



THE MANUAL FOR MORE JOY IN LIFE

Put together by Edeltraud Grace

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The content in this manual expresses my personal views and opinions independently from any group, organization, church or association. Since 2008 I had this strong desire to put this together for my private clients. For a few years before that I bombarded my clients with printed individual prepared information. Then I thought, why not put it together in a printable form in a whole manual? The result is what you get here. I am already working on a second manual by the way as there is more to add. Nevertheless I decided now to offer this manual to the public with the hope that people will find it as useful as my private clients did and do.

Please note that the content in this book does not replace medical or psychological advice or therapy. If in doubt please contact your medical practitioner.

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CHAPTER 5

Edeltraud Grace

Part A

Boundaries and perceptions

In Chapter 5 we will recap insights we gained already in order to deepen our own understanding about our freedom and responsibility and how we can use the Mirror effect to gain understanding about ourselves and bring in part B two real life experiences to give us an example of a life well lived. I hope you enjoy Chapter 5.

If you think on the previous chapter you might remember that I talked also about conflict and the wish for protection. The causes for a lack of protection can be addiction, interrelationship dependencies, the adaption of a role you play, the inner breakdown of protection through for example too much pondering or if our thoughts only circle around your own worries, or if we let ourselves be swamped over by “emotions”, through occult training of all sorts, if we allow foreign influences or people to take a hold over us, so influences we feel do not suit to us but we let them intrude into our space and also if we focus too much on what is wrong and if we let ourselves be impressed by it. What we focus on becomes more. We also harm ourselves if we compare ourselves constantly with others or if we give too much room to our own weaknesses or if we personally intrude into the space of others, or if we hurt others also this can harm us.

To FREE ourselves from such hindrances so that we stand FREE in this wonderful Creation again will be a basis for us to live freely. It is our choice. As a free human being we can rejoice about that freedom, but we have to also remember, that although we are free to decide, we are nevertheless a creature and in that we belong into a context and into a space, and a context and space has *boundaries*.

Personal freedom is indeed not possible without boundaries. We have the freedom to choose, to move, to find goals and go upwards. This is freedom and our possibility to develop in this frame is without limits.

Nevertheless we lose freedom if we choose paths which lead to destruction. If we forget our high goal, if we choose without consideration of the effects it has on the whole, if we disregard our boundaries or the boundaries of others, if we fight and destroy the freedom of annoying neighbours or people near to us, only to say “I” then these wishes will indeed destroy us and take away our own freedom. It will terribly bind us.

We can already bind us with our perception about situations and Ifeoma Ikenze,MD, gives us here an interesting example to which most of us might be able to relate to.

“A recent plane trip at the time of heightened levels of security for air travel gave me cause to reflect. In the aftermath of terrorist acts and threats, precautions were in place including “no liquids on board”. And even though the rules were instituted for my safety, I still found it irksome to have to throw my half-finished bottle of water away and wait until the flight attendants served me water. Shortly before take-off I went into the toilet to wash my hands and discovered that there was no running water, only packets of wet wipes. I returned to my seat feeling discouraged and frustrated at the thought of living with yet another inconvenience, born of the fear of terrorist threats. Shortly after take-off the pilot announced that there had been a delay because of a damaged water tank that had to be repaired and there was now running water in the toilets. To my relief, I was able to wash my hands.”

As I returned to my seat I realized that I had jumped to conclusions and assumed that the airline or security organization had extended the no liquids policy to the washroom as well. I had mental images of living in a police state ruled by fear and mass hysteria. I then became aware of how easily I had jumped to a wrong conclusion without the facts, and how I was ready to apportion blame in some direction for the disruption of my comfort. In the process I had generated feelings of frustration, resignation and perhaps anger, since blaming by definition often involves some degree of anger toward the perceived culprit.

I thought about hysteria. How does it come about and where does it come from? Hysteria could be described as an irrational response to a perceived threat. Irrationality suggests arriving at a conclusion without adequate forethought or substantial evidence; in other words, not thinking things through and jumping to conclusions. In turn, this leads to a reaction that may result in hysteria. Everyone has at one time or another experienced this feeling of being overwhelmed by a thought or emotion. But how does an emotion engulf a person- or entire group of people- to the point that they become hysterical?

*I went back to my initial feelings of frustration and blaming and realized that in that moment of feeling "just a little anger", I had come to an irrational conclusion. How often we react with anger, frustration and fear or any variety of negative emotions to little and big events and situations. Imagine with several billion people living on earth if many are feeling anger, even if only for a moment. Madeleine L'Engle's children's story, *A Wrinkle in Time*, describes dark thoughts as small invisible energy fields. Consider that each angry thought is a small invisible cloud bearing the specific energy of anger. One can imagine how these individual clouds-which alone may be insignificantly small-can coalesce into a huge atmosphere of anger that can blanket entire groups of people, families, firms, countries or even the whole world. And each tiny cloud came from one person alone! Similarly also with clouds of fear, envy, hatred and vanity.*

Then came the realization that because of my wrong assumptions I had inadvertently contributed in a small way to the general attitude of blaming and negativity that is so pervasive in society today. And, was it really inadvertent-was it really small? Do we really engage in any thought, emotion or behaviour inadvertently? It may seem like this when we find ourselves in a situation where we feel utterly frustrated and powerless. Then, anger, fear, hatred or some other equally pernicious emotion may well up and seem completely to take control of one's entire faculties, seeming to be involuntary. We find ourselves saying something like, "I just cannot help being so angry, or so sad or so afraid."

How can we respond differently and make no unfounded assumptions?

For me, remembering a couple of fundamental principles of life and realizing how these energy masses accumulate can cause conscious change in my behaviour.

The first is the principle of reciprocal action and the second concerns homogeneity, or similar types. The principle of reciprocal action accords a reaction to every action. We react to every situation by thought, word or deed. Thoughts may be intangible and "invisible", but they are palpable nonetheless and have power. The principle of homogeneity shows that every energy, every living thing-including thoughts, words and deeds- is immediately drawn to its similar type or its similar energy. Oil and vinegar may not mix, but vinegar plus vinegar mixes seamlessly. Every small energy cloud generated by a thought is irresistibly drawn to similar energy clouds created by thoughts of the same nature and together amass into huge clouds. For me, it explains why sometimes, rather than let it go: my obsession is "tapping in" to similar energy fields and is naturally being strengthened. It then takes an even greater effort of will to raise

myself out of this emotional swamp. The same applies to sadness, envy, hatred or to joy, gratitude, patience, or any emotion. There is always a moment when we chose-consciously or unconsciously- to entertain the first thought that leads to an emotion.

So it is with assumptions. Becoming aware that we have total control of that initial moment of decision, whether we engage in a certain thought or react to a situation with a certain emotion or assumption, brings us to recognize a third and equally important fundamental principle' this is that we each have our own free will or freedom of decision. The freedom lies in the initial decision to think or feel a certain way, following which it is subject to the principle of attraction of similar types. Thus embraced by similar thought forms, a person may find it difficult to get out of a particular mindset and appear to have no choice but to be the way they are or feel the way they do.

If I am really honest with myself, I have to recognize that no matter what I am feeling at any given moment, I made a decision to engage in that feeling or to make that assumption. Because our thinking and emotions occur very rapidly, that moment of decision occurs in a split second. Once we are engulfed by an emotion, it is almost impossible to track the source. But only where and when we made the decision does our free will lie and responsibility sets in. We can begin to understand how we contribute to much of the happenings in the world all around us and, in that recognition, we also obtain the means to change ourselves and our surroundings.

So the next time I wash my hands I will remember what happened on that plane and it will remind me how powerful my emotions and assumptions are. I will remember also that I can help my surroundings by contributing positive rather than negative thoughts and feelings. Then I will smile in realizing that while purifying my thoughts, I have cleaned my hands as well. (Ifeoma Ikenze, MD Grail World)

If we observe the laws of nature and try to use them to our own benefit, we will try to be aware at all times about how we use our own decision making capability. Do I let myself be swamped over by feelings of anger or perceived threats or will I stop, think, listen to my intuition and decide to react in an up building positive way? The choice is mine and I have to live with the consequences.

Exercise: What could you do to develop more awareness in regards to your re-actions?

The mirror effect

You have to remember that all our thoughts take on form. Our thoughts vibrate in a particular frequency. Take the example of tuning forks. The universe responds to resonance. If you take a tuning fork which vibrates at 512 Hz the sound it makes is very high-pitched.



If you have another tuning fork for example 128 Hz it will make a much lower sound.

If you were to place any number of different-sized tuning forks in a room, and strike one of them, all the other tuning forks of that particular frequency would start humming faintly. If you stop the sound coming from the tuning fork you struck, all the others will keep vibrating. It is not because of some natural affinity between tuning forks. This is the way the universe works.

If you strike a tuning fork and place it against a pane of glass, the glass will begin to vibrate at the same frequency. That's because the tuning fork forces the energies that make up the glass into motion-in sync with its own vibration. When you have a thought (emotion) you nourish a lot, it is a bit like having a tuning fork in your body that is continually vibrating at the specific frequency of a negative emotion. Unfortunately this will bring more of this particular emotion into your life.

Have you ever seen someone who's agitated infect a roomful of people with that same emotion? Maybe you are calmly waiting at the dentist's office with several other people who are quietly reading magazines, when an upset patient comes in. He paces around the room, picking up magazines, and then putting them back down. He speaks to the receptionist in an irritated tone. His body language gives his mood away. But it's the invisible effect that is most powerful.

That patient is sending a strong, agitated vibration out into the room. Some of the cells in your body and those of the receptionist and the other patients will literally start vibrating at that frequency. Before long, everyone's feeling a little agitated. It changes the mood of the room. People start feeling differently and reacting differently. The agitated patient has not only attracted more agitation into his own life. He has actually generated it in the people around him as well.

It is helpful to question one's own inner perceptions from time to time as these are always intermingled with background emotions and to an extent even influence them. We see the world not as it is but how it reflects ourselves. And old parable illustrated this very well:

SPURIOUS SILVER

A wise old sage was visited by a rich man who was much feared for being hardhearted. He complained bitterly of the world's woes, about the annoyance and frustration caused by other people and about the ever-increasing worries connected with the growth of his considerable wealth. Having calmly listened to him, the wise man rose from his seat, led the rich man to the window and asked "What can you see through this window?" "I can see the sky, trees, flowers, the buildings in the street and all the people who are around." At this reply, the old sage took him gently by the arm and led him to a mirror on the wall. "What do you see now?" he enquired.

"I see only myself," answered the rich man.

"And do you know why that is?" asked the wise man. He went on to explain: "Both are of glass, the window and the mirror. But behind the glass of the mirror is silver, and it is only this silver which blocks your view of the world; of the sky, trees, flowers and people-indeed of your neighbor. Your worries about your silver, about your property, cause you to see nothing but yourself!"

If you have certain emotions and thoughts you will attract more of that emotion into your life. You will also tend to feel that emotion more readily and also see and find it around you, more often than you otherwise would.

This is the so called mirror effect. Just imagine that you carry thoughts of anger in yourself. The anger vibrates at the frequency of anger. Due to this, if you meet people who are also vibrating on this frequency you will fall into resonance with that anger. Or if you are very critical to others. This attitude will vibrate in a certain frequency and in return you will meet people who are critical towards you.

Another way to look at this is, if you think on the quote: *"Why is here everybody happy, except me? And the Master answered," As they have learnt to see beauty and goodness"* *"Why can't I see beauty and goodness everywhere? And the master answered" As you cannot see something which you do not see inside of you."*

Or another valuable quote *"If you look at yourself in a mirror, you can change your suit and hat but if a person is your mirror, you can find your good or bad qualities. "*

We constantly get mirrored to us our own strengths and weaknesses. If something bothers us a lot about another person, and we feel a high emotional intensity about that behaviour, we should become aware if we carry similar character weaknesses in us. If we observe another person in an objective way, this is something different. If you feel an emotional intensity you might want to ask yourself if you act in a similar way in your own life.

EXERCISE:

Please find two people in your circle of relatives or friends which get very upset about something. Then think about it. What could be the Mirror for them?

If you recognize that they get something mirrored, be brave enough that this also applies to yourself. Please jot down your discoveries.

If we recognize the mirror effect in life, we can open our eyes to who we truly are and this is a great step to our further development. We can discover our weaknesses and know what we have to work on, which opposite virtue we should develop instead. To understand the mirror effect in life might be the greatest step to our personal development. If we apply this to ourselves, we can also help others to free themselves from bondage(s). This is what Jesus

wanted to say when he said: "Thou beholdest the mote that is in thy brother's eye and considerest not the beam that is in thine own eye!"

The mirror effect shows itself in the law of attraction. We also get attracted to our parents and we experience on them our own strengths and weaknesses. (Birds of a feather flock together). Realizing this helps us in the process of forgiveness too.

If we want to change our surroundings we have to first change ourselves. Is there something you seem to always attract again and again? What can you learn from it? What is it mirroring to you and which opposite quality can you develop? What are the practical steps to integrate this into your life?

If we think on the ever occurring mirror effect everything becomes easy. This wisdom was already known in China thousands of years ago and in a proverb they suggest that we start the change we want to see in the world with ourselves:

"If you want to bring order in your country, then you first have to bring order into the Provinces.

If you want to bring order into the provinces first bring order into your cities

If you want to bring order into your cities, you first need to bring order into your families.

If you want to bring order into your families, you first have to order yourself.

It is so simple

Sweep first before your own door, before you sweep the doorsteps of your neighbours.

Another thing becomes clear too. Something which we touched now with many examples and also with the explanation of Quantum Physics in Unit 1. When we want change, the change happens through our own consciousness and this means the Quantum world reacts according to how we "see" the world. In regards to emotional healing this also means that it is of no use to focus and observe our own mistakes, to dissect it, to ponder about them again and again, but if we want change we have to "ignore" what we do not want anymore and have our intention on what we want instead. In this regard our "believe" what is true becomes our reality. This does not happen overnight but also has to be practiced.

In the spiritual book the Grail Message, we read about the true physician of the soul" The true physician of the soul does not need to tear down. He recognises the slumbering good qualities, awakens them and then builds upon them. The true principle brings about a transformation of wrong desires through a spiritual understanding!" (In the Light of Truth, The Grail Message, Chapter 35. The Mystery of Lucifer). This completely complies to the understanding of Quantum physics by the way.

To clarify this even more I would like to finish Chapter 5 Part A with an extract from the Grail Message which explains what happens if we ponder:

Ponderers

"The man who spends his days on earth in pondering about himself can never ascend, but remains hampered.

So many people live in the belief, however, that just such pondering and self-observation is something specially great which helps them to ascend. They have many words for it that veil its true nature. One person ponders in repentance, another in humility; still others ponder assiduously in order to discover their faults and the way to avoid them, and so on. But it all remains a continuous pondering which seldom or never permits them to experience true joy!

That is not what is willed! It is a false road and never leads upwards to luminous and free realms. For through this pondering man *binds* himself! He directs his gaze forcibly upon himself only, instead of upon a high, pure luminous goal!

Cheerful, hearty laughter is the strongest antidote to darkness. Only it must not be a laugh of malicious pleasure!

On the other hand pondering weighs a person down, and this alone is enough to explain that it keeps *down* and also pulls down!

Nor is the real basis of continual pondering a good volition, but only vanity, ambition and conceit! It is not the pure longing for the Light that gives cause to this pondering, but a craving for self-esteem that kindles it ever anew and perpetually nourishes it!

The continued concentration of his thoughts upon himself is a form of self-torment. He zealously observes the alternate pros and cons working within his soul, feeling vexed at times and then finding solace again, so that finally he can personally note with a deep breath of quiet self-satisfaction that once more he has "overcome" something and gone a step forward. I purposely say "*personally note*", for it is really he alone who does most of the observing, and such personal observations are invariably nothing but self-delusions. In reality he has not advanced a *single* step, but goes on making the same mistakes over and over again, although he imagines they are no *longer* the same. But they are the same, always the old mistakes, only their form changes!

Such a man never advances in this way, although his personal observations give him cause to imagine that he is overcoming one fault after another. But he always revolves in a circle around himself, while the basic evil hidden within him does nothing but continuously create new forms.

A man who is always observing and pondering over himself is the personification of the fighter against the nine-headed snake! No sooner is each head cut off than it grows afresh, making the struggle endless, with nothing to mark in the way of progress on the fighter's side!

As a matter of fact this is also the ethereal process resulting from the activity of a ponderer. In the olden days, when men considered everything not gross material to be gods, demigods or other kinds of entities, they were still able to see this.

Only a man of cheerful volition who keeps his gaze freely concentrated *upon a sublime goal*, instead of continually focusing all his attention upon himself, only *he* will advance and ascend towards the Luminous Heights. No child learns to walk without frequently tumbling, but it almost invariably gets up with a smile until it is able to walk in safety. *That* is what man must do on his path through the world! Do not despair, lament or complain when you sometimes fall! Get up briskly and try again! You must learn the lesson from each fall through your *intuitive perception*, however, and not through mental observation! Then there will quite suddenly come

a time when you need no longer fear another fall, because you have inwardly absorbed everything the previous ones have taught you!

Thus man can only absorb through actual *experiencing*, and not through observation. A ponderer never comes to the point of experiencing! Through his observing he always places himself *outside* every experience; looking at himself with his dissecting and analytic mind as if at a stranger, instead of exercising his intuitive perception to the full on his own behalf! If he *looks* at himself he *must* stand *beside* the intuitive perception. The very words “to look at” oneself, to observe oneself, imply this!

This also explains that he is but serving *the intellect*, which not only hinders every genuine experience *with the intuitive perception*, but utterly eliminates it. He prevents the effect of every outward happening in the material world from penetrating further than the frontal brain where it is first received. There it is arrested, presumptuously dissected and analysed, so that it does not reach the intuitional brain, through which alone the spirit could accept it for experiencing.

For mark my words: Just as the human spirit must direct its activity from within outwards, i.e., in proper sequence over the intuitional brain to the intellectual brain, so the effects of outward happenings can only take the reverse course if they are to be absorbed by the human spirit as experiences.

Thus the impression of outward happenings in the material world must, in coming from the outside, always go through the intellectual frontal brain and thence via the intuitional back brain to the spirit, not otherwise! And the activity of the spirit must take exactly the reverse direction towards the outside, because the intuitional brain alone has the ability to absorb *spiritual* impressions.

The ponderer, however, clings convulsively to the impression of an outward happening in his intellectual frontal brain. There he dissects and analyses it, and does not pass it on to the intuitional brain in its full value, but only partly (in addition these parts are distorted through excessive intellectual activity), and thus it is no longer as real as it was.

For this reason there can be no progress for him, no spiritual maturing, which can only come about through the real experiencing of outward happenings.

Be like children in this! Absorb everything fully and experience it immediately within yourselves! Then it will again stream back through the intuitional brain to the intellectual brain. From there it can either serve for a strong and successful defence or increase the receptive capacity, depending on the nature of the outward happenings, the radiations of which are called influences or impressions from without.” (In the Light of Truth. Ponderer)

If you look back in history, we find that in the center of many wise scriptures we always come across the knowledge about our spiritual eternal core. This is what we should and can develop and which leads us to all riches and also to supreme happiness. In order to do this our blind faith, our tendency to attach ourselves to the material influences only, has to change into understanding and we need to gain conviction about the Order of things way beyond our physical manifestation. In order to do this, spiritual knowledge which explains the up building of this wonderful Creation is vital. Only then can our deeds, thoughts and intuitions be filled with vital conviction and joy of life and in that what we sow we will reap.

Part B

A successful life

To end this manual we will look at two real life examples which can teach us something about happiness and following ones inner voice even in difficult or confusing material circumstances.

I hope you get inspired by these two life stories.

The life of Bernhard Gsell

We have to remember that happiness and joy are not dependent on having material goods and it is also not a matter of chance. Happiness is an effect which comes from our own mindset and attitude to life. The ground for happiness can be prepared in us, as with the right conduct of life, grows also the joy of life. A state of happiness can be achieved despite going through heavy blows of fate.



Here I will tell you the life story of Mr. Bernhard Gsell. Bernhard Gsell is since a car accident in the year 1977 paraplegic, but he is therefore not unhappy.

Contrary, his blow of fate he perceives as a **life-task**, which did not come unexpected. "When I was 16 I had a dream and I have seen myself driving in a car and without reason the car came into skidding, overturned and then they woke me up and I was paraplegic. I have not thought a lot about this dream afterwards. With 18 and a half I had the driver's license and I was driving home after work and came into a curve, and all of a sudden the car skidded and there came this film up in my inside exactly like it was in this other dream. I was sitting in there, and I could not control the car anymore, I also could not reduce the speed and there I was sitting saying to myself, so now I know what will happen, how the dream will continue and then the car overturned and

there I was lying outside and knew at once I was paraplegic and this was for me not a big surprise anymore. And in the view back, many things became clear to me. That all this did not come from nowhere."

To see our life embedded in a bigger meaning is a good base to be happy. The own sprouts of happiness need a good soil in which they can grow in. In order to prepare the soil it is sometimes necessary to go through a critical personal appraisal.

What does life demand from me?

In what lies my task?

What do I do with the situation I find myself in?



Bernhard Gsell made following experience: "At that moment finding myself suddenly paraplegic I have not looked into the future as I would had made myself crazy. For me was only a conscious living in the moment of importance and I listened into me and lots of things came up in me, what I can do differently now, how and what I can do to master that now. And I also have seen a lot of help which one gets if one only wants. What counts is the will to live on and in the end everything gets solved."

Already in the rehabilitation clinic had Bernhard Gsell the opportunity to deepen his love for painting. As he could through the injury of the sixth cervical vertebra not use his hand, fingers and biceps anymore he does paint his pictures with the arm directing it from out of the shoulder. His preferred motives are landscapes and portraits. The necessary colour tones does he mix himself.



He mentioned: "With 6 years I had the



wish to become a painter and first I wanted to be a church painter or restaurateur. That was my goal and something else was not on my mind. And I have the luck that I can despite my circumstances do that. I do this with difficulties but it works. "

Creative activity is for many people a key to joy of life. Happiness researchers speak of "Flow". If someone dedicates oneself to an activity which

matches the person, through that suitable activity arises in the person an uplifting feeling of self-forgetfulness.

What does happiness mean for Bernhard Gsell: "Happiness is as such an inner experience, which is not dependent on material things. I believe that my contentment is based, if I look back, on the experience that there is always help there. Happiness has for me also to do with the help coming from the invisible world as there is always help and support. One feels that one is guided."

Happiness in life is dependent on the own mindset. One can learn to open the door to happiness. Happiness is actually also offered in schools as subjects in some countries. Goal is the advancement of personal contentment, but also self-responsibility and social responsibility. The students are offered education in the truest sense. They should become more open for personal moments of happiness and should be better equipped to find their personal happiness, as to be happy counts as a basic psychological need. This basic need have students and teachers in common and the ingredients for a happy united living together can be learned. Ingredients for a happy life are for example self-respect, empathy, optimism but also love, humour and spirituality.

Paths to happiness can be learned but nevertheless happiness cannot be achieved through some specific road map. Happiness is not suitable as a life goal. It comes as a gift as a side effect of a goal oriented life and it is as strong as the goal is meaningful.

Bernhard Gsell made another good point: "I do not want to miss the time in the wheel chair. Lots of things happened and I became calmer and lost the fear. One knows that one is surrounded by help. Everything comes as it is supposed to be, but one has to contribute to it too. "

Many people perceive themselves as victims of their life circumstances. They feel sorry for themselves and their own bad luck but refuse a change of their own attitude. But already the old Greeks knew the connection between happiness and living a virtuous life.



Nowadays the Dalai Lama for example suggests to get over straining emotional states like hate, jealousy and anger with exercises and through spiritual training in order to unfold happiness, so that one can again feel light hearted and be in a deeper communion with life again.

And Bernhard Gsell's attitude in regards to the daily struggles is something well worth sharing: "You just try and if you succeed, it gives you even more joy".

2. Example

Happiness can be found in the inside



The path to happiness asks from us decisiveness and often also some courage when we know we have to leave hitherto used tread mills behind.

Pino Fusaro was a prominent gastronome in Europe and was widely known and regularly talked about in the media. He led just that luxurious life which others try to achieve in vain until he recognized that for him in such a lifestyle true happiness could not be found.

“I had everything in life. I was on the sunny side of life, I earned a lot of money, have owned the most luxurious of cars, travelled to the most amazing places, I was at

home in places like Ibiza, Monte Carlo, San Tropez, Miami or Los Angeles and that over many, many years. But the experiences of success, which I had again and again, were only for short moments, and after a while everything was normal again. “

Pino Fusaro was constantly accompanied by the media and lived a colourful life which led him around the world, but which in the end still did not lead him to true lasting happiness. “And then I had a book in my hand from the Dalai Lama, and that touched me deeply, so much that I went to a lecture of the Dalai Lama in 1998 and from this point onwards my life step by step changed.”

Pino Fusaro started to conquer the world again, but this time by foot, as a wanderer and pilgrim which looked for contact with humans and launched the organization Peaceworkers which support relief projects. “Peaceworkers” (www.peaceworker.de) started based on my deep desire to help people, what did lie very near to my heart. It is a movement of people who look beyond their own nose. We support children, animals, and protect nature and we work for human rights.

In me slowly opened a completely new dimension of life happiness. I am not only happy for a moment, or two moments or a day, it is a bliss which goes over days and weeks and this inner bliss is in my opinion not happening in the outside, but a bliss which I have found in myself. This inner wealth which we eventually always try to find in the outside world and there we never can find it, you can only find in your inside, in your heart in your soul. “

On the path to happiness superficial things lose their importance. The perception is focused on the essential, from a childlike, direct view of life blossoms deep joy, gratitude and this heartfelt deep intuitive perception of bliss.

Pino Fusaro is a wanderer and pilgrim “When I started to go on my pilgrimage I had to let go of everything, mainly of my name, I am Pino Fusaro, that was all of a sudden not important anymore, as nobody knew this Pino Fusaro, I was just a person who stood in front of them and I had no more comforts the way I had them before, no cool cars anymore, luxurious houses, cool friends and whatever, I was just a simple pilgrim on one’s way. “

To happily move in the flow of life also means to not avoid psychic or physical pain. Instead to expect something specific from life we should try to fulfil the expectation life has on us.

“The little things I always took for granted and now I do not take little things for granted anymore and this gives me a feeling of gratitude and this gratitude gives me a feeling of contentment. And this feeling of contentment carries a peace in me and gives me eventually the feeling of bliss I feel in my life nowadays. I believe that happiness is for everyone different, but who only tries to find it in superficialities, does not come to an end with his search. As if a person would own the world he would then try to own the moon.



When you try to find happiness in superficialities only it is as if you are thirsty and you drink saltwater. The more saltwater you drink the more thirsty you become and for me personally and for all other human beings, as we are all feeling human beings, is it about finding this happiness in our inside and there you also will find it, and it is a happiness and a gift and a wealth in you, which nobody can take away from you.

This wealth we do have and we decide what to do with it and to know this, about this inner wealth and about the decision making capability we have, and that nobody can take that away from us, is the greatest what there is.

When we carry peace in our heart we can carry peace into the outside, we can carry it to our neighbour, to our family, to friends to the community in which we live and through this we can act as examples.

It is not about us changing the world, we are not here to change the world. We are here on this world to change ourselves and to be an example to others and through that will the world change”

A quote from the Grail Message concludes “The Manual for more joy in life” number 1.

“.....A spiritual goal is always something which contains furthering values. You will always recognise it by this! Eternal values, nothing that is transitory! Therefore whatever you wish to

accomplish, whatever you now endeavour to strive for, always ask yourself first of all for the values you will consequently bring about and find. It is not too difficult if you really wish to do so!”
(The Grail Message, In The Light of Truth, Abd-ru-shin, Motion-Law of Creation)

Edeltraud Jakob-Grace



Further information:

Virtuosity offers private one to one sessions, workshops and accredited EFT and EmoTrance trainings (AMT). Please check our website for further information. www.virtuosity.net.au or contact us on info@virtuosity.net.au

About Edeltraud Grace: Edeltraud is an nationally accredited Counsellor/Psychotherapist/Life Coach/NLP Master/Quantum Healing Practitioner/EFT Master/EmoTrance Practitioner/EFT and EmoTrance Trainer/Bach Flower Therapist with many years of experience in private practice.

APPENDIX

The discovery of EmoTrance –How it all began

(Sandra Hillawi, The Love Clinic, Page 10)

Dr Silvia Hartmann, a great pioneer and researcher in the field of personal development and energy healing in the UK, observed this phenomenon in 2002. She was chatting with her friend Nicola Quinn who was having an emotional rant about her boyfriend and complaining how much she was hurt by how he was treating her, and in particular, what he had said to her. It was actually hurting in her solar plexus, a real pain. Wanting to get past the winging to talk about something more interesting, Silvia said. "Well, what can we do about this pain? Can we do something to release it? Where does it want to go? "

Nicola focused on the pain and asked it, "Where do you want to go?" And the pain shot up, whooshed up and out of her head and she started laughing. It was gone. "Say those words to me again," she asked Silvia, to see if they would now hurt. The feeling again whooshed up and out of her head. The whole impact of what her boyfriend had said was gone, and she just laughed. They thought wow, that's interesting, and Silvia started to send more insults to Nicola. Noticing where the feeling came in, asking where it wants to go, the same thing happened. Then Nicola started to send insults to Silvia, but nothing happened. What they didn't know right then was Silvia had strong barriers to that kind of comment. So instead, Nicola stated to compliment her, called her a creative genius, and how wonderful she was.

"No, no; stop," cried Silvia. "I can't take that, it hurts." Their experiments went on for an hour or so, paying attention to where that energy landed, softening the feeling and asking where does it want to go until they were so energized by all that they were doing and could handle all kinds of comments.

And so EmoTrance was born. The realization that the negative emotion, anger, hurt and its accompanying physical pain was nothing more than energy. By simply paying attention to that energy and where it was located in the body with the intention for it to soften and release, the energy flow was restored and with that flow positive emotions were restored.

Other pioneers had discovered that energy disruptions in the body's subtle energy system were the cause of our negative emotions. Powerful transformation techniques such as TFT developed by Roger Callhahan, EFT by Gary Craig and TAT by Tapas Flemming, and many others, all work in various ways to release this energy and so create emotional freedom. They work by tapping or holding various energy release points, acupuncture points, on the body, whilst tuned in to the distressing thought. Respected scholars and professionals such as Dr Phil Mollon with courage, vision and dedication to education and healing have helped to bring these new tools into the more established psychoanalytic field through articles, books and training. Other great tools we have, such as NLP and Creative Visualization all manipulate this energy at a higher level. All these are effective and powerful, but none were as simple, natural and easy as this.

With EmoTrance there are no tapping sequences, eye movements, steps to follow in a process, talking, revisiting old memories, clever visualization or mental techniques. It is just simply to recognize that what we feel is energy, all energy and only energy and that the energy disturbance causing the emotional distress is located where the accompanying pressure or pain is, so we simply ask "where do we feel that in our body?" We pay that energy some attention, and with the intention for it to soften, the energy starts to flow and to release. That is all that is

required. This is the fundamental energetic level underlying all those other techniques. We were now working directly, purely and simply, with the body's energy system.

Little did Silvia and Nicola know of the magnitude and impact that their discovery would have and how this simple most natural process was going to transform the lives of thousands of people around the world. EmoTrance was launched in the UK at The Commonwealth Institute, Kensington, London in July 2002 by Silvia Hartmann. I was privileged to be among the intrigued, but skeptical audience at that launch event.

EmoTrance is simply shorthand for **Transforming Emotional Energy**. Why isn't it called EmoTrans? No other reason than the domain name was already taken, so EmoTrance is what it became. It's nothing to do with hypnosis, or going into a trance, although it can create states of relaxation as we focus our attention and the energy gently releases.

With EmoTrance, when faced with an emotional problem we simply ask "where do I/you feel this in my/your body?" and then we use our intention to soften the energy. As it softens it starts to spread and flow through the body. We have physical sensations such as warmth spreading, coolness flowing, tingling as the energy releases. Once the energy disturbance is released and energy flow restored we feel positive emotions, which arise from states of flow in the energy system.

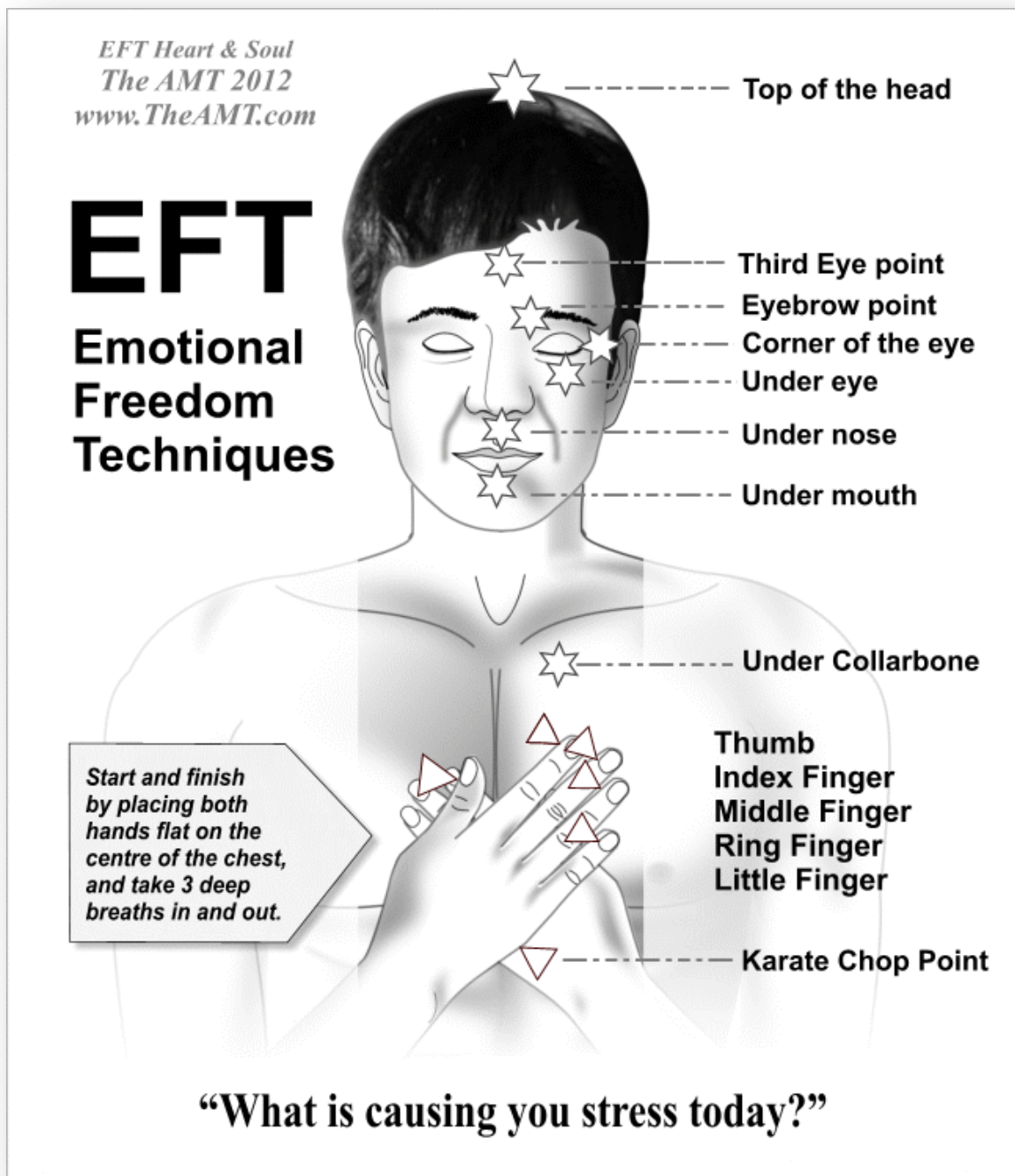
It's a very simple and very natural process. You can do it for yourself. You can assist someone else to release some emotional energy with EmoTrance. You can use it in your professional practice, standalone or integrated into other therapies. You can use it at work; you can do it anywhere and with anyone, on a boat, plane, in a restaurant or at a party, (some of my best healing stories have come from these places!) as it's like having a conversation with someone. People of all ages can benefit-even children, who can feel a pressure or pain in the body, but don't know how to verbally express their emotions. Releasing a problem with EmoTrance is content-free, which is also a blessing when releasing painful memories; we don't have to regurgitate all the details, cry buckets and need a whole box of Kleenex!

EmoTrance is about real healing that really works, based on actual reality. The person in pain knows when the problem has gone-they are not in pain anymore. What's more, that pain is replaced by a happier state and physical relaxation or even a thrill of excitement as a positive energy whooshes through their system. Silvia Hartmann's Oceans of Energy is a great text book on the subject together with the sequel Living Energy.

Once we start to apply EmoTrance for transforming emotional energy, we not only release the pain of negative emotions, but we start to experience and learn from real highs that life can give us. The energy of life and people can now flow freely and unobstructed through us, reconnecting us with the world. When we start living more fully, feeling even more alive, daring to really experience life- not just in our head but in our open heart, deep in our whole being-our experiences enrich our soul. As we open up and allow ourselves this nourishment of life and relationships we have more energy, and we become lighter and brighter; more" attractive." The Universal Law of Attraction starts to work for us whenever we want. As bright spirits nourished and shining in our own right we are in a wonderful place to give and to share the best of ourselves with the world and the people around us. (Sandra Hillawi, The Love Clinic)

For more information please come to one of our EmoTrance courses

Simple EFT guideline





1. Ask yourself, what is causing you stress today?
.....Where do you feel this in your body?
.....
2. Look on the SUE scale and ask yourself while thinking on the stress where you are on this scale. Negative emotions are represented with the left part of the scale; positive emotions are represented with the numbers on the right side of the scale.
.....
3. Then go through the AMT Heart and Soul protocol start at the Heart Center focusing on your issue and with the intention to increase the flow of energy.
4. After you have completed the round check again where you are on the scale. Do as many rounds as it takes until you come to the zero point. From there focus on what you would need now. For example you might want more Energy. Do the round with the reminder phrase: More energy.
5. Check again. Do as many rounds as it takes until you can say that you are on the high side of the positive side of the scale, at least at an 8, better even above on a 9 or 10.

For more information enroll in one of our courses offered at Virtuosity.

Additional reading to understand the concepts of what it means “to opening ourselves to the world.” (Elisabeth Lukas)

The Child in the Circle

An example of the contrast of these two views is offered in Bert Brecht’s “The Caucasian Chalk Circle.” He describes two women fighting for a child. One of them is the biological mother who undoubtedly has a right to her child: the other woman is a maid who has raised the child under difficult conditions and loves it like her own. The functioning of a monad is demonstrated by the conduct of the biological mother: she feels her right is threatened, her self-esteem is thrown off balance, and in order to re-establish it, she must insist on her right. The judge places the child in the centre of a chalk circle and the two women to the left and right of it, with the instruction that the true mother will be able to pull the child to her. The biological mother pulls as hard as she can, but the maid who had raised the child mobilizes her capacity to self-transcendence and lets it go because she thinks. “To prevent the child from being torn apart, I’d rather relinquish it.” In the play, it is not difficult for the judge to decide which one of the women has a right to the child.

The psychologically trained observer, too, will not find it too difficult to foretell which one of the two women would have ultimately been happier if the judge had decided according to the original plan: the biological mother with her triumph over the rival at the expense of the child, or the maid with her painful voluntary sacrifice for the sake of the child. We can safely assume that the latter was full of inner satisfaction even if her self-esteem had been lowered compared to that of her opponent.

The story is an extreme example but clearly shows what is meant by “opening ourselves toward the world.” The biological mother did not open herself; she remained closed in herself. She was busy working through her trauma – the loss of the child – abreacting her aggression toward her rival, defending her own interests, restoring her inner equilibrium – and those worries about herself and her problems leave her no time to see the world beyond. In the last analysis, she does not even see her child although she fights for it. But basically, she does not fight for her child. She fights for her own satisfaction or happiness. She is typical of a person in pursuit of happiness.

The maid, on the other hand, is open to the world. She, too, has a trauma; she has given up her boyfriend because of the child. She, too, has aggressive feelings against the mother who had abandoned her child and now comes to claim. Her inner equilibrium is at least as off balance and her stakes are at least as high as those of the other woman. But in spite of her own problems she is able to see the world beyond – the innocent child which is being made to suffer. A suffering that is not meaningful. Her “will to meaning” rebels and gives her the strengths to leave the monad behind, and with it, to forget all her own problems. An objective meaning is elucidated: the well-being of the child must be preserved! And she finds this meaning in self-transcendence. She acts according to the dictum of the person seeking and finding a meaning.

If we believe that our spiritual dimension enables us to find some meaning in the world beyond our narrow needs and which might even oppose them, then we have to restore two concepts to psychology that have been lost: The concepts of freedom and responsibility. Neither exist in the closed system where we are determined by unconscious forces and learning patterns. Where people are shaped beforehand by inner and outer forces, there is no sense of guilt.

In an open system things are more complex: the impulses from the outside, perceived as meaningful or meaningless, touch our existential longing for a meaningful life and challenge the energies of our spirit that cannot be shaped beforehand. These energies are freely chosen and require our ability to respond, our response-ability.

Bach Flower Remedy Questionnaire

This questionnaire can help you learn the kinds of conditions each essence addresses. It is not meant to be a substitute for a consultation. Open-ended questions and extensive dialog are necessary to choose the best essences.

Agrimony

- ☐ I hide my feelings behind a façade of cheerfulness
- ☐ I dislike arguments and often give in to avoid conflict
- ☐ I turn to food, work, alcohol, drugs, etc. when down

Aspen

- ☐ I feel anxious without knowing why
- ☐ I have a secret fear that something bad will happen
- ☐ I wake up feeling anxious

Beech

- ☐ I get annoyed by the habits of others
- ☐ I focus on others' mistakes
- ☐ I am critical and intolerant

Centaury

- ☐ I often neglect my own needs to please
- ☐ I find it difficult to say "no"
- ☐ I tend to be easily influenced

Cerato

- ☐ I constantly second-guess myself
- ☐ I seek advice, mistrusting my own intuition
- ☐ I often change my mind out of confusion

Cherry Plum

- ☐ I'm afraid I might lose control of myself
- ☐ I have sudden fits of rage
- ☐ I feel like I'm going crazy

Chestnut Bud

- ☐ I make the same mistakes over and over
- ☐ I don't learn from my experience
- ☐ I keep repeating the same patterns

Chicory

- ☐ I need to be needed and want my loved ones close
- ☐ I feel unloved and unappreciated by my family
- ☐ I easily feel slighted and hurt

Clematis

- ☐ I often feel spacey and absent minded
- ☐ I find myself unable to concentrate for long
- ☐ I get drowsy and sleep more than necessary

Crab Apple

- ☐ I am overly concerned with cleanliness
- ☐ I feel unclean or physically unattractive
- ☐ I tend to obsess over little things

Elm

- ☐ I feel overwhelmed by my responsibilities
- ☐ I don't cope well under pressure
- ☐ I have temporarily lost my self-confidence

Gentian

- ☐ I become discouraged with setbacks
- ☐ I am easily disheartened when faced with difficulties
- ☐ I am sceptical and pessimistic

Gorse

- ☐ I feel hopeless, and can't see a way out
- ☐ I lack faith that things could get better in my life

☐ I feel sullen and depressed

Heather

☐ I am obsessed with my own troubles

☐ I dislike being alone and I like to talk

☐ I usually bring conversations back to myself

Holly

☐ I am suspicious of others

☐ I feel discontented and unhappy

☐ I am full of jealousy, mistrust, or hate

Honeysuckle

☐ I'm often homesick for the "way it was"

☐ I think more about the past than the present

☐ I often think about what might have been

Hornbeam

☐ I often feel too tired to face the day ahead

☐ I feel mentally exhausted

☐ I tend to put things off

Impatiens

☐ I find it hard to wait for things

☐ I am impatient and irritable

☐ I prefer to work alone

Larch

☐ I lack self-confidence

☐ I feel inferior and often become discouraged

☐ I never expect anything but failure

Mimulus

☐ I am afraid of things such as spiders, illness, etc.

☐ I am shy, overly sensitive, and modest

☐ I get nervous and embarrassed

Mustard

☐ I get depressed without any reason

☐ I feel my moods swinging back and forth

☐ I get gloomy feelings that come and go

Oak

☐ I tend to overwork and keep on in spite of exhaustion

☐ I have a strong sense of duty and never give up

☐ I neglect my own needs in order to complete a task

Olive

☐ I feel completely exhausted, physically and/ or mentally

☐ I am totally drained of all energy with no reserves left

☐ I have just been through a long period of illness or stress

Pine

☐ I feel unworthy and inferior

☐ I often feel guilty

☐ I blame myself for everything that goes wrong

Red Chestnut

☐ I am overly concerned and worried about my loved ones

☐ I am distressed and disturbed by other people's problems

☐ I worry that harm may come to those I love

Rock Rose

☐ I sometimes feel terror and panic

☐ I become helpless and frozen when afraid

☐ I suffer from nightmares

Rock Water

- ☐ I set high standards for myself
- ☐ I am strict with my health, work &/or spiritual discipline
- ☐ I am very self-disciplined, always striving for perfection

Scleranthus

- ☐ I find it difficult to make decisions
- ☐ I often change my opinions
- ☐ I have intense mood swings

Star of Bethlehem

- ☐ I feel devastated due to a recent shock
- ☐ I am withdrawn due to traumatic events in my life
- ☐ I have never recovered from loss or fright

Sweet Chestnut

- ☐ I feel extreme mental or emotional heartache
- ☐ I have reached the limits of my endurance
- ☐ I am in complete despair, all hope gone

Vervain

- ☐ I get high-strung and very intense
- ☐ I try to convince others of my way of thinking
- ☐ I am sensitive to injustice, almost fanatical

Vine

- ☐ I tend to take charge of projects, situations, etc.
- ☐ I consider myself a natural leader
- ☐ I am strong-willed, ambitious and often bossy

Walnut

- ☐ I am experiencing change in my life--a move, new job, etc.
- ☐ I get drained by people or situations

___ I want to be free to follow my own ambitions

Water Violet

___ I give the impression that I'm aloof

___ I prefer to be alone when overwhelmed

___ I often don't connect with people

White Chestnut

___ I am constantly thinking unwanted thoughts

___ I relive unhappy events or arguments over and over again

___ I am unable to sleep at times because I can't stop thinking

Wild Oat

___ I can't find my path in life

___ I am drifting in life and lack direction

___ I am ambitious but don't know what to do

Wild Rose

___ I am apathetic and resigned to whatever happens

___ I have the attitude, "It doesn't matter anyhow"

___ I feel no joy in life

Willow

___ I feel resentful and bitter

___ I have difficulty forgiving and forgetting

___ I think life is unfair and have a "Poor me attitude"

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