

# Our Cosmic Mother Healing the Planet

## PILGRIMAGES

(Healing yourself, Healing each other, Healing the world)

### History

It started with **Fasting-Meditation Peace Walks**.

They are "golden oldies" and were held from 1981-1985 in the Netherlands, in which 60 to 100 people walked for five days, 25-30 km a day while meditating and fasting. The nostalgic pictures in my website originate from that time. **The aim was to bring people of all backgrounds together, celebrating Unity in Diversity** and to develop initiatives for a New World. We not only invited individuals, but also members of organizations: health, environment, religious, spiritual, political and cultural.

The second project was: **City Circles**.

At that time I wrote the following. Why walking in/around cities? Our future depends on the decisions made in the (big) cities. Hence, both our concern and support goes to the people living and working there. **Walking around cities – far enough to enjoy nature - symbolizes laying a healing aura around the city** compared to the walking around a Buddha statue (like Jodo-Shinshu is doing) or the "walls of Jericho", however, this time with the aim of transforming people's minds and actions, rather than having aggressive intentions (like in the bible). This combination of awareness, silence, concern and commitment is very powerful.



SermeS as "Green Monk"  
walking the City Circle

The aim of the walks is to connect "inner and outer". Where the emphasis will be depends entirely on the people participating. **Some individuals will be very silent/meditative, others more active**. In the latter case, the walk could even become some kind of a "siege", in which the participants are demanding a change of politics, ecological regeneration, initiating **self-help health care, e.g. community democracy, or/and world peace**.

Third "project" was: **Peace Pilgrim**.

At that time I was very much inspired by a woman saint from America: Mildred Norman (1908-1981). She dedicated her whole life to inner and outer peace through walking uninterruptedly as "Peace Pilgrim", sharing her message of peace to anyone who wanted to listen to her. This way she walked 28 years and over 25.000 miles. She did not have a home, nor did she possess any money. She had only shelter for the night when it was offered to her, the same with food. She was an example of spiritual realization, radiating inner peace to all. According to her this was the only way to bring peace to others, including peace of organizations, countries and the world. In 1938 she experienced oneness with God:

*"I felt a complete willingness, without any reservations, to give my life - to dedicate my life - to service. "If you can use me for anything, please use me!" I prayed to God. "Here I am-take all of me; use me as you will. I withhold nothing." Then a great peace came over me. I experienced a complete willingness without reservations whatsoever, to give my life to something beyond my self".*

## **The years after were characterized by the struggle between ego and True Self:**

*“The body, mind and emotions are instruments which can be used by either the self-centered nature or the God-centered nature. The self-centered nature uses these instruments yet it is never fully able to control them, so there is a constant struggle. They can only be fully controlled by the God-centered nature. When the God-centered nature takes over, you have found inner peace”.*

### **Culminating into:**

*“I was out walking in the early morning. All of a sudden I felt very uplifted, more uplifted than I had ever been. I remember I knew timelessness and spacelessness and lightness. I did not seem to be walking on the earth...but...every flower, every bush, every tree, seemed to wear a halo. There was a light emanation around everything and flecks of gold fell like slanted rain through the air...The most important part was not the phenomena: the important part of it was the realization of the oneness of all creation...”.*

### **Her concerns:**

*“The world situation is grave. Humanity, with fearful, faltering steps, walks a knife-edge between abysmal chaos and a new renaissance, while strong forces push toward chaos. Yet there is hope. I see hope in the tireless work for peace of a few devoted souls. I see hope in the real desire for peace in the heart of humanity, even though the human family gropes toward peace blindly, not knowing the way...I think that those of us who have found the way to peace, should be shouting it from the housetops”.*

### **Her legacy:**

*“We must walk according to the highest light we have, encountering lovingly those who are out of harmony, and trying to inspire them to a better way. Whenever you bring harmony into any unpeaceful situation, you contribute to the cause of peace. When you do something for world peace, peace among groups, peace among individuals, or your own inner peace, you improve the total peace picture. No action is fruitless”.*

## **The fourth project was: Camino de Santiago.**

We had our next experience in guiding pilgrims when in 2004 we helped participants of the Santiago pilgrimage route with their pain complaints. For five months, we were kindly allowed to use the local Red Cross location in Estella, Spain, free of charge. Chinese Guasha is perfect against all sorts of pain (knee, hip, back, neck and shoulder). The pilgrims were similarly very enthusiastic. I gave lectures on the Cosmic Mother for those interested. All in all, this was one of the most joyous experiences of our lives. The spirit of the pilgrim route made that possible. In addition, the medieval atmosphere in our Pilgrim Care centre was an added bonus. Everything took place in one room: waiting room, treatment and lectures. The whole thing was totally informal and accessible to anyone who wanted to step inside. Soon we were well-known and we were interviewed for the local newspaper. In the end, the locals didn't want us to leave. It was one of the most enjoyable times, ever. Treating pilgrims with their pain problems was very fulfilling, indeed. Hundreds and hundreds passed by our "clinic". We had an open door house, everybody could come in for treatment, the others waited, chatted..... Obviously, our work was for free. It created such a goodwill among the locals. Soon the latter also appeared, this time with all kinds of disorders.....The "Diario de Navarra" wrote an extensive article about our PilgrimCare.



PilgrimCare 2004, Estella, Spain

## **Nowadays**

### **European Green Man & Wise Woman Pilgrim Network**

We are infinitely proud to be descendants of these two miraculous survivors: the Green Man and the Wise Woman. While the dominant culture is languishing miserably, we have risen as a phoenix from the ashes. We have emerged from the shadows and take our rightful place in history. Our foundations are solid. From the Cosmic Mother to Her Daughters, the Goddess in every woman, from the Divine Light Her Son, who is All-

Present, to the Green Men and Wise Women who embody this Immanence. As objects of art they can be admired anywhere in Western Europe, thus forming a new network for the revival of European culture. Our Tradition is the continuation of the original integrated Western spirituality and is more than ten thousand years old. So we have a rich history and mythology. In addition, we have developed a very effective meditation ("The Universal Way"), which is accessible to everyone. We have redefined the relationship between woman and man and have made far-reaching proposals for the renewal of the culture.

The following question was asked: "If Green Men and Wise Women are Divine in the Depth of their Being, why is it that they don't permanently radiate it? How can Green Men who often don't look that inviting be Divine?"\* Answer: they embody the whole life. In contrast to the patriarchal, absolute deities those who are portrayed only as idealized forms - Buddha, Jesus, Mary - Green Men and Wise Women represent life as it is. And this life is constantly moving from lower to higher levels and vice versa. That is from the ego to Enlightenment and back. It is like a flower that opens herself in the morning, while closing in the evening. Or: in the Center there is Infinite Absolute Peace, while at the surface there are always trials and tribulations. Be honest. Even if you once had a spiritual experience of unity, the effects are not permanent. Oh, yes, something of the Infinite is always in the background, but in the fore - like said before - "normal" life goes on. Perfection is only within, the outside will never be that way (completely). Hence, our ongoing task on the spiritual path is integration of the mundane into the spiritual, of the ego into the New Self. The Green Man embraces both dimensions simultaneously - there is suffering, anger, fear, love, beauty, joy and.....deep down Perfection.....and is therefore much more realistic e.g. honest in comparison to our former ideals. Green Men and Wise Women live life as it is ... consciously, fully and with passion

\* One should also not forget, that the Church purposely portrayed many Green Men in a ugly etc. way, as warning...

## To become a Pilgrim From "The Way of A Pilgrim" (Russian Orthodox)

*"First, an awareness, clear or confused, of the horror into which is plunged the man who is "outside God", walled up in the deadly isolation of his ego. As Theophan the Recluse teaches: "a self-centred man is like a thin shaving of wood curling up around the void of his inner nothingness, cut off alike from the cosmos and the Creator of all things". Secondly there must be the belief that life is found in God alone, and thirdly there must be the will for conversion".*

**Metropolitan Anthony Sourozh**

Many traditions share the same principle with regard to the spiritual quest. It consists of "withdrawal, reaching the Other Shore and return". One should feel the inadequacy of the ego deep within one's soul. Even better is to suffer from it, recognizing that on the ego-plane no fulfilment will occur, ever. That should lead to a longing for the Infinite. Or, deep within one feels the Infinite drawing you in, calling you to become reborn. This attraction from the Deep should become so strong that one has no choice but to depart from an ego-dominated life. It is the beginning of the Journey of the Pilgrim. One knows what one has left behind without knowing to where the Way leads. It is a step into the Unknown. This is crucial. It is filled with expectation and fear at the same time. Knowing where the Path is leading is a projection of the ego, though. You move in a vicious circle. In that case you better break the process off and wait for a new moment. The way to the Other Shore is characterized with longing for unity with the Ultimate. This can be supported by body awareness, ongoing mindfulness, the repetition of a mantra and personal devotional prayer. To give up your ego is best practised before going to sleep. The emphasis lies on conscious "giving it back" to the Darkness. The Darkness is the manifestation of the Cosmic Womb, the Origin of "death and rebirth". Through Her Grace your True Self is born. It is your True Identity, characterized by inner clarity, insight, joy, lightness of Being, a carefree life, inner strength and balance and compassion. You realize to be part of the Whole, nay, the Whole itself. From that moment on you have found your purpose of life: to live in harmony with "Heaven, Earth and the (New) Community".

Our Pilgrimages serve this process of renewal. Its main aim is to support "Mother's" effort to give birth to as many hopefuls as possible, the ones who will cooperate with Her to Healing the Planet, everyone in his or her own way. The Pilgrimages are not meant as a wellness-tour. Every participant should at least feel the urge of dropping the ego. Our "Leitmotiv" is "healing yourself, healing each other and healing the world". A full-hearted commitment to these principles is a *conditio sine qua non*. Only then the best in you will be mobilized. This has immediate consequences for the kind of organization. It largely relies on self-organization, improvisation, mutual cooperation, facing challenges and perseverance. The liability is entirely yours. This is possible because "outdoor and indoor" are intimately connected. Everything in the outer world has a feedback with your conscious Self. Everything contributes to your inner growth. This implies that in order to have the full benefit one should have gained some insight in one's soul e.g. some experience with integrating unresolved inner problems. No one should charge one's fellow-pilgrim with one's own problems in life. Once these conditions are met the door will be open to one of the most fulfilling spiritual adventures.

There is a constant remembering of the sacredness of our mission. Its first manifestation is walking with body- and nature awareness. While walking we feel our feet touching the Earth, our breathing-in and out, our backs in contact with our clothes, simultaneously including our surroundings into our (extended) inner Space. Through

fasting (fruits, vegetables) our inner clarity, the lightness of Being, sensitivity and compassion will be stimulated, giving your walking an “angel-like” aura. (In our Fasting-Meditation Peace Walks many told about their experience of “dancing their steps”). During the walks many breaks are inserted, not only for drinking, but also for teaching, exchanging and our “Heaven & Earth Exercises (Tiendi Qigong, Sanctifying Nature). The details are elaborated in chapter .....To boost your energy e.g. pain relief Chinese Guasha (“Stone Age Therapy for Modern (Wo)Man”) (chapter 40) is available to all. To be shining examples our inner peace should become visible to the outside world. As proof of our sincerity (and courage) we “make a difference” through openly reject the ego-world of today. One way to do this is to return to the power, the simplicity, the passion of medieval pilgrims. Dedicated participation is the key word. Its outer manifestation is a poncho, which our pilgrims use as a overcoat. Moreover, to give our walking direct Divine inspiration our banner (Shrine) of the Cosmic Mother will be carried along the route. Its inspiration comes from the “Wandering Madonna’s” of the Alps (Switzerland) where a Madonna is taken in procession from one village to the other. In the evenings time is spent on Cosmic Healing, its principles and practice. PS. Our Pilgrimages are alternating between regular Training of Green Men & Wise Women.

*Our Pilgrimages are held in particular along Sacred Sites  
and Pilgrimage Routes around the World*

## The Hermitage

A very modest house near the river (“Kromme Rijn”) and a forest estate (near Utrecht), part of an ancient Roman settlement. A small statue of Cybele was excavated here and within 100 meters there is an altar stone dedicated to the Celtic/Roman Goddess of Truth. This is the place where the SermeS during many years received/wrote his Sacred Book. Today he and his wife still live in the Hermitage, recently enriched with a tiny Zen-Garden. It serves as place of coordination, teaching and healing. SermeS’ mission is to live his life in unity with the Cosmos, selflessly sharing his treasures with others. Because of limited space only individuals and small groups (up to 8 persons) may come for “Cosmic Guidance”. One may think of 1. Religious, political and economic leaders 2. Spiritual searchers, in particular also those who want to commit themselves 3. All who are seeking Wholeness and cure 4. Mothers who want to establish a “Cosmic Mother Healing Shrine 5. Those who are interested in Origin, the Sacred Book 6. Those who want to join a “Healing Community” 7. Youth searching a new perspective in life 8. Potential candidates for the Pilgrimages and/or Training as Green Men & Wise Women 9. The media for extensive reports and films (no interviews, no participation in forums or talk shows).

# COSMIC SANCTUARY

**International Pilgrim Site  
Our Future World Headquarters**

(healing yourself, healing each other, healing the world)



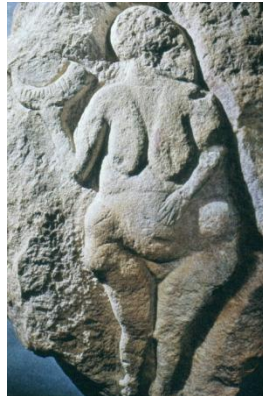
Cosmic Mother Healing Shrine

## HISTORY

It all started in 1972, when Han Marie Stiekema, a medical doctor, decided to specialize in natural medicine. His pioneering work laid the foundation for current integral medical science. He was director of the Institute for Cleansing Therapy (Instituut voor Reinigingstherapie) where he trained dozens of students. Years later he gave classes all over the world as visiting teacher. This led to a renewed definition of health. Man as unity: spiritually, psychologically and physically, in harmony with the cosmos, the earth and society. His insights can be found on

his website ([www.vitalworld.org](http://www.vitalworld.org)), the integral medicine handbook (Flow System Therapy) and the popular book, 'Flow system & optimal vitality' (Stroomsysteem & Optimale Vitaliteit). Another recent initiative is the free Personal Health Plan in 10 Steps. Brochures about the post-antibiotics era, or how we can strengthen the immune system during the flu or infectious diseases, are freely available to everyone.

MeiMei Yu came to the Netherlands in 1991 and obtained an MSc in sociology specializing in regional development. In China she had already completed a course in traditional Chinese medicine. In 1997, she introduced the unique Chinese Guasha therapy according to Prof X. Zhang, and started individual treatments, training courses and education. She is known all over the country and has trained over a thousand students. She was recently honoured with a place in the book 'Krachtige Karakters' (Compelling Characters) as one of the 16 most successful Sino-Dutch women. Han and MeiMei were married in Bloemendaal, NL in 1992.



Prehistoric Mother-Goddess, Laussel, France

## FURTHER DEVELOPMENTS

By a fortunate coincidence of inner factors, Han Marie was lucky enough to spontaneously broaden his horizons. And so it happened that he added psychotherapy and spirituality to his Heal Humanity practice. In 1981 he founded the Living Zen school. His fasting-meditation circles enjoyed wide renown. Connection with the earth also played a major role and he owned a large plot of land (in Ruinen, Drenthe province) where organic crops were grown. Years later, Earth Care was founded, one of the first environmental initiatives in the Netherlands, which focused on a change in lifestyle.



Black Isis with Horus, Egypt

## RELEVANCE

His foresight paid off, because people's health had meanwhile visibly deteriorated. This manifested itself in all sorts of complaints and problems at all levels – spiritually, psychologically and physically. His inner development and outside necessity came together in a miraculous way. At the physical level, the consequences of the food chain and an unhealthy lifestyle wreak havoc, which include toxics accumulating in the body, manifesting themselves as allergies, intolerance, fatigue, weakness of the immune system, pain syndrome, rheumatic disorders and much more. At the psychological level, the chain of work and relationship pressures, stress, depression, fatigue and burn-out is already infamous. So many employees are currently being lost to sickness absence that the production process is in danger. And finally, it has become clearer that in essence our present problems lie on a spiritual level. It is the ego, inflating uninhibitedly, which causes the exponential increase of

egotism, loneliness, meaninglessness, existential fear, public chaos and destruction of nature. The world is currently in a state of permanent crisis never before witnessed.



Black Madonna of Montserrat, Spain/garden altar

### HEALING the PLANET

The immense complication is that the ego cannot heal itself. Every attempt – no matter how well-intended – comes anew from the ego itself, which only serves to reaffirm it. Initial steps on the path of meditation, however, are possible. Something can only be healed by something that is larger. This leads us – after Nietzsche had declared the Christian God to be dead (and large sections of society have now become addicted to the virtual world as their new god) – to the situation in which, without the help of Transcendence, the survival of humanity is increasingly doubtful. The 2000 years of patriarchal religion have not been able to defeat the ego. The current spirituality is hopelessly commercialized. From where can we expect salvation now?

The new insight is that the ego – our core problem – can only be kept in check by the Absolute Nothingness. All the rest is unworkable, because time and again the ego will identify with something else. All the ‘something’ – even God – is therefore unsuitable. Only when confronted with Nothingness, does the ego fall silent. Buddhism recognized this and spoke of the ‘Void beyond the void’. Because no one experienced this for themselves, this valuable principle was lost. (By nothingness I do not mean the Enlightenment but the dimension behind that. Enlightenment allows you to identify with yourself again and is therefore not suitable as the solution to our problem)...

We must therefore take a step that is totally new and fundamental to us. And one we cannot come up with ourselves. There is only one possibility: intervention of the Cosmic-self. Today, it is becoming increasingly clear that ‘God’ is not the Ultimate. This results in ever more people rejecting everything having to do with the church. Many become atheists. They believe that there is nothing. An amusing play on words. Because the latest insight – from spiritual experience and science – is that the universe came into existence from Nothing, a Cosmic Vacuum. Not God, but Absolute Nothingness is the Ultimate. It is the new dimension ‘behind’ God. This is how it is in practice: when we give up our ego and surrender to Nothingness, then at that same moment the True Self is born, the one we truly are. From that moment on, we are no longer ruled by our thoughts, emotions and desires. It is the dimension of inner freedom. The ego has changed from tyrant into servant. Surprisingly, this was already well known in antiquity. The Vacuum was called Cosmic Womb. Everything, including God and the universe, is created from the Dark Bottomlessness of the Cosmos and returns into it. Light from the dark, we sometimes say. The Hellenistic Mysteries were built on this principle. There, the initiate entered the Cosmic Womb (Isis, Demeter) to be reborn by surrendering the ego. In the same way, Nothingness is created from the eternal light/the divine. ‘God’ is therefore not the ‘father’, but the ‘son’ (of the Mother!) Another surprise: the manifestation of the original mother-goddess has survived in the West as the Black Madonna.



Black Madonna of Einsiedeln, Switzerland

## EUROPE

As chance would have it, the archetypal Mother appeared, particularly in Europe, very early on, in the Paleolithic period. People then were not backward, but lived uninterrupted in the Great Consciousness. They had direct insight into the cosmos. The unique Chinese Guasha therapy also originates from that era, which is why we call it 'stone age therapy for modern man'. I am speaking of 40,000 to 10,000 years BC! Many years later the goddess Europe gave her name to our continent. Various countries and provinces have taken the Mother as patron (Russia, Spain, Switzerland, Bavaria, Drenthe). She manifests herself as Black Madonna. She is not derived from Mary of Catholicism, but directly embodies the original mother. That is why she is black! In her bottomless emptiness everything is created while at the same moment, everything returns into Her. This dynamic aspect was later delegated to men, referred to as the vegetal gods: Tammuz, Osiris, Attis, Baal, Dionysus ('green men'). The later figure of Jesus belongs to this same tradition of dying and resurrecting gods. The vegetal gods were tasked with protecting and improving the harvest and by extension, the welfare of society. They lived in synchrony with the seasons. They died, symbolically, in the autumn and were resurrected in the spring, at Easter. As was noted earlier, the emphasis in the Hellenistic Mysteries shifted to the dying of the ego and the new rebirth as True Self. This is so fundamental that J.W. von Goethe spoke of 'die and become'. It later became current again by the discovery of 'green men' (Lady Raglan, 1938 in the UK) and the 'wise women'. The global crisis has now made this urgent. It is reflected in the recent foundation of the European Green Man & Wise Woman Pilgrims Network.



Madonna of Rocamadour, France/house altar

## SPIRITUALITY & SCIENCE (COSMOLOGY)

All this leads to new insights into the structure and dynamics of the cosmos. By great fortune, science (cosmology) comes to our aid. It is now an accepted fact that the entire universe was created from the cosmic Nothingness (S. Hawking, et al). Firstly, the Higgs field (also known as Scalar field) is created from the Vacuum, consisting of virtual waves, followed by various stages of 'materialisation', WHILE AT THAT SAME MOMENT RETURNING into it. The total energy of the universe is therefore nil. Explanation: the birth and expansion of energy and the return (of the Dark Matter by gravity) into the womb (creation and destruction) are equal, opposing cosmic forces. The dynamic balance between these two keep the universe intact. While the Vacuum is invisible, black holes offer us an impression of the underlying process.



“Black Hole”

## MOTHER HEALING

**Our lives are therefore controlled by the two Cosmic Forces, “Creation and Destruction”.** We can observe this all around us, in nature, in our own lives and even in the rise and fall of civilisations. Because we are still only at the beginning of understanding this new situation, there are not yet many practical applications. I would like to propose one here. It will hopefully be clear that in a situation in which the majority of disorders and diseases occur from accumulation (too much food, too much stress, too much fear, too much loneliness, too many toxins, too much radiation), we would benefit from therapies that break down the excess. Therapeutic fasting is *the* example. It has been known since the dawn of (wo)man. The ego is spider in the web through which we destroy ourselves. How many complaints can be coupled to identification with the ego? Example: when the ego disappears, existential fear also disappears. With the disappearance of fear, so do worries, depression and burn-outs. Does this connection also exist in diseases? We already have sufficient insight to answer this question with ‘yes’. Logic brings us to diseases such as cancer. That ‘thoughts’ can cure cancer may be true in some rare cases. But in general it will prove to be a delusion. Their energetic level is lower than that of DNA. In contrast, Absolute Nothingness as Ultimate Dimension, continuously breaking down the entire universe while creating it anew – not once, but over and over – is the only realistic hope. It should be able to heal even DNA. This is called MOTHER HEALING. By surrendering to the foundation of Bottomless Cosmic Nothingness, symbolised by the Black Madonna, it offers a promise of healing at all levels. It is the central issue of our pilgrimages



Green Man, Amsterdam

*Heart of the Pilgrim Site is the “Cosmic Mother Healing Shrine”. It consists of the Cosmic Mother Mandala together with Her manifestation: the Black Madonna. She invites you to give up your ego. Her two “branches” are the Transformatorium, where you receive Cosmic Guidance and the Regeneratorium with its emphasis on Healing. All other activities arise from here.*

**Ego – our core problem – can only be kept in check** by Something that is Bigger. “A problem can never be solved by the level from which it originated” (A.Einstein). Parts can only be healed by the Whole. The problem is that the ego is very cunning. It finds always ways to survive. It does so by identification with inner and/or outer objects. It even uses God as a doormat to push its narcissistic goals through. The ego abused the Sacred, blocking a happy future for (wo)mankind for 2000 years. Nowadays it is about to destroy the entire Earth. Conclusion is that only “Something” beyond God can curb the ego. This Dimension is Absolute Nothingness. In its Emptiness there isn’t any possibility left for the ego to identify itself with. Only when confronted with Nothingness, does the ego fall silent. Buddhism recognised this and spoke of the ‘Void beyond the Void’. Because no one experienced this for themselves – even the Buddha hoped to “realize” it (“Nirvana”) after his physical death - this valuable principle was lost\*. Absolute Nothingness is the greatest taboo in Western society. It is equalled with death. In Reality it is the Bottomless Abyss of Regeneration of the entire Cosmos. Example from daily life: our happiest moments are those in which we (the ego) are no more there. Giving up it we enjoy the one we truly Are. “While sitting on a dune everything dropped off and the world was entirely renewed”. “I forgot myself completely and was happier than ever before”. In Cosmic Spirituality giving up the ego is equal to the birth of your True Self.



**We must therefore take a step that is totally new and fundamental to us.** One we cannot come up with ourselves. There is only one possibility: intervention of the Cosmos-itSelf.

\*By Nothingness I do not mean Enlightenment (also called "Emptiness") but the dimension beyond it. Enlightenment still allows you to identify with itself and is therefore not suitable as the solution to our problem...

**All this leads to new insights into the structure and dynamics of the Cosmos.** By great fortune, science (cosmology) comes to our aid. It is now an accepted fact that the entire universe was created from the Cosmic Nothingness (S. Hawking, et al). Firstly, the Higgs field (also known as Scalar field) is created from the Vacuum, consisting of virtual waves, followed by various stages of 'materialisation', WHILE AT THAT SAME MOMENT RETURNING into it. The total energy of the universe is therefore nil. Explanation: the birth and expansion of energy and the return (of the Dark Matter by gravity) into the Womb ("creation and destruction") are equal, opposing Cosmic Forces. The dynamic balance between these two keeps the universe going, also called Mother's "Web of Life". While the Vacuum itself is invisible, Black Holes – which are the manifestations of the underlying Bottomlessness - offer us an impression of the underlying process.

## Education

**I look back on a very rich life. Now I would like to share these riches** with anyone interested or in need of them. The most important is guiding people on their Way back to the Origin to be regenerated, renewed and healed. With regard to the latter, I am only the guide. The healing "work" is "done" by the Cosmic Mother! It starts with establishing a relationship with Her, through Cosmic insight, trust, contemplation and surrender. Once resonance is established the pilgrim has found his/her Cosmic Destination: a life characterized by wisdom, joy, peace, security, inner balance, strength and compassion, culminating in becoming One with the Cosmos, once again. Our ultimate aim is "Cosmic Mother Healing the Planet" through three steps: "Healing yourself, Healing each other, Healing the world. In these most critical of times, where everything is disintegrating the dedication of committed people is direly needed. The future of the planet is at stake. What MeiMei and I do is taking the initiative by offering additional and supporting activities:

*There is no other place to be found in all the world where healing is so expressly based on cosmic experience as well as on scientific understanding.*

### Practicalities:

"The gate to True Life is opened through surrendering the ego".

**J.W. von Goethe**

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To assist e.g. guide you in returning to the Origin in order to be reborn as the True Self, lecturing about the Cosmic Mother and Her Great Work of Healing.

Attention is paid to 'side effects' of the ego such as ignorance, inferiority complex, insecurity, meaninglessness, loneliness, problems, existential fear, stress, depression and burn-out.

Supplemented with treatments that raise energy levels, restoring inner balance, strengthening the immune system, that detox, remove blockages; and pain treatments ("Regeneratorium").

Advice (cosmic consultation), talks, teaching, healing, oracle (Q&A), training courses and education.

Headquarters "Cosmic Mother Healing the Planet"

International Training Centre for New Spiritual Leaders ("Transformatorium").

Permanent Black Madonna and Green Man exhibitions.

Online TV studio centred on the Mother.

Heaven & Earth Eco-spiritual exercises (Tiendi Qi-gong); sanctifying nature. Sacred walks.

The free Personal Health Plan in 10 Steps

**Ever since our experiences of the Camino, we have envisaged a Pilgrim Site** where visitors can feel at ease and be themselves. Any form of medicalisation or association with the public health service is absent. On entering the site visitors are offered three options: the direct route to the Cosmic Mother Healing Shrine, the possibility of cosmic advice and guidance (Transformatorium) and thirdly regeneration treatments (Regeneratorium). To be clear: our pilgrimage site takes its inspiration from the Cosmos. The results of scientific research are a decisive factor. The site is therefore META-religious. Everyone – religious or not – is welcome without distinction. That is also the reason for the shrine's neutrality – it consists of abstract, universal images, in which everyone can recognize themselves.

These times, in which people are losing their hold on everything, make our pilgrimage site a unique place to take refuge. The site is founded on three pillars: spirituality, health and ecology. These are the three areas people worry about most. The first tackles the growing inner confusion (who am I?), the second addresses the health problems mentioned before and the third our worries concerning the environment. These three factors combined guarantee an intensive and sustainable interest in people, even, or particularly, in difficult times! The pilgrimage site is therefore expressly defined as a communal project: a joyful Cosmo-Political liaison, the Cosmos from above and politically from below.

Besides its inherent uniqueness, the cultural context, of which the site is a part, also adds to the value of the pilgrimage site. It is clearly European-oriented. The Cosmic Mother – through the Black Madonna – forms part of the European heritage. She has her churches and chapels everywhere, particularly in France, Spain, Italy, Germany, Austria, the Czech Republic, Switzerland and Belgium. Originally, however, she manifested herself in nature to people directly, not to the clergy. We want to reinstate that original relationship. Additionally, our pilgrimage site is increasing in significance because it is also part of the European Green Man & Wise Woman Pilgrims Network. Over the past years I have collected documentation in 16 countries containing hundreds of photos, which can be viewed on my website. These photos are supplemented with photos from various Asian countries. The intense interaction with the cultural context provides an unparalleled foundation of our pilgrimage site.



Green Men, The Hague

This is reflected in our primary orientation on Europe. In concrete terms, we offer two weekend teachings a month in German, one weekend in English, one weekend in Dutch, while everything is open to everyone in the remainder of the week. It is international, therefore it stimulates mutual understanding and contributes to world peace. An additional contribution to this is my book *Origin* that was recently published in German (7 volumes in English, German and Dutch), in which I have set down all my experiences. All this will – we hope – find its expression in the well-being and prosperity of the people.

## Info & Contact

Han Marie Stiekema, New Teacher, 'Green Man' and medical doctor & MeiMei Yu, MA, Chinese Guasha master.

Hermitage near Utrecht, NL

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## Clarification

**The pilgrimage site is not a medical institution. Illnesses are not treated here**, nor does it belong to any existing religion. It is, on the other hand, dedicated to the Universal Cosmic Mother. At its centre is the submission of the ego and of the suffering related to it. As a support, we offer teachings, cosmic consultations, healings, trainings and the oracle (Q&A). We also provide additional integral (spiritual, psychological and physical)

regeneration treatments. These serve to reinforce the body's self-healing potential, the inner balance and to break down blockades. Also included are the free Personal Health Plan in 10 Steps and facial rejuvenation treatments.

**FROM THE HERMITAGE**  
**SermeS extends a hearty WELCOME to**  
**every sincere seeker:**

He is living a simple life in unity with the Cosmos. People from all "corners, professions and positions"  
- Religious people \* Teachers \* Mothers \* Social workers \* Officials \* Scientists \* Artists \* Therapists \*  
Politicians \* CEO's \* Youth etc. come to his "Hermitage" for personal Cosmic Advice,  
Teaching, Healing and Guidance, time and again  
being amazed by "his" deep Wisdom

**Appointments**

1. Individual Cosmic Advice, Teaching, Healing & Guidance
2. Cosmic Healing 3. Small groups (1-6): Introduction to the Teaching "We are Cosmos"
4. Meetings "Mothers for Mother"  
(Group max. 6)

**Hermitage**

**"Cosmic Mother Healing the Planet"**

Near Utrecht, the Netherlands

[www.healingtheplanet.info](http://www.healingtheplanet.info) [info\(at\)healingtheplanet.info](mailto:info@healingtheplanet.info)

By Appointment

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## Community Funding

**The Pilgrim Site is committed to Healing the Planet. It is a lifelong project** and entirely without self-interest. We welcome everyone's active participation. Please support us with your financial contributions. Our 'service' (Spiritual Service, Health Service, Community Service and Earth Service) is based on gifts, with only some exceptions. With your help we hope to be able to open our Pilgrim Site soon. Many thanks! The benefits are manifold. First, it gives you a share in the cure of your fellow human beings. Second, the local community will be strengthened by the positive atmosphere that is created. Third, confidence in the future – a very important point against the background of increasing uncertainties – will receive a boost. Fourth: the entire region will be upgraded, the ecological value appreciated. Fifth: the middle class (shops, hotels, restaurants) will benefit from having a Pilgrims Site in their "midst". Sixth: the participants of the Community Funding receive a share of the incoming donations. Seventh: the whole region will benefit from the international contacts we are going to establish. We aim at the European Green Man & Wise Woman Pilgrim Network with its branches in at least 16 different European countries.

**Please transfer your donation to the following account:**

H. Stiekema IBAN: NL16ABNA0562330127 BIC: ABNANL2A

THIS TRACT WILL BE PUBLISHED AS PDF IN THE WEBSITE IN ENGLISH, GERMAN,  
RUSSIAN, SPANISH, FRENCH, ITALIAN