

# Contraconditoneren met psilocybine

*(Psilocybin assisted CBT)*

*Najaarscongres VGCT*

**Willem Fonteijn**

Klinisch psycholoog Essence Institute

3 november 2023



# Waar gaan we het over hebben?

- Contraconditioneren: wat is het?
- Psilocybine: wat is het?
- Therapeutische toepassing van Psilocybine
- Contraconditioneren tijdens Hoge Dosering Psilocybine
- Mystieke ervaringen met Psilocybine
- Essence Institute: Psilocybine Retreat Resultaten

# Contraconditioneren:

Nieuwe met het oude gedrag  
incompatibele gedragsneigingen  
koppelen aan bestaande emotionele  
netwerk met als gevolg verandering  
van de emotionele betekenis  
van het netwerk

Korrelboom, Ten Broeke 2014, hoofdstuk 4, Theorie van Lang

KEES KORRELBOOM | ERIK TEN BROEKE

## Geïntegreerde cognitieve gedragstherapie

Handboek voor theorie  
en praktijk



uitgeverij  
coutinho

# Contraconditioneren:

Huppelend je sombere gedachten  
vertellen



## Circle of Awareness

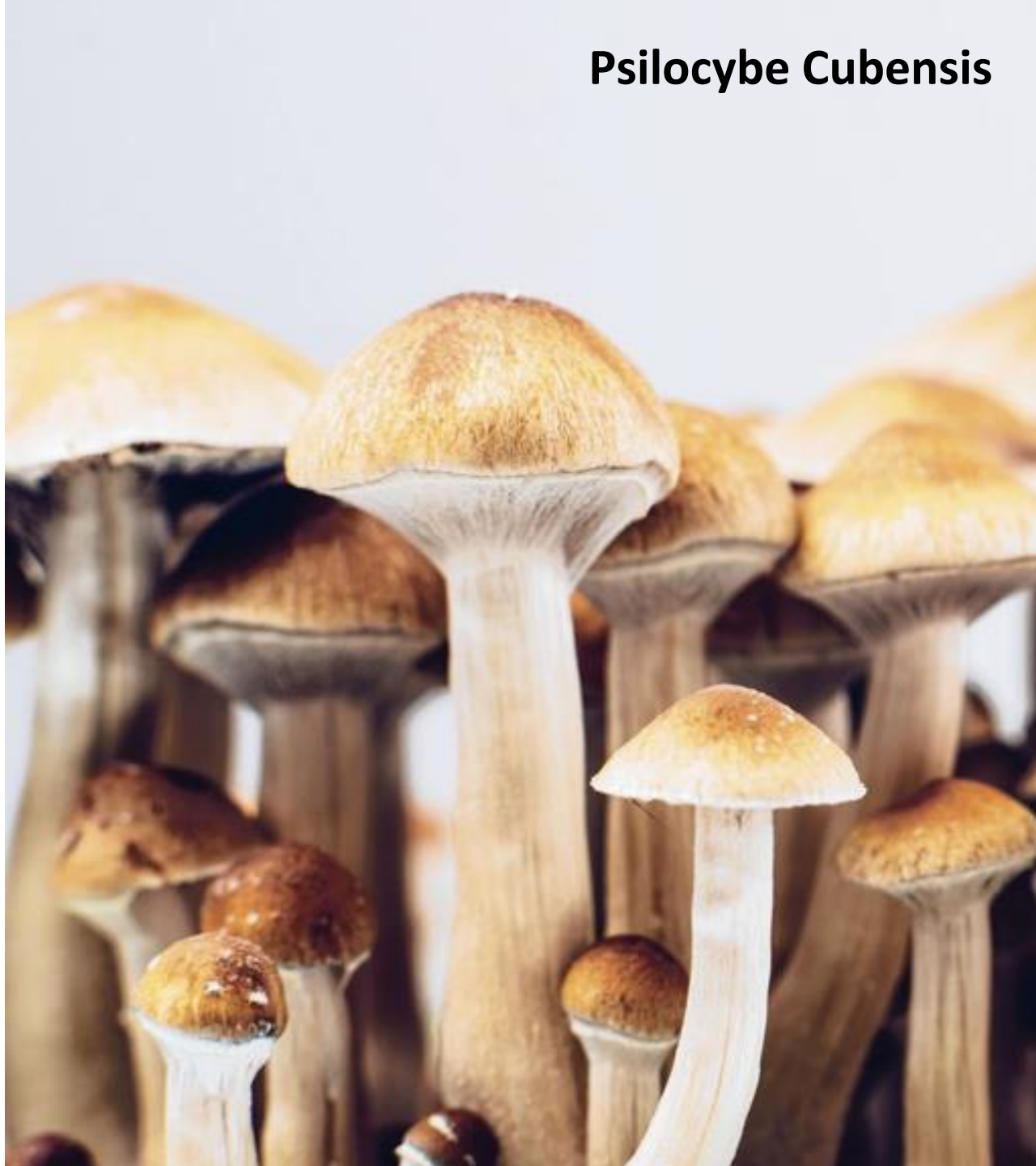
*Using the body as a mirror for thoughts:  
a psychotherapeutic approach*

WILLEM FONTEIJN

Warden **Press**

# Psilocybine: Wat is het?

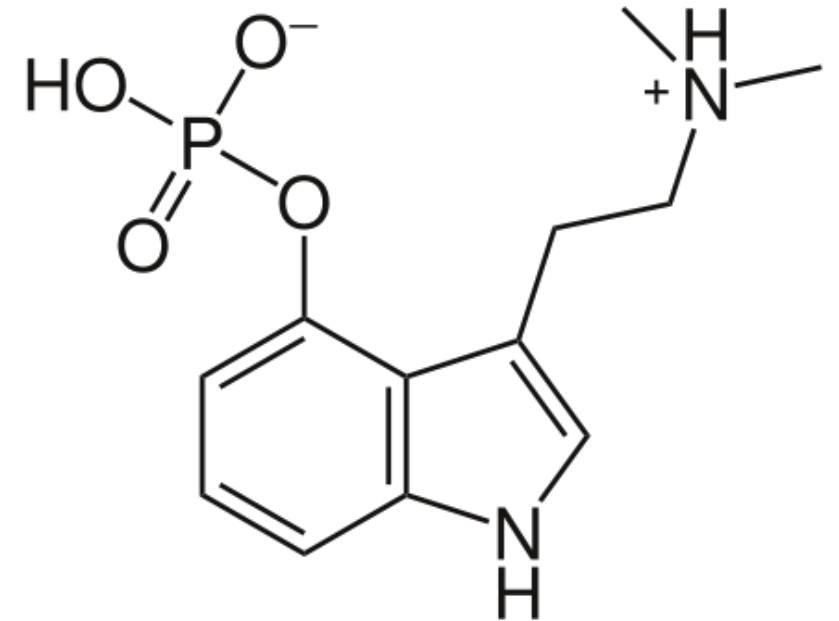
Psilocybe Cubensis



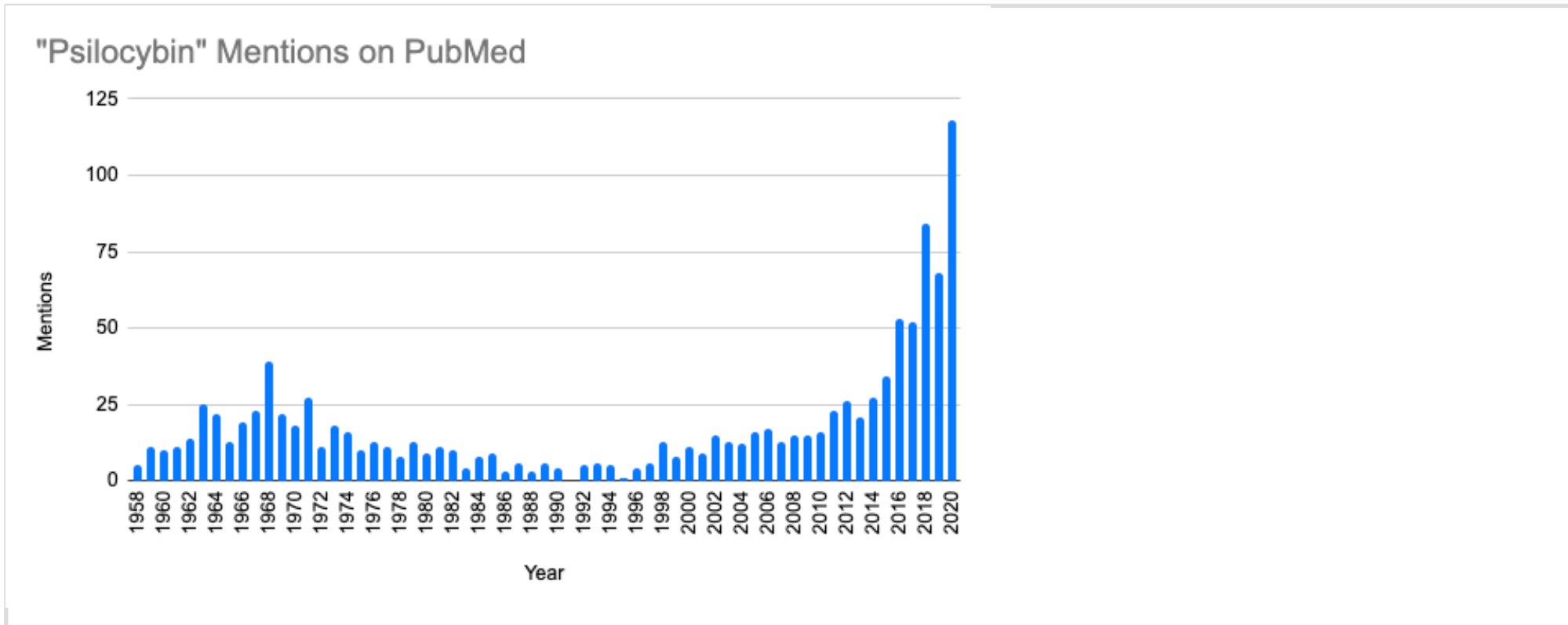
# Wat is het?

Natuurlijke hallucinerende stof uit diverse paddenstoelen soorten.

- *Kleurrijke visuele hallucinaties*
- *Desoriëntatie in tijd en plaats*
- *Visuele en mentale hallucinaties*



# Psilocybine door de jaren



*Religious use of magic mushrooms*

**5000 BC**

**1st  
Psychedelic  
Renaissance**

**1938**

Hofman ontdekt LSD

**2nd  
Psychedelic  
Renaissance**

**1960**

Hippie Tegencultuur

**3rd  
Psychedelic  
Renaissance**

**2008**

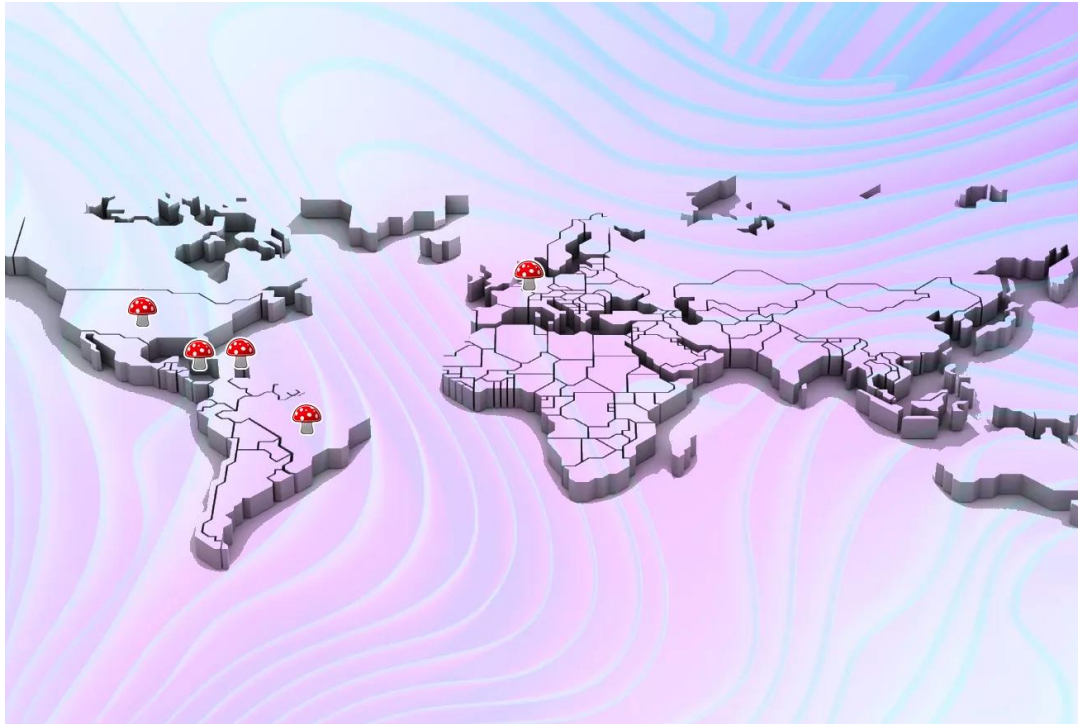
Psilocybine onderzoek

# Risico's en veiligheid

- Geen correlatie tussen gebruik klassieke psychedelica en toename van mentale problemen.
- Ongeveer 0,005% van de **eerste hulp bezoeken** in de VS betreffen LSD of psilocybine (1 op de 20.000).
- Onderzoek bij 9233 magic mushroom users: 0,2% zocht medische hulp, symptomen verdwenen na 24 uur



# Landen waar psilocybine legaal is



## Australian psychiatrists can now prescribe MDMA and psilocybin: who can access them and how do they work?

The psychedelic drugs are used to treat PTSD and treatment-resistant depression

● Get our [morning and afternoon news emails](#), [free app](#) or [daily news podcast](#)



❏ Australia is the first country in the world to down-schedule psilocybin (pictured) and MDMA for clinical treatments. Photograph: Robyn Beck/AFP/Getty Images

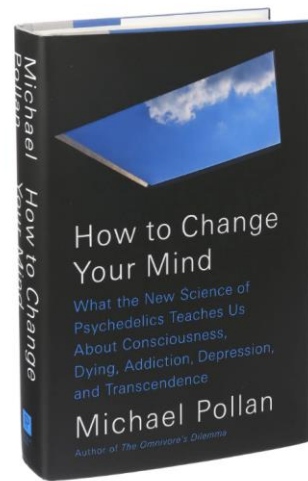
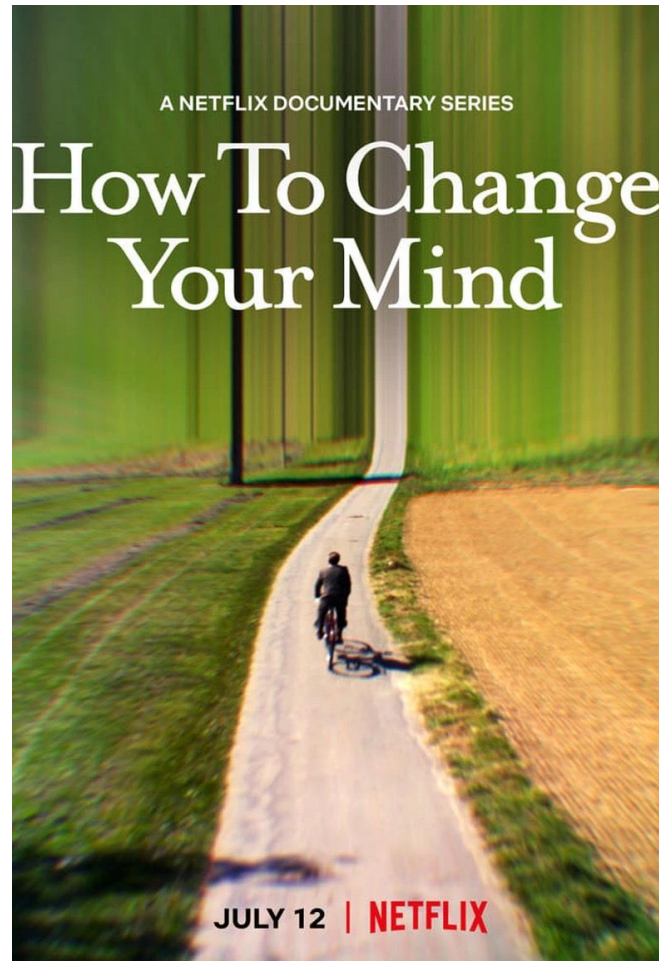
From July 1 psychiatrists in Australia will be able to prescribe MDMA and psilocybin for controlled clinical use. Australia's medicines regulator, the Therapeutic Goods Administration, [announced the change](#) in February.

MDMA - 3,4-methylenedioxy-methamphetamine, commonly known as ecstasy - will be used for the treatment of post-traumatic stress disorder. Psilocybin, a psychedelic that forms the active compound in magic mushrooms, will be able to be prescribed for treatment-resistant depression.

The two drugs will be down-scheduled from the strictest controlled category, schedule 9 (prohibited substances), to schedule 8 (controlled drugs), but only for medical use in psychedelic-assisted psychotherapy.

The change makes Australia the first country in the world to down-schedule psilocybin and MDMA for clinical treatments, though some other countries make these drugs available through different regulatory pathways.

# Populair op **NETFLIX**



# Psilocybine in de media

360 HET BESTE UIT DE INTERNATIONALE PERS

donderdag 30 december 2021 · 15 minuten lezen

## ‘Vier keer zo effectief als antidepressiva’

Wereldwijd kampen 320 miljoen mensen met een depressie. Ruwweg een derde reageert niet op conventionele behandelingen met medicijnen of gesprekstherapie. Behandeling met uit paddo's gewonnen psilocybine kan hoop bieden in sommige uitzichtloze gevallen. Volgens onderzoek van de Johns Hopkins-universiteit, bleek deze aanpak zelfs vier keer zo effectief als antidepressiva.

Adam Piore | [Newsweek](#) | New York

NewScientist

donderdag 24 februari 2022 · 3 minuten lezen

## ‘Voor sommige patiënten kunnen psychedelica een uitkomst zijn’

Psychedelica kunnen een goede aanvulling zijn op conventionele therapie, stelt cognitief psycholoog Michiel van Elk. De mystieke ervaringen die ze oproepen helpen vaststaande patronen te doorbreken.

Tekst: Fenna van der Grient

360 HET BESTE UIT DE INTERNATIONALE PERS

zondag 2 juli 2023 · 10 minuten lezen

## Silicon Valley draait op paddo's, lsd en ketamine

Ondernemers als Elon Musk en Sergey Brin maken deel uit van een nieuwe stroming van mensen die geloven dat drugs de geest verruimen, levens verbeteren en doorbraken in het bedrijfsleven kunnen veroorzaken.

Menu | [nrc](#)

## De revival van psychedelica: ‘Er komt ontzettend veel los’

**Psychedelica** Ayahuasca en truffels beleven een revival. „Met psychedelica ervaren mensen: ik maak deel uit van een groter geheel.”

Men'sHealth

vrijdag 9 juli 2021 · 3 minuten lezen

## PROBLEMEN? PADDO NEMEN!

De therapiewereld is naarstig op zoek naar nieuwe behandelmethodes. Kunnen paddenstoelen de doorbraak betekenen?

Menu | [nrc](#)

Mijn nieuws

Luister naar  
04:42

## Depressief brein krijgt betere samenhang door paddo-stof psilocybine

**Psychofarmacologie** Psilocybine verbetert de samenwerking tussen hersengebieden bij mensen met ernstige depressie.

Niki Korteweg · 12 april 2022 · Leestijd 2 minuten



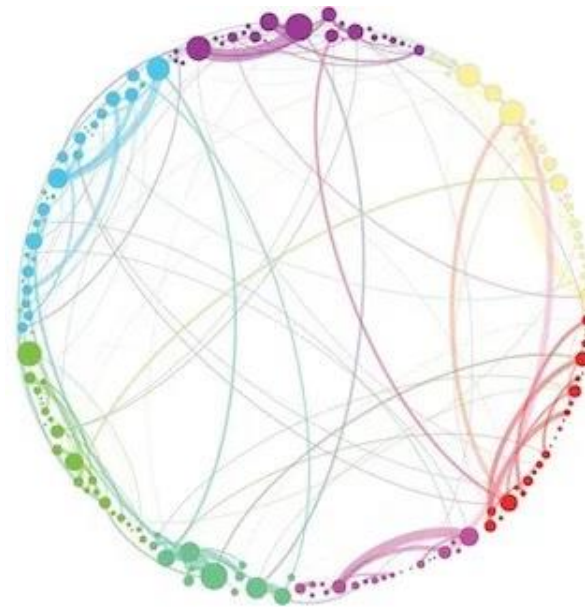
# Hoe werkt het?

- *Serotonine agonist (stemming verbetert)*
- *Afname activiteit Default Netwerk (routine cognities nemen af)*
- *Toename van entropie*
- *Flexibilisering van rigide overtuigingen*
- *Perspectief verschuiving*
- *Set en setting zijn cruciaal voor gunstig effect*

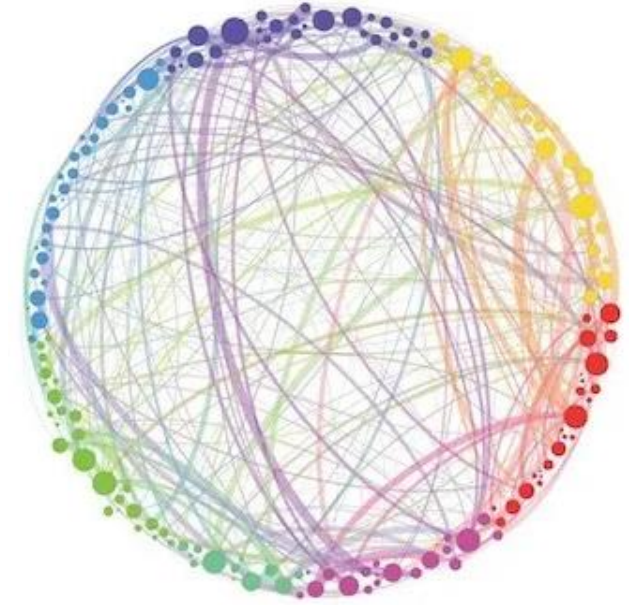
# Psilocybine en hersenactiviteit

Communicatie tussen  
hersennetwerken in mensen  
die psilocybine toegediend  
hebben gekregen.

Van geordend naar chaotisch



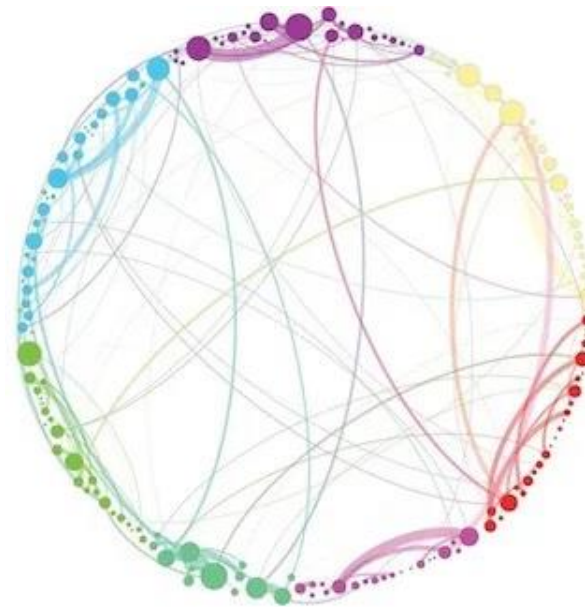
Placebo



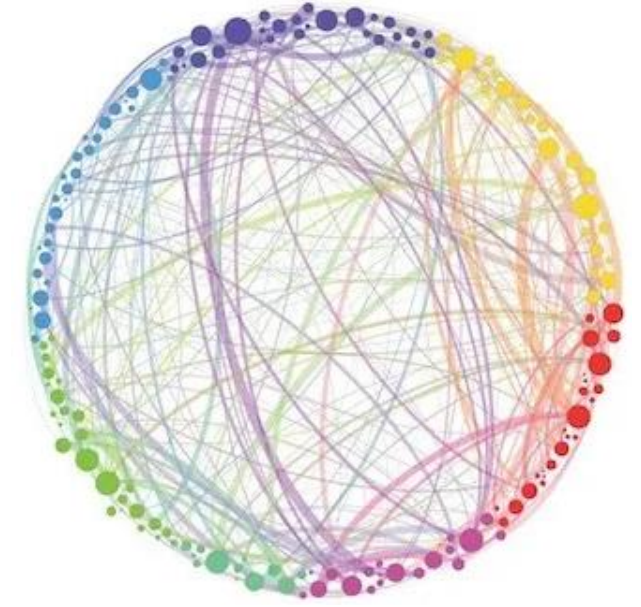
Psilocybine

# Psilocybine en hersenactiviteit

Flexibilisering van bestaande  
cognitieve netwerken,  
genereren van intense  
emoties en die koppelen aan  
nieuwe duurzame  
kernovertuigingen  
(contraconditioneren)



Placebo



Psilocybine

# Het entropische brein

**Lage entropie:**  
*goed georganiseerd*



**Hoge entropie:**  
*chaotisch*



- *rigide overtuigingen*
- *rumineren*
- *depressie*
- *verslaving*
- *angst*

- *droom*
- *kind bewustzijn*
- *psychedelische toestand*

# Het entropische brein

## *Lage entropie*

- *Overmatig klassiek en operant geconditioneerd*
- *Eindeloze herhaling van cognities, emoties en gedrag*
- *Rigide kernovertuigingen*

## *Hoge entropie*

- *Onder invloed van psilocybine ontstaat een heilzame chaos*
- *Nieuwe kernovertuigingen kunnen ontstaan*



# Wat kan je ervaren?

- *Ego-dissolution, zelfloosheid*
- *Eenheid ervaring*
- *Tijdloosheid*
- *Zonder woorden*
- *Rijke ervaring, veel indrukken*
- *Spirituele betekenisgeving*



# Wat maakt het lastig?

- *Te hoge verwachtingen*
- *Mindloop*
- *Paniek*
- *Rusteloosheid*
- *Misselijkheid*

# Wat gaat je helpen?

- *Juiste set en setting*
- *Veilige groep*
- *Deskundige begeleiding*
- *Goede voorbereiding*
- *Comfortabele omgeving*

# Belang van Set & Setting

*Beide zijn cruciaal voor het opwekken van een mystieke ervaring en het vermijden van een bad trip*

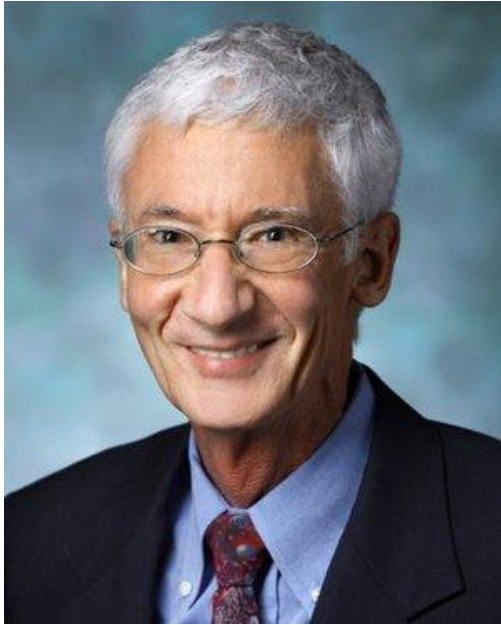
## ***Voorspellende factoren voor een mystieke werking***

- *Overgave aan de ervaring*
- *Een duidelijke intentie vooraf*
- *Neutrale waarnemer activeren*
- *Professionele setting*
- *Hoge dosis (44 gram truffels)*

**Psilocybine:**  
*Therapeutische  
toepassing*



# Baanbrekend therapeutisch onderzoek



*Prof. Dr. Roland Griffiths  
professor in the  
neuropsychopharmacology  
of consciousness, professor of  
psychiatry  
and behavioural sciences.  
John Hopkins Medical center*

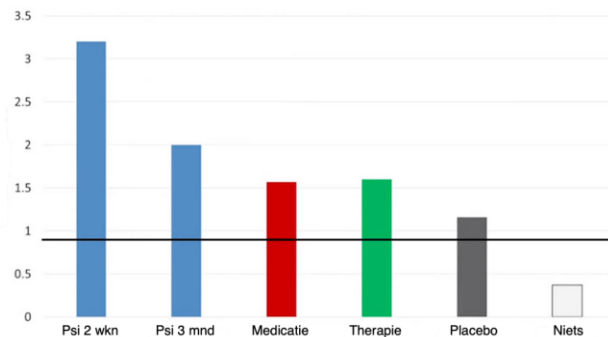
- Deelnemers hadden een **levensbedreigende vorm van kanker** en klinisch significante symptomen van **depressie en angst**
- Bij 6 maanden follow up een significante **daling van depressie en angst**
- Tevens **verbeteringen op kwaliteit van leven, algeheel functioneren en acceptatie** van overlijden.

# Psilocybine bij de behandeling van depressie



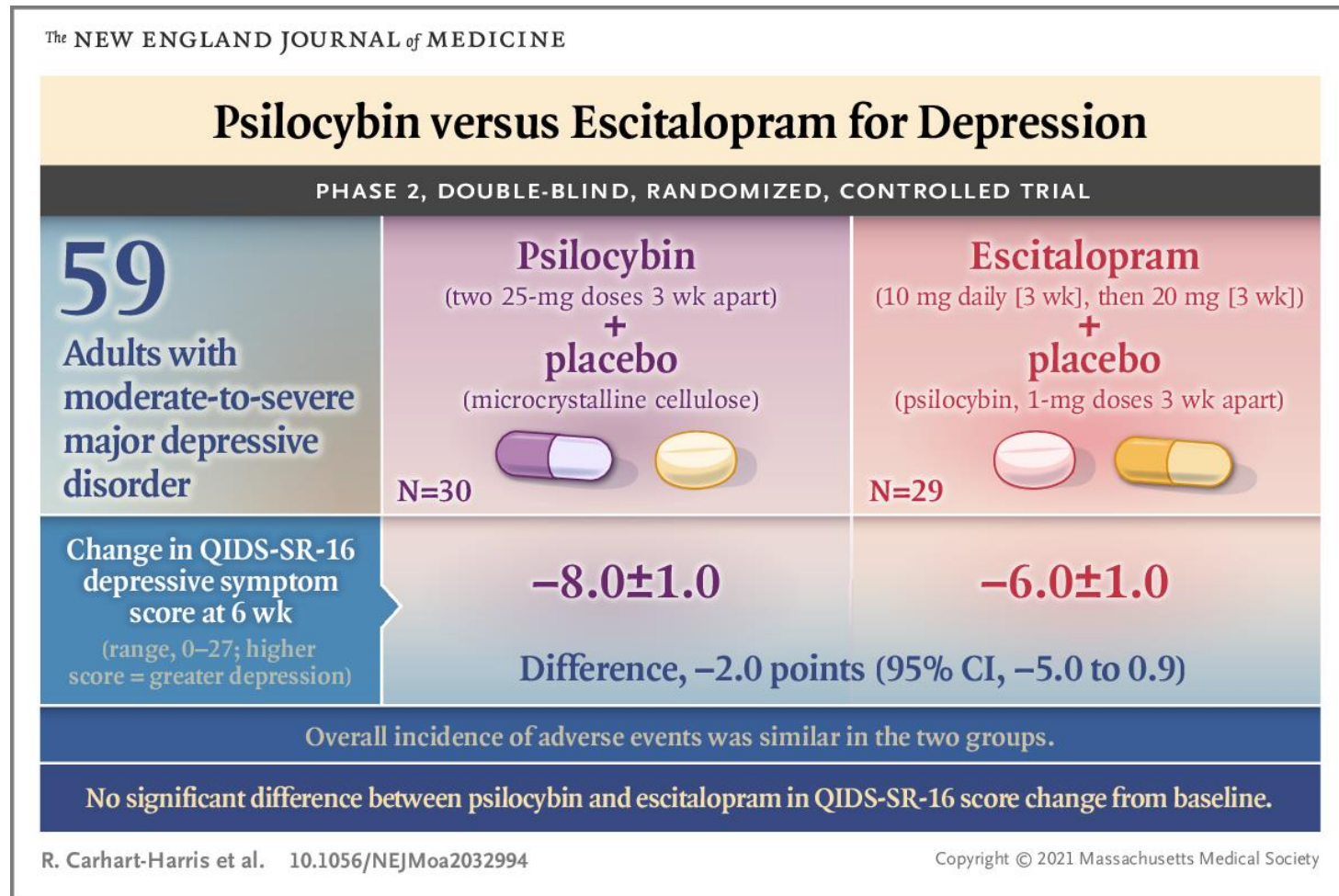
PROF. DR. ROBIN CARHART-HARRIS

*Head of the Centre for Psychedelic Research, Division of  
Brain Sciences, Faculty of Medicine at Imperial College  
London*



- Vervolgonderzoek bij therapieresistente depressie door twee onderzoekcentra: Imperial Collega, UK en Johns Hopkins, US
- 67% vrij van depressie na 1 week, 3 maanden Follow-up 42% vrij van depressie. Resultaten zijn er al na een enkele dosis zonder verdere begeleiding
- Veel onderzoek centra volgden o.a. in Nederland In Nederland ook onderzoek o.a. universiteiten in Leiden, Utrecht, Maastricht en Groningen.

# Effectiviteit psilocybine net zo groot als antidepressiva



*Psilocybine twee doses in 3 weken*

*Escitalopram dagelijks*



# CBT beste kansen om vooruitgang te boeken met psychedelische therapie

- (1) vermijdt kwesties van culturele ongevoeligheid
- (2) minimale speculatieve veronderstellingen over de aard van de geest en de realiteit
- (3) grootste basis van empirische ondersteuning voor veiligheid



## Psychedelics and Psychotherapy: Cognitive-Behavioral Approaches as Default

David B. Yaden<sup>1\*</sup>, Dylan Earp<sup>2</sup>, Marianna Graziosi<sup>3</sup>, Dara Friedman-Wheeler<sup>1</sup>, Jason B. Luoma<sup>4</sup> and Matthew W. Johnson<sup>1</sup>

<sup>1</sup> Department of Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, Baltimore, MD, United States, <sup>2</sup> Department of Psychology, University of California, Berkeley, Berkeley, CA, United States, <sup>3</sup> Department of Clinical Psychology, Hofstra University, Hempstead, NY, United States, <sup>4</sup> Portland Psychotherapy Clinic, Research, and Training Center, Portland, OR, United States

The acute subjective effects of psychedelics are responsive to users' expectations and surroundings (i.e., "set and setting"). Accordingly, a great deal of thought has gone into designing the psychosocial context of psychedelic administration in clinical settings. But what theoretical paradigms inform these considerations about set and setting? Here, we describe several historical, sociological influences on current psychedelic administration in mainstream European and American clinical research settings, including: indigenous practices, new age spirituality from the 1960s, psychodynamic/psychoanalytic approaches, and cognitive-behavioral approaches. We consider each of these paradigms and determine that cognitive-behavioral therapies, including newer branches such as acceptance and commitment therapy (ACT), have the strongest rationale for psychedelic-assisted psychotherapy going forward. Our primary reasons for advocating for cognitive-behavioral approaches include, (1) they avoid issues of cultural insensitivity, (2) they make minimal speculative assumptions about the nature of the mind and reality, (3) they have the largest base of empirical support for their safety and effectiveness outside of psychedelic therapy. We then propose several concepts from cognitive-behavioral therapies such as CBT, DBT, and ACT that can usefully inform the preparation, session, and integration phases of psychedelic psychotherapy. Overall, while there are many sources from which psychedelic psychotherapy could draw, we argue that current gold-standard, evidence-based psychotherapeutic paradigms provide the best starting point in terms of safety and efficacy.

**Keywords:** psychedelics, psilocybin, LSD, psychedelic assisted therapy, cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), psychedelic assisted psychotherapy

### INTRODUCTION

Classic psychedelics, such as 5-HT<sub>2A</sub> partial agonist psilocybin, are being tested for their potential therapeutic effects. Psilocybin is well-tolerated in clinical settings in which precautions have been taken to screen out participants who might have medical or psychological contraindications and where clinicians are available to provide support (Johnson et al., 2008). In general, the risks of toxicity and addiction are comparatively low with psilocybin compared to other recreational

### OPEN ACCESS

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# Contraconditioneren tijdens hoge dosering psilocybine

*Emoties en gedachten  
neutraal observeren  
zonder in reactie te gaan*

*'Surrender to the process'*



# Contraconditioneren tijdens hoge dosering psilocybine

## *Paniek aanval*

- *Deelnemer wil weg*
- *Support door facilitator*
- *Uit de mind naar het lichaam*
- *Focus op beweging van de buik*

# Contraconditioneren tijdens hoge dosering psilocybine

## *Pre-Psychotische decompensatie*

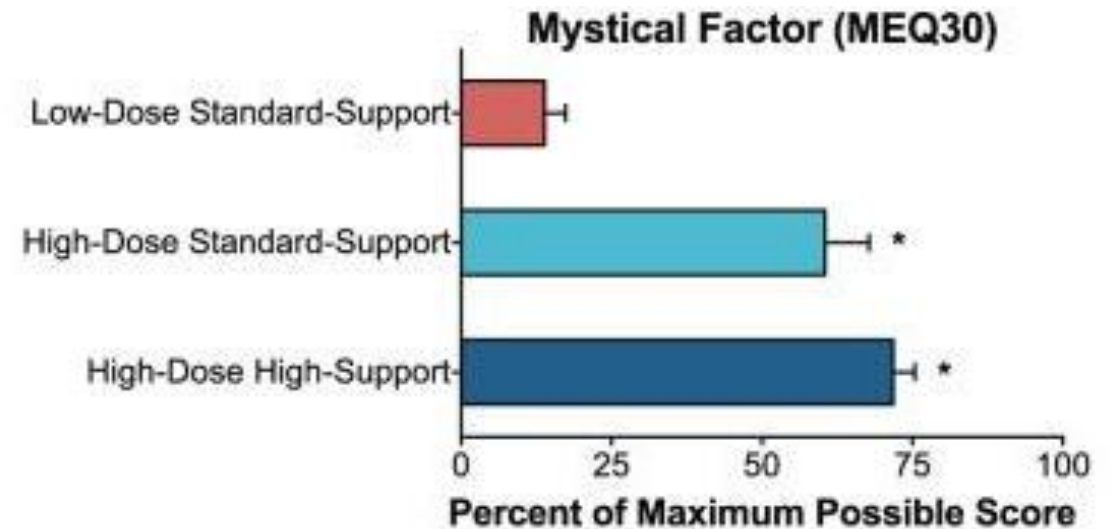
- *Deelnemer is angstig en gedissocieerd*
- *Support door facilitator, oogcontact maken*
- *Oriëntatie in tijd, plaats en persoon herstellen*
- *Ego-versterkende feedback*

**Psilocybine:**  
*Mystieke  
ervaring*



# Onderzoek naar mystieke ervaring

*High dose psilocybin with high support facilitates sustainable large significant mystical type experiences*



Psilocybin-occasioned mystical-type experience in combination with meditation and other spiritual practices produces enduring positive changes in psychological functioning and in trait measures of prosocial attitudes and behaviors

[R. Griffiths](#), [Matthew W. Johnson](#)

# DESCENDING THE MOUNTAIN

## EXPLORING MUSHROOMS AND MEDITATION

A film by Maartje Nevejan



OPEN

## Characterization and prediction of acute and sustained response to psychedelic psilocybin in a mindfulness group retreat

Lukasz Smigielski, Michael Kometer, Milan Scheidegger, Rainer Krähenmann, Theo Huber & Franz X. Vollenweider

Received: 8 April 2019  
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Published online: 24 October 2019

Meditation and psychedelics have played key roles in humankind's search for self-transcendence and personal change. However, neither their possible synergistic effects, nor related state and trait predictors have been experimentally studied. To elucidate these issues, we administered double-blind the model psychedelic drug psilocybin (315  $\mu$ g/kg PO) or placebo to meditators ( $n = 39$ ) during a 5-day mindfulness group retreat. Psilocybin increased meditation depth and incidence of positively experienced self-dissolution along the perception-hallucination continuum, without concomitant anxiety. Openness, optimism, and emotional reappraisal were predictors of the acute response. Compared with placebo, psilocybin enhanced post-intervention mindfulness and produced larger positive changes in psychosocial functioning at a 4-month follow-up, which were corroborated by external ratings, and associated with magnitude of acute self-dissolution experience. Meditation seems to enhance psilocybin's positive effects while counteracting possible dysphoric responses. These findings highlight the interactions between non-pharmacological and pharmacological factors, and the role of emotion/attention regulation in shaping the experiential quality of psychedelic states, as well as the experience of selflessness as a modulator of behavior and attitudes. A better comprehension of mechanisms underlying most beneficial psychedelic experiences may guide therapeutic interventions across numerous mental conditions in the form of psychedelic-assisted applications.

A burgeoning interest in the phenomenology and neurobiology of psychedelic drugs has grown in recent years, motivated by rising evidence of their therapeutic potential for some psychiatric disorders<sup>1,2</sup>. For example, psilocybin reduced symptoms of therapy-resistant depression<sup>3</sup> and depression and anxiety in terminal cancer patients<sup>4</sup> after administration of just one or two doses. Psilocybin and other classic psychedelics are partial serotonin-2A-receptor agonists<sup>5</sup> that may produce transient, profound changes in self-consciousness, experienced as a dissolution of the ordinary sense of self and a breakdown of the perceived boundaries between the self and the world<sup>6</sup>. Empirical research has repeatedly reported that, in a supportive setting at medium-to-high doses (20–30 mg PO), psilocybin can trigger alterations of self-consciousness in association with feelings of bliss, unity, and insightfulness<sup>7–10</sup>. Such experiences have been referred to as at least partially overlapping occurrences of self/ego dissolution<sup>11,12</sup>, self-loss<sup>13</sup>, states of selflessness<sup>14–16</sup>, mystical-type experiences<sup>17,18</sup>, or non-dual awareness<sup>19</sup>. Although the experiential quality of psilocybin-induced alterations resemble the states of self-transcendence reported by various traditions of Eastern descent<sup>20,21</sup> and can occasionally occur during deep meditative practices<sup>22,23</sup>, there are no experimental data that support this assumption.

The intensity and form of psychedelic experience, indexed as mystical-type experience or self-dissolution effect, seem to mediate beneficial therapeutic outcomes<sup>24–26</sup>. Similarly, many meditation practices aim to reduce self-referential processing<sup>27,28</sup> and achieve a temporary dissolution of self-boundaries<sup>15</sup>, which may lead to an enduring reduction of self-focus or ego-centricity<sup>14,29,30</sup>. Notably, meditation was found to alleviate symptoms of depression, anxiety, and stress and to promote lasting benevolent emotions and prosocial behavior<sup>31</sup> in clinical and non-clinical populations<sup>32–33</sup>. Despite similarities between meditation- and psychedelic-induced temporary

Neuropsychopharmacology and Brain Imaging, Department of Psychiatry, Psychotherapy and Psychosomatics, Psychiatric University Hospital Zurich, University of Zurich, Lenggstrasse 31, CH-8032, Zurich, Switzerland. Correspondence and requests for materials should be addressed to L.S. (email: [lu.smigielski@gmail.com](mailto:lu.smigielski@gmail.com))

# Mindfulness mediatie versterkt het mystieke effect van psilocybine

## Mindfulness Meditation Enhances the Effect of Psilocybin

Willem A. Fonteijn  
Essence Institute, The Netherlands

**Abstract.** High dose psilocybin can occasion profound mystical effects of which the oneness experience is a core phenomenon. This article describes the experiences of participants of a psychedelic retreat with high-dose psilocybin. The central insight is to cultivate the neutral internal observer. The neutral observer stance creates opportunities for beneficial and enduring change. The neutral observer stance is trained during mindfulness meditation. The previous experience with mindfulness meditation and development of the neutral observer stance intensifies the mystical effects of the psilocybin retreat with a possible profound oneness experience as a result.

**Keywords:** psilocybin, mindfulness, awareness, oneness, mystical experience, meditation

### Introduction

*It is one o'clock in the afternoon. I am lying on a couch listening to the psychedelic playlist of John Hopkins University. A playlist that is used all over the world for research purposes to explore mystical states during psilocybin retreats. Just half an hour ago I took several zips of a high-dose psilocybin truffle tea mixed with ginger and emptied my glass. My body starts to shake in a familiar pattern that I recognize as Kundalini energy floating through my body. Strong waves of energy dictate my body to resonate with the music. I enter the zone. Kaleidoscopic colors fill the space of my awareness. Old faces of Hindu gods appear and I feel carried by their wisdom and comfort. I understand completely without any doubt the connection between them and us the people. My energy starts to coincide with a Hindu deity and I feel his energy rushing and resonating all through my body. I understand how every conscious being just wants to be recognized and acknowledged. I see my parents who passed away a decade ago. I get insight into the purpose of my life, and the deep connection between me and my wife and our two sons. I see how our daughter-in-law is spiritually preparing for her child to be born. I see her true nature in all her transparent radiant beauty. All this time my body shakes with the kundalini energy resonating all through my body. Purifying my body and mind. Psilocybin and kundalini energy merge and expand my awareness. It was revealed to me that awareness doesn't and cannot take any responsibility. Awareness seeks and facilitates Oneness. Every opportunity for restoring oneness will be facilitated. It is me as the person who takes responsibility for my actions. Me as a man who takes responsible decisions and is accountable (Fonteijn, 2020).*

This so-called oneness experience was the result of a long period of mindfulness meditation on a daily basis, activating the neutral observer stance during activities in daily life, several silent Vipassana retreats during the past years, and the intake of about 60 mg of psilocybin present in the 44-gram dose of High Hawaiian dissolved in a cup of ginger tea. During the journey, I could observe my body, bodily sensations, emotions, and thoughts, and could move voluntarily whenever I wanted. I remained completely aware of what was happening. I was aware of how the music dictated the movements of my body and could follow these movements with my awareness. Ergo, the neutral observer stance inside me remained available.



# Psilocybine: Gebruik binnen een retreat setting



## LEGAL PSYCHEDELIC RETREAT IN THE NETHERLANDS

◆◆◆ Welcome to Essence Institute ◆◆◆

APPLY NOW

# ***Set & Setting:*** ***Selectie procedure*** ***deelnemers***

- Vanaf 25 jaar
- Een goede lichamelijke gezondheid
- Een stabiele psychische gezondheid
  - Geen psychofarmaca cq tijdelijk stoppen
  - Niet geschikt geacht voor mensen met diagnose schizofrenie of bipolaire stoornis.
  - Niet geschikt voor mensen met een geschiedenis van psychose
  - Cardiovasculaire aandoeningen, met name hypertensie
  - Bij twijfel dient de behandelend arts akkoord te zijn

# **Set & Setting:** *deskundig team, GGZ professionals*



# Set & Setting

*Programma retreat 3 dagen*

- *Vorbereiding: groepswork, meditatie, yoga, ademwerk*
- *Psilocybine ceremonie*
- *Integratie: sharing circle*



# Set & Setting:

## *Belang van muziek*



### Playlist

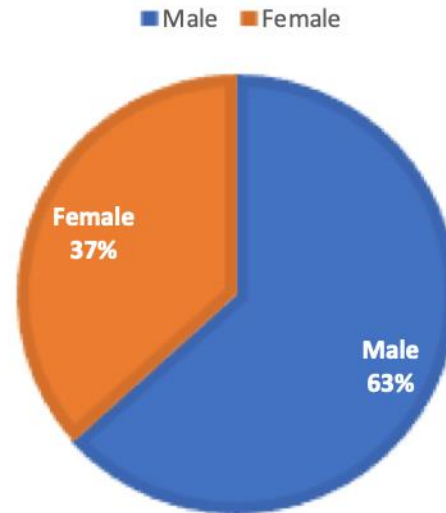
# Essence Institute legal psilocybin retreats 2

Willem Fonteijn • 239 vind-ik-leuks

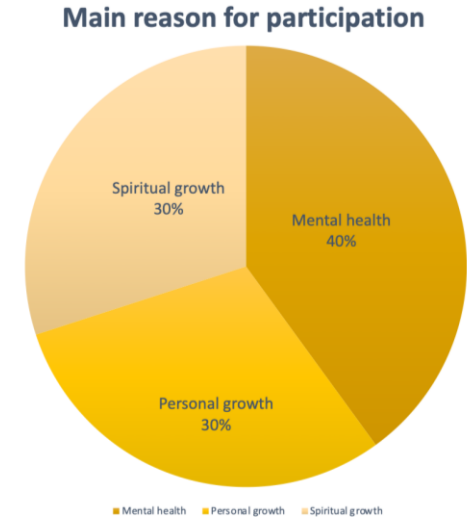
• 54 nummers, ongeveer 6 uur

# Deelnemers Essence psychedelic retreats

- *Periode 2019-2022*
- *N= 251*
- *Gemiddelde leeftijd: 43 jaar*
- *Jongste deelnemer: 23 jaar*
- *Oudste deelnemer: 80 jaar*

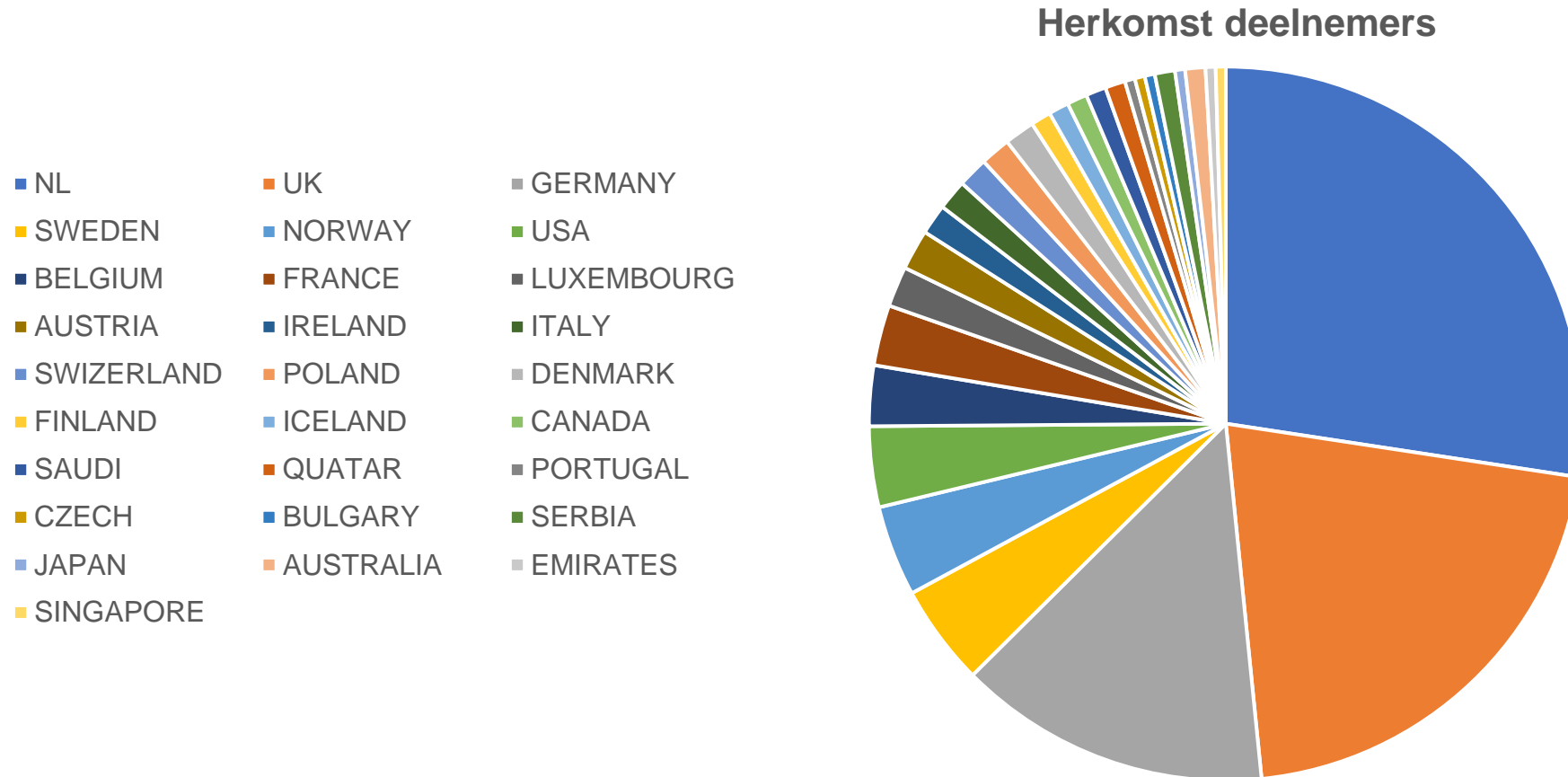


**Geslacht**

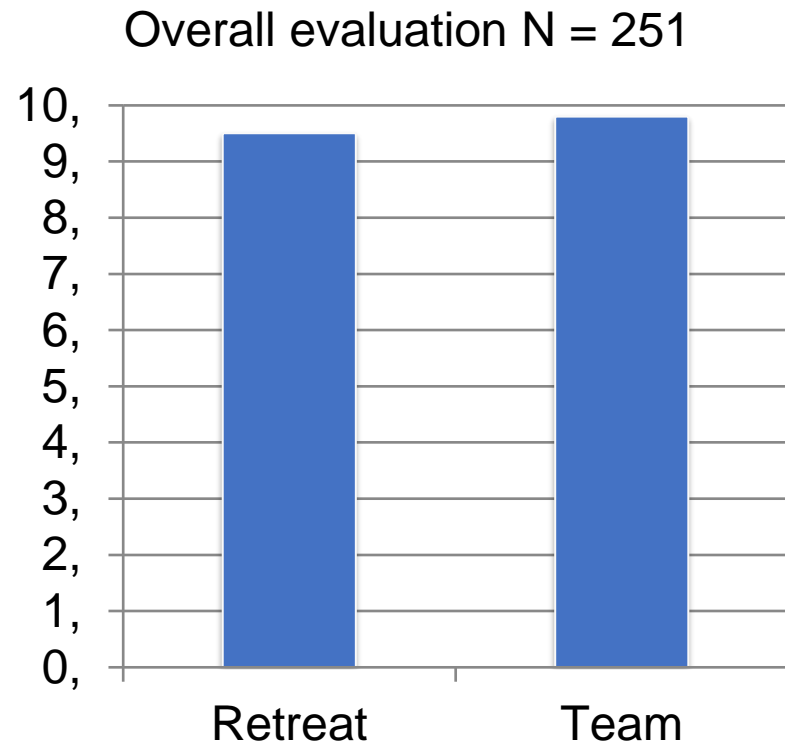


**Deelname reden**

# Deelnemers Essence psychedelic retreats



# Evaluatie deelnemers



***Retreat:***  
9,5 (8,8-9,9)

***Team:***  
9,8 (9,2-10,0)

***Impact on life:***  
9,2 (8,1-9,8)



# Ervaringen van deelnemers

- A. (55 jaar) - Depressive moods

*Retreat April 2022*

*The truffles gave me a reset, like erasing the well trained hopeless pathways in my brain. On Friday and Saturday after the ceremony, I could actually feel that I had a 'whole brain' again. And not these separate halves that talked to each other for about 3 years as this depressed self.*

# Ervaringen van deelnemers

- M. (48 jaar) - Spiritual growth

*Retreat January 2022*

*My experience was a feeling of pure love, pure joy, pure patience and compassion, while watching an amazing beautiful movie in my mind, beyond words. I experienced expansion of consciousness and awareness of my true self. I realised: I am That.*





it was that day  
psilocybin arrived  
vaporizing my ego  
there was a whisper  
close to my ears  
there were blasting  
colorful sounds  
dancing all around my eyes  
my mind was empty space  
vibrating with everything  
there was nothing to hold on  
just the floating river  
of awareness  
silence came  
embracing me  
whispering my eternity



Willem Fonteijn

HOME

OVER MIJ

PROJECTEN

GEDICHTEN

CV

CONTACT



In the beginning is  
Awareness

*Voor verdere informatie: [www.willemfonteijn.nl](http://www.willemfonteijn.nl)*