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Relationship, Love, Feminine power - Christine Pannebakker

Guest: Christine Pannebakker

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LILOU: Hello my delicious co-creators! Lilou here. I'm in Holland in the town I still cannot say the name of which is –

CHRISTINE: Bodegraven.

LILOU: Bodegraven. I just did it. This is south of Amsterdam, about 50 minutes or so and with Christine. I just interviewed her husband. We spoke about the Kabbalah and now I would love to interview you because you wrote many, many books. You're a journalist, you wrote 8 books all about the feminine power and who am I and who am I in love, all of those wonderful topics. I'm excited. Thank you for accepting to do this interview in English.

CHRISTINE: Thank you so much. I'm very excited to be here. Thank you and welcome here in [??].

LILOU: Thank you. Thank you. I read on the site, thanks to google translation that it's really your soul mate and you saw him here, your husband as your soul mate. Can we start this conversation by you telling us what is your vision of a soul mate? What is a soul mate?

CHRISTINE: I think soul mate is someone you recognize and your hard goal, I think. So, it's not all about the looks and of course, it's about it as well. But what is your main goal? What do you really want in life? When you have that, it's not about little things, little irritations like the toothbrush and where is it and people throwing things around the house because when you know what you want in life, you go the same direction then you have a great life. I think that's the most important in love. To know what you want for yourself and where you are both heading.

LILOU: It's like, do you think it's very important that the 2 people are walking towards the same direction and having the same understanding in life? Is that, for you, condition of a soul mate or not?

CHRISTINE: Yes, but it's more like the higher goal. It's not like all the little differences, it's normal that you have. But when you only focus on the little difference, you will fight with each other and think, 'oh, we don't have a good life together', but I think when you skip all those little differences and when you



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agree with each other, we can disagree about a lot of things, then life is so much better. I think, especially for women, women do what they really want to do in life and I think their marriage will also be not better because I think a lot of women would [??] what they don't want and they come home and they are tired and then their husband have something to say they don't want and their children are tiring them. So I think, especially women, please do what you want in life and I know that's your life and also the life of your family will be so much better.

LILOU: For you it's very important that women come in their power.

CHRISTINE: Yes. I think when you first know what you want, only then you can come in your power. But if you like, 'I don't really know. I just live my life and oops, it's now a year that's past and I don't know what I've been doing.' I think first when you know what you want in life or what your main goal is and then you can say 'that's the things I don't wanna do anymore and these are the thing that I really want to do.' And I think women have thirty different roles they have for themselves. So when you choose wife like being a great wife and a good mother and being fishnet about your job and maybe do other things like a good friend and someone who likes to [??], when you [??] goals in life and you skip the rest, I think then your life is much better because we want to do all things and yet you haven't done anything and your life is just going along with you instead of that you have control on your life.

LILOU: What do you feel women need to realize now or not need more of but could come to a realization of?

CHRISTINE: I think that we have a very big role now in life, not only in our own little life, but also in the world. When you see there are people talking about an economic crisis, but I think the crisis is more about human, who are we and what do we really want in life and think when we know that, then the economic crisis will be just coming along with us. But it's only we're focusing about the money, but I think we have to think about what is really important to us and how do we want to be for ourselves, also for our neighbors, also for people in the other side of the world. I think that is I think especially now for women to say like I read when [??] brothers were [??] sisters, there wouldn't be a crisis.

LILOU: I love it.

CHRISTINE: And I thought it was so funny and I think maybe when we just say okay, let's kick some ass, okay, some things did not go well in life and now it's up to us. Let's make the world a better place.

LILOU: But I feel it's also when we hear about the feminine energy or feminine power, it's also up to men to also wake up that in them. It's not just women. I feel it's less and less about women or men, but it's altogether and it's letting the feminine quality –



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CHRISTINE: Yeah, it's like the people power, of course, yes. And I think sometimes I want to wake up women, 'okay, let's not sleep. Let's go outside.' And I think a lot of men and also in businesses, they are training themselves and also let the feminine side of them grow and be there and I think now it's for women also to be like men and women as well. To be a better person, I think.

LILOU: But not a woman fighter, I guess just being, because women when they come to their power, I feel there's a lot of, it's a loving force, it is strong but soft and very creative and generous.

CHRISTINE: Yes, and I think that is the real power. When you are loving and sweet, I think that's real strength. It's not about women power that we have to fight and be against men. I think that's the old school. That's not what's about especially about being a good person and caring and all those things and also what they say about mothers like they're sweet and caring and I think that is their strength.

LILOU: How do you see the couple in all this and how important it is to be a couple to go through these times and put some things in place and move forward and create project, is that very important? You see that very important to be in love?

CHRISTINE: For me, love is very important. But before I met Geert, I was really the happy single, I was like the sex in the city in person that I was. When I meet a man, he has to be so great because my life is now so incredible and he has to be like in top of that because how can life be better but I know now that when you can go to life, really with the soul mate, you can accomplish so much more. I really think that a lot of people have so many demands about how the person should look like and smell and things like that. But I think when you first grow yourself and know what you really want, I think then, as a couple, you grow strong as well.

LILOU: You're a mother?

CHRISTINE: Since 2002 of this little beautiful blonde angel.

LILOU: How did that change your life? What did that teach you about life?

CHRISTINE: I think that when she came into our lives, a lot of things changed, especially Geert stopped with his theater and he became a writer, something he really wanted to do. Also I was thinking, oh, I can do so much more in life and I want not only look out for her, not only care for her, but was also seeing other children all part of the world because as a journalist, I traveled a lot, also when I was pregnant with her, I traveled all around the world and I saw these mothers with their children and I thought we all want the same in life. In the end, it's not all about differences, it's all about what we command or what we have in common with each other and I think that's what she taught and also that I wanted to see the sunshine in life. Because a child really looks at the mother from 'oh, how is she living' and you can tell



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your child, 'oh, you have to do this. Oh, you have to do that.' But you don't have to tell anything if you live life you really for your child, then you're the very best example they can get so you don't really have to tell them, you have to live it yourself.

LILOU: Beautiful, beautiful. What would be your recommendation? I would love to end this video on what you're discovering right now, what you're going through, what you're coming to realize because your journey's continuing to evolve?

CHRISTINE: I think that you can see miracles everyday in your life and when you have a child, you see that the child sees miracles all day long when there is the sun is shining or there is rain, everything is new to our child in there. I think there's so many miracles around us. Some big miracles. A friend of mine had a disease and she needed a new kidney and she was like, 'I'm so afraid that I won't live for a long time anymore.' She placed an ad in the newspaper, 'Woman Wants Kidney'. There was another woman here in Holland and she wrote back, 'I want to give it to you.' and they didn't know each other but the woman who gave the kidney to her, she said, 'by giving to her, I got so much more.' I think that is the big miracles in life but there are so many little miracles like smiling at someone in the street and that can really change the day and I think that is what we all can do everyday. If you just smile or really ask someone, 'how are you today?' and listen to the answer, I think we can change the world.

LILOU: Beautiful. In Holland, that little word where you think Holland is on the spiritual level or in opening mind level or where is Holland at you feel.

CHRISTINE: I think Holland is land of the free and people want to know more and they're really eager to learn and to meet other people. But there's also a lot of cynicism, a lot of –

LILOU: A lot of cynicism.

CHRISTINE: Yeah, they are like and all these people with spirituality, you have to keep your feet on the ground and I think it's good to keep your feet on the ground with your head in to the clouds, I think, you will have a much better life.

LILOU: Beautiful. Thank you for this moment and I love your joy and energy and this was delightful. Thank you.

CHRISTINE: Thank you so much. It's great having you.

LILOU: Much, much love my delicious co-creators! Next, I'm talking with a samurai. Very different but juicy. Bye-bye! Much love!



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