

EXCLUSIVE INTERVIEW

1. **Your mission is to realize world peace. Do you truly believe this is achievable?**

It is not a belief. It succeeds the moment we connect action and vision, and take full 100% responsibility for our own functioning. It is my philosophy of life.

2. **What is your philosophy of life?**

We live together as global citizens on this beautiful planet. Together, we share the collective task, priority, and responsibility to take action now. This means working together to make our planet clean, vital, healthy, and future-proof. In this way, we can pass Mother Earth on to all future generations in peak condition—to our future leaders, administrators, and professionals. They are the architects of the future. We cannot saddle the youth with all the problems that the current situation brings.

3. **What are the greatest challenges you face?**

The massive group of Doubting Thomases among us. Many people have become so cynical, skeptical, and suspicious that they no longer believe we can achieve peace together.

Many people live in the hustle and bustle of everyday life and lack the time and attention to focus on world peace. Maintaining focus is a challenge for people, causing them to drop out quickly and continue in their old patterns.

4. **Do you not let these people deter you?**

No, absolutely not. I select people who have a passion for world peace. People who believe it is possible, see how it can be done, and want to maintain their focus. These people focus more on quality of life than on money. Persistence pays off, and more and more people are crossing my path who want to join forces and actively contribute—without a sense of competition or fear of scarcity.

5. **Would you now like to tell us something about your multidimensional and holistic strategy?**

With pleasure. My magical 100% strategy is based on 30 years of expertise as a trainer and 40 years of research into the insights and core principles of applied metaphysics and quantum psychology. This non-linear strategy transcends all traditional and well-known models and methodologies, connecting science, business administration, psychology, philosophy, and business spirituality.

6. Through this perspective-expanding approach, people see the solution to everything. Participants break through basic illusions, recognize deeply ingrained behavioral patterns, and free themselves from mental static and past baggage. This brings an unprecedented amount of inner peace, space, and freedom. Working with universal values, laws, and energy frequencies transforms our self-image, our view of humanity, our view of God, and our perception of reality—including our view on life, illness,

and dying.

7. What are the results of your training approach?

You transcend cultural, religious, and political divisions. You learn to reduce complex and geopolitical problems to simplicity and essence. This allows you to solve problems at the source of the cause, based on flow, serendipity, synchronicity, and win-win situations for everyone. As a participant, you train the essential skills to accelerate the building of a permanent culture of peace. By understanding the connection between universal laws and energy frequencies, you upgrade from low-frequency to high-frequency consciousness. In this way, you transform the erosion of values and division into decisiveness, innovative power, resilience, and imagination. This allows you to live the authentic version of yourself and also gives you the words to explain exactly what is happening.

8. This sounds very promising and liberating...

It truly is. It is the baggage from the past that clouds our vision, preventing us from seeing the solution. As soon as participants see the solution, they recognize what we need to do together. People who see that it is feasible, achievable, and possible take action. They realize how important it is to implement this uncompromising paradigm shift in how we look, think, and act into our attitude, behavior, mindset, and DNA. Because we are making a Global Impact, more and more people, organizations, and partners are joining us. Increasingly, young people are curious about the solution to achieving world peace.

9. What drives you?

Every young person on our planet has the right to an inspiring outlook on the future. Everyone deserves a free, happy, and fulfilling life, and the opportunity to master the art of excelling, effortless manifestation, and clear (high-frequency) communication. Every human being has the right to the knowledge and skills with which they can build a fulfilling and secure future—for themselves, their community, their country, and beyond.

10. What do you mean by clear and high-frequency communication?

To the point and completely free of static, assumptions, projections, and insinuations. You can hear a person's energy level directly in their voice. You can hear how conscious they are, and whether they lead a heavy or a light life.

11. Where does your passion for world peace come from?

I have always had this passion. Even as a child, I was curious about the solution to achieving world peace. I often asked questions about it that adults could never give me a clear answer to. Now I know they didn't know the answer because they couldn't see the solution.

12. When did you see the solution?

I was 10 years old and had a clear vision during a school presentation. Suddenly, I saw the simplicity of the solution. I saw the underlying connection between conditioning, perception, experience, and the expansion of consciousness. The key to world peace is within reach—much closer than 99% of all people think, believe, or deem possible. From an expanded consciousness, you see that we hold the key to peace in our own hands. From that moment on, I dedicated myself to making a strategy practical, concrete, and applicable so that we can all see the solution.

13. By now, you are the driving force behind the Global Peace Building Program.

Yes. My passion for peace is greater than my fear of being called crazy. I still meet people who have become very skeptical and distrustful, no longer believing we can achieve peace. That makes sense; people are trapped in a bubble of double agendas and conflicting interests. Because of this, they perpetuate excuses, pretexts, distractions, and procrastination. In this low-frequency bubble of fear of scarcity, people live in the hustle and bustle of everyday life, and in this survival mode, they do not feel the urgency.

14. Why do people call you the architect of the Global Peace Building Project?

As an architect, you first create a design and a clear plan of action before you begin construction. As soon as we involve the right people and have clarity on the planning, results, and budget, we begin the practical execution of the project. That is how I work too. First, we create an ideal scenario, then we bring in the right people so we can start execution. It is this unique mix of time, energy, and budget management. To the point and clear. Well begun is half done.

15. How did you develop these practical Global Peace Building Skills?

These skills begin outside the familiar box and outside our comfort zones. Once you learn to work with universal values, laws, and energy frequencies, you experience that these universally applicable skills work always, everywhere, and for everyone.

16. What is your vision?

I see a planet where we all live, work, and enjoy life together in peace, freedom, and harmony. A world where war, violence, poverty, discrimination, division, inequality, abuse, and greed belong to the past. A world where we have solved every problem using a clear and unambiguous moral peace compass.

17. And what is your mission?

Realizing, organizing, and financing permanent world peace through training in the expansion of consciousness. From an expanded consciousness, you see the solution. Through logical Global Peace Building Skills, we unlock potential and activate self-healing capacities, allowing you to see how logical,

practical, and obvious the solution is. Consecutively integrating these skills into our attitude, behavior, mindset, and DNA forms the foundation for a permanent culture of peace.

18. Do many people have trouble with your mission?

Yes, because they cannot see the solution.

19. Which people do you involve in your project?

We involve intrinsically motivated Young Heroes, ambitious women, political leaders, world leaders, and diplomats in the Global Peace Building Program. In doing so, we take equality as our starting point. We view the collaboration between Young Heroes and adult mentors as an unprecedented advantage based on a win-win dynamic.

20. Pauline, you teach people how to turn wishes into reality. Can you explain this?

Certainly. I have been asked this crucial question for 30 years, and the answer always brings clarity. We human beings have an unprecedented amount of potential and self-healing capacities at our disposal. Unlocking this potential means becoming aware of your own conditioning. We are far more conditioned than we think. From this conditioning, we make choices, react to our country, raise our children, and look at ourselves, others, and the world around us—including everything that is happening globally right now.

Unlocking our potential is essentially a grieving process. De-conditioning means breaking free from all your basic illusions and certainty; from all the limiting beliefs you have maintained until now to protect yourself from the light—from being fully yourself. From an expanded consciousness, you see the parallel reality, and that is where true transformation begins. This is where you recognize basic illusions and experience the importance of letting go. Clearing the mental static and releasing baggage from the past grants you unprecedented clarity.

21. Is this challenging for people?

For many people, yes. Turning wishes into reality does not happen automatically. It requires a trained brain and manifestation power. Without a trained brain, you keep repeating deeply ingrained patterns and quickly relapse into familiar, conditioned behavior. The fastest and most elegant way to train your brain is to become aware of universal values, laws, and energy frequencies. Breaking through conditioned behavior gives you a sense of freedom, connection, and peace.

22. What is the feedback from participants?

- a. Pauline is an authority in her field.
- b. It feels as if I have been living under a rock for 30 years and have only now truly woken up.
- c. With the right insights, we can collectively make the impossible possible.

- d. Her training is one massive eye-opener!
- e. Pauline is a result- and solution-oriented trainer with a passion for strategy, innovation, and human well-being.
- f. People believe in her

23. Why do people believe you?

My holistic strategy resonates at a soul level with universal core values such as respect, honesty, equality, and unconditional love. This feels like coming home to yourself. Because of this, you experience on a deep level that my words are true. Rediscovering the authentic version of yourself is therefore the most beautiful gift you can give to yourself and others.

24. What is your life motto?

Persistence pays off. Keep going when others quit, and keep visualizing the result.

25. Do you ever have moments of doubt?

Of course. Never about the strategy, but sometimes about people's decisiveness.

26. What are your core qualities?

As a creative program designer with thirty years of experience as a trainer in Personal Excellence, Excellent Governance, Business Elegance, and Excellent Leadership (visionary, conscious, and value-driven), I maintain a neutral, result-, and solution-oriented attitude. My passion for expanding consciousness and my deep expertise in applied metaphysics and quantum psychology make me an expert in the field of universal values, laws, and energy frequencies. According to others, I have a clear and razor-sharp communication style that cuts directly to simplicity, unity, and essence.

27. Whom do you see as your target audience?

I select Young Heroes who yearn for permanent world peace. Women who truly want to make a difference and organize peace as frontrunners. People with a passion for innovation, world leaders, diplomats, and professionals who choose peace. Go-getters who keep going where others quit, and game-changers who steer by the highest moral standards, values, and core principles.

28. In addition, we work with partners, ambassadors, and donors who provide us with financial support.

These global citizens possess the *Courage to Act*, the *Global Vision*, and the *Next-Generation mindset*. These decision-makers are open to an approach that begins outside the box. They are political leaders who want to solve problems and are curious about the foundation of unity, simplicity, and essence.

29. How do you convince these people?

I never convince people; that costs me energy. I prefer to use that energy for matters that truly matter.

30. Do you have specific starting points?

Naturally: we are all one and connected, and we are all global citizens of this planet. We do not talk about problems, and we realize peace using a clear and unambiguous moral compass as our guide. Because we have an unprecedented amount of potential and self-healing capacities at our disposal, we see that everything is possible because nothing is as it seems. We hold the key to world peace in our own hands. Sustainable transformation is the result of a trained brain, perceiving from a meta-vision, and the insight that energy is constantly in motion.

31. Why is it so important that we learn to perceive from a meta-vision?

From the meta-vision (Zero-Limit Perspective), you see how simple, logical, and obvious the solution is. This allows you to understand how wars arise and how we can solve complex, long-standing, and geopolitical conflicts—at the source of the cause and based on flow, serendipity, synchronicity, and win-win situations for everyone. For most people, looking in the mirror is a confronting experience.

32. Why is your training so confronting for most participants?

As soon as you learn to perceive from the meta-vision, you discover how many prejudices, assumptions, and limiting beliefs you still hold. My training begins outside the familiar box. Here, you get answers to life's questions while simultaneously being confronted with all your inner static. It is this mix of fears, resistances, and demons that clouds your vision, preventing you from seeing solutions anymore. Reclaiming control is confronting for many people. You can no longer point fingers at others, gossip about others, or project your dissatisfaction and unrest onto others. At the same time, this confrontation is a blessing. As soon as you see that every solution begins within yourself, you never have to look outside yourself for the solution again. As soon as you learn to take 100% responsibility for your own functioning, you reclaim the keys to self-love, self-worth, and self-empowerment, and you experience the magic of unity, simplicity, and essence. In the Global Peace Building Program, you train the vital skills to achieve visionary leadership. This is essential for building clear peace policies and for practically guiding cultural transformation in every team, organization, community, and every imaginable sector.

33. Why do you always begin outside the familiar box?

Inside the familiar box, we stay within our comfort zone, where we keep repeating deeply ingrained behavioral patterns and continue to display roundabout-rider behavior (*rotonde-ridder-gedrag*). As long as we continue as we are used to, nothing changes. Without implementing the uncompromising paradigm shift in looking, thinking, and acting, we fail to see that every solution begins between our

own ears. So, whether it concerns solving personal issues, societal bottlenecks, resolving complex conflicts, or realizing peace on earth, as individuals, we have the capacities at our disposal to turn wishes into reality. With the right skills, we can tackle every bottleneck, bridge every hurdle, and solve every problem—at the source of the cause. We hold the key to freedom and the expansion of consciousness in our own hands. You choose. You determine. You decide whether you are willing to leave your comfort zone. As I mentioned before, outside your familiar box, you get answers to life's questions and you see the solution. Here, you are able to reduce complex processes to simplicity, unity, and essence, making everything that was vague clear and distinct. Your eyes are opened, and the clouds of mist drift away. In the field of opportunities, possibilities, and solutions, you learn to manifest effortlessly. Creating a high-frequency mindset works wonders.

34. What programs do you offer?

You can find all programs on my website: www.paulinesibbel.com

35. And finally: what educational and training path have you followed?

Following professional training in fashion, art, holistic therapy, naturopathic psychotherapy, and occupational therapy, I completed specialized training in Quantum Psychology (Wolinsky), Human Design (Ra), Enneagram (Vollmar), and NLP (Master Practitioner & Time Line Therapy). Concurrently, I completed relevant modules in Psychology at the Faculty of Social and Behavioural Sciences (Leiden University) and an international Train-the-Trainer program in London (Success Resources). All my programs are a magical mix of forty years of intensive mindset research, training, and education.