



# CODE Journey

*A travel guide for being yourself*



The  
Experience  
School

**An addition to The Experience Maker**

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# **A. Introduction.**

If your life is a journey, then it has destinations. Each destination is a scene. Each scene is an experience. You move from destination to destination, from scene to scene, from experience to experience. Continuously.

What is your destination and what road takes you there? Where are you coming from and where are you now? Who is the traveler? And who is the travel guide? Who plans and decides about your journey through life?

This book is a travel guide for discovering which life destinations - experiences - you want to explore and also how to travel there.

Like always, there are many roads to Rome. A guide is only helpful if it helps you find your inner guide. Use it for that. Follow these directions so that you experience and learn what your truth is.

Why this guide? Because you may have forgotten your ability to know from within. In a world full of external distraction, you can become overly external oriented. You seek answers in media, books, gurus, pills and idols. As your attention is on the outside world, you become the outside world. Yet, shifting your attention to your inner world lets you discover who *you* are, instead of what the world appears to be and wants you to be. That's freedom. That's joy. Live more from inside out to tell your story to the world. It wants to be told.

## B. Why being yourself?

Let us make an assumption. You are born as a unique being. Nobody is like you. Let's also assume that is intentional.

Being who you are, you have your own unique preferences for destinations to visit in life: the experiences you want and are destined to have. Those experiences are the expression of your unique self. Combined those desired experiences are the untold story inside of you. The story is already inside of you and it wants to be told.

*It's your job to be you.* What would be the proof for that to be true? When you are not yourself, tension arises. When you are very far from yourself, tension turns into stress which turns into disease and disorder. When you are yourself,

you experience joy. Therefore, when you are yourself it feels good, and when you are not yourself it doesn't feel good. Those feelings are your road signs to being you. Life is pointing you in the right direction.

Sometimes you may notice how others like you to be who they want you to be. This happens when we project ourselves on others without realizing the boundaries of uniqueness.

The unconditional acceptance and love of others can only follow from the unconditional acceptance and love of self. Know, accept and love yourself *unconditionally*, including the bumps, bruises and imperfections - realizing this is what makes you who you are. It's a work in progress, but a self-made life is a life worth living.

## C. What is being yourself?

Being yourself is being who you want to be. How do you know who you want to be? You feel it.

Then you know it.

This is your life line. It's your compass. It's your movie script. It's your anchor. *Know what you want.* Being able to direct and keep your attention on what you want in life, instead of letting your attention go to what you don't want, may be the single most important tool of an experience maker. Where attention goes, energy flows.

How do you know what you want? Follow what makes you feel good. If you are not sure, follow the 7 steps of the CODE Journey.

## D. CODE Journey.

In short, CODE stands for *the key insight that changes everything*. It is the AHA-moment. With this key insight, you begin to make choices that align with who you want to be. What follows is a Colorful Original Daring Experience: the experience of what it means to be your true self. Then you have changed your story.

CODE Journey is a form of narrative medicine - to learn about yourself through the stories you see, tell and believe in. Through your story mind you become aware of the story you find yourself in and the key insights about cause and effect, the roles and characters you and others play and how it all unfolds. It works on the premise that you have all the answers inside of you and express these answers in the form of stories.



CODE Journey teaches you how to access your story mind to become aware of the stories you are living in and gain key insights. CODE journey then teaches you how to integrate these insights into your everyday life with the aim to be yourself: the person you are meant to be.

The 7 Steps to being yourself:

1. Contemplate you
2. Sources of tension
3. Key insight
4. Sources of joy
5. Experience you
6. Keep course
7. Story brain

## **E. The Bridge.**

The best medicine is being yourself. Medicine for what? For anything that needs healing in mind, body or spirit.

Many have lost the connection between mind, body and spirit. Especially in relation to disease and disorder. The bridge is tension.

What causes disease and disorder? Tension growing into stress. Stress is felt in your body. We all know this intuitively. Where does stress come from? From something that 'plays' in your life and mind. We all know this intuitively too.

Stress is an ignored signal of tension escalating. Disease and disorder are a higher level of escalation of that same tension. What is the

medicine therefore? Whatever relaxes the tension. And since stress originates in the mind and *then* reflects on the body, we need to look in the mind for the source of stress - even if the body symptoms are overwhelming us.

Stress in the mind is the signal that something isn't how you *want* it to be. Imminent danger such as your house being on fire is about 'I *want* to be safe', 'I *want* to keep my home', etc. You have many wants inside of you. You may want to be a rock climber. You may also want to be safe. Sometimes through what we learn, our wants become conflicted. Perhaps you have learned that rock climbing is dangerous - and now you choose safety over climbing. It is these internal conflicts and disharmonies that - if essential to being who you are meant to be - grow tension in you. The medicine is to be you again.

# 1. Contemplate you.

Being yourself is being who you want to be: by being, feeling, doing, expressing, loving, seeing and knowing what gives you joy. Start investigating who you are and want to be.

Whenever you don't know, go to step 2 or step 7.

This is practical spirituality. There is no defined universal end station we all should get to. It's what you want that defines you.

The purpose of life is to experience. This is because you can not *not* experience. You always experience. There is no stopping it. What you *can* do is give direction to the experience *you* are having. Who would know what that experience should be other than you?

If we'd all follow one ultimate station of being, we'd all end up being the same. But we're not. We are all different, because we are what we experience. We've all experienced something unique. Therefore we are unique.

The simplest starting point is to remember what you like, love and prefer. What are you passionate about? Go be and do that and see how it goes. If you don't know it right away, see if you can remember the feeling of joy in any moment in your life so far. Sit. Close your eyes. Play back your life movie from moment to moment and find one that made you feel great. Investigate that experience. If that doesn't bring up something you love, go to step 2.

## 2. Sources of tension.

When you are not yourself, not who you want to be, tension arises. Something 'plays' in your life that causes tension. Find the source of it and solve it.

Not being yourself causes tension. Being yourself brings joy. Learn to listen to your feelings and trust them: what feels good and what doesn't. Hear and see the signals. See the storyline. Ask yourself the question; who and what creates the experience of tension and the experience of joy in my life? You. You are the experience maker.

A source of tension always has on the flip side a source of joy. If you keep looking you'll find something you want instead of the source of stress. Go do that instead.

### 3. Key Insight.

Next, discover the key insight that changes everything. See the root of your source of tension. The key insight - the AHA moment - is the transformative power to relax the tension. What does the tension tell you? Start looking at it differently. Where one sees problems and fears, others see meaning and choices. The insight changes everything and paves the way for a different story. Keep looking. Do not give up. The insight is just waiting to be expressed.

The steps to uncover the root of your tension are:

1. **I want:** is there a conflict with what you want or between wants? Do you know what you really want, or want instead of what you are experiencing?

2. **I make:** Who is the maker of this experience? Do you see your own role?
3. **I receive:** Can you see the plain event behind the experience, without your filters? Can you see it for what it is as the moment comes and goes?
4. **I experience:** What experience do you make of the event? What color and interpretation are you adding based on what you have learned from previous experiences?
5. **I learn:** What are you learning from this experience? What is there to learn?
6. **I transform:** Do you embrace the new learning or stick with the old story?
7. **I am:** Is how you are, feel, do, love, speak, see and understand in line with who you want to be?



## 4. Sources of joy.

Focus your attention on your sources of joy. Make them bigger and more present by paying more and more attention to it, because what you think about is what you become.

Notice that many - if not all - of the experiences you want are *not* dependent on anything external or major effort. Feeling relaxed, rested, cheerful or confident. Being trustworthy, patient or persistent. Meditate, sing or dance. Enjoying a sunset, a cup of coffee or a conversation. There are endless options available to you as is. Other experiences you want may take more energy, effort and time to realize, like a tree taking time to grow out of a seed. Start small and see how your inner world changes, and how the outworld starts to reflect it.

Notice again that wants can be connected like a web. There can be wants underneath a want, which means what you really want is behind the want you think you want. For instance, wanting to hold on to a certain job may be related to a deeper want of safety. Even though there are many ways to achieve safety, you have come to believe that holding on to the job is what you want, without realizing it is because of the safety want. There can be wants opposite of a want. For instance, you may also want a creative job. However, in your mind creative jobs are not secure and safe jobs. So your safety want is blocking your creative want. Just start with what you believe you want and investigate it as you go.

## 5. Experience you.

Experience it. Become more of who you want to be in the here and now and start to experience what it is to be yourself. If your life is a journey then it has destinations and paths connecting those destinations. The first step to a destination is always from where you stand. If you want to change something, you have to change in the here and now by being, feeling, doing, expressing, loving, seeing and knowing what gives you joy. Know, accept and love yourself more. By making different choices in the now, you increasingly experience what it is like to be yourself. That experience gives you the confidence to increasingly choose to follow that storyline.

## 6. Keep course.

Learn to stay on course. Become the observer of your experiences: is your experience in line with who you want to be? This is how you are able to set, steer and maintain your course. Become aware of the relationship between what *you want*, who *you are* and what *you experience*.

This feedback triangle (I want, I am, I experience) is a tool to help you recognize and 'switch' your storyline in every moment. It is a compass and provides guidance in every choice you make. In each moment of tension you can think: am I now who I want to be? You can then focus on an 'I am' (I am calm, safe, loving, strong, etc.) in line with who you want to be, so that your experience is also that way. Through the 'I am' intervention in

the moment itself, you switch from one storyline to another.

Notice that initially nothing needs to be said or done yet when using the feedback triangle.

Whenever you find yourself in a tense experience, mentally step back, become the observer, see the *I am* that you are inclined to be repeating your story line, and *think* the *I am* that changes the story line. Once you become the *I am* in your mind, the rest follows. You start feeling, doing, loving, saying, seeing and knowing inline with your *I am*.

Try it for a week.

## 7. Story brain.

When you don't know, ask your story brain, the part in everyone that makes what is unconscious conscious in the form of a story. Everyone has this intuitive storyteller and you can learn to access it, the rest will follow.

For all the previous steps, your story mind speaks to you in various ways. What's it like? You'll know it when you experience it. It can be a flash, a strong feeling, a thought or an entire three hour long story while in a deeply relaxed state. The takeaway is the AHA-moment. You just know it. You see it. You wonder why you have not seen it that way before. It all makes sense now and it changes everything. The road ahead is clear.

Anyone doing this long enough in one sitting will at some point experience the story brain. The challenge is, most people will give up long before that moment arrives. This is due to a moving train that isn't easy to stop. Think of you being in motion, like a train. Each attached wagon is a thought or emotion still lingering and moving inside of you. If the train is very long, it takes a long time to slow down. Your story brain can't get through the noise. It's behind the last wagon of your train. Let all the wagons pass by while letting each go - at some point the story brain appears in the emptiness left when all the wagons are let go.

There are a few ways to help you access your story mind.

**The Ask way:** Simply keep asking until the answer satisfies you. Do not give up. Know the answer is there, just keep asking.

1. Ask
2. Wait

**The Still way:** Here you let go of the question and trust the answer will come when it's time. Meanwhile, you simply get quiet to see what story your story mind wants to tell.

1. Sit still, straighten your back
2. Breath
3. Concentrate on the space between your eyebrows
4. Wait

**The Relax way:** when you are tense, your system assumes you are in activity mode. The story mind requires you to be in relax mode. When you relax,



your system knows you are turning inward. You do this every day before falling asleep. The story mind operates best at the theta level - the brain frequency just before you fall asleep. There are numerous relaxation techniques and guided meditations, such as Yoga Nidra. Whatever makes you relax deeply - do that.

1. Relax
2. Sit or lay still
3. Relax
4. Concentrate
5. Wait

**The Tuning way:** It is helpful to think of your story brain as using radio or TV channels. You tune into the right channel to receive the message. There are methods for tuning in. For instance, the Gateway Experience is a set of tapes

guiding you through a tuning process. You can find it on Youtube.

1. Play the tape
2. Get tuned in
3. Wait

**The Guided way:** There is another dimension to this experience when someone facilitates the journey. The opening into the story and the prompting during the story can really deepen the experience.

1. Find a good journey facilitator (meditation or hypnosis)
2. Be guided
3. Wait

**The Plant way:** There are plants you can eat that activate your story mind. Psychedelics, Ayahuasca, San Pedro to name a few. There are

chemical substances too like LSD and MDMA.

We're not suggesting here that you should take this route. That's for you to investigate.

The authors of this book have experience with all the above. They work.

When the story mind gives you the key insight, it is time to integrate it into your everyday life. The key insight shows you the relationship between *I want - I am - I experience* in a new light. You now have a new *I am* that reflects who you want to be. Use this new *I am* as described in step 6. You asked for a solution, and it was given to you to do something with. When you don't, the result generally is repetition and stagnation. You're stuck in the same place and in the same story. If you find yourself in the repetitive loop, repeat the steps from step 3.

## F. Practices

### **Relaxing.**

Find a relaxing method that you can do daily.

Here is one from Kriya Yoga that helps settle your nervous system:

- Breathe in through your left nose nasal, close the right with your finger
- Breathe out through your right nose nasal, close the left with your finger
- In through right
- Out through left
- In through left
- Repeat 12 to 24 times (count left in, right out, right out, left in as 1)

Here is one from Kriya Yoga that gets the energy on your spine flowing

- Draw your attention to the bottom of your spine, first chakra
- Breathe in pulling the energy up along your spine all the way up to the top of your head, seventh chakra, this may feel like a cold current
- Keep it there for a moment, then breathe out and follow the energy down your spine to the first chakra again, this may feel like a warm current.
- Repeat 12 to 24 times

### **Tuning.**

The objective here is to turn inward and become aware of your subtle second body. Start with moving your attention to your toes. Stay with them. Notice that your feet are a space and hold a space within. Focus on that space. Notice that the space is filled. There is physical filling like

blood and bones. Keep going deeper. There is a mist like filling that penetrates everything in your foot space. Let that space, the mist inside, grow up your ankles, your calves, slowly all the way up your head and back to your heart. Climb deeper inside your heart. Feel your entire mist filling, your second body. Make it grow further even outside your physical boundaries, as large as you can make it. It can reach the stars and beyond.

### **Traveling.**

Once fully in your second body, connect with your life energy moving along the path of life the flow of experiences, scene after scene. You've been traveling on this path for a long time. You continuously move on this path. Ask for the path to present itself. This can appear in many many shapes and forms. Do not force. Let it appear as on a blank movie screen. Wait. Watch. See what

happens. Once the path appears, either let it happen wherever it takes you, or work with an intention you've set before starting the practice.

### **Remembering.**

To help yourself move along your journey, you can ask for a moment when you felt great or not so great. Playback the movie to a moment in the past. How did it feel? Where did you feel it? What is happening? Who is there? Where is it? When is it? See what happens. You can keep moving from moment to moment, further back in time following the feeling you had in the first moment you remember.

### **Bending.**

Once you remember an experience you want to change in a different direction, to bend it, follow these steps.

1. *When* I experienced:
2. *How* I was:
3. *What* I want:
4. *How* I am:
5. *When* I experience:

In step 1, you remember what you experienced and what it was like. In step 2, you see how you were in that experience (loving, patient, insecure, etc). This is your *I am* in the past in *that* experience. In step 3, you then ask yourself *what* you want instead (I want). In step 4 you change the *I want* (*I want to be confident*) to *I am* (I am confident), this is *how* you become it. This is all you need to focus on. The feeling, doing, speaking, seeing, knowing follows the *I am* once you embrace it wholeheartedly. In step 5 you wait until *when* you experience it. That means, you let go and trust the process.



Notice the structure of What, How and When in the feedback triangle.

**Transforming.**

If an experience has a strong charge, for instance emotional charges, you may need to release before you can bend. You won't accept the bend as long as the e-motion has not been moved to see what is underneath it. You'll have conflicting / *am's* in the form of beliefs, learnings and perspectives. You learned something from that experience that informs your current experiences. To change the future experiences, you have to re-learn from that past experience.

Release and transform as follows (or any other method that works for you):

- Remember it

- Inspect it: what, who, where, when, how do you feel - more detail gives more effect
- Circle it: step into the shoes of other players, take a step back to look at it from a different position - keep doing this until a new insight and perspective emerges. Ask why, why, why? You are looking at it as your current Self, as well as the Self in that moment of the past experience to find the old and the new lesson.
- Embrace it: Take the new perspective as your perspective on the situation - check if it rings true. Let the old lesson go, embrace the new lesson.
- Release it: Now that you have taken a different position, let the charge in the moment move and leave the situation. You may need a balloon, vacuum cleaner,

scissors, or whatever it may be, to 'suck'  
or 'cut' the charge out of it.

### **Mixing.**

This is a practice to change your energy and frequency. Think of yourself as a mix of elements. Then also be the mixer and see if you want to change the mix. Think of a situation or intention you want to explore (or simply focus on the vibe of your day). Then think of what you are mixing inside of you:

- Taste: Salty, sweet, spicy, dry...
- Sound: High, low, sharp, soft, loud...
- Word: love, confidence, wisdom
- Color: Red, Yellow, Green, Blue, Indigo, White....
- Elements: Earth, water, fire, air....
- Food: breath (air), drink (water), move (fire), eat (earth).....

You may initially like to explore this while in deep relaxation and/or fully aware of your second body. Eventually you can use this in any moment or situation to shift your energy. Pick a mix type (taste, sound, etc) and ask what to reduce and what to increase to reach a harmonic mix. Or ask in relation to an intention (pass my exam) what to add or take out of the mix. Once something pops up, become that by stating it in the form of *I am*. For instance (whatever comes to mind!):

- I am red like lava
- I am salt like the ocean
- I am high like a mountain
- I am low like a valley
- I am sweet like honey

With that in mind, approach any situation you want to explore (studying, library, the exam, etc) and see what happens.

## **Being.**

In this practice you aim to experience yourself as *I*. Do the relaxations and tuning before as long as needed. Eventually you will be able to evoke this state at any time, but it may take practice.

You find the center point in your second body. Simply keep focussing on finding and then being in that center point. Notice how you project outward from that center point all that you are. Explore this projection. Dwell in it.

To help, ask the question, who am I, what am I, where am I. Focus on the *I* that you are. Notice your presence. Just your presence. Follow that presence to its center. Notice your being. Notice that you are. Your existence. Your aliveness. Notice how you radiate outward from your center being. Merge with that sense more and more.