

THIS IS MY BELIEF.



MY LONG AND FILLED LIFE.

I, Jos (Shanti) Linsen, have written these pages for you to read and see, if you are as happy and rewarded as I am. Life for most people is like a see-saw and there will always be ups and downs, BUT if we can accept them as lessons for us to learn from and strengthen us, they will help us in the future to be positive, when similar events occur, to ourselves or to others.

Right through my life this has been so and even today, I am learning from some of the things that are

happening to me, either physical or emotional, mental, psychological or spiritual.

Living longer for me and I am sure the same will happen to everyone, is more challenging today and it takes more effort, to maintain a good and healthy life, especially living on my own. I have to do the work around the place and I had to learn to prepare food, something that was always done for me.

There are always 'little surprises' that need to be addressed, but now I have retired, I handle them myself. I have even consulted a doctor recently, to whom I can talk about my life. To find that special someone (a doctor who is not one-sided) I found very hard, but fortunately we work very well together and she realises that I have a lot of knowledge and she allows me to air that knowledge for her to evaluate. After more than 60 years of being away from the "sickness industry", so far she hasn't had to do anything for me, but it is nice to have her there, just in case.

I wanted some x-rays taken and for this alone, a doctor comes in handy, as she has to write me a script to have that done at zero cost.

People are often asked, what the contributing factors are to their long life.

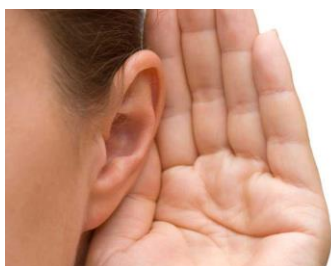
All sorts of interesting reasons are forthcoming, when they explain their personal experiences, so here I write my own version.

I feel very sure, that *my life* so-far, was spent by using my senses and enjoying the amazing things the Creator has placed on this Earth for me. I felt that I needed to use my brain to enjoy a happy life, something that cannot be, or is not taught. Modern education is not geared for people to be individuals.

It is and always was, the peace and quiet I was looking for. I was always a loner and I always planned things well and truly before an event to protect myself. For this reason, I can claim, that I have never broken a bone in my body or had an accident that killed me. I have had a tractor accident however, which left me with a lower back complaint. This was a pure accident.

When I retired from work, at the age of 76, I decided, with the help of my Spiritual Guide, to travel around Australia by myself, where I found myself even more at ease. I walked many trails, sat and camped beside billabongs and bathed in them, talked to the animals and I slept outside at night under the stars and enjoyed the smells, sounds, visions and the feelings of nature and I always felt protected. **I was part of this 'nature'**. It was SO AMAZING and things were always different each day and night. Then seeing the stars and man-made satellites and smelling the night smells, which were carried on the breezes, touching my face and into my nose.

HEARING



Early on in life, I learned to be quiet and hear the sounds of nature. At night-times I heard the 'Dingos' howling or the 'Night jars' and 'Owls' grunting. The wind rustling the leaves of the trees; the bird sounds, (day and night) so often totally ignored and put in the back-

ground; the sounds of other animals; the sound of the waves on the beach; the magic sound of a musical instrument; (I just remember the lonely bag-piper at a funeral, playing in the distance on a foggy morning); the mouth organ or the guitar at a campfire: WOW!

I played the piano and organ for hours and made beautiful music, without a score. Just improvising whatever came into my head. This was MY music.

SEEING.



To see and appreciate the colours of nature; the greens, so varied in the trees and other plant-life; the colours of flowers; the colours of birds, butterflies, fish and beetles; the colours of the ocean waters from greens to blues and the white caps of the waves; the various blues in the skies, the clouds, the stars at night; the colourful sun-rises and sun-sets; to see new life; seeing my babies' first steps. Seeing all these things,

gave and still give me those *magic feelings*.

FEELING



The feel of the skin of my new born baby;

to feel the softness of the fur of any animals and pets; the feel of the bark of trees, so varied; the soft breeze on my face of the wind; to feel the emotional and amazing caress of a hug from my loved one(s). (I add to these)

EMOTIONAL FEELING



The amazing positive emotions of elation after winning a competition or game; being awarded a special prize; wedding day; child-birth; other achievements. All these positive feelings give me 'strength' and hope. I want to feel them often, to boost my ego. Happiness is golden! It strengthens our bodies in every department. POSITIVITY!



Experiencing the more difficult emotions experienced by the loss of a family member or friend. These are the 'deflating' emotions and are the NEGATIVE and weakening ones. However, they are all lessons I learned and had to overcome and somehow turn into positivity, to go on living. All these feelings were and still are amazing experiences for me, just the same.

I do not want to be remembered on an annual basis when I die, as that may make some people sad continually. No grave site.

Please allow my spirit to be at rest, as I have finished my tour of duty here. My body will go back to Mother Earth, from where it came. We must move forward with the times and leave the past be.

SMELL



To smell the amazing scent from the flowers so varied;

the smell of fresh air; the smell of the un-spoiled bush; the smell of the ocean; the smell of cooking food. Wow, so powerful!

It is a pity, that we do not get the opportunity too often, to smell these, as the smells from modern living are always so pungent and overpowering.

TASTE



the school bus at the farmgate.

The taste of freshly picked produce like crispy lettuce or carrot; a ripe tomato; the taste of a piece of fruit directly eaten beside the tree. Who has had that opportunity? My children picked their lunch fruit, walking through the orchard to meet



The taste of fresh, natural spring water. Not many people have ever drunk fresh spring water like this in their entire life. Try it!

I used to drink our river water when I was a child. We can't do that now!

And people carry-on about "The Good Old Days."? Not too bad!



Then the taste of beautiful food, *lovingly prepared*. These are great experiences, health-giving and fulfilling. You can taste the "love".

See the happy face of the recipient.

She is already benefitting from the gift, before she even has tasted the food.

I am sure, that using our senses comes from using our brain. We have to think about them.

It tells me that these experiences are there for me to enjoy and help me to *relax and cope*. This is something I have always pushed hard, because society is often trying to stop us from doing so, as they want us to conform to their way of thinking. A thinking man or woman is hard to control.

So therefore, I believe, that we must be quiet often and remember to use our senses.



I myself, just like this young woman, often sit and meditate in a beautiful spot and enjoy the natural qualities of our planet, created so beautifully, for us to enjoy. I do not need to have music blaring into my ears, but rather listen to nature's 'music'.

*As I am sitting here writing these words, the sounds of various birds can be heard AND I LISTEN TO THEM, **because it is beautiful.***

OUR WORLD IS A MAGICAL PLACE AND ALWAYS HAS BEEN, BUT MAYBE NOT FOR MUCH LONGER, AS MAN IS TRYING TO DO HIS DARNDDEST TO RUIN IT FOR MONEY! (I hope I am wrong!)

'MONEY IS THE ROOT OF ALL EVIL'(1 Timothy 6:10)

'LOVE MAKES THE WORLD GO ROUND' (quote by: W.S Gilbert, philanthropist)

My life was spent on caring for others with love. I really LOVED MY WORK and sometimes wish I could go back to it, as I see the need for complete treatment. Maybe I should have taken a break, instead of retiring. Money was NEVER my master. I fortunately made enough money through hard and constant work, to raise a family and now care for myself, but I realise that: "LESS IS MORE".

I have been lucky to have seen a lot of the world and made friends wherever I went. I have enjoyed meeting people and seeing beautiful places world-wide. I have smelt, seen, heard, touched and tasted things everywhere and I am very grateful, that all these experiences happened safely. I thank my Maker every day, for the 'wealth of knowledge' I have gained during my life and having been able to use this knowledge usefully.



Now I have withdrawn from society somewhat, due to my poor hearing, I spend a lot of time, writing down my experiences for you to peruse over and maybe learn from. There are several books ready to be printed and hopefully marketed soon. I do not need the money myself, as my life is very simple and personal, but if there is money forthcoming from these publications in the future, I hope that these funds will go to the right places, where it will do some good, helping those in need.

P.S. You know yourself, that some people can smoke, drink alcohol, eat 'crap' foods and drink these 'dreadful drinks' and do all sorts of negative things to themselves and live till they are one hundred years old.

The next case may be a super-athlete, who eats and drinks the very best of everything, exercises daily, sleeps well etc. and he/she drops dead at the young age of 45.

THIS IS IMPORTANT.

*Please remember that we are all different and have different constitutions, meaning we can never compare ourselves with any other human being. So, be careful and don't be 'cocky' and do what another person **gets away with**.*

YOU ARE YOU and you need special attention. It takes a lot of constant monitoring and you should always be aware of changes that may be taking place. Then we must react immediately and investigate what to do about this. Always try and prevent negative things to take place, rather than having to

cure them afterwards. Medicine should be an educational system, to teach people how to prevent sickness, rather than treating sickness. (OH YEAH!)

Thousands of doctors should become teachers and many hospitals may become learning places and would only be used for accidental cases, such as broken bones.

This is my belief in life in a nut-shell.

I hope that this message reminds you, that YOU are the most important person on this planet and that you MUST love yourself first and foremost. With that love, you can then love others like yourself.

My God bless you and keep you well and safe and please be HAPPY always.

Shanti with love.