

Recovery trajectories in the Life plan: a new phase in our evolution

How the integration of life plan, birth quantum field, and brain
opens the way to coherence, recovery, and co-creation

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INTRODUCTION

It has now been more than twenty years since my cosmic work on the transition to a new evolutionary phase began. As humanity as a whole, we had already completed the previous evolutionary phase long ago, but individually we had not. That does not necessarily have to be a problem — but it became one. Human evolution was significantly delayed because we collectively entered a dynamic of polarization, triggered by several consecutive evolutionary phases that seemed to oppose one another.

This dynamic began during the previous evolutionary transition: the shift from surviving within a group to the development of the independent, self-aware individual. Those who were already prepared for the next evolutionary phase found themselves in a painful split. On the one hand, the group pressured them to give up their own identity and merge into the collective. On the other hand, their personal path of development required them to distinguish themselves from the group in order to discover who they were. Many chose to suppress themselves so they would no longer feel the pressure of the group. In doing so, they halted their own development.

This dynamic also plays a major role in the current transition phase. In the newest phase — shaping one's individual life through co-creation, aligned with the lives of others and with life as a whole — the individual is asked to take the interconnectedness of all lives into account. For the self-aware, independent individual — who has fought long and hard to break free from the group — it can feel as though he is once again being asked to conform to the collective. As a result, this individual continues his struggle to be allowed to move through life independently.

Because of this dynamic between group identity, individual identity, and co-creation in alignment with all lives, the evolution of life had come to a complete standstill.

My cosmic work is aimed at optimally supporting everyone on their path of development, regardless of which evolutionary phase they are in: the group phase, the individual phase, or the unity phase. At this moment, the dynamic of polarization is strongly present in society. This means that an adjustment to the life plans is still needed. In this document, I describe not only the solution to this problem, but also the path that led to it.

1 Energetic systems for the new evolutionary phase

My cosmic work consists of designing and refining the energetic structures, systems, and models needed to make the next evolutionary phase possible. These include a dynamic life plan and a collaborative model for multidimensional co-creation with all layers of consciousness that make up who we are: the Human, the Soul, the Higher Self, and the Cosmic Self.

1.1 Preventing collective trauma

In earlier times, evolutionary transitions unfolded in clearly recognizable periods, each ending in natural events that cleared away everything no longer aligned with the new phase. As a result, people who were already prepared for the next evolutionary phase had to rebuild their lives from the ground up.

These transition periods caused traumatic experiences that became deeply embedded in our collective subconscious. They continue to influence how we shape our lives today and have significantly slowed our collective growth.

At a certain point in our history — after yet another life-destroying transition — my Soul refused to cooperate any longer with evolutionary shifts that caused large numbers of innocent casualties. She broke contact with Cosmic Consciousness — the one who guides Earth's evolution from the quantum field of the Universe — because he did not seem to take her objections seriously.

Looking back, however, it became clear that Cosmic Consciousness did understand her concerns, because no destructive evolutionary transitions occurred after that. What he had not taken into account was that the development of life still progressed in plateaus. The old phase was no longer destroyed, but continued to exist alongside the new one. This created the dynamic of polarization described in the introduction, causing the evolution of life to come to a complete standstill.

1.2 Making continuous evolution possible

Twenty years ago, my Soul — and therefore I, as a human being — was asked to set evolution in motion again by designing energetic systems that support continuous development. These systems had to take into account the different developmental stages individuals may be in.

At that time, there was only one route through which humanity as a whole could reach the next evolutionary level. That route required us to carve our way straight through the old world. This brought significant challenges, because we had never done it in this way before.

Today, it may even seem as if we have entered another “end time,” because once again there is widespread destruction, loss, pain, and trauma. But this is an illusion: the cause now lies not in natural disasters, but in the misaligned possibilities manifested by individual human beings.

This prompted me to search for both the cause and a solution. The cause turned out to lie in how the life plan currently functions. And the solution offers hope for the future, because it not only reduces the number of misaligned manifestations, but also makes accelerated restoration of physical reality possible.

In the following text, I describe the challenges I encountered while designing a dynamic life plan that must support continuous evolution, and the solutions I found — including the solution to the problem we are facing today.

2 A new challenge: taking everyone along to the next level of evolution

2.1 Transforming the original concept of the life plan

The dynamic life plan was originally designed as a tool for people who had already developed far enough to be ready for the new evolutionary phase: multidimensional co-creation based on equality. The concept was intended for the situation after an evolutionary leap, when everyone would function at the new level of consciousness.

In that situation, every individual possesses a life plan that contains all the possibilities that can be developed in the future, aligned with the lives of others and with life as a whole. After every choice and every change in physical reality, all plans would be re-aligned so that the coherence between all lives would be preserved and everyone could shape the best possible version of their life.

To make continuous evolution possible, this original concept — which I received from my Higher Self — had to be adapted. The life plan must also support people who still need to complete earlier evolutionary phases, and include them in the alignment process.

Those who still need to complete the previous evolutionary phase pose a particular challenge in this regard. When making choices, they look primarily at what a possibility means for themselves and their own lives. They do not yet realize that their lives are part of a coherent whole — and this is entirely appropriate for their current stage of development.

For them, it is important that they can manifest possibilities outside the life plan, because they still need to get to know themselves and the consequences of their choices. They must be given the space to learn from their mistakes — but without being able to cause lasting damage to the lives of others or to the evolution of life as a whole.

2.2 The first solution: a separate learning environment

At first, I chose the solution that seemed the safest: creating a separate, protected space in which these individuals could practice with one another. This worked — until it no longer did, and a new solution became necessary.

2.3 The second solution: restoring coherence after every misaligned manifestation

Since I had to adjust the system anyway, I decided to solve a problem from earlier evolutionary phases: the Soul could no longer guide the Human once he moved out of sight by deviating from the life plan.

The solution I found was a kind of tracking system. After a misaligned possibility was manifested, a physical reality emerged that no longer aligned with the life plan. By subsequently adapting the life plan to the changed possibilities of physical reality and re-aligning all life plans, coherence was restored. This allowed the Soul to continue following and guiding the Human. Time and again, these individuals were given the choice: “Will you continue on the path you have taken, or will you choose to follow your life plan this time?”

This also worked — until it no longer did. Physical reality had been altered so often by misaligned manifestations that it increasingly diverged from the inner coherence on which the life plans were based. The tracking system could still restore coherence, but it could no longer prevent society as a whole from slowly moving in an undesirable direction.

Life had been out of balance for some time. Collectively, we seemed to be moving inevitably in a direction that no longer aligned with the original coherence of life.

2.4 The newest solution:

recovery trajectories and more direct guidance by the Soul

2.4.1 The integration of the life plan with the brain

The cause — and the solution — only came into view when I was asked to design a new model in which the energetic systems supporting multidimensional co-creation were integrated with the functionality of the brain.

Through this integration, the Soul was given a tool that allows her to walk alongside the Human, as it were, within the same body. She can provide the Human with pure information to replace the colored “survival information” supplied by the brain. She can also offer the possibilities from the life plan and ensure that the body supports the execution of such a possibility.

This enables the Human to make better-founded choices, while still retaining the freedom to deviate from the life plan. The Soul can now continue to follow and guide the Human.

2.4.2 A new insight: the foundation of the life plan is different than expected

However, one essential insight was still missing.

I had assumed an unchanging individual quantum field that contains all potential possibilities from birth to the end of life — the “birth field.” All possibilities — realistic and unrealistic, constructive and destructive, pleasant and traumatic, aligned and misaligned — exist side by side within it. I imagined these possibilities arranged along a timeline. The life plan would then be a selection from those unchanging possibilities, containing only the ones that could actually take shape in physical reality.

However, this starting point is only valid in the original situation following an evolutionary leap in which everyone shapes their aligned life plan. Now that people are manifesting possibilities outside those plans — causing physical reality to lose its coherence — this initial assumption is no longer adequate.

2.4.3 The interaction between physical reality, quantum field and life plan

In my earlier view, there was an interaction between physical reality and the life plan: when physical reality changed, the life plan changed with it, while the underlying quantum field remained the same. This is still true, but one crucial detail was missing.

The possibilities in the quantum field are not bound to time or place, but to **sequence**. They can only be realized in specific developmental orders.

The life plan then links these possibilities to time and place.

This led to a new insight: a change in physical reality does not alter the quantum field itself, but it does change which possibilities arising from it are relevant, accessible, and realistic at that moment.

The physical situation therefore determines which possibilities from the unchanging birth field become active — and thus which possibilities are available for integration into the life plan.

And that makes a world of difference for what can emerge in physical reality in the future, as I will show below.

2.4.4 Physical reality as the basis for the life plan

This is what happens when someone makes a choice that is not aligned with everyone:

Starting point

A life plan containing possibilities aligned with one's own possibilities, those of others, and life as a whole.

What happens next

Someone makes a choice not based on their aligned possibilities, but on fear, survival, or the belief that others only think of themselves. This choice falls outside the life plan and creates a change in physical reality that does not fit their own possibilities or the lives of others.

Effect on physical reality

The misaligned choice causes everything that obstructs its realization to be broken down. Existing structures are destroyed — even for people who are living according to their life plan.

Effect on the life plans

Future possibilities in the life plan no longer align with the changed reality and therefore cannot be developed. All possibilities that no longer fit the changed physical reality disappear from the life plan. In science, this process is called *decoherence*: everything that is not coherent with physical reality falls away as a possibility.

Effect on the future

Every misaligned manifestation reduces the number of aligned possibilities that can be shaped in the future. At the same time, more and more existing aligned structures are destroyed. Physical reality gradually loses its coherence.

2.4.5 The birth field as the source of changes in the life plan

The birth field contains far more evolutionary lines and branches than were included in the life plan at the time it was assembled. The life plan contains only the evolutionary lines that could be developed at that moment from physical reality.

After that, the life plans were no longer re-aligned with the birth field, based on the assumption that physical reality would continue to develop along the evolutionary lines originally included.

Now that misaligned possibilities have been manifested, physical reality has changed so drastically that not only have certain evolutionary lines and branches “extinguished,” but new ones have been activated.

Every time a new route is chosen in the evolutionary network, many parallel branches fall away. However, through the destruction of physical structures, some of those discarded possibilities can still take shape, because the physical structure has been reduced to a form in the past where these alternate possibilities now do align. There are now even developmental pathways that can connect from the future, because new possibilities have been developed in the meantime that did not exist in the past.

This differs fundamentally from the life plans, where possibilities were arranged along a timeline. By continually reconstructing life plans based on the new situation in the birth field, more possibilities for the future become available.

And it becomes even more powerful.

2.4.6 The emergence of recovery trajectories in the quantum field

The newest insight changes everything. It makes restoration of physical reality possible, and — combined with the integration of the energetic systems with the brain — allows damage caused by misaligned choices to be repaired immediately after it occurs.

The newest insight is this:

“All possibilities in the birth field can be activated at any moment in development and become part of a new evolutionary line. These may include possibilities that, relative to the physical timeline, lie in the past or in the future.”

These possibilities are not bound by place or time, but follow a specific developmental sequence. Depending on the state of physical reality and what can emerge from it, possibilities connect to it and form recovery trajectories.

This means that at this moment, recovery trajectories exist in the birth field for every damaged physical structure. They simply need to be incorporated into the life plans.

2.4.7 Integrating the life plan with the birth field

The old life plan assumed a fixed network of developmental lines between birth and death. From one perspective, this appears to be true — but in reality, developmental lines form dynamically, depending on the state of physical reality.

The life plan — the basis for the choices with which a person shapes their life — reacted only to changes in physical reality and not to changes in the birth field. As a result, the life plan became completely detached from this underlying quantum reality, and the future possibilities for physical reality were unnecessarily limited.

To give humans access again to all aligned possibilities for shaping and experiencing life, the life plan has now been integrated with the birth field. The dynamics of the life plan — through which possibilities are aligned and structuring rules are applied — now work together with the dynamics of the birth field. As a result, aligned recovery trajectories are now included in the life plan.

The Soul can still add aligned possibilities needed for learning trajectories, for instance, but now has access to the full potential of the birth field for this purpose. Gradually, society can begin to recover.

2.4.8 Why recovery is now possible

Because the life plan is now dynamically aligned with both the birth field and physical reality, every misaligned manifestation can be followed immediately by a recovery trajectory. This prevents long-term damage and restores coherence at both the individual and societal level.

The Human still retains full freedom of choice. But now, whenever a choice leads to a misaligned manifestation, the Soul can immediately activate a recovery trajectory from the birth field and integrate it into the life plan. This ensures that the consequences of misaligned choices no longer accumulate and no longer steer society in an undesirable direction.

This marks a fundamental shift: physical reality is no longer at the mercy of misaligned manifestations. Instead, it becomes a dynamic environment in which coherence can be restored at any moment, allowing evolution to continue.

2.4.9 A new role for the Soul

With the integration of the energetic systems into the brain, the Soul can now guide the Human far more directly. She can offer aligned possibilities, provide pure information, and activate recovery trajectories whenever needed. This allows the Human to make choices with greater clarity and less fear, while still retaining the freedom to explore and learn.

The Soul's role has therefore expanded from guiding the Human through the life plan to actively maintaining coherence between the life plan, the birth field, and physical reality. This ensures that the Human is supported at every step of their development, regardless of which evolutionary phase they are in.

2.4.10 The beginning of continuous evolution

With these new systems in place, continuous evolution becomes possible for the first time in history. Misaligned manifestations no longer lead to long-term destruction, and aligned possibilities from the birth field can be activated whenever they are needed.

This means that humanity can now move forward together — each individual supported according to their developmental phase, and each life plan dynamically aligned with the coherence of life as a whole.

3 Testing the latest design in practice

When I am working on a new or modified design, I am eventually placed in situations that allow me to test the new system in practice. This time, I was confronted with a leak that had been present beneath the surface, unnoticed, for quite some time. It only came to my attention when mold suddenly appeared on a wall that, upon closer inspection, turned out to be soaked.

3.1 Test case: a recovery trajectory to fix a leak

3.1.1 Water as a metaphor for a misaligned manifestation

The water that reached places where it did not belong symbolized, for me, a misaligned manifestation: a possibility taking shape outside the aligned possibilities of the life plan. The water did not remain within the structure of the pipes but sought its way into places beyond that channel — just as misaligned possibilities exist outside the structured network of aligned possibilities.

Mold is a natural decomposer that maintains the cycle of life: it breaks down organic material whose original function has ended, allowing it to become nourishment for new life. However, the natural materials from which a wall is constructed have been given a new function, temporarily halting the natural decay process. When a leak occurs, water comes into contact with these materials. The water seeks its way downward to follow its natural course, but the wall literally stands in the way. Due to the moisture, mold can take hold of the organic components of the wall, after which the natural decomposition process can begin after all.

This situation illustrates how physical structures are affected when a misaligned possibility manifests. Physical reality responds to the new, no longer fitting situation by breaking down everything that obstructs the natural flow, through processes such as digestion, erosion, dissolution, and decay. At the same time, the network of future possibilities changes: development trajectories that were linked to the original physical structure lose their connection and consequently disappear from the life plan.

3.1.2 Initiating the correct recovery trajectory

My assumption that adding recovery trajectories to the life plan would allow society to begin rebuilding turned out to be somewhat naïve. As with any other possibility in the life plan, the same applies to recovery trajectories: instead of the best trajectory, a misaligned recovery trajectory can also be initiated. And that was — of course — exactly what happened in my test case.

At first, everything seemed to be going well. The leakage was reasonably under control, so it was not a problem if repairing it took a bit longer. By lowering the water pressure and using a dehumidifier, the small amount of water that still escaped could be captured immediately. This turned out to be an important symbolic indication.

3.1.3 Pressure enables the formation of misaligned creations

Applying pressure proves to be a major cause of the emergence of misaligned creations that lead to the destruction of existing structures.

The inner coherence of life — arising from the natural attraction between the particles of matter that form physical reality, or may form it in the future — is so strong that aligned possibilities form naturally, without you having to do anything. You only need to move along with the particles that gather around you of their own accord.

Particles of matter can only appear in a misaligned place and time when the conscious human being initiates an action that goes against the natural movement of these particles. This action may arise from a conscious choice, but just as easily from an unconscious reaction to inner or outer pressure.

Pressure is the force that can propel a misaligned possibility — consciously or unconsciously — against the natural coherence of the particles. When the pressure becomes stronger than the attractive force that keeps the particles in their aligned position, they break free from the coherent structure and can be used to form the misaligned possibility in physical reality.

3.1.4 A misaligned recovery trajectory triggered by inner pressure

Locating the leak was the first step toward determining the correct recovery trajectory. Based on the moisture pattern, a general area was identified as the likely source. A second, more precise investigation was then carried out to find the exact location.

However, this investigation did not provide the desired precision. Instead of a clear origin, it produced another general indication. This new location was not derived from the moisture pattern but chosen based on experience: there was a three-way coupling at that spot where leaks often occur.

In this situation, there was clearly an element of internal pressure, arising from the belief that a specialist is expected to know exactly where the problem originates. That pressure can easily give rise to a misaligned recovery trajectory, especially when a possible solution is presented as if it were a confirmed fact.

The proposed solution was to create an opening on the opposite side of the wall to inspect the coupling. However, this was not the best approach, because the walls and floors on the correct side would still need to be opened later — after all, the leak was not located at the coupling.

This situation shows how a misaligned possibility can arise within a single individual: through inner pressure rooted in unconscious processes. Offering a new, seemingly logical solution becomes more important than following the coherent clues from the earlier investigation. Attention shifts from attunement to fulfilling an inner need — such as proving expertise or meeting expectations — causing the chosen solution to no longer match the actual situation.

3.1.5 False attunement leads to group pressure

The proposal to create an opening on the opposite side of the wall was immediately adopted by those responsible for facilitating and executing the recovery trajectory. After all, a thorough expert investigation had been conducted to determine the exact location of the leak. The fact that this investigation had focused solely on assessing the coupling for leakage faded into the background.

Initially, I also assumed that the correct approach was being proposed, but a photo I found showed that the connection in question was much easier to access from the front. When the contractor received instructions to work from the other side of the wall despite this additional information, I indicated that I could not agree to that. It was not the best solution and would cause unnecessary inconvenience and additional damage.

This moment marked the point at which both the misaligned and the aligned recovery trajectories were still possible.

The way I acted — and how it felt — can best be described like this: the coherent quantum particles of the aligned trajectory formed themselves around me. I did not shape this trajectory; the trajectory shaped my actions and my words. At the same time, I was fully present in the situation and knew exactly what I was doing. My thoughts and actions were not taken over — I remained the one speaking and deciding. And that is exactly how the brain integration is meant to work.

I even responded from the unconscious habit of respecting everyone's dignity by agreeing to search in the wrong place — but at least on the correct side of the wall.

I argued that:

- the original general location of the leak had been determined based on the moisture pattern, making it highly unlikely that the leak was in the coupling,
- and creating an opening on the opposite side of the wall would cause unnecessary disruption and additional damage.

Phone calls were made between all those involved, who had already agreed among themselves that the proposed solution would be implemented. This created the illusion of alignment: the solution agreed upon within the group was not aligned with the inner coherence of life.

This illusion set a group dynamic in motion, in which pressure was exerted on me to conform to what the group saw as the best solution. However, I stood my ground and continued to explain calmly, without engaging in conflict.

By then, the contractor realized that it was uncertain whether the leak was located in the coupling, and that there was insufficient time that day to search for the actual location. As a result, no recovery plan was implemented yet.

3.1.6 Anchoring recovery trajectories to a place, independent of time

Because I allowed myself to be shaped by the aligned recovery trajectory, the misaligned trajectory could not be carried out.

This made me reflect, because it seemed as though I had been drawn into a kind of preliminary phase necessary to firmly anchor the aligned recovery trajectory at the place where it needed to be executed. And it did not seem to matter when that recovery trajectory would actually be realized.

This is an important improvement compared to the old model of the life plan, in which a misaligned trajectory could still be chosen and manifested until the very last moment. Now, only the location needs to be anchored, ensuring that the execution of the aligned recovery trajectory is guaranteed from that moment onward.

Once the place of an aligned recovery trajectory has been anchored through a preliminary trajectory, its execution is assured — regardless of when it is carried out.

3.1.7 Summary

- Recovery trajectories included in the life plan do not manifest automatically. They require the intervention of an attuned person. However, if someone intervenes who is not attuned to the possibilities of the life plan and who experiences inner pressure that clouds their judgment, a misaligned recovery trajectory can be created unconsciously.
- An aligned recovery trajectory offers the best solution for repairing damaged physical structures without causing unnecessary consequential damage.
- A misaligned recovery trajectory leads to additional damage — which then also needs to be repaired.
- A misaligned recovery trajectory arises as an alternative possibility alongside an aligned trajectory for the same physical structure.
- It is important to position yourself at the junction between the two trajectories at the moment a misaligned recovery trajectory arises. This ensures that the misaligned trajectory cannot be executed, and allows you to secure and safeguard the aligned trajectory in that position until it can be implemented.
- It is also important that there is no time pressure on the recovery trajectory. This allows you to take the time to align the right solution with all parties, and even creates space to involve another party if others insist that the misaligned recovery trajectory is the best course of action

4 Conclusion: a new foundation for restoration, coherence and evolution

With the integration of the life plan, the birth-quantum field, and the functionality of the brain, a fundamental shift in our evolution has become possible. The Human no longer stands alone in shaping their life, but is supported by a dynamic system that:

- offers aligned possibilities,
- can restore misaligned choices,
- and safeguards the coherence of life.

The new insight that all possibilities in the birth field can be activated at any moment — regardless of their position on the physical timeline — makes recovery trajectories possible that were previously out of reach. As a result, damage caused by misaligned choices can be repaired immediately, without halting the evolution of life.

The test case involving the leakage demonstrates how this works in practice. A misaligned possibility can arise from inner pressure within a single individual and be picked up by a group through apparent alignment. But as soon as one person allows themselves to be shaped by the aligned trajectory, the misaligned trajectory can no longer be carried out. The aligned trajectory becomes anchored at the location where it is to be realized, independent of the timing of its execution.

This is a significant improvement over the old life plan model. Whereas previously it was possible to choose a misaligned trajectory until the very last moment, the location of implementation is now the determining factor. Once that location is secured, the implementation of the aligned recovery trajectory is assured.

With this new structure, the evolution of life can move forward again. Society can heal — not through the destruction of the old, but through the activation of aligned possibilities that connect with the current physical reality. The Soul can guide the

Human, the life plan can continue to renew itself, and the birth field offers an inexhaustible source of aligned developmental lines.

We stand at the beginning of a new evolutionary phase in which Earthly life can renew itself and develop further through alignment, restoration, and co-creation.

Mentor guidance for ‘guardians of the aligned route’

Are you the one who often stands precisely at the tipping point where a situation can derail or build up? Do you see what is right and what is wrong — in your own life, in the lives of others, or in projects you are involved in? And do you sometimes feel insecure in that role, or does it regularly escalate into conflict?

Then you are likely someone who is naturally a guardian of the aligned route, but does not yet always perceive it that way. You instinctively sense which choices lead to build-up and which to breakdown, but do not yet always know how to ensure that a misaligned action stops — without struggle — and how to activate and secure an aligned recovery trajectory instead.

As a mentor, I can guide you through your recovery trajectories by helping you with:

- discovering and utilizing your unique talents.
- recognizing aligned and misaligned trajectories,
- stopping misaligned trajectories before they are executed,
- taking the right action to prevent consequential damage,
- securing and activating aligned recovery trajectories,

My guidance is tailored to you and the specific situation in which aligned action is required of you. It focuses on developing clarity, presence, and the ability to take the right step at the right moment.

The text in this document reflects the current state of the model as it has developed through direct experience and ongoing design work. Future insights may refine or expand the concepts presented here.

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