Mindset Heartset Soulset

A first guiding hand toward a life of freedom

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Third edition May 2026
ISBN: 9789465465241
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You are invaluably precious
You are invaluable
You are
You

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Before your dive in.

Well, well, you've gotten yourself yet another so called self-help or self-development booklet!
As if you haven't bought enough already, only for them to end upon your bookshelf.
So tell me, have you ever really read any of them, and put to practice anything of what you read?

If yes, are you consistent in your practice and 'does it bring you, what you intended'? If no...brace yourself for this one then, this booklet might just turn out to be everything but conventional and perhaps quite useful for you in someway.

The absolute foundation of its content is based on my own life experience and deep knowing, whatever that may be and wherever that may have come from.

Since I also grew up under the conditioning of our *western society*, the content of this handbook or rather manual, evidently also stems from different forms of education, courses, training and professional experience from *society*.

Everything considered to be some sort of validation or proof of someone's *expertise in our society*, I did, followed, obtained, researched and/or executed in 'real life'.

I write all this without pretending in any way to possess the complete truth, since the word truth, despite the concept being what it is, is interpreted differently by everybody (how this is even possible, you will discover later on).

Whoever doubts anything of what I just wrote, is better off putting this book aside and never to look at it again. Know that I am someone who according to 'the old order of things' metaphorically speaking, 'has to know all ins and outs' of a certain subject before even daring to consider speaking about it in public, let alone putting it in writing…

And even then I still won't act arrogant about it in practice, sometimes even keeping silent.
I know this is something (hello ego) I still get to work on myself, coming from an upbringing and life experiences which programmed the apparently deeply rooted belief of having to conform to *the norm* and being punished when one *deviates* from that so called *norm*. Strange as it may seem, as I am fully aware of there being no such thing as a norm (this is a matrix construct) since we all are unique beings, with our own unique talents and also not having to prove anything to anybody. And neither do you for that matter.

Furthermore, this handbook has above all, been written from the 'heart' in words easy to comprehend. If anywhere in this guide I am not clear or you simply don't get it, please let me know so I can clarify what needs to be clarified. Obviously I can also learn a thing or two, concerning my English as I am no native speaker.
It is meant to be a practical hand guide, a manual perhaps, an absolute game changer for you once you are ready to lovingly and confidently take charge of the direction and design of your earthly life.

In this handbook I explain the three pillars upon which the foundation of everyone's life structure here on Earth rests. It will become clear how everyone's earthly reality, including yours and mine, came to be. I will also provide you with practical eye-openers, guidance, assignments and exercises to put words into action to help you walking the talk resulting in a solid foundation for your own life.

Because only on your own, strong foundation you will be able to build the life you desire…you would never build your house on quicksand, would you? So why would you build your life on someone else's core values instead of your own?

In *traditional methods of study* practice follows theory. A practical handbook however, gets you to taking steps immediately. Absorbing information and allowing it to become knowledge, or simply remembering knowledge goes hand in hand with taking action. Knowledge becomes wisdom by putting it into practice.

You do this partly by using techniques that have already proven their effectiveness. In addition, you will undoubtfully do things that feel unfamiliar or even bizarre. In any case I invite you dearly to approach everything and also to undertake any and all action with an open 'heart' and mind, because that creates the most beautiful insights…which, when applied in practice, generate the most beautiful and solid results.

So, let's get this show on the road! Enough with making excuses as to why you do nothing but complain, point fingers or passively endure things…Your life is a one-time gift or has been a one-time choice and every minute you let pass is lost forever if you have not filled it the way you wanted.
Yes, you read that correctly. You are allowed to live your life here on Earth exactly the way you want. Just in case you have forgotten somewhere along this ride: You are free, to do whatever you want…always.

Of course we can debate on the words one-time and gift or choice, but that is not what this book is about, so we are not getting into that for now. Just remember that each and every day on Earth is a gift to you and only you are responsible for what your life looks like today, tomorrow and the rest of the *time* given to you here.

In case you might be thinking I've lost my mind…In his: 'Du contrat Social, Où principes du droit politique', Mr. J.J. Rousseau already said. *<<L'homme est né libre et partout il est dans les fers.>>* Loosely translated it says : " Man is born free and bound everywhere. "[i]

That 'being bound' obviously now (in this day and age) is no longer fatalism as we know, but a choice we make. Just like everything in life is a choice. From that point of view, the social contract 'humanity' supposedly has concluded earlier is showing signs of age and is maybe up for reviewing…later on we'll look at this some more.

Are you feeling annoyed yet? Or are you so mad already you could just spit? Very good…this is a first genuine emotion transformed into feeling [ii] and you had better prepare yourself to feeling similar (and other) feelings more often if you decide to finish this book and