

BLUEPRINT FOR BLISS

Your First 1000 Days in a new light

NON FICTION BOOK PROPOSAL

by NIENKE STOOP, MD Acupuncturist

Certified HeartMath Trainer/Coach
Being in Balance Fertility Specialist
Lotuscoach.nl

Leeuweriklaan 10
7203 JE Zutphen
The Netherlands
lotusstoop@gmail.com
+31 642323202

You have been Hardwired for Love from the very first beginning.

From the moment your mother's egg and your father's millions of sperm found each other in the whirlwind and spiraling dance called conception, your body was made for bliss.

I know. This can sound far-fetched especially during intense times rife with systemic issues everywhere.

But I'm here with a plot twist.

Let me help you unlock your personal life code to learn the biology of success that is actually your unique birthright.

How? Well, I'm a western medical doctor who left her hospital job to embrace eastern medicine who eventually came to understand love is the ultimate medicine. So come with me on this journey into the cutting-edge field where science meets spirituality.

This book will help you reconnect the dots from your first imprints of life into your truest nature available to you now so you can live your full potential.

Consider this your personal invitation to awaken Your Blueprint for Bliss.

—Nienke Stoop



TABLE OF CONTENTS

1. Title Page
4. Overview
 - Your Blueprint for Bliss
 - Why the first 1000 days are so important
 - Hardwired to survive or to Love? The Biology of success
 - About the Author and her Why
 - Why this book is different
 - This book is for...
8. Comparative and competitive titles
9. Publicity & Marketing
12. Table of Contents
13. Chapter Summaries
13. Sample Chapters (see pdf)
 - Introduction
 - Guide for the reader
 - Life light
 - A persistent myth
 - For lack of words
 - Breaking the armor and finding your life intention
 - #1: Courage - Conception
 - #5: Transformation - from stress response to loving response
 - #6: Release - the power of Shaking Medicine
 - #7: Connection - coherence and the intelligence of the heart

OVERVIEW: BLUEPRINT FOR BLISS

YOUR FIRST 1000 DAYS IN A NEW LIGHT

YOUR BLUEPRINT FOR BLISS

Have you ever wondered about your origin? Do you know where you came from and where you are going? And why your body is playing such an important part in the realization of success in love, work, wealth and health? Did you grow up with a natural confidence in the abilities of your body and mind? Have you ever felt shy when taking up space and claiming your place in your life? What if you could embody your unique talents and gifts with confidence and ease. What if you could fully trust the natural abilities of your body and mind, not being hindered by stress, fear, anxiety or insecurity. How would you express yourself in daily life? In your work, your love life and social circles. How would this effect your health, your vitality and the way you connect with others?

You came into this world for love, by love and in love. Maybe you still know this. Great chance you have lost this knowing. Then it is time to read this book and to reclaim your natural blueprint for bliss.

WHY THE FIRST 1000 DAYS ARE SO IMPORTANT...

The first thousand days of your life were a period without language. It was a time when impressions and experiences were stored in your cells using feelings and images, sounds and smells. In the period before you first said the word "I" you lived in symbiosis with your parents, or the people responsible for your upbringing. Although you probably have no conscious memories of this time, these experiences largely determine your long-term health, vitality, strength of mind and self-confidence. The foundation of health in future generations is laid within the first 1000 days of your life. When consciously embraced and healed not only your personal life will profoundly change, but the lives of many more to come.

HARDWIRED TO SURVIVE? OR HARDWIRED FOR LOVE?

Moments of well-being and bearing are moments when our self-confidence and talent grow. Moments of trauma and "survival" are the moments when our talents can be discovered. This nuance makes an important difference. Because when you discover something in yourself through an experience and get recognition for it we are talking about transformation. If there is only pain, disappointment, a repetition of previous afflictions and misunderstanding, the experience actually leads to a further shrinking of potential. A shrinking of life force and your life-light, in short more trauma. If you know how to learn to read your own experiences, and harvest from them, you can find meaning in the suffering you have suffered. Then something shifts. But the question is, as Greg Braden puts it eloquently : *Do you love yourself, your body and the earth enough to really shift?* The greatest gift you can give yourself and your (future) children is to heal the imprints from your first 1000 days and awaken your true potential. In doing so, you will live to show future generations that it is possible to *live your life*, not to survive your suffering.

This book is a guide through the first 1000 days of a human life with the goal of mining the talent, health and life force that are your birthright. Are you willing to explore what it takes not only to be personally healthy, happy, fruitful and successful, but also to advance the world into a new consciousness in this area? Then I invite you to open your eyes to the coming pages and travel with me into a new paradigm of health and well-being, resulting in optimal fertility on all levels. It is time to unlock your personal life code, your Blueprint for Bliss.



My name is Nienke Stoop. I was conceived on the big island of Hawaii. Born in Mexico. A toddler in West Africa, raised in The Netherlands. A globetrotter from the very first beginning as I touched 7 countries and 4 continents within the first 1000 days of my life. I have found my base camp to be in the medieval town of Zutphen, the Netherlands, where I am happily married and a mother of 3 boys in their teens.

As a holistic Medical Doctor both trained in Western and Eastern Medicine with a speciality in pre-conception, fertility and pregnancy care I dream of a world in which every child is met with love, reverence and awe. Where we honor our true biology. The biology of Love, Bliss and Compassion which naturally inspires humanity to care for itself, others and the earth. Peace on earth starts with a healing environment for pregnancy and birth. That's how we birth a new humanity and find a way out of our trepidation. For we are standing on an important threshold in time where old survival instincts are no longer serving us. As global citizens we have an important decision to make: **to perish or to thrive**. Within our first 1000 days lie the keys that can open our hearts to a fertile choice. It is up to us to discover those in time and start spreading the news: **we were hardwired for love after all**.

I am a Medical Doctor who calls upon Love as the ultimate medicine. I invite you to unlock your Blueprint for Bliss and unique Life Code through a greater understanding of the powerful natural physiology of health that is your birthright. I left the medical establishment and my job in the hospital to devote myself to a training in science and spirituality, energy medicine, ancient healing techniques and quantum physics. After 20 years of training I am looking forward to share my expertise and to offer my contribution to the transformation of health and healthcare around the world.

WHY THIS BOOK IS DIFFERENT

Self discovery is a hot topic. Enlightenment no longer a word only used by spiritual teachers. The masses have discovered the holy grail of personal success and awakening through online teachings from all corners of the world. When I started out on my journey of personal development Yoga was still a word only used by hermits living in the Himalaya's which taught by oral transmission in person, face to face, only. And they didn't have email. You just had to show up on their doorstep and hope they were home. Now every self respecting woman, and man, has done a workshop or two, maybe even 30 days of continuous practice at home. The same accounts for meditation, Qi Gong, energy healing and the Secret of Manifestation. We are living in the age of self development and mass awakening.

We are also living in a time of mass slaughter of animals, forests, biodiversity, ocean life and the earth in general. The glorification of material wealth, concrete, cars, high rise buildings, weapons of mass destruction and mass distraction. We can all sink in despair, self destructive behavior, addiction and grief. Easily. But this attitude will not help future generations, nor the earth. It will prolong our trauma and carry it forward. Trauma has made us less intelligent than previous world inhabitants, it has closed our heads and hearts leading us on a road to mass extinction.

It is time to rediscover our true biology and birthright. The magical traits of Homo Sapiens and her ability to self-heal body, mind and heart. The true 'Art of the Heart' that will help to heal the earth.

This biology of success, self-development, compassion and longevity knows its start at the very beginning of life. We can make a conscious choice, from now onward, to approach new life differently, to play an active role in the birth of a blissful human — the new human that knows and honors its source. And yes that will also involve personal development and even enlightenment.

Living your Blueprint for Bliss is no less than discovering your true Self and allowing her to steer your boat.

This is a book of hope, inspiration and full of practical guidance. But most of all, this is a book of love.

By a medical doctor who calls upon love as the ultimate medicine.

THIS BOOK IS FOR

As one of my readers said: 'This book is for anyone who was ever born' — and this is true, since we all share a common trait: we all were born, at least once, and we all have gone through this phase of the first 1000 days. We carry imprints of this time, of our parents and our ancestors.

It is vital to know more about this if you want to live your full potential.

For people who see themselves as 'seekers' and change makers that long to have impact and live their purpose, this book is a must read.

To transform the first 1000 days of future generations is to transform fertility, pregnancy and birth care. Birth care workers are midwives, obstetric nurses, doula's, gynecologists, pediatricians, GP's and youth care professionals. Politicians with a heart for sustainable health in future generations. Social workers who worry about the future impact of teenage pregnancies. Fertility specialists.

This professional is eager to learn and wants to invest in personal growth. She is curious to a field *where science meets spirituality*. Where miracles are made and born. She intuitively knows she is a miracle herself, but does need the reminder. She is curious to learn more about her 'unknown unknowns', the hiatus in knowledge grown in years after graduating from university or midwifery school. A lot has changed when it comes to the body of evidence surmounting within the field of integrative medicine and health. As a health professional who wants to be on the forefront when it comes to integrating practices that find their roots in the new sciences of epigenetics, heart-coherence, psychoneuroendoimmunology, trauma recognition and healing, you want to read this book and learn to use what you find in it.

Financial experts from Harvard have calculated the bankruptcy of American healthcare by 2030 on the costs of child health only. We see chronic illness in 1:4 children, medically assisted birth in more than 80% of births, with a rising rate of Cesareans up to 1/3 of all births in the USA. This is no coincidence. **And future parents should know.** So this book is for them too.

I am talking about the aware, conscious 'parent to be'. Who reads about personal development, is practicing self care, and supports a healthy lifestyle in herself and her partner. Who wants the very best for her child and for her family. She considers hiring a Doula, has read at least one book about being pregnant and is lucky enough to have Medicaid. Still she is troubled by self doubt, memories of painful experiences in her youth and continuous family problems of which she says 'this needs to stop here and now'. She dreams of living her full potential of both being a fertile woman and mother AND a sensual, sexy, successful person capable of adding value to other peoples lives, in her own unique way. With confidence and style.

Each day worldwide 365000 babies are born. In the USA this accounts for 3.6 Million babies a year. Almost 9900 babies a day, 6 babies a minute. With every coherent breath you take a child is born and about to receive its first impression of life. As they say, you never get a second chance to make a first impression. How do we want to receive future generations? *How can we help to install within their nervous system and biology the basic foundations for self love, self care and self respect? And what if we even started out on this journey before the baby is born?*

1:6 couples is having trouble conceiving their baby naturally. Fertility is on a downward slope. A healthy life starts before conception, as parental health during conception accounts for the biggest influence on future long term health of their baby. So reaching couples before they become pregnant is even more effective. A consciously, naturally conceived baby has a different start and will live a very different life not only physically, but also mentally and spiritually.

This book is for parents who want to choose consciously and with strong intentions for the best possible outcome. They want to be entertained by compelling storytelling and educated by science made easy to understand. They like to engage oneself with easy and effective exercises that enhance their fertility and vitality and open doorways to unused potential. They long to be touched deeply by what real life has to offer and want to meet their True Self.

COMPARATIVE AND COMPETITIVE TITLES

In this list of titles you will find books that cover the same topic or parts of what 'Blueprint for Bliss' is about. Most books about the first 1000 days are written by scientists or health care workers with an emphasis on data and biological background. They cover future health implications of first 1000 days events and diet or psychological effects of attachment or the lack thereof.

I have not found any book that is written for both parents (to be) and health care workers that dives into the personal effect of first 1000 day events on day to day life.

There are 'self-realization' books that aim to support the reader into a greater understanding of their past, the past of their ancestors, and how to navigate the future considering life long effects of these, but not with an emphasis on events in the first 1000 days, nor on their effects on behavior, stress sensitivity and coping strategies.

Therefore I dare to say 'Blueprint for Bliss' is a unique and new topic within the self-actualization department offering a deeper understanding of where the reader is coming from, and where she is going. It offers an invitation to dive into the natural physiology of succes, health, bliss and compassion. Readers will emerge with a deeper understanding of their own story, behavior and unconscious obstacles as well as a greater compassion for themselves and others.

By using examples from real life, storytelling, and personal experiences to illustrate the scientific background that is being offered, readers will be guided, educated and touched in their humanness. This book is easy to read and understand. It gives practical tips, exercises and questions that serve the reader towards a deeper understanding of her own past and the talents that grew from there.

The First 1,000 Days: A Crucial Time for Mothers and Children -- And the World
by [Roger Thurow](#)
Hardcover: May 3, 2016

The Biology of the First 1,000 Days—Edited
by [Crystal D Karakochuk](#), [Kyly C. Whitfield](#), [Tim J Green](#), [Klaus Kraemer](#)
Copyright Year 2017

The First 1000 Days—A Baby Journal
by [Nikki McClure](#)
2006

The Science of Self-Empowerment
by Greg Braden
2019

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead
by [Brené Brown Ph.D. LMSW](#)

Metahuman: Unleashing your infinite potential
by Deepak Chopra
2019

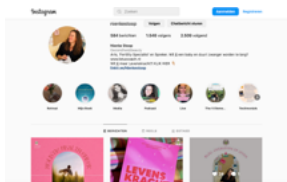
When the body says no
by Gabor Maté
2019

The Myth of Normal, Trauma, Illness & Healing in a toxic culture.
by Gabor Maté
2022

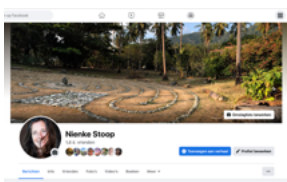
The Seat of the Soul
Gary Zukav

OVERVIEW SOCIAL MEDIA

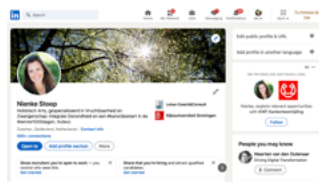
Instagram



Facebook



LinkedIn



INTERNATIONAL COLLABORATIONS

In the past 20 + years I have extensively traveled the world and studied with several teachers which led to collaborations in different fields of work. I have been a guest speaker at conferences, teacher within different trainings on science and spirituality, Heart coherence trainer for the Dutch Police force, and personal health coach working both in my local clinic in Zutphen as with clients from all over the world online.

PODCAST SHOWS

Orgasmic Birth, the Podcast



Esoterra, the Podcast



GUEST TEACHER AT

5 Elements Wisdom Academy - worldwide - Power of the Heart, Navigating Uncertainty and 5 Elements training

TCM Academy of Integrative Medicine - worldwide - Masterclass on the power of the heart in Western and Chinese medicine

Orgasmic Birth Community - Debra Pascali Bonaro - Podcast show

De Geboortenis Foundation - The Netherlands - Founder since 2010

Lotus Institute USA - Face Reading Masters, worldwide - Master Face Reader

Roy Martina, MD quantummultiverse.world - USA / Worldwide - Omega Health Coach since 2004

Being in Balance - Netherlands/Thailand - Teacher trainer new Being in Balance coaches

HeartMath International - USA / BeNeLux - Heart Coherence Training for Dutch police officers as part of their education in resilience and mental power

Songbird Maternity (USA) - masterclass for heart centered doula's

Relaxed Bevallen vanuit Regie Academy - The Netherlands - Stress and resilience training for birth coaches

Amsterdam School of Integrative Medicine - The Netherlands - Body-Mind Medicine training: class on the physiology of a soulful medical practice

Total Health Academy - The Netherlands - Magnesium Consultant training

The Optimist - The Netherlands - guest writer on holistic health in 2021

“Let me start by saying that I read the book in one sitting, I find my colleague Nienke’s approach so refreshing that I was immediately taken by her clear explanations, beautiful metaphors and how she takes you on a journey of discovery within yourself. In my 40 years as a holistic physician, I thought I had read most of what I could read about how we are influenced from birth and even before, partly because we have no filter and our subconscious mind unfilteredly absorbs everything and registers it as true. Most of us grow up in an environment of ignorance, not realizing that this ignorance from our educators results in us being programmed to not be our powerful selves but a shadow of our potential and it has been this way for millennia.

By explaining the impressions stored within us, we begin to understand, step by step, that we can turn everything around and get back to who we are originally meant to be. This shift in perception opens the door to your self and your greatness. When we “shift” to our potential our environment responds and we are either supported and seen as who we really are or the environment tries to keep us stuck in the person we thought we were. Becoming yourself, requires courage to break through the barriers that are in us and in our environment, however when we know what is possible, these challenges are actually an invitation to step more into our power because we now know that we were born to experience love, happiness, bliss and oneness instead of the separate-ness we are used to perceiving through our programming and impressions.

This book was clear, refreshing and inspiring to me and I highly recommend it to anyone who wants to get more out of life and understand why your potential awakening encounters so much resistance in us and around you.

As a wise woman once said, “I cannot promise you it will be easy, but I can promise you it is worth it!” I gladly concur and to Nienke I say, you were born to wake people up and hold the mirror up to them, keep up the good work, I look forward to your next books. Chapeau”

—Roy Martina, holistic physician, quantummultiverse.world



“I invited Nienke to speak to my Nourished Woman Project community and we all expected a quiet presentation on mindfulness — what we got instead was a mind-blowing presentation on connecting with our hearts and souls on a deep level. I was not expecting to feel so opened up and emotional when Nienke talked, but I cried several times as she spoke of love and connection with ourselves and others. By the end of her talk, my community and I were speechless. We walked away feeling lifted up and renewed, feeling loved and a sense of peace. I can’t wait to participate in more of Nienke’s presentations and to read all of her writings. Nienke has an important tale to tell the world, one that will resonate with all people, and one that will surely bring healing to those who are fortunate enough to hear her message.”

—Melissa Chappell, songbirdmaternity.com and thenourishedwomanproject.com



“Prepare for a journey like no other into truly remembering, down to the very marrow of your bones, how you have been “Hardwired for Love within your Blueprint for Bliss”. Yes YOU. All of us!

Nienke provides the most perfect invitation through this book that often reads like a deep poetry to the soul, yet also backs everything up with solid science too, which served as a lovely feast for both my left & right brains. Where else could I receive this awakening but from a person studied in both western medicine and eastern medicine for decades, who arrived at believing love is the ultimate medicine?

I so appreciated learning about the imprints I carry from my first 1000 days and how they can help me learn more about the biology of success to unlock my personal life code.

Thank you for this gift of a book on the cutting edge where science meets spirituality, Nienke!”

—Christina Morassi, Founder of [Feminine Operating System](#)



“Nienke and I are partners at The 5 Elements Wisdom Academy, which we co-founded 4 years ago, with the mission of bringing together ancient wisdom, such as Chinese Medicine and Shamanism, with cutting edge medical knowledge and scientific research. Our aim is to bridge the ancient wisdoms with modern science to provide tools for you to create a life filled with purpose, joy and optimal health.

Nienke has been a fundamental piece of our school, bringing on board so much of her eastern and western medical experience, as well as her expertise on self-development, fertility and heart coherence. In her teachings, she gracefully and easily brings together science and spirituality, and is able to deliver her teachings in an approachable and uncomplicated way, making it accessible to everyone, regardless of their background. Besides being extremely knowledgeable, what I admire about her the most is her passion and authenticity. She walks the talk. She does the work. She talks from experience, she teaches from her heart... she is here to help, guide and inspire. Not only in what she teaches, but just by her presence and the way she lives her life.”

—Marcela Mota, 5 Elements Wisdom Academy



TABLE OF CONTENTS

Introduction

Guide for the reader

Life light

A persistent myth

For lack of words

Breaking the armor and finding your life intention

#1: Life spirit — conception

#2: Life force — birth

#3: Trust - Motherland

#4: Intelligence - Homeland

#5: Transformation - from stress response to loving response.

#6: Release - the power of Shaking Medicine

#7: Connection - coherence and the intelligence of the heart

#8: Vision and Intuition - experiencing miracles

#9: Light on the Shadow - down the rabbit hole

#10: Healing - being able to bow before life

#11: The insert of happiness

#12: Blueprint for Bliss

Found by Love

Before we say goodbye...

Thank you

Terminology

Resources

The first part of the book brings an explanation of the status quo when it comes to looking at the start of life. Which persistent myths are being told about becoming human and the human condition? How can trauma lead to a loss of vitality and life force? How to recognize trauma that took place in the first 1000 days when we do not have any active memories of that time? Why should the reader be interested in the healing of imprints from the first 1000 days of life? And how can she recognize trigger factors, unconscious memories and stress responses that have their origin in this vital period?

#1-12 offer an exploration of life from the very first cell division onward. This is where the writers personal experiences are offering an introduction to every chapter, followed by insights covering the specific developmental stage of pregnancy. Furthered by stages in personal development that spring forth from these early moments. Every chapter has its own 'first 1000 days questions' section with thoughts that support the reader towards a deeper understanding of her own life experiences and how to delve into the riches of personal development that come from deepened insight. Bringing a greater understanding of how to understand the natural physiology of compassion and love, heart coherence and poly vagal theory. Offering different ways of moving towards healing, using the body-heart-mind connection and the natural tendency of the body to move towards balance, awakening our innate blueprint for bliss.

SAMPLE CHAPTERS (SEE PDF)

Introduction

Guide for the reader

Life light

A persistent myth

For lack of words

Breaking the armor and finding your life intention

#1: Courage - Conception

#5: Transformation - from stress response to loving response

#6: Release - the power of Shaking Medicine

#7: Connection - coherence and the intelligence of the heart