

**HL**  
MAGAZINE

*Embodied*  
**MAN**

**5 Years**

OF CONSCIOUS DATING  
HIGHER LOVE SOCIETY

Issue No.3 · 2026  
€7.95 · \$8.60 · £6.80

*“Relationships  
are a reflection of  
your inner world.*

*When you change,  
relationships  
change too.”*

*Eva van Zeeland*



# 5 YEARS! & single

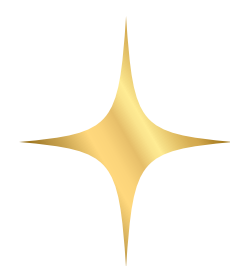
Five years ago, 5Ddating was born from a simple but radical idea:  
that love is not something we chase, but something we grow into.

At the time, dating felt fast, fragmented, and often disconnected from who we truly are. I felt there had to be another way, one where attraction is guided by awareness, connection is rooted in safety, and relationships become spaces for growth rather than escape. Over the years, 5Ddating has evolved into much more than a dating platform. It became a living community. A place where people meet not only potential partners, but themselves. Where inner work, conscious choice, and real-life connection go hand in hand.

This magazine reflects that evolution. It is not about finding “*the one*.” It is about becoming whole. It is about moving from old relationship patterns into a new way of loving, one that is embodied, honest, and aligned. As our world changes, so do our relationships. What once worked no longer fits. Love, too, is being asked to evolve. This edition is an invitation to explore that shift, from surface connection to higher love.

Wherever you are on your journey, know this: *you are not late, broken, or missing anything.*  
You are remembering. Welcome to Higher Love!

*Eva van Zeeland*



Instagram & YouTube @evavanzeeland  
[www.evavanzeeland.com](http://www.evavanzeeland.com)

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*After meeting through 5Ddating in May 2021, Monique and Iwan quickly discovered that their connection was something special. Now, several years later, I asked them to reflect on their journey together.*



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*This article marks the start of a new series in Higher Love Magazine: The Embodied Man, conversations with men who are exploring what conscious masculinity looks like in today's world.*

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Meet conscious singles who are ready for connection. If one of these beautiful souls sparks your interest, join Higher Love Society and request an introduction.



*Higher Love Ritual*

✦  
*Set your intention.*  
What are you ready to invite?

✦  
*Light the flame.*  
Feel the warmth.

✦  
*Release.*  
Trust the timing.

Higher Love Society



### **A lighter look at modern dating**

Not everything about love needs to be serious. Between the deep conversations, the conscious growth and the search for real connection, there's also room for humor, self-awareness and a little sparkle. Because sometimes the most powerful insight about love... starts with a smile.

# Let Love Sparkle

#### **A Small Reminder**

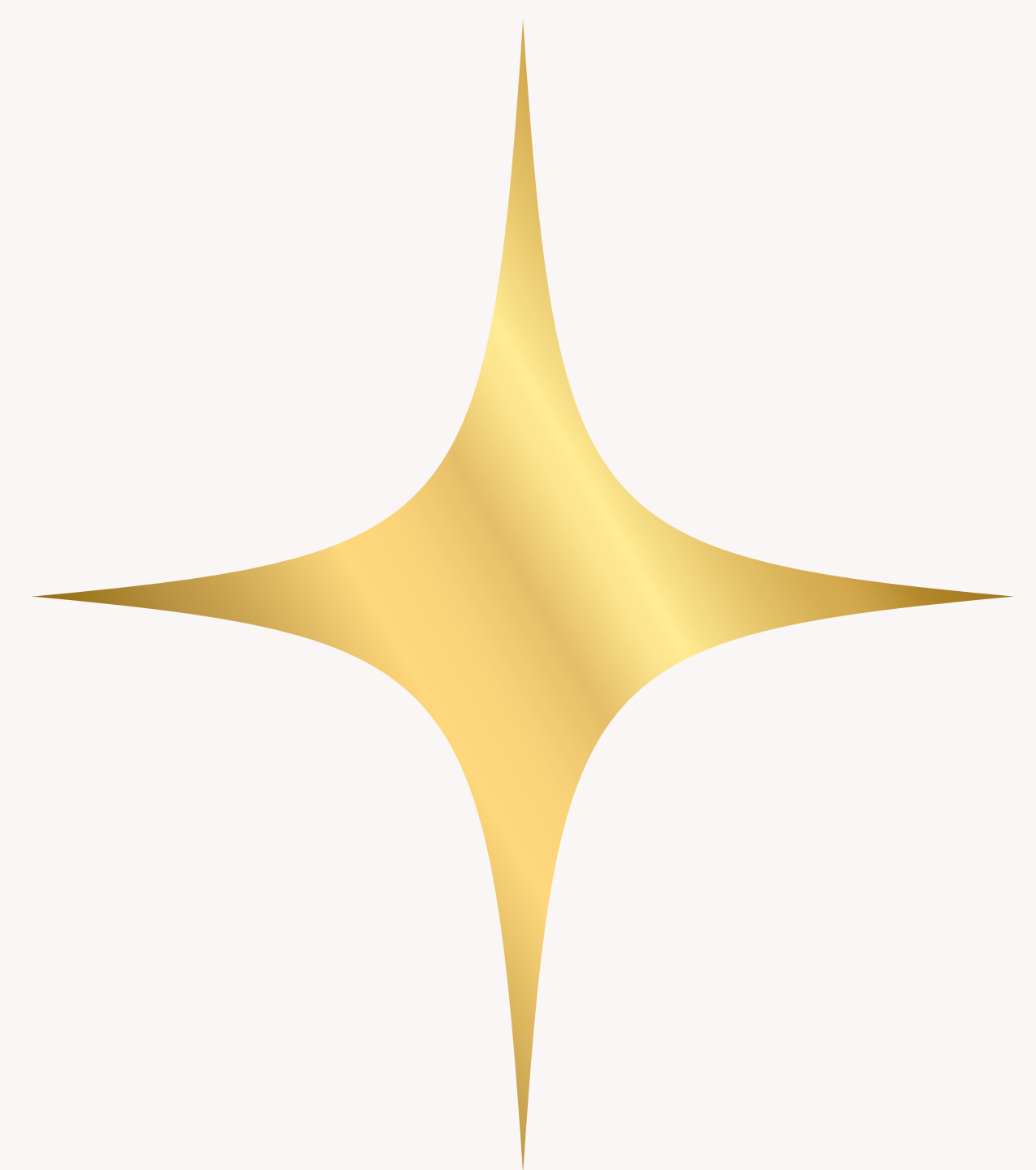
Love doesn't need perfect lines, perfect timing or perfect people.  
What it does need  
is presence, curiosity  
and the courage to show up as yourself.  
That's where the real spark begins.

“

Things that sound romantic in movies...  
but don't actually work in real life:

- Declaring love after two dates
- Playing mysterious instead of communicating
- Sending 12 messages because someone didn't reply for two hours!

”



*Confidence is attractive.*

*Drama is exhausting.*



## 5 Red Flags

In 30 seconds your intuition already knows.

### Pay attention if someone:

- Speaks negatively about every past partner
- Avoids answering simple questions about their life
- Moves extremely fast emotionally
- Shows charm in public but distance in private
- Makes you feel confused instead of calm

Higher Love doesn't feel like a puzzle.

*It feels like clarity.*

**5Ddating.com**



## 5 Green Flags Men Notice Immediately

### **She's relaxed in herself.**

*No need to impress. No need to prove.*

*Just comfortable being there.*

### **She's curious, not interrogating.**

*A genuine question is attractive.*

*An interview is not.*

### **She listens.**

*Not just waiting for her turn to speak,  
but actually hearing what's being said.*

### **She has her own life.**

*Passions, friends, plans, interests.*

*A relationship is an addition,  
not the entire story.*

### **She laughs easily.**

*A little humor goes a long way. Dating  
doesn't have to feel like a job interview.*

## What Not To Text

Modern dating has its own language.  
Some phrases are better left unsent.

# Let Love Sparkle

### Examples:

*“Why didn’t you reply?”*

*“I guess you’re busy with someone else.”*

*“Maybe you’re not interested anyway.”*

### Instead try:

*“I enjoyed meeting you.”*

*“Let’s continue that conversation sometime.”*

*“Let me know when you’re free.”*

## Confidence is quiet. Insecurity sends paragraphs.

Some people text for three days straight before they even meet. Deep conversations. Entire life stories. By the time they finally sit across from each other, they feel like they already know everything. And then... the chemistry is gone before the drinks even arrive. Here’s why: When you text too much, your brain starts filling in the blanks. Tone, personality, intentions, all imagined. You’re basically dating a character your mind invented.

So keep texting light. Use it to say:

*“Nice meeting you.”*

*“Let’s grab a drink this week.”*

Save the real conversations for when you’re actually face-to-face.  
Because relationships don’t grow through notifications.

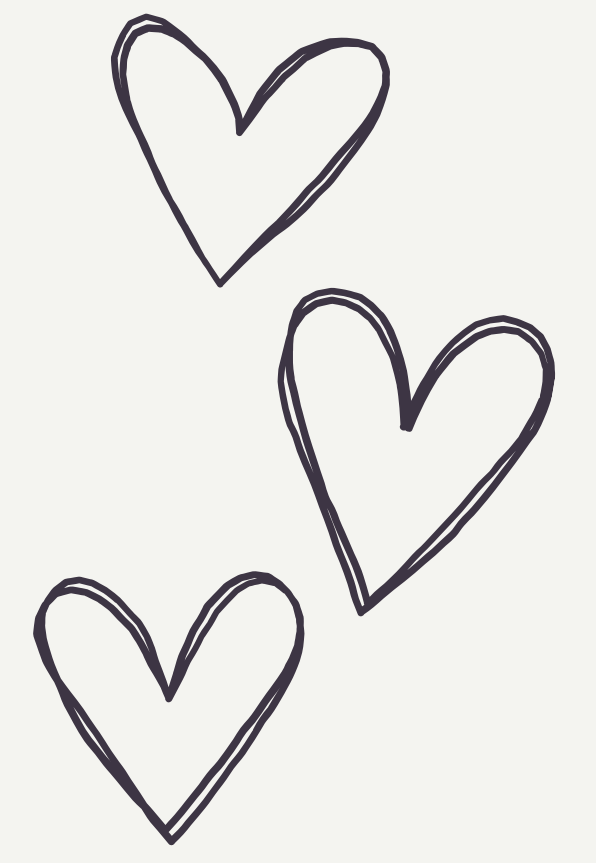
Where  
Higher Love  
*finds you*



HL  
SOCIETY

[APPLY NOW](#)

I knew right away there was something special



# A Love that feels Like Home

by Eva van Zeeland

In August 2025 I received a beautiful message in the 5Ddating community. Stories like this are the reason why I started this platform in the first place: to create a space where conscious, spiritually minded people can meet and build real relationships. In a world where dating apps often feel superficial, these stories remind me that true connection is still possible. When Monique shared her story with me, I immediately called her and asked if I could share it with our community. Here is the love story of Monique & Iwan.



**Hi, I'm Monique.** About four years ago I joined 5Ddating after ending a marriage with someone who was very '3D'. I longed for a partner who would understand me on a deeper level — someone who wouldn't laugh if I said: 'I didn't sleep well... it must be the full moon.' I had just created my profile and a few days later I logged in again to see how everything worked. I had never used a dating platform like this before. I noticed there were several matches. But one profile picture immediately caught my attention. I didn't even scroll further — I simply sent him a message. In the beginning we communicated through email, which felt a little slow at times. But after exchanging a few messages I shared my phone number and we continued on WhatsApp. Soon we were sending messages back and forth constantly. It felt so natural and so good for both of us.

At some point I said, '*Shall I call you?*' That first phone call lasted two and a half hours.

It felt amazing to connect with someone like that.



## The First Meeting

After a while I asked: *'Shall we meet in real life?'* He said yes. So I asked him: *'What are you doing tomorrow?'* The next day, a Saturday, Iwan showed up at my door with a huge bouquet of roses and a bottle of wine. We spent the entire evening talking. Hours passed without us even noticing. We shared stories, laughed, and talked until deep into the night. And yes... that evening we also shared our first kiss. From that moment on, things moved quickly.



### FROM FIRST MESSAGE TO MARRIAGE

MAY 2021 – FIRST CONTACT

JULY 2021 – MOVING IN TOGETHER

EARLY 2022 – ENGAGEMENT

AUGUST 9, 2022 – WEDDING



## Not Just Roses

According to Monique, their relationship wasn't perfect from the start. Of course it wasn't only roses. There were thorns too. When two people come together later in life, both bring their own experiences, habits and wounds. The first months were definitely a bit of a rollercoaster. But we both knew there was something very special between us. We kept communicating openly, supporting each other, and growing together. That deep connection we felt from the very beginning only became stronger.



# 5 Years Later *Monique & Iwan*

After meeting through 5Ddating in May 2021, Monique and Iwan quickly discovered that their connection was something special. Within little more than a year they were married. Now, several years later, I asked them to reflect on their journey together.

**When did you both realize: “This is it... this is my person”?**

Honestly, almost immediately. The moment we saw each other’s photo it felt very special. We never even looked at the other matches. Something inside just said: this feels right. My heart literally made a little jump.

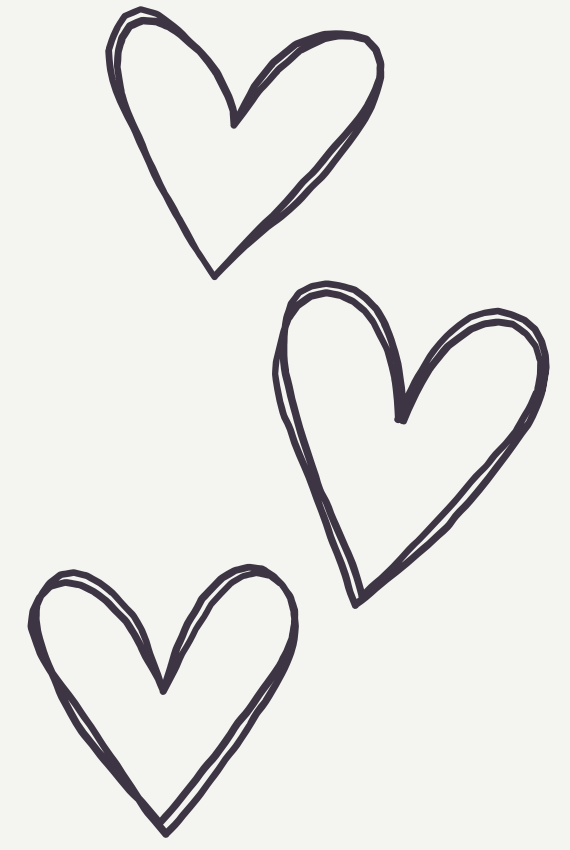
**What has been the most important lesson your relationship has taught you?**

For Monique the biggest lesson was learning to communicate openly. For Iwan it was about learning to trust again — trust in people, and especially trust in a woman.”

**Many couples experience challenges in the first months. What helped you move through those moments together?**

The first months were truly a rollercoaster. But deep inside we both knew we were meant to be together. Because of that feeling, we knew our relationship was worth fighting for and growing through the difficult moments.

Some love stories deserve to be written in ink.



### **Writing Our Story Together**

*“After about three months we decided to get these tattoos,” Monique says with a smile. “For us it symbolizes the story we are now writing together.”*

A permanent reminder that their love is not just a moment, but a journey that continues to unfold.

### **How has your relationship evolved since those first intense months?**

It is such a beautiful experience to have a partner who is on the same wavelength. Everything is open for discussion. You have someone who supports you, cares for you, loves you, and also challenges you. Together we have grown enormously. Old patterns and habits that once held us back have fallen away, sometimes even burned away. Letting go of the old and welcoming the real, authentic version of ourselves.

### **What would you say to someone who is still searching for a conscious partner?**

Make your intention clear to the universe. Speak it out loud. Truly want it. Be open to it. And don't let your ego, old beliefs, or '3D thinking' stop you from finding the love you deserve.

### **Open Your Field for Love**

Stories like this remind us that conscious love is real. When two people meet with open hearts and clear intention, something beautiful can unfold.

Are you ready to open your own field for love? Join the Higher Love Society

Create your profile at [www.5Ddating.com](http://www.5Ddating.com)

*Your love story could be the next one we share.*

Gerre, Jolanda & Finn

# A Conscious *Family Story*



After finding each other through 5Ddating, Gerre and Jolanda created not only a relationship, but a unique family dynamic together with their son Finn — born on April 28, 2023. We asked them how their journey has unfolded since.

## **How has your relationship evolved since you first met?**

“We’ve learned to give each other more freedom. We were both used to living independently, so a few years ago we consciously chose a LAT relationship (living apart together). And it works really well — even with a child. Finn gets the best of both worlds. During the week we divide our time, and in the weekends we are all together. We plan holidays and outings as a family, and we’ve created a rhythm where Finn stays with one parent while the other works, so we both get enough rest. For us, it feels natural. Finn feels at home everywhere — as long as he is with us. We also made the conscious choice not to bring him to daycare. We feel that since we brought him into this world, it is our responsibility to care for him ourselves.”

**How has becoming parents changed or deepened your relationship?**

“A lot has changed, which is only natural. Originally, it wasn’t even our plan to live together. When we found out Jolanda was pregnant, during a road trip through Denmark and Sweden, everything shifted. We decided to live together to support the pregnancy and each other. After Finn was born, we noticed after about half a year that we actually preferred living separately again. We slowly transitioned into that, allowing Finn to get used to being with either mom or dad. This way, we both get to fully connect with him one-on-one. Playing, exploring, discovering, really being present. For me, becoming a father at 41 was completely new. Jolanda already had two older children, so for me it was a journey of learning and growing together with Finn. He is his own little person, someone who wants to be heard. And we truly listen.”

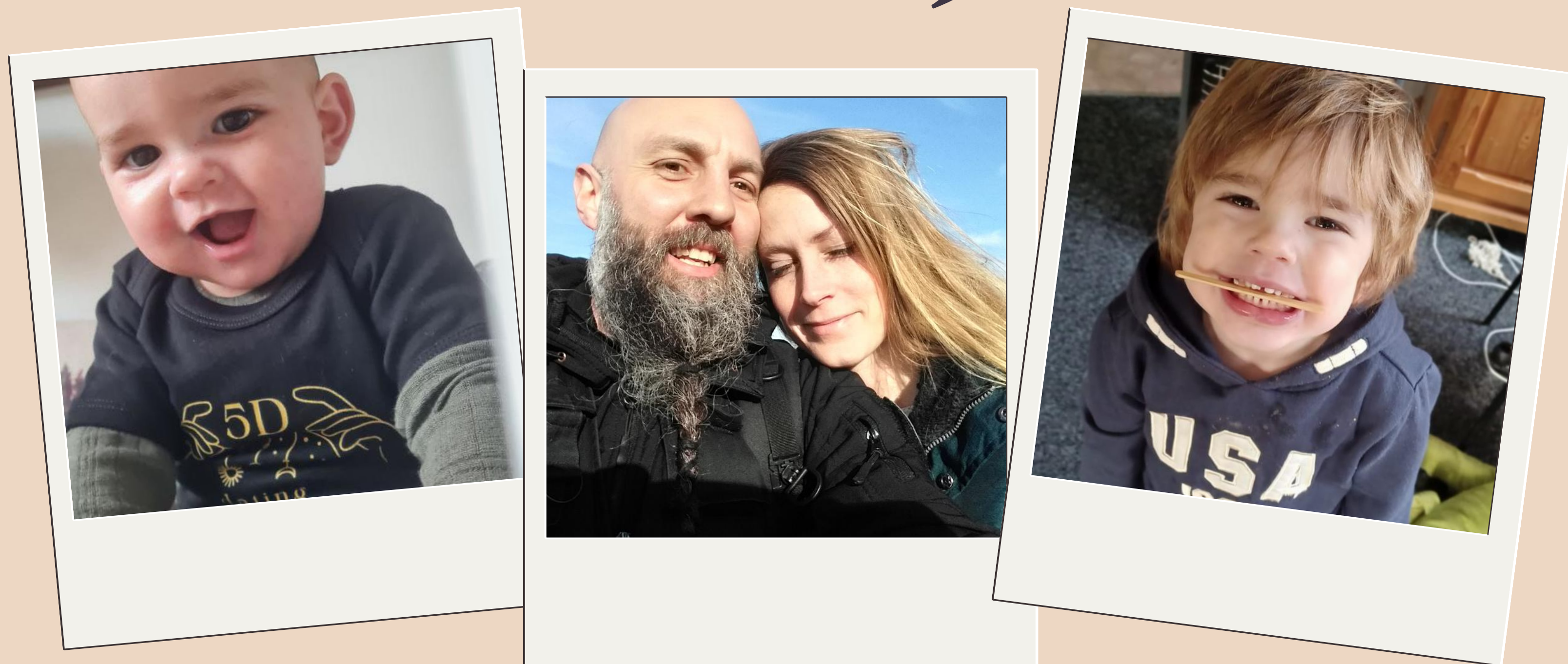
**Do you feel that your conscious or spiritual lifestyle influences how you raise Finn?**

“Yes, absolutely. Children naturally absorb what their parents live. What we try to show Finn is how nature provides everything we need, from plants and herbs to energy and grounding. He loves walking barefoot, something he chose himself. When he doesn’t feel well, we might give him natural remedies like plantain instead of immediately turning to medication and it works beautifully for him. We also work with energy in a very natural way. If he has pain, he’ll come to us for a kiss or a hand on the spot. He feels that warmth and comfort. At the same time, we never want to force anything on him. Not meditation, not food choices, nothing. He is free to develop in his own way. We simply follow what feels right in the moment, lots of outdoor play, connection, and also social interaction through playgroup.”

  
*He loves  
walking barefoot*



# 5 Years Later Gerre & Jolanda



## **What would you say to singles who hope to find a partner through 5Ddating?**

“Everything comes when it’s meant to, often when you least expect it. I reached out to Jolanda because of a shared interest in foraging and herbs. I wasn’t on 5Ddating with the mindset of ‘I need to find a partner.’ That’s not how life, or the universe, works. When you let go of expectations, things start to flow naturally. Just like our relationship... and even our child.”

*Enjoy life,  
whether you are single or together.  
Let things unfold.*



## **Is your family complete, or is there a wish for another child?**


“Our family feels complete. We consciously chose not to have more children, also considering our age. For Jolanda, after three children, it takes more from the body to recover, from pregnancy, from the sleepless nights. Finn also has an older brother and sister, now teenagers, and they have a beautiful bond together. This feels right for us. We are complete.”



# SLOW BURN VS. THE SPARK

*We've been conditioned to believe that love should hit us instantly. That it should feel intense, electric, undeniable from the very first moment.*

*Butterflies. Obsession. Fire.*



And when it doesn't happen right away,  
we start to doubt. Is this attraction? Is this  
love? Or am I just settling?

But what if that spark we've been taught to  
chase isn't love at all? What if it's simply a  
familiar pattern dressed up as chemistry?  
Is instant chemistry really love? Discover  
the difference between sparks, slow burn  
attraction and emotionally safe dating.

LOVE BOMBING  
OFTEN MASQUERADES  
AS ROMANCE. BIG  
WORDS. FAST  
ATTACHMENT.

Deep emotional sharing and future talk within days. It can feel flattering, even magical.

But underneath the intensity, there's often pressure:

- *to move faster than your body is ready for*
- *to emotionally merge before safety exists*
- *to skip the slow discovery of who someone really is*

Your nervous system senses this long before your mind does. That subtle contraction. That inner voice saying: this is too much, too soon.

That's not fear.  
That's awareness.



The spark many people confuse with “true love” is often connected to:

- Emotional unpredictability
- Inconsistency
- Unresolved attachment wounds

It activates adrenaline and dopamine — not safety.

A slow burn feels very different.  
Calmer - Quieter - Grounded

Sometimes it even feels...  
unfamiliar.

**There's less urgency.  
Less emotional fireworks.  
More presence.**

And because there's no emotional rollercoaster, the mind starts questioning:  
*Is this even real?*

## ***Why Calm Can Feel Uncomfortable***

If love hasn't always felt safe in the past, peace can feel boring or suspicious. Not because something is wrong. But because your system is no longer operating in survival mode.



Real intimacy isn't proven by intensity at the beginning, but by consistency over time.

Signs of Emotional Safety  
Instead of asking *“Do I feel sparks?”*, try asking:

- *Do their actions match their words?*
- *Do they respect my pace emotionally and physically?*
- *Do I feel more like myself around them, not less?*

Safety doesn't extinguish your fire. It gives your fire somewhere to land.

HEALTHY LOVE  
DOESN'T RUSH.  
IT DOESN'T  
OVERWHELM.  
IT UNFOLDS.

Choosing slow dating is not settling. It's selecting consciously. It's allowing love to grow through:

- Emotional availability
- Grounded attraction
- Mutual presence

THE DEEPEST  
CONNECTIONS DON'T  
ALWAYS ARRIVE LOUDLY.  
SOMETIMES THEY ARRIVE  
SOFTLY AND STAY.

At Higher Love Society, we believe love isn't meant to dysregulate your nervous system. Love is meant to feel aligned, conscious and real. And sometimes the biggest shift isn't finding "the one"... but unlearning what we thought love was supposed to feel like.

If you're ready to move beyond old dating patterns and explore love that feels safe, conscious and aligned, join our community.

Where connection unfolds naturally, depth is welcomed and love doesn't have to rush to be real.

*Slow is not a lack of attraction.*

*Slow is a sign of presence.*



This Is Not Dating as You Know It

# *This is* Higher Love.

by Eva van Zeeland

You've felt it too... something about modern dating just isn't it. No chasing. No swiping. No selling yourself short. You are not a take-away, you are a divine invitation. This is about being seen in your full radiance, showing up as your true self, and magnetizing the kind of connection that sees you, meets you, and honours you. Because the love you're looking for... *is already looking for you.*



At some point, we all felt it. The swipe fatigue. The endless profiles. The illusion of choice. People reduced to photos. Conversations that go nowhere. Connection replaced by convenience. You are not a pizza to be ordered via an app. And love is not something to scroll through. That's why in August 2025, I decided to create something different. Higher Love Society was born.

It Started in my hometown Eindhoven the Netherlands. Our very first event took place on July 18, 2025: The Conscious Summer Soirée for Visionary Singles. An elegant gathering for emotionally mature men and women who were done with swiping and ready to meet in real life. The energy was immediate. Conversations flowed. Numbers were exchanged. The room felt intentional. It was a success and I knew this was just the beginning.

## **Why Higher Love Society Is Different**

*No speed dating.*

*No awkward icebreakers.*

*No superficial small talk.*

Instead, we create environments where:

- Emotional maturity is valued
- Ambition is respected
- Depth feels natural
- Attraction develops organically



**Real people. Real presence. Real chemistry.**

Because true connection cannot be downloaded. Beyond Swiping Higher Love Society is an evolution of 5Ddating.com What began as a platform is becoming a community. A place where conscious singles step out from behind their screens and into real-life experiences. Where you don't perform.

*You don't compete.*

*You don't swipe.*

*You show up.*



# *Become a Mayor of Higher Love*

A Mayor of Higher Love is the official representative of the Higher Love Society in their city or country. They are the guardian of love & light in their local community, hosting conscious gatherings under the Higher Love Society brand, and co-creating a new culture of soulful connections, authentic dating, and higher awareness. This is not a franchise or license. It's a movement. A network of visionaries who bring Higher Love to life, city by city.



## *The Vision*

We believe in creating a new society of love, with mayors who lead with heart instead of power. Every city deserves its own Mayor of Higher Love, a conscious leader who:

- Brings people together for soulful connection
- Creates a safe, high-vibe space for conscious singles
- Spreads the message of Higher Love Society through local events & gatherings

# *Higher Love Society*

WHERE LOVE FEELS LIKE HOME

*One world, many cities, all connected by Higher Love.*

# *Is this you?*

Does this role resonate with you? Are you someone who loves bringing people together and creating meaningful connections in your city? We are currently looking for Mayors of Higher Love in several international cities. Cities we are especially exploring right now include:

*London • Paris • Milan • Madrid • Munich • Amsterdam  
New York • Los Angeles • San Francisco • Austin • Miami*


And other cities where conscious communities are ready to grow.  
If you feel called to represent the Higher Love Society in your city:

- » [Visit 5ddating.com/mayor](https://5ddating.com/mayor) and learn more about the role
- » Schedule a short introduction call with our founder




**One City. One Mayor. One Higher Love Community.**

# THE ART OF GIVING *and receiving*

You Are Limited Edition and Let Love Sparkle by Higher Love Society.  
Elegant statement design for conscious singles and high-value humans who  
know their worth and believe in love at a higher level. **Just click to shop!** 




Men's Premium Organic T-Shirt  
€27.99 




Recycled Shopping/Beach Bag  
€23,99 



Thermal Bottle With Bamboo Lid  
400 ml - 500 ml - 750 ml €31,49 



Women's Premium Organic Top  
€31.99 



Recycled Hip Bag  
€28,49



Premium Organic T-shirt  
€27,99



Unisex Organic T-Shirt  
€34,49



Baseball Cap  
€24.99



## Ready For Departure?

Just Landed is a playful yet profound guide for anyone who feels they arrived with a different manual. For those who sense that life is more than survival, repetition, and are ready to live from alignment instead. Part memoir, part cosmic navigation system, Eva van Zeeland explores time, embodiment, love, and purpose with humor, honesty, and grounded insight. Using the metaphor of flight: departure, turbulence, altitude, and landing, this book helps you navigate change without forcing outcomes. This is not a self-help book. It's a transition book. For readers, professionals, and leaders who feel that Earth is familiar... but also slightly strange.



## The World Of The Unseen

For 40 years, ParaVisie Magazine has been a trusted voice in the world of spirituality and the unseen. Since 1986, it has offered a unique blend of spiritual and paranormal perspectives, creating space for independent thinking and alternative ways of understanding life beyond the purely material. As it celebrates this remarkable milestone, ParaVisie continues to inspire those who feel there is more—more depth, more meaning, more possibilities.



### Special Offer:

4 issues of ParaVisie Magazine for €17.50 (37% discount)

A beautiful invitation to explore new dimensions of awareness and a perfect addition to your conscious lifestyle. Order or subscribe

[www.paravisiemagazine.nl](http://www.paravisiemagazine.nl)

# EMBODIED POLARITY

**Embodied polarity is the living dance between masculine and feminine energy—within yourself and in connection with others. It is not something to think about, but something to feel, express, and embody.**

In her work, Eva Huns invites you to move beyond concepts and into direct experience. Through the body, through presence, through connection. Because true attraction, intimacy, and aliveness arise not from sameness—but from the tension of opposites. Her book offers a grounded yet powerful exploration of polarity in modern relationships, guiding you back to your natural essence and the magnetic field it creates.

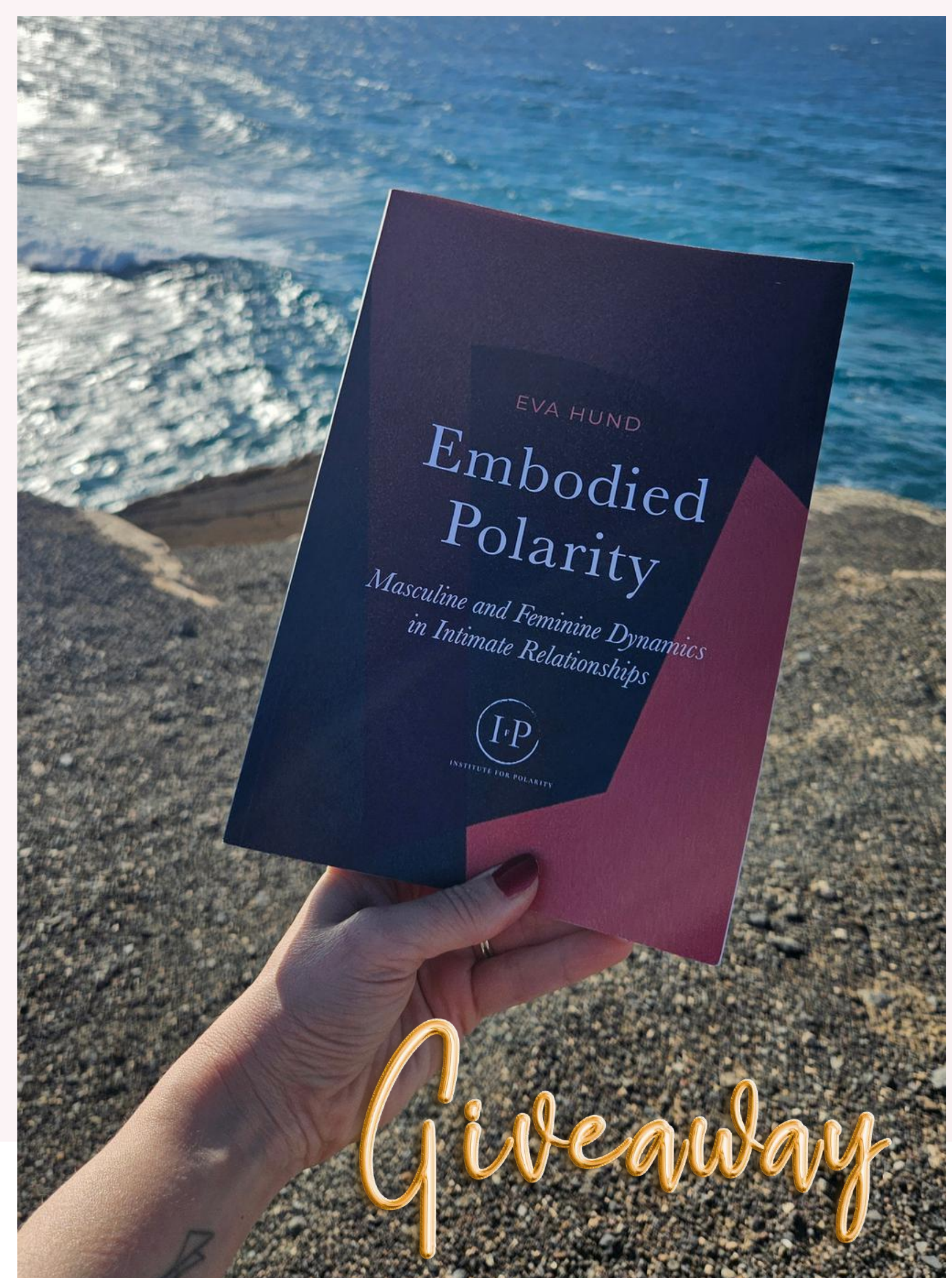
What if attraction, connection, and desire are not something to chase... but something to awaken within? We're giving away a copy of Embodied Polarity a powerful exploration of masculine and feminine dynamics in love, life, and relationships.

**To enter, tune into this question:**

*Where in your life, or in the people you work with, do you feel a longing for more polarity, attraction, or aliveness?*

Send your answer to [love@5Ddating.com](mailto:love@5Ddating.com)  
If you're a coach or therapist, feel free to include your field of work.

[www.instituteforpolarity.com](http://www.instituteforpolarity.com)



Your First Date...  
Deserves A Setting You'll  
*Always Remember!*



[JOIN EVENTS](#)

Meet conscious singles who are ready for connection

# The Ones Who Are Ready

*If one of these beautiful souls sparks your interest, join Higher Love Society and request an introduction.*



Robbert - Portugal

*Robbert (Dutch) is a grounded, heart-led man who chose a life close to nature in the north of Portugal, living mostly off-grid while creating his own garden and future retreat space. A proud father of two daughters, he values honesty, deep presence, and the beauty of simply being yourself. His life is about slowing down, reconnecting, and building something meaningful—from a mini-camping to a future B&B. Robbert is looking for a genuine, like-minded woman to co-create this vision and share a peaceful, nature-filled life together.*



Gwendolina - The Netherlands

*Gwendolina is a vibrant, heart-open woman with a playful spirit and a deeply rooted soul, living in connection with nature, music, and emotion. As a devoted mother and space holder for mantra singing, cacao ceremonies, and sound journeys, she brings love, depth, and presence into everything she creates. She embodies both softness and fire—continuously growing, dancing, singing, and embracing life fully. Gwendolina is seeking a conscious man who is emotionally available, grounded in himself, and able to meet her in both strength and vulnerability.*

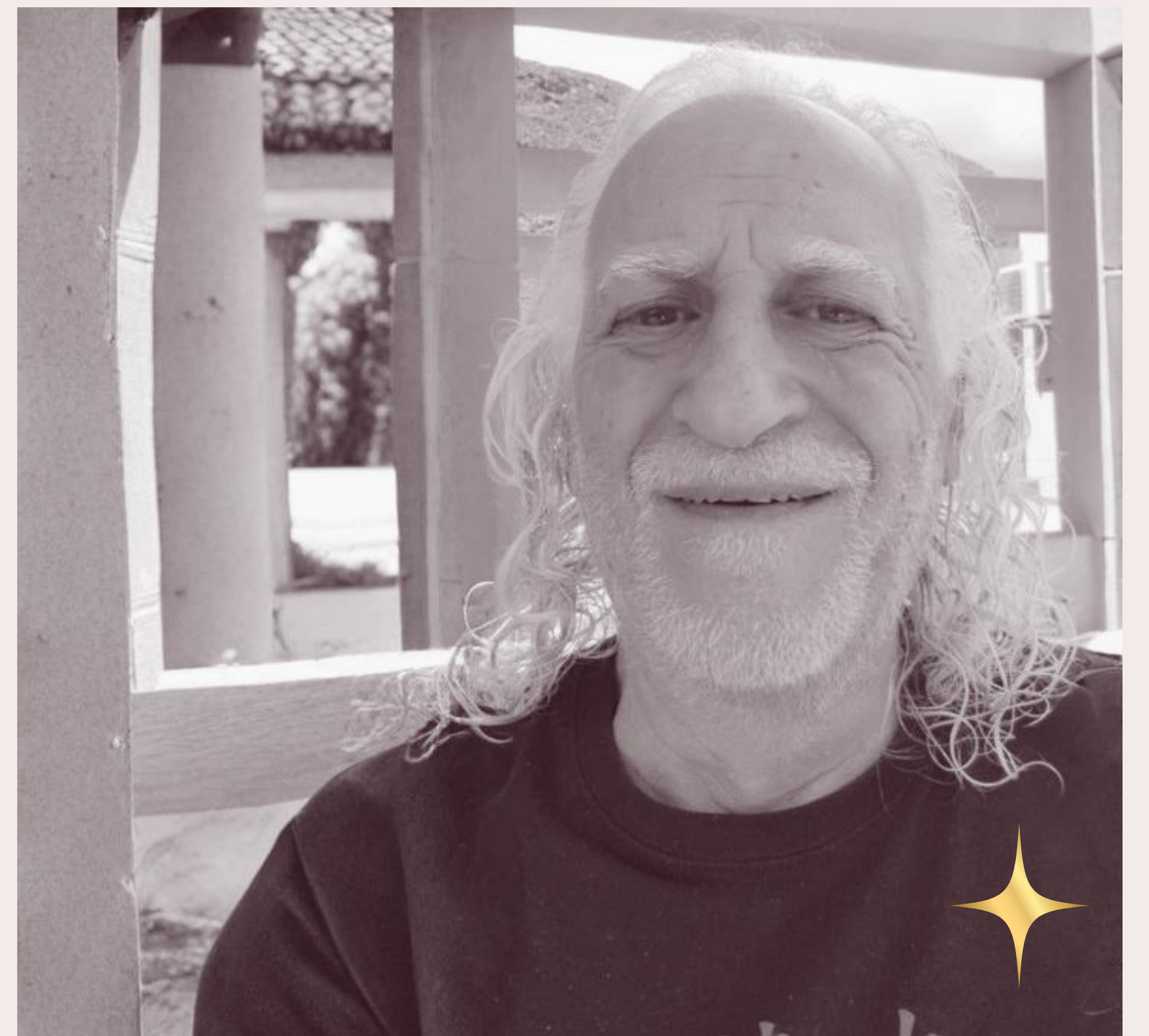
## Meet conscious singles who are ready for connection



*Michaéla is a sharp, intuitive woman blending intellect with depth, equally at home in academia as she is in nature or playful spontaneity. As a professor studying human behavior, she brings curiosity, clarity, and insight—balanced with humor, passion, and a love for real, meaningful connection. Grounded through practices like Taekwon-Do and drawn to both intensity and stillness, she lives fully in both mind and body. Michaéla is seeking a self-aware, emotionally intelligent man who is strong yet open, authentic, and ready for depth, adventure, and genuine connection.*

**Michaéla - The Netherlands**

*Roberto is a worldly, creative soul living on the island of La Gomera, with a rich life path spanning photography, design, music, and deep spiritual exploration. Fluent in multiple languages and guided by a strong sense of purpose, he sees life through a cosmic lens shaped by his belief in rein-carnation and the remembrance of Atlantis. With a bold, independent nature and a passion for freedom, expression, and truth, he create DJ sets, loves writing and art. Roberto is seeking a self-aware woman who is grounded, healthy, and ready to meet him beyond convention, in both depth and authenticity.*



**Roberto - Spain**



*Monique is a grounded, heart-centered woman who beautifully balances strength with softness, independence with deep emotional presence. She lives consciously, valuing authenticity, inner growth, and meaningful conversations over anything superficial. With a calm confidence and a loving, sensitive nature, she creates space for true connection and vulnerability. Monique is seeking an emotionally mature man who stands strong in himself, meets her as an equal, and invites her to fully relax into her feminine energy while building something real together.*

**Monique - The Netherlands**

Embodied Masculinity in a Time of Self-Discovery

# EMBODIED MAN



## What makes a man truly attractive today?

*Not status. Not money. Not even confidence alone.*

More and more women are searching for something deeper: emotional maturity, self-awareness, and presence. In other words a man who is not just talking about growth, but actually living it.

This article marks the start of a new series in Higher Love Magazine: The Embodied Man, conversations with men who are exploring what conscious masculinity looks like in today's world.

### **Men Start Their Inner Journey Later**

According to Edwin, part of the answer lies in conditioning. From a young age, boys are often taught to suppress emotions rather than explore them. *“Many men grew up hearing things like man up, don't cry, just keep going,” he explains. “Feelings were rarely something that were openly discussed.”* That doesn't mean love was absent in his upbringing. But emotional space was limited. *“We had everything we needed. A stable home, opportunities to study, support to build a life. But the question ‘how are you really doing?’ wasn't asked very often.”* Instead of individual emotional attention, many boys grow up learning to function within a system, perform, achieve, keep moving. For many men, the deeper emotional work only begins later in life.

### **Losing Yourself in a Relationship**

For Edwin, one of the biggest turning points came after a relationship that lasted more than two decades. When you spend that much time with one person, identities can slowly merge. *“My identity had become ‘the partner of,’”* he says. *“When the relationship ended, I suddenly realized I had to rediscover who I was outside of that role.”* While women often speak openly about losing themselves in relationships, men experience the same phenomenon, but tend to talk about it less. Yet the process of rediscovering oneself is an essential step toward embodied masculinity.



## A Wake-Up Call at Forty

The real awakening came on Edwin's fortieth birthday. "It sounds simple, but that number hit me differently," he recalls. *"I started thinking: if I live another forty years, will I be satisfied with the life I've built so far?"* The answer surprised him. "No." That realization sparked a deeper reflection. For much of his life, things had come relatively easily, a successful career, stability, and a long relationship. But comfort, he realized, was not the same as fulfillment. *"I felt like I was living a version of myself that was comfortable, but not fully authentic."* That moment marked the beginning of a personal transformation.

*Jealousy is unfulfilled potential.*

## Jealousy as a Compass

One of the insights that helped him navigate this transition came from an unexpected place: a podcast. A single sentence stayed with him:

*"Jealousy is unfulfilled potential."* Instead of suppressing envy, he began observing it.

*"What am I jealous of?"* he asked himself. The answers revealed hidden desires.

Entrepreneurs. People who built something of their own. Men who had taken risks he had never dared to take. *"I realized I had always played it safe,"* he says. *"And deep down I admired people who didn't."* That insight led him toward entrepreneurship and a more independent path.

## Redesigning the Avatar

Another realization came from his background in the gaming world. In video games, players design avatars, develop skills, and move through levels of growth. What if life worked the same way? *"I started thinking about my life like a game,"* he says. *"If this is my avatar, how do I want to upgrade it?"* He began focusing on different areas of development: physical health, knowledge, courage, and life experience. *"I wanted to become someone interesting to be around, someone who had something to say in conversations, someone who was curious about the world."* It was less about perfection, and more about conscious evolution.



## Exploring the World of Dating

One of the most transformative chapters of Edwin's life began when he started exploring relationships beyond the long-term partnership he had known since his twenties. *"For the first time in my life, I downloaded a dating app,"* he says with a smile. What he discovered surprised him. *"The moment you open that world, you realize how many different ways people relate to each other."* For Edwin, dating was never about conquest. Instead, it became an exploration of human psychology and connection. *"I was genuinely curious about women,"* he explains. *"Not just romantically, but about how they think, how they experience relationships, what they feel."* That curiosity created a very different dynamic. Many women, he says, told him they felt unusually safe talking to him. *"who are willing to go there,"* he says.



*"In the dating world there are a lot of men who are hunting, chasing validation, attention, or quick gratification. I wasn't looking for that."* Instead, he approached every interaction with openness. *"No expectations. No agenda. Just curiosity."*

## Authenticity Is Magnetic

That authenticity changed the quality of the connections he attracted. *"I realized that the women I met were often already doing inner work themselves,"* he says. *"Because that's the frequency I was operating from."* In other words: the depth of connection you experience with others often mirrors the depth of connection you have with yourself.

**If you're living mostly on the surface,  
your relationships will also stay on the surface.**

But when people begin exploring their own emotions and patterns, relationships naturally become more meaningful.

### **The Missing Male Initiation**

When discussing masculinity today, Edwin believes one important element is often missing: initiation. In many traditional cultures, boys experienced a clear transition into manhood through rituals and mentorship from older men. In modern Western society, that transition is often absent. “Many men grow up without strong male role models,” he says. “Their fathers were busy working, providing, but not always emotionally present.” As a result, many men must discover their identity alone often later in life. That is why Edwin believes spaces for male connection and mentorship are becoming increasingly important.

### **The Rise of Conscious Men**

So where can we find more men who are doing this work? Edwin believes the answer lies in creating communities. “I’ve been exploring men’s circles,” he says. “Spaces where men can talk openly about their lives, their struggles, and their growth.” These communities provide something many men never experienced growing up: guidance, brotherhood, and emotional honesty. “Men need other men who are willing to go there,” he says.

### **Playing the Game of Life**

If life truly is a game, Edwin believes the goal is not perfection. It’s growth. Learning new skills. Facing challenges. Discovering who you really are. “I definitely still have levels to play,” he admits. “But that’s what makes life interesting.” And perhaps that is the essence of embodied masculinity. Not a finished product. But a man who is willing to keep evolving.

*“If you don’t have a deep connection with yourself,  
you can’t have a deep connection with someone else.”*

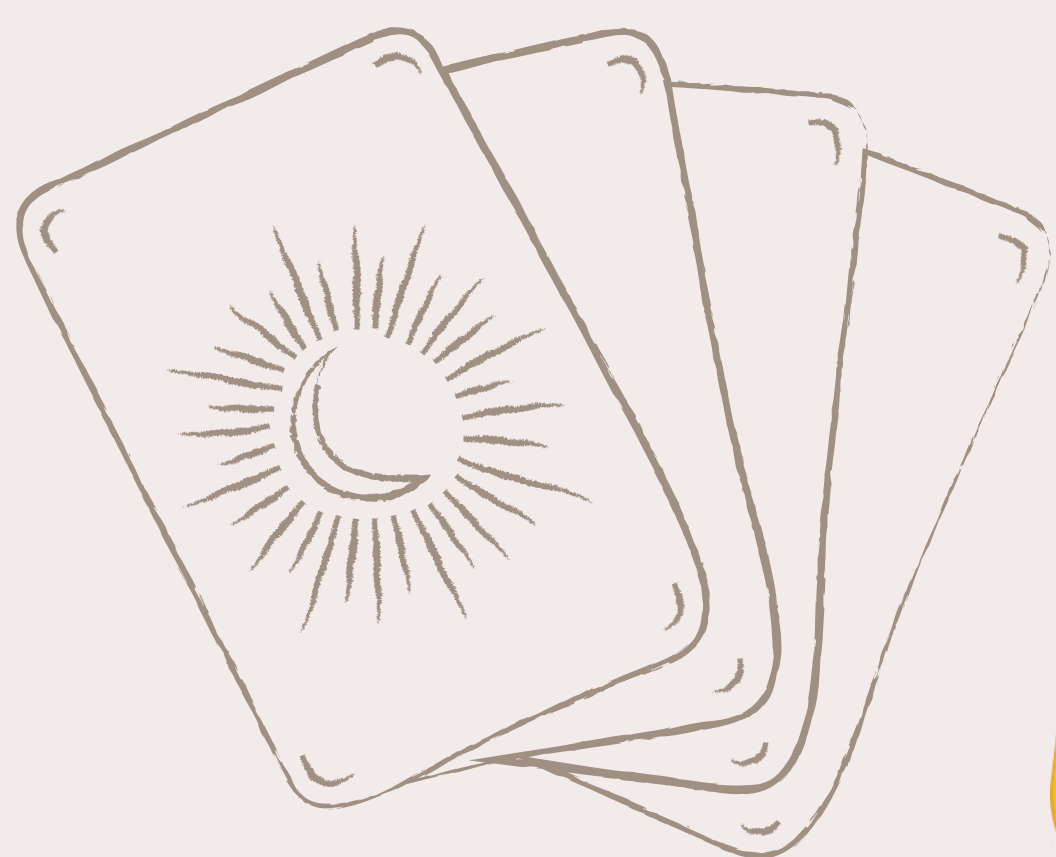
Edwin van Gessel

# Higher Love Reading

*Questions about love or relationships? Will there be a new love in my life? Should I stay in my current relationship? Why do I keep attracting the same kind of partners?*

Your Love Life Timeline Awaits You

## Timeline



GET READING



On vulnerability, truth, and the journey back to self

# *Embodied Man.*

*Some men you don't just hear, you feel them.*

*Rinus van Offeren is one of those men.*

When he responded to a call about “embodied men,” it wasn’t random. He immediately recognized himself in the deeper longing behind it: a new expression of masculinity where strength and vulnerability are no longer opposites, but allies.

## **From “tough guy” to conscious man**

For most of his life, Rinus lived what he now calls an unconsciously happy existence driven by ego, performance, and distraction. He operated in highly masculine environments, first within military structures and later in high-level security. Emotions were not part of the equation. *“I was completely disconnected from my feelings. Like a brick.”* Alcohol, women, pornography, constant stimulation not from weakness, but as a way to avoid feeling. A pattern he now recognizes in many men he works with today. Until the moment everything began to crack.



*“I was completely  
disconnected from my feelings.  
Like a brick.”*

Around 2020, something shifted. He had achieved what he thought would bring happiness, success, money, freedom. Yet inside, he felt more empty than ever. A relationship ending, rising inner tension, and a growing sense of losing himself led him to a moment on a cliff in Ibiza: *"If I jumped, I wouldn't have cared."* Shortly after, he ended up in the hospital with dangerously high blood pressure, not caused by physical illness, but by accumulated stress. The doctor's message was simple, yet life-changing: You need to go inward. What followed wasn't a quick fix, but a deep inner transformation. An ayahuasca experience in Mexico became a pivotal breakthrough, where stored emotional pain finally released. But more importantly, it opened the door to a new way of living. Rinus came to understand that spirituality isn't something abstract or "out there." It is the willingness to face yourself, fully and honestly. One of his biggest realizations was something many men feel, yet rarely articulate: The rejection of their own feminine energy. Not as something that makes them less of a man, but as the very key to becoming whole. *"Vulnerability is not weakness. For most men, it's the missing part of real strength."* Compassion, softness, emotional depth, these were the qualities he had suppressed for decades. And exactly where his healing began.

*From therapy to plant medicine.  
From control to surrender.  
From numbing to feeling.*



# VULNERABILITY IS WHAT COMPLETES YOU.



*"When you truly open your heart,  
you can get hurt... but if you  
don't, you miss everything."*

### **The modern man in confusion**

According to Rinus, many men today are lost in the shifting dynamics between masculine and feminine roles. Women are evolving rapidly, becoming more independent, self-aware, and empowered. And many men are left wondering where they stand. *“A lot of men lose themselves in relationships. They don’t know what their role is anymore.”* Not because they are weak, but because the old model no longer works, and the new one hasn’t fully formed yet.

### **Love as a mirror**

His current relationship became the space where everything came together. Where he once struggled with deep commitment issues, always keeping one foot out, he now chose full presence. Not without fear, but beyond it.

*“When you truly open your heart, you can get hurt. But if you don’t, you miss everything.”*

After years of inner work, he proposed to his partner, a moment that symbolized one of his greatest personal breakthroughs.

**Not perfection.  
But presence.  
Not control.  
But trust.**



### **The mission of the embodied man**

Today, Rinus guides men through their own inner journeys. As a breathwork coach, NLP practitioner, and facilitator of plant medicine, he supports men in reconnecting with themselves, not by changing who they are, but by remembering who they’ve always been. His mission is clear: To help men feel again, so they can live and love from truth.

### **What we can learn from him**

The embodied man is not perfect. He is not just “soft,” nor traditionally “alpha.” He is a man who dares to feel. Who faces his shadows. Who takes responsibility for his inner world. And most importantly: A man who no longer runs from himself.

[www.rinusvanofferen.com](http://www.rinusvanofferen.com)

Photo credits: Mijntje Luggens & Wynona Elise

The logo for Higher Love Society is centered in a dark square. It features the letters 'HL' in a large, white, serif font. A small, four-pointed star is positioned between the 'H' and the 'L'. Below 'HL', the word 'SOCIETY' is written in a smaller, white, sans-serif font.

**HL**  
SOCIETY

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*expanding Higher Love Society globally.***

**YES, I FEEL THE CALL**



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Join 1500+ Conscious Singles Already Inside!