



B(Log) E-book

2026

About My (B)Log e-book 2026 Part 1

In clearing and updating my website I have chosen to combine my previously published Blogs since 2014 as E-Books.

The selected title came up because I am writing about topics that are triggering during the week to a kind of logbook.

Everything I have written is about how to connect again with your authentic Self, and from there living your life and on this earth in a positively realistic way.

Enjoy living Your life!

Catharina

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Blog

Highly Gifted, highly sensitive & clairsentience!

However, ... you have to integrate these innate gifts into your life to be able to live and work with them in a way that they are valuable for you and others.

These gifts can also make you lonely because sometimes or maybe you might be misunderstood and / or not accepted by your responses and / or seeing through situations and people.

People who don't have these gifts can't be convinced of you having these or your lifestyle because they live on a different wavelength.

It may be that circumstances have blocked these gifts temporarily, sometimes years, or even completely but at a certain point it'll be triggered by next to multiple causes by your inner loneliness.

The premise is that you have gotten these gifts not only a dynamic and meaningful life for yourself but also to be a valuable person to others in whatever form. Building a bridge of understanding between you and other people who don't have these gifts is breaking through your own loneliness.

Sharing your gifts with those who appreciate gives you even more energy.

*An innate gift can never be given away but always
be shared!*

Blog

Karma: Executioner or teacher?

Karma: You believe in it or not.

Personally, I have never been any further than a near-death experience so I can't prove what it is going on in the afterlife.

By my own experiences with flashbacks of reincarnations in different parts of the world and things that I know or recognize without any basis in this life, I can't deny that I've already had several lives.

My view is that Karma does not mean to make you miserable in this life because of past lives, filled with guilt about things you did not even know you've done. Karma means that you experience events in this life to learn there is another way to deal with those.

If people are treating you badly then you have your responsibility to where it is possible, without endangering your own life, to confront them so they can never say they didn't know what they were doing.

You give them the opportunity to take their own responsibility whether they do or not.

After that, however difficult that often may be, you must let go and take responsibility for your life.

When someone must learn their lessons in life you don't know, don't wait for it because that might be in another life.

Several years ago, I worked for a time in a nursing home and watched some families continuously wailing at the deathbed of a parent.

Their hope was that that person would show repentance, which usually, despite sometimes terrible agony, did not happen.

A Buddhist teacher told me once:

"Another takes on Karma so you can solve your Karma!"

Blog

Generations

What generation to generation is passed on can be positive but unfortunately also be negative.

Abuse in any form during youth without adequate help may make a person, as an adult and as a parent, act in the same way towards her/his partner and/or children.

It may be that both parents in their youth have experienced various forms of abuse with serious consequences for their children.

Many times, it is seen that the choice for a partner is that they, often in a different way, are abused again.

As an example:

"He's mean to me, but he doesn't beat me."

Fortunately, there are plenty of examples of children who later in life develop into adults who treat their children well because they have accepted and processed how much they have suffered in their youth.

With addictions it is still not proven whether this is genetically determined, or that the addict behavior is taken over from the addicted parent(s).

If one or both parents are addicted, then it is important for their children to stay away from any kind of addiction.

As an example, it may be the case that there is no alcohol abuse but an eating disorder.

Also, the choice for an addicted partner and trying to heal this person.

In this way, someone is trying to conquer the powerlessness experienced in childhood where the parents could not be helped and/or didn't want to be helped.

This usually turns out to be a failure.

I often tell people:

"You had to be born, or you hadn't been here.

Whether you had a loving youth or a nasty violent one, you have to move on.

Still blaming your parents and the family is living your life with a life sentence.

When you are willing to take responsibility for your own life then this creates a life of freedom and a break of which generations passed."

Taking your responsibility is living your life in freedom!

Blog

Deactivate your inner saboteur!

Through events that had a significant impact on you in recent years you may have developed an inner saboteur that you have given free rein. This may disrupt your life in such a way that not you, but your inner saboteur is determining your life.

An inner saboteur is like a bad friend.

You've let yourself drag into a deviant behavior like too much / too little food or junk food, drinking, drugs, hoarding, gaming, spending more money than you have, mistreating people, etc..

Your authentic Self seems to have gotten light years away from you.

You are already aware by your environment that it doesn't go well but the inner saboteur wins by whispering to you that all the 'good' boring opinions are coming from people who do not understand you anyway.

The result is that you end up on an "island" with your inner saboteur.

You are emotionally, physically, spiritually, financially and socially bankrupt.

... and still that inner saboteur is trying:

"I can't help it because I've been through so much in my youth."

"I have tried my best but had so much bad luck in my life."

There are no reasons at all to disrupt your life that you are still trying to defend.

But then the Universe intervenes in whatever way, and you will have to deal with your inner saboteur to be able to make something of your life.

Reviling your inner saboteur or saying "I wasn't me" will not help you because you have created it and it is up to you to deactivate it.

*The only way to deactivate your inner saboteur is
by thanking it for the time it was in your life!*

Blog

"From a burn-out rising like a Phoenix?"

A burnout may take a long time when someone thinks "I don't throw old shoes away before I have new ones " or "I have burnt my boats but still want to warm myself at the ashes".

In this case, the "personal database" is cleared but the back-up file is the old one. The Phoenix symbolizes the burning of the old to rise renewed and with new strength from the ashes for a new beginning in life.

The "personal database" is completely cleared and in the back-up, file is the profit from the experience.

There are many stories about people who changed their lives. Perhaps you've done or are doing this yourself and is it recognizable that you suddenly could not or cannot function anymore in your old way.

A new beginning ... but then an unexpected situation may occur which might trigger old behavior.

Not to relapse into old behavior can give an inner struggle.

This struggle is much more severe with people who have vilified their old way of life, family, work and contacts.

Disillusioned someone wants to go back, sometimes more than once, to the old neighborhood and the old way of life where in the meantime no one waits on them anymore or is reacting negatively.

There is a chance for a next and heavier burnout but also on the insight that this was necessary to let go of the past.

A strong awareness of "I will never go back, because there is nothing left for me anymore" shows you that you're risen like a Phoenix.

In the beginning, you are vulnerable, there will be disappointments, sometimes you'll stand alone, but the realization that the old way of living is gone, gives you the energy to find and maintain your new balance.

Rise like a Phoenix & Live!

Blog

Identity theft doesn't only happen in the movie ...!

Identity theft does not only happen in movies but is less frequent by outsiders than by what you can do or have done to your Self.
A reality that has more to do with intangible than material things.

How much did you "steal" your Self in your life to please other people whether in your relationship, your children, your family, your work, or your environment?

Either way you have built a life in which you have stolen a part of your Self by behaving dependent and /or co-dependent in situations.

You diminish your Self to get something you will never receive.

This led to compensatory behavior to "comfort" your Self with material things as a career, a beautiful house, great car, great holidays which must always be surpassed because this "happiness" is never permanent.
Compensatory behavior also opens the door to addictions such as eating, alcohol and drugs.

In all areas of your life, you need your Self because that's where your energy and your calling in this life is waiting for you.
Your calling in your life is never to lose your Self in any way but use all your abilities for a meaningful and happy life.

*(Re) Discover your authentic Self or your DD
and protect it with your way of living!*

Blog

If you seem to be the biggest obstacle in your life....!

Is it your desire to:

- Stay in an unhappy relationship?
- Pay everyone's attention and neglect yourself?
- Live in a neglected packed house where there is hardly any space left to live?
- Stay addicted?
- See yourself as so special that you have no right to love, happiness and success?

In the past, positive sayings and deeds by others may have made you stronger but the negative may have caused severe damage and have made you less than who you are.

Events may have (had) a huge impact on your life, but it is your choice to learn to live with them.

This does not mean they won't cause pain anymore but that they are no longer disrupting your life.

Meet your inner saboteur!

If you are experiencing in the present, that something inside you seems to be stronger than you because every time it's going well in your life you must punish yourself then you have met your inner saboteur.

This inner saboteur was created from a survival strategy.

What is said and done to you was so painful that the only way of coping was by believing that you didn't deserve better and so all the negative energy came inside you.

You can know what happened but if you don't get rid of this energy, there are several ways to accomplish this, you stay stuck.

Love your Self so much that your inner saboteur gets deactivated!

Blog

Are you really addicted? A checklist!

In recent years there are more addiction problems than ever, in particular the "silent" addictions are increasing to food (sugar) and / or alcohol. This manifests itself in "binging", meaning times without excesses but when it happens it is completely out of control.

Checklist for food addiction:

- Do you always eat what you want, or do you tend to eat too much?
- Do you always need to have control over your food because otherwise you become anxious?
- Do you weigh what you want, and can you keep that weight in a healthy way?
- Do you have enough energy every day and sufficient sleep every night?

Checklist for alcohol addiction:

- Are you drinking what you want or gets it regularly/always out of control?
- Can you go at times without alcohol but if you start drinking it gets completely out of control?
- Are your hangovers becoming progressively worse?
- At this moment ... are you living or surviving?

Do you want to keep on dreaming about the life you really want to live or do you want to belong to the people who conquered their addiction and now are saying:

*"I'm so happy that I conquered my addiction ...
Now, I'm in control!"*

Blog

From Junk Food to Soul Food!

Addiction to sugar / carbohydrate and / or alcohol is becoming more well known and also named as binge eating and / or binge drinking. When suffering from these addictions life has changed into surviving by being constantly taking care of having enough food and / or alcohol.

Recovering from an addiction is a process. The metabolism is damaged and must be repaired. Too often is underestimated that not only alcohol does physical and psychological damage but frequently using far too much sugar / carbohydrates and overeating can also bring severe damage to the metabolism. In the recovery process it is important, in addition to any genetic component, what triggered someone to choose conscious or subconscious for the addiction instead of living in the real world.

You either have or don't have an addiction so you have to live your life in such a way that an addiction has nothing to offer you anymore. An addiction urges someone to reconnect with your Self and to your calling, your purpose on earth, otherwise you pay with (the quality of) your life.

People with addiction problems are often highly sensitive. However, binge eating and / or drinking trigger a negative behavior of self-pity, bitterness and powerlessness which are disappearing once the addiction is deactivated on the road of recovery.

The spiritual process is necessary to see what the impact of the addiction (s) has / have been in your life! The first feeling of emptiness transforms into a space that you can fill with what you feel is important in your life.

Another binge or a new beginning is the difference between surviving or living!

*The choice not to be lonely & unhappy is always
made by the authentic Self!*

Blog

"A Soul food recipe!"

Denying your Self, your Soul and seeking compensation by feeding your bruised and frightened ego ... for people suffering from an addiction it's recognizable. The world of a person addicted to food, alcohol and drugs is for non-addicted people inconceivable that someone can do it themselves.

A carbohydrate addiction or sugar addiction is, like alcohol and drug use resulting in resulting in someone loses her/his grounding and becoming hypo- or hyper-sensitive for themselves and to the world.

There are "silent" addicted people who don't stand up enough for themselves but once alone trying to compensate their lack of boundaries with food, alcohol and / or drugs.

Others are acting out under the influence which as another form of a victim's behavior.

For a time alcohol, drugs and / or food can be as a kind of self-medication to diminish the peaks of the pain and / or to reduce anxiety after a trauma.

Ultimately, this practice is going over to substance for people who are sensitive to become addicted.

Living a life that really doesn't fit someone and / or drop a mega performance despite seriously addicted always takes its toll and can detract from what someone has achieved in his / her life.

Coming back to themselves, reality life and the people around them is earth, and people is asking for a choice between:

How and when someone chooses to stop is beyond reason.

Intervention, the worst withdrawals, AA and / or NA, all of these didn't help.

Often it was a Divine Intervention or a spiritual intervention to meet the turning point to reality and thereby getting the right help.

You need to educate your bruised & anxious ego into a serving counselor by:

Starving your ego & feeding your Soul!