

# The Path of Love

A Revolution of Lovers

The love in you

*»You don't walk to get somewhere, you walk only to walk.  
There is nothing to achieve - only this: to arrive in every  
single step.«*

— *T. Nhat Hanh*



# Vision

*I have a dream of a world in which everyone can develop freely, according to his peaceful nature.*

*In which people meet each other with understanding and compassion, without blame.*

*In which people live in harmony with nature and treat it in a mindful and respectful way.*

*In which everyone finds fulfillment deep within themselves, so that greed and imbalance disappear from the world and a beautiful harmony blossoms.*

*In which beautiful communities emerge that enrich, help and inform each other out of love for each other.*

*In which there is full awareness of who we are.*



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# I Introduction

*»Those who have a "why" to live can bear almost any "how."«*

— *Viktor Frankl*

I wrote most of this book while living in Colombia. I write as I feel about the world and hope that you will find it an inspiration for your own life. For what is to come, I would like to ask you to let go of all expectations and ideas. My request is that everyone reads the book with the eyes of a child, because every expectation and imagination is already a projection on what is coming and would fundamentally influence the perception of it. By the way, this is true for everything in life. As soon as someone has seen a tree or a butterfly for the first time in his life, it is often the last time, because everything else is a mere memory from the past, which is caused by the perception. One no longer sees things as they really are, but rather as one once saw them, through one's thoughts. May this be a beautiful inspiration to go through life with open eyes. Throughout this book, I will show you who we are and what life is all about through my experiences and practical exercises. The book reflects my experiences and is meant to help you find your own direction in life. I invite you to question everything that is written, because that is the nature of truth. It can be observed independently and lasts if you let it go. They

say the truth you can share is like pointing a finger at the moon. You have to see for yourself.



## II Who am I?

*»The intuitive mind is a sacred gift and the rational mind a faithful servant ... We have created a society that honors the servant and has forgotten the gift.«*

—*Albert Einstein*

I breathe, I speak, I see, I hear, I feel, I dream, I have a body, a heartbeat, I can think logically. I perceive myself that I am here on earth and I feel my body. I perceive myself thinking. But am I really the one who thinks? Or is it rather a conditioned<sup>1</sup> part of me that does not define me but limits me?

As soon as I give myself an identity, I limit myself. If I finally decide on a characteristic or if my fellow men ascribe one to me, I tendentiously<sup>2</sup> and conditionedly behave in exactly the same way. I just start to identify myself with it. Friends, family and fellow human beings love to give us certain labels in order to better classify us, because this simply feeds the illusion of predictability, which is due to the fear of losing control.

We are everything and nothing. We are animal, human, divine and move in one of the aforementioned spheres depending on our level of consciousness. To understand this in depth, we

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<sup>1</sup> *Learned behavior. There is recognition from the group when I conform.*

<sup>2</sup> *Predominantly.*

must truly find out who we are. We are that which never changes. This is our True Self. We are not our thoughts and the thinker we have learned to identify with throughout our lives. Mind and body are only a part of us as long as we are here on earth. However, when we die, we leave them here, because only our true essence is unchanging and immortal. For the mind, it is almost incomprehensible that there is such a thing as a True Self, beyond our imagination. Just as an experience cannot be passed on to one's children or fellow human beings, our true nature cannot be directly conveyed through words or thought processes. Therefore, we must experience ourselves. In silence, in meditation. There are also other situations in life that can lead us to the True Self. Often they are borderline experiences. Practically, therefore, we stick to meditation. To meditate is to bring mind and body into harmony and to arrive with our true nature in the present moment. Meditation allows us to experience the unimaginable, beyond our limited senses. We feel a deep connection with life. Nor do we have to meditate for a lifetime to maintain this connectedness. Rather, I would call it a recollection that eventually flows smoothly into our lives.

For the following meditation, I ask you to have a little patience. If you've never had anything to do with meditation or mindfulness before, realize that it may take time to master your mind, because that's really what it's all about. This is the key that will lead you out of the matrix. Keep at it, it's worth it. It's not for nothing that hundreds of millions of people meditate. In my experience, you can never imagine beforehand

how you will feel after meditation, and you are always positively impressed by the effect. Meditating also means looking. Looking at what is going on in one's own mind and body. We observe ourselves. Thoughts and feelings in the form of traumas, fears and worries are all things that can come up. Understandably, the vast majority of people want to break out of this confronting state right away. However, this is the point where you can confront yourself, because you begin to understand that you are not your thoughts and feelings. They are like the drifting clouds in the sky. You are the blue sky. You are already whole and unchanging.

*As this book progresses and you practically integrate the insights gained into your own life, it becomes clearer and clearer who we are and what life is all about.*

*»Meditating means taking time to listen carefully. When you do, you get in touch with your true nature and let go of all your fears and self-limitations.«*

*— Thich Nhat Hanh*

## Your Meditation

*I love to get right to the point, so I think it's a good idea to give you a simple and effective meditation to follow. The best way to do this is to approach something new in a curious and playful way.*

Lie down or sit down in a quiet, beautiful place. Close your eyes and breathe deeply and consciously into your belly until your belly rises. Exhale deeply so that the belly moves toward the spine. Focus your attention on the breath. Each time you notice that you are having a thought, consciously notice it and lovingly return the thought to where it came from. You can smile at the thought as you exhale. Try not to judge it and return to your breathing every time you find yourself thinking a thought. Even the thought of returning to the breath now is a thought. And so is the thought that you put back the thought of "returning to breathing now." Breathe without thinking. Being present. Try this for 5-20 minutes and observe how you feel afterwards. If you are pleased with the effect, write it down and so you can use it as motivation for the next time.

There is power in rest! In time you will realize that you are not the thinker, but that you perceive the thinker. That is you! Your true, unlimited and unchanging self. It is about building a intimate connection with the True Self and integrating it into life. Integrating because the blockages, thought patterns and beliefs are louder than our true nature and thus must first be dismantled step by step so that you can shine more and more with your essence. An exciting and thrilling journey begins here. It is like a gray, constricting coat that you suddenly take off and a colorful world of infinite possibilities opens up. A new life begins, free from limiting thoughts or fears. A life in harmony with your true nature.

## III Stones on the way

It sounds very simple. Basically it is. What makes it difficult to discover the True Self and then integrate it into your life are our blocks, beliefs, repetitive thought patterns and social norms. Many subtle or invisible influences that work in us or on us. They are so complex and strong that we lose our orientation in the swamp of anxiety<sup>3</sup>. We do not realize that our actions originate from unconsciousness. The basic principle of our universe here is that everything first arises in the invisible and later manifests itself in the visible. From the mental vision to the finished project. Temperature differences create wind, the wind forms the waves in the water. Unresolved conflicts show up as blockages, which in turn can lead to reactive<sup>4</sup>, emotional behavior or to physical changes in the body, i.e. diseases<sup>5</sup>.

Studies have found that humans are 95% unconscious. From this it can be concluded that our free will is strongly influenced without us even knowing it. For example, a decision is said to

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<sup>3</sup> *All forms of fear, which includes blocks, thought patterns, and beliefs.*

<sup>4</sup> *Reactive in the sense that we are triggered. Like someone touching us on an open wound, we groan. Emotionally, you can equate that.*

<sup>5</sup> *Throughout this book, it becomes clear that diseases are energetic imbalances that are due to us being away from our true nature.*

have already been made in the subconscious half a second before we become aware of it.

Therefore, every decision, before it is made, is influenced by an incredible number of energetic factors. So we are not really free to make free decisions. At the latest here we have to start to become very curious, at least that's what happened to me.

So if we manage to dissolve the blockages and limitations step by step, we clear the way for a life in true freedom. In spirituality, this means true healing. We learn to recognize the root of all suffering and can then remove it ourselves.

Blockages are all energetic manifestations that have an impact on our well-being and perception. We all have an energetic body that envelops our own physical body. It is the aura. A person's aura is ultimately the sum of all the energetic manifestations within ourselves that radiate from us. Anyone who is practiced in mindfulness can sense a person's aura. We perceive the energies of our fellow human beings. The aura acts like a magnet. The energetic vibrations, create a magnetism that always draws into our lives exactly those events and people that we have solidified in our energy body through our blockages, beliefs, feelings and thoughts. In the chapter Law of Resonance we will go into this in more detail. So how do blockages, beliefs and habit patterns come about?

Blockages occur when we do not act from our heart. Whenever we act contrary to our true nature, we commit an abuse of our own heart, creating an inner conflict, an energetic blockage.



It is interesting to note that we also take over conflicts from past lives and store them in our subconscious. They are then unconsciously inactive only as long as they are not reactivated by external stimulation. Thus, in the course of our lives, the conflict contents from past lives become visible through triggered emotional states or diseases. In addition with the blockages from this life, they are the stones that are cleared aside on the path of love. Unconsciously, these conflicts are constantly present and thus tie up energy. Every form of stress indicates an energetic blockage within us. Every single blockage in us represents that we are still fighting an inner battle with the universe at this point, because we have placed ourselves above our divine nature<sup>6</sup> through the abuse committed against our own heart.

Our body is a good indicator here, because it reflects our subconscious, so we can use the symptoms to get to the root of the blockage. For example, if we only remove the symptoms, we remove the motivation to go to the root and the blockage persists.

Beliefs are formed throughout our lives. They are deep beliefs about ourselves that have formed within us as a result of blockages and life experiences. Their characteristic is that they limit us in our thoughts and actions. Ironically, this is exactly what makes them a self-fulfilling prophecy. For example, as soon as I think I cannot speak English, I will avoid situations in which I speak English. In addition, I then associate English with a sense of stress that shuts down creative thinking and learning

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<sup>6</sup> *In the sense of God's will.*

processes. So, beliefs can be good indicators of a blockage within us, but they don't have to be.

Thought patterns are habits that make it easier for the mind to navigate the world. They arise when we find seemingly equal conditions in the world. The mind recognizes this pattern and then draws conclusions for the future. This is at the same time the mistake, because as we will see clearly, there is no such thing as repetition. By following habitual patterns, we limit the view of our life enormously and put patterns over the world like a template. Highly complex processes are greatly simplified. Our sensory perception is far too limited to grasp all the stimuli of the world. Already at this point we can see that the perception of the individual is massively influenced with regard to his repetitive thought patterns. We increasingly see our thoughts reflected in the world in the form of habits, because we develop a focus through our thought patterns.

For example, a woman who is expecting a child will see an unusually large number of baby carriages, even though the amount of Baby carriages is not above normal. The brain filters the world according to its own thoughts and thus confirms them.

All mental ideas about ourselves are therefore repetitive, limiting thought patterns. These patterns form our ego construct. The ego. This is the illusion of the mind that it can know. Our ego construct is therefore a learned personality, which is not real and limits us. At the same time we become blind to the real life, which never repeats itself, because it is constantly in the flow of change.

Only when we manage to release the narrow focus through mindfulness, we come one step closer to reality. So if we manage to recognize and let go of habitual patterns through mindfulness, we open ourselves more and more to true life. Either way, on the path of love, we learn to let go of any self-restriction and blockage, holistically, with the root and the symptoms.

The deeper you dive into the world of energies, the more humble you become, because you discover pretty quickly that energetic blockages have an immense impact on our lives. If we are for the most part not even aware ourselves of the motivations behind our manipulated behavior, how can we ever really know anything about others and consequently judge them?

We begin to understand that subtle energetic changes can have a profound effect on our thoughts and actions. This gives us the realization that any judgment of others is ignorant on our part. We simply cannot know what energies are at work in other people in order to make a judgment about them. When we integrate this realization into our lives, we become more understanding and thus more compassionate for our fellow human beings and ourselves.

For example, if we experienced as a child that our parents have money problems and consequently stress about money, we take on the worries of our parents as well, because we are energetically very close to them and as family members we carry a natural cohesion within us. We develop the same view of money, which of course also arises simultaneously in our

experience through the consequences of a financially restricted situation. Consequently, in the subconscious, the topic of money is associated with stress and can evoke emotional states from a worse phase of life later in life, as soon as the conflict content becomes relevant again. Later, when the child has become an adult, the traumas may become visible in different situations. For example, the person may tend to extreme saving behavior, because deep in your system "subconscious" fear to be confronted with this trauma again. Thus, we unconsciously try to avoid the situations that have caused us suffering. This, one might argue, can consequently do little harm, but it overlooks the quality of life that is forfeited in the process. In addition, as we will see later, we will attract into our lives those situations that confirm the existing stress, until it is completely dissolved.

This principle can be extended to any negative experience. It is necessary to distinguish between a certain wisdom and thereby expansion of consciousness through healthy reflection, in distinction to an unreflective, conflict-based stress reaction, which is evoked at the respective subject. The latter makes us act out of fear and we react to an event. We don't really have a choice in this and our behavior occurs compulsively.

However, by reflecting healthily, empathizing with the situation, and accepting everything as it is, we can more mindfully survey where our decision might lead and we act on it consciously. So we are no longer a slave to the block.

*We begin to understand that life is about healing blockages and improving humanity. This is possible only when we ourselves have grown in consciousness and direct our actions accordingly.*

We can dissolve the blockages by consciously accepting them and thus transforming them. Mindful acceptance means to forgive with all your heart. It means to look closely and to recognize that everything has its justification as it is. To see that every human being strives only for love and that this can take the most abstract forms. It means to see in the situation at hand that there is no blame, and to forgive all involved wholeheartedly. It is an act of love. This can be done in meditation, for example. Transformation through observation, in other words. It doesn't matter whether you do it with words or empathize with the situation. As long as it comes from the heart and is authentic, it will succeed.

Through forgiveness, we succeed in transforming the eternal cycle of revenge into love.

## Practical instructions for dissolving blockages

### Recognize

How do I recognize a blockage? A blockage becomes noticeable when I feel physical or mental stress on an issue. This can be emotional states that arise in life situations, for example, when fellow human beings do or say something specific. Ultimately, blockages also manifest themselves in the physical body, where pain or tension can occur. Here it is a good idea to do a kind of body scan and check yourself where you feel discomfort or the body is tense. The body is a mirror of the subconscious and thus points to blockages that are working deep within us.

### Immersion

As soon as a circumstance, an emotional reaction has been triggered in us, we can start here to proceed to the root of the blockage. The same is true when we have found a place on our body that hurts or is tense. Here we go into meditation.

### Understanding and empathy

In meditation, I set the intention with all my heart, to recognize the root of the blockage. I consciously set the intention to take full responsibility for whatever it is, which is inside myself. I perceive the circumstances and issues of the blockage. I reflect on it and try to put myself in the situation and develop understanding for how the situation came about.

### Acceptance & forgiveness

I accept the situation in love as it is and forgive everyone involved, including myself. To do this, I smile to my heart and visualize the root at the same time. I embrace the people involved in spirit and make peace with them. I consciously breathe into everything that feels stuck, heavy or threatening. Because deep down, I already know that all forms of fear are illusions. I ask for forgiveness with all my heart for carrying these illusions through my life.

I like the analogy of imagining that your heart is like the sun. By smiling at the heart, we pay attention to it and show it that we are consciously empowering it. If we now feel strongly connected to our hearts, we can smile into the wound with our heart until it dissolves. Imagine the wound is like ice. It takes time for the sun to thaw thick layers of ice, but if we persevere and keep going, we will win. The ice melts and we become a whole lot freer. It may take hours, but we can be sure that every moment counts.

Remarks:

These steps can also be done through empathy, without words. I only want to give an orientation, everyone is of course free to do it the way it suits him better. After all, life is experimental. If it comes from the heart, it will succeed. Energetically, the inner smile equals forgiveness.

It is very helpful if you write down your insights and record your inner dialogue, so it is easier to take an objective stance. It also sharpens your self-observation skills.

It is more of an emotional process, we need to allow ourselves to fully feel the truth in order for healing to happen. We need to embrace the truth with our whole being, not just our mind. This means that sometimes we have to be in this meditative state for hours until we feel the release coming. But we can be sure that with every second we stay there, we are changing the state.

*»There is an almighty, pure light in your heart, find it and nourish it. Let it teach you«*

*The path of love is a path of forgiveness.*

Through self-reflection and self-work, your own consciousness expands and you become stronger step by step on the path to your self-determined life. You realize that you can let go of the old burdens in the form of limitations and blockades. They do not define you. You can free yourself and empty your backpack of life. No one else can do it for you and so your self-responsibility is here, at the same time your freedom. Your freedom from any dependencies on the outside. That's the way Mother Nature wanted it. We already have everything within us that we need for a happy, fulfilled life. Every additional dependence on the outside makes us a bit less free. So there are many people in spirituality who offer all kinds of healing methods, which can certainly have their justification in one place or another, until finally the point at which you just reach the realization that you have everything you really need already inside you. You now know that your experience does not define you, because you have understood that your true nature is already unchanging, perfect and unique. You learn to forgive others and especially yourself, and let go of all that no longer serves you. All the thought patterns<sup>7</sup> you recognize, all the

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*<sup>7</sup> It is important to understand that emotional trauma puts us into a biological survival mode. As a result, we develop compulsive behaviours over the years, which in turn lead to strong habits or addictions. Ultimately, it can be said that our thought patterns change when we dissolve the root, the emotional blockages. Many people do not know this, they judge others lightly, but often do not know that deep emotional blockages are the reason for their behaviour.*



blocks and limitations that subtly influence your life. Through this you automatically become more empathic and consequently manifest compassion on earth through your presence. You start to go through life more and more mindful and awake and can then consequently prevent blockages from arising, because you reflect and let go of them already in the moment. It is like a seed that is not planted and therefore nothing harmful and restrictive can grow in you from it that will later influence you negatively.

*We are like a prisoner of our own mind as long as we identify with it and let it control us. You are not what you think.*

We must first master the mind before we can discover our true nature and this can only be done by mindfully noticing who is speaking within us and where our choices in life come from. Along the way we become more sensitive to energies and we gain a deeper understanding of the world. My journey started many years ago and so I have learned over time to observe and perceive myself "critically". I asked myself where my fears and limitations were and dived in there as a result. I used them as a guide, reflected on them and looked closely as soon as I felt stress in certain situations. Most of the time, I came to the realization that the fear always felt bigger than what was ultimately feared. Most of the time, there was something far more subtle behind it, which, when reflected upon logically, did not represent a greater resistance at all. In the situation itself, you don't have time to be afraid, because you are simply doing

your best and facing the situation in the present moment. Fear, from this point of view, does not exist in the present moment. Fear is our own creation of our mind.

Therefore, if one learns on this path to look closely at where one's own fears and limitations really come from, one can perceive them including the root in wholeness and dissolve them in meditative acceptance. However, it requires self-discipline and courage. Courage to look. There is nothing worse for a person than to face the naked truth. It is much easier to suppress the truth with all the fears and distract oneself with various things. In my experience, the lack of time in our society and the unprecedented opportunities for distraction are one of the main reasons that make it so difficult for us to work on ourselves in this regard, or to recognize the self-limitations as such in the first place. We simply do not see the behavioral patterns that cause us much pain in life. Especially in war-traumatized Germany it is very difficult to establish true freedom. We grow up with heavy feelings of guilt, are not allowed to be proud of our origins and find ourselves in an extremely frightened society. This results in selfish actions, above-average striving for security and envy. Naturally, this has a strong impact on us and our lives. The projections of our society weigh heavily on our shoulders. They act as a pressure of expectation on us, which most people cannot withstand and give in to because of group conformity. And so your thoughts are shaped by your immediate environment, which in turn determine your conditioning and beliefs, which the vast majority of people identify with. In

short, if we are not present to the world, the world determines who we are. We don't concede great pleasures to ourselves and are used to selflessly standing up for others. I can observe it well with my grandparents. They grew up in great poverty and insist that it is imperative to strive for absolute security. They do not allow themselves any rest and work relatively very hard at the age of 85. Out of habit and because they don't know any other way. I am not judging that it is good or bad. Rather, I am stating that it has all kinds of effects up to me. Because the family energetically exerts a very great pressure on the following generations, which makes it difficult for them to follow their own truth. To assert oneself in a conservative, frightened society requires an enormous amount of willpower and stamina. It is therefore all the more gratifying to notice the current trend, which has been moving in the direction of self-care for some time now. So it is only a matter of time before the change in consciousness manifests itself to the positive all. However, we are living now. We can do a lot here and now to define humanity first, to implement it thereupon. That is my concern, to inspire, to make this world more human, thus also more harmonious. Everything is connected with each other, so there are interactions everywhere. The most essential interaction is to be worked out here and it is broken down to one sentence: We have to experience ourselves as divine beings, realize that we cannot know anything for sure in this world, which results in humility, understanding, compassion and let our heart truth, our True Self, take the lead. Just as nature is always self-regulating, this too will lead to beautiful

harmony. Understanding this in depth automatically goes hand in hand with deep insights, and you only get these when you learn to see the world with unclouded vision and meet yourself in depth.

## IV Mindfulness and Spirituality

*»If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.«*

— *Nikola Tesla*

### Introduction Mindfulness

Mindfulness begins with the conscious decision to take full responsibility for one's life and therefore one's energies. Everything in this universe is energy and vibrates in frequencies. Nothing else says the science of quantum mechanics. The elementary particles are like the building blocks of the world. They are the smallest parts known in matter and found in everything we know. In every material. It has been proven that the elementary particles have wave properties and therefore vibrate. Even though we cannot see it with the naked eye, everything around us vibrates. The table, the book, the trees vibrate. I find, this seems first of all really abstract, if one tries to imagine it, however, even the science has proved with it finally what the spirituality always knew. Everything lives and is energy. Every thought, every feeling, every word and every deed is energy and vibrates. High vibrational feelings like charity, trust, joy, compassion as an expression of love and low vibrational feelings like resentment,

hatred, anger, sadness as an expression of fear. So our presence is one expression of energy that resonates with all the hurts and beliefs in this universe. When we choose to take responsibility for our energies, we enter a new path in life. A path that leads to deep insights and brings us to true fulfillment. It begins with a determined decision to look truth in the eye, no matter how painful it may be, and the will to rise above one's fears and limitations. This is simultaneously a decision to accept what is. We humbly accept the world as it is, since we cannot know why things are the way they are on the outside. "God's will is done<sup>8</sup>." When we accept the world and all the circumstances that result from it, deep in our hearts, as they are, every circumstance, every situation, and every person, we choose love and thereby prepare the ground for change. Change can only happen through acceptance, as we will clarify in more detail. As soon as energies from the past are still at work, the future takes on the form of the past through our preconditioned<sup>9</sup> actions. Accordingly, if we manage to dissolve the patterns and hurts<sup>10</sup> that affect our choices, we can realize such great change towards a fulfilling life.

*True change, then, is only possible through wholehearted forgiveness.*

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<sup>8</sup> *Deep insight that we can't know anything for sure, so we step back in spirit before the divine.*

<sup>9</sup> *Colored action starting from the fact that we act largely out of our habit.*

<sup>10</sup> *Synonymous with blockages.*

What exactly does mindfulness mean and how can we integrate it into our lives?

Mindfulness means being present to the world as it is. Being awake. However, the vast majority of people are only physically present, not mentally present. Our mind is not in the present. It is busy with plans or worries and thus misses the only time<sup>11</sup> there is. The present moment. To return to the moment, we may learn to center ourselves. A grounding exercise would therefore be mindful breathing.

Mindful breathing is simple, I breathe in and am aware that I am breathing in. I breathe out and am aware that I am breathing out.

The essence of mindfulness practice is about being in the moment and being awake to what is. Over time, I notice all that is trying to take me out of the moment. Regardless of whether it's anxiety or endless mental loops: It's about letting go and for this we need to move to the root of the blockage and transform it.

There is no binding manual for mindfulness. There are countless methods to get back to the "now." In my experience, often the simplest exercises are the most effective. If we start to meditate and to breathe consciously, this has more and more effect on the quality of our everyday life. We find more and more back to the fullness of the moment. Our priorities

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<sup>11</sup> *Or truth.*

and interests change and so we become more and more receptive to real life. At the same time, we become more aware of the blockages within us caused by pain, anger, sorrow and fear. As soon as these negative forces surface, most of us tend to distract ourselves or run away. We have a powerful companion at our side in mindfulness, which allows us to push through the most seemingly negative emotions. All we have to do to do this is breathe and embrace the emotion at its depth. By embracing our blockages in spirit and smiling at them with a meditative inner smile, we transform them and free ourselves from them. The effectiveness is actually also in the simplicity. It takes a lot of muse and strength to look the bare truth in the eye, and that continuously. In the beginning it is difficult to master one's mind. It constantly takes refuge in distractions. It hopes for more beautiful and better moments in the future than the here and now. Therein lies the greatest fallacy.

Another exercise for mindfulness is to pause briefly and interrupt the current activity. From here, breathe deeply and then continue slowly on purpose, with some grace & conscious intention.

## Indigenous Peoples

In my time with indigenous primitive peoples in the Colombian Amazon, I learned a lot about life. Death is only an illusion; life is infinite. We are all on a journey to transform our blockages and come home step by step. To go home in spirituality means



to return to the source of all being. To put it less mystically, one can say that it is about transforming the blockages that have accumulated during our lives into love and light. Over several lifetimes. The world as we find it right now is an illusion, a dream, because we have never left the origin. We are playing a game here on earth. The primitive people know that we are multidimensional beings and have already lived several lives. They have anchored this knowledge deeply in their culture. In beautiful traditions they pass on their knowledge to their descendants for centuries and so they have an incredibly deep understanding of our universe. Every day they honor Mother Earth, Father Sky and Grandmother Moon. From the deep integration of their knowledge that everything is interconnected and alive, they lovingly treat every living thing. Even stones and plants are treated with mindfulness. Give and take are in harmony with nature. They have a lot of time for their family and age healthily. This is how it should be!

*Deeply rooted and spiritually connected at the same time.*

In beautiful ceremonies they thank Pachamama. She is seen as Mother Cosmos. It is about gratitude for life, connectedness and healing of blockages. They sing, dance, forgive and pray. A space filled with incredible love is created. Everyone is welcome and accepted just as they are. The true peaceful, loving potential of being human is revealed, and so I quickly got an idea of how profound human love can be when one opens one's heart and thus lets go of all that stands in the way

of love. We become more pure, more compassionate, more loving and therefore more aware of our responsibilities.

Civilized life then seemed even more jaded. One recognizes the self lies, the greed. In the self-centered pursuit, there is simply no value placed on our emotional world. On the contrary. It is even considered a weakness to show feelings and they are deliberately eliminated with the pretext of professionalism. However, I see it more as a weakness to suppress feelings, because suppressed feelings and not knowing how to deal with them properly, lead in the long run to great suffering through illness or loss. Moreover, it is feeling that characterizes our humanity. At the same time, I know that it is difficult to fundamentally question one's world without having experienced other cultures. All the more important will be the people who have experienced and integrated it, so that they can carry it out into the world and inspire other people solely through their presence. Thereby you make it directly experienceable for others.

## Self-love

We get back what we send out into this world. If we do not love ourselves, we cannot be loving to the world.

With mindfulness practice, we learn over time to observe what is truly good for us. We begin to understand how environmental influences affect our body, mind and spirit. In doing so, we often encounter contradictions with our society and upbringing, which significantly influence our behavior. If

we manage to look beyond the norms formed by education and society, we recognize more and more what really counts in life: Health, time with our loved ones, being present and following the truth of the heart. We learn to take good care of ourselves and put our well-being first. In distinction to selfishness, this means heart truth. If we follow our heart, we are fulfilled deep within ourselves, and it is this that truly serves and helps our fellow human beings. If we allow ourselves to follow the truth of our heart, we automatically allow our fellow human beings to do the same. This is the healing self-love that is meant in spirituality.

*So love yourself as you are, because you are wonderful.*

In order to encounter the world more lovingly and deeply, you must first find this depth and love within yourself. So first learn to take good care of yourself. As you take care of yourself, later you will take care of others. Self-love means to accept yourself completely and totally with your heart in love as you are right now. Taking good care of yourself in every area of life. To treat yourself with love. Taking time for yourself. To bring body, mind and soul into harmony and to be present for oneself.

*The highest form of self-love is to live out the truth of the heart.*

On the path of love, we are constantly tested to see if we remain true to our heart's truth, and as a result, we stray from the path from time to time. Through this, we develop a deeper understanding of ourselves and of our fellow human beings. From understanding blossoms compassion and thus humanity. Self-love thus leads to greater self-knowledge and consequently results in a more human world. We discover new spaces within ourselves, which we then recognize in other people. Thus we can lovingly encounter them on a much deeper level. Only from understanding can true love blossom.

## Practical part on self-love

*Feel your way through the following questions:*

*Do you deal lovingly with yourself in your inner dialogue?*

*Do you deal harshly with yourself or can you find understanding for the misfortunes of your past?*

*Do you allow yourself to do what you desire deep in your heart?*

*When you stand naked in front of the mirror, do you feel stress in one part of your body? Can you accept that spot in love and smile deeply at it?*

## Freedom through healing

Let me make it concrete. Mindfulness in everyday life means acting instead of reacting. This difference is essential and requires that we critically observe ourselves. It is also a question of power, because do we really want to give another person or situation the power to determine how we should feel or react? I don't think that has anything to do with freedom. Freedom is to act consciously in life, to weigh a decision and make it consciously, with clarity of circumstances. To react is not to have a choice, because a person or situation pushes an energetic button in you and you merely execute according to the respective programming of your system, which has been consolidated in you through experiences, upbringing, injuries and habits. The subconscious stores every single impression and experience we have in this life and in our past lives. We are like a universe of our own with an unimaginable depth. Thoughts, feelings, colors, tastes, smells, sounds, encounters with people. Each of our actions. Absolutely everything is recorded in it, and so our past lives are also deeply anchored and stored in the subconscious. We get access even in meditation, through body signals and through dreaming. The Karmic Law<sup>12</sup> thus operates over several lifetimes, using the subconscious mind as a reference.

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<sup>12</sup> *The actions of your lives, fall back on you.*

*Just as we are triggered by various events throughout the day, the same principle is reflected on our lives. During our lives we are also triggered by things from past lives.*

The blocks stored in the subconscious mind show themselves through emotional states that occur as reactions to our perceptions. We are then triggered. This can be all sorts of things. Observe yourself in conversations. Do you absolutely have to share your opinion in order to dominate this conversation or do you have enough self-confidence in yourself not to have to prove anything to the other person? The insecurity that becomes apparent here points to a blockage within us.

The same principle often occurs in relationships. Imagine that your partner comes at you emotionally and full of anger and blames you for something. For many, there is an immediate emotional reaction. A defensive reaction. Ask yourself why you can't stay calm when you see the situation as it is? As soon as the other person is able to arouse an emotion in you, you know that you are stressed about the subject and that a blockage has been activated in you, which is revealed by this. Of course, the person is triggering something in you. In a sense, he is alerting you to the fact that you still need to heal something. This can be anything, perhaps you secretly think of yourself as a failure or a bad lover. Or your partner may represent your own father, who always wanted to be right. It is a gift to perceive it, reflect on it and then later let it go.

The target state here is a fairly neutral one. Not indifferent, but free of reactions. It should no longer trigger anything in you. Only then are you no longer a slave to your deep-seated emotions and can act consciously in life. A conscious space<sup>13</sup> is created. Otherwise, you are like the ping pong that is beaten from one reaction to the next, in which case you never decide and live freely. So how do we deal with it when we have been triggered?

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*<sup>13</sup> Conscious equals accepting the present moment as it is. You see through the illusory repetition and certainty and trust in the Divine. It is precisely through this that the Divine can also unfold; it is free of limitations.*





## The following approach has worked well in my life

Step 1: Pause and observe

*I admit I am emotional.*

As soon as I notice that I get emotional and a person or situation has triggered something in me, I try to pause for a moment. It is important to become aware that I am just getting emotional, that is, reacting energetically strongly to something.

Step 2: Take out and center

*Create space, breathe.*

The triggers here can be enormously overwhelming. It takes great strength not to give in to a reaction and not become a slave to the emotion. I begin to breathe deeply into my belly and smile to myself as I exhale. By doing this, I try to center myself. I know that by being present in the moment, I can mitigate the trigger. If the emotion is too strong, I try to take myself out of the current situation. I take a walk or sit in a beautiful place and focus on breathing.

Step 3: Reflect and accept (Just like the first instruction).

*What is really going on? I make peace.*

Simultaneously with conscious breathing, I reflect on the situation and try to perceive which circumstance has triggered my emotional reaction and resonates with it. Here I dive into meditation and ask my Higher Self to guide me to the root of the blockage. This can be anything. It is about looking the truth in the eye and forgiving, that is, willingly accepting the root of the emotion in love. I do this by smiling welcome at the circumstance that angers me. When it comes to a person, I try to put myself in the person's place and understand, that is, empathize with what motives

they might have for their actions. The same applies to myself. Then I let go of the negative energy and embrace the person in spirit. I ask for light and love. Finally, I integrate an inner smile and thus make peace.

#### Step 4: Communicate

*I felt ...*

After the acceptance, one can peacefully talk about the situation with fellow human beings, communicate oneself and creates exactly through this a greater awareness. It strengthens the interpersonal relationship and you can be more loving with each other.

Further remarks:

After a while, one can intuitively perform these steps during a situation. Ultimately, the point is to heal the inner blockages and, through conscious, deep acceptance, to transform the energy bound up in blockages into higher forms of love.

Ask yourself what love would do. Each person acts to the best of his ability and knowledge to receive as much love and happiness as possible. So try to put yourself in the person's place and imagine how they would hope to receive that love in that particular situation.

We may learn to perceive conflicts and strong emotions as a gift, as a gift to grow. Just as the Buddhists teach, "If someone throws you a rock in the garden, ask for more and build something beautiful out of it." We stop seeing ourselves as victims of circumstances and perceive our self-responsibility in depth. Each day holds situations for us to grow. The beauty of mindfulness is that over time you learn that you no longer need teachers, because it is life itself that teaches you everything you need. You don't need a guru, or to attend expensive workshops. True healing can only be achieved by yourself. By looking mindfully and transforming all the blockages in you. Triggers are like the water that plants need to grow. They help us to recognize where we can throw off even more ballast.

## Mindfulness in a spiritual context

"The medicine of the future works with frequencies" according to Nicola Tesla. In Asian teachings this knowledge is ancient, they have been working with singing bowls for a long time and have a deep understanding of the body's own energy system, the chakras. We all have seven chakras, which are located vertically in our body and radiate more or less energy depending on blockages. They have a direct influence on our energy body and our well-being. Through mindfulness work, we can clear the chakras of blockages and thus come into our full power. It helps to understand that blocked chakras emit less energy and thus can also indicate blockages. However, I

feel that only through the process of forgiveness can one transform the blockages and thus finally let go. Everything else only helps for the moment and only fights the symptoms.

In the end, it always boils down to self-awareness of a blockage and then transforming it through meditative acceptance.

So why is it important to know what the chakras are called if you are interested in the root of all evil? I see them as clues that automatically come into their full energy when you let go of the blockages. So, to sum up, everything makes sense that makes us perceive a blockage. How else is one's consciousness supposed to expand when someone else lays a hand on us and "heals us." It is the expanded consciousness that protects us from further blockages in the future. Everything that we create out of our own strength lasts. This is the true strength that sets us all free, and we get it only when we find self-assurance in all our actions. This is true freedom. The deep belief within ourselves that we are already complete.

As already mentioned, every thought, every feeling, every action is energy. Energy that is not lost but vibrates in a universe where everything is interconnected. As if I were to throw a stone into the water with my presence, the waves that result are unstoppable. And so my whole being is vibration, I vibrate with all the blockages, beliefs and always pull into my life that which confirms these blockages. But for what? To grow! That is the principle of the nature. Just as everything in this universe is designed to expand, from the little bug to the universe itself, so is our consciousness designed to grow. We

are here to grow and anyone who doubts that life continues after death should ask themselves if energy can truly be lost.

I myself have had the experience of being immersed in a past life in a meditation and being allowed to dissolve a manifested blockage there. I had previously had pain in the area of the clavicle, which had come up every now and then over the years. In meditation I then got to the root of the blockage. I saw myself again at the time of the Romans and saw myself attacking a family. During the fight I was injured in the shoulder in the area of the clavicle by the husband. I asked for forgiveness from the family with all my heart, and then forgave myself. As a result, I truly felt something loosening inside me. This touched me deeply and made me more humble for life.

Everyone who knows me knows that I always strive for authenticity, and if someone had told me that five years earlier, I would have been suspicious, that's for sure. Nevertheless, you will be rewarded in this life if you go through this world with an open mind, with the eyes of a child, and thus learn to see things as they are. In order to see the truth with clear eyes, you have to put aside any pride and fight against your own ego, otherwise some things will be glossed over or swept under the carpet. And no, this is not always easy. It takes strength, courage, and stamina, but remember, if you put in the work now, you'll have less to do afterwards and attract completely different things on the outside. So it's always worth starting, and often before you even begin, a few beliefs come up that you can immediately notice and thus work on. The list of excuses is endless. There is nothing to lose, on the contrary, a

fulfilled life awaits you in which there is significantly less suffering. Nothing ventured, nothing gained. I have been asking myself all my life what really makes sense in life and what you can do to really help people. That was the reason I joined the police force and tried to apply humanity where I could. But I have observed that our systems are not designed to help people in the long run, let alone awareness of who we are in the first place. Consequently, it cannot even be considered in any meaningful way. Being involved in a structure with this knowledge, it is far from easy, I have reached my limits several times, but this is not about me, it is about each individual. It is important to understand the causality<sup>14</sup> of the individual in interaction with the great whole harmony. I am giving you inspiration here for a path that must be experienced. I hope that everyone will have the openness and courage to try it and consequently integrate the findings into their lives. The first steps on the path of love.

## Negative Energies

Mindfulness in everyday life reveals the incredibly many interactions that are at work in our world and follows the simple principle: cause and effect. Everything is energy and thus I learn over time that I am permanently responsible for my energies.

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<sup>14</sup> *Interrelated.*

If I think negatively, for example, it costs me an enormous amount of energy. Negative thoughts go hand in hand with negative feelings. Negative feelings are the biggest energy robbers there are. Taoism teaches that most of our life energy is spent on negative feelings, digestion, and making sexual energy. In our civilized life, an enormous amount of energy is also consumed by working, which, together with stress and negative feelings, leads to an energy deficit. This is at the expense of the organs and glands, from which diseases can develop. For example, everyone feels exhausted and drained after a heated argument. Here it becomes quite clear how debilitating negative energies are. In people who are very hateful, it can be observed that they often need a lot of sleep to be reasonably fit for the day. The connection here is clear. Negative energies rob a lot of life force, nothing else is taught in Qigong. It is not for nothing that hundreds of millions of people practice Qigong and Taiji every day. These arts all serve to be awake in the moment, to perceive and remove blockages, and to cultivate life energy. Prevention is the best cure. The body must be strengthened and freed from blockages before it becomes ill. I will add to this that a positive attitude towards life is important, but it can also overshadow some things. The root of blockages cannot be removed by positive thinking<sup>15</sup> alone, even though many people see it that way. Only by accepting and transforming the root of the blockage wholeheartedly do I accept the shadow sides of life equally.

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<sup>15</sup> *In English there is the term: toxic positivity. It says that the unpleasant aspects of life are overshadowed and thus no healing can occur through acceptance.*



## Sacred moment

Mindfulness means being present in the present moment and focusing one's attention on the here and now. The present moment is the only time we have. The future is a mental projection from the past that is not real. We cannot know what will happen and close ourselves off to the infinite possibilities when we try. From presence, we can also plan or reflect. There are whole books on the magic of presence, although the theory is quite simple. Being awake in the moment without mentally wanting to achieve anything. In English: pre-sence, meaning before the senses, before the mental evaluation of the moment. The difficulty is actually also in the simplicity, because we are conditioned to challenges and solving difficult tasks. We evaluate it simply as being boring in the moment without wanting to achieve anything. It is precisely the feeling of having achieved something that gives us confirmation and provides us with moments of happiness for a brief moment. Dopamine is released in us and we associate the constant pursuit of a future event with the ultimate drive to generate happiness. Constantly searching, we overlook what has always been there. Thus, many people mentally spend their entire lives in the illusion of a fulfilling future event and are kept away for years from the actual life that takes place in the here and now. Thereby there is always a new supposedly happy event or in other words: We are trapped in an illusion. Trapped by our own limited mind, which cannot imagine any feelings. Greed drives us further and further and all the more we

become dependent on the achievements and ever higher-set goals, which in turn lead to delusions of grandeur and to an ever higher dysbalance here on earth. At the same time, we are moving further and further away from real life. Like drug addicts in the intoxication of life. The egocentric world outside is a mirror of the individuals who carry the egocentricity inside themselves and thus out into the world. Self-created thought constructs of hope for a fulfilled life in the future continue to hold us captive. We cannot imagine simply being and feeling fulfillment in doing so. We judge it as boring, unproductive and lazy.

However, the reason that there are entire books about this magical moment is that there is ultimately a profound philosophy behind it. Because once we are fully present in the moment, we trust. We accept the moment and thus the world as it is right now, without wanting to change it. Thus we trust, because we are confident that everything happens for our best, without controlling anything mentally. If we were to mentally dwell on the future, this would be a fear-based control and thus we would not be able to perceive the fullness of the moment. From an energetic point of view, we block the flow of energy that is always towards us through controlled behavior. Paradise. So every stress signals on an energetic level that we are not in trust and the paradisiacal energy of abundance cannot flow to us. Our existence is like a flow of energies. The blockages are like stones in the flow and influence the speed of flow. Only by removing the root of the blockage can we restore the natural flow of energy that enables us to connect with the wonders of

this world. The basic energetic principle here is that energy must flow in order to unfold. As long as we have stress on certain issues, we attract the situations on the outside that confirm<sup>16</sup> that stress to us. So if we are relaxed and confidently anchored in the present moment in every way<sup>17</sup>, we signal energetic confidence. So full surrender in the moment is an act of trust, because we simultaneously let go of all the controlling thoughts and trust that everything will happen for our good.

*Gratitude, appreciation and compassion* flowing from the deep realization of our ignorance and the impermanence of all things open our hearts and make it easier for us to lovingly surrender to the moment. If we reflect on this, we open energetically new doors and are fully receptive to the wonders of this life.

Here it becomes clear that everything grows into each other and is conditional, as soon as we begin to look attentively and decide for love. Any form of stress is therefore a good indicator that we do not yet trust at this point. Exactly there we can start to transform the blockage in meditative acceptance. Step by step we find our way back to the original trust with which we came into this world. It enables us to find inner peace, which then manifests itself in the world through our decisions. If we do not find deep peace within ourselves, the world will not become peaceful either. It is mutually dependent.

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<sup>16</sup> See the chapter: "Law of resonance."

<sup>17</sup> If we are triggered, it takes us out of the moment.

*By looking at life with bias, we energetically close ourselves off to newness. With appreciation and the insight of our ignorance, we achieve a deep welcoming attitude for life. When we allow ourselves to let go and fully surrender to the moment, it represents on an energetic level the absolute proof of trust and we can experience the wonders of this world. We open ourselves to it. To paradise. To the consciousness of Oneness.*

*Deep breathing in the moment reveals to us the necessity of trust. If we breathe out deeply, we simultaneously trust that we will receive enough oxygen in the next breath. We let go, trusting that we will receive everything in abundance. If we were to hold our breath, we would not be able to live.*

*Activated blockages can take us out of this awareness of connectedness. Therefore, it is "normal" that we get off track every now and then. But we become more and more certain the more steps we have taken.*

*So ask yourself: Where do my impulses come from? From love and abundance or from fear? If they come from fear, start here and let go of your inner conflicts in depth by accepting them in your heart. The more you let go, the more trust you bring up.*

Full surrender with the heart in the moment is energetically full trust. We trust that everything has its right as it is and we are in harmony with the will of the universe. If we think our world right, we act against the divine order, because we ourselves are much too limited to understand the world mentally. We thus place ourselves above God, so to speak, because we think we

know better, and this is precisely what gives rise to duality<sup>18</sup>. On an energetic level, we close ourselves off to the wonders. So we hold that duality arises from a fear-based, controlling inner attitude. If we give ourselves wholeheartedly to the moment, duality begins to dissolve, because we trust unconditionally. We are in the primal trust with which we come into the world here and the divine can unfold out of the moment. We act out of our true nature.

*Centering every day anew*

*To find ourselves anew each day, to look at each day as a new life. Therein lies the art. To value each day, each moment out of gratitude and joy for life is the soil from which the divine springs. Conscious breathing is representative of this. I integrate all this, throw fears and worries overboard and decide for love.*

If we trust in our heart impulses everything will go well. It is not just doing nothing, it is rather flowing in the naturalness of the moment. We are then in flow, in the lightness of being, and our actions never feel exhausting. Led by the True Self, we integrate duality in the highest sense. Just as the light enters in the darkest place<sup>19</sup> in our eye, it is the "doing nothing<sup>19</sup>" in life that is closest to fullness.

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<sup>18</sup> See the chapter on this, "Unconsciousness and the Matrix."

<sup>19</sup> Being, not mentally intervening.

To grasp this mentally as a whole in theory is almost impossible. This also makes it difficult to convey. Everyone has to observe and experience it himself in his life. The integration of the knowledge is an everlasting process. May this book provide the necessary inspiration to reveal a new truth for you. Truly, to be conscious in the moment requires highly developed self-observation, which can only be achieved with self-discipline in mindfulness. When we choose love with every fiber of our being, self-discipline will come as if by itself.

For mindfulness practice, we don't really have to take ourselves out. We can be aware of everything we do. When I take a sip of water, stand in the grocery line, or work. It's a self-observing attitude that we develop and thus integrate into our lives.

Similarly, you need a lot of courage to let go of control. I know from my own experience how hard it is to jump over your own fears here. But the world belongs to the brave. Trust through experience has to be earned and if you have never really experienced it with full determination, you cannot know it.

*Mindfulness means recognizing in depth where our actions come from. Colored by manipulations from our ego, blockages and fears, from unconsciousness? Or from love, guided by our True Self, from awareness?*

## V Knowledge of the unknowing

Even the Greek philosopher Socrates said, "I know that I know nothing." Short, succinct and true. We know nothing for certain. Anyone who has learned to walk through the world with mindful eyes will come to this conclusion. Everything we think we know can be disproved later. Nothing is as it seems at first sight. An interesting example of this is quantum physics. It says that the apparently solid matter, like our body, shows wave properties in the very smallest particles, the so-called elementary particles. Matter that appears solid at first glance is therefore not solid in its elementary structure, but vibrates. Quantum physics itself admits that it finds only indeterminacy on the most elementary level and the observation already leads to the change. Only probabilities can be made. Indeterminacy in all structures of our life, because everything consists of elementary particles. Thus this is an excellent example for the fact that nothing is really sure, even if it seems so at first sight. Delicious.

*How do you know you're not dreaming? How do you know that Mount Everest is a high mountain? Have you been there, checked it out yourself? Do you know if there were no errors in the measuring instruments? How do we know if the moon is only there as long as we observe it?*

## Observation produces change

We are used to blindly trusting opinions and so-called scientific interpretations of facts. Made by people who make mistakes and pursue interests. Trying to calculate and measure what cannot be measured. Observation alone in itself is an intervention and inevitably changes the process<sup>20</sup> being observed. We don't really know anything for sure.

In UAS, we learned that police observation is also already an encroachment on the fundamental rights of the citizen, since the behavior of the person being observed is influenced by that alone. Through observation, this person is influenced in his or her thinking and actions in such a way that it is highly likely that he or she will tend to reflect on his or her own demeanor in terms of conformity to the law. Or other conditioning is elicited in the person, which may affect the behavior. Thus, the elicited reactions are interpreted as an interference with liberties. And so it is. Everything interacts with each other. In this universe, countless processes take place in parallel in every fraction of a second. We cannot even begin to grasp how profoundly we are acting.

## Limitation of the brain

I think traveling also makes it very clear how limited the imagination of our thoughts is. We try to mentally imagine what the trip will be like before we travel. We estimate how

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<sup>20</sup> *Scientifically rehashed according to Werner Heisenberg.*



the country and the climate will feel. But every time it turns out to be completely different from what we expected. In trying to predict it in advance, we use our linear mind. Even if we already know the country, we are always surprised by conditions that we either forgot about or didn't even have in mind in the first place. The scent of the flowers, the foreign culture with its customs, the oppressive humidity. We cannot imagine the abundance of life in the future. We are directly shown by life how limited we are in our imagination. And when reflecting logically, it becomes clear that life would be quite unspectacular if we could already imagine and dream of everything in every detail. Wise people know this and take it into account when making decisions. They trust in their experience. But it is also at the same time an admission for the fact that we can never imagine it as it will come. An admission of our limited imagination. In doing so, we must overcome our own pride.

*Don't believe everything you think!*

We interact exponentially with the world. However, our minds can only think linearly and cannot imagine exponential growth. Exponential growth is most easily explained with a grain of rice and a chessboard. On the first square we put a grain of rice. On the second square, double the number of grains of rice and on and on. The amount of rice that would be needed for the 64th chessboard would bury the whole of Germany under a layer of rice one meter thick.

Now imagine that each of our actions has an exponential effect on the world. If I change something in one place, it leads to an incredible number of changes in other places. We can never survey how profoundly we affect. It can never be calculated and controlled. Nevertheless, the mind falls into the illusion and believes it can gain absolute knowledge about something.

*Through our mindfulness practice, we realize that our impact on the world is greater than we can imagine. Our impact is like the world: exponential. The more we intervene, the higher the imbalance becomes, making it harder and harder to see the root of all the symptoms.*

## Example pesticides

For example, because we as humans have begun to grow monocultures of grain, we have thrown nature so out of balance that we now have to use unnatural methods to fight pests by necessity. This is done with insecticides. Insecticides thus get into our food and thus into our bodies. 385 million people fall ill each year from pesticide poisoning:

*"Scientific studies show a link between pesticides and Parkinson's disease and childhood leukemia. In addition, pesticides are associated with an increased risk of liver and breast cancer, type II diabetes and asthma, allergies, obesity and endocrine gland disorders. Malformations, premature births and growth disorders can also be attributed to contact with pesticides. In recent years, probably the best-known*

*pesticide debate has centered on the active ingredient glyphosate. Numerous people who have come into contact with the herbicide and developed cancer have sued the pesticide manufacturer for damages.”<sup>21</sup>*

Without the pesticides, today's industrial agriculture is unimaginable. So, in a way, we are "forced" to use poisoning substances from the result of knowledge, that is, the illusion of knowledge.

So, by intervening in nature, we intervene in processes whose consequences we can never calculate. With the practice of mindfulness we gain the insight that it is a madness of man to calculate the world and to intervene in natural processes in such a way. We gain the important realization that nature is already perfect as it is and that in our present civilization we are confronted with self-induced symptoms of "knowing". We are poisoning ourselves because we have taken the path of knowledge.

## Secure knowledge creates suffering

Through judgments we make about other people, we also create suffering. Any judgment about a person is mere not-knowing. I cannot know why a person acts as he does. As soon as I make a judgment about that person, I separate. I inwardly elevate myself above that person and think I know better. For

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<sup>21</sup> Cf. [https://www.bund.net/fileadmin/user\\_upload\\_bund/publikationen/umweltgifte/umweltgifte\\_pestizidatlas\\_2022.pdf](https://www.bund.net/fileadmin/user_upload_bund/publikationen/umweltgifte/umweltgifte_pestizidatlas_2022.pdf).

example, when I say that this person is a bad person, I divide people into good and bad people. A good person is now the one who corresponds to my ideas of a good person. A bad person would therefore act contrary to my ideas regarding a good person. On an energetic level, I associate stress with the "bad" person, which in turn will reflect on my actions. Good people I will prefer by my actions and bad people just not. Through group conformity, people in my sphere of influence will also adopt these ideas and condemn the person.

The condemned person sees himself energetically threatened and begins to feel stress for those who know. He drives up the walls and condemns these people as well, thus becoming a knower himself. This only fuels the separation on both sides and spreads through their sphere of influence like a virus.

Our condemnations and judgments about other people thus lead to discrimination and ultimately cause suffering.

*Here the following applies: Strong separation only creates more separation if it is not recognized as such and the endless cycle of separation itself is not carried further. Only we can end the eternal cycle of hatred through our actions, and it really starts with stopping knowing and realizing that we cannot know anything for sure.*

## Separation always leads to suffering

A good example of this is war. Two sides think they know and accuse each other of not knowing. They want to enforce their knowledge by means of violence and manipulation. In the respective own country thus by means of propaganda an enemy picture is produced, which is to make the individual humans knowledgeable. Every military then consists, so to speak, of people who know. The more soldiers the military has, the higher the opposing side increases its numbers. Separations here would be, for example, that the soldiers belong to a superordinate structure that distances them more and more from their heart truth. Further they hardly find time for their families, who are also worried at the same time. If a war then comes, the separation is only increased, because there are losses and the infinite damage. The result of the separation is infinite suffering, always.

Many people believe that knowledge has led to great achievements like the smartphone or electric car after all. Thought as an undoubted confirmation that we as humanity have managed to master nature or are on the right track with our civilization.

But are these achievements really as salutary as they might appear at first glance? And how high is the price we pay for them?

Neuroscientist Manfred Spitzer described how the use of digital media leads to a reduction in brain cells, as they are no longer used to their full potential. Further, most people don't see that the cobalt, most of which comes from the Congo, is mined under exploitative conditions that have already killed children in their teens. The cobalt is needed for electric car batteries. Sales revenue over human suffering. Every change in our world, no matter how small, has incalculable consequences. We learn through mindfulness that we will never be able to understand holistically<sup>22</sup> in depth all the consequences of an action on life, and therefore it can only be reasonable to strive for a natural life.

*Thus, non-knowledge is synonymous with the realization that egocentric knowledge, creates suffering.*

## Repetition and security do not exist

However, our mind wants to maintain the illusion that we can control and calculate the consequences of egocentric actions. Even though it may seem logical and obvious at first glance, upon closer inspection, reality changes. To observe an isolated process in a world with an infinite number of interactions is ultimately a desperate attempt to understand that which can never be grasped mentally in its entirety. Life is far too complex to be able to control it. We do not have one bit of control over life. Every moment holds infinite potential and

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<sup>22</sup> *coherently.*

also the risk of being our last. Absolutely nothing is certain. Maintaining the illusion of security is thus ridiculous when looked at closely! Before sheer fear of the wolf, the sheep are eaten one day by the shepherd, that much is sure! It is just too deplorable how people use the excuse of security, only not to come themselves into the responsibility. They don't live the life they actually desire because they feel deep down that they would have to face their fears in the process.

No risk, no gain. It's as simple as that. Even though it may sound a little harsh. I deeply sympathize with anyone who can't, because I know from my own experience how strong and crushing fears can be. But security is an illusion, a thought construct that keeps us from real life. We forget that the only constant in this life is change. Security is based on the assumption of maintaining given controllable states in the future. A big logical break at this point. There is no such thing as certainty. At any moment, something unforeseen could happen that could harm us.

You can slip and break your neck in the shower just as easily as you can break the axle of the cab you use to get to the airport. Maybe the mechanic missed a crack because he was upset due to the heated argument with his wife.

If we tried to rule out quite realistic contingencies in everyday life for possible damaging events, we might as well stop living. Even very frightened people spend their lives trusting things of which they are for the most part not even aware, and if they were made aware, they would probably be even more frightened as a result. It is a contradiction that people on the

one hand strive for security, but then on the other hand unconsciously trust infinite circumstances every day. This trust in security is only shaken when something unpredictable and dramatic happens in your life. You wake up from your bubble and realize that purely nothing is self-evident and safe. Any moment can be your absolute last. Any. If we act only from the mind, we are trapped in the illusion of control and separated from the Divine. All the mind can do out of itself is separation with logic and control through repetition. Thus, without the divine guidance, it is fire dangerous. It is a dull approach to life that lacks any creative brilliance.

## Not knowing leads us to primordial trust

So by integrating the knowledge of not-knowing into our lives, we are led back more and more to primordial trust. We already trust so many things in life, so why not trust life itself? Everything that stands in the way of trusting life, we can dissolve with mindfulness. We may understand that life without trust paralyzes us and keeps us from true life. Life takes place only in the NOW and not sometime in the future. The future is an illusion. The only truth that exists is the present moment. To mentally hold on to something is against nature, which is constantly in flux. It is therefore an expression of control. Without letting go and trusting, we will not be able to experience abundance.



## Perfect Naturalness

We have never learned to have confidence in our own truth and thus to trust in our body's own sensations. Thinking that doctors heal us with medicines, we are taught from an early age that our sensations from life are worth less than the expertise of an expert. In childhood we learn that experts are like holy oracles. After all, the doctor is almost perceived as a holy authority figure. Let his will be done. Something like that. How fatal this actually is for our perception and consequently for our healing process is something we are not even remotely aware of in the vast majority of cases. Thus, perception is a decisive factor that significantly influences our healing process. Dr. Hamer has worked this out scientifically in the 5 Biological Laws of Nature. The course of healing depends on our perception of what is happening. Healing can only occur when all stress factors related to the disease have been eliminated, i.e. in a state of complete relaxation. If the doctor's diagnosis causes us even more fear and worry, our body will react accordingly, as long as we have stored the doctor as an authoritarian confidant in our belief system, which is often the case. Seen in this way, the doctor often unconsciously contributes to the fact that we receive a high stress and thus a highly dramatic perception through his often wild diagnoses. This is in causality with the healing process and is thus co-decisive for healing. Simultaneously, it means that Western medicine does not have a holistic understanding of disease. It tinkers with the symptoms of a society, which removed itself as

far as never before from its natural origin. Our lack of consciousness is only expanded by this and we make ourselves vulnerable. For a doctor's opinion now determines our course of disease and our well-being. In the end, Dr. Hamer only confirms that we will later also clarify with the law of resonance. We can only attract that which we have accepted in love. As soon as we have an inner blockage, an inner conflict, that is stress or illness, it cannot heal. In order to bring about healing, we must eliminate the stressor, the source of conflict, the root. There is no such thing as disease. There are only healing processes.

In order to prevent interpretations, I want to say at this point that pharmaceutical drugs still have their justification, because as long as we carry the belief in our subconscious that we need something specific on the outside to heal, this becomes a self-fulfilling prophecy. The placebo effect says exactly that. It has been proven that just believing a medicine will lead to healing often leads to healing. It even makes a difference who administers the medicine. Thus, the chances of cure increase when a physician administers the medication. From this it can be deduced, "The greater and deeper the faith, the more likely it will be." Faith moves mountains; it is trust in the divine, if you will.

Western medicine excludes feelings and emotions. It therefore does not include perception as a factor in explaining disease. Science simply cannot measure emotions and feelings. Mindfulness work makes us more and more sensitive and we perceive more and more what is really good for us. When we

start to live naturally, we automatically trust nature to know what is best for us. We reconnect with our natural origin. We go back to our roots. This is true freedom.

When my ankle was swollen for over three months after a fracture, the doctor was so distressed that he diagnosed an autoimmune disease and prescribed cortisone because of the high levels of inflammation. I didn't take the pills. Instead, I gave up meat and drank golden milk every day, a mixture of turmeric, cinnamon, ginger, honey, pepper, oil and water. Ten days later, the doctor was amazed at how much the "pills" reduced my inflammation levels. Of course, he didn't know I wasn't taking pills. Also, of course, the incurable autoimmune disease was complete hokum. My ankle was ultimately swollen for so long and did not heal because I had acted against my heart's voice for a long time and so stubbornly continued to follow my fearful mind. In its natural meaning, an ankle stands for compensating for flexible unevenness. In my experience, the subconscious is reflected in the body. Kinesiology, for example, works on this principle, using muscle tests to measure whether the subconscious is experiencing stress with an issue. The doctor then made the worrying prognosis that I would never be able to dance or climb mountains again. At the time, I perceived this as highly dramatic. This aggravated the conflict-mass, while it now additionally influenced the healing process. As with the placebo effect, I believed the doctor and his prognosis. This then finally becomes a self-fulfilling prophecy. In the chapter Law of Resonance it is shown that energetically one cannot attract anything as long as one still has stress on a

subject. Healing occurs when the stress associated with it is released. Just as a nervous, insecure man is unattractive to women. I think it is clear what is meant. The little things in life mirror the big things. So it becomes apparent where the journey is going and yes, it all comes with a fair amount of self-responsibility.

*If you believe in yourself, you believe in God. The path of love leads us more and more back to our own truth.*

## Nature always strives for harmony by itself

Only the observation of natural laws is meaningful, because they are always valid, even if we observe them. From this follows the insight that it is best to leave nature largely as it is and to strive for a natural life with it. This can only be done if we truly find out who we are and allow ourselves to live according to our true nature.

*We simply cannot foresee the consequences of more complex action caused by man's greedy aspirations. Therefore, to place ourselves above nature is nothing short of ignorance. Any self-centered action creates an imbalance and thus suffering.*

Living in harmony with our true nature automatically leads to give and take being in harmony with the world. After all, we ourselves are nature. This means nothing other than trusting life. Trust in the source that created everything, that the

universe will always give us everything in abundance as soon as we stop striving self-centeredly and thus trying to control everything by force. Trust as the fruit of the decision for love. If we find our way back to the original trust and our actions spring from the True Self, this will automatically lead to a harmony of man and nature.

Thereupon, all the imbalances that we currently find in our world will dissolve as if by themselves. Even if we cannot prove this now mentally in all details. It can be fixed at one of the basic principles of our nature, namely the following:

*If nature is left, it reconquers everything man-made and finds back to harmony.*

It finds back to harmony alone, even if it takes its time. Nothing can really destroy our planet. We only bring it out of balance, but it is a question of time until it finds back to harmony and whether we humans will participate in it. Nature always finds ways and so it is time to let nature in full humility and to live in harmony with it. What clear progress has the civilized world brought us? From comfort follows imbalance in the body. From the imbalance in the body, "diseases" arise. Diseases produce suffering. Unnaturalness affects our naturalness, so that our naturalness is thrown out of balance by unnaturalness. Thereby, acting from egocentricity is unnatural and acting from the True Self is natural, to show this in the abstract. Life is simple in itself. Only it is often difficult to recognize the simplicity in things. Most people in our

civilization get cancer, suffer from depression and are not deeply fulfilled. In Germany, the cancer rate is 50%, the rate for depression is over 26%, and this despite the fact that we call ourselves progressive and our prosperity leaves a huge footprint on nature and other countries! The bottom line is that one quickly comes to the conclusion that living close to nature offers far more quality of life than being trapped in the middle of our society. For example, the Buddhist country of Bhutan, where people live very close to nature, has one of the lowest cancer rates in the world and also has a barely present ecological footprint. Instead of a gross domestic product, they measure a gross national happiness.

*Interestingly, mindfulness takes us right back there. We perceive how city noise and air, fast-paced life, with anxiety, stress and worry, make us sick. In addition, we see through the dependency relationships that hold us captive and determine our well-being. We begin to live more and more consciously.*

## There is no guilt

There is no such thing as guilt. Every person, according to his conditioning and ability, always does his best to meet situations in life from which he expects happiness, fulfillment and love in a higher sense. Even if it may go to the limits morally, one can have understanding for every person, regardless of what he has done in his life. Even if it is unpleasant. No action is unjust-

fied. Even for the seemingly evil people on this earth, we can have compassion. We know nothing about the energetic manifestations in other people, so any condemnation is pure ignorance. Here applies: The deeper we look, the more understanding we can muster. Also any comparison becomes relative, because we are unique in every respect, nevertheless all equally worth.

By reflecting on our lives mindfully and seeing at every moment that there can be no guilt, that we cannot know anything for sure, we choose to love. We know less every day and it is through this that we grow. We stop judging and anchor values of love here on earth. Each one of us can contribute a valuable part to a harmonious world by being present for the world. We can be there for each other and meet in love and mindfulness. Where there is a will, there is a way. Mindfulness is basically the universal tool of how to perceive one's own beliefs, thought patterns and hurts from the past or even from previous lives, wherein the chance is given to dissolve it consequently. Mindfulness means being fully present with one's True Self without judgment. So in definition, mindfulness means to be as one truly is in essence. However, mindfulness is at the same time a path, because over time we will notice all that makes it difficult for us to be awake with our true nature in the present moment. Thus, the path of mindfulness describes a process of self-awareness and self-knowledge. The more advanced we become on this path, the deeper we dive into ourselves and the world. This automatically affects all areas of life. Friendships, family, relationships, love,

sexuality, consumption and values change gently and naturally. And most importantly, we realize that we can't know anything for sure. This sentence really packs a punch, as it describes the wealth of unbiased observations that always culminate in this insight. "I know that I know nothing for sure."

## Realization of Miracles

In doing so, our mindfulness practice reveals to us the improbable abundance of each moment and opens our eyes to the miracle of life. Everything is interwoven, nothing can exist on its own. We begin to understand that life is far more complex and multi-layered than we previously thought.

Every breath is a miracle. The trees, the mountains, we humans are true miracles of life. Isn't it a miracle that our heart beats? Here and now it beats continuously. At a pulse of 70, it beats 100,000 times a day. It beats for us, within us. When we practice mindfulness, we realize that no two moments are alike, there is no such thing as repetition. It is up to us to open ourselves to all the present wonders that can only be experienced in the now. A huge planet is continuously sending light rays to us, while we are spinning in a galaxy with several planets. We feel the wind on our skin, our heartbeat, we are present. We perceive that we prefer loving, beneficial words to hateful ones. We decide more and more consciously for things that do us good. More and more we open ourselves to the miracle: life.



We get the realization that each person has a different purpose here on earth and we begin to accept, honor and not place ourselves above everyone's purpose. We develop an open mind to life, knowing that we cannot know anything. Including what our path will be. We humbly accept the present moment.



## VI Higher Self

*"If I know that I know nothing, what can I know? Your intuitive truth!"*

*— my Higher Self*

I learned this from the Indians in the Amazon. We all have a compass in our heart. It is our Higher Self that always shows us the right path in life, without exception. The Higher Self is our connection to the Source. This is us on the higher plane, because we have never really left the Source. Rather, this is a game we play here on earth. A dream, if you will. The Higher Self speaks through our intuition within us. It is the truth that we carry in our heart and feel there.

*Only the heart sees well.*

The heart is a good master, the mind is a good servant. Your mothers intuitively know who is good for you and who is not. She knows from the heart. The heart is our connection to the Divine. Just as the heart receives information from all the organs through the blood, the heart connects us to the earth below us and the sky above us. Anyone who has ever had heartbreak knows how insignificant all thoughts become. It is the heart that cries out, the heart that can feel the greatest

pain. It is the heart that feels the greatest love and fulfillment, in the heart is paradise.

The Indians know this. They carry the deep knowledge that we are all one and have a Higher Self. An unchanging True Self that lies behind our blocks and thought patterns that strongly influence us. We lost the connection before we even had the chance to understand the world. Too great is the pain a baby experiences when it is first left to its own devices, not being loved unconditionally. It thus splits off from its true essence and develops an ego personality as a result. From an early age, with each conditioning, we move away from our true nature and begin to identify with our ego construct. We equate ourselves with our thoughts, adapt to our environment, and lose our primal trust in life.

We are not our thoughts, as the philosopher René Descartes assumed. We are not our body and our brain in essence. We are that which never changes. Our true nature is already whole, unique and perfect as it is. It is rather shrouded in veils by the conditionings and the ego. Our body and the ego are a part of us, but not our essence, which is imperishable. Descartes did not understand that it is the mind itself, which he assumed to be a demon in the outside, which he assumed to be the illusory cause of a world in dreams. He tried to understand himself mentally, which is just not possible.

Our Higher Self speaks through our heart. The point is to make our heart the compass of our lives and to clear out of the way all that stands in the way. We all deeply long to be who we

really are and to flourish with our true nature in this world. Our true nature as the heavenly flower of life.

Intuition is a quiet voice. Better yet. Quiet impulses. The soft, warm voice of the heart that alerts us to the gray, heavy veil that is all around us, enveloping us. Thoughts are always louder than this gentle, soft voice, this is also what makes it so difficult to perceive them clearly. It is in nature that I find it easiest to hear my intuition. If you will, thoughts are the stones that disturb the clear nature of the water when thrown into it. The clear water towards the bottom would therefore be the heart. Every heart decision feels round and you know in the depth of your heart that it is right. There are no strong doubts anymore. The heart decision always comes directly and does not brood, it is often just this quiet direct impulse and not necessarily a word, but comes up as a feeling when thinking in the right direction even with words. It feels coherent and exciting. If not, then it does not come from the heart. I once read that Shaolin monks make every decision within a maximum of five deep breaths, which makes sense, because the heart answers directly!

*Joy, excitement and curiosity signal that the impulse comes from the heart. Follow the joy.*

It takes lots of experience to perceive intuition clearly. It is not the gut feeling that is often talked about. The gut feeling comes from the ego, which knows as a guide only the way of hurt and fear.

*It is therefore indispensable to be aware of who is speaking in you at the moment.*

## Practical part on the Higher Self

The Higher Self also helps us to remove blockages if we ask it to do so.

It understands clear sentences without "and, or." If I feel a blockage in my body, I ask my Higher Self in a meditation to lead me to the root of the blockage. I am led in spirit to a situation that I am still allowed to accept and transform<sup>23</sup>. This can also be experiences from previous lives and you can be prepared for quite a bit, because it shifts your perspective on life. When I have let go of everything and integrated an inner smile, I thank my Higher Self. Again, it takes a lot of determination and patience to get to the root. All kinds of images come up inside, then just go deeper and accept everything that comes up.

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<sup>23</sup> *As described in the practice section in the chapter: "Mindfulness and Spirituality."*

We may ask ourselves where our decision comes from in depth, from love or from fear? Impulses to flee and compulsive actions flow from fear and originate from unconsciousness.

The voice in the heart guides us through life in the highest good. It is the divine guidance within us that always knows the right way. In addition, it takes a lot of courage to follow it and to act resolutely, because not infrequently one comes up against social norms and projections, resulting from the fears of others and especially one's own.

The Higher Self is connected with the all-encompassing intelligence and knows at any time, about the right decision for us. It is like a portal to the highest dimension, connected with the very highest, unimaginable intelligence. A bridge between the source and our material world. Deep in our heart, everything is connected in love. There is the consciousness of oneness. Love connects everything. The limitation is in the nature of words, we have to experience it. You, me, the animal world, the plant world. We are one. Paradise is in the heart, there we feel the deep connection with all that is. Pure love. Everything is connected in love. In this consciousness it is far less important to have or to possess much than the need to be. Therein lies the fullness of our existence. Presence with all our heart. We are already perfect and unique, there is nothing external that can make us more whole, more unique, more perfect. Therefore, we will also make completely different choices than someone who draws their apparent fullness from the outside. Our perspective on the path to true happiness changes to a large extent. Often, this decision is impossible in

the eyes of society or common norms, or simply unreasonable, because it requires a dare. For nowadays, one must be courageous to live a life of "simplicity<sup>24</sup>" rather than to pursue ambitious goals. Again, we are challenged to be courageous and at the same time our true strength is put to the test. The strength to overcome old blocks and to trust. Yes to life means at the same time, yes to our true nature. And that means to align all decisions indispensably accordingly.

Here it quickly becomes obvious where self-work in the form of self-reflection and letting go is still necessary in order to progress on the path of love. It remains illusory to experience fulfillment in the moment without radically changing our perspective on the world through self-reflection. Everything begins within us. Here, too, we can learn a lot from nature, because in nature, too, all true power comes from within. The seed already contains all the information to give rise to a whole life. In nature, the small mustard seed grows into a large, shady tree. A seed also knows exactly the time when it must sprout in order to have the best conditions to flourish. Thus, intuition is like a small candle that burns within us when we begin to recognize it, as our true guidance. We must be careful in the beginning that it does not go out and we get lost again in the endless distractions and habits. We may learn through mindfulness to integrate our Higher Self more and more into our lives until our true nature burns within us like a blazing fire, mercilessly inspiring everything around us to do the same.

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<sup>24</sup> *In the eye of society. Through consciousness work one learns that there can be no simplicity, since everything interacts in a highly complex way.*



Everyone who fully lives their heart truth, that is, lives in harmony with their true nature, radiates it outward. Like light! The divine consciousness thus expands through the human being more and more. Intuitively, every human being feels that it is right and we remind our fellow human beings that they also carry this heart truth within them. By being who we really are, we are already healing the world. Now that's some good news. When you are yourself, you are doing everything right!

Being mindful in the moment is truly an art that requires a lot of strength and perseverance in the beginning. Because our brain loves patterns and so they largely determine our lives. For certain activities, we still need them. For example, without certain patterns we would probably not be able to operate a car without being at the stimulation limit, let alone be able to quickly type a text on the keyboard.

But that doesn't constitute a *raison d'être* for patterns by any means. Because here, freedom is balanced in the moment with self-limitation through convenience. If we are present to the world and discard old ballast, we come step by step closer to the fullness of life. At some point, as if by magic, this results in a deep connection with life, as one is already fulfilled with the simplest things. One appreciates the complexity of all processes and perceives that purely nothing is self-evident. This is followed by the realization that there is no simplicity: There is only conscious and unconscious. At least that is how I feel. I am happy with things that others would call simple or maybe even boring. That's just how it is when you find fullness. It is important how a life feels and not how it looks from the

outside. Intuition knows about the complexity of today's world because it is connected to the all-encompassing higher intelligence that created us and this world and is

unimaginably all-knowing

is. We always think that nature cannot understand our "sophisticated" civilization because we have advanced technology. It understands it better than we do, because we with all our achievements have finally emerged from it and are constantly in energetic interaction with it. The mind is too limited to imagine such an intelligence. Only by the perception in the heart one sees it. The human being can hardly be surpassed in ignorance, he thinks he can mentally comprehend the one who has created him! Since the intellect itself originated from the dualism, this is simply impossible, just as a computer cannot comprehend itself, our intellect also cannot. Even not in the highest abstractions. The mind is limited and it needs true strength to accept this and to act accordingly in wise foresight.

I ask you to go inside yourself and imagine the greatest coincidence that has happened to you in your life.

Next, I ask you to imagine what intelligence would be necessary to plan everything since your birth so that this event could happen.

Hereby I want to show you what dimensions of intelligence I mean.

If you find out that your intuition is always right, life does not automatically become easier, no, rather with greater awareness the challenge grows at the same time. And so we are always presented in life with exactly what we can grow from. We are constantly tested in life just to grow. Growing here means cultivating values of love such as compassion, understanding and charity. The more mindful I become, the more apparent injustice through egocentric separation I perceive. Thus, on the path of love, I am challenged to look more and more mindfully and to develop understanding so that I am not myself in a struggle with the universe. One could also say that my trust is thereby stimulated to grow.

Intuition is to be distinguished from instinct. Instinct functions on a biological level and has no direct connection to the Divine. Instinctively, I can perceive, scent natural dangers. Intuitively, I can see and know.

In reality, we are constantly tested whether we follow our heart truth or fall for the ego. Do not be unsettled, constantly the egocentricity tries to bind you by all kinds of destinies. Contracts, sure knowledge, dependencies, courses and workshops. In general, you can use anything as long as you can let it go immediately. So always ask yourself when you do something: Can I also let it go again or am I holding on to it?

## VII Growth

Everything in this universe is designed for growth. The plant world, the animal world and we humans. We are born, we grow up, and we die. But this describes our physical body, the material world. So the world that we can see and touch. Just as everything in this universe has a counterpart, there is also the invisible world. A world we enter when we dream, meditate or die. Our unchanging True Self comes from this world and also goes back to it after the death of our physical body. Our True Self is here on earth to grow through observation. So our consciousness is also designed to grow! Because that is what it is really about, to grow in consciousness in order to advance humanity and to establish a harmony here on earth. To grow in consciousness is to realize who we really are, to stop identifying with our experiences, to forgive and let go in love. Realizing that everything is one and acting on it is really what it's all about. It's about liberating the soul. Interestingly, the story of Adam and Eve describes exactly this basic theme. Eve eats from the tree of knowledge and so the disaster begins. There is a distinction between good and evil, although it is impossible to know. As soon as I call something beautiful, I create ugliness at the same time. This is dualism. This results in an imbalance, which we see in the world at the moment. As soon as I think I have absolute knowledge of a thing, I divide people into those who know and those who do not know. Those who do not know must consequently conform to the structure that the knowers have created. Knowledge about

something creates here a power and creates thus at the same time the abuse. The abuse takes place with the one, who believes to know and aligns the structures accordingly binding. And on the other side the one who follows this structure. Abuse of power takes place on both sides, nevertheless most people are not even rudimentarily aware of it. The abuse of the individual begins in his own heart. Heart or mind. Love or fear. Trust or control. Ignorance or knowledge. People become slaves to the knowers, or unfortunately often knowers themselves, in a world where nothing can be known for sure. Knowledge in humility, with the certainty that one cannot really know anything for sure, is a harmony of knowledge to strive for, if you will. Anyone who claims to know, therefore, does not know, therefore no dogmatic structures may arise from knowledge that force the individual to submit to knowledge.

*True humanity is that nothing and no one may place itself above the will of a peaceful person.*

*As our consciousness increases, we will no longer need these principles. We are fulfilled in our heart and feel that there is no point in following egocentricity, besides, in a fulfilled life there will be no need to do so anyway, after all it is already fulfilled and whole. Egocentricity is then no longer a real alternative, but rather a bad trade-off.*

As if with the knowledge a tempting power would go along, which gives an illusion about being able to determine over nature. Power is basically not a bad thing, after all, who wants to be powerless in life? It is about conscious self-empowerment with good intentions. Whoever is powerful out of his True Self has already found his purpose in life and automatically manifests good with his power. However, those who have not found themselves are susceptible to the power of the ego and its structures, that is, the illusion of knowing the mind absolutely. It is the ego that can never get enough of anything and is in an endless run for higher and higher attainment, which ultimately entails higher and higher dysbalance on other sides. Great prosperity today is based on the suffering of others. Colonialism and globalism have reinforced this effect. Before the eyes of all people, the world is in an extreme imbalance. I say this without condemning and making accusations, it is just the way it is. I understand it and do not blame anyone for anything. Merely describing a process in a neutral way does not equal condemning. I can see why people on one side are trying to accumulate more power, while the other side is suffering more and more. I can understand when a desperate fisherman in Somalia attacks a yacht, takes the crew hostage and extorts ransom. Does that make me an inhuman being?

If the answer is yes, then I still ask you to close your eyes, take a deep breath, and just feel your way into the situation. If you look closely, you might see the fisherman barely able to catch

fish in the overfished sea and thus unable to feed his family well. The modern world, with its more efficient methods of fishing, is overfishing the areas, leaving little yield for him. He perceives how the class system sustains itself and the global corporations, mercilessly exploit nature and man to satisfy the endless hunger of the ego. The symptoms of the imbalance are hardly perceived consciously by most people. The fisherman feels powerless. Powerless to provide for his family, as his ancestors have done. At the same time, he knows that he would only be promoting disharmony if he worked in the city. He would also have to leave his family, harboring concerns about their safety. He decides, out of necessity, to join an action that has an expensive yacht in its sights. The yacht symbolizes for him all the suffering he has experienced due to the influences of other countries. He acts out of his powerlessness and falls into self-centered power himself.

The fact is, we human beings all possess the potential to do infinite good, as well as infinite negative things. Every single one. It is our power here. Desperate people resort to different measures than satisfied people, in trying to build a happy life. It does not mean that I would tolerate such behavior in my life. I am stating that I can have understanding and compassion even for a person who has killed someone. My truth is that you can have compassion for anyone, even if it is unpleasant. With understanding comes compassion and therefore humanity. We take the time to look closely. By doing so, we transform the hatred and negativity in our hearts so that it is we who manifest love in this world. It is a beginning. For we have seen



through in depth that hatred only leads to more hatred and it takes true strength to cultivate forms of love.

By living harmoniously according to our true nature, we prevent aforementioned situations from arising. What I have learned in the police applies here as well. Preventive before repressive. Damage prevention before prosecution. Prevent the deepening of damage and then work on the symptoms. First you have to remove the root of all evil, just like in gardening, in nature. This is one of the most important realizations we must maintain as a collective. Harmony begins within us and we carry it out into the world with it. So be the peace, be the love, be the beauty, be the harmony. Your life itself as a manifestation. Through it an inspiration. The growth in consciousness and the change in the world that comes with it will be exponential. Growth means to realize that spiritual growth is the highest form of adaptation and that through egocentric adaptation à la Darwin<sup>25</sup> we create our own problems which make us bit by bit more unfree. The stronger one wins only if compassion is meant by true strength. And thus automatically not only the individual benefits, but rather the collective.

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<sup>25</sup> *Philosopher with the theory: "The strongest prevails in evolution."*

## Milestone

True growth thus results from the decision for love. From this follows the willingness to take personal responsibility for one's life. We look the truth courageously into the eyes and perceive the effects of our energies more and more. In doing so, we gain a profound understanding of how energies, even from past lives, work in us and through us. We let go of all the blockages and conditioning of our past. We become more humble and understand that we cannot really know anything. Any judgment of others is non-knowledge. We forgive our fellow human beings and ourselves wholeheartedly. Growth also means understanding that true change is only possible in the spiritual world. The more we clear the path to our heart free of blockages and conditioning, the more we feel the connectedness with everything and realize that it is in the highest purpose to serve humanity. Our intention is pure, nothing but love makes sense. The path of love makes us become more natural, reverent, respectful, compassionate, pure and loving.

We are currently in a great energetic change, as the Mayans had already announced. The earth's vibration, measured by the Schumann resonance at 7.83 Hertz, also called the heartbeat of the earth, is increasing. It is scientifically proven that all living beings on earth need this vibration to live. The frequency remarkably coincides with that of our brain, and so it can be seen as an important life factor.

NASA, for example, uses wave generators for its employees that artificially generate the Earth frequency to avoid side effects when astronauts leave the Earth vibration field. Without the Schumann resonance, symptoms such as headaches, nausea and disorientation occur. In everyday life, it is the household appliances that disturb the earth frequency in our environment by their radiation in different frequencies and thus influence us. Electronic smog disturbs the Schumann resonance, because the power of smog is higher than the electromagnetic vibration of the earth. Household devices such as microwaves, smartphones thus influence our well-being. No wonder, then, that headaches are such a widespread phenomenon of suffering in our civilization. As the earth vibration rises, it thus flushes to the surface in people all the lower vibrational forms of fear such as hatred, lies, exploitation systems, crimes against nature and humanity through abuse of power. It acts as if the earth is thus purifying itself. This in turn is a good time to grow in consciousness as we become aware of the interactions that are becoming more and more apparent. We feel our self-responsibility in the big picture more and more. We learn to use every trigger on the outside to grow. The higher earth vibration also describes quite well what is currently happening on the outside. Human rights are disproportionately restricted worldwide and the abuse of power of the last centuries is becoming more and more obvious. As if the people would wake up so slowly as a collective by the obvious injustice from their slumber and perceive their self-responsibility. Good against evil. Light

against darkness. Love versus<sup>26</sup> fear. If one penetrates these principles in depth, one understands the connections and one can slowly untie the knot of life.

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<sup>26</sup> *On the path of love, there is no real "against." Connectedness embraces and integrates all phenomena, for it knows that all is one.*

## VIII Law of Resonance



Light penetrates through the cloud cover

Everything in this universe is interconnected and interacts with each other. Positively charged particles of the sun hit the magnetic field of the earth during a solar flare together with its magnetic field. The earth's magnetic field is depressed and the positive particles are deflected past the earth. Some positively charged particles hit particles of the earth and are ionized. Visible as auroras. With simply everything there is an interaction. And so the law of resonance describes that we

draw into our life all that radiates from us in any way. As we have already mentioned, everything in our universe is energy and vibrates. Thoughts, beliefs, hurts and emotions thus define our energy body. What you believe you can do or are determines your reality. Belief moves mountains. The best example of this is the much cited placebo effect. The belief that a drug "placebo" is highly effective and thus healing against a disease, actually led regularly to healing. If one only believes in it firmly enough. It also makes a difference who administers it, so our chances of healing increase with the placebo if a doctor administers it. The stronger the belief, the higher the effect. Believing in you awakens unimaginable powers, so they can truly move mountains. Imagine that you believe in yourself to be able to achieve everything you want. You will achieve it when the slightest doubt has been erased and you truly trust. Scary Enough, you can also reverse the placebo effect, because as soon as you feel stress or fear about something, you can expect your fear to be confirmed. Do you notice your self-responsibility in this?

*"Feel into your life and you become magnetic to it. Clear everything out of the way that stands in the way of you and abundance here. That way you'll always attract exactly what you're mature enough for. "*

— *Wisdom of the Universe*

I understand that it is a lot at once, but it is very important to understand this basic principle once. Because we believe and

make up our world. So we are partially-manifested, vibrational energy. Our injuries, thoughts, beliefs, deeds and feelings vibrate. The energetic law of resonance always presents and confirms to us what we send out as an overall energetic manifestation. The people and the situations we attract into our lives make sense to our energies. Sense to grow. Because, after all, that's what it's all about. To grow in consciousness. For example, if we have stress about money, we will attract situations in life that confirm this stress to us. Until we have resolved that stress, manifested in our energy body. We now trust in this area and the energy of abundance can flow freely to us.

*Law of resonance: There is no coincidence. Everything is a mirror of our energetic manifestations and stimulates us to grow. Constantly in the flow of life and connected to everything.*

From the police I know certain types of victims, people who are repeatedly victims of often the same crimes. Energetically this can be easily explained and if a person secretly thinks he is worth nothing and the world tramples him underfoot, this is exactly what will happen! Everything is connected, so we may learn to understand ourselves and the world. This is the essence of being human. If we fully penetrate the connections, we can truly inspire each other and be there for each other. Enrich each other. Just as everything in this universe is designed for growth, the law of resonance automatically presents us with what we need right now to grow. We only get the challenges in life that we can handle. Thus our consciousness grows. Accordingly, it becomes clear that we cannot avoid looking inward, because the limitations and injuries that prevent us from moving forward are stored within us. So by looking inward we manage to influence our world on the outside. True power comes from within, and so it is here. From the fertilized egg to the human being. From the small seed to the great oak. From the first thought to the finished project.

All the things we separate from ourselves and try to separate, we separate within ourselves. We are in a struggle with ourselves and thus with the world. We carry the resulting stress



out into the world with our actions and feelings. It is then stored in the subconscious and colors our lives from there on. Ultimately, it means that we do not trust God, because we do not accept God's will. We are in a battle with God, so to speak. We don't acknowledge that everything has its justification as it is and we just can't know. As we have stress with the world, we have stress with God and cause energetic blockages within us by splitting off. We have to expend a lot of energy to maintain these separations and over time they make us sick. The energetic blockages manifest in the body as physical diseases. As if in the last instance our body informs us that we have to accept something in love in order to heal it. Any fight with something, interestingly enough, must be accepted with the whole heart in order to win it. So only love makes sense. As long as you have stress on something, it cannot come to you energetically. Only the detachment of the stress and the acceptance with the heart transforms the energies and allows true change.

Observe yourself in everyday life, where you are still triggered, which situations are difficult for you, what upsets you and who annoys you. Here you can start, go into meditation and search for the root. Your Higher Self will help you if you ask it to. So you can set intentions and in meditation ask your Higher Self to help you identify the root of the blockage. You can then, as already described in the instructions, accept this with all your heart in love and let it go. Smile at the blockage beyond. You can also do the whole thing wordlessly and integrate it through empathy, compassion. The law of resonance thus provides you

with gifts to grow. The healing of traumas then directly affects your energy body, whereby you then vibrate higher and attract other things outside. This is because you have transformed the low vibrational frequencies in your heart.

Perfect relaxation activates the self-healing powers of your own body. When we allow ourselves to completely relax and let go of all that stands in the way, our bodies can heal. We then trust energetically. It is a deep acceptance that feels easy and coherent. The subconscious mind is crucial. Sometimes you have to dive into a past life, forgive and let go to achieve this relaxation. The root often exists on a very subtle level. In the short term, in my experience, one can achieve this relaxation with an inner smile, but one must go deeper if one wants to transform the root so that true healing can occur.

*True healing happens through deep meditative acceptance of the root.*

It all starts with you.

## IX True Freedom

*"There are two kinds of people, some see no miracle at all, others see a miracle in everything."*

— *Albert Einstein*

To be free is to question everything and everyone. Only with childlike curiosity and openness can we experience the world as it really is. It is said that a full cup is not capable of absorbing new things. Thus, one must first learn to empty the cup before one can welcome the truth. Only an empty mind can perceive new things without getting in the way of itself. Just as an empty vessel becomes useful only through emptiness, we must also learn to stop filling our minds with all kinds of stimulation and information. The space that is created by this, "the emptiness" is what can later receive the fullness. True freedom, then, is achieved by questioning everything within us and discarding our conditioning.

But how do I empty my mind?

By mindfully questioning every reality that I have believed I know. Don't believe everything you think and let go of everything you ever thought you knew. If you do this and only allow things into your mind that you yourself have experienced

and thus verified with mindful eyes, you will become freer and freer. Within you. You begin to take new perspectives on life and thus you grow. It can be extremely tedious to constantly question and observe yourself. In the end, you gain experience and you are the one who will benefit from it in the long run. It's about breaking down piece by piece our learned knowledge about life and ourselves. We may learn to unlearn and to recognize as our truth only that which wants to unfold from our heart in the truth of the moment.

This may come with the realization that you have limited yourself all your life and is certainly a bitter pill. Don't give up here. Because this is where real life begins. It is extremely painful to admit that you have been deceiving or limiting yourself all your life. That is why many people prefer to go on living happily in their bubble. Life waits for no one in the process. So I already had to forgive myself more often for having limited myself and to find understanding for myself. The path of love is anyway a journey within us, we meet in an improbable depth. No matter how old you are, now is not who you were, what you have already experienced, only the now is what counts. Now is the only time for change. What you do today, you will be grateful for tomorrow. A far-sightedness must be cultivated, and so it has probably never been as difficult as it is in these times. The civilized world has become so fast-paced and man is mercilessly overwhelmed by the flood of information. We live in the information age. Every day we are exposed to countless stimulations that influence us in an unnatural way. In nature there is no such flood of information.

As long as we are stimulated around the clock, we cannot find our fullness. However, most people feel a fear when they feel emptiness. They are afraid of missing something or losing a beautiful moment. Emptiness is scary for many.

But what if I say that emptiness is the path to fullness?

Only when I manage to dwell in the apparent emptiness and make friends with it, do I open up to fullness. This is where true life blossoms. Hence the appropriate saying, "Are you still running, or are you already living?"

Egocentrism creates the most subtle manipulations to steer your behavior in a certain direction because it simply profits from it. It is therefore essential for you to become more mindful to see through the manipulations in every area of your life. We must learn that we are not just our ego construct<sup>27</sup> that we have learned to identify with for years. All identification with self results from ego. It is the seed of our mentally illustrated existence. If we would identify with it, we would live in a life full of limitations and restrictions. A mental prison. We tend to make choices that confirm these beliefs about ourselves, even when we actually long for something else, just to subtly live up to the illusion of our ideal character. Thus, it is we ourselves who create a prison in our own minds. Interestingly, most people try everything possible to defend their identification with the ego by all means. Egoistic behavior out of deep insecurities and profound fears are often the reasons for this. We are afraid of not being worth anything, of

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<sup>27</sup> *Thought identification with the ego that results from thought patterns.*

no longer being special, if we do not mentally separate ourselves from others. But who is afraid? The mind talks us into it. It is the ego. The fear is no longer having a right to exist. The ego always wants to be important. Existential fears, like failing completely in life, not finding a partner and being excluded from the social fabric. Finally, a fear of not experiencing love and dying. The fear of death.

A shaman once said: In every life situation, in every present moment, you always have two choices. Love or fear. If we learn to penetrate the essence of things through mindfulness, we will be amazed to discover what is hidden behind the facade of a decision, namely we always decide on the basis of love or fear. Every compulsive striving for security is based on the illusion of control, which results from the fear of suffering a lack of need in the future. If we decide out of love, we trust. Here it is interesting and important to perceive exactly whether it is not calculated, i.e. controlled, only to give us an advantage mentally. Through decisions that are made out of fear, we block the way to our Higher Self. Because all decisions made out of fear are unconscious and lead to a further dulling of the heart through separation, from which suffering arises. We will go into this in more detail in the chapter Unconsciousness and the Matrix.

*True freedom means recognizing who you really are.*

We have to learn to find back to our intuitive voice and learn to get rid of everything that keeps us from living according to our

true nature. Then we are truly free, because we draw from our own source and are no longer dependent on external circumstances to experience happiness. True freedom means being free from dependencies, even learned concepts fall under this. We may learn to let go of everything, there is no other way. Simply being human and flourishing through our pure presence.

It can be treacherous to consciously relinquish control because it may have helped us achieve goals in our previous lives and we therefore chalk it up to positive, learned behavior. However, we overlook the fact that everything in this world is in a state of flux and that consciously relinquishing control can also be a challenge when expanding our consciousness.

Every time we notice through our introspection that we are experiencing fears, worries or an emotional state, we can use this as a guide to determine where we can still grow. Often the inner conflicts surface just when we want to follow the impulse of the heart. It always requires a gamble. Therefore, we must learn to differentiate who is speaking to us at the moment. Ego, traumas, limitations or our Higher Self. We are often asked to jump into the unknown on this path. But he who dares wins and so I have always been rewarded in my life when I have jumped into the unknown and trusted. The universe rewards all those who jump in trust, who listen to their heart and act accordingly. Choosing to love! I intuitively feel that it is not enough to love conditionally in order to receive an advantage from it for the future. Rather, the calculating mind is no longer involved at all. The intention is decisive. If the

intention is love and comes from the heart, everything remains in harmony. Just watch a small child interacting with a dog. Many small children want to play with the dog and often put the dog in an uncomfortable situation. They pull on the ears, on the tail, out of curiosity, playing-loving. A dog very accurately senses the intention of the child. Dogs intuitively feel the subtlest vibrations. Everyone who has a dog knows this. The dog of a friend of mine always sensed exactly when we were in harmony or not. Everything is connected in love. Dogs are highly intuitive beings, as are all animals, by the way, and even a stone has a consciousness. Here in Colombia I spent three days together with a blind dog. The dog sensed exactly where I was in space. He walked, without touching me, through my legs, because he could perceive me energetically precisely.

*"Everything is alive. How can there be something dead when a living creation created it?"<sup>28</sup>*

We are all spiritual beings, that is our true nature. Only we have never really experienced what our true spirit is. Western civilization is not designed to experience itself. We have grown up in an extremely egoistic society and have been shaped by religions that work with fear and shame. Due to an incredible amount of influences, we lost touch with our True Self early in our lives.

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<sup>28</sup> From the book: "Only with the heart one sees well" by Metis Media.



Therefore, we could never really discover ourselves. And as mentioned at the beginning, you have to experience life in order to understand it. One can only realize that which one can imagine. I hope I can therefore broaden your horizons a bit so that you have the chance to meet yourself. This is real freedom, living out the truth of your heart out of presence, this is where you find true fulfillment, which every human being longs for deep inside. Everyone wants to be and be accepted as they actually are deep inside. This is the path of love.

So the will to take full responsibility for one's life leads us to become more and more conscious with our energies. Thus we learn to assess in depth how far-reaching our decisions are with their possible consequences.

We perceive the effects and automatically act more responsibly, because we can foresee that unconscious decisions always lead to suffering. Mindfulness leads us to all the suffering that is stored in us as blocks and teaches us to dissolve these energy patterns, because these are nothing but energy that can be transformed. Forms of fear become forms of love. We dissolve all the limitations that hold us back from living out our heart truth and being present in the moment. In this way, through mindfulness, we find true freedom and ultimately ourselves. It is a long path and everyone who walks this path can be proud of themselves, because it is not an easy one! We all carry energy manifestations for all kinds of reasons and it can be painful to face it. But just as no tree grows without rain and just as there are growing pains, this too is to be classified as such. Growth takes place on all levels. Nature

teaches us everything we need to live a truly fulfilling life in freedom. The Way shows us that we can free ourselves from all the dogmatic knowledge. We question everything and thus discover our own answers in life, which gives us more self-confidence. Only in this way can we establish true freedom and gain confidence in our own heart's voice, which leads us back to our primal trust. Here we are free from fear and worry and life feels fulfilling. We feel connected. We then have the knowledge of who we are integrated into everything we do. The freedom of the individual thus also automatically counteracts the abuse of power, because we see the manipulations on the outside and no longer corrupt ourselves. We now know what we want and that there is nothing more essential to achieve on the outside. We already carry all the answers and abundance within us. We no longer need an expert whose interpretations decide whether we feel whole or not. We trust life. We trust the universe. We are in love and in tune with the natural order.

# X True Humanity

We now know who we are and what we can do to cultivate true freedom within ourselves. Every moment we have a choice and can choose either love or fear. We are learning to make this choice more and more consciously.

*The freedom of the individual then automatically leads to humanity.*

For by encountering one's unique true nature, one senses that we are all connected.

We understand that all that radiates from us in any way reflects back on us. Therefore, from a higher level of consciousness, the good of the community is automatically prioritized. We all understand ourselves as divine beings who are here on earth to experience themselves. With the knowledge that your environment and your experiences strongly shape you in an improbable number of ways and that you simply cannot know, you approach your fellow human beings with more understanding and compassion. You have now understood that every judgment is mere not-knowing. All you need is a strong will<sup>29</sup>, through which the self-discipline for the integration of your knowledge comes as if by itself. As always, where there is

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<sup>29</sup> *Conscious decision for love.*

a will, there is a way<sup>30</sup>. The essence of humanity is unconditioned, being for each other, from the heart. Knowing that we can know nothing for sure. From this we can develop a deep understanding for every situation and for every person, no matter how bad an event was. Because we see the person in search of love and fulfillment in a higher sense.

We go through life grateful and feel the fulfillment in our own heart. We see that everything is alive and deal lovingly with our fellow human beings and nature. With our Higher Self we live out of presence and are in tune with natural harmony. Thereby we manifest it here on earth.

Understanding, tolerance and compassion are the cornerstones of humanity. Live and let live. Every human being carries deep in his heart the need to be accepted as he really is. To be seen in the essence. That goes deep. That is true intimacy. If we can achieve that as a society and as human beings, we have come a long way, because tolerance through true compassion and understanding is the prerequisite for peace in the world. It can only be a process, but one that interacts with everything, because everything is ultimately interwoven and one. Through compassion we transform all the forms of fear into love. For we see that we take away the breeding ground of low-vibrational energies such as resentment, hatred, grief, anger, and consequently prevent their continuation in us and thereby in the world. Humanity can therefore take place in every single moment of our lives. If we only want it, we can accept every moment in a situation with or without people, in love as it is.

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<sup>30</sup> *Perhaps the will also leads us to faith in the first place.*

Because we see and understand that all things have their justification, as they are in the present moment, without wanting to change them. It is the acceptance in love with our heart that alone is transformative. This does not mean that we have to acquiesce everything. Rather, it is the freedom to decide to make a change after acceptance, knowing that otherwise resentment, sadness, hatred, anger is within us and would harm ourselves. Through transformation, we are truly free to make a decision without merely reacting to emotions. Every reaction is unconscious. Therefore, it is also an act of self-love. Because everything that we split off in ourselves by not accepting it causes us to have stress on it and consequently have less love and energy available in life. Accordingly, we would carry on the negative energies.

The more conscious we are, the more humanity and love we can consequently anchor here on this earth. Since energy is never lost, the love we have brought here remains. You become your environment and the environment becomes a part of you<sup>31</sup>. Your whole life in itself is thus an energy manifestation.

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Man tends to fall back into old patterns even with essential insights, and of course you can have great understanding for that! The integration of these insights is an everlasting process.

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*<sup>31</sup> Based on the fact that we work energetically so subtly that it eludes any controlled effective power. We simply cannot control how profoundly we act.*

Nobody is perfect<sup>32</sup>, it depends on the will of each individual. With each person who works on themselves and who inspires others with these values through their lives, we move one step closer to a more humane and harmonious world, and the growth here is exponential.

*The indigenous people of the Kogis from the Sierra Nevada in Colombia see themselves as the guardians of the world. They see us all as their ignorant little brothers and sisters. The Sierra Nevada is the highest coastal mountain range in the world and the energy there is incredibly energetic. The knowledge that everything is one and connected is deeply embedded in the culture of the Kogis. This is the reason why they are very respectful of nature and worship it. They live out what they themselves want from the world. To balance their energy, they make offerings to nature. For example, I recently read that they returned two stuffed jaguar heads back to nature, which were previously in illegal private hands. Taking and giving is in balance. They value simple things that most people take for granted. Like water. They honor and give thanks to water. There is an incredible amount of information stored in every drop of water. Water vibrates, as does everything, and so when water freezes, it takes on beautiful patterns if you speak to it in love beforehand. And so we humans ourselves are made up of 70 percent water.*

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<sup>32</sup> Based on the assumption that our true nature is already perfect, the process of self-discovery is meant here to be non-linear.

*The little things are reflected in the big things.*

*The primitive peoples are very sensitive with energies and consequently in dealing with the earth, but they have no power. The industrialized nations have largely lost touch with the True Self, are not very sensitive with energies and consequently with nature, but have power and influence, resulting from egocentricity. I think this is where we need to build bridges and do as humans what makes us special. Pulling together. Together redefine humanity and strive for a life of love, peace and harmony. I have been able to observe well that, interestingly enough, they have managed to deliver face masks to every corner of the world, no matter how remote it may be. For decades, however, it has been said that it is not possible to satisfy global hunger. How absurdly obvious is this simple conclusion. Where there is no will, there is no way, everything else is pure naivety. As I said, we must learn to look and take off our blinkers, even if it hurts and throws our ideas out of kilter. Because there is an interaction in everything. Those who have power have been made powerful. If everything is interdependent, then with this realization comes the responsibility to act accordingly.*

## Fine Energies and Humanity

True humanity means to accept another living being compassionately, without expectations or conditions. Our heart is powerful, it has an electromagnetic field many times stronger than the mind and reaches several meters in front of and behind us. Thus, we are in constant exchange with others around us, even if we are not aware of it. As we become more mindful, we become more sensitive to the subtle energies. We perceive energetically whether a person carries blockages in their heart, for example, and what energies they radiate. Through our mindfulness practice, we consequently become more and more compassionate with our fellow human beings. At some point words will be too limiting, because then everything happens on such a fine energetic level that we can no longer grasp it mentally. We then simply act according to our inner feeling. There we also perceive the ever finer energies.

At an Indian ceremony in Pasto, in the Colombian border region to Ecuador, a shaman stepped in front of me and removed a blockage from the area of my third eye with his hands. I could truly feel a relief in the area, as if an energy blockage was being released, followed by a feeling of clarity. The moment was truly heart touching. So beautiful to see how these people are aware of their true nature and have retained their natural abilities. They know who we are and why we are on this earth.



Lao Tzu already said that once people stop placing value on material things, the thieves will automatically disappear with them. It says that everything conditions each other. It is precisely this realization that we can use as motivation to work on ourselves to experience a new reality. As soon as people begin to cultivate values of love, the egocentric structures will automatically disappear.

## Humanity in Colombia

Cordiality is what the vast majority of people experience when they come to Colombia. It does not matter what you have studied, what social class you belong to or who you used to be, it only matters how you are at the moment. That's how you are accepted. That is one of the most beautiful experiences I have ever had, to be accepted as I am. Colombia is certainly not a very rich country, but it is rich in the hearts of the people who live there. That's how I met a documentary filmmaker on the plane who had interviewed Pablo Escobar's<sup>33</sup> son. Included in the interview was the son of a man Pablo Escobar shot. The two sons are now best friends. It's more than that, for me it's the symbol of the greatest human strength. Forgiveness. Honestly, it's what matters in life. The two sons were willing to forgive each other because they saw what violence as a form of separation leads to. They do not believe in violence, they

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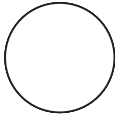
<sup>33</sup> *Most powerful drug lord in the world, he ran the Medellín Cartel in Colombia and was considered one of the richest people.*

believe in peace. They looked and grew in awareness precisely because of that.

What brings us all forward here is cordiality. We strive for property and individuality, and in the competition for it we blunt more and more in the heart. Yet it is the heart that feels true fulfillment. Paradise is in the heart, because paradise is a degree of consciousness and therefore everywhere at all times. In the heart, we are all connected to each other in love. True humanity is to meet others on the level of compassion. From heart to heart. We are all human beings, we all have the same value. No one is worth more than another.

# XI Unconsciousness and Matrix

ONE



## Christ Consciousness

Actions in accordance with the natural order  
 Arises from our True Self in the present moment (primal trust)  
 Actions serve all living beings

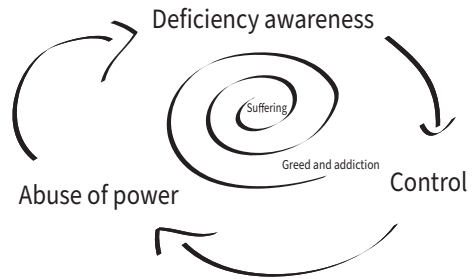
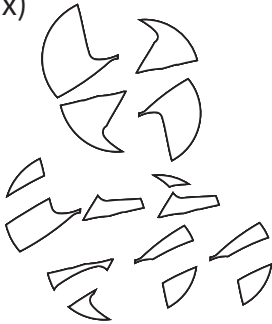
## Unconsciousness



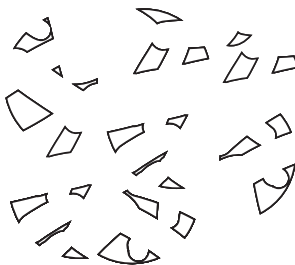
## Identification with the I

Separation of all things  
 through "knowledge", dualism

## Symptoms of egocentric acting (matrix)



## Infinite symptoms of egocentric action (Appearances in the world)



**In the world**  
 Exploitation of people and nature  
 Crime in the name of science  
 War, destruction  
 Famines  
 Enslavement, poverty  
 Environmental pollution  
 Murders, theft  
 Toxic relationships  
 Debt-based monetary system  
 State system, strong regulation, taxes

**Suffering**

**In humans**  
 Suffering  
 In humans  
 Lack consciousness (envy, greed, addiction)  
 Dullness in the heart  
 Tolerates inhumanity  
 Atrophy of the True Self  
 Unconscious action  
 Survival mode  
 Unnatural way of life  
 Blockades  
 Diseases

## Unconsciousness leads into the matrix

The root of all suffering on earth is unconsciousness. Unconsciousness begins at the point where we allow the habit, that is, we do not muster the inner strength, in depth loving, grateful and humble to accept life with all our heart in trust as it is in the present moment. We are no longer with our True Self in the "sacred moment" and thus place our mind above the Divine. This is exactly the moment when we disconnect from the Divine. We then no longer feel the connectedness with the world. This all happens on an energetic level, so we don't really perceive it consciously. On the energetic level, the habit is already a form of control and is emblematic of the fact that we do not recognize God as omniscient. Energetically, we do not perceive the miracles. If we perceived the miracles, we would be humble and would not dare to place ourselves energetically above the Creator. When we stop seeing the miracles in everything, we are unconscious because then we are not living out the transcendent<sup>34</sup> truth with every fiber of our being and we have separated ourselves from the divine through habit. The habit thus closes us off to the spontaneously unfolding Divine. The portal in the heart becomes impassable, so that we perceive the world only mentally with our separating mind. The mind falls into the illusion that the whole world is an accident and that death is final. It is incomprehensible to it that there is something like life after death, so it fears it.

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<sup>34</sup> *Transcending, transgressing. Reaching beyond our senses.*

However, by not listening to the divine voice within us, we choose fear out of unconsciousness. The root of fear is not experiencing love and dying, because death is something that the mind cannot control. Fear arises from the loss of control before death, which energetically demonstrates to the ego that it is not omnipotent. At the same time, the ego feels the deep longing for fulfillment and connectedness. Separation from the divine causes us to forget who we really are and mistakenly identify ourselves entirely with the thought-creating ego construct.

We quickly learn that we feel a form of happiness that brings us joy. It comes from our natural origins. It is the natural reward system. In nature, the reward system is designed to learn. By learning a context in nature and then successfully applying it, that is, controlling it, we feel happiness. The mind learns rather quickly that by successfully controlling it, it can experience happiness. It then creates the illusion that with increased mental control it will experience fulfillment. It creates a dependency. Greed and addiction spring from the dependency, leading to more and more control. In addition, from the loss of control, from the fear of death, arises over-compensation, which increases our desire for control over happiness. We unconsciously try to satisfy the deep-seated longing for fulfillment and connection through mind-controlled circumstances. The mind then creates all kinds of goals based on control, and in the process, to control others. The abuse created by this becomes the drive of life. The ego now believes it can find lasting happiness through control. However, any

form of control results from unconsciousness and therefore promotes the unnatural separation of all things, creating incredible suffering.

*If we are not present to life, we are a servant of the matrix. The matrix is within us, we just need to free it from our minds. It is a web of thought-patterns.*

## The Matrix

The matrix is the result of forgetting who we are and becoming unconscious. The matrix is the egocentric force of people who strive for happiness through control. It is the illusion of the mind that it can gain knowledge of something from within itself and truly control its actions. Thus, the matrix arises from our mind and finds its way into the world through our unconscious decisions. We thereby create dependencies that cause suffering. So the egocentric active force creates mental dependencies on something in order to experience happiness. As soon as I have to do something, I am a slave to conditioning, that is, a slave to my own mind.

The ego wants to control every area of life:

*For example, I myself was addicted to sports for many years of my life. I used the feelings of happiness of my body to distract myself mentally. If I was not able to do sports, I did not feel well. In the end, I used my body over the years to generate*

*happiness. Unconsciously, I was counteracting not fully following my heart's truth. I started instrumentalizing the joy of movement to experience happiness. This is the matrix.*

Everything we control mentally, we must hold with force. Lack of force, however, is the flow of the Divine, in which pure Being creates. A world that finds form through this is a harmonious world according to the natural order. It makes a difference whether our actions come voluntarily out of abundance or out of compulsion. Any form of compulsion is an abuse and leads to suffering. Thus, two people can do the same thing and only one will create suffering. One of the two is not dependent and draws on his own strength because he is connected to the Divine. It is this abundance that does not take anything away on either side, but gives and enriches. It is this independence and freedom that will lead to peaceful harmony in the world. The freedom of pure being, which is detached from place and time. Here the Divine finds expression and works in the highest sense in the world. Free from hatred, impatience and insecurity. Here we are in primal trust.

## Control or Trust

How do I recognize abusive behavior? Am I fostering a dependency? Or do I draw from my own love and give without making any demand?

All controlling, compulsive behavior is of the matrix.

## The abuse of power begins within us

The root of the abuse of power is within us. The first abuse of power begins in our own heart and thus grows through us into the world. As soon as we ignore the voice in our heart and let our mind, the ego, decide, we place ourselves above the Divine. We think we know better than the universe from which we emerged. So our actions that follow from this are egocentric in origin. It does not matter then what we do. It is rather the question from which consciousness it comes. If it blossoms out of being, it is of divine nature. We are then in the flow. However, if we follow the controlling impulse of the mind, it is an abuse of our own heart. The ego always wants control over the situation and tries to achieve it through self-manipulation by means of fears. Opposed to this are the impulses of our heart, which always give us the divine direction. A power struggle arises within us. Do we follow the impulses of control or do we trust and listen to our heart. The inner battle we wage between mind and heart is emblematic of the spiritual



battle of good versus evil. Good represents the forms of love. It represents the primal trust that I am taken care of when I follow my heart, because then everything happens according to the divine order for my very highest good. Evil represents all the forms of fear that create the illusion of control.

Every single decision we make thus serves either good or evil. The complexity is caused by our energetic manifestations. The energetic stress of our blockages must first be cleared away, because it keeps bringing us back to the same situation so that we can heal it. Thus, when we are triggered, we also have no real chance to fully maintain connectedness because we have to keep going back to clear the energetic blockage. So the constant jumping between connectedness and blockages is the path that eventually leads to pure connectedness. This is the path of love. Letting go through forgiveness and step by step towards fulfillment.

To lead the inner struggle means for us to recognize all self-manipulations resulting from blockades or fears and therefore to dissolve them. From the egocentricity, manipulations or violence follow as a result of these behaviors in order to change the own direction or that of the other according to the egocentric interests. Thus, it is always connected with an intention to reach a certain goal, whereas the presence with the True Self always represents a lack of intention, since it is already fulfilled and whole. The ego does not respect the free choice of the other. It tries to force something through control. Every decision we make because of the ego is based on fear. Fear of a lack of need in the future, whereas the decision is

made from the heart in connectedness, that is, out of love. Absolutely every moment we can decide: Trust or control. Do I listen to the voice in my heart or the thoughts? Divine, omniscient or surely knowing, stupid. Nothing else is. Either a choice for love or a choice for fear. If I choose fear, I am placing my mind above the Divine, Omniscient. I abuse my mind to manipulate the divine order. I put myself above nature, above God, thinking I know better. My mind over my heart. As if the ego is an internal energy that empowers the mind as the true leader. This is where the first abuse of power begins, from which all others spring. It is the root of all the oppressive powers in their infinite manifestations that lead to immeasurable suffering. Thus, egocentric action inevitably leads to an abuse of power. The portal in the heart closes more and more and as a result we make ourselves dependent on happiness on the outside. So if I manage to remove all the blockages in me over time and to find my way back to my basic trust, I simultaneously decide more and more for love. The good in me wins and exactly through this I carry it out into the world through all the energy that radiates from me.

The mind calculates. It wants to create dependencies and bind people to itself. It is constantly looking for opportunities to create happiness for itself from the outside. It is not able to rest and be in the middle. Constantly at the compulsive doing. To the point where we have the profound experience that we already carry within us everything we really need. We carry it in our hearts. Someone who is still dependent on happiness on the outside is, so to speak, still a servant of the matrix, because

any dependence testifies to an unfreedom and dishonesty towards oneself, based on the realization that we are all free. Do my actions stem from a positive voluntariness or a fear-based compulsiveness? Namely, by following joy, I am trusting. This is the right motivation for a decision. Does it feel joyful and exciting?

*Every person who has corrupted himself secretly can't stand it if other people don't do it themselves, so he badmouths people. Where there is light, there is shadow.*

## Interpersonal dynamics - abuse of power on others

The self-centeredness<sup>35</sup> that has arisen from unconsciousness, motivated by the fear of death and the longing for fulfillment, makes use of the human reward system that always creates a perpetrator-victim relationship through control. The perpetrator who sets conditions and the victim who fulfills the conditions. In this process, both receive a feeling of happiness through dopamine release in the brain, which they confuse with the path to fulfillment and thus make themselves increasingly dependent on the conditions set. The perpetrator feels a lack of happiness and hopes to satisfy it with control. He exerts energetic pressure on the victim, who now also feels a lack. The victim now feels an energetic imbalance. If the victim gives in to the control, the perpetrator receives a feeling

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<sup>35</sup> *Dynamic: mind identifies with itself and experiences happiness through separation.*

of happiness about the control that has taken place. The victim also receives a feeling of happiness because the energetic pressure is removed. By giving in to the control, the victim becomes a perpetrator on himself. With each control that affects two people, the hearts of both dull, with another control becoming more likely. After a time, the brain becomes accustomed to the stimulation of the set stimuli and needs an increase in stimulation to maintain the dopamine release, at the same time the hearts become more and more dull. Addiction and greed develop. For this, higher conditions are set, which the mind equates with more happiness. If the victim does not fulfill the conditions, higher pressure in the form of force or manipulation is exerted on the victim to make him fulfill the conditions. If the victim complies, both perpetrator and victim receive a feeling of happiness and the whole procedure is repeated. If the victim manages to remain unimpressed even in the face of violence and manipulation and thus does not react to the control drama, this leads to a feedback effect. A final withdrawal is put in front of the mind and there is no release of feelings of happiness. This feedback effect ensures that the mind learns that this approach is no longer worthwhile.

This dynamic is the culprit of all the imbalances in the world, because ultimately more and more control is expended to experience happiness. At the same time, abuse is increasing on the other side.



School children in Medellín, Colombia

Thus, the matrix only works with the egocentric agency that results from the perpetrator-victim relationship. We are perpetrators or victims as long as we still depend on the approval of things outside to feel true happiness.

It is important to mention here that the vast majority of people are not aware of this. Their conditioning, formed by upbringing and society, makes them act exactly as they have been modeled. Power positions resulting from the system and love are thus used to steer our behavior in a certain direction. The way direction is exclusively egocentric nature, because it does not accept our free will and wants to override it by means of

manipulations and force. Who does not decide consciously, over him is decided. It can be said: So it is tried to strive for more and more happiness and at the same time one receives it only if it is attached to bigger and bigger conditions. The egocentricity finally ends up in the total control, because it needs more and more happiness to continue. The abuse of power is the biggest enemy of mankind! It is he who inevitably arises from the egocentric striving. The logical consequence of it is to pay no more attention to the egocentricity, thus it disappears<sup>36</sup>. First in us and thus out of the world. All that thrives to which we pay attention. Decide wisely, decide mindfully. The abuse of power is the result of forgetting who we are and blindly following the dependencies. We begin to impose them over the will of others.

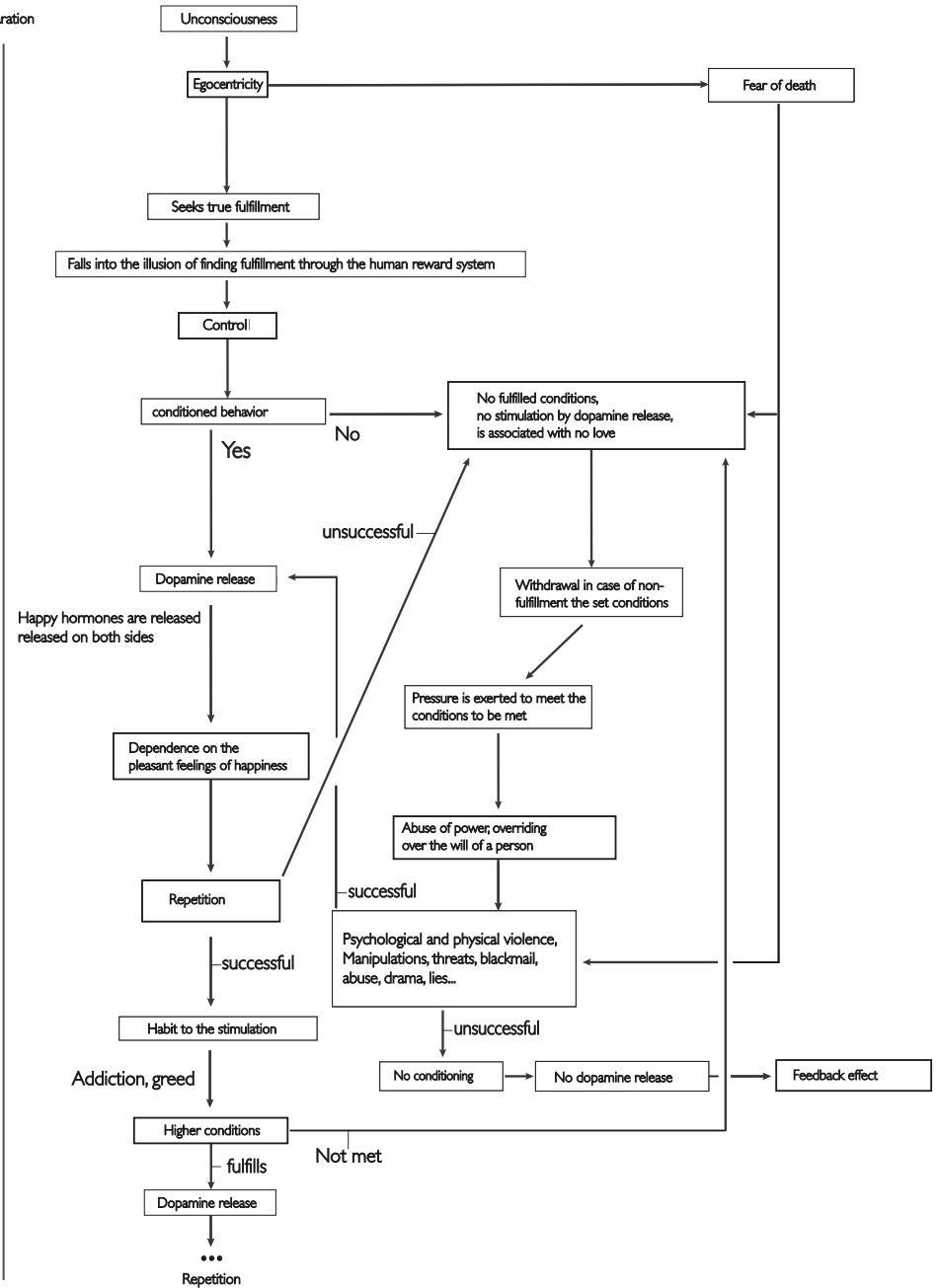
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<sup>36</sup> *This requires that we fully perceive the forces of egocentricity at work.*

# Matrix detail view

## Happiness through control

I. separation



∞ Separation

Annihilation is the most violent expression of the ego to impose its will. It is the highest form of separation. It finds expression on a large level in war. On a small level, it would be murder.

*Egocentric power inevitably leads to corruption, has an endless potential for increase and expands every moment, like the universe itself.*

A small example will illustrate a simple manifestation of the matrix.

Person A and person B are in a relationship. A writes a short message to B. B sees the message but does not respond because she is busy. A has by now become accustomed to B's attention and now feels a lack of happiness because she associates happiness with an expectation, that is, the expectation that person B will pay attention to her as usual. Person A now confuses the lack of response to her message with not experiencing love. Person A tries to build up pressure by sending a second message. The pressure built up represents the abuse of power, as an attempt is made to influence the direction of another's path due to one's own lack.

Person B feels the pressure and must decide whether to respond to the control drama. If B now reacts to the message, although her intuition is against it, she herself commits an abuse on her heart. Person A then receives a feeling of happiness. Thereupon person B feels that the energetic



pressure of person A falls away and also feels relief. As a result, both persons have succumbed to the abuse of power.

Ultimately, it is an energetic dependency relationship that corrupts both more and more, blunting the heart more and more and creating suffering.

*So, in summary, the matrix is thought patterns about dependencies that arise when we forget who we are. All controlling behavior stems from the matrix and even the strict expectation of something is an energetic control.*

*In reality, it is often the case that we will disappoint those around us if we do not act on what are often unconscious attempts at control. Especially when it is our loved ones, it becomes difficult to resist the matrix. We just have to trust that if we follow our heart, they will still love us. I mean, that's true love then. Being happy for someone when they are happy and following their heart's path. If we are not honest with ourselves in depth, we cannot be honest with others.*

*Every position of authority is therefore a position of abuse. Very few people can resist the abuse of power! Most people enjoy it too much when they are worshipped. They see themselves as more superior than other people. For example, a spiritual teacher withholds information from the student because he fears to be worth less without this information. He enjoys his higher inner attitude toward the student and is afraid of being less special without the withheld information. This inner attitude has logically led throughout human history to the formation of an incredibly large power construct of the matrix. The logic of power is that it is*

*pyramidal. The higher you look, the more concentration of power there is. Anyone who sees through the insane systematic exploitation and brings it to light is either corrupted by the matrix or destroyed. Every hierarchical system reflects the same systematics. Our modern coexistence has formed because of this power construct.*

*The principle is always the same. From this results purely logically a pyramid form, by which an ever larger control develops, which leads inevitably into larger dependencies. In the process, this power instrumentalizes everything and everyone in order to generate even more power. Purely logically, it spreads through every area of life. Like a virus. Lack of freedom and control are mutually dependent.*

## Abuse of power in Medellín

Abuse of power always works according to the same principle. Egocentrism, motivated by injuries, conditions and the consciousness of lack, uses all kinds of control mechanisms to concentrate as much power as possible. Every egocentric striving for power automatically leads to the fact that on the other side man and nature are deprived of energy. In order to maintain this imbalance of power, egocentrism works with all kinds of means of control, including fear-mongering, psychological manipulation, physical or psychological violence such as lies and deception. The greater the egocentric need, the greater the likelihood that great suffering will occur on the other side due to an unnatural energy imbalance. For example, here in Medellín, Colombia, the paramilitary controlled an

important trade route to the Pacific and Central America. The government's idea at first was to stop the illegal movement of people and commerce to make the city safer. However, the paramilitary quickly took on their own interests and made sure that only traders selected by them were allowed to pass, so that they used their position of power to profit energetically, i.e. for a fee, from the regulation of the movement of goods. This abuse of power did not stop at human lives. Thus, the paramilitary received the state order in the name of democratic security to arrest or shoot guerrillas in the city. In the process, all those who participated in the murder of a guerrilla were awarded a bonus for success. The paramilitary then began shooting civilians, declaring them to be guerrillas, just to collect the success bonus. 1988 - 2011, there were 2,248 officially confirmed civilian killings, with the Special Justice for Peace recording 6,402 civilian killings. Human lives in exchange for their own egocentric pursuit of power.

After all, the soldiers received a fixed salary and were thus already protected by the state. This is only one dramatic example of an infinite number. I want to show with it that for the egoistic striving for luck no suffering is too large, which develops from it for fellow men or the nature. It is also in no case to look for the guilt with someone, because the human being is capable of everything. To the most unimaginable beautiful things and to the most unimaginable cruel, bad things. It is a question of consciousness and will. The more conscious we are, the more we can really choose sides. It always depends on the conditions we find in the particular life.

And so we should rather start to look closely through mindfulness and try to cultivate understanding in order to thus feel compassion. In this way we come more and more into our full self-responsibility and stop the negative forces through forgiveness. In this way, we dissolve the energetic barriers that separate the world.

If man were to learn from history, the powerful structures that keep man so small and downright enslave him with fear and worry would be dried up. Man would consider very carefully to whom he gives his power.

Whom do I make strong by my actions?

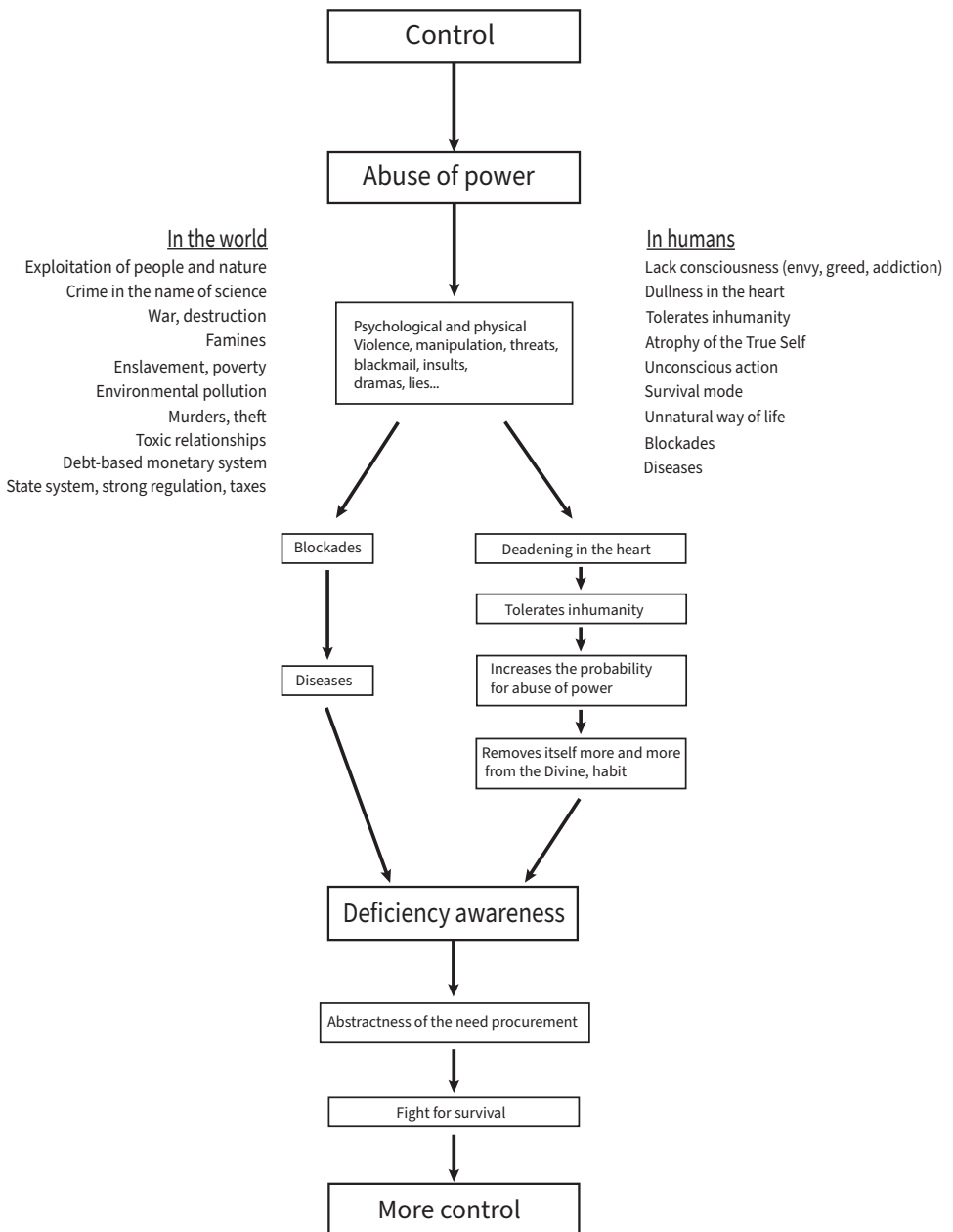
Energetically, I make the side of fear strong when I act out forms of fear. For example: I am afraid of the future. Therefore, I hoard my money and save. The money I lend to the bank, for example, the bank uses to generate higher profits by investing it in armament companies. The arms companies are interested in war and manipulate politicians into making more aggressive decisions.

It has already come to the point that it is inconvenient to make those strong who have good intentions. Inconvenience leads to bondage in the process and that is exactly what is being exploited. Every time we choose a convenience, we make ourselves a bit more unfree. If I use a smartphone or the Internet, I am simultaneously giving away private information. Do I use VPN encryption on the computer and accept to pass the "robot tests" required by the website. Or do I not care about registering my IP address in the databases of companies

that create ever more sophisticated, subtle manipulations that steer us in a direction that serves them. The principle here is that it promises more freedom and advantages in the short term, but leads to more unfreedom in the long term! Our society is virtually conditioned on short term, so that they will not be apart the long consequences of a decision any more. The survival mode is certainly one of the reasons for this. So one must assert oneself against the majority society, consume more expensively or more lavishly, spend more time. And one must jump over one's own fears and worries. Here at the latest is weighed, because more time expenditure at the one place leads to renouncement at the other. Since we resemble in our society a highly-bred engine, which is susceptible to disturbances at small influences, it is our doom and requires great courage and determination to break out there. And often doesn't work out until we break down at some point in our lives. Illness and pain of loss lead most people to their own truth. We've already lost too much, it's already five minutes past twelve. Humanity has suffered enough, it's time to look truth in the eye. Greed and addiction from self-centeredness leads to the downfall of mankind!

# Derivations from the abuse of power

*"infinite phenomena of suffering in the world"*



## Blockades

Every abuse of power leads to the fact that we store an energetic conflict in us. This is where the blockages arise, which get stuck in our energetic body and affect our decisions. Additionally, they affect what we attract on the outside through the law of resonance. As we have learned, we attract the situations in life that radiate from us energetically. The cosmos shows us in this way, the things in us that are not in harmony. If we do not dissolve the blockages, they may eventually manifest as disease. This is then the final cry for help: "Accept me and let me go".

I know many people who were already dying. All of them said that the turning point came when they had accepted everything and let go. This is when the miracle happened. The healing. Energetically, they trusted completely and were no longer struggling with the "disease". However, one must accept and transform the root. If we remove the symptoms, it is more difficult to get to the root, because we remove the motivation for it at the same time. If we manage to use the symptoms as orientation for our mindfulness practice, we have already come a long way. Here, together with our Higher Self, we can dive into meditation and transform the energetic root through practical acceptance. This is where true healing happens.

The best healing, as we have said before, is prevention. If we manage to penetrate and accept the attempts at control in the moment, that is, no longer fall for them, this is already the first victory on an energetic level. We remain true to our heart and

no abuse takes place within us. As a result, no additional blockages accumulate in us later. So the root of all energetic blockages is the abuse of power. So at the end of the day, we can ask ourselves: what inner conflict do I still have to accept?



## Dulling of the heart from the abuse

Hatred from abuse blinds people's hearts. It stems from the suffering caused by egocentric imbalance. With each time we ignore our heart, we reject ourselves a little bit. In this process, the inner self-rejection generates a deep sorrow. It is this grief, channeled through hatred, that finds its way into the visible world. Included in this is also when we are in inner struggle with the world as it is at the present moment. Through non-acceptance, we thus also generate grief in the form of inner conflict, which then influences our actions to that effect and thus finds form in the world.

For example, we are hurt because someone has treated us badly. By not accepting this energetic conflict, it is still active within us and continues. This inner imbalance then causes us to be less compassionate to our fellow human beings, whereby we then pass on this hurt.

This also means that the world can be changed just by observing and accepting it, so just by accepting the present moment deep in our heart as it is, we can manifest love. The more mindful we are in doing this, the more love we are able to manifest.

Grief wraps the heart in veils that make it harder and harder to hear our heart. So we make faster and faster, more and more decisions against our heart, whereby the abuse on the outside, the urge for control, also increases. The faster and faster spiral thus creates more and more suffering. In the process, we then tolerate inhumane behavior and energetically expect others to

also bow to the inner corruption. If they do not, we are confronted with the truth that we actually already carry deep within us, but have repressed. The truth is that we have acted contrary to our heart. Anyone who reveals this truth to us becomes an enemy of the ego and wants to be destroyed by the ego. Where there is light, there is also shadow.

The energetic conflicts that arise from abuse cause our heart to become more and more deadened. We do not do what we love, but what our mind, in its illusion of predictability, dictates. The norms of our society, thought patterns, beliefs and blockades also play a role here. Because no one benefits by following our heart. On the contrary. We confront our counterpart with the truth. This creates social pressure to make us act contrary to our heart's truth.

So we can say that the more our society separates, the more deadening of hearts it creates as a result. The dulling of the heart causes us to lose the connection to our Higher Self and to identify more and more with our ego construct. We tend more and more to distract ourselves and to draw our happiness from the outside. The noisy ego continues to be empowered as a guide, while we become more and more easily corrupted. Through the deadening in our hearts and our self-corruption, we tolerate inhumanity and suffering in the process. We become accustomed to circumstances because that is the characteristic of our mind.

*The brain gets used to higher and higher stimuli. The heart dulls more and more in the process. Man gets used to everything.*

Through habit and dulling of the heart, we close ourselves more and more to the wonders of this world. We move further and further away from the divine and act unconsciously, separating the world more and more. Control and habit set the tone. This creates an ever-quickening spiral as we cultivate more and more forms of fear, faster and faster. Un-awareness therefore creates the very greatest suffering on this earth, in its endless manifestations.

## Distraction from the truth results in destructive behavior

By making our happiness dependent on things outside, we can no longer be honest with ourselves. The more we become addicted to egocentricity, the more painful it becomes to face it. Understandably, it becomes visible through the increasingly extreme behaviors that are meant to promise distraction from the truth. The inner pain is projected onto the outer circumstances. It is a deep sadness about life that arises and causes a listlessness, removed from any childlike, playful curiosity. We are blind and angry at the same time, while the pain is almost unbearable. A dull, confused state of being arises. We feel an inner restlessness and need ever stricter control on the outside. For as soon as we come to rest, all that has accumulated in us over a lifetime comes to the surface. All the sadness, all the anger, all the hatred. For many, however, this is too painful and therefore they prefer to distract themselves more. By striving for higher and higher feelings of

happiness on the outside, more and more destructive behavior is accepted at the same time, which one learns to associate with happiness. Through this the humiliation to the way to the happiness is produced reciprocally with. How else can phenomena like dominations or self-injuries be explained?

The phenomenon is this: We eroticize our self-rejection because we unconsciously perceive it as the path to happiness. Well, that's a lie to ourselves that we've learned. Because in truth, we have made ourselves dependent on things outside with which we define our happiness. It is this dependency that is sorrowful, because it prevents us from being honest with ourselves and moves us further and further away from our true nature. We are then dependent on happiness on the outside and unhappy when it fails to materialize.

So the point is to be honest with ourselves in every single moment. Any dependence and compulsive action gets in the way of that. The appropriate question is: Are you allowing yourself to follow joy?

In my experience, most people think their lives are beautiful. But if you ask what their heart is longing for in its depths, the truth often emerges. A deep longing.

For example, we go to the same job every day that feels okay. We don't do what we love, but it's good enough for making money. Secretly, we'd like to do something creative, but we can't imagine making money doing it and making ends meet, so we dismiss the idea again. Over the years, with each day we decide to move on, sadness accumulates in our hearts as we

ignore it. We try to find a balance and derive more and more of our happiness from a sport we have discovered for ourselves or a life partner. We perform in our lives as we generate happiness through it. As a result, we become more and more stunted on the inside and are dissatisfied without knowing why. On the outside, everything seems fine and dandy, but something doesn't feel right.

We are not living the life we love, but a life that is expected of us. The dissatisfaction is tried to cover up with all kinds of stimuli on the outside, but after a while it grows through, so that again the stimuli have to be increased. The heart atrophies more and more in the process and cries out. We think we are happy because we feel mental stimulation, but this is not fulfillment out of being. This difference is essential and far-reaching. We draw from the outside and not from the inner source of happiness!

Suffering arises because one has become dependent on things on the outside in order to feel happiness. At the same time, this encourages self-rejection. Self-rejecting behavior is thus only subtly perceived, while meanwhile we steer completely blindly from one rush of happiness to the next. Higher goals, stronger stimuli. From one rush to the next, we try to maintain mental stimulation. It's the having that counts more than the being. Through the greedy pursuit of having, our being atrophies. Our self-rejection comes to the fore when the stimuli on the outside fall away. That is, when we let go. In rest. It is the dreaded emptiness that is unbearable for many people. In sexuality, self-rejection is even eroticized. The desire

for punishing behavior. One finds it erotic to be subjected to abuse.

Yet, whenever we let go, the truth comes to light. All the possibilities of distractions in our modern world make it even more difficult for us to allow the peace to find our true nature, and so one could certainly say here that we are not made for the modern world. The stimuli are so high and manipulate our behavior unnaturally strong, so that we can defend ourselves only limited. So the more we look for happiness on the outside, the more we will reject our True Self. The fear of inner emptiness, the fear of missing out on something is stored so deeply within us and often makes us strive very unconsciously for more extreme behavior or higher goals. We become harder, colder, more ruthless, more extreme.

We do sports not for the joy of exercise, but as a means to generate happiness, thus numbing the deep-seated sorrow within us. This is how we abuse our own bodies. This controlling, exploitative behavior can be seen individually in every area of life:

- Stronger distractions
- Higher levels of stimulation
- Accumulation of possessions (collecting)
- Harder sex
- Greedy pursuit of more wealth
- Aggression, violence, outbursts of anger
- Extreme sports
- Workaholics
- Excessive consumption of goods or information
- Addictions
- ...

Extreme pursuit of happiness on the outside leads to more abuse of one's own heart.

I ask you to answer the following questions on a piece of paper:

How do I define my happiness?

Do I have to do something to experience happiness?

Or do I do things out of an overflowing inner joy?

Our own insecurities and hurts are channeled and result in controlling behavior on the outside, on which we depend to compensate for the insecurity.

We learn to foster our self-rejection. We unconsciously project the sum of abuse within us onto ourselves or others because

we have never learned to deal with feelings and emotions. We end up in a bad mood and don't know why.

So the inner self-rejection becomes visible through destructive, extreme behavior on the outside. One does not do it out of joy, but out of hatred, anger, sadness, addiction and greed. Conversely, it can also be said that whenever we see hate in the world, we can assume that love is most needed there. So if we are free from hate, we have forgiven ourselves and are living in harmony with our true nature. Nature leads us exactly on this path. The principle here is: where there is nothing, there will never be anything.

## We live in an abusive society

Scenes of violence and hurtful sexuality find their way into our hearts at a very young age. We live in an abusive community that abuses our hearts. Our hearts are dulled by all the violence we read about every day and consume in movies, television and the internet. We grow up with it and feel it as our normality. Yet we are still too young to understand it and thus cannot even consciously accept it with our hearts. The pain is too great.





Delicate feather of a young bird

We dull and our heart closes more and more. You can perhaps imagine this better if you compare city pigeons with pigeons in nature. City pigeons seem dulled and not healthy to humans. Their naturalness is fundamentally changed by the unnatural structure of the city "egocentricity".

Their foraging is intrusive and aggressive as they have become dependent on man-made products.

The stronger the conditioning, the more likely they are to lose their natural instincts and become deadened. As a result, they

have a bad image among many people, and this despite the fact that the pigeon is a beautiful animal. The dove with the olive branch is a symbol of peace in the Bible. There is something majestic about doves. Recently I was in the city and saw how the buildings protect themselves from all the doves with metal spikes. What irony at this point. It brings to mind "The Metamorphosis" by Franz Kafka. Nature is exploited and thrown away in the end.

We are quite fascinated by how much love a baby, or small child radiates because it reminds us of something buried deep within us. So there are many people who literally consume the innocent, pure, loving energy of little ones. Often unconsciously, because they themselves no longer carry it so in themselves and thereby try to satisfy their unconsciously deep longing for this pure energy. It reminds them of a feeling, of a fresh, lively energy, which they have not felt for a long time, because they have been dulled by life influences and have themselves lost their liveliness.

Our sexuality becomes conditioned. We eroticize our self-rejection and self-doubt, that is, our subtle destructive behavior. Punishments and humiliations are thus eroticized and result in a deep emptiness, without meaning and love. Artificial stimulations and external interventions are supposed to increase sensitivity, but in the long run lead to increasingly numb sensations. We are sexually triggered by injury, often as self-punishment, and most don't even realize it; rather, they

further eroticize it. Men grow up understanding that it would be desirable to sleep with as many women as possible and often reduce women to appearance alone, thereby providing a masturbation template that also feels very empty. Interestingly, many people in relationships then become accustomed to each other and make themselves mutually dependent, which in turn results in an incredible amount of suffering. We suffer enormously because we have never really learned to be mindful of life.

*Dulled hearts tolerate inhuman behavior, because we are less compassionate towards other living beings. The heart becomes more and more deaf, because the mind needs higher and higher stimuli to be aroused. The hatred on the internet, the craving for thrillers, brutal series and porn reflect the deaf heart in our society.*

## Separation through deadening

Further, we as human beings may understand that all the things that promote the deadening of the heart divide and separate us as human beings.

So the misuse of our heart can only be avoided by being mindful of the world. The heart is like a flower, very delicate, and it closes in the face of violence, hatred, ill-will, anger, exploitation and use. Closed hearts are the consequence of the splitting off of our True Self as well as the mental separation from everything. A closed heart is deaf to love and compassion. It tolerates inhumane behavior and becomes accustomed to circumstances. It takes great strength to keep the heart pure in a world of lies and injustice while looking this world face to face. That then is true strength. To look the truth in the eye with an unclouded gaze and thereupon, although in every moment, to decide for love. Therefore it is also naive to run away from the world and to try to evade the truth. Light and love are, of course, the very highest. However, true strength is to anchor light and love in reality. Reality results from the collective of humanity. Transformation, therefore, takes place primarily when we do not run away from the truth, but transform it in our heart. Acceptance with the whole heart as the highest form of trust. Through this we manifest love in the form of compassion and understanding on earth.

It is much easier and more tempting to escape from society and keep one's heart pure and clean than to live in the midst of it and be constantly confronted with the dullness and ugliness

when one consciously perceives it in all clarity. Many conscious people try to withdraw from society as much as they can because of this. Buddha is said to have spent almost his entire life meditating in nature, until he realized in time that true spirituality is in the midst of our society. Yes, that makes sense. If those who possess wisdom and the art of living always withdrew from society, there would be little inspiration within society and less rapid advancement of society and thus humanity. At the same time, integrating spirituality into civilized life is more difficult than living out and feeling connectedness in nature or only among like-minded people. One's own strength and steadfastness is constantly tested and challenged. Not to be irritated by this and to remain truly in one's center is anything but easy and costs a lot of strength. However, it makes us stronger. This stimulates our spiritual growth, because we are challenged to transform the apparent ugliness. Of course, we will not always succeed, because who is perfect<sup>37</sup>?

The goal is for us to live with the natural order rather than against it. If we look closely at our social system, we find that it is based on an egocentric dependency system that inevitably creates much suffering.

We are still a part of this society, so not everyone can be expected to withdraw from this system. Rather, because we have become dependent, we are allowed to release these dependencies step by step in a process. Just as one loosens a

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*<sup>37</sup> Based on the assumption that our true nature is already perfect, the process of self-discovery is meant here to be non-linear.*

knot. Loosen here, pull there. It is a way and the feeling when the knot is loosened is priceless. It depends on the intentions. If they are good and we act according to our true nature from the heart, we make progress on the path of love. By making ourselves freer and freer from the dependencies and manipulations on the outside, we can integrate more and more our True Self into our lives.

The freedom of the individual then consequently always leads to humanity. Because the True Self acts without exception with intentions of love. If everyone works on himself and takes responsibility in small things, this has an effect on the big whole and the rise in the common consciousness is accelerated. Humanity in the outside is thus the total of responsibility of the individual. Acting from the heart for the heart. Unconditional love.

*In summary, then, the mental separation of the world gives rise to unnatural forces which are attempted to be maintained by force and abuse. Through this, people's hearts become more and more dull and the likelihood that inhumane behavior will be tolerated increases. As a result, we as a society drift further and further away, increasing the stimuli based on suffering in order to still feel some form of happiness. Happiness based on dependency leads to greater and greater suffering. At the same time, this moves us further and further away from our true nature. We understand less and less who we are and at the same time suffer more and more.*

## Lack consciousness

If we think the abuse of power that results from egocentricity through to its logical conclusion, we find that it always results in absolute control of the world. As soon as we let ourselves be corrupted by our ego, we support the structures created by egocentricity and thus serve the matrix. Logically thought, the matrix thereby tries to prevent everything that lets us become independent from it. At the same time it promotes dependencies.

Power is first of all nothing bad. But it depends on the intention. Empowering ourselves and living a life according to our true nature is our birthright. The power that results is one that would never consciously harm other people or nature because it is in harmony with the natural order. However, the lack consciousness has its own sense of what it considers superior. Due to the subjective evaluation of suffering and happiness, exactly this weighing has so far led to an extreme imbalance, since it was not made out of the consciousness of the True Self, but rather out of a lack consciousness. It is the consequence and thus the product of the matrix. The lack consciousness never gets enough of anything and seeks fulfillment outside. It promises itself happiness and fulfillment from goals that it mentally creates. One feels deficiencies and tries to satisfy them with control. The biological happiness hormones that the human reward system releases when control is successful are perceived as the path to happiness. The lack consciousness is not very grateful for the things it has

so far, as it gets used to all circumstances without appreciating it over and over again. Yet it is appreciation and gratitude that bring us closer to true life, as we then understand that nothing can be taken for granted and is truly secure. A lack consciousness, however, does not recognize this and tries to control every aspect of life as best it can. Driven by the deep-seated fear that it cannot survive otherwise. It always feels incomplete and strives for perfection. Even if it is reminded by life events that nothing is self-evident in this world, it loses itself again in the strong habit patterns. The striving for perfection takes place mentally. The life is analyzed and it is looked for thereby after things in the outside, which can reevaluate our life. Constantly searching for happiness, it overlooks the wonders that are omnipresent.

*All conscious decisions are good decisions. For they lead us to no longer serve the ego or forms of fear, that is, to not react. We consciously act in accordance with the natural order.*

So how does it come about?

Lack consciousness has come about because we have forgotten who we are and have lost our primal trust in life. It is, so to speak, the consequence of the abuse of our own heart. This gives rise to a dependence on controlling circumstances, which gives rise to even more deficiencies. We belong to a system that sustains itself through abuse.



A deficiency consciousness is a consciousness that the vast majority of people here in the West are in, as it is a product of all the egocentric influences we have grown up with. We are conditioned to accomplish, to stand out from others, and are constantly striving for goals.

Our competitive society, where everyone asserts their interests by force for fear that their needs would go unfulfilled if they did not, is the expression of lack consciousness. Happiness by defeating. Higher, further, faster, better. The competitive society is the product of the abuse of power that works in and through the individual. Habits and injuries set the tone. We are conditioned to believe that we must fight in order to satisfy our needs in return. Yet it is we ourselves who lead and embody this struggle. Egocentrism suggests to us that everything in this world is chance and that we must mentally control our good in order to survive. In doing so, it is driven by the fear of death. We think it would be naive to follow our heart and cannot imagine that the heart understands our complex world. Therefore, we put our mind above the truth of our heart. We let our mind take the lead and that is exactly where the first abuse of power takes place. Within ourselves. In our own heart. We do not question the oppressive powers we have grown up with. Habits largely determine our reality. We don't see through the self-induced symptoms and get lost in them when we want to change the world for the better. The jungle of symptomatology is too dense for us to see through and we lose ourselves trying to effect change. All the consequences of egocentric power shape our human world for the most part and

they are the reason that the world is the way we find it at this moment. We as a civilization have forgotten who we are. If we try to bring about positive change on one side, it leads to imbalance on another side. Only when we manage to recognize the root can we submit our actions to divine guidance and effectively bring about change.

*Lack consciousness is a construct of blockages, thought patterns and beliefs.*

The more we follow the ego, the more we dull our own heart. The abuse of power grows within us and through us. It afflicts all those directly or indirectly who stand in the way of our egocentric power. Our competitive society on the outside is the product of all individuals who carry the abuse of power within themselves and thus perpetuate it. One's own selfish interests are violently enforced out of a lack. Just as everything interacts with each other, the abuse of power of the individuals creates a system that just conditions this abuse. The free market economy is such an expression of the abuse of power. The idea of the free market is that the products that are offered should be better than those of the other market participant. The idea is to satisfy needs in exchange for energy in the form of money that can be used to satisfy more or higher value needs. One quickly learns that money is manifested energy and that money can be used to satisfy all kinds of needs. Food, sex, leisure. The more money I accumulate, the more needs I can satisfy, it seems. The ego uses this fact to concentrate as much money as

possible in order to be able to satisfy more needs. It thus promotes separation from others. Separation. Successful separation by defeating is associated with a higher subjective good that brings supposed fulfillment to the individual. The value of others is fixed on their productivity in the system. A CEO seems worth more than a cab driver. We learn to see the world and people through the lens of economics, which is ultimately nothing more than an energy exploitation system that empowers and favors those who are already at the top of the system. Our inner attitude towards our fellow human beings changes and we stop seeing ourselves as equals. The majority of the energy is thus in the possession of a few people who suppress everything in order to maintain and further expand their quest for more. However, we do not see through the system and start admiring those who have made it to the supposed top of the system and accept the competitive mentality like that. Man is reduced to his added value within the system, whereby humanity is lost. He himself becomes a product. In short, man finds himself trapped in a society whose adaptation does not correspond to the natural spiritual, but rather to an artificial egocentric, which, as already explained, makes him dependent on himself and increasingly withdraws from the natural. Has to withdraw. In order to preserve itself. The ego needs the artificial separation to experience happiness and is downright dependent on it. The unnatural control creates enormous suffering through separation. This dynamic leads to dehumanization.

*When I was a child, I could not understand that when a person suffers, not all people immediately help on the spot to "save" that person. In fact, I had to experience the logic of power and the resulting phenomena to fully understand it.*

## Abstractness of the need procurement

We, as humanity, have moved farther away from nature than ever before, and that is precisely what is becoming our undoing. The way we satisfy our needs has become more unnatural than ever before. For most of us, our relationship with nature is abstract, as we no longer feel natural life on our hands. We no longer have a relationship with our food and nature. Nowadays we can stare at screens all day in an office and still survive. This is because we have invented an energy storage device. The money. The debt. So it is possible for us to do things far away from our nature and still survive.

What consequences this has on us I will elaborate in this section.

The effort we have to make to live is disproportionately high in the civilized world. Yet the earth already gives us all that we need to live in abundance, there are enough resources for everyone.

In civilization, however, we get lost in the need-acquisition and go around in circles. The matrix leads to the fact that the need procurement of most humans remains with the attempt of the satisfaction of the basic needs. Attempt because the power top would receive no more energy, we would satisfy our full needs

and prevent it consequently with all means. The principle applies: As long as we are still dependent on the matrix, we will continue to feed life force into the system.

At the same time, we do not need so much to live a fulfilled life as we think. Spring water is the healthiest and freely available. Healthy, natural food. A warm living space. Clothing. Social needs.

Look at it in the abstract and you quickly realize that most people spend most of their lives working to acquire these basic needs. Really? We come here on earth and spend the majority of our lives working for it so that we can live at all?

There's no question that we have to spend energy on this every day. But don't make us dependent, study something for many years and then work for an exploitative company. After years of dependency, we may be able to afford property, much of which is spent on taxes, which are used for interest-driven policies and give relatively little back to our own people in exchange. Furthermore, because of the resulting conflicts, we are very likely to become ill and live a life of unfulfillment and fear. We constantly feel shortcomings. We do not do what we really love, but what is expected of us in this society. If we did not strive for needs in the system, we would no longer give power to the top of the pyramid, because we could exist independently. This independence the egocentric power will try to prevent, by all means, because independence would mean we would no longer seek true fulfillment in the outside. We would realize that we carry true happiness within us and that only a life in harmony with nature makes sense. We would eat

natural and regional food and buy only products that last. We would make honest hands strong. If we live more consciously, this would have a direct effect on our consumer behavior. Furthermore, we would let the active power of our heart decide where our life energy should flow. We would dry up the egocentric power current. The power current towards the top of the pyramid and that would be fatal for egocentricity. It needs the constant consumption, the ever increasing dependence, because it is its way to happiness.

*Through the abstractness of need procurement, egocentricity is enabled to create an ever increasing dependency, because we lose ourselves in it and this is exploited.*

The abstractness of need procurement states that we consciously do without needs in order to thus achieve an additional profit in the long run. For example, we are in an employment relationship and invest lifetime to get money for our needs at the end of the month. Accordingly, another example would be that we take out a house loan, which we pay off over several years, in order to be able to own property debt-free one day. The money system suggests a store of value for life force. Only by the fact that we use a money system, such an abstraction of needs is possible, as we find it in our civilization just now. With a money system, incredibly large abstractions are possible, which ultimately create permanent deficiencies over time, thus corrupting humanity and making it controllable. By a debt-based money system with interest one

has created an instrument of control which increasingly empowers the powerful and thus holds an ever increasing number of people captive in a powerlessness. The human being is confronted with an unnatural amount of deficiencies, which can make us ill over a longer period of time.

*Thus, any system of control enables an abstractness of need procurement, as it can thereby create dependencies.*

Of course, in life we always have to invest something to achieve a goal, but when the abstractness of our energy investment becomes too great, we lose ourselves in need procurement and people in higher positions of power purposefully exploit us. To understand this in detail, we need to understand how our perception is connected to needs.

## The perception of the world is influenced by needs

The dimension of lack consciousness is determined by what lacks we feel in life. In psychology there is Maslow's model, the pyramid of needs. It states that first the needs for survival, i.e. the basic and existential needs such as food, drink, shelter and reproduction must be satisfied before higher levels are unlocked for one's own feeling. This is followed by needs for security, social needs, recognition and esteem. And finally self-actualization.

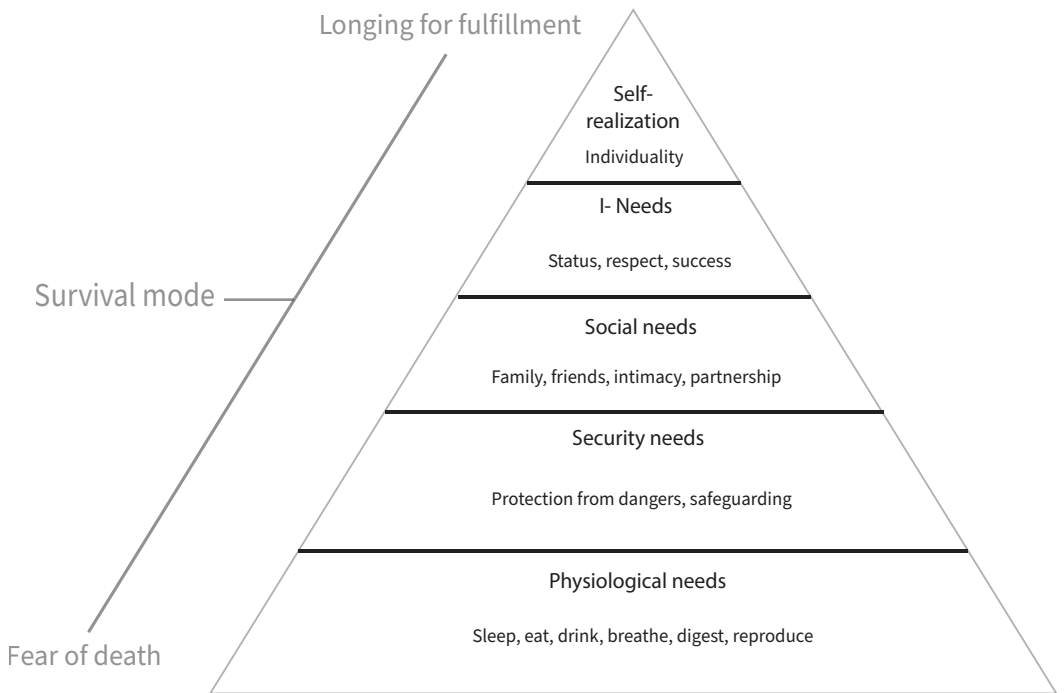
Our perception of the world thus changes depending on which deficiencies we feel. If we succeed in satisfying the needs of

one level, we move up to the next higher need level, so that we suddenly find ourselves higher up on the pyramid. Consciousness changes accordingly, as new needs are now relevant. It is important to understand that it is difficult to find one's way out of the individual levels. Due to the limitedness of the mind, we cannot imagine how a "new" consciousness will feel, would we manage to satisfy the current needs. As already explained, we cannot imagine feelings. At the lower levels, we are in extreme survival mode and our perception is enormously limited. In survival mode, we increasingly fall back on habit patterns. After all, it is designed in biology to act quickly and decisively without thinking. In survival mode, we see the world only through our own thought patterns, which reflect the essential basic needs. "Getting by, surviving." Paradoxically, we habituate ourselves to this perception of life and can often be trapped in this state for a lifetime. Our actions here are focused on short-termism and we have no chance at all to generate true wisdom. In survival mode, it is not relevant to reflect on the past. The body works at full speed because it perceives a threatening situation. The heartbeat increases and all that matters is resolving the current conflict. I also had trouble concentrating in survival mode, struggling to acquire uplifting knowledge. The body releases more adrenaline, needs less sleep and performs tremendously. However, this comes at a price, because if one day we find ourselves out of a prolonged survival mode, we may experience violent repair phases to rebalance the body. It is not uncommon at this point for a doctor's diagnosis to set up another conflict that will be our



undoing. In survival mode, humans are capable of anything because rationality is turned off. Much like the movie character Gollum. We deal with the world less lovingly because we are in an internal struggle with ourselves. Fear acts as a tremendous amplifier of survival mode. So egocentricity scatters fear and worry, whereby our survival mode kicks in more and more. This can be well observed in politics and media, which purposefully manipulate the people with fears. A danger is described and at the same time the solution is offered. The majority of the people, who are caught in the daily routine, do not see through the targeted manipulations, understandably. They function within the system and simply "do". Their perception becomes narrower and narrower, so that they become particularly susceptible to manipulation.

*The perception of our world is therefore determined by the sense of deficiency we exhibit.*



Maslow's pyramid of needs

Staying in survival mode for a long time leads to suffering  
The longer we experience prolonged deficiency, the more likely we are to experience suffering. The pyramid of needs may be

useful as an orientation for the day, but staying in survival mode leads to suffering in the long run. We are then completely overwhelmed with life and all areas of life wither away. This is because we have no resources to lovingly face the world. It becomes a test for friendships, families and our own health.

So already here we can state that through the control resulting from the unconsciousness a feeling of lack arises, which provokes an unnaturally long survival mode, which in turn leads to an imbalance of our body. At the same time, we become more accustomed to our environment, because in survival mode we resort more to thought patterns. Our perception is enormously limited, with our actions always subordinated to short-termism. No room for true wisdom can emerge. This becomes our undoing, because people with a long-termism in their actions play our short-termism in life against us. We become the plaything of those further up the pyramid of needs. We run into the same wall over and over again and get used to it. Ultimately, we lose ourselves in the lower levels of the pyramid of needs and no longer penetrate our life situation with clarity. At the same time, we separate ourselves more and more from the divine by becoming more and more accustomed, so that we are also more likely to tolerate suffering and inhumanity.

## We lose ourselves

At the moment, our civilization is designed in such a way that in order to fulfill the lower levels of the pyramid, we have to invest an incredible amount of energy in education and our work. Just to satisfy the absolute basic needs. Some people spend a lifetime paying off the house loan and are thus trapped on the lower rungs, whereas we have already realized that security is non-existent in the long term. It is a pure illusion and can only be realized in the present moment with confidence. So understanding the pyramid as an orientation in the short term makes sense, whereas it has to be fulfilled every day without sacrificing ourselves in life and conditioned to do things we don't agree with in our hearts.

The higher the control mechanisms in society, the higher the abstractness of need procurement. State structures are control systems that enforce the "above" interests by means of administration. Abstractly seen every debt system is a control system and enables abstractions in the need procurement. Which means nothing else than: Only because we as human beings can owe something to someone in a system, it is possible for us to move away from our nature.

*Any coercion causes our nature to atrophy.*

A good example is the debt-based monetary system. In nature, there is no such thing as debt. The only conflicts that exist in nature are threats to physical health. Biologically, the

abstractness of our civilization activates exactly this danger mechanism. A danger is perceived and the body reacts to it. So today an unexpected money payment can have a threatening effect on us and the body reacts according to its biology with adrenaline release and an overfunction. Debt can also cause this condition. The fatal thing here is that the conflict is not resolved within a very short time, as it is in nature. This conflict can work unnaturally long in us at all because of the abstractness of our need procurement. We are then in survival mode for a longer period of time.

So any compulsion that we perceive as threatening creates a biological danger if it does not correspond to our heart-truth and puts us in survival mode, which keeps us trapped in a limited consciousness. Emotions outweigh a person's rationality, we can no longer see through it and are then trapped in it.

*All the dysbalances of this world arise from the abuse of power of human control.*

Egocentric power causes a majority of people to be on the lowest rungs of the pyramid of needs, while meanwhile a minority occupy the top of the pyramid. This makes sense, because the egocentric power pyramid strives for more and more power in order to experience happiness, and at the same time further exploits the lower levels of society.

Thus, man is also one of the few living beings who can consciously do without needs, only to be able to achieve added

value from them in the future. However, while man renounces needs in order to achieve more needs in the future, he moves to the lower levels of the pyramid of needs. He gets used to the lack consciousness after a while and can no longer see through it. His imagination is no longer sufficient to mentally find a way out. The abstractness of the need procurement is a dangerous investment with vitality. The unpredictability of the life comes often in between and by it the people are asked to look the bitter truth in the eyes. There is no such thing as security! However, most people don't perceive life that way because they have lost themselves in need acquisition and have resigned themselves to their lives in survival mode. They lose the overview, do not question your normality further and sell their souls. People in positions of power exploit this mercilessly by keeping people hoping for a promising future<sup>38</sup> while maintaining the present fear so that people in survival mode understand less and less who they are. At the same time, they consume themselves with it. They become the plaything of those who manipulate and thus control them.

*The consequences that arise from a divided world instrumentalize the ego itself to justify egocentricity.*

Further, we make ourselves more and more dependent and unfree through specializations in our professions. People who are able to find their way in nature are, in this way, much more independent and free. We are often not aware of how much

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<sup>38</sup> *Example: empty policy promises.*

energy goes into education and the profession just to be able to afford life, which, considering our free time and stress levels, has disproportionate consequences on the other side. Most people get sick from such a life and cannot enjoy it to the fullest. In the process, we are formed at a young age through conditioning in school and work, with more and more conditioning being added until, finally, after an incredibly large investment of energy, we find ourselves in a relationship of dependency that renders us unfree. We, as the product of the matrix, are bound to our employer, the standard of living we are used to, and the survival mode resulting from fears and worries. Due to the fact that we never really feel complete, we keep attracting such situations that confirm these deficiencies to us, as pointed out in the chapter Resonance. We remain trapped in need-creation and thus in a system that gives increasing advantage to those who are already at the top of the pyramid anyway.

*The best slaves enslave themselves and do not know that they are slaves.*

Globalism obscures the power pyramid. It has corrupted the industrialized countries and the elite structures of all countries, at the expense of the poorest. Poor countries are robbed of their resources by corrupting the respective country's leadership by international interests, so that the people of the countries are robbed. Out of sight, out of mind. We do not see the exploitation directly in our daily lives, yet it is we ourselves

who make the matrix strong through our actions, which logically gives rise to the aforementioned scenarios. By remaining trapped in the procurement of basic needs, we never end up in self-realization and often cannot see the big picture. For this reason, we are ignorant<sup>39</sup>, controllable and subject to forces that serve the top. We give visible love in the form of work upwards to the top of power. So power. Lifetime as a dangerous investment that leaves us vulnerable and susceptible to self-centeredness. We corrupt ourselves only to achieve the goal we set, which merely intends to fulfill the basic needs that are our birthright. Accordingly, we become more and more dull at heart, becoming a product of the system.

In our competitive society, which suggests equal opportunities for all, it is the powerful who have increasing influence over everything. In a system based on control, power is not given back voluntarily. If one thinks logically and consistently, one finds that the matrix does everything to bind human attention to its interests.

This takes on the most subtle and manipulative forms that one can imagine and is treacherous precisely because humans are already largely unconscious. The vast majority of people end up trapped in the hamster wheel of life as a result and don't even understand it as such. But of course this is in the interest of the power top. Without condemning it. It is logical and understandable.

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*<sup>39</sup> In the sense that we live in a manipulated bubble according to the interests of the power elite and believe the bubble to be the actual reality.*



Freedom is our birthright! However, our social need procurement is designed for the long term, so that a mesh of dependencies develops, which makes us controllable and unfree. If this would not be enough, illness and suffering result from the survival mode caused by the matrix.

## *Summary of the findings*

*Lack consciousness is a web of blockages, beliefs and thought patterns.*

*Every control system operates with dependencies.*

*The abstractness of need procurement causes us to become accustomed to living in survival mode.*

*We enslave ourselves in a system where those who seek egocentric power benefit. And it is through this effect that the system sustains itself.*

*Money is manifested energy in the form of lifetime. So we have to learn to see the world, it works quite differently when we perceive this in terms of the power pyramid.*

*So we find that the egocentric power system really exploits our life energy because it lives on it. Social media, for example, does everything it can to capture our attention. Addictions and dependencies are encouraged.*

## **Illusion of the struggle for survival is created**

Deep within us, we feel shortcomings and fears. We develop the belief that we must struggle in life to experience fulfillment. In doing so, we fail to see that we have a choice. We think we have to force ourselves in a competitive society.

Self-control. However, the law of resonance keeps drawing situations into our lives that confirm these shortcomings. By constantly feeling deficiencies and perceiving life with a deficiency consciousness, we never feel whole. We are disconnected from the divine and think we are dependent on the matrix to survive. We do not trust in the divine order. In the flow. It is inconceivable to us that everything will happen for our good once we trust completely. The dependencies give rise to fears that keep us more and more trapped in survival mode. It is a restless and hectic pace that we develop.

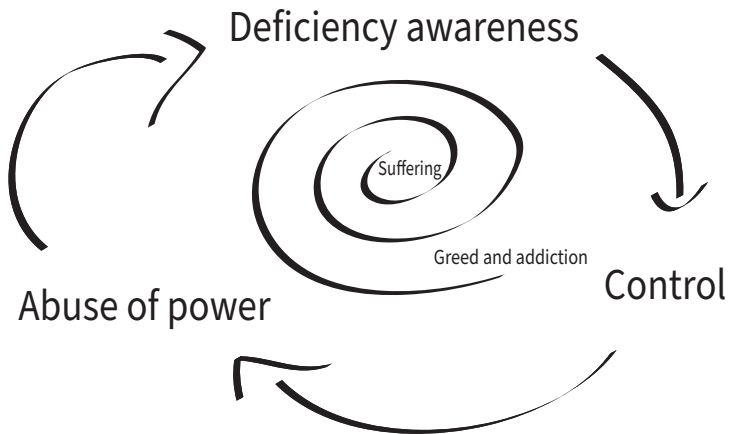
*The lack consciousness is driven by the longing for paradise, that is, for fulfillment, and by the fear of death. They are the main motivators here.*

Fear is the greatest instrument of control there is. Only with fear can people be controlled and steered in a direction that pleases egocentrism. Fears keep us small. Ask yourself once where you are still afraid.

In reality there are phenomena like: Fear of being worth nothing, fear of inner emptiness, fear of having no more money, fear of coming into true self-responsibility. Fear of not being able to maintain the controlled achievement of the goal. So the fear of living unfulfilled and failing in life. The fear of losing one's existence. At the lowest end of all fear ramifications is the fear of not experiencing love and dying. From fear comes the need to be powerful and to ultimately

gain happiness in every area of life by means of control. To possess it. To condition it and for that very purpose we corrupt ourselves. We act contrary to our heart and are a servant of the matrix because we do not know who we are. If we try to break out of the matrix, we are confronted with peer pressure. Because we have to face the condemnations of our fellow human beings. In my experience, one of the greatest human fears here is the fear of rejection. Evolutionarily, this is easy to explain, because we could only develop so far biologically as humans because we learned to stick together as a family, pack or tribe in order to survive. Thus, we have an enormous deep-seated fear of not being included or rejected by the group, because the rejection is biologically attributed to lower chances of survival. Subtly, rejection of fellow human beings comes across as highly dramatic. In addition, reproduction plays a major role in the fear of rejection, i.e., the fear that we will not be able to find a reproductive partner if we do not conform to the group. Analogized to our society, it means that action motivated by egocentric power promises higher chances of procreation and group membership. From this, the interaction of society to the individual can be deduced. So as long as the majority of society promotes egocentric striving indirectly through group conformity and higher chances of reproduction, the majority of people will also conform to it and thus adapt to it. So there is a critical mass of those who have to consciously decide for the way of love, which has to be reached so that the

majority simply adapts. As in the Asch experiment<sup>40</sup>. The break-even point of lovers. Fear of rejection through contrary behavior to the group is thus mainly caused by the fear of dying and not being able to reproduce. This consequently leads to egocentric striving, which is sustained by addiction and greed, whereby we get into survival mode, which keeps us more and more trapped in the mental ego construct.



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<sup>40</sup> *Conformity experiment, which shows that only 25% of people have the inner strength to assert their own truth against a group, while at the same time the remaining 75% conform to the majority opinion.*

## From the lack consciousness results more control

As a result, we ourselves try to exert more control in the system. This in turn inevitably leads to an increased abuse of power, which leads to suffering due to deficiencies. The inner emptiness becomes greater and greater and the unnatural separation of all things makes it less and less apparent who we really are. Life is no longer questioned in depth.

The egocentric downward spiral emerges. The spiral turns faster and faster and ultimately causes the infinite suffering phenomena faster and faster. A de-humanizing dynamic comes into effect.

## The way out of the matrix

*Once you have found yourself, there is nothing left to lose.*

The only way out is mindfulness and trust. The realization that we are never alone and always protected. Fruits from the decision for love, for the True Self and for humanity.

The matrix are mere thought patterns, it exists only in our minds. By submitting our actions to our divine guidance, intuition, and no longer abusing it, we simultaneously stop feeding energy into the matrix. A harmonious coexistence can only work if people want to enrich each other out of joy and love. A profound, honest and social togetherness that runs through all areas of life and has deeply integrated the insights of our universe. Only by letting go of the old can we free ourselves from all dependencies. Then we are in harmony with our True Self. We draw from our own Source and then bathe in fulfillment.

*In reality, there is no good and evil. Only pure being.*

Mindfulness is the key that leads us out of the matrix. By looking closely, we see the matrix in its scope. We recognize the manipulations that intend to steer us in an interest-driven direction. All the blockages that took place due to the abuse of power on our own heart over our lifetime and far beyond, we can dissolve by accepting with the heart.

This is exactly how we fight against the matrix, because we no longer follow it as it intends. It is an inner struggle that every human being has to fight with himself. No one can take it from us. It is the stones on the path of love. Through deep forgiveness and letting go of the old, we set ourselves free from it all. We find deep peace and true love within ourselves in the moment, which we can then share with those around us. We no longer let fear keep us down, because we have found primal trust. We trust that all will be well when we live according to our heart impulses. According to joy. We believe in ourselves in the depths and trust that all will be well. This is what makes us truly independent and free. When we truly believe and trust, we are always protected.

Ask yourself:

What is standing in the way of trust in my heart's desire?

*Let it go and leap into the unknown. When you truly trust, you are protected by the universe.*

This simultaneously affects the matrix itself. When we work on ourselves and stop responding to the attempts of control from those around us or the system, we are automatically disobedient with it. It is this disobedience that truly sets us free, and in order for us to be disobedient, we must be mindful of where we are merely reacting to external circumstances.



Where we corrupt ourselves in order to satisfy the interests of others. So the act of living freely according to our heart is what is healing for the world. It is joy that shows us the right path. So if we are curious and full of joy, it is already a very good sign that we are doing everything right and we are on the right path. The way of being. Always flowing and not exhausting, alive in the present moment. The greatest difficulty on the path is not to lose faith in oneself despite all the opposition and misfortunes in one's life. There is nothing more difficult than to believe fully in oneself. To trust completely.

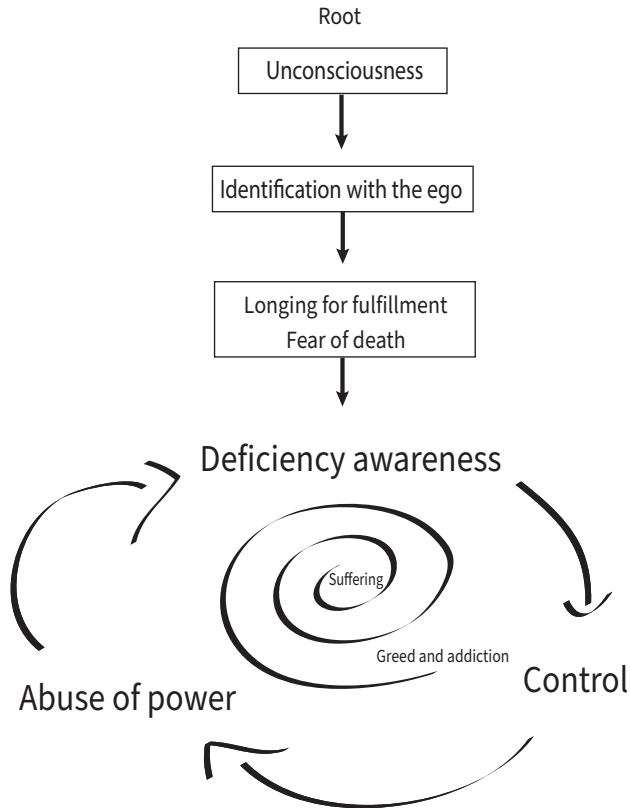
*The path of love leads you to faith in yourself.*

It is important that these mechanisms are understood by the vast majority of people so that there is an awareness of how self-centered pursuits lead to a massive imbalance in our world and ultimately become our own undoing. There is no way around the fact that more people come into their own responsibility and learn to penetrate the mechanisms that cause us so much suffering. That is my high request, that the principles of the working power are understood. This is the only way to get out of it. We must free ourselves as mankind, let us hold together, that is it that distinguishes us as humans. Consciousness protects against abuse of power!

## Justification of egocentric structures

Of course, we can still use egocentric structures. Just as we have made ourselves dependent on egocentricity step by step, we can detach ourselves from it again step by step in a healthy way, depending on the individual circumstances. I find the following very important: One can also make use of egocentricity in harmony with one's True Self. Every person has a different task here in this world, we cannot point our fingers at others and condemn them for something. I have now finally published this book on Amazon after conscious consideration. After all, one is still a part of the world as it is currently found. Only the crucial difference is that one can also be happy without it. Therefore, the trend towards natural harmony, can proceed freely. Without consciously or unconsciously sabotaging it, let alone otherwise standing in the way of it. No extreme can be expected of anyone. Rather, steps on a small scale. Through the power of inspiration, a momentum is created that leads to an ever-increasing positive impact. More and more people will discover their true nature faster and faster. The dynamics of the positive upward spiral. A big step has already been taken when there is a great awareness of power. The right steps will follow. Inspiration in context is a good orientation after all.

## XII The Ego, Deeper Understanding



We are used to perceiving the world mostly through our senses. In doing so, we see things in the outside world separately from each other. Accordingly, the appropriate question would be: Do you love with your eyes<sup>41</sup> or do you love with your whole heart? Deep attachment comes from

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<sup>41</sup> *Stand here for the ego / the mind.*

unconditioned acceptance in the heart, whereas love with the eyes sets conditionings and "loves" under conditions. Accordingly, it is not real love. The ego does not see the value of people as equal. It always wants to win and enjoy a higher inner attitude towards our environment. In doing so, it has expectations and tries to gain something from other people from which it expects happiness. It is constantly in search of experiencing happiness. Humanity is more and more lost, because we start to judge and divide people. The condemnations create prejudices. Prejudices create discriminations and discriminations lead to suffering. We begin to detest certain people, because who wants to identify with evil people? In the process, we have forgotten that there are no good and bad people.

## We are the other

We may experience that we are all connected and one. This is one of the most important experiences on the spiritual path, because it makes us understand that we are all in the same boat and everything we do reflects back on us. Therefore, we must stick together and all see ourselves as brothers and sisters in spirit. However, if we perceive the world only with our limited senses, we only see the separateness in everything. We identify ourselves with our thoughts and thus with our ego construct. Therefore, we can't find our way out of duality and we can't even penetrate mentally how this "concept" of

connectedness is supposed to work. This also makes it incredibly difficult to grasp. We are in a vibrating field which encompasses everything. The only thing that is certain is that it is the all-encompassing intelligence that is everywhere at all times and from which we have also emerged. It does not matter what we call it, it listens to all names, if we also mean them. "Pachamama, God, Universe."

This connectedness with everything can be experienced and that is what true fulfillment also means, feeling deep connectedness with everything in the heart. This is the consciousness of oneness.

This is why meditative experiences are so valuable. They let us experience the unimaginable<sup>42</sup>. Paradise. We will never be able to fully understand it mentally, because we are simply too limited in thought. The heart is like a portal to a higher dimension that reveals the transcendent truth to us. With full surrender, with the heart in trust, duality dissolves. With this, we manage to meet life with a harmony that works in us and through us. Fruits of our meditative work, that is, the decision to love and take full responsibility for his life. But the mind cannot imagine this. It places itself above people who it imagines have done wrong and therefore does not want to identify with them or engage with them further. The mind evaluates and condemns. It constantly looks for faults and makes something bad in order to feel bigger "The ego separates." Still, we really need to ask ourselves if the behavior

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<sup>42</sup> *For the ego the connectedness with everything is at first incomprehensible. It becomes convinced of it through experience.*

of seemingly evil people is really as incomprehensible as it seems? Only to the point where we recognize ourselves in you! Life shows us exactly that. We go through life, gather experience and the more life experiences and wisdom we have gathered, the deeper we meet ourselves. Provided we take the love, that is, time and reflect on it. Thereby we can feel more understanding for other people and consequently more compassion. We recognize the behavior of the other person in ourselves. It resonates with us and if we are honest, we could be. At some point, we then realize that we are the other person.

This, along with the realization that human beings are capable of anything imaginable, makes us more reverent. We all possess the potential to do an unlimited amount of "good"<sup>43</sup>, as well as an incredible amount of "bad" in this world. Every single one of us. We all carry blockages within us and possess different resources to deal with them.

On the one hand, we are better able to put ourselves in the other person's shoes. On the other hand, we are aware of our not knowing. So who knows if we might not find ourselves in similar situations if our own circumstances were to change. How can we ever judge another person? In the grand scheme of things, we begin to understand that the symptoms of abuse of power created by unconsciousness have been at work throughout the history of mankind. If we look at it abstractly,

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<sup>43</sup> *Good and bad do not exist, but in order to achieve the consciousness of Oneness, we must infuse this realization into everything we experience and see in order to be at peace with it ourselves.*

we begin to understand that the world we find on the outside right now is the result of becoming unconscious and forgetting who we are. This gave rise to the illusion that we know and can separate things. From the unconsciousness follows the imbalance of the world.

*Wars, famines, diseases, the exploitation of nature are ultimately the consequences of having forgotten who we are and blindly following our ego construct.*

## Every condemnation leads to suffering

There are many successful people who have been so unhinged by a life event that they have found themselves in a completely different life that they never thought possible. Life is like a wild ride, so many things can happen. And it often happens faster than you think, so these people probably never imagined a few years earlier that it could come to this. But that's the irony of experience, you're only smarter afterwards.

So it's up to us to reflect, forgive and grow. This is a call to look closely at what drives people to extreme behaviors. I have always found it strange that people tend to look only at the result of an act and think that they can judge the whole situation on the basis of that. It is impossible! We simply cannot know. We may integrate this actively into our life.

Imagine a small Syrian boy who lives with his family on a small farm in the Syrian dry steppe. The farm is attached to a small settlement of about forty residents. Ochre-colored mountains towering in the background dominate the barren landscape. The boy is already involved in the work by his parents and is learning the proper way to handle the animals. The increasing responsibility is traditionally synonymous with the transition from boyhood to manhood. He sees that his parents' work is important for the whole community, as they provide cheese and meat for the residents. His parents give him a lot of freedom, so he has time to play with his friends every day.

One day, the boy sets out to lead the goats to a water source. It is a great day for him, as it is the first time he is allowed to



do it on his own and, consequently, it is an important step on the way to becoming a man. After an hour of walking, the little boy finds the water source. He sits down on a rock and rests for a while. His goats drink the fresh spring water and refresh themselves. Full of pride, he sees in the goats how his family is an important part of the whole community. A nice feeling arises in him, he feels needed and useful. Half an hour passes and he sets off home together with the goats. Full of joy and self-confidence, he struts along at a brisk pace, imagining how proud his parents will be of him. He beams. Slowly he can already see the first outlines of the settlement, but something seemed different. There is smoke in the sky. A fire? He gets faster and faster, adrenaline shoots into his veins. The sound of the bells of his goats is getting louder. His breath catches. He feels sick. Nothing is more important now than being there. His little legs move as fast as they can. He sees more and more outlines of the settlement. Suddenly, he hears loud screams. "They need my help!" He's almost there when he falls. A lot of blood shoots from the wound, his knees are open. But he keeps running. He doesn't recognize the settlement anymore, it's destroyed and on fire. It smells of smoke and burnt flesh. "My parents!" He runs to his parents' farm. The house has collapsed and is in smoking ruins. Lots of blood, he fears the worst and looks for his parents in the rubble. Neighbors come running and carry the little boy away, knowing that his parents are lying mangled in the rubble and any help is too late. A few weeks later, the sad little boy was told that an American drone suspected an Islamist in the settlement and was authorized the

targeted killing. The little boy vowed to find those who murdered his parents and thus destroyed his life.

Who among you cannot understand if the boy himself is capable of extreme acts out of his grief and anger?

*It is not a justification for such acts, certainly not! But I can understand if he does it. I can understand and from that I can sympathize.*

Imagine he has grown into a man and one day men come to him and recruit him to raid an American camp that is near Damascus.

The men press a Kalashnikov into his hand and he suddenly feels a power like he has never felt in his life. Everything suddenly seems possible, he feels big and strong. He agrees and sets off with the men to the camp. It is nighttime and the men position themselves at a safe distance from the base. They are monitoring an important access road. A civilian jeep leaves the camp. With their infrared binoculars, they can make out four occupants. They relay the information to their colleagues, who plant a booby trap on the access road. The men are in a frenzy, but the man whose parents were killed becomes unsteady. He feels it is wrong and does not want to participate, he wants to stop the action. The others put enormous pressure on him and he finally gives in. They drive at a great distance behind the jeep. Their colleagues inform them that the jeep drove over the booby trap and is in the ditch. The men step on the gas, they are in a blood frenzy. They load their rifles, pull

back the breechblocks and goad each other. When they arrive, they see two men trying to crawl out of the Jeep. The men jump out of the car, and the man whose family was killed aims for one man's head and pulls the trigger. All his life he had waited for this moment. He could never understand how a person could do such a thing and now he became such a person himself. He feels that it was wrong. He sees his life only blurred, vague, without direction or meaning, he shoots himself.

I think we can learn a few things from this story. Intuitively, the man felt that he himself was addicted to egocentric separation. He could not see through the symptoms of the egocentric abuse of power. He could not understand it and reacted blindly. By not accepting the fate of his parents and not forgiving his enemies, he carried hatred in his heart through his life. Hate lives on being carried further. Just as counter-pressure leads to even more pressure and increases into infinity until it finally leads to pure destruction, hate is also carried on and on until it becomes, so to speak, uncontrollable and destructive. From this again still much more hate results. So hate always needs a breeding ground. We are the breeding ground. So our responsibility here is to transform hatred and thus break the whole chain of egocentric separation.

This is the real struggle against evil. It takes place within us. If we confront evil, we perceive our self-responsibility in the big picture. We understand what it is really about and see the one-way street that all the forms of fear bring. We consciously choose to do good and improve humanity. We are already

doing this when we embrace the present moment in all its manifestations deep within our hearts. Hereby we establish inner peace within ourselves.

This is true strength, these are the true heroes. People who work on themselves and anchor true compassion on this earth. People who transform forms of fear into love. So true strength is to feel compassion even for your "enemies<sup>44</sup>". Choosing love means just that. It makes sense on the very highest level and serves all people, including future generations. We have understood that there is no good and evil in the present moment. In truth, there is only pure being.

*"He who plants trees, though he knows he will never sit in their shade, has at least begun to understand the meaning of life." — Rabindranath Tagore*

*We may learn that all judgment and condemnation leads to discrimination.*

Only through deep listening and understanding, can we break down the walls of discrimination, recognizing that they are based on mere ignorance.

Observe yourselves where you still point fingers at others. Even seemingly evil people, by their actions, wake up sleeping people. So how can we ever tell if something is good or bad?

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<sup>44</sup> *By calling people enemies, we are already separating. If we manage to see a person in search of love in the respective situation, we have already come a long way.*

## Expression of separation

The ego always wants to win in order to experience happiness, and it is this that is ultimately unfortunate. This is because it accepts inhumane circumstances in order to do so.

The unnatural separation of all things always comes out of unconsciousness and takes place in life through the certain knowledge about something. With the dogmatic knowledge about something we create the duality which is detached from the divine. The mind functions only with separation and is "dumb" like a computer without the divine guidance. Because separated from the Divine, identified with itself, it is a dangerous tool, which by means of violent control, seeks repetition.

So how does separation find expression in reality? It finds expression through the inner, higher attitude we take toward our environment. We try to separate ourselves and therefore understand ourselves as superior to our fellow human beings. It is based on the need to control one's happiness and manifests as:

*"evaluation, condemnation, discrimination, violence, threat, individuality."*

We cannot evaluate whether a person who separates is good or bad, perhaps this is exactly how creation intended it to be, so that it would teach other people an important lesson and wake up humanity in the long run with it? Even though it may seem

obvious. Consequently, we cannot evaluate whether people who separate are good or bad.

Only we ourselves can bring our actions into harmony with our True Self and accept the present moment as it is. If we were to start judging people on the spiritual path, it would be a sign that we ourselves have not understood what it is all about in depth. If it is we ourselves who feel stress with a situation in life, then it is we who are fighting that battle and manifesting it here on earth. We must first find peace within ourselves. Then the world will also become peaceful.

It is also not about teaching people, not about condemning. It is only about letting our heart's truth decide what it wants to express. It is about being honest with ourselves and trusting that if I believe in myself, I will be taken care of. Live the change and thereby be a living inspiration to others.

*To summarize:*

*By evaluating or judging a situation or a fellow human being, we create the discrimination.*

*We separate out of unconsciousness because we are caught in the illusion that we can control nature.*

*We think we know better. The symptoms that result cause us to separate more. However, the more we separate, the more inscrutable the symptoms become to us. We fail to recognize the root of all evil. An endless loop of separation that makes us move further and further away from nature, with the*

*consequences becoming incalculable. It becomes more and more difficult to find back to the primordial trust. This is the egocentric downward spiral.*

## The ego separates out of fear

For example, village communities often fear the stranger and separate themselves from it. They radicalize out of fear that something new might change their strict traditions. The traditions give them support and so they fear change. They are afraid of losing their *raison d'être* in the future. Motivated by fear, the mind badmouths the foreign and is truly at war with it. This leads to radicalization and abuse of power on the part of the villagers.

Reasons why we separate are always based on fear. We are afraid of not experiencing love or of dying. If we do not find our way back to the original trust, we live trapped in this fear and constantly feel lack. We perceive the world through lack consciousness. But those who are afraid do not trust and have lost their way. So seeing it as an orientation for our self-work makes perfect sense.

Only the expansion of consciousness can protect against it. That is why it is essential that each person first meets himself. We trust in our uniqueness and in life itself. We carry the connectedness with everything within us and thus begin to recognize ourselves in everything. We feel that any form of fixed structured groups, means artificial separation. Separation

from something that is not separate and thus does not correspond to our nature. Sport is a good example of how, when we pull together in the moment, all discrimination begins to dissolve in the present moment. It doesn't matter now who you were and where you come from. It is a matter of reaching a goal together. It is not for nothing that it is said, "The enemy of my enemy is my friend."

*So we may realize that the only enemy we have in life is ourselves, as long as we still identify with our ego.*

We can apply this here and now to our life together. Our goal here is to live peacefully in harmony and fulfillment. It starts with ourselves. Out of this will blossom a harmony in which there are no compulsions to belong to a certain structure. Everything finds its order as if by itself, according to the natural order. In the natural order, no one puts himself above the will of a peaceful person. It is necessary to put aside pride and ego and to consider ourselves human beings as equals. Everybody can ask himself where he still separates mentally, sees himself higher than other people, belongs to groups that promote this separation and see themselves as higher.

If we consciously perceive where separation leads and where it works in us, we can consequently put our actions in the context of connectedness and thus bring about change. We then realize that suffering leads to even more suffering and that it would be hypocritical to go on like this forever. We then simply feel in our hearts that only togetherness is right and makes sense.



*Every form of firm union is an expression of separation.*

However, our social system is currently still built on separation, so that those who are successful in separating are rewarded and supported. The competitive society only reflects the mind of individuals, all of whom are trying to obtain happiness on the outside through more money, more admiration, and more prestige. We perceive life from a lack consciousness, making our added value dependent on external circumstances. Fears develop from this, out of which addiction and greed arise. Since childhood, it has been drummed into us that it is highly desirable to distinguish ourselves from others through performance. We find it essential to struggle in life. We live a life led by our ego:

*"better, faster, higher, further, more, better looking, healthier, richer, bigger, sexier, more spiritual, more tenacious, more flexible, smarter, more creative, more skilled, more inventive, more loving..."*

Me vs. or us vs. Separation! The root of separation begins in the mind, so we must start in the mind to dissolve separation. This is where a complete shift in thinking is needed and thus we as a society must begin to celebrate those who live happy, fulfilling lives with values of love rather than those who strive for self-centered, greedy behavior. Indeed, self-centeredness separates that which does not want to be separated. The Divine.

First we must learn to accept the present circumstances as they are, flowing from the deep insight that the present moment is in harmony with the universe, without obsessively wanting to understand it. Thus we dissolve the artificial separation and everything else can unfold. The natural law of resonance also plays into this. For if we recognize the separation on the outside but have stress about it ourselves, we carry the struggle around with us and are thus a mere servant of evil. It is then we who manifest this struggle here in the world, for we do not accept God's will and thus energetically place ourselves above Him again.

*If we experience injustice and are sad or angry ourselves as a result, we carry the forms of fear out into the world through this if we do not let go of it ourselves. For we do not muster the strength to humbly accept the situation as it is.*

By having stress on forms of separation, we thus fail to realize that we cannot judge their *raison d'être*. So the fact that we are in struggle with the situation shows that we are not in trust and thus we ourselves stand in the way of a flourishing world. We are vibrating lower and blockages are forming within us. Again, heal yourself and you heal the world. It is important that we have a goal in mind to work towards. Without a goal and direction, we achieve nothing. Energy wants to be concentrated. Focused energy is the strongest energy. Everyone who helps is an asset, because just as a single thin branch breaks easily, several taken together are incredibly strong. When everyone works on themselves, it affects the

collective vibration and the shift in consciousness is accelerated.

## Individuality is an expression of separation

Individuality is often an expression of standing out from others and comes from the ego itself. The ego always wants to be something special and tries to place itself mentally or physically above other people. We understand ourselves mentally as superior. If we think that we are upgrading ourselves through external or special things, we are thus feeding this mindset of separation and contributing to disharmony through our thoughts and actions. In contrast to this is the natural individuality of the True Self, which is never constructed by thought, but arises naturally out of being.

So ask yourself at this point, if there is something in the outside, by which you mentally determine an added value for yourself, which puts you above others. We need to experience that our unchanging nature is already unique and whole. Nothing external can really add value to us, so we all possess natural talents that distinguish our True Self. In essence, we are already individual.

I mean, that's some good news. You are perfect the way you already are. Regardless of what you once did or happened to you. Every moment we have the opportunity to begin again. Experience does not define us, rather it shapes us. Remember, there is no blame. We are all here to experience and grow, that's what matters! The shackles of the past must be removed

and the way cleared for a life of true freedom and fulfillment, in a new life where there is no separation. Instead, connectedness, understanding and compassion. In addition, you are allowed to be as you are, without fear, shame and limitations. You are allowed to live your unique presence, your unique talent to the fullest.

And no, change will not come overnight, not overnight. We are growing there, slowly but surely and until we have arrived, one or the other structure will probably have to stay. Which one it is and to what extent will become apparent and need not concern us at all. What is important is that each individual grows in consciousness and manifests the change through his presence alone and thus brings it forward. That is what counts. Once you find your True Self, you will feel your true nature so much that you will simply know that you already have all the knowledge within you. Your heart already knows all the answers. You don't need anyone to patronize you. You have already come to this world whole. You already carry your uniqueness within you. All fears dissolve with the deep realization of this, because we act fully in trust. This in turn is essential for humanity, because with it we stop splitting off and separating. Any class system will thus dissolve all by itself. We feel that every human being has the same value. Live and let live, we get a great understanding of the natural individuality of everyone. However, the ego must realize and understand that a divine power is now in charge. Only when we have found confidence in our true nature will this be so. This will then also be the point at which everyone will respect and tolerate the

heart's path of the other, without making any condemnation or judgment about a person. The ego will no longer have a breeding ground to divide people, because it is weak compared to the divine within us. In time, the collective consciousness will no longer be susceptible to low vibrational frequencies, while at the same time only people with good intentions will be empowered.

At the moment, the majority of people are still largely dominated by their ego. They are in the run to higher and higher achievements, for the simple reason that they promise themselves fulfillment from events in the outside.

The illusion is created that avoiding the ugly and difficult things in life is true happiness. So they try to eliminate the ugly and heavy things in life by concentrating power. They strive for happiness on the outside, which they hope to achieve by cutting off the ugliness and adding externals such as luxury, exclusive experiences, prestige, consumption, and adventures. The inner emptiness, however, remains. In the short term, they are happy, but immediately afterwards they become accustomed to the new state.

Thinking you're happy doesn't necessarily mean you feel the connection wholeheartedly.

Rather, thought stimulation leads to brief moments of happiness, during which it is the heart that feels long-term happiness, fulfillment, and connectedness. The heart is the key. The portal. That is where paradise is. However, the ego gets used to beauty. It does not see the omnipresent wonders, but is very dulled by addiction and greed.

## Douala - where the ego leads

On my trip to Cameroon, I learned a lot about egocentricity. I saw people in Douala living in the most deplorable conditions in slums. There was dirt, plastic and suffering everywhere. People were just trying to make money out of everything. I drove down the street and saw people holding killed snakes and rats in their hands to sell to drivers. I was told that the suffering is so great that there are hardly any animals left in the surrounding jungle. Everything is killed, including monkeys. People in Douala were very desperate and uneducated when it came to living hygienically and properly. Meat left out in the sun, plastic everywhere, noise and dirt. For example, many got their ground water close to where they urinated. For the people there it was more important to wear great sneakers, gold chains and printed T-shirts than to live in proper living conditions. Blinded by the promising wealth of the city. Blinded by prestige and status. How could it have come to this?

I assumed that Africans lived very harmoniously and close to nature, except for the bad traditions practiced in a few tribes. It seemed as if they had been eaten by greed, trying to copy the Western world. Cameroon, a country colonized in the past by Germany, England and France, that is, enslaved and still kept small by France. Even at this moment, people in Cameroon are paying with the CFA franc. A French currency that is pegged to the Euro exchange rate. Because of this

strong home currency, it is cheaper for the Cameroonian population to import products than to produce them themselves. For example, it is more affordable to buy used clothes from abroad than to produce them oneself, although the country itself has a huge cotton resource. This prevents Cameroon from having a strong, flourishing industry of its own, because this would lead to Cameroon's independence and deprive France of power. In addition, taxes are still paid to France. Patronage<sup>45</sup> and dependency determine the economic system there. A large empire with many natural resources and great economic potential is thus used and "milked". Along the way, Western companies acquire land on a grand scale with the aim of securing water sources. The water is bottled and sold in an appealing, high-quality design as prestige bottles at a high price to the Cameroonian population, which is already very poor. Further one gave away milk powder as baby food, in order to make the African population dependent on it. The saleswomen were disguised as nurses in order to gain the trust of the mothers. They then began to sell the powder expensively to the Africans in order to make a business out of the self-generated dependency and this despite the fact that the Africans mixed the milk powder with dirty water and many babies died from it.

The old rainforests with their beautiful big trees are cut down so that huge oil palm fields can be created. The industrialized countries promote the production of palm oil so much that it is one of the most important edible oils with 30% of the world

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<sup>45</sup> *Certain groups are specifically favored. Corruption.*

market. It can be found in almost every finished product and is full of saturated fatty acids, which are considered unhealthy for the body because it leads to fatty degeneration of the blood. Thus, the high consumption of palm oil does not serve human health and entails a high environmental damage, due to the large deforestation and the consequent extinction of the habitat of many animal species. Signs of greed and evil, as well as an immature, European population that gives little thought to consumption and, unfortunately, other life. As we have learned: Can make. There are countless interactions among all those who are part of the system. Each political decision maker, entrepreneur and consumer can take responsibility and set an example through their actions. After all, the powerful were also made powerful. Whether consciously or unconsciously, it does not matter. What is important now is that we recognize the egocentricity in our world as such and align our actions accordingly. In this way, we can change the world with mindfulness. Specifically, it means that your shopping list is the better ballot. Am I empowering an exploitative, global corporation? Or do I support people with values of love. We can always choose. We always have a choice, without exception. Even if it is uncomfortable. If the people in the respective positions practiced mindfulness, it would set off a chain reaction, all the way to the Cameroonian population. It's a highly complex, opaque web of interactions that influence circumstances. All we can do is take responsibility for our actions within our sphere of influence. By doing so, we are already creating the wildfire that, through inspiration, moves



the collective forward. After all, the responsible companies are still supported and were finally made strong by consumption. Everything is interdependent, hence this book, we need to start reading the connections. We need each individual to look and learn so slowly to come into full responsibility.

When I was in Cameroon, I asked my Cameroonian friend why the Cameroonians still come to the city, although the living conditions and future prospects are so bad? Why does a young man, who grows up in a nature tribe, have the idea to leave for the city and give up his harmonious family life? He tells me that the man in his tribe lives a simple life in harmony with nature. Suddenly, other young men from the city come to visit and enthusiastically report how beautiful and exciting city life is. Wealth, beautiful women, the possibility to come to Europe. A life that defies imagination awaits them. The man then becomes very curious. Had he limited himself so much his whole life? The clothes seem high quality and have a nice design. The men offer a job opportunity and finally persuade the man to give it a try. A man who is used to a life close to nature is so overwhelmed by materialism, as his senses are stimulated to a high degree. The contrast of the unfamiliar colors and tastes is so great and thus awakens a huge desire for more. The material objects and wealth entice one to stand out from the crowd. A feeling of being superior, it is the power that is so tempting. Thus, many people get lost in the city and simply get used to the circumstances of life. Trapped in search of the great happiness that fails to materialize along the way.

What remains, however, is a great imbalance and lined pockets of those at the top of the power pyramid: Elitist, egocentric structures. For this is another phenomenon of being human. He gets used to his environment, no matter how harmful it is to him. The psychologist Viktor Frankl experienced everyday life in a concentration camp during the Holocaust. He described that even in concentration camps people got used to everyday life and developed humor.

## Gratitude and appreciation

The unquenchable thirst of the ego leads one to want more and more and to simply not appreciate the true wealth that is already there. It takes the eyes of a child to see the world with its beauty again and again, and thus to encounter the fullness of life with what seem at first glance to be constant factors in presence. It is said that either you are happy now or you will never be.

We accomplish this through gratitude. Appreciation as a result of mindfulness, knowing that nothing is certain and therefore taken for granted. It opens our eyes to the impermanence of all being and makes us more loving. We learn to be grateful for the "simplest" things and discover that life is already perfect as it is. We stop striving for perfection in everything, especially on the outside, because we have realized that we already are and have everything. With this awareness, we are truly alive and living with our True Self out of the present moment.

This radical change in our view of the world requires an enormous amount of self-discipline and is the result of living in love and mindfulness. Nothing outside can make us more complete, more perfect. Often we are only grateful for the things we take for granted when we experience a lot of suffering, become ill or lose a loved one. We are then grateful for being healthy, being able to walk without pain, being alive, not being in debt. Grateful for fresh air, having a family and friends, a partner who loves us. Grateful to have enough food and drink. Grateful to have experienced such great moments in life already. Grateful for the sunny day. Whoever is grateful opens up to life and understands that everything is already there. Gratitude and appreciation flow from the decision for love.

To see a person every day anew with new eyes, without projections from the past, automatically leads to the fact that we also give the other person the opportunity and space to change. Everything is subject to an interaction and as mentioned in the beginning, we unconsciously orient ourselves to other people and the more we admire or are close to them, the more we do so. If a certain role is assumed in advance or a certain behavior is expected, the person automatically tends to live up to the behavior or role. This is triggered by people's deep-seated sense of belonging and often occurs unconsciously in life. It is pack conformity, the fear of being rejected in front of one's pack. Thus, we actively influence the behavior and development of our fellow human beings. The power of inspiration is great. So we can be sure to influence the world

most subtly at every moment with our behavior. The more consciously and mindfully this happens, the better. We thus fulfill our responsibility and anchor love in this world!

## XIII Civilization prevents self-realization

We are conditioned from an early age. As soon as we are born, we are categorized, measured and classified to fit into the system. We are given a citizenship, a tax number, multiple obligations, and find ourselves in a world of expectations from a very early age. You have many obligations, because you are given a lot, as they say. You have to go to school<sup>46</sup>, work hard, because that increases your chances of getting a well-paying job. Security. Survival. You are not complete until you have this or that certificate. We quickly learn that those who attend prestigious schools, have more assets, have nicer houses, are wealthy and educated are better.

By always having to achieve a goal in order to receive recognition, we constantly feel deficiencies<sup>47</sup> within ourselves. We do not feel complete until we have achieved this or that. We live our whole lives in this lack consciousness. Trapped in our mind, we do not recognize the fullness that is omnipresent.

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<sup>46</sup> *The school system breaks the children already in young years, so that they develop disturbed behaviors and lose their joy of life. It is literally conditioned away.*

<sup>47</sup> *We grow up with ideas that we have to save money all the time. In the end, these are always artificial deficiencies, since nature is "wasteful" and provides everything in abundance. From an early age, we are kept small in this way, as we systematically lose primal confidence.*

As a malleable product of the power elite<sup>48</sup>, it is in their interest that you be as productive as possible and adapt to the circumstances.

By not knowing who they really are, people are prone to self-corruption and do things that are not in their very best interests<sup>49</sup>. They become accustomed to circumstances and do not question life in depth. This is favored by manipulations from the egocentric power elite. Self-awareness of people is tantamount to putting their good at their center, in which case power would no longer flow to the power elite.

Fluoride is a good example of this. It is very toxic and is a component of the most common toothpaste. Ingesting fluoride has a damaging effect on our pineal chakra<sup>50</sup> and prevents us from understanding our true nature. This is because the pineal gland is a bridge to the spiritual world and allows us to see things outside of our normal sensory perception.

Thus, I have read that the pineal gland cannot fully form due to the ingestion of fluoride and consequently calcifies. Why else are children given fluoride tablets in the first years of life? Our ancestors are said to have had a much larger pineal gland and people in primitive nations do not get caries. Everyone may think for himself at this point.

In the man-made order, the matrix, you only get further and reach your goals if you yourself control egocentrically and

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<sup>48</sup> *Consequence of egocentricity, the powerful become more and more powerful.*

<sup>49</sup> *Truth of the soul.*

<sup>50</sup> *Also called third eye.*

ultimately abuse power. This is also what makes it so difficult to break out of it. It is we ourselves who have lied to ourselves for years of our lives because we have not followed our hearts. The pain that comes from this is the greatest pain I have ever felt. It is probably one of the most bitter self-confessions one can make to oneself. At the same time, it is also the point where the inner heart guidance becomes strong<sup>51</sup>. The ego so slowly begins to understand that something more intelligent and stronger is now taking over. The Higher Self.

However, the vast majority of people are still caught in dualism at the moment and cannot imagine that there is a divine harmony. Dualism describes the separation of all things. As soon as you call something beautiful, you define the ugliness at the same time. They cannot find their way out of the dualistic worldview because dualism is perceived mentally and they identify themselves with the mind. Led by our mind, we do not know who we are and then make decisions based on that. Dualism creates the illusion of knowledge about the world and bends all evidence to fit its worldview. The separation is always maintained, because it is done mentally, by a mind that itself only functions with separation. After all, the mind itself comes from the dualistic world and cannot comprehend itself. Just like a computer cannot comprehend itself, because it is only built on 0's and 1's and will never be able to fully comprehend itself even in the highest abstraction of that. The computer will

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*<sup>51</sup> As a result of forgiving oneself and others, letting go and integrating the healing light. Along the way, the ego dies a few times.*

always need someone to program it, so do we, if we identify ourselves with the "I".

If we are not aware of this, we are vulnerable to the programming of the power elite, which mercilessly exploits this for its own aspirations.

The consequences of the dualistic worldview and identification with the ego construct is the egocentric downward spiral that keeps us more and more trapped in dualism. Of course, egocentrism tries by all means to prevent us from discovering our true nature.

Dualism dissolves only through full surrender with the heart, and for this we must trust. Through surrender with full being, the transforming energies of love are directed into the right channels and we receive the consciousness of Oneness, the Christ-consciousness. This is what binds us all together in love. Everything will take shape on its own as soon as the consciousness of the collective increases. As a result, countless interactions will take place that will create a peaceful harmony in the long run. For we carry within us the profound truth that we can consciously manifest beauty<sup>52</sup> and we will find ourselves in a world where that which serves love in the higher sense endures, as a result of having chosen love and taken full responsibility for our lives. This is tantamount to facing all the suppressed pain of the heart and forgiving ourselves. From this, wholehearted acceptance then blossoms, with the matrix dissolving.

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<sup>52</sup> *Forms of love.*



At the moment, however, we are still taught from an early age that the mind is our true guide. Consequently, it primarily determines our subjective-perceived true value. The more "knowledge" we accumulate, the better, we think. The heart has its justification somewhere, but is often not really taken seriously, because the mind cannot imagine what the heart sees and perceives. In our society, only scientific evidence counts. Feelings cannot be measured and are thus deliberately excluded. With very cold people I could often observe that they retreat into their mind and start to think a person bad when they want to get rid of him. They try to ignore that they have a heart and thus dull more and more. Dulling in the heart takes place in childhood anyway. We could not bear the world otherwise, because we do not have the slightest chance to understand. A small child who is separated from its mother is scared to death. It is so dependent on her and cries for its life when it is left alone.

We have never really learned to be mindful of feelings and emotions. You can observe this well in the Western world, where psychology is only a few centuries old. Compared to the Asian world, it is downright ridiculously short. Nevertheless, the ego in the code name of the "revolutionary" science pretends a different picture. The records concerning the human psyche from the Asian area go back to thousands of years. No wonder, then, that spiritual practices such as yoga and meditation have long stood the test of time there. Ultimately, exercises to master the mind and become aware of its essence.

And that goes hand in hand with dealing with thoughts and feelings.

## Debt bondage system

The world as we find it right now is the product of a debt system that systematically creates shortcomings. As explained earlier, most of us are in the lower stages of need acquisition and live a life in survival mode. They corrupt themselves and thus become more and more trapped in the matrix, because the matrix thrives on people striving egocentrically. The matrix is finally the sum of the egocentric effective power of the individuals. It causes an abstractness of the requirement-procurement. Control systems, such as states and debt-based monetary systems, enable an unnaturally long abstraction of needs that create permanent deficiencies. These deficiencies ultimately lead to all suffering in this world. Indeed, greed and addiction via abuse of power are the main motivators to feel happiness. From chemical products to poison gas attack. Civilized life is the greatest sufferer there is. How else can such phenomena be explained? These are the consequences of the matrix that arise in the dynamics of the egocentric downward spiral. And so our present civilization is also a mere product of this vortex. Removed from any naturalness and eaten through by greed and addiction:

- We corrupt ourselves and sell our souls.
- We have no relationship with nature and are not grounded because we no longer grow food ourselves. We wear rubber soles and no longer feel Mother Earth on our feet.
- We do not breathe deeply into our bellies.
- We are not moving enough.
- Environmental toxins, such as pesticides, chemicals, heavy metals, microplastics, electrosmog are affecting us.
- We do not drink fresh water.
- We are ungrateful and not mindful of the world.
- We don't eat whole foods and chew properly.
- Hearts become dull due to exploitation.
- We are in competition with each other.
- Wars create enormous suffering and tension.
- Atrophy of family life.
- We are conditioned by likes and clicks.
- Disinformation and manipulation affect us constantly.
- Control systems, like states and monetary systems lead us into dependency and exploit us purposefully.
- Hollywood poisons our minds.
- People direct the system, profiting from human illness and lack of freedom.
- We are kept in fear and get into survival mode.
- ...

The pyramid top does not want man to go through life truly free and fulfilled, because this would mean he would stop striving self-centeredly. He would no longer feed energy into the system in which most people have made themselves dependent. The top of power will try to prevent this.

For example, one produces medicines that only eliminate the symptoms of the disease. Further one creates universities, which disinform humans purposefully. The system, which is

built on egocentric knowledge, will put the most disinformed into positions of power. The construct is then readjusted by means of money flows. In the name of knowledge, anything is enforceable these days. It is deliberately disinformed to increase dependencies, because only in this way can the power of the top of the pyramid be further expanded.

For example, in biology, no virus has ever been isolated and thus proven. The human body renews countless cells every day. The small parts, which resulted from the decomposition, were interpreted as viruses.

By describing an "enemy", one can naturally sell<sup>53</sup> the antidote.

*A system tends toward self-preservation for fear of no longer having the right to exist. This makes a system susceptible to corruption. So if the individuals in the system find independence, the systems will automatically disappear. It is a matter of returning to the original trust, of cultivating forms of love, because control resulting from fear makes us more unfree and dull in heart. It is like a relationship that withers because of control. Only in freedom, without the limiting fears, can we bloom beautifully.*

Nowadays, however, we are literally pushed into jobs that mostly only fit the vision of leadership, contrary to our desires. Only to be able to earn good money. We run through life and do not take the time to look deep inside ourselves.

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<sup>53</sup> *This, of course, has serious consequences for our belief system and therefore the law of resonance.*

In doing so, we find ourselves in a hamster wheel, ultimately with the desire to satisfy our basic needs, which of course includes having our own living space. We put up with a lifetime of paying off a house, with a job that doesn't fulfill us deeply, in a life that stresses us out and makes us sick. At the same time, we support powerful people who live in unimaginable wealth.

The richest ten percent of the world's population own more than ninety percent of the world's wealth. A few asset managers own the majority of the shares, of the world's most important companies. Behind them are powers that can easily control everything and everyone, as interests are simply enforced hierarchically downward. It is important to understand that we have also made and still make the powerful powerful. After all, we spend most of our money on products that come from the egocentric power elite and are designed to make us dependent. We live in a debt-servant system in which we are systematically kept in deficiencies. Because without deficiencies the system would not last. Every deficiency is based on the fear of a lack of need in the future. And so one has agreed in a social contract that one wants a state community because of this fear.

Our states are based on the theory that we hand over to the state the responsibility for tasks that used to be performed by families. In exchange, we pay to maintain the state. An illustrative example of this is the island experiment.

The scenario is that a group of people are stranded on a desert island. Consequently, they must organize themselves in order

to coexist peacefully. It is quickly concluded that a democracy must be created, with a leader elected from among the people. In the same way, representatives must be determined for the individual areas of responsibility. Otherwise, people would fight each other in conflicts over the limited resources, one notes. For as soon as two unfulfilled, clashing basic needs are in the room, violence is resorted to and the stronger<sup>54</sup> would prevail. It is interesting to note that conflicts only occur when there is a lack of basic needs. As soon as every islander can claim sufficient resources for himself, the coexistence remains a harmony without having to be artificially strictly regulated.

*The basic principle of our nature is that in its natural state it provides everything in abundance:*

*"water, food, air, space."*

Anyone who grows their own vegetables and fruits knows how much yield each individual can produce. My grandparents' potatoes often last the whole winter as a supply. Nature always finds ways to grow and expand.

Abundance is a law of nature. If we humans live in harmony with our nature, we will be able to experience this abundance ourselves.

Nature gives us everything in abundance and invites us to help ourselves to it. But giving and taking must be in balance. If we take too much and overfish an area in the sea, for example, it

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<sup>54</sup> According to Darwin - survival of the fittest.

will take time for the fish population to regenerate. If we are not mindful of nature, we create suffering through the imbalance that we ourselves have caused. We can no longer see through the thicket of symptoms. We get lost in the symptoms and do not see the root of the whole.

*The ego instrumentalizes the self-created symptoms to justify itself.*

An acquaintance of mine owns his own market garden. In the past, when he ordered genetically modified seeds, after three weeks he regularly received a request from the manufacturer asking if he needed fungicides. After this time, his plants were indeed infested with fungi.

Now my acquaintance has switched completely to organic planting and finds that when the plants are strengthened in their own immune system, they no longer need additional protection.

*No matter where you look, the logic of power says that a dependency construct will always form.*

No one can deny that it is not in the interest of our elite to truly improve humanity. Foremost among them is their philosophy of transhumanism. They think that man is not perfect and must be supplemented by technology. Quite openly, they announce genocide in the name of population reduction to implement their own agenda in the world.

People are so caught up in their mental shackles that they don't even perceive that. It's as if people in the Western world can no longer imagine how evil man can be. Of course, that explains why you don't get to see the direct effects of wars in the mainstream. People would probably wake up. If people saw the destructive effects of war all around, no mother would let her son go to war. The mother-child bond would not allow it. So the mother-child relationship is also a key to healthy humanity. It is the strongest force on the planet. So I have read that the sacred act of birth is very important for a healthy mother-child relationship. Again, unnaturalness, such as a C-section, can affect the bond.

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A few percent of all people own the majority of all wealth, which is nothing more than manifested energy. Life force is exchanged for money and thus the wealthy can determine the life force of the people. They steer the courses, in which humans give their life force and regulate at the same time the exchange value. Thus the gap between rich and poor is getting bigger and bigger. Even at a young age, I was able to observe how much suffering is caused by this imbalance.

*In the family business where I grew up, there were EU directives that required small companies to introduce industry standards. So with the decision on that, overnight there were investments of several hundred thousand euros for*



*which there was no government subsidy. We were expropriated overnight. Indirectly. As a result of these decisions, many livelihoods were destroyed. At the same time, the big businessmen were supported so that they could continue to expand their power undisturbed. It quickly became clear to me that these people are in no way concerned with the welfare of small businesses, but only with their own egocentric aspirations. No suffering in the world is too great for egocentricity, yet it only has its own greedy interests in mind.*

*Our money system is based on debts and interest, whereby ultimately over the years a large-scale money devaluation takes place, with which the small citizen pays the debts, by being directly expropriated by inflation, law renewals. At the same time he finances those who profit exactly from this effect. The money aristocracy.*

*Rich families who own, for example, 10,000,000 €, receive at an annual interest rate of 3%, 300,000 € profit per year. Being rich legitimizes in our system to wealth based on the fact that the citizens of the countries are deprived of assets. The average duration of a monetary system is 27 years. The richest people were able to double their wealth over the Corona crisis. It quickly becomes apparent that the system only truly serves those at the top of the pyramid.<sup>55</sup>*

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<sup>55</sup> *Prices are driven up by speculation and thus the people are indirectly expropriated. At the same time, the money flows to the big asset managers, who achieve record profits by means of speculation.*

In Germany alone, twelve million tons of good food are thrown away every year. If you extrapolate that, you quickly come to the conclusion that there really is enough food for everyone, it's just poorly distributed. There are all kinds of techniques to make food more shelf stable. Clever strategies could be used to bridge periods of time until self-sufficiency of starving people in a region would be ensured. Vacuuming, canning and much more.

At this point at the latest, it should be clear that we always have enough resources in the world. We can always rely on the fact that nature provides food in abundance, even if we cannot imagine this now in the last detail.

Egocentrism<sup>56</sup> has no interest in advancing the world and humanity for the benefit of all, although it pretends to do so. "False Prophets."

And so we just find ourselves in a world whose structures are built on overconsumption and cause an imbalance for man and nature. Those who lay the social trajectories are now the ones who call people to renounce and save. For people have been lured away from the land and a throwaway society has been deliberately brought about in the veil of economic growth. With all the consequences that are now being instrumentalized to introduce stricter laws and higher taxes. If people would

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*<sup>56</sup> Reflected in our daily lives as the powerful people who design the basic structures that show up in the form of politics, economics and science and influence us according to their interests. Logically thought to the end always according to their own interests, which can appear highly abstract to us.*

start to live more mindfully, surely not so much would be thrown away.

We would conserve more resources and an incredible number of interactions, which we cannot all have explicitly on our radar, would fundamentally change<sup>57</sup> the world. In the future, every family could grow its own food. We can trust in the basic principle of nature that it offers everything in abundance as soon as we bring give and take into balance. It starts within us. To do this, we need to find our way back to our basic trust and experience what true fulfillment means. The harmony we establish within ourselves through mindfulness would, for example, effectively eliminate overpopulation, because we could trust in the sanity of each individual. Each family would form a harmonious oasis of abundance for itself, which in turn would inspire other families to do the same. Like torches of inspiration.

It is the main problem of today's science that it tries to dissect and dissect everything, getting lost in the world of infinite things without keeping the big picture in mind. The bigger picture is that nature always, without exception, finds ways to be and to recover. So you can never destroy nature, only change it. Because everything is nature. The ignorance of the knowledgeable unfortunately leads to the idea that one can calculate all the interactions and know how the world will behave, thereby making it controllable. We can only learn to read the basic principles of nature and to accept them in

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*<sup>57</sup> Assuming that honest hands are made strong at the same time, so that the great streams of power are drained.*

humility. Nature will always recover in the long run, so it is only a matter of time. Now is the time to finally realize that we must live in harmony with it. Only a natural life is meaningful.

## Highest form of adaptation

We are in a constant conflict of interests between our True Self and society. In the process, we become so conditioned throughout our lives that we think we will live a happier life if we conform more to society. So you can also cite Darwin, who already stated that the strongest will always prevail. That is, the individuals who can best use the given environmental conditions to their advantage, and reproduce most successfully. Yet I say:

*The adaptations to our social structures are to be interpreted as a misstep for mankind. They are rather to be classified as an adaptation which enslaves us ourselves, do we not find back just by this to a higher consciousness which revises these structures then, with the possibility to break out and to continue. In other words, we cannot evaluate whether humanity is currently on a wooden path, because this wooden path may represent a sacrifice, precisely in order to reach a higher collective consciousness in the longer term, which will automatically make these structures disappear.*

Our civilized life leads in the vast majority of cases to illness and an unfulfilled existence. We do not move and nourish ourselves naturally. We do not do what we love and regularly

find ourselves in a midlife crisis. Or we even suffer a heart attack because the suppressed grief of our heart became too great.

The consequences are suffering in all kinds of forms and jaded hearts. This is not natural! It is the consequence of not following our destiny and of having distanced ourselves immensely from natural life. Our civilization is a society coerced by unnatural forces, held together in a construct of fear.

By those who, as Darwin had recognized, are the stronger, and through clever power structures keep society trapped in this construct.

The structures that keep people trapped in their fear have been with us all our lives, so we call it our normality. We often don't know it any other way.

This is because we have been so conditioned by our social influences that we can't even know how much suffering we are causing ourselves and others. Furthermore, we don't see all the manipulations that are continuously acting on us and thus through us. If that were not enough, we feel powerless as an individual to do anything against the structures and seemingly fixed conditions and often reluctantly accept it without seeing concrete options for action. We do not understand the interdependencies of our person in the collective and do not have time to reflect on them in peace.

By not asserting ourselves against the existing structures and the system or, in turn, submitting to these powerful forces, we accumulate more and more blockages within ourselves, which

in turn give rise to illnesses and general dissatisfaction. The big submission remains thereby by the many small ones.

I myself have met enough successful people who asserted themselves in the system and thus were able to concentrate a lot of power for themselves. At the beginning of the conversation they seemed very self-confident and seemingly happy. Then I was interested in what their heart was longing for in life. And the most common answers were:

*"Free from stress. Peace. I don't know."*

Followed by triggered, deep consternation and sadness. The previously confident and strong person suddenly became emotional and insecure. Without judging it, it just is what it is, nothing more. Experience has taught me that nothing is as it seems at first glance. It is always worth taking a closer look, without exception. The difference between thinking one is happy and profound fulfillment is a huge one.

Making one's own happiness dependent on the addiction to feelings of happiness results from egocentricity, that is, fearful origin. True fulfillment and connectedness results from deep connectedness in the heart. From love.

We have worse genes nowadays for the simple reason that we live unnaturally. Nature has been replaced by technology, we eat worse, take medicines and exercise too little. There are very many studies that prove how poor the sperm quality of men has become in the last three decades. For example, the

number of sperm per milliliter of ejaculate has decreased fivefold in some cases.

We suffer eye problems because all we do is stare at screens. The electromagnetic fields caused by electrosmog affect our sleep and our body's own energy system. Screens are literally draining the life force out of our bodies.

Humans find themselves in an evolutionary downward spiral that they have made themselves dependent on.

Humans have distanced themselves so far from nature that, trapped in their beliefs and fears, they cannot even comprehend themselves and consequently place their trust in a misleading structure that is not equal to nature in the harmonious process of adaptation.

The adaptation processes which Darwin observed concern the material world. But he overlooked thereby its counterpart. Of course everything must adapt itself anew, in order to exist. Growing is life and stagnation means death. Only one must differentiate between a natural order and an egocentric, man-made one.

The natural order is rather one in which the values of love endure and persist. It is always an order that serves all people and nature, whereas the egocentric order only serves the individual in the short term, based on the suffering of others.

We are currently in an energetic paradigm shift where all the low vibrational events are being flushed to the surface and only that which cultivates forms of love will endure in the long term. Thus, true growth includes the spiritual.

If, for example, in the course of egocentric adaptation, bioweapons were created which, as it turns out later, are contagious and, moreover, highly lethal, man would not survive it if he had not preemptively prevented it from coming into being beforehand, since a higher consciousness in the collective would not have permitted it out of deep insight.

The humanity is thus on knife edge, by the ever more profound interventions which influence the human being in ever more subtle forms and the consciousness growth which often arises only at all because of the unfortunate experiences in the own life stemming from the egocentricity. In the end, the principle is always the same. Symptoms of egocentricity and growth of consciousness are mutually dependent. That is why it is important now to maintain reason and insight and to strive now for a life in harmony with nature. The highest form of adjustment is spiritual.

It is even intellectually the most meaningful, since it promotes on the whole that which gives people true fulfillment in the long run. The highest intellectual achievement is to realize that we cannot know anything for sure and therefore it is best to let our true nature take the lead.

Interestingly, it is those who strive for the highest fulfillment within who have often experienced a great deal of suffering as a result of self-centered striving. Thus, it is often the pressure of suffering that helps us to change and grow. Be that as it may, it is a few people who lead and go ahead anyway and therefore probably not everyone has to receive these profound insights themselves. But rather a critical quantity, which



prepares and arranges the transition of the masses into a natural life, with which the heart truth of everyone can blossom.

This does not mean to condemn or convert others in the name of the Higher Self, for that has nothing to do with spirituality and would never be the purpose of the Higher Self. Spirituality is a deep insight that all judgment is non-knowledge. Moreover, it would be a separation by judgment and creates exactly the opposite to what the unifying spirituality reveals. Any form of conversion or judgment of others is ignorant. Wisdom also means recognizing that everyone is in growth and not all are equal. There are more than seven billion truths and everyone is equal. No one should override the will of a peaceful person. Mindfulness means taking just that into account and leaving everything as it is, that is, not forcing anything. It means honoring each person's path knowing that we cannot judge whether it is good or bad for them. We accept it as it is. We honor each other's destiny and through that, the universe. By being who you are in essence, you automatically inspire others to do the same. One's own life as the manifestation of the true divine self. If one lovingly stays with oneself, in one's truth, it automatically leads, through the power of inspiration, to inspiring other people with one's pure being. I think this is the highest spirituality. Be and live according to your heart truth and consciously choose love in the form of joy, beauty, peace, honesty, love of neighbor, compassion. If you do this, you will also anchor these energies in this world through the

power of inspiration. Through this alone you manifest humanity and help others to ascend in consciousness.

*Heal yourself and you heal the world.*

## Self-responsibility prevents atrophy

Comfort and convenience always lead to an unfree life. Giving up responsibility makes us truly unfree. In the process, egocentrism promotes comforts to make us more dependent and to steer us in a certain direction. Freedom and security seem to be always in the balance. Thereby we forget that there is no security! And with it I do not mean to provoke selfless behavior. No, I want to say that the illusion of security, with mindfulness begins to dissolve, because we realize that real life, infinitely many possibilities for us and there is no repetition, let alone something like security can give. The inert notion of a linear life disappears and the inner feeling of waiting ceases. To think it is one thing, to feel it profoundly is another. We come into full self-responsibility.

*For me it was an unforgettable feeling, I was overjoyed to be alive and jumped around with joy, followed by a deep relief. We need to deeply integrate the realization, of the uniqueness of each moment, into our lives.*

But most people are trapped in their survival bubble and do not perceive it deeply. Life is overthought in a template-like way,

so that we maintain the illusion of security and repetition. We think we can buy security and thus own it. For this we are ready to pay a high price. Our life consists of: Working, resting, sleeping, hasty sports and filling the free time on weekends with all kinds of occupations. There is no time left for a life in harmony, let alone mindfulness. We are mentally stimulated around the clock. In addition, we constantly carry a smartphone around with us, which constantly takes us out of our presence and tempts us to distract ourselves.

We carry around all our friends, work colleagues, memories and notes. Countless possibilities to distract ourselves. In short, we enslave ourselves.

We're just too addicted to recognition and validation because we've allowed ourselves to be conditioned by corporations. Likes and clicks guide our lives. In addition, we are exposed to daily manipulations that subtly try to influence our consumer behavior. In many cases by people who pretend to have our well-being in mind, knowing that this will allow them to fill more of their pockets.

Our egoistic society thus promotes the dulling of the heart and thus maneuvers itself further and further into dependency, which causes ever greater suffering and distances us further and further from our true nature. We are largely unaware of this and understand the connections less and less.

With attentive eyes we perceive more and more how deaf our heart becomes through unconscious, i.e. reactive behavior. We no longer react to our environment, but act consciously and can make decisions with clarity of the circumstances, which also

take into account possible deadening. So, in the short term, we can protect ourselves from the external influences and thus carry it out into the world through our example. We can only free ourselves from the constraints of self-centeredness with mindfulness and stop supporting those we believe we do not want to make strong because they do not manifest values of love. In doing so, we remove the root of man-made suffering in the long run. And yes, it is not the more comfortable way, because self-responsibility means going ahead where others stop. Accepting inconvenience, in the form of more time, more money and challenging conversations. But it is for love and humanity in the last instance. Those who understand the connections can then observe and implement them in their own lives.

## True strength

Unconscious life causes the most suffering. From unconsciousness comes separation. Thich Nhat Hanh, one of the strongest people of our time, realized this very early. When his own country was attacked by the Americans in the Vietnam War and people were killed in the worst conditions, he traveled to Paris as the leader of the Buddhist delegation and lobbied Western leaders to end the war.

His strength to feel compassion even for his "enemies" makes him one of my greatest role models.

*True strength is compassion and that goes hand in hand with mindfulness and consciously choosing to love.*

The truth is that in our society we are used to violence and abuse in its subtle forms and therefore cannot even know that there is another way. This truth and "eyes" must be acquired by looking and experiencing. We can feel compassion for every living being, if we only make the effort to look closely. This takes courage and strength, but it makes us more loving and brings more light and love into this world.

It is said that you can only meet someone else as deeply as you have met yourself. At the same time, this makes it so important to dive into our own universe and observe ourselves. Within ourselves we find all the answers we long for.

*If we begin to take responsibility for our actions within our sphere of influence, it is like a small light shining around us. Within this light, we try to be loving to the circumstances visible in the illuminating area. If many lights "conscious people" are burning, it illuminates the earth.*

## Consequences of an egocentric society

In our society, we often repress our True Self and consequently abandon ourselves, or rather, we cannot really discover ourselves. We do not know who we are and sell our souls to

the highest bidder. The value we receive from the system in return seems to be infinitesimal.

We sell our hearts for a large part of our lives and give our love to ventures that exploit that love for their own self-centered pursuits.

Our life energy is nothing but love. Attention is the simplest form of love. Seen in this light, we give an incredible amount of love to the state in the form of manifested attention "taxes." If we would receive this love back in a balanced form, this constellation would be objectively fair, only the abstraction of energy concentration is used to pursue egoistic goals. In our system, the people who decide about the concentrated love are themselves corrupted by the ego in the form of lobbyists.

The overview of the concentration of love is lost from the point of view of the individual. The ego takes advantage of this circumstance to enrich itself. The scale of love is not balanced. Even if the balance were fulfilled, it would not be according to the natural order. This is because it would be "solidarity" forced. The love we receive back is vanishingly small, considering all the sacrifices we have to accept. Especially that we cannot follow our destiny and find true fulfillment. Something that has unlimited value cannot be compensated!

• • •

The products of egocentricity for the individual are always to be questioned critically, because they satisfy the interests of the top of power. If one looks closely, one recognizes that only money flows into the areas steered by interests. It lies in no

interest that humans go healthily top fit by the life and are fulfilled.

No, it is rather influential, powerful people who profit from the fact that we do not go healthy and self-determined through life. Dependence means more profit. These people are the end product of self-centeredness. It is the powerful who direct and shape life.

*Bread and games for the people. Power for the elite.*

We can and must break away from this through mindfulness.

If one thinks the greed for power resulting from the ego consistently to the end, one always ends in an expanding concentration of power, which maintains itself by violent separation.

It is time to see through the game here and now, to come into full self-responsibility and to direct one's actions towards change. Specifically, it means throwing out any fear-based actions from one's life. Trusting one's intuition and no longer belonging to or supporting any large egocentric, power-concentrating structures. The abdication of responsibility of the basic state-theoretical model has become far too abstract, so that this fact has long since been played out to our disadvantage. Moreover, it is not in our very best interest, since the resulting products and structures are contrary to our well-being. In addition to this, the human being loses self-confidence in decisions concerning his body and his life due to

the abdication of responsibility. He becomes downright afraid to return to self-responsibility.

From Nelson Mandela's inaugural speech in 1994.

*"Our deepest fear is not that we are inadequate,  
our deepest fear is that we are immeasurably powerful.*

*It is our light that we fear, not our darkness.  
We ask ourselves, "Who am I to be luminous, ravishing, gifted,  
and fantastic?"*

*Who are you not to be?  
You are a child of God.  
If you make yourself small, it does not serve the world.  
It has nothing to do with enlightenment if you shrink so that  
others around you don't feel insecure.*

*We were born to realize the glory of God that is within us.  
It is not just in some of us: it is in everyone.*

*And when we want to let our own light shine, we  
unconsciously give other people permission to do the same.*

*When we have freed ourselves from our own fear, our  
presence will free others without our intervention. "*



Good news. Because with mindfulness, we manage to throw fear overboard and shine with our true nature. This is what we all long for in the depths of our hearts. This is how we can manage to dry up the energy flows that feed the powerful. Everyone can start with themselves and ask themselves who or what they are supporting with everything they do. And when taking a closer look, see how far-reaching the consequences are. The weighing should always serve a higher purpose to be achieved, which results from love. The history of mankind simply shows that we cannot rely on the external structures and that a concentration of power always leads to the abuse of power. It is only from a higher level of consciousness that power is no longer abused, because then one simply knows that everything is connected. One empowers one's True Self and no longer the ego. This then automatically leads us to prioritize the good of the community.

## Knowledge as the strongest weapon of all

In the name of science, everything is enforceable, and thus many crimes have already been carried out in the name of science in the history of mankind. Because wherever there is a stamp of a university on it, it is legitimate for the vast majority. They do not question it further. Do I need to elaborate further at this point? I think it goes without saying that the power elite instrumentalizes everything and everyone. For example, nowadays almost all medical studies for a new drug are commissioned by the pharmaceutical industry.

So, who is surprised that the study results reflect the interests of the funder?

In reality, the big powers determine which products enter circulation and, of course, knowledge is adapted accordingly. It is therefore indispensable to question any truth we thought we knew.

Since knowledge is power, the ego will try everything possible to keep true knowledge, which brings people further, exclusive. It wants to purposefully disinform in order to maintain its superior position to the environment.

Thus, it is often not in the interest of the teacher to pass on all his knowledge to the student, based on the fear that he would then be worth less and would no longer be needed. Or for the reason that he had to work hard to acquire the knowledge. Especially in spirituality, this leads to the promotion of many dependency relationships that are contrary to the development of the individual. This is especially insidious in those areas where people often experience suffering and are in need of help. You often can't distinguish between people who only work on the symptoms and people who can truly help you.

In my experience, any form of dependency is only necessary until the individual is sure enough of themselves to continue on the path to true freedom. As long as you think you are still dependent on outside help, you will remain so. This is where the law of resonance comes in. The belief in something also conditions it. It is all the more important that people who have useful knowledge pass it on egolessly. We have to understand

each other as being in the same boat and do everything we can to flourish as a community and make the people who live in it strong. The goal must be a society that wants to inform and enrich itself out of joy. This will only happen if everyone is fulfilled himself and strives for a brotherhood in spirit, in which case the ego has been mastered. It will never disappear completely. But it becomes more and more submissive, the stronger the connection to one's own Higher Self is.

In the end, it is the world that becomes our best teacher and teaches us everything. With the right eyes, that is, an open mind, we will learn everything we need to live a happy, fulfilled life in true freedom. Nature is always striving for harmony, at all times. It grows continuously and carries out the most subtle processes every moment. So we humans also find harmony all by ourselves, let us. As soon as we enjoy peace and quiet, have good natural food available, have enough space, in my experience we settle into a harmony as if by ourselves. A harmony of a peaceful nature, which can be very individual, as our True Self has room to come out. We are well and feel fulfilled.

Nevertheless, of course, blockages within ourselves can then be triggered and thus stand in the way of peace. Here it is then important to be mindful of where the blockage comes from and to have the necessary resources to deal with it. We have already come a long way when we are aware that a blockage has been activated.

They can thus be recognized as the root of the symptoms of disharmony, which we address as soon as we decide to take

responsibility for our energies. Mother Earth is in a self-cleansing process, as the Indians explained to me. All forms of fear are showing up now and want to be transformed. Nothing low vibrational will last anymore and therefore we are in an awakening process of humanity that will lead to a beautiful harmony. We can all work on ourselves and raise our own vibrations. We can do this by starting to take responsibility for our actions, looking mindfully and letting go of the past in love, through forgiveness. I believe in a beautiful world and I know we can do it. Start today.

## XIV Conclusion: Liberation of Humanity

The way to freedom is only through self-responsibility and mindfulness. Only through this can we manage to escape the shackles of dualism and ascend to a higher dimension. The power struggle that is necessary for this is one that everyone must conduct with themselves. Abuse of power begins in one's own heart and continues on the outside. It is up to us how we decide and how determined we are to act accordingly. Without renunciation, there is no victory. It is a weighing within our subjective consciousness and a consistent action according to our heart truth. Every moment we can decide.

Especially in our everyday life there are countless opportunities to feed our own ego. We are constantly surrounded by material things that promise us enhancement and abundance. We are constantly tested, do we resist the temptation or do we choose egocentricity. Love or fear. Nothing comes from nothing, so it is important to show full willingness. What we are seeing on the outside right now is a last gasp of evil. The powers that oppressed humanity for centuries. They have been doing it skillfully all these years and not many people noticed them. There are only a few cabals that are trying to suppress humanity. They want to remove the free will of man and this is exactly what is taking place under the name of the New World Order.

Crises are deliberately brought about and instrumentalized in order to restrict the rights of mankind more and more. They want to hack the human code by means of biohacking, in order to intervene thus directly into the evolution, in order to receive thereby ultimately full control over the free will of humans. This only works if the people are also obedient and let it happen to them. Therefore it is also so important to come into the full self-responsibility and not to be paralyzed by an instrumentalized fear appearance. We already carry all the answers we need within us. Only our own heart sees well. When we act contrary to our heart's truth, we feel bad. Be it when we have sex with someone we don't love, when we eat too poorly, or when we intentionally hurt someone and have a fight.

*Our heart longs for love, trust, peace and tranquility.*

Only it is easy to suppress the heart. The voice of our heart is a very quiet voice, easily drowned out by the loud mind. Yet our heart dulls with each time we ignore it. More and more, until it lies buried in ruins and we can only hear our loud thoughts. Until one day we meet someone who lives freely and openly by their heart and reminds us of something. It inspires us to an unaccustomed depth. It is at the same time almost unbearable for us. We feel emotional and want to break out of this situation, so the mind talks the situation down.

With the conscious decision for love we enter the path of fulfillment. Everyone is asked to tread this path. We need a

world of lovers. A revolution of love, led by all those who radically work on themselves and whose actions are imbued with love. We can trust in the basic principle of nature that it offers everything in abundance as soon as we balance giving and receiving. It begins within us. To do this, we must find our way back to our basic trust and experience what true fulfillment means. Each family will create a harmonious oasis of abundance for itself, which in turn will inspire other families to do the same. Small oases of light that connect with each other.

*"An ounce of practice weighs more than a ton of theory."*

— *Unknown Author*

Hopefully those who have made it this far have gained profound insight and inspiration, that's what matters to me. We can only change the world by working on ourselves and recognizing our True Self. We finally realize that true fulfillment is always within us. Detached from where we are in the world. True fulfillment is being aware of one's infinity, immutability, and interconnectedness with everything in our transcendent existence. By cultivating it within ourselves and living it out authentically, we automatically inspire those around us. Every human being wants to be accepted deep within himself as he really is, without being condemned or rejected for it. If we free ourselves from condemnation and gain deep insights, we will see the world and our fellow human

beings with different eyes. We will see through the shell and recognize its essence. Only then can we consciously accept and love someone. It is not a truly conscious decision until we are as aware of the person's shadow side as we are of their beautiful side. This is where true intimacy begins, self-responsibility for everything that is within us. It begins with the conscious decision to take responsibility for your life. It is not about accumulating knowledge or following any concepts. It is about your truth, live it out. Practice is crucial.

It is the same as choosing love.

It starts with you.

Wherever you go, go with all your heart.

In love Philipp.

*"Everyone has the opportunity within their consciousness to follow their heart truth. It is a way back into the heart. The heart knows our destiny, only it is so hard to keep the heart open in a world full of self-centeredness, I died of it as you have seen, but it is worth it. I want to at least inform about it without lecturing. I think our job here is to move humanity forward."*

*—Message to a good friend*



# Principles of Humanity

*"Never has it been more important to inspire about what humanity even is."*

- I. No one may place himself above the will of a peaceful human being, no system and no other human being. The will of a free human being is sacred.
- II. Humanity means to treat each other with understanding and compassion, with the knowledge that there is no guilt.
- III. Every human being has space and means to discover himself and to experience his true spirit.
- IV. To be human is to be free to follow one's heart's truth and to receive support from society to do so.
- V. To be human also means to be allowed to live a life free of worry and fear, free of existential needs and disproportionate treatments.
- VI. Every human being has the freedom to move in the world as he likes, to go and stay where he likes, as long as he is mindful, peaceful and respectful in his interaction with people and nature. As soon as one moves in nature, one intervenes directly in the events, which is why the Indians also deal lovingly with nature. It depends therefore on the intention, an intervention cannot be avoided of course.
- VII. Every human being has the right to be adequately nourished with wholesome food every day and gets the best possible access to it.
- VIII. Every human being has the right to decent housing in which he or she can develop.
- IX. Everyone has easy and free access to education.

This is our birthright, no one must make it difficult or impossible for us, we must demand it without spending a lifetime in slavery, doing things that we do not do from the heart.

*A society that seeks harmony and does not promote self-centered, greedy behavior.*

Humanity is consciously choosing to love. All of these principles result from consciously choosing in the moment for love and a greater awareness that arises naturally from mindfulness. I hope I've been able to inspire you and help you get some interesting food for thought. That's what matters to me. If it has helped you, I would be happy if you recommend my book so that as many people as possible can gain access to the path of love.

Let us stand together and anchor values of love here on earth. Let's take up our inheritance together.

So who am I? I am that I am.