when they are in them? What do you think makes people stay?

Ineke Van Lint: I guess it is a lot of fear -- the fear to go outside their comfort zone. They are so used to live in the dark even though now that there is light outside. They are used to it. It is only habit. For me, it is only habit. People are not used to have success. They are not used to feel healthy. They are not used to have money. They are not used to feel loved. It is just a bad habit, a bad programming from their childhood. The fear to step outside it and of course we should not forget that living in the dark and having bad habits is also giving people some existence. People are often times afraid -- when I will be successful? When will I be happy? What will I talk about? What will I do with the rest of my life? People are always running after something, but they are afraid to get it because the day they will have success what will they do? They will not have anything to talk about anymore. They are afraid of that, I guess. They do not want to let go. They are in misery -- the lack of energy, the lack of money, they are so used to it.

Bill White: Right, right, kind of addicted to stress in a sense.

Ineke Van Lint: Yes, that is it.

Bill White: So then now if someone is in a relationship, but they do not necessarily want to be in the relationship, what can they do to improve the quality of their relationships?

Ineke Van Lint: Well, my advice to that is in a relationship each person should first take care of himself and when the relationship is good then the other person will by love support you when you take care of yourself. You have to pursue your mission on earth. You have to take care of the things you have to do in your life and then the other person will help you. He will help you move forward into your life and if you love the other one you will help the other one automatically, but the first priority should be yourself. When there is enough energy and enough love in the relationship automatically the other person will help you get where you want to go.

Bill White: Right. Right.

Ineke Van Lint: That for me is real love. That is a good criterion to know if you are in a good or in a bad relationship when your partner is holding you down. When he is jealous about your greatness or when he is jealous about your success. When he says [unintelligible] stupid things, well in my eyes this is not a good relationship at all.

Bill White: Right. Why do relationships end up being bad? Is there a particular reason that you think causes the problems?

Ineke Van Lint: Yeah, I think the reason is already to fight in the beginning of relationship. Why do people start relationships? Often they start a relationship because they are unable to generate energy by themselves and they are looking for somebody else who will give

them a lot of energy. Energy is attention, it is interest, and in the beginning when we are in love we receive a lot of energy, a huge amount of energy from the other person whose attention is completely directed to me, my lover. In the beginning, he is very much in love with me. He will want to be with me all the time. It is like a pitfall. When I am getting addicted to his energy and when he is getting addicted to my energy, then the day that one of us is starting to go back to his former activities, then this will cause a lot of problems in the relationship because the other person will think he does not love me anymore. He is not kind to me anymore. When we are unable to generate energy by ourselves and we need the energy from the other person, then we will need to control the other person. We will need to possess the other person to be sure that we will have everyday enough energy to go on living. That is where everything goes wrong because another person of course is not an object that we can possess.

Bill White: Right.

Ineke Van Lint: In a relationship we should ask ourselves what can I give to the other one and not what can I get from him. Coming back to the same point -- in a relationship, everyone should first take care of himself and that means be able to generate all his energy, all his activities, all his joy, all his enthusiasm and then -- it is like a vase. When you are so filled up with all your energy, with your own joy, and then you want to spread it around, you want to give it to the other person that is love. You have so much of yourself that you want to give it for free to the other one. That is love. People most of the time they are in a needy relationship. They need the other one for their own energy and that they are very possessive for relationships. That cannot end good. They have no joy. There is a lot of control in this kind of relationships and this always turns out badly because in that kind of system you have to control the other one and where there is control, there is no love. There is a lot of fear and everybody knows fear and love they cannot stay together. It is one or the other.

Bill White: That is profound, is it not?

Ineke Van Lint: Yeah.

Bill White: So, let us talk a little bit about your website Godly Purpose and that is selling your course, right? On discovering your purpose?

Ineke Van Lint: Yes, that is it. I made a course. It is a complete program with 44 exercises to do on paper. It is a complete system to find your purpose in life.

Bill White: All right. Can you give us just a brief preview of what that is all about and just what to expect from it?

Ineke Van Lint: Yeah, a preview about the content of the course you mean?

Bill White: Uh-huh.

Ineke Van Lint: Yeah, the course is about discovering who you really are. First, you will discover in the program who you are not, what are all the roles you are playing day by day to feed your ego or to be someone in the society. You will find out what these roles are. You will find out also what your biggest mistake in your life is. After that, of course, you will find out who you really are. The real truth about you and, therefore, you will find out what talents you have in your life. A lot of talents, of course -- between them you have four key talents, four. These key talents you need to use everyday, everyday, everyday in your life if you want to be happy. You have to

discover these talents to develop them and then to offer them to the other ones around you in order to make this world a better place to live and in order to be happy yourself. These talents of course are directly related to your mission on earth because it is not a coincidence that, for instance, you are talented to be a speaker, I am talented to be a painter, my sister eventually is talented to be a singer. We have our specific talents because we are on earth to do a very specific thing. These talents are related to what we have to do here and of course the thing we have to do is not something difficult, but it is something that is easy because it is something that is natural. In this program I put together you will find out all these things about yourself. You will also find out what it is your type of person, are you a social person or an entrepreneur or a realistic person and so on. You will also find out what the central key is in your life. That means what is the big theme in your life to work on. This is related to your parents. The system is put together like a kind of a puzzle. You gather all the pieces and then at the end you put them together to find your purpose. It is a system. It is met step by step so it is very easy to follow and at the end you will find out your purpose in life and it is not the end of the system. It goes a step further to find out what kind of activities you can implement your mission. What are the concrete activities you can do to offer your talents to the world.

Bill White: All right. That sounds very comprehensive.

Ineke Van Lint: Yeah. I did everything I could. I worked years and years to put this program together and it is not only based on the things I read myself but of course on my own experiences and on the many, many workshops I give on this subject. Almost everyone who is coming to my office to have individual sessions, because that is my main job, it is always the same question. What am I doing here on earth? What am I here for? These people in my individual sessions we are always doing the same program.

Bill White: That is interesting, is it not?

Ineke Van Lint: That is the most fundamental question we have in life, is it not?

Bill White: It is. Yeah. I can think of lots of references to that even going back to -- was it Socrates that said know thy self?

Ineke Van Lint: Yes. Yes.

Bill White: I believe it is Socrates.

Ineke Van Lint: It is there that everything starts. Of course, you have to be educated like thinking about how is one egoistic. It is not good. We should always think first about the others. I have done that for 40 years in my life, always first the others and that was getting me nowhere. That was getting me into the hospital.

Bill White: Right.

Ineke Van Lint: I spent a lot of money to doctors and vitamins and all kinds of pills and nothing helped. Since I found myself, my destination on earth, I never went to a doctor again because my health has never been that good. I do not need anything anymore. You can ask my mother in what kind of state of health I was before. I was the problem kid at home. I have four sisters, but I was the one with problems and she always thought that she will not live long. I always have this very, very big diseases, mortal diseases, but I survived everything and now I can

tell you I am really, really alive. That is why I want to help people so badly because I know the difference between being dead on earth and between being really alive.

Bill White: Right. Right. Now, let us make it real clear where everyone can go to check out your book "What is Your Life's Purpose?" Now, that is godlypurpose.com?

Ineke Van Lint: Yes.

Bill White: Okay. G-O-D-L-Y-P-U-R-P-O-S-E-dot-com.

Ineke Van Lint: Yes, that is it.

Bill White: Okay, great. Do you have anything that you would like to say directly to the listeners that you think is important for them to hear?

Ineke Van Lint: Well, yes. If I had to say just one thing to everybody that would be the following one, you have to follow your guts. You have to do what you feel is good for you and only for you and everything will fall together. Everything will be good for the other ones around you, but you have to first follow what is good for you. What feels good and enthusiasm will come, energy will flow, people will be happy around you because you will be happy. That is one thing and the second one is never give up. Always go on. Of course, first you have to find out what is your mission on earth and once you have that you know what road you have to take in your life and you always, always, always have to stay on that road even if once you are tired or exhausted, no problem. Just take a rest and then you go on, step by step, building up. Always going on towards your goal in life, but the main thing is you have to do what feels good for you.

Bill White: Excellent message. Excellent message. Well, Ineke, it has been a joy speaking with you today.

Ineke Van Lint: Yeah, for me, too.

Bill White: I am certain this is going to go down in the annals of history as a terrific interview and I just know that everyone that hears it will greatly benefit from it. So, thank you so much for spending the time with us.

Ineke Van Lint: Thank you especially, Bill, for inviting me.

Bill White: You are certainly welcome. You are certainly welcome. All right. Well, we will say goodbye and I have to have you on the show again some time soon.

Ineke Van Lint: Okay, thank you very much, Bill. All the best.

Bill White: All right. All the best to you, too. Bye-bye.

Ineke Van Lint: Bye-bye.