



## Spiritual Health Care Down Syndrome Conference at Raipur, Chhattisgarh, India.

15<sup>th</sup> to 18<sup>th</sup> of September 2022.

Good day

My name is Marieke de Vrij, I have been involved in questions relating to persons with Down syndrome for a long time in the Netherlands.

I feel honoured to be able to address this Conference on some issues that are very important for the spiritual health of persons with Down syndrome and their families.

In particular, I will talk about language comprehension, touching, staring, paranormal abilities and regular get-togethers.

### *Number one:* **Language comprehension**

Persons with Down syndrome interpret the world sensitively. It is important to take this seriously. For instance, spoken language for them is not about words, but about the feelings expressed in words. Vocal vibrations and things hidden in the timbre of words affect them. If there is no expression of feelings in the language used, they will not understand it and will get upset.

Their efforts to understand what is being said, stop altogether when people talk too fast. Thus, it is also necessary to speak slowly to people with Down syndrome. If you speak too hastily and/or do not include your feelings they become really restless. They feel the words and do not receive enough vibration of what is being shared. What is really going on, remains hidden behind the words. This is hard for persons with Down syndrome who want to get to the heart of the matter.

So, speaking slowly is the motto, and expressing your words with feeling.

### *Number two:* **Touching**

A person with Down syndrome endures being touched, for example by teachers and other caretakers (so called functional touching), only if this is done thoughtfully and lovingly. When he is directed by others and touch is necessary, then it is important that these others attune themselves to what this touch does to him. Touching should be careful and really direct him to what he is capable of doing on the basis of his own wilfulness.



In general, touching is too haphazard and does not connect with the sensitive perception of this person. Therefore, if the hand that touches him is not filled with a warm, engaged and sensitive feeling, the message will hardly come through.

So, careful touch, understanding and looking into their eyes is very important for the spiritual health of persons with Down syndrome.

#### *Number three: **Staring***

A person with Down syndrome who is unable to sufficiently stare from time to time will increasingly lose his natural sense of self-esteem and identity. Staring induces him to enter a certain state of being, full of inner beauty. It leads to a blurred vision of the outside world and facilitates the experience of feelings. This helps to process stress and strengthens the desire to remain oneself.

So, staring helps persons with Down syndrome to get back into themselves and take up their natural uniqueness again. It gives peace and emotional release in a gentle way and lets excess tension slip away without having to worry about it.

The staring is often interrupted by people that do not understand the importance of it and find it unusual. However, for persons with Down syndrome, it is a necessity in order to find themselves again.

#### *Number four: **Predisposition for paranormal abilities***

*Foreknowledge* often overwhelms a person with Down syndrome. He becomes upset and wishes to give things his attention before they show themselves. This sometimes makes him disoriented and emotionally distressed. For instance, he can analyse tensions in his family and 'know' there is a crisis on its way. He feels in deeper layers what this can lead to and may literally see images of such later reality.

Thus, when someone with Down syndrome becomes upset, always ask him what he is experiencing internally. Prior knowledge may be part of what is upsetting him.

*Field of perception:* many persons with Down syndrome are surrounded by their own special aura, as well as by energies and aura fields of people and situations around them. They are aware of what is not being said or shown. Specifically, atmospheres of unrest, oppression and depression affect them emotionally. In such situations, a person with Down



syndrome wants to provide reassurance and starts to distract others to make them feel more at home.

There is a great deal of misunderstanding about the way in which people with Down syndrome intervene. However, it is good to realize that this is a result of their paranormal abilities. Their interventions are often based on what they see in the aura fields of others or in the energy fields present in rooms or situations.

#### *Number five: **Regular get-togethers***

Finally, for those who are open to the idea that every individual can regularly receive guidance from the immaterial world, the following:

Many persons with Down syndrome seek each other out, because they are going through similar processes and find more understanding among themselves than among others.

Together they form so-called societies of attention. That is a beautiful word. Yes. These societies of attention are special: the presence of so many individual guides causes the overall level of spiritual guidance to increase. In these gatherings there are also regular group initiations. These involve the transfer of energy from the immaterial world, particularly to make the participants more resilient in the for them often incoherent society.

Thus, these get-togethers are very important for the empowerment of persons with Down syndrome and help them to become more attuned to their essential core.

Thank you for your attention.

*Marieke de Vrij*