

*Sabina Danenberg & Marion van Brussel*

# *Light Portal*

*A light-coded journey through poetry*





Published: November 2025

ISBN: 9789403840154

Lay-out book: Sabina Danenberg

Cover illustration: Marion van Brussel

Mandela illustrations (start chapter):

Marion van Brussel

Light language illustrations (end chapter):

Sabina Danenberg

© 2025 The Mysticus, Wezep

Nothing from this publication may be made public by means of printing, photocopying, the internet or any other method, without prior written permission from the Mysticus.

# *Table of contents*

*Opening 5*

*Root chakra 10*

*Sacral chakra 27*

*Solar plexus 41*

*Heart chakra 53*

*Throat chakra 73*

*Third eye chakra 84*

*Crown chakra 101*

*Acknowledgements 121*

# *Opening*



## **Intention**

This book is here to help you reconnect to the essence of your soul. Every page is written with the intention to encourage you on the path of life that can be scary, messy and unsure.

This book is here to inspire you to rise from the inside out, to root deep into your soul, to return to the sanctuary of your heart. However how messy life is externally, grounded peace is felt within.

*Love will set us free.*

## **Usage**

To drip more deeply into the medicine of this book, I would like to invite you to use this book as a daily guide of inspiration. Just like you can pick an oracle card as a mirror messenger for the day, you can use this book to receive a guiding message from your soul, spirit team and higher self. You can even ask a question or think of a topic you want to receive guidance on.

*You felt an intuitive hint to receive the medicine of this book, and now it's your time to build your sacred relationship with it.*

## **Creation process**

When I was a child I fell in love with writing. It has always been my natural way of connecting back to my internal world.

I have always felt mystic energies coming through asking me to be expressed, but like a child naturally being connected to these realms I was not consciously aware of it. If I am completely honest it took me some time to realize I was quite alone in this.

When I was fifteen I got the vision of writing my own poetry book with self-made illustrations or photo's during my morning run. I started sharing this vision with my surroundings and the reaction I got was not so encouraging. Nevertheless did it stop me to believe in my dreams. In essence these moments where I only share my visions and dreams with source, strengthen my inner voice. This I found out later on.

Now eleven years later, I present to you Light Portal. The creation of the book started in a period where I was going through a huge dark night of the soul. My relationship fell apart, I completely forgot who I was, and had to rebuild myself from the ground up again.

I was working most days in a very quiet sock store and after some time I started feeling huge boredom and dissatisfaction. Reflecting back, I now understand why I needed this in between phase of boredom to realize what creations needed to birth through.

One day while working I heard the words 'Light Warrior', and that's where the writing process started.

The medicine of Light Portal started running through my veins and changed me on a cellular level. My metamorphosis started, and after some time I fully let go of all ties to my past identity. I quit my job, decided that I would not finish my bachelor, moved from the city to the country side, started working as an entrepreneur, and fell fully into the unknown.

After some time I picked the writing of Light Portal up again, and created a tree altar where I connected with the goddess Aphrodite. Words started dripping through and I could almost not pace the speed of information coming through. At this moment I realized I needed to continue, and that this book holds medicine beyond me.

As the vessel to receive, I knew I needed to release my internal judgement on my creations, because this would mean I would judge the creator, that I would deny love. The initiation of ascension started within me, and Light Portal awakened the most pure love within myself.

As with every new beginning there is an ending, the old phase of self-doubt, self-judgement and denial died slowly. I birthed a more soul authentic me, and I feel that is the medicine of the book pouring through.

Even though this is a short insight into my personal journey, I feel that every time we make the bold choice to step into the unknown, there are so many layers of fear and conditioning asking to be shed. There is a mystery awakening inside our bones that is beyond what we have been taught by our parents or in any system.

It is beyond the layers of the physical, and is a subtle yet immensely powerful change that is happening within our psyche. We are reconditioning the illusions of control by surrendering to a world that is within our hearts. An energetic cord that travels through every living being in this lifetime. It is an initiation we make to reconnect with the web of life that is beyond space or time.

I know this journey does not make sense at times, and that there are days you rather feel like giving up than pursuing forward. Especially in those moments, I hope Light Portal helps to remind you that you are serving a greater purpose. *That your presence matters in this world, and that your voice is asked to be heard, and your love is asked to be felt.* You are here for a reason. Always remember that.

I am with you, I see you, I feel you.

*You are remembering.*

You are an unfolding mystery filled with the most precious divine light.

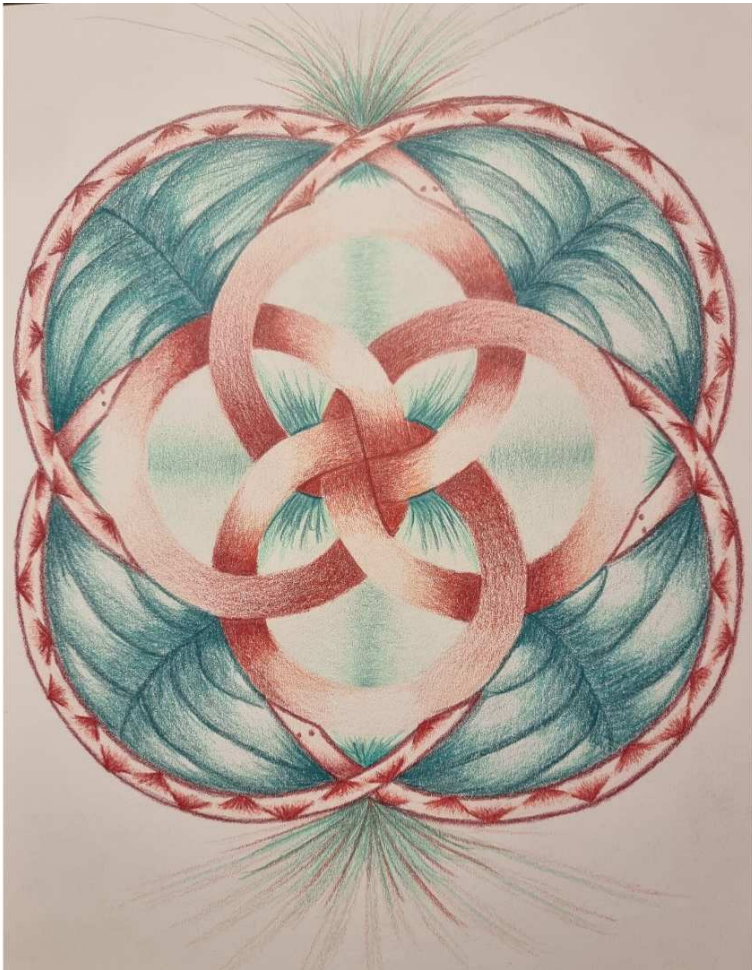
I love you,

*Sabina  
De Mysticus*



## *Root chakra*

*Come home in the calming strength of your souls essence.  
Carry the fullness of your beauty on earth. Expand your roots of of  
worthiness and find home within the soil of your soul.*



## LONE WOLFS GATHERING

At the end of the cycle of the lone wolf that for so long rescued me,  
I find myself at the birth of a soulful community,  
A gathering of other lone wolfs.

In each other's eyes we recognize the wandering through the forest, the continuation of metamorphosis, the ever expanding cycle of feeling alone to feeling whole.

We feed each other with the words of inspiration, recognition, and honored soul truth.

We connect with the heart of a soldier, the ground of the battlefield of banishment, and the refining of light within the shadows of our hearts.

*We speak with elegance, eyes of joy, and words of freedom.*

We honor our infinite childlike spirit, the roaring of the lion and lioness, and the wings of the birds that brought us back home.

All to remember that we are soldiers of the soul,  
Transmuting darkness into light,  
Here to create a web of consciousness that is stronger in multiply.

BE

In the presence of our worthiness,

We find a glowing purity of good intentions:

A heart that wants to speak,

A body that wants to be,

*A soul depth we want to breath.*

## PROTECTION MARK

May you breathe the wisdom of all ancestors before you.

May you be held in the elemental wisdom and love present in your heart's core.

May you be surrounded by white light, pastel colors of healing, and the light of confidence of the sun.

May your vision be clear, your mind still, and your heart open.

May you bravely choose what is in highest resonance.

May our great Mother Earth bless you with grounding in this physical reality, so all your dreams can manifest with ease.

May your spirit team give you the peace you so desperately need.

*May love be your reality.*