

# The 8 levels of knowing: Information becomes soul knowing



How to anchor knowledge in yourself



## The 8 levels of knowing: information becomes soul knowing

*Yes I do know that*

Do you ever say that when someone tells you something you could do and you actually knows it, but do not really apply it?

In this e-book I introduce something new. Comprehend, which is not yet knowing, can be in four different areas. Each of these areas has two forms of integration. Thus, eight levels of knowing emerge.

If you want to grow spiritually, you can apply, what is described here, to absorb information you receive step by step into your being. As a result, it is always available to you: it becomes part of your soul's knowing.

In this e-book I explain the different areas and what you can gain from this information.

### *The fields of knowing*

The four areas in which you can comprehend something:

- In your head
- In your heart
- In your gut
- In your soul

Each of these areas, as mentioned, has two forms of integration.

- Stored
- Integrated

### *The eight levels of knowing*

Below is an explanation of how information can travel through the various areas and eventually become *knowing*. In doing so, an aspect of Divinefulness is used as an example: through meditation you come closer to yourself.

## Area 1: Your Head



The comment mentioned earlier "Yes, I know that." points to this area. You've heard of the idea and stored it. When someone mentions it, your default response is: 'yes I know that'. Because that is indeed true: the information is stored in your brain.

The step you can now take is to start applying the information. You are going to add experiences to it. In the example, this means that you are going to meditate and observe whether the statement "get closer to yourself" is true for you.

When you have practiced meditating for a while and notice that you are indeed getting closer to yourself, you accept the information. It becomes knowledge. When this is the case, your response will come from a deeper layer. "Yes definitely, I know that," you might answer when someone mentions meditation.

## Area 2: Your heart



The next step is to take the knowledge you have now into your heart. How does it feel for you? Does it feel pleasant, does it require effort. Again, the same two forms of integration are present. 'Yes, feels pretty good' indicates a stored feeling.

You know it is about feeling and so you make brief contact with your feelings and decide, still largely from your head, that it does feel okay.

The step here is to really start connecting with your feelings, in this case on the subject of meditation. Does it really feel good? Or is it more of a thing that you impose on yourself because you know, again from your head, that it's really good for you and you've noticed quite a bit that you're getting closer to yourself.

The knowledge is integrated into your heart the moment you experience a really deep loving feeling when you think about something. You have locked it into your heart. "Yes definitely, I know that. Fantastic!" might then be a reaction.

## Area 3: your gut



There is a point just below your navel where, according to many traditions, your life energy is located. For example, the Japanese tradition speaks of your hara. In our language we use proverbs like 'having a gut feeling' or 'butterflies in your belly. This is where the third area of comprehension is located.

When you bring your connection with your feeling to this area, a experience of joy arises and energy flows through your body. You *know* this is right, you *feel it is* true and you *experience* that it is good for you.

Stored and integrated are more difficult to distinguish.

It is all about direction. When you consciously move your attention from your heart to your gut and then experience energy starts flowing, that is stored knowledge. Once you experience energy in the moment of thinking about something, the knowing is integrated.

## Area 4: Your soul



This last area is not located in one particular place. Your soul is the Divine spark, which connects you to Source and to every other entity.

Integrated gut knowing is stored in the soul by itself.

There is nothing you can do about this, other than to do basically nothing.

As soon as you want to contribute something to the integration, you pull the knowing up toward a questioning or doubt.

Therefore, enjoy the fact that you know something is right and leave it at that.

Without your help, your knowing integrates into your soul.

When this has taken place, "something" takes over if you find yourself in a situation where you can use the knowing that you then need. Your soul knows and acts perfectly correctly.

## The journey of knowing through your being



Let's look again at the journey inward:

The journey begins with information. Somewhere you hear or read something that catches your attention. After some contemplation ("could this be so?") you take it into consideration. (1) You store the *information*. If someone asks you about it, you have the information ready. After practice or review, you decide for yourself that the information is correct, (2) it becomes *knowledge*. Then (3) you connect to the knowledge on a deeper level and start to feel and (4) develop a deep sense of affection or love for the knowledge. The knowledge now becomes an *ability*. Then, when you start experiencing (5) how good it is for you that you have taken this knowledge in and (6) experience it spontaneously, the ability is integrated in your body. You *know* that this is right for you. From here your soul will begin to take it in.

Or is it?

As long as your *knowing* is not yet integrated into the soul, it can travel through the different levels of knowing.



The fact is that people can fully embrace something and still move away from it after a while. So how does that work?

Each level of knowledge can move up one step at a time due to doubt or neglect. For example from the level of stored in your gut back to integrated in your heart.

Fortunately, the deeper integrated, the more firmly your knowledge is embedded in you. So how does that work?

Suppose you have something that you have tested to be right and you have somewhat felt that it is good for you. Then when something happens that seems to contradict your experiences up to now, you can start to doubt. With that, the knowledge becomes information again. You know it is so, but you don't really apply it.

Suppose you can experience that something energizes you and also feel that you have a deep connection with your feeling with your ability. Then, when something happens, you may pull out of your gut and begin to question the feeling you had before. With that, it can easily happen that you still know something is right for you, but the good feeling that went with it disappears again.

## What you can learn from these levels

There are several things to learn from the eight levels of knowledge.

- When you say "I know that" consider in what area you know it. In your head, your heart, your gut? And is it absorbed or integrated there. Or is the knowledge really ingrained in your being and is it a deep *knowing*?
- Knowledge, as long as it has not yet entered your soul, requires maintenance and deepening. Regularly check at which level you possess the comprehension and work on deepening it by taking one step at a time.
- When circumstances throw you back to the level of information, it can work well to recall the memory of earlier levels. There was a time when you *knew* something was right or felt so good. Use your ability to recall those times back into your mind and thus get closer again to the comprehension you had before.
- When you discover that something you have held to be very true is essentially not resonating with you (anymore), you can begin to actively apply the process of letting go. Thus take back the energy it gives you, remove the feeling from your heart and finally start to see that it is not true.



## An example from the author



What is written here may sound like a lot of theory.  
Let me give you an example from my own life.  
For years, if someone said something to me along the lines of

*You do talk a lot about negative circumstances in your life.  
Do you know you can also be more positive so that your life can also change?*

my invariable reply was: "Yes, I know that.

What I said was true. I knew very well that talking about negative experiences in your life is of no use whatsoever, other than to make me feel heard and seen for a moment. It doesn't make life better. In fact, by constantly looking at the negative and naming it, I ensured that my life remained peppered with unpleasant circumstances. Not very useful if you want to grow spiritually.



Fortunately, there was someone who kept reminding me that I only said I knew it but didn't live it.

And although I always felt like a failure when that was said to me, at some point the message fell into place. The person was right! I had read enough times that it is more productive to look at life positively. And so, from that moment on I decided to do my best to speak more positively about what was happening in my life.

After a while, I began to notice that it is indeed more pleasant to be positive. Not that my life suddenly underwent a miraculous transformation, but I did feel lighter. I began to see that there was truth in what was being said.

When I came up with the eight levels of knowledge, I could consciously begin to deepen the knowledge further. The sense of lightness in my being, I began to consciously nurture. Just until I began to develop a deep sense of connection to being positive in life. This feeling I then brought to my gut.

And that is where I am now. Positivity gives me an experience of energy and joy. At the same time, I still lapse into negativity. When that happens, I notice that it feels unpleasant, that I prefer to be positive, because otherwise my energy level starts to drop.

I am convinced that the more I can let go of the tendency to be "negative about something just for a little while" the more this knowing of positivity can be integrated into my being. Then it can be integrated into my soul, an idea that can make me very happy.

## An exercise

Now take a topic yourself that you are curious about how far it has been integrated into you. It could be anything. Pick a topic, just the first one that comes to mind.

First, ask yourself: do I **know** that this is absolutely right? If you feel, sparkle and can answer YES without any doubt, then it is a part of your soul.

Otherwise, move your attention from your head to your heart, to your gut. Ask yourself: is it integrated in my head? In my heart? In my gut?

Then ask yourself if it is already stored in the next area or not.

Now you know where you stand.

Take some time in the coming period to take one step in the levels. From stored to integrated in one area or from integrated to stored in the next area.



The 8 levels of knowing is used within:

## Divinefulness

Divinefulness is a method that teaches you to live your true Essence, by living in constant contact with Divine. This method brings you to the point where spirituality is fully integrated into your life, so that you ultimately live from your soul's intention.

Divinefulness helps you to:

- To live in close contact with your soul and Divine
- Constantly know, feel and experience that you are taken care of
- Walk your life path with ease and relaxation
- Have insight into your mission and living it
- Experiencing Unconditional Love for everyone and everything
- From this peace contribute to a world of Peace and Love

Divinefulness is currently given as a year training.

## and 888 healing

Within Divinefulness, use is made of a healing method called 888 healing.

888 healing is a way to use four simple sentences to heal any situation.

In this method, meditation, feeling and deep surrender, come together to let Divine accomplish the healing work.

888 Healing has an introductory course, a one-day training and a three-day training.

If you want to know more about the year training Divinefulness or 888healing?

Then go to <https://www.divinefulness.info/en>

On the website you will find, in addition to this free e-book, much more material for free introduction to the work of Jeroen Arnold and Divinefulness. Look under the tab free.

I look forward to meeting you in person.

Heartfelt greating,  
Jeroen Arnold



## Photos

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