



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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Table of Contents

Table of Contents	3
CHAPTER 1	9
Part A- Introduction to this book	9
One grows out of the other.	10
Part B- What gives us joy?	13
 Suppression of the Soul	13
The short joy of owning a Ferrari	14
With discipline to more joy in life	16
The right priorities	17
 Exercise:	19
Some things do not make fun but give joy.	20
 Exercise:	20
Rather be optimistic	21
Mirror, Mirror on the Wall.....	24
Thinking is a matter of luck!	24
With friend and enemy to happiness	25
 Exercise:	26
The dimensions of happiness	27
Happiness is lawfully anchored	28
 Exercise:	30
Part C- New discoveries in science	30
Quantum physics	30
The phenomena of the hundredth monkey	31
Our heart	32
Our brain	33
Our consciousness	33
Our DNA	35
The re-unification between spirit and matter- “And in the end GOD is waiting”	36
The founding fathers of quantum physics	37
The basic laws of quantum physics	37

SUMMARY	39
Exercise:	40
Part D- Water Crystal experiments	40
As a man thinket.	40
Part D- Making time for reflection	42
Hours of introspection	44
PART G- What we can be grateful for!	50
Gratitude	50
Second Part of Chapter 1 “Things that can help us”	53
Part H Stress, stress, stress	53
PART I- Where can we find strengths?	57
Using our strengths	57
PART J Focusing on our outcome- reaching goals	60
Our tendency to focus on what not works	60
PART K- More joy through energy approaches	64
Energy Methods	64
Please find here some simple EFT guideline.	68
PART L- The laws in the universe	72
Part M Contentment	77
CHAPTER 2	Error! Bookmark not defined.
Part A- a cognitive approach	Error! Bookmark not defined.
1. Fear to step out of your comfort zone	Error! Bookmark not defined.
2. Limiting Self Belief	Error! Bookmark not defined.
3. Fear of Failure	Error! Bookmark not defined.
4. Self-deception	Error! Bookmark not defined.
5. Preconceptions	Error! Bookmark not defined.
6. Procrastination	Error! Bookmark not defined.
STRATEGIES FOR CHANGE	Error! Bookmark not defined.
Affirmations	Error! Bookmark not defined.
ROLE PLAYING	Error! Bookmark not defined.
Visualizations	Error! Bookmark not defined.

Step 1: Build the (metaphorical) dream	Error! Bookmark not defined.
Step 2: Develop the desired outcome	Error! Bookmark not defined.
Step 3: Ask for a metaphor	Error! Bookmark not defined.
Step 4: Develop the desired outcome metaphor	Error! Bookmark not defined.
Step 5: What needs to happen?	Error! Bookmark not defined.
Step 6: Ready for action	Error! Bookmark not defined.
Persistence	Error! Bookmark not defined.
Getting yourself to take Action	Error! Bookmark not defined.
GAP ANALYSIS	Error! Bookmark not defined.
Setting SMART Goals	Error! Bookmark not defined.
Format for setting goals and identifying achievements	Error! Bookmark not defined.
Part B- The laws of Creation	Error! Bookmark not defined.
A: THE LAW OF RECIPROCAL ACTION - OR THE LAW OF Cause and Effect (Give and Take)	Error! Bookmark not defined.
B. THE LAW OF ATTRACTION - OR THE LAW OF ATTRACTION OF THE HOMOGENOUS SPECIES	Error! Bookmark not defined.
C. THE LAW OF GRAVITY	Error! Bookmark not defined.
CHAPTER 3	Error! Bookmark not defined.
Part A	Error! Bookmark not defined.
Introduction	Error! Bookmark not defined.
The Riches of the Intuition	Error! Bookmark not defined.
Discovering our intuition	Error! Bookmark not defined.
The origin of the intuition	Error! Bookmark not defined.
Intuition and feeling	Error! Bookmark not defined.
Certain manifestations of the intuition	Error! Bookmark not defined.
Part B	Error! Bookmark not defined.
Logotherapy	Error! Bookmark not defined.
When the human spirit is suppressed	Error! Bookmark not defined.
Endogenous and exogenous depressions	Error! Bookmark not defined.
From loss of meaning to depression	Error! Bookmark not defined.
Logotherapy can support us to find and discover meaning and purpose in our individual lives, when we have forgotten what it is.	Error! Bookmark not defined.

Freedom of will.	Error! Bookmark not defined.
Will to meaning.	Error! Bookmark not defined.
Meaning in life.	Error! Bookmark not defined.
Frankl's Dimensional Ontology	Error! Bookmark not defined.
Conscience: The tool for finding meaning.	Error! Bookmark not defined.
Existential Vacuum	Error! Bookmark not defined.
Examples of Logotherapy in practice:	Error! Bookmark not defined.
In the following you will find	Error! Bookmark not defined.
The problem with the inner voice	Error! Bookmark not defined.
Dangerous thought traces	Error! Bookmark not defined.
PART C	Error! Bookmark not defined.
Logotherapy in love relationships and work	Error! Bookmark not defined.
The Open Model	Error! Bookmark not defined.
Logotherapy in Love relationships	Error! Bookmark not defined.
What happens if love is not returned?	Error! Bookmark not defined.
EXERCISE:	Error! Bookmark not defined.
CHAPTER 4	Error! Bookmark not defined.
PART A	Error! Bookmark not defined.
Protection for our innermost self	Error! Bookmark not defined.
In what way do we harm our natural protection?	Error! Bookmark not defined.
1. The protection of the Soul can be destroyed if we play in thoughts.	Error! Bookmark not defined.
1. The protection of our Soul can be destroyed if we play in thoughts but also if we play with words.	Error! Bookmark not defined.
Message from Water	Error! Bookmark not defined.
FAR-REACHING RESPONSIBILITY	Error! Bookmark not defined.
THE MESSAGES FROM WATER	Error! Bookmark not defined.
OUTLOOK	Error! Bookmark not defined.
3. Example	Error! Bookmark not defined.
a) The natural protection for the soul is easily destroyed by drugs and occult games	Error!
	Bookmark not defined.

3 b) Unnatural personal development exercises or certain esoteric practices: ...	Error! Bookmark not defined.
Chakras: What are they and how do they work?	Error! Bookmark not defined.
Dangerous meddling with “serpent power”	Error! Bookmark not defined.
Chakra stimulation as therapy	Error! Bookmark not defined.
Qi, Prana, Orgone energy and the “Unified Field”	Error! Bookmark not defined.
The importance of the human aura	Error! Bookmark not defined.
3. Example	Error! Bookmark not defined.
Being authentic	Error! Bookmark not defined.
4. Example	Error! Bookmark not defined.
Threat to safety of the soul is also if we develop an unnatural dependency on another person.	Error! Bookmark not defined.
INTERACTION WITH OTHER PEOPLE	Error! Bookmark not defined.
Healthy distance and healthy nearness in personal “space”.	Error! Bookmark not defined.
5. Example	Error! Bookmark not defined.
Breaking through self-defeating thinking patterns	Error! Bookmark not defined.
People are disturbed not by things but by the views which they take of them (Epictetus)	Error! Bookmark not defined.
6. Example	Error! Bookmark not defined.
It is a combination of EFT and NLP	Error! Bookmark not defined.
EmoTrance	Error! Bookmark not defined.
Experiencing an occupational crisis	Error! Bookmark not defined.
8. Example	Error! Bookmark not defined.
Inability to deal with inner conflicts	Error! Bookmark not defined.
PART B	Error! Bookmark not defined.
Bach Flower Remedies	Error! Bookmark not defined.
What should we do, if we discover mental conflicts or mistakes in us?	Error! Bookmark not defined.
	Bookmark not defined.
What error has the personality made in this case?	Error! Bookmark not defined.
CHAPTER 5	Error! Bookmark not defined.
Part A	Error! Bookmark not defined.
Boundaries and perceptions	Error! Bookmark not defined.

The mirror effect	Error! Bookmark not defined.
Ponderers	Error! Bookmark not defined.
Part B	Error! Bookmark not defined.
A successful life	Error! Bookmark not defined.
The life of Bernhard Gsell	Error! Bookmark not defined.
Happiness can be found in the inside	Error! Bookmark not defined.
APPENDIX	Error! Bookmark not defined.
The discovery of EmoTrance –How it all began	Error! Bookmark not defined.
Simple EFT guideline	Error! Bookmark not defined.
The Child in the Circle	Error! Bookmark not defined.
Bach Flower Remedy Questionnaire	Error! Bookmark not defined.
List of references:	Error! Bookmark not defined.

CHAPTER 1

Part A- Introduction to this book

Dear reader.

This manual you have in front of you is the result of the last 9 years of working with clients in my private practice. If we compare our life with a garden, for many people their garden is overgrown by weeds. They come to a practitioner as they are overwhelmed or they cannot rip out the weeds they find in their garden and cannot loosen up and prepare the soil themselves. At least this is what they think. Some come as they do not know what and how to sow new seeds or plant new plants into their garden and how to foster their growth. If you see this manual in the light of this metaphor you will understand that like in a garden we focus on one part first, rip out the weeds, prepare the soil with good nutrients and dig it over and then we choose the plants or seeds we want to plant into the ground. So also in this manual we will do this in different stages. It's about preparing the soil, then sowing and fostering and looking after what we sowed into the garden so it can flower and give us fruit and joy. Then we choose the next part of our "garden" and do it a bit differently as there might be different soil, different light or water conditions. Nevertheless with diligence we indeed can transform not only our garden but we also will learn how to keep it that way and how to keep our garden beautiful and change it again whenever we want it.

That is what I would like to give you with the manual which is about more joy for the Soul garden. I truly hope you enjoy your work in the garden of your soul. Please do the exercise as you go along as this is part of cleansing, digging over, sowing and also cultivating. With each chapter you will learn about the Soul garden more, what you can do with it, how to prepare it and how to sow successfully knowing there will be flowers and fruit. The actual work has to be done by you. This is only a Manual. -😊

Let's start: Please relax and focus for a moment internally on nature in your surrounding perhaps. So look at NATURE and focus for a moment on the ORDER we find in Nature. Observe the order when considering the simple fact that day follows after the night, spring after winter and autumn after summer. Every new season the earth beautifies itself with fresh green and new life, with flowers, with the scents of herbs, with new wildlife. It is always the same and as it is so normal nobody really thinks about this anymore. We enjoy it and reap the benefit. We like to walk through nature; we enjoy looking at the beauty we find in nature. We learn from nature and we use the healing powers for us from nature.

There is never any standstill in nature. There is always movement. From the seed grows the plant and from the plant grows the flower and from the flower there grows the fruit and the fruit carries new seeds for a new circle in the future. There is always movement and all of that follows in an orderly one after the other fashion and each step of it is very important.

Not only important but inevitable as there cannot be any plant before the seed and there cannot be any fruit before the flowering.



One grows out of the other.

If we look at nature we will also observe that same can only bring same. No one can harvest mango where he sowed papaya. No favour of faith can spring the miracle of a yam harvest where carrot is sown. Same always brings same and we never get disappointed in that.

In nature everything is intermingled with each other, a giving and taking and a constantly balancing out of energies.

There is an order “between each other”, the order between animal life in the jungle, the order between the stars in space, the order between the plants in a landscape. Different groups can at the same time strive towards the same goal and reach it at the same time. We can observe this with the seasons and the life of animals and plants. During the seasons everything strives towards maturity, no step can be left out; one step develops itself onto the other.

We humans live in nature and the laws in nature apply to our human life too, not only for the physical world but also for our inner world. Everybody knows that nothing can come from nothing! If there is no sowing then there shall be no harvest to reap, or at the very best a harvest of our negligence to act... Our own inert yearning to act, to survive and master our life would drive us in the most natural manner to sow (to do something, to think, to feel, to react etc.), in some fashion at all times, a consequence of being active and striving. The Bible tells us that "Giving is more blessed than Receiving"! The Giving lies in the planting of the seed, which are the Action and the Origin. The Receiving is the harvest, which is the Reaction or the Consequence.

We are all conversant to a degree and have an understanding of the fundamental rightness and balance of the Laws of Nature. If we want to have success in life we have to be in harmony with these Laws. We have to learn about them and adapt to them.

What could we learn from nature? Let's think on one example, on the simple fact of the cycle of oxygen production and consumption.

First the tree needs the carbon dioxide which we breathe out. With help of chlorophyll the tree changes carbon dioxide into sugar. This sugar is in turn needed by the tree to grow. Through this transformation of carbon dioxide into sugar, oxygen develops, which the tree gives back to us in abundance.

Would the tree have a free will as we humans do, and could say: "I want your carbon dioxide, but my oxygen you do not get..." it would already burn out internally after a very short time due to his own surplus oxygen. But nature functions totally reliably, we know that we can rely on it, as a tree works within the Laws of Nature and this enables the tree to grow. Only humans with their free will, can be unreliable and through this, human unreliability brings disturbance and stagnation into many happenings. People who do not give what others need from them, who rely on them, bring sorrow, the same with people who keep their personal gifts to themselves and do not use them. We sometimes fear to give, and forget the fact that only in giving we can receive again. A healthy state of being is if there is a balance between give and take, if we become aware of our responsibilities and consciously decide to fulfil them.

Or let's take another example. Look at nature. Further development can only occur on this Earth if strong forces continue to permeate & work here... A weakened planet cannot produce the healthy and the beautiful. This is why everything material undergoes a cycle of Waxing & Waning. The waxing & waning in Nature can be very well observed in the cycle of seasons: Plants germinate, come to flower and then wither. They leave their seeds. In the next year new and strong plants emerge.

It is always in the last stages of development that the germ of the new beginning lies, of the new cycle. Death is but a birth into a new life, from the fruit of a plant springs the seed for a new growth, decay is followed by renewal as the spring comes forth from the winter.

If we want to be happy we also have to move with the time we are living in. And if we are moving with the time we are living in, this leads to change. A person who decides to stand still or a person who always looks back to the good old times, gets emotionally hampered. We are constantly invited to open our eyes to the present time we live in and find out what it wants to tell us or what it demands from us in form of us taking action, doing something or responding.

If people nowadays suffer under the meaningless of their existence and throw away all possibilities for happiness, they forget that happiness waits only for whom who lives *with* the time he is in, who gets stronger in his daily existential fight who is open for his fellow man, who like him tries to master his own life. Where is the place for me in this world? Where is the place for me to contribute with my gifts and talents? Where am I needed? What is calling me to act? Nobody will be overlooked, and there is a place for everyone and life and the ability to live means that we are also guided from small beginnings to big and beautiful goals.

As humans we can decide what we focus on and which goals we want to pursue and which projects we want to put our efforts in. Also a human being, similar like we observe in nature, should develop himself from a seed-germ into a blossom and from the blossom he should unfold the fruits and only if he carried fruits he may follow a time of contemplation and rest, which is like in nature only a transition period and preparation for new life. One step after another we should grow from childhood to youth, and then towards maturity of adulthood which brings the fruits of the deed which follows wisdom and the understanding of old age.

In the work “In the Light of Truth”, Abd-ru-shin explains that the core of the human being is *spirit*. From our spiritual predisposition, we human beings are comparable to a seed-germ. We carry within us everything that distinguishes human consciousness, but this first has to ripen, has to be brought to unfolding. And it is precisely for the purpose of this development that we spiritual beings- for we are nothing else at our innermost core- immerse in this material world. The potential of the unfolding of our spirit is huge.

We move out of the spiritual realm of our origin, initially in a not-yet-awakened state, down to the earthly world and cloak ourselves with “earthly material”, very similar to the way a plant seed is planted into the soil, when its latent qualities are to come to blossom.

The “friction” with the material world can bring our consciousness to unfolding; the intensive currents in the material realm can awaken our “appetite for life”. They invite us to react to them, to strive willingly towards an experience of our choice and then “by the sweat of our brow” to struggle to translate this volition into deed, to reach our goals despite possible resistance.

We humans wish, we desire, we strive.....

Only in using our strengths can we achieve something and everything around us says, “movement”, move yourself, give in order to receive, change, don’t stop but move, from one goal to the next, there is never any standstill and no I have not reached my end goal yet, but there is more to do, more tasks to fulfil.

The opportunity for us human beings to wander this path of unfolding to an increasingly conscious existence on this planet earth, an ever greater depth and joy of experiencing, is an immeasurable and indescribable gift.

Usually we just take this as self-evident-without even considering that this blessed possibility of developing our consciousness comes with an obligation to make grateful use of the opportunity to work in a life-affirming, furthering and constructive manner.



Only with such a mindset or basic attitude do we human beings prove ourselves worthy of being permitted to live and to attain consciousness. If we do we can truly become the Virtuoso of our own Life with every simple task we fulfil and life sets in our way to complete. There are so many different paths we can take, adapted to each individual we can choose what fits to us, and everyone can act in a life affirming, uplifting way. Nobody is without an opportunity..... We as humans have all the capabilities and possibilities to work on our own joy of life and walk towards increased happiness.

You might say, but this is all just your opinion. Where is the proof and is happiness really in my own hand? Perhaps you are waiting for your happiness since a long time but are blinded by your own perceptions of what happiness is and therefore the sight is fogged and you cannot see the path forward anymore. Or you perhaps think, I want to be happy, but there are so many demands on me, from every side how can I in all this hustle and bustle find time for happiness at all?

What can we do? We can wait that happiness flies through our doors and windows or we can find the courage to look at our perceptions of happiness a bit more clearly and let go of wrong ideas perhaps, so that we can rediscover our path to lasting happiness again. If you are interested in the second possibility the following might give you some ideas.

Part B- What gives us joy?

Suppression of the Soul

We nowadays enjoy a never before available technical progress. The life and work, so it seems, was never ever as easy as it is now. The human being is more and more relieved of heavy physical work and unpleasant jobs. That should be actually an ideal frame to become more happier! But

the opposite is the case. More and more people suffer, especially in industrial countries, under depression and emotional crisis. So from illnesses, which are opposed to the longed for life joy and present a state of the soul which can be described as the opposite of happiness. Especially in our modern world, which is driven by lust fulfilment, satisfaction and fun, do we find the most depressions. Just in that part of the world in which most people are well off, can we find the most anxieties and worries.

It almost looks like as if a person has to struggle all the time to provide for the basics of life's necessities; such a person is immune against the illnesses of the industrial countries. In poorer countries we hear seldom of depressions.

The picture should not be drawn here in black and white. It is not about to demonize technical progress or to misuse the serious illness of depression as a reason. That would be wrong and not wanted. More do I want to point out that material comfort does not necessarily make people happier.

20 % of Australians suffer from depression. More than 2500 Australians commit suicide each year. Depression is a serious illness and the treatment is even made harder as society sees people with depression as weak or the illness is not taken seriously by others. The sufferers hide their dis-ease as they fear to be stamped as a weakling or a loser. Here there is a change of thinking necessary in society which through understanding can open up an atmosphere of wakefulness, empathy and helpfulness. The help of medical practitioners and therapists is indispensable. (More about depression in chapter 3)

Whoever is reading this book and suffers under depression, please search help under www.beyondblue.org.au or

Lifeline (24 hours) on 13 11 14

(As a professional counsellor, life coach and energy therapist I will throughout this book introduce and describe approaches which healthy people can use for themselves but also people with depression or other emotional illnesses might find helpful as an additional approach. Should you suffer under depression or any other psychological illness, please consult your medical or psychological advisor before trying anything that I suggest in this book.)

The short joy of owning a Ferrari

Perhaps you know someone or you yourself are a person who believes that you came here into this world without even choosing to do so and now that you are here you believe that the world holds your happiness in form of the material experiences or products you can acquire and enjoy. Perhaps your focus is on financial security and material wealth. Although it is true that material wealth can lead to greater contentment research shows that material goods are only capable of offering us a sense of short term bliss.

¹Research shows that income is three to six times higher in the USA, Japan, Switzerland and Germany since the Second World War, but the sense of happiness of the people living in these countries stayed the same since this time. People in Latin America are much poorer but significantly happier. An increased income only leads to partial happiness. We most often do not remember the times when we had it worse but only the times when we had it good. We are quickly used to an improved situation and soon find it normal to have a higher material life standard.

The Swiss economist Bruno Frey from the University of Zurich got known through his contribution to the “economy of happiness”.

He said in an interview: “We know that materialists, who are focused on money, are less happy than idealists, who do not focus so much on their income. When the wealth grows a materialist is still not content, it is never enough!” Further he explains. “

Who purchased a Ferrari feels like in paradise—but unfortunately only at the first moment. After two weeks we find the Ferrari pretty normal. The feeling of happiness wears off. With a new friend or girlfriend this is different. The friendship can be experienced again and again as invigorating and enriching. (...) The stupid thing is only that we foresee it wrongly and overvalue the material... and let’s face it, how it is if we have a new car is much easier to imagine than how it will be if we meet a new person.”

The hope to get much happier when we win the lottery for example is really questionable. This hope also bears the danger that we oversee present opportunities for happiness due to the hoped for future happiness.

“Who only dreams about happiness should not wonder when he oversleeps it, “says the movie and theatre actor Ernst Deutsch.

Naturally are people more content if the wealth increases, but this has boundaries. The material wealth should not be overvalued in regards to the effect it has on our personal happiness. Inner balance and a soulful vigour have another medium in which they flourish in, than material unconcern.

Often does discontent lead to ambitions which promise more happiness. So do people undergo surgery in order to look younger and more beautiful and they believe and hope that they will through more beauty achieve more happiness. Here some people get misled through the ghost light “Everything is possible”. There are limitations which are for each person different. We can do a lot, and every single person has capabilities, possibilities and talents, but we often start at the wrong place and suffer shipwreck and find us again further away from happiness. Casting-shows for pop stars or models on TV, which are often very awkward and embarrassing, show at the moment the last station to which these ghost lights lead to.

¹ *(Source. Translated from Martin Schott. Page 98 . Lebensfreude)

With discipline to more joy in life

We can actually do lots of physical things to increase our wellbeing and even initiate feelings of happiness. Brain research for example shows that movement in fresh air, enough sunlight or the right nourishment can release chemicals in the brain which we call happiness hormones.

So can we say in short that through a healthy way of living we can contribute to our own happiness?

For this we should not establish fixed rules in the sense of “Do this and leave that, then you will be happy!” How repulsive can it appear, if a person dogmatically postulates some nutritional supplement as an universal remedy or if one follows some sport like an addiction.

Nevertheless can we find that for many conditions which offer us a piece of joy, we can ourselves do something physically to achieve it. Enough movement and time in fresh air, a weight that makes us feel well, or some little “happiness”- like a glass of red wine at the evening, a stroll through the rain, a sunrise early in the morning, work in the garden etc. – can contribute to our own wellbeing, without us having to maintain a dogmatic program. Every person should make sure that he reserves time for things, which give him balance and support for his sense of happiness. But like here it is for everything. : One is not for all.

Exercise:

Reflect what gives you joy in life. Jot it down.

So simple as it sounds, is it not always in reality. The one person is prevented by an obstinate overweight to achieve his happiness, the other cannot get over his snugness to get over himself to go into the fresh air. Such hindrances are many. It shows that before many changes that could be achieved and which would lead to a happier and better life, we first have to overcome ourselves. So we have to do something which is uncomfortable and we have to pay the prize of short term discomfort during the time of overcoming ourselves. This is also something which we do not like and does not appeal to our perception of happiness: “What now I am asked to eat less? But I like to eat!” How many would like to let go of overeating or smoking, if it would not be so difficult to do so? (More self-help ideas in the coming chapters) But the necessary change does

cost to overcome our own desires, we have to put in personal effort, a decision, and to be prepared to accept a short term discomfort in order to come one step forward in our life.

Could we say that prior to happiness we have to endure a time of renunciation, a time of overcoming and also have an insight about what we want to change and where we are having a problem at the moment? At least this would be a step towards the direction not to search reasons for our own unhappiness in the mistakes of other people anymore. Carl Zuckmayer said something similar: “Half of our life is luck, and the other half is discipline- and discipline is decisive as without discipline could we do nothing with our luck.”

The right priorities


The demands of society, job, or family are triggers for many to feel unhappy. One cannot meet all the demands, one does not know how to manage all the tasks and one asks himself how one can feel happy at all under such circumstances. One would really like to do what one likes to do. All the time these demands from others, so many obligations! Where is the escape?

Also here can we recognize that before a next step to more joy in life there has to be first an effort an overcoming of ourselves. To make order in life, to arrange and organize it, to act and not only to re-act....asks effort and this has for many people nothing in common with their idea of joy. They think that personal effort is just the opposite of joy.

Nevertheless nothing can bypass the need for order in our life, and the setting of the right priorities. Otherwise one will always run behind something, instead of improving something for himself. This is not only so in the professional area but also in regards to every other area of life. These “own” order will over time also have to change again, in order to be able to adapt to changing circumstances.

It is for sure a first good investment in our own life order to think about it in a calm hour, to become clear about what is important for you, how much time you want to use for it and in which sequence one want to devote himself to the task. We also need time available to check our own priorities again and again and possibly change them or to have time to think about our purpose in life and to be able to address challenges of one’s life.

In the book, “The seven habits of highly effective people” by Stephen R. Covey, we can find some help for this. Covey arranges in his time management matrix different activities into Important-Urgent, Important-Not Urgent, Urgent-not important, not Urgent-Unimportant.

 Important	Urgent	Not Urgent
	I – Manage i.e. Crisis, pressing problems, time bound deadlines	II – Focus i.e. planning, prevention, exercise, relationship building
Not Important	Quadrant of Necessity	Quadrant of Quality & Personal Leadership
	III – Avoid i.e. interruptions, some emails etc.	IV – Avoid i.e. mindless TV, trivia/busywork, time wasters
	Quadrant of Deception	Quadrant of Waste

Here again plus some additional ideas for each quadrant.

Important and urgent:

- Crisis situations
- Urgent problems
- Time bound deadlines
- Profession
- Treatment of illness
- Friend or family member needs help

Important but not urgent

- To think about ones purpose in life spirituality
- To develop plans and ideas
- Formulate life goals
- Recuperation and prevention
- Foster relationships

- Further education
- Reflection about the past and to learn from one's mistake

Not important, but urgent

- Some appointments in associations
- Some phone calls
- Some urgent affairs
- Any activities

Not important and not urgent

- Trivial things
- TV
- Some phone calls
- Pleasant activities
- Time waster
- Busyness
- Some post
- Some hobbies

If we look at the little overview one can recognize for himself quite well how often or how seldom one decides to put important things first. Perhaps are some things not enough fostered which would be important. Things which would be important for life's happiness and well-being are not fostered as they seem not urgent enough to do them. We have to remember that we have in our personal life capacity only a certain amount of time and energy to our disposal. We do not have endless time or energy. If we focus first on the important and urgent things and get them done, then on the important and not urgent things and get them done, we usually still have some time left to do unimportant things. If we first do the unimportant things it can happen that we are not left with enough time and energy for the important things.

Exercise:

Get back to the little overview and become clear about, what is important for you, how much time you want to use for it and in which sequence you want to devote yourself to the tasks. Jot down your thoughts.

Some things do not make fun but give joy.

It is very important to give room to activities which are not urgent but important. In there lies a key to happiness. As who for example formulates purpose oriented life goals, has a great chance to also become happy.

Who then celebrates the first successes of his self-discipline, will experience happy and fulfilling moments. But moments of happiness can't be detained, but want to be pursued again and again. Movement is a part of life, and we have to walk towards such moments, we have to do something in order to be able to experience them. "Happiness is cheaply acquired with tiredness and muscle ache" said Tolstoi. We have to become aware to not interchange fun with joy. If you go on a roller-coaster on a fair this might be fun, but it is no joy. If you write a book or work on a project it gives joy, but it might not always be fun. This means that even creative people might not always feel like doing something that belongs to their work. But if they have a talent to sit through feelings of reluctance, they will be rewarded with deep feelings of joy that impatient people never will be able to experience. Persistence is always an attribute of happier natures. To have a purposeful goal, to apply yourself to it and to exert yourself, to practice renunciation....this path leads to moments of happiness and to joyful experiences, which never would come towards us if we would not contribute something to it. Who has happiness as his only goal, gets into the danger that many disruptive factors affect his wellbeing. Who but takes Purpose as his goal, acquires the advantage and the opportunity to get happy, just as an additional fact.

Meaningful striving transmits energies, meaningless striving deprives someone of energy!

Exercise:

To find a meaningful life following questions could be helpful: Am I clear about what meaning my life has?

What benefit do my fellow men have from what I do or not do?

What contribution do I perform with my life and work towards the public good?

What values carry and drive my striving?

Perhaps one will not succeed at once to answer such questions in regard to our direction and life goals in a satisfactory way. One might have to occupy oneself perhaps constantly and intensely with these themes. This means again effort and work! Work in regard to our self-discipline, the will for change and persistence. But in the first instance work, which serves our own happiness in life. (We will occupy ourselves with how to find meaning in life more intensely in chapter 3)

Rather be optimistic

Self-discipline and the will to change coupled with persistence---that is what characterizes an optimist. Optimists face a situation with the attitude: “I do not like that, so I will change it!” Pessimists in the opposite say: “I cannot do anything about it anyway!”

Latest research show that optimists differ mainly from pessimists in that they are active, and in that they work for what they want. They act in their environment and try to improve their life situations towards the better.

But this working, being active and to put effort in and the orientation towards new, better things is not a privilege from the optimists alone. Everyone can- if perhaps also with some effort, learn, adopt and acquire a more optimistic attitude in order to look more confident into the future. A basic help is thereby to have a clear image about one’s goal, as who does not know where he wants to go, might be possibly be okay of how his life is and this can lead him to remain inactive. (Further help and explanations about effective goal setting, and how we can help ourselves to become more optimistic, you will find in the coming chapters)

The right goals and their pursuit are decisive facts for an optimistic attitude and therefore also for the psychic wellbeing, whereas it is also important to know the “Why” one follows a goal and not alone “Which” goal one does pursue.

Suzanne C. Segerstorm, professor of Psychology, did intensive studies in regards to the connection between optimism and wellbeing and describes it in her book “ Optimisten leben anders”(Optimists live differently) which goals in regards to personal happiness are especially valuable. “In general are we the happiest, when we pursue goals, which help us to grow as human

beings, to have meaningful relationships and contribute something worthwhile to society; we are less happy, when we pursue goals, which help us to be more attractive, richer, or popular or famous.”

Abd- Ru- Shin, the author of the book “In The Light of Truth- Grail Message”, speaks even from a *duty* of man, to choose the right goals: “It is man’s duty on earth to set him the highest attainable goal, and to strive for this goal with all the powers at his disposal. But as a *human being*! This excludes from the beginning that, like an animal, he should merely trouble himself about food and drink, as unfortunately, many men do; or let him be goaded by the intellect into striving only for worldly greatness or fame without keeping in view as the main purpose the general welfare and advancement of mankind. “The own order in our life, own goals and priorities will also have an effect on the relationships to other people. Hereby is clearly to see how joy and happiness of each person is dependent on his relationships to his fellow men. Are you taken seriously by others? Do people like to see you? Are you respected and perhaps even loved and needed? And from what does this depend on? – In the end again from how much we invest into these relationships and into the public good! Can I expect to have joyful experiences, when I don’t do anything prior to it? Am I prepared, to have understanding for the mistakes and weaknesses of my fellow men, to listen to him and help him? Am I for the people whose appraisal I value, there, when they need me? The relationship account should be balanced through give and take, otherwise there is the danger very near and that one cannot experience a joyful togetherness.

Here again we see that before we can reap we first have to exert ourselves, overcome ourselves--
- sow. If one shies away from the work, one cannot reap.

The idea of sowing and reaping is illustrated with the following poem:

Sow with a generous hand;
Pause not for toil or pain;
Weary not through the heat of summer,
Weary not through the cold spring rain;
But wait till the autumn comes
For the sheaves of golden grain.

Scatter the seed, and fear not,
A table will be spread;
What matter if you are too weary
To eat your hard-earned bread:
Sow, while the earth is broken,
For the hungry must be fed.

Sow;--while the seeds are lying
In the warm earth's bosom deep,
And your warm tears fall upon it--
They will stir in their quiet sleep;
And the green blades rise the quicker,
Perchance, for the tears you weep.

Then sow;--for the hours are fleeting,
And the seed must fall to-day;
And care not what hands shall reap it,
Or if you shall have passed away
Before the waving corn-fields
Shall gladden the sunny day.

Sow; and look onward, upward,
Where the starry light appears--
Where, in spite of the coward's doubting,
Or your own heart's trembling fears,
You shall reap in joy the harvest
You have sown to-day in tears.

Adelaide Anne Procter's poem:
Sowing And Reaping

Mirror, Mirror on the Wall.....

Often do we find ourselves in competitiveness with others. One wants to be better, more beautiful, richer than others and the more he compares himself the more he discovers ever more people, who are assumed to be even better, even more beautiful and even more rich than oneself. The comparison with other people carries the seed of discontent and of unhappiness already in it. Thereby we will very seldom compare inner values —from which one could learn— but it is about superficialities, which most of the times awake even more greediness in us.

“Comparison is the end of all happiness and the beginning of discontent”, said the Danish philosopher Søren Kierkegaard (1813-1855).

We have to be careful when faced with an illusionary world, how some Medias show to us. Besides all the beauties and riches which are put into scene, some feel like a poor, ugly blighter. But wrongly- as he just has different qualities, which perhaps flower in secrecy. The idea expressed by the present days media illusory world, that every person can reach everything, if he so wants, is simply wrong, there are insurmountable differences in regards to us humans- in how we look, in the talents, in the leanings and in their capabilities-, which can't be pushed to the side or changed. It only can make us unhappy, if we do not adapt to these realities and always look at other people, whom we find more beautiful or more talented.

Every person has in his character something that belongs to the whole and is absolutely necessary for the whole. Every person has gifts which are needed in his environment.

In order to be happy one has to first accept him the way one is. This also includes our life circumstances like health, job and place in society and so on. Based on this, one can build up on their own capabilities disregarding 'mainstream' ideas, fashion and what the spirit of the time suggests. Only on the base of the selfhood can one stand secure and achieve clarity and security. Otherwise will the personality stay in a romping place of foreign influences, standards and moods. “The peak of happiness is, when every person is ready to be who he is”, said Erasmus of Rotterdam (ca. 1465-1536)

Thinking is a matter of luck!

As important it is to reflect about one's own capabilities and possibilities, it is also important for our own wellbeing to be watchful and to set healthy boundaries in regards to other humans. What effect do I have on other people? What triggers my behaviour, speaking and thinking in other people? What annoys me about other people and why does it disturb me? Is this or that person holding a mirror in front of me perhaps? Does one or the other behaviour perhaps disturb me so much as I have the same mistake? (More about healthy boundaries and personal protection in chapter 4. More about the mirror effect in Chapter5)

Besides watchfulness it is also important to distance one-self from the moods and opinions of others. Here we find the colleagues who rant daily about the boss, the salary or the work circumstances, or there are the club members who have to beef something about everyone and

everything, or the neighbour who complains about everything and no one can make it right for him. One can ask oneself calmly following questions: “Does it do me good if I swim in the moods of others? Do I have to do it to myself to open myself for such a destructive atmosphere? Is this my own opinion? Are these also my own judgments the other person expresses? Or should I set boundaries in this or that situation, in order to stay detached from uninvited thoughts and ideas?”

Also from ourselves do we do not have to accept every nonsense. We do not have to follow every mood or fluctuation which arises in us. We do not need to enmesh ourselves forcefully into pondering- but we can some time and over time more and more times- decide internally to focus our thoughts on something different, on something uplifting or something worthwhile which we can develop with the help of our thoughts. Pondering-a lot about yourself - keeps many people in a burdensome heaviness of the mind. One ponders about the past, missed opportunities, about mistakes or other things and nourishes thoughts which literally can beset a person’s mind. Unhealthy pondering is the enemy of joy.

Naturally it is important to think about mistakes in order to learn from them. But one does not have to fall into unhealthy pondering. The right way is to fresh and freely and with confidence look forward and to have the serious intention that what has led to the mistake, to change for the better. And even if you fall again, get up again and have a joyful decision to move on and try again! (Modern approaches in Energy Psychology can help us too. More information in this chapter)

Even if you are not in such a good mood, or if something really suppresses you, one can decide: Today do I want to make something of the day, I will try to be cheerful and calm; and I will give something to others, be it a smile or some uplifting encouragement; or a friendly glance. With such intention will we focus our thinking away from us to someone else- and this already helps to overcome the unpleasant emotional state. And if it does not work so well, then you still can stick to it: Tomorrow is a different day, I will try it again, I do not give up, not today, not tomorrow and on no other day!

Who falls occasionally on his path to personal happiness, should be like a child who learns to walk: Just get up again!

“Happiness is dependent on the nature of your thoughts!” knew already the roman emperor Marc Aurel (121-180). With the nature of our thinking we do create the prerequisite of our life happiness. Or shortly expressed: Thinking is a matter of happiness! (Scientific research in this regard later in this book)

With friend and enemy to happiness

Not that what happens to us is decisive, but in the first instance how we cope with it, how we re-act. So can someone again and again make us crazy and we react again and again in the same way- emotional, with rage and anger-, and every time our own joy disappears, we are left without it. But could we not also react differently? Could we not leave our own path which we have since so long made wide and deep, just for a moment? Sure- it does cost effort and energy, to change our thinking and to act differently. But we always have to invest into relationships. Not only in regards to the

relationships with friends, but also with people we do not like so much. (More about choice therapy in chapter 3)

We think about payback and revenge, if someone used us; we want the just punishment, if someone treated us unjustly we tend to feel hate, if someone hurt us- we cannot find peace in our thoughts, no joy and no happiness. These things burden our mind and make our heart heavy and leave no room for liberation.

But where could we find this liberation?

“Father forgive us our trespasses as we forgive them that trespasses against us!”

In forgetting, in forgiving lies indeed liberation, but in forgiving lies also the most difficult investment in the human togetherness we can have. Connected with this step lies the big decision to overcome ourselves. It starts with the intention: I will try, even if it is incredible difficult! (More about Forgiveness in Chapter 4) Perhaps it is helpful to put ourselves into the position of the other person as if we ourselves would need the forgiveness for our own wrong doing in order to be freed from a heavy guilt.

To pardon and forgive is a great challenge which asks a lot. Perhaps is the help in a prayer for power and aid needed in order to be able to follow such a path and to forgive another. Who always bears enmity so always bears something, carries a heavy load on his shoulders. The path to forgiveness is the path to liberation and to freedom from rage and pain and hate which push heavy on our mind, but now we can free this place again and give room to calmness and joy.

The association with our friends also demands great alertness and attentiveness. Often do we treat the people who like us, even love us, in a way as if they are supposed to forgive us everything. We are busy to take from the relationship account from this or that friend- and are not aware enough to deposit something from our side.

This imbalance is often the reason, why true friendships develop so seldom and are so difficult to build up and maintain. Prior to taking should always lie the giving: Trust, help, care. Also and especially then, if it is hard for us, if it does not fit into our own time plan or hinders us from our own amenities, but it is worth to invest into that. To have true friends is one of the greatest assets of happiness which we can have in our life. People who are there for us, when we need them, who also love us if they know our mistakes, who tell us what we should change, who support us, if we are going through a tough time in our lives or feel unwell. Who goes through heavy, burdening life situations and has only one true friend who he knows beside him, on whose advice and help, comfort and consolation he can count on, will be better prepared to cope with difficult circumstances and overcome them, then someone who has no one he can trust.

Exercise:

Think on the relationships you have in your life. How can you foster them more?

The dimensions of happiness

Happiness is not only a concept from our daily life, but also a central theme in philosophy and in religion. To this also belongs that we not only react to the circumstances in our life, but to change these circumstances through our own actions. In that it is not about to search happiness in material riches or earthly power but it is about the constant happiness through insight, recognition and wisdom, this means to grasp God's Will and to follow it.

Plato described 400 AC three dimensions of happiness:

1. The relationship to the Divine,
2. The happiness of being human
3. The happiness through social interactions.

Two of these dimensions focus away from the person towards something else; one towards the Creator, to GOD, the other towards the fellow men. Only one of Plato's described happiness dimension focuses on the personal self. And also Aristoteles said: "The ideal human feels joy, when he can be of service to another person."

If we ask ourselves or other people what happiness means, the answer will be mostly connected to certain circumstances. Wealth, health, popularity, influence and so on-and with the wish to have all this. Only when people think further will they state functioning relationships, friendships, a happy marriage, a good relationship to colleagues and other things. And only last comes the spiritual path, the finding of a life purpose or even a personal focus on GOD as a fact for happiness.

Let's first have a deeper view on the facets of happiness which have to do with our personal self: Wealth, health, popularity.....And? Should this be all? How about the deeper sight into oneself, personal emotional wellbeing, trust in oneself, inner security, freedom of thought, inner balance, confidence, self-esteem? Are this not also building blocks in the fundament of our own peace of mind? And is in the missing of these things not also the key why so many people are depressed and unhappy?

If a person's ambitions only focus on the visible material world, it is no wonder, that they experience a deep inner emptiness and darkness, which gives emotional pain.

We are not prepared with such a one sided material focus to cope with fateful experiences, which all of a sudden shake our weak and fragile soul protection. Often little changes in our used to and cherished way of life are enough to throw us from our life path. We are not capable to build up the necessary opposite pressure in difficult life situations. This is the more difficult the thinner our social network is. If we have not invested enough into the relationships with other people, then we will miss the support and help in crisis situations, what makes it then so much more difficult to gain something of worth out of these situations. Science speaks from the possibility of the "posttraumatic growth", so to become stronger through going through the crisis, which can be supported by the care and friendship of others. A problem shared is a problem halved.

Also do we often believe that happiness and joy is a matter of luck and comes to us arbitrarily. We are living in waiting or in a state of expectation and with that in a tragic misunderstanding. As we

have to move towards happiness and joy, we have to shout into the forest, so that something joyful can shout back. If we wish happiness and joy we have to do something for it! Even modern science acknowledges our contribution to our own happiness.

Ongoing happiness can only be found through fulfilling a purpose in life. The philosopher Wilhelm Schmid says it like that: “Happiness is not the most important thing in life, but the question about the meaning of life is the most important thing in life!”

The present happiness research approaches the search for meaning only vaguely. Meaning can only be found in the soul and in the spiritual areas, in the interpersonal connections- or also in own life or goal choices. (More about meaningful life in chapter 3)

One thing is clear for many authors and that is that we can do something to achieve happiness and to grasp the meaning of our life.

Happiness is lawfully anchored.

The fact that we can do something for our happiness means: We have to move, if we want to change something, or do something for our happiness, if we want to reach more life quality and more joy in life.

Let's take as an example a conscious focusing at the beginning of the day: Today I will do something good with the day; I will give others a smile, I will finish a certain work etc. With such conscious decisions and – most importantly- with the consequent implementation of the intention, do we set something new into motion. A new chain reaction, as every decision opens possibilities for new advances in the new direction. We will not succeed in every new plan at once, but if we constantly try, then will we be also able to succeed in difficult things. So can new decisions string together and support an up building development.

With every decision- be it in profession, in the family or in any other life circumstance- do we start an action, an activity and a reaction, which arouse a retroaction. A simple example: If we treat other people who meet us friendly and courteous will also the mood be friendly towards us. If we sow friendliness we will reap friendliness. And the more consequent we are in that, the more intense will we be surrounded by friendliness. This applies to all areas of our life, as it is about a law of nature, the law of reciprocal action. How you shout into the forest this is how it shouts back. (and modern quantum physics supports this idea scientifically.)

With every movement, every action there comes a re-action. Therefore without movement we will not achieve a reward. But with diligence we truly can reap happiness. This lawfulness applies always even if we do not know or realize it, if we let ourselves go, if we are unfriendly or lazy we will always get the reactions in accordance with the same. Same creates same. And with this we touched another law, and this is the attraction of the homogenous species. Who is friendly and open towards others is welcomed to be around and people like to talk to him, he appears attractive. The crabber in the opposite appears repulsive.

Many will know this situation. The diligent, friendly and accessible colleague at the workplace will be gladly integrated into work groups, he supports and encourages the working atmosphere and works goal-oriented with like-minded.

Especially the feedback from our fellow men, family members and work colleagues shows, how much -and with that our wellbeing- we have under control. Friendliness and helpfulness will also be shown to us, if we have lived them ourselves. But we should not expect of others that they share our path; there will be always people, which are not yet clear about the laws of happiness and who are for example unrestrained and selfish. Also are we asked to be lenient towards others, - also something which we can cultivate and develop.

When we give friendliness and trust and reap it from others, this will be without doubt delight us and make us feel jovial. We will feel light in our heart, we feel elated, we feel joy of life and are happy. These illuminative and relieving emotional states are in opposite to gloominess, which makes our heart heavy and depresses our mood.

Unburdened or oppressed- with these concepts we touch another law, namely the law of gravity, which also not only works in the physical world but can also be felt in the psychic-spiritual very clearly.

The law of reciprocal action, the attraction of homogenous species and the law of gravity determine our internal well-being. You could say in reality that the joy of life is anchored in lawfulness. From us people emanate constantly movements: We constantly want something, we constantly think on something, say a lot, do a lot- or also fail to do something....and we are surprised if life bestows us with happiness or adversity. Decisive would be, to recognize the connection between all our deeds and the homogenous retroaction, to anticipate the lawfulness which governs life and is woven into everything. As in that lies the key to lasting happiness and joy in life.

It is simply about us working on a fundamental tone in our life, which is fed by confidence and trust- out of the knowledge which we can gain from the understanding and observance of the laws of life and with using them we can work on happiness and joy step by step, whereas lack of knowledge leads further away from happiness.

Not understanding (lack of knowledge) about the lawfulness in life leads to: Resignation, helplessness and ignorance.

Understanding (knowledge) of the lawfulness in life leads to: Awareness, trust, security.

Especially uplifting it is to recognize the meaning of life- in the little connections but also in the big things and the big whole. And it is frustrating, to not be able to understand the meaning. This happened to us already at school, when we for example tried to learn a language and did not get the meaning.

Thus we have to learn the language that life uses in order to talk to us, or differently expressed, to recognize the laws of the Creation and with that to recognize the builder of Creation, God.

In the book “In the Light of Truth- Grail Message” from Abd-Ru-Shin we read: “You earthmen are in this Creation to *find* supreme happiness! In the Living Language which God speaks to you! And to understand this Language, to learn it, and to sense inwardly the Will of God in it, *that* is your *goal* during your journey through Creation. In Creation itself, to which you belong, lies the explanation of the *purpose* of your existence, and at the same time also the recognition of your *goal*! In no other way can you find either. This demands of you that you *live* Creation. But you are only able to live or *experience* it when you really *know* it. “

With the described lawfulness should we count every instant? We can't avoid them, stop them or adjust them to our desires. For this reason we should recognize their mode of action and use them in order to reap joy of life, happiness and blessing.

The fairy-tale idea of happiness, the belief that there is something that makes us all of a sudden and forever happy can lead to disappointment! A happy life does not develop through a dramatic incident, but it comes step by step, through our own activity, from one event to the next, through experiences and conscious decisions. Everyone is the master of his fate! We are happy, when we draw significance and joy from our experiences, when we spend time together with people we love, learn something new or if we for example work on a certain project, so if we do something meaningful. The more days are affected by such experiences as well as if we experience progress in the search for meaning and advancement in our psychic-spiritual perfection, the happier we are.

First and foremost am I convinced that the path to happiness only is accessible through the knowledge of the laws in Creation. Therefore I want to end chapter 1 part B with a quotation from the book “In the Light of Truth”, which just supports this aspect and from which I have drawn the conditions for my personal happiness in life and whose accuracy I experience every day anew. “Happiness is much easier to achieve than many think! But it is first necessary for mankind to know the laws which rest in Creation. If they live accordingly then they must become happy.”

Exercise:

Jot down your thoughts about Part B. What was important for you? How will you use the information?

Part C- New discoveries in science

Quantum physics

After we looked at the basis of a joyful life in Part B, I will now go further to introduce you to concepts as well as techniques and approaches which I found very useful when working in my Psychotherapy, Logo-therapy, EFT, NLP, Bach Flower Therapy and Life Coaching practice with many different people in the frame of the last 8 years.

If we think back on our lives we might discover that true feelings of joy are always accompanied by a stirring of the soul. By deep intuitive perceptions and anything lack of it leaves us feeling empty. Let's look at this in the following explanations from the perspective of new scientific discoveries.

We are living in a time where the conclusions of quantum physics can help us to broaden our awareness of our own influence on the world we live in and also on how our way of thinking, perceiving and feeling and how we use our own creative consciousness has an influence on our own state of happiness and health. With our own power of conscious decision making we shape our own life. The ancient religions already told us that, but nowadays a bridge has been built between science and spirituality, which can help us to see the close connection between religion and science. Science and Religion should be one.

Our view about the world is hampered by many errors and thought patterns. We are influenced by information which keep us unknowing and with that incapable. These include many beliefs we have adopted from our social environment, from childhood home, schools, clubs, sciences, and media and also your own limitations we set ourselves. From these limitations we should first free ourselves.

I invite you to be open and curious. Don't believe me anything that you cannot follow yourself or what your inner sense of truth cannot accept but be willing to let the things you do not grasp completely at the moment, stand in the room for the time being. Much might become clearer to you if you read through the whole book or if you do the suggested exercises.

I am sure the new understandings about consciousness will awaken in you the interest for more information.

Here I will introduce you to some basic new understandings in the area of quantum physic.

The phenomena of the hundredth monkey

Until new recognitions become the base of thinking for the general population, there is a critical mass necessary. Do you know this in regard to the phenomena of the hundredth monkey?

For who is not familiar with this: On an island of an archipelago there was a monkey which had the idea to wash its dirty potato in the sea, prior to eating it. Other monkeys observed this and modelled it. Only after a certain amount of monkeys had washed their potatoes in the sea water, did suddenly all the monkeys do the same on this island and they washed their dirty potatoes in the sea prior to eating it, and not only there. Even the monkeys on the adjacent islands, which had no contact with the other monkeys, suddenly cleansed their potatoes as well in the sea water. The critical mass was overstepped.

If enough human beings on this earth open up to visionary consciousness-information, this will have an effect on the entire cosmos. Also you can contribute to the critical mass. Through this effects can arise which can lead to unforeseen historical happenings which can be compared to the fall of the wall in Berlin (Germany) 1989. You can partake in a new future for this earth and the cosmos and bring everything into positive harmony with the entire cosmos.

Our heart

Since living memory has the human heart an exceptional position in our concepts. Also in everyday language do we usually refer to the heart if it is about essential things in our human existence, what is the heart? Only a pump or is there more to it? The truth is that the heart does not have a mechanical pump function. Sure, a certain mechanical part works like a hydraulic ram, which through its power of impact generates an impulse for acceleration. Through this impulse does the blood obtain its dynamic, so that it can reach the last convulsion in the brain and also the little toe. Interesting is that the heart itself is animated to beat through the blood flow. You can recognize this during a heart operation. If you stop a heart and later on you let blood flow through it, it starts to beat again, automatically. What then is the heart?

Your heart is a highly sensitive emotional organ! Your heart is your central organ, that all, and really all, inside as well outside your body notices, perceives and at the same time controls. Already the ancient South American population called Maya knew that a human represents a replica of the cosmos and that the heart is connected with the solar system of the cosmos. Also the old alchemists, especially Paracelsus, knew about the special rank of the heart, which they equated with the noble metal gold and the sun. In the medicine of the humanities according to Rudolf Steiner it is a matter of knowledge that the heart in the human organism has a comparable central meaning than the sun has in our planetary system.

“Intuition (heart thinking) is the source of scientific understanding”. Aristoteles

The heart is a sense organ that perceives an unbelievable amount of information from the universe and transmits it to our body. And it creates also itself information and hormones, which besides other things regulate the blood circulation, and our physical, psychic and spiritual wellbeing.

As energetic base station does the heart produce electromagnetic impulses, which can be measured with the EKG, the electrocardiogram, and can also be measured on the surface of the body, these electromagnetic waves pass through, give rhythm and frequencies and synchronize the whole body up to the DNS of every cell. Thinking allows us the access to all information of the universe. Experiments of the American biophysicist Gray Schwartz proof, that these waves can be transmitted to other people even over a great distances. Alone through mental attention during a conversation can you unconsciously transmit electromagnetic impulses, which can be found in the EKG of the other person. If conversational partners concentrate onto each other consciously, this also can be measured over great distances. With people who have a well-trained consciousness and concentrate on the other person and focus on him, you can find that the EKG transfer also functions over continents. The almost unbelievable is that with this experiment could also be proven that the transfer verification not only was measured with the EKG, but was also detectable in the electromagnetic waves of the brain, the so called EEG, which is in comparison to the EKG a hundred times lower in its electromagnetic potential than the EKG. Do you guess what great significance this experiment could have? It says that we can influence our own energy production, the frequency of the heartbeat, the handling of information as well as the sensibility of the heart. We can do this, in producing in us emotions like love and gratitude and combine them with corresponding, regular

harmonious breathing. (Please find an exercise in this chapter) This will have an effect on our own health and wellbeing but also will have an effect on other people.

If you want try the following: Concentrate yourself on your heart and let pictures or situations come up in you while thinking about people you love or try to reconnect to other beautiful feelings of love and gratitude and let them come up in you and let them enlighten your day. Love and Gratitude are the two most powerful emotions. The heart will relax and the heart beat becomes coherent. But you only need one negative thought and the heart gets out of sync. All this has an effect at once on the cells in your body and you wonder that if you feel emotions like anger or hate as why you feel so tired. With your conscious decision making capability you can decide to awake in yourself feelings of love and gratitude or other positive feelings.

This new way of thinking we call “heart-thinking”. It is the creative side of an inventive spirit, which connects us to eternity. This form of thinking actually can connect us to all information of the universe.

Our brain

What is the brain? Perhaps you say that it is a gigantic database. Perhaps you define your brain as the seat of memories and the forge of your thoughts. Please be ready that also this general knowledge is wrong.

The quantum physic and especially the research of the American consciousness researcher Stuart Hameroff and Roger Penrose do we owe the recognition, that our brain is an extremely wise constructed antenna, similar to a radio receiver, which serves to notice our thoughts. This unbelievable brilliant structure represents a true cosmic miniature galaxy and is equipped with capabilities which amaze the modern brain researchers again and again.

The brains task is in its essence, to transform thoughts into electromagnetic waves, to perceive the information of thoughts and to forward them. Thoughts are absorbed by our consciousness. Our consciousness is not bound to our brain or our physical body, but exists outside of it. The brain is merely the antenna for that what our consciousness perceives and what should then be transmitted onto the psychic, energetic and also physical body.

Our consciousness

What is consciousness in your opinion? Perhaps a mental state created by the brain where we can perceive reality?

Consciousness is according to Dalai Lama XIV non-material and therefore non spatial. Therefore we are not carrying it around; it is not bound to our brain organ. The seat of consciousness is everywhere and no- where according to the Dalia Lama. To the regret of physicists are they not able to measure consciousness with any instrument. It is an expression, information of our spirit, spiritual information which cannot be measured with a material instrument. Every human being has spirit,

better said is spirit and the brain is a tool of the spirit, but without spirit you could not recognize or measure any phenomena in nature. But spirit is not measurable.

“Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are part of nature and therefore part of the mystery that we are trying to solve.”
-Max Planck

Some people say that what I can't measure does not exist. Do you feel that this is right? If that is right there would be no spirit! How could you even drive a car? The German Bio physician Dr. Ulrich Warnke asked, “How is a thought capable to turn my arm in such a way that it turns the steering wheel in such a way, so that my car drives where I want it to drive? How can something immeasurable and in that non-existent be capable to produce such a muscle movement in my body?

“ Consciousness has different characteristics. There is the trance-consciousness, the dream consciousness and the awake-consciousness and the higher consciousness. The whole cosmos has consciousness. According to the recognitions of the Indian Quantum physician Amid Goswami, author of the book “The conscious universe”, has everything that exists, every stone, every plant, animal and human being a consciousness on different levels. Every atom has consciousness and contains the complete information of the entire universe.

Human beings, who have developed a higher consciousness, can draw from a world consciousness, also called the Akasha-Chronic. The word Akasha-chronic originates from the Indian language, the Sanskrit and can be translated with “luminescent” or “beaming”. It consists of one of the finest substances that a human spirit still can register, and is in normal day life only accessible by spiritually highly developed humans. The Akasha-chronic functions as an eternal and collective world memory. It is an all absorbing Information accumulator, which contains all thoughts ever thought, all things ever learned, all things ever found out and experienced. Many quantum physics experiments delivered hints to prove this reality, that there is an information storage which goes beyond our three dimensions (height, width, depth). There are several words currently used for the Akasha-chronic, for example morphogenetic field (Rupert Sheldrake), fifth field (Erwin Lazlo) Hyper-room (Burkhard Heim), The Divine Matrix (Gregg Braden) and even Plato assumed that such information carrying ether exists.

The saved Information is not only derived from humans, but also from all other inhabitants of the universe, even invisible beings. Nothing in the entire cosmos gets lost. At least this is the opinion of scientists, which have access to these hyper room worlds. These are the researchers in the area of Meta-physic and humanities.

Our consciousness accesses so much information from the cosmos, as it is capable to “read”. The brain, its earthly organ, is again the transformer which transforms consciousness information, you could also say, the brain is the local antenna, the transformer and the place to decode what has been received as information at the local server.

Consciousness searches for resonance with that what is already there in the cosmos as a thought or an idea. It lies in the human ability to choose which information impulses you notice at this very moment. We can decide. This explains the immense diversity of thoughts. If we for example occupy ourselves a lot with a theme, we suddenly receive a lot of ideas. We focus our potential to connect

to and receive information from the frequency which carries the information. You can enhance your own receptivity through attentiveness and focus. How many pregnant women does a woman see if she herself is expecting? With that you can recognize how an increased focus on a chosen theme can give us back a multitude of information resonance. Is the woman pregnant, all her interest focuses on babies, baby items, prams, everything having to do with pregnancy or children and she will find the information everywhere. Our focus brings us back more of what we focus on.

In other cases, if we experience ourselves in a state of fear, anger, hate or envy and jalousie, we constrict our resonance capability or our consciousness so much, that we perceive the whole world through the perception of the darkened state of our soul, we only recognize negative messages and we then also experience negativity. Goethe said something similar: "Distrust and hate constrict the observer to the surface, even if you add reasoning; if you on the other hand form a close union with benevolence and love, this penetrates the world and the human being, and yes he can hope to reach the highest."

Besides having the function of a cosmic antenna does the brain also serve as a receiver of information from all the senses, also from our heart as our central sense organ, and as the heart so is also the brain not only a receiver but also sender, which is important for us to realize as it has a big effect on our health and wellbeing.

"There can never be any real opposition between religion and science; for the one is the complement of the other. Every serious and reflective person realizes, I think, that the religious element in his nature must be recognized and cultivated if all the powers of the human soul are to act together in perfect balance and harmony. And indeed it was not by accident that the greatest thinkers of all ages were deeply religious souls".-Max Planck

Our DNA

What is the DNA? Which function does it have? In general we connect the DNA in the core of our cells with the concept of the carrier of genetic information. This is not completely wrong but only part of the truth.

Also the DNA functions as an antenna. In its spiral form it is even the ideal form of all possible antenna constructions. Like the brain is the DNA able to perceive and notice different frequencies from its surroundings. A multitude of experiments strengthen the suspicion, that special electromagnetic fields are capable to activate and reactivate dormant parts of the DNA and also are able to add frequency lines which again can lead to physical and psychic changes in the biological organism. The environment that activates genes includes both the inner environment-the emotional, biochemical, mental, energetic and spiritual landscape of the individual- and the outer environment which includes social network and ecological systems (food, toxins, social rituals etc.)

So, forget the erroneous belief that only a personal genetic makeup is decisive what will become of you. The capabilities and illnesses which are predicted for a human being are simply confuted. Genetic makeup can be changed!

What the spiral antennas of all of our cells receive, is nothing else than electromagnetic waves in form of visible and invisible rays. These photon rays could also be described as cosmic Light. From this cosmic Light comes the live energy, which surrounds everything that lives like a very fine grid.

This effective Light, which we absorb through our cells, is always coherent, constant swinging light, a form of biological laser light. If we are for example in the consciousness of total love to our neighbour and gratitude, responsibility and , attentiveness, our cells are in an even inner swinging and radiate this light towards the outside. Other people feel this radiation as beneficial Information, a sort of psychic warmth and they feel attracted to such people who carry love in themselves. In this moment acts healing energy in our whole body and through the phenomena of resonance also in the body of the other person. A healing process is automatically activated.

If a trained, enlightened consciousness only filters Light-filled thoughts from the hyper-room, can our body gain in incredible strength. This also reminds me on what Jesus recommended to us people when he said to “Watch and pray”. If we are constantly in a state of watchfulness and take care to open up to light filled thoughts only (Pray) we connect to only that which is helping and strengthening us. In the Grail Message (Abd-Ru-Shin) we read the following: “.....Watch and pray” is a figurative rendering of the admonition to keep the ability to perceive intuitively on the alert, i.e., to keep the spirit active! Spirit in its truest sense, and not the activity of the brain, for the way the living human spirit expresses itself is only and solely through the intuitive perception! In no other way does the spirit of man, i.e., the original kernel which evolved into this true “ego” in the course of its wandering through Subsequent Creation, become active.

“Watch and pray” is therefore nothing less than the demand to refine and strengthen man’s ability to perceive intuitively, which is equivalent to vitalising the life of the spirit. The only eternal value man possesses is his spirit, which alone can return to the Paradise from which it issued. It must return there, either matured and self-conscious, or again in an unconscious state;

The knowledge about the real functions of our heart, brain and DNS as well as the knowledge of our consciousness and the existence of an information carrying field can help us immensely to use our capabilities for our own and others happiness.

The re-unification between spirit and matter- “And in the end GOD is waiting”

Only around the turn of the 19th to the 20th century began a change in understanding. Indeed dominated the materialism and the mechanic perception of our world still a hundred years later our everyday life in all political decisions, in all areas of bureaucracy and especially in the health care system. But around the year 1900 the unusual physic, and today we name it the Quantum physic came into existence, to turn our view about the world upside down- and in this case through evidence.

Physic Nobel Prize winner Werner Heisenberg gave following comment concerning these new recognitions: “The first gulp from the glass of natural sciences will turn you into an atheist, but at the bottom of the glass God is waiting for you.” [“Der erste Trunk aus dem Becher der

Naturwissenschaft macht atheistisch, aber auf dem Grund des Bechers wartet Gott.”] (Heisenberg, as cited in Hildebrand 1988, 10). Quantum physics achieved something unbelievable. The discoveries became so cataclysmic, that in the course of the 20th century theology and science was again able to connect the visible and invisible parts of our world into a union. Sometimes we might think that the heavy walk and deep descent into the material world was a necessity, in order to find back to the polarity to “the spirit”, a comprehending and recognizing returning. The same as it is sometimes necessary to get to know poverty in order to appreciate abundance.

Some scientists in the area of quantum physics go even so far to claim that: Matter does not exist! They say that matter does not exist of matter, but of vibrations, which are in connection to each other and interchange information. With this is also a world of separation annihilated. Everything in the cosmos is connected, and how they say it in the language of the Quantum physics, quantum entangled. Everything constantly interchanges information with everything.

“As a physicist, that is, a man who had devoted his whole life to a wholly prosaic science, the exploration of matter, no one would surely suspect me of being a fantast. And so, having studied the atom, I am telling you that there is no matter as such! All matter arises and persists only due to a force that causes the atomic particles to vibrate, holding them together in the tiniest of solar systems, the atom.

Yet in the whole of the universe there is no force that is either intelligent or eternal, and we must therefore assume that behind this force there is a conscious, intelligent Mind or Spirit. This is the very origin of all matter.” (Planck, as cited in Eggenstein 1984, Part I; see “Materialistic Science on the Wrong Track”).

The founding fathers of quantum physics

Max Planck, Erwin Schrodinger, Niels Bohr and Werner Heisenberg are the founding fathers of quantum physics, and they have discovered the new physics in the last century. The creative consciousness of these gentlemen has through their creative impulses managed to develop a complete new picture of the world and nature. This quantum physics is the best natural science since all time and shows drastically, how limited the old physics was, which is still taught at our schools.

The modern quantum physics is capable to affirm the secrets and conveyed mysteries of the ages and to prove their accuracy. With this are many legendary powers of the invisible today understandable and explainable. Let’s use this information!

The basic laws of quantum physics

There are four basic laws of quantum physics, which you should get acquainted with and then replace with your old views about humans and the world. The three Physiker Werner Heisenberg, Niels Bohr and Erwin Schrodinger formulated 1927 basically these new laws.

1. Uncertainty principle
2. Quantum entanglement

3. Observer effect

4. Non locality

1. The uncertainty principle

This concept describes a strange behaviour of subatomic particles. It states by precise inequalities that certain pairs of physical properties, such as position and momentum, cannot be simultaneously known to arbitrarily high precision. That is, the more precisely one property is measured, the less precisely the other can be measured. Scientists like Werner Heisenberg therefore talked about an uncertainty.

2. Quantum entanglement

All quantum objects-these are electrons, photons, neutrons, protons and elementary particles, which ever had energy contact with each other are quantum entangled. This means they are energetically and informatively connected; comparable to people who in all eternity touch hands although one of them lives at the North Pole and the other on the moon. Everything stays quantum entangled that ever had energetically contact with each other.

As in the beginning of Creation all came from the ONE that at once started to spread, are all parts of the entire universe quantum entangled. All conscious beings could therefore-if they wanted-communicate with each other without delay.

The US Physician John Archibald Wheeler expressed something similar in regard to this phenomenon. "Everything, but everything is connected to everything". Already 2000 years ago did apostle Paulus in the Corinthian state "All is in all". This is no biblical symbolical language anymore-as quantum physics can verify-but reality. And what does that mean for our body? That also in our body all is quantum entangled.

All cells in our body communicate with non-stop unbelievable rapid speed with each other. This exchange does not only happen inside the body also between doctor and patient, between animal and human, human and plant, human and technical devices.

3. Observer effect

In professional language this means if a physician-so an observer-during an experiment makes a technical measurement-then can in the subatomic level the information like a wave collapse and change its condition. It changes from an undefined virtual potential to a very specific material manifestation. A hitherto invisible feasible wish, the virtual potential changes into something visible, measurable. Only the observance, the direct involvement of the consciousness, changes an optional possibility into a reality. These are no lame legerdemains; these are hard realities of quantum physics.

Simply expressed, does that mean that the consciousness and the intention of an observer, a scientist, a medical doctor influences the effect of an experiment. If we use this for our own life, or if you are yourself a psychologist, psychotherapist, practitioner or work in a helping profession this means that the result of your work with a client is dependent on the intention and positive or negative thoughts you have as an observer or practitioner or therapist. So our own attitude in

thinking does have a huge effect on the outcome. If the practitioner and the client go into a session with a consciousness of positivity, love and confidence will the treatment take a totally different outcome as if a practitioner sees a client with a clinical or impersonal attitude or in a state of exhaustion and rush. If we look at things with a positive attitude, with love and attention our life or a circumstance or a conversation can have a different outcome as if we look at it with a negative, tired or impersonal attitude. Trust and faith can enhance our quality of life and health significantly. This is quantum physics.

4. The non-locality

Non-locality is defined as phenomenon that occurrences on one side of the Universe can instantly affect “matter” on the other side of the Universe. Non-locality has profound implications for the prevailing world view of reality in that it clearly demonstrates the inter-connectedness between all matter in the Physical Universe and the illusionary nature of Space and Time. A human being is not only a material being, but also a psychic and spiritual being. Beyond the limitations of the three dimensions we can at the same time be in other dimensions. In these dimensions we can learn and consciously be at different places where we can experience things which we cannot experience in our three dimensional world. In this higher dimension we can receive information, information which does not exist in the world of matter.

SUMMARY

- Quantum physic is the physic of the subjective, of information and the connection between sub-atomic parts in atomic and sub atomic areas of the material world.
- This is valid for the micro cosmos as well for the macro cosmos.
- All building blocks of the material world consist of vibrational information.
- Your own consciousness produces something and it produces something enormous.

The cosmic evolution of eternity.

- The building blocks exist in a state of possibilities which only become real through the impulse of consciousness, which manifests that what is wanted. “There is no matter as such—mind is the matrix of all matter.” –Max Planck

“All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.” –Max Planck

The understandings of Quantum physics can help us to become aware that our own consciousness, our own personal decisions what we think and focus on and our deep intuitive perceptions change our lives. We have to be aware what we want and use our conscious decision making capability to invite positive change and avoid that what can harm us.

We always have the freedom through our creative consciousness to open up for new ideas and work on up building goals which bring benefit and joy. We have the choice to see life with an attitude of love, appreciation and benevolence.

What I think and feel affects the world. Can you now understand how much damage can result if we are unaware of this? How much time we also waste if we work on or just want to change the effects instead of changing the root cause, which is our own consciousness and attitude.

But in our current times we have to be aware that the knowledge about our own influence on everything is not yet accepted by the vast majority of people. Many people still experience themselves as victim of circumstances or just observer who has no influence on anything. But we are more than that. We are participators.

Exercise:

Think about how you could use the information of Part C in your own life

Part D- Water Crystal experiments

As a man thinket.

The awareness about our responsibility we have concerning our thinking became also much clearer through the wonderful contribution of a Japanese scientist, Masaru Emoto, which enhanced our understanding about the energetic world we live in.

His book entitled “The Hidden Messages in Water”, details Mr. Emoto’s research into the crystalline structure of water. Mr. Emoto and his colleagues found that water droplets would form widely different crystalline patterns or “snowflakes” after being exposed to different kinds of music and then frozen. Exposure to acid rock music, for example, would result in a much disrupted crystal, while a Mozart symphony would result in a beautifully formed crystal.

He also took examples of “healing waters” like the Water in Lourdes (France), which showed a beautiful crystal.

Taking their research further showed that by writing different words or phrases onto a piece of paper, and then taping the paper to a vial of water and leaving it overnight, different crystalline structures would result.

The phrase “I love you” would invariably result in a symmetrical, well-shaped and beautiful ice crystal, while the phrase “I hate you” would result in a very asymmetrical and disrupted crystal. The most intensely beautiful ice crystals of all were formed when water was exposed overnight to the phrase “Love and Appreciation”. Remember that your body is over 70% water. In the end everything you intend for another person, will have an effect on yourself. Also realize what effect this must have if you are angry for many days or weeks, how this must affect the water (blood) in your own body?

Can you see how important it is to maintain thoughts of positivity instead of negativity?

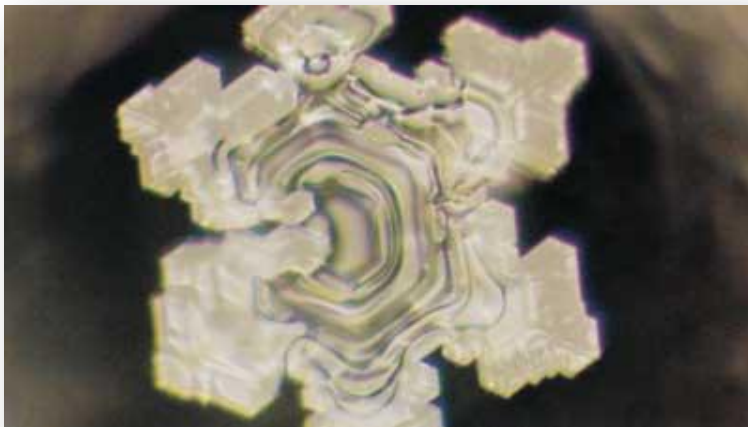
Here you can see some examples from Masaru Emoto's water crystal photos.



Heavy metal music



Thank you



Mozart Symphony



You make me sick. I'll kill you



Love and Appreciation

More and more scientists agree nowadays that everything consists of light, vibration and information. If we realize that our thoughts have such a big effect on our surrounding, on others and ourselves we will strive to think and do only good. (More explanations about Masaru Emoto's research you will find in chapter 4)

Thoughts are powerful tools at our disposal with which we could bring about tremendous achievements. So we read in the Grail Message that: "The foundation for the up building of a new humanity, which you cannot and must not evade, rests in the one sentence: Keep the hearth of your thoughts pure! And it is with this that man must begin!"



Fountain in Lourdes, France

Each thought bears within a certain magnetic quality that attracts similar thought forms and is thereby strengthened. A thought that we nurse and occupy ourselves with a lot in our mind gains in clarity and strength and expands in perspective. We often experience this but may not understand that it is the Law of Homogeneity at work. This should make us cease trifling with thoughts and use them constructively. In using our thoughts consciously to improve conditions around us, in recognizing the futility of harbouring thoughts of envy, hatred and bitterness, which will only bring us more of their kind, we will have succeeded in making faithful use of this medium of cosmic interaction.

A lot of people nowadays are more aware of the Law of Attraction and want to make conscious use of it for their own benefit. The Grail Message gives helpful hints in relation to using thoughts and cautions against a forceful channelling of our thoughts to particular ends and instead encouraging a more natural transition by allowing the longing for which is good to dwell constantly within us, such that it permeates every rising thought even before it takes form.

"Empty yourself of thoughts, and set free within you the urge for what is noble and good. Then you will have that foundation for thinking which comes from the volition of your spirit; whatever arises from that you can then safely leave to the work of your intellect to carry out in the Realm of Densest Gross Matter. Nothing wrong can ever develop. "

So we should not force change with intellectually directing our thoughts but we should let go of this self-agony and instead let the volition of our spirit free and let it guide us and what comes up in us from our spiritual volition , we can safely then let be carried out by the intellect.

Part D- Making time for reflection Listen to your intuition

The volition of our spirit, our true core, expresses itself in intuitive perceptions, and should lead in our decisions, while the intellectual considerations simply are there to execute our volition. The brain, due to its corporeal nature, can unite with matter but is also limited to matter. The brain also possesses the ability to decide, through the use of the intellect, so that it can make a choice among the available material options. But it is a will bound on matter only and not the free will of the spirit which is capable to transmit human values, perceive reality how it really is, warn us and guide us and it can encompass the whole reality and is not bound on matter alone. We need the intellect in order to master our day to day life, to be punctual or to answer correctly if someone asks you for the current time, as the intellect helps you to not state to them the current temperature. The intellect is the lowest analytical aspect of our consciousness. It dissects an object into its component parts, without being able to grasp the spirit or the creative idea in it. According to Physician Hans-Peter Duerr does the intellect disjoint an object like in a meat chopper in order to find the hidden reality of the object. The intellect can know the single parts but not the spiritual reality. The living content, the spirit, the soul, can only be grasped by the deep intuitive perception. It can be grasped through our heart thinking, with your intuition. Heart thinking- so our intuition gives us a fine sense of what is right and what we can trust in. In that lies a great help as many situations in life ask from us to make difficult choices. And we have to choose. For example, “Do I take that job which asks me to move or do I focus on further education and stay where I am?” The intuitions can guide us to make the best choice. Let’s first have a look at the common attitude we still can find in our society. Many of our decisions nowadays are mostly self-centred and based on intellectual considerations only, seeking the greatest possible personal advantage and even accepting long-term damage for short-term profit and we tend to rely more on rigid rules or our limited intellectual conclusions instead to balance our decisions with our intuition. People perceive themselves as an island, as a monad instead of perceiving themselves as a part of a system. Our unscrupulous handling of the resources of this earth offers a graphic example.



Becoming aware of what is going on can open us for the choice to try something different. Every person has due to his spiritual origin the free will and therefor also the power to choose. As human beings we have the gift of a dimension not available to animals-the gift of the human spirit which enables us to say No to outside influences to outside opinions and ideas and fashionable trends. We can say No to the pressures of peers and the dictates of authority. We can start to think for ourselves. Free from our past experiences, conclusions and programming (called beliefs), free from influences of others (media, corporations, schools, institutions, families, church, friends), free of self- induced fog

(shallow breathing, lack of movement, lack of time outside, numbing choices in food, drink and drug, entertainment, news sources, multi-tasking), and then can we can make our own choices as we also have to carry responsibility for them. We have to become aware that our intuition, the language of the spirit, always reacts in accordance with the situation and is able to weigh a situation in its entirety as well as selflessly and integrally. The very nature of our intuitive perceptions, this voice of our spiritual core, lies in helping us to find our way upward and to lead us to the best possible choice and it can sense how to adapt in the best possible and beneficial way to the greater Unity. Our

intellect is only able to focus on one specific thing at a time. The inner voice finds the way, knows where it goes, reliably informs us whether we should seek or avoid something, tackle it or leave it alone. The intellect, our head voice which can only concentrate on one point and should in this material world be the servant of the spirit, is a most wonderful tool and we should use it to our benefit but we should not let it become the master.

Most people still rely on their intellect and use their intellect “only” to guide their life. A change in this regard, when we let ourselves be guided by our deep intuitive perception again and go back into our heart, is for many people not easy. It takes effort and training and this means to consciously decide and practice again and again to let go of thoughts and move into your heart to let yourself be guided by your intuitive perceptions. We are looking in the next chapters on what can help us with that most important change process as it is vital to make that shift if we want to improve our personal life but also the life of others. Our deep intuitive perception, our inner voice also gives us access to what we truly want, from the base of who we truly are. Conflicts that arise between intellect and our soul/spirits true desires are a big part of inner conflicts which eat up our energy and let us feel drained and unwell.

Hours of introspection

If you think on changing some aspect in your life ask yourself what is happening in you. What intuitions, what feelings come up? The more consciously you can make a decision the more beneficial it is for you. If you want to open to the guidance of your intuition, to the hunches of your heart thinking it can be helpful to search out some quiet space and decide to aim for hours of rest and relaxation and to overcome some everyday routines that one has grown only too fond of. Even the routine of searching out mental distraction, like TV, internet etc. as this again cannot help us listen to ourselves. I find myself being able to clear my thoughts and open myself to the guidance of my intuition when I am in nature, without technology to distract me. If I go for a walk I literally can get rid of the cobwebs in my head and access my deep intuitive perceptions again. Perhaps you also know about a beautiful place in nature where you feel well in. Perhaps a walk on the beach, in the forest or a quiet space in a park or your garden, nature helps us to become alert in thinking and intuitive perceiving. Some people prefer a peaceful place in their home or a church or other public place. In order to find your centre and listen to your intuition again you might want to prepare yourself mentally. How mentioned before is the heart field 5000 times stronger than the brain field. (Source: www.heartmath.org). The heart is in constant interaction with the brain. If you consciously activate your heart field, you will be more able to perceive the field around you and the information in it. With this you will activate the vibrations of Love and automatically you can easier let go of intellectual, limited ego thinking. There are lots of exercises which can activate the heart field. For example mediation, prayer, yoga, gratitude, breathing techniques, a good tip in regards to the sensing of the heart is that if you feel, when making a decision, a widening, expansion in your heart field that points to more consciousness. Ego-focused decisions will give you a feeling of constriction and narrowing and shows less consciousness. Here I introduce you to two exercises which can help you going into your heart and in that connect to your deep intuitive perceptions, so your spiritual inner voice:

Breathing exercise:

Heart breathing while inhaling visualize 2 energy streams-One stream comes from the middle of the earth and is red/dark in colour

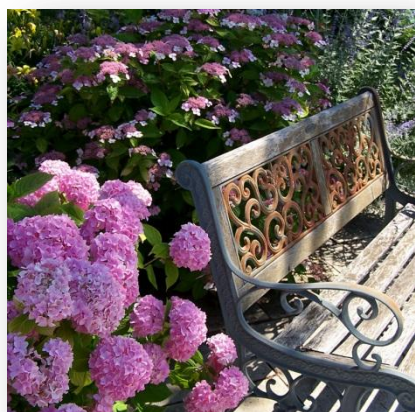
-The other stream comes from the highest heights and is gold/light colour

-Both streams meet in the middle of your heart and mix up

When exhaling guide this mix from your heart outside into the world; do these breaths 2-10 times and think on expansion. Effect: Strengthens the heart field. Makes room for you, brings hidden things onto the surface, provides more freedom and supports appreciation and life quality.

2. Exercise:

The bowl of appreciation imagine a ball; just as big as a marvel. You hold them between index finger and thumb, so that you can see it well with your eyes. Then inject all your appreciation and gratitude into the marvel. You might want to think on something that truly touches you on a deep level and for which you feel deep appreciation and gratitude. The marvel begins to glow. Lead it into your head through your third eye point and let it drop into your heart and follow this process with your consciousness. With this process the aura of and around your heart will expand – and will be activated. Do this exercise again and again until you feel you do not need this help anymore but can go into your heart just by your own decision.



So it is about us to decide on a daily and hourly basis, to let go of thoughts and connect with our inner core and let ourselves be guided by that again. It needs constant practice for that as we humans over cultivated our intellect to such a great extent that we literally have to turn around the lights again and re-activate our ability to intuitively perceive. Our life and experiences, our world will completely change if more and more people change that. If we re-connect to our spirit again and let ourselves be guided by our spirit instead of our intellect. Another way to help in this process is to ask yourself following questions:

Exercise:

- How can I become more aware about my thoughts and feelings?
- What blocks my self-awareness?
- What is reality and what is illusion?
- What are my true feelings?
- What do I want from the depth of my heart?
- Where does my longing/yearning drive me to?
- Who am I truly behind my façade, masques, pain, illness and preconceived opinions?

Take your time to answer these questions.

It is necessary that we make ourselves time and space for that vital change. We all can make ourselves a space and time when we can reflect calmly about our life. Already the Third Commandment “Thou Shalt Keep the Sabbath Day Holy” points to the necessary hour of rest we should take each week. This does not have to be only on a Saturday or Sunday, but any day will do as long as you can give yourself some time for intuitive perceiving. “The Sabbath Day is the hour of rest, thus when you take rest from the work enjoined upon you by your path on earth. But you do not consecrate the hour of rest, the day of rest, by wishing to care only for your body. Nor by seeking diversion in games, drinking or dancing. The hour of rest should lead you to hold quiet self-communion in your thinking and intuitive perceiving, to review your earth-life up to the present, especially always the past working days of the last week, and to draw practical applications from them for your future. Six days can always be reviewed; a longer period is easily forgotten.” (Extract from “The Ten Commandments of God.” Abd Ru Shin)

How would this be if you would give yourself some quiet time for self-communion? Where is a place you are able to listen to your inner voice (in your house, in nature etc.?) How much time will you need to find your center and listen to your intuitive perceiving? Would you be willing to start reorganizing your life in order to be able to do this on a regular basis?



The consequences of such time we give to ourselves is that if we really thought through something, intuitively perceived the pros and cons, this will enable us to make conscious choices, it will help us to make beneficial decisions and then we can focus and implement goals which bring blessing to us and others and we literally find our own way upwards. With that we invite joy into our lives. “Inevitably then your intuitive perceiving will slowly rise higher, and you will become a seeker for the Truth. Once you really are a seeker, a way will also be shown to you. And just as here on earth you only tread a new, hitherto unfamiliar path with care, investigating it, so must you cautiously proceed step by step also on the new spiritual paths which open before you, in order to always to keep firm ground under your feet. You must not rush ahead, for then the danger of falling is greater.

Through such thinking and intuitive perceiving during the rest hours of your earth-life you will never lose anything, but only gain” (Extract from the Ten Commandments of God, Page 24, Abd- Ru- Shin) We have to remember, that we have to carry responsibility for everything we do, feel and think in our life and we have to live with the consequences. To pretend to be too busy to find the time to listen to ourselves to our own intuition can have serious consequences for us as we not only waste our time, we also might act, although we do not really want to, in a manner which brings harm to us and others and if we like or not we have to suffer the consequences as “Whatever a man sows, that shall he reap many times over.”

Another way to help you in this process, as already mentioned above, is if you ask yourself questions. Who asks himself questions and who wants to find answers enhances his chance of a good life. All genius scientists have asked themselves why the world is the way it is. These questions enabled intuitive insights which would change the world. For example the change of perception from the earth as being flat to being a globe, also you can change your life in starting to question yourself. Why do I do what I do? Which possibilities did I not yet consider? What change do I want? Am I prepared to let change happen? What am I prepared to invest in order for the change to happen?

We can decide every day anew to listen to our inner voice. We can set a daily intention in the morning to, on this day follow our deep intuitive perceptions instead of our intellectual considerations. If we do, we live our purpose. We can get up in the morning, let go of our thoughts, focus on our heart and ask ourselves: **Which of my potentials do I want to use today stronger?**

What do I want to do today which is in harmony with my inner voice? What if this would be the last day of my life, what would I like to experience still?

All of us can make the time to ask ourselves important questions and to listen to our inner voice. “Is that what I am about to do the right thing?” or “What would be the best action in this circumstance? “ If we ask and let go of our intellectual considerations but listen to our inner voice, our intuition our heart thinking will give us the guidance we need, we will find the answers and we will feel up to our fingertips if something is good or bad.

“Empty yourself of thoughts, and set free within you the urge for what is noble and good. Then you will have that foundation for thinking which comes from the volition of your *spirit*; and whatever arises from that you can then safely leave to the work of your intellect to carry out in the Realm of Densest Gross Matter. Nothing wrong can ever develop.

Cast off all the torment caused by thoughts, and trust instead in your *spirit*, which will surely find the right way if you yourself do not wall it up. Become free in spirit, which means nothing else than *let the spirit within you have its way!* Then it simply cannot do other than journey towards the heights; for its very nature draws it upwards with all certainty. Hitherto you have restrained it so that it could no longer unfold, thereby you had restricted its flight or bound its wings. “

(The Grail Message, In the Light of Truth, Abd-ru-shin, Chapter 12. The first Step)

Exercise: What was important for you in Part E? How will you integrate this into your life?

Summarize how you could use the information from Part A,B,C,D, E in your current life. If you decide to implement some of your insights what affect will this have on your live and on the live of the people you are in contact with? When and how will you start implementing the changes? (Remember that research shows that to establish a new way of life it takes at least a 20 day practice. So practice, practice, practice)

Part F- What we sow we will reap



If we compare the earth we live on like living in a spaceship, everything we need is in this spaceship. The more we recognize the order in this spaceship and how we can act and will in a way that keeps the spaceship sound, the more we can obtain from the spaceship. We only need to sow and we shall reap. The choice of what we sow (think, feel and do) depends entirely on us. We will reap according to what we sow. Thus not only with our thoughts but with everything we do we can find the laws and adapt and use them in a beneficial way for us and others. Thus, for instance, we can find and apply the laws governing the production of electricity or nuclear energy. We can put the computer to use in various ways to our benefit. We may even use the knowledge of the rocket propulsion to take us to the distant planets. What we use aright and to the benefit of our surrounding brings us immense benefit and improves our wellbeing. But if we disobey the laws of electricity or misapply the laws of nuclear energy, we must be ready for the consequences in accordance with the Laws. We can will freely, but we are bound to the consequences of the choices we make. Free will is given to man not to cultivate evil but to fashion beauty in the Universe. Each one of us is meant to devise his way to beauty by unfolding his inner abilities and bringing them to bear on his surroundings. The beauty and the fauna and flora are evident in their abundant varieties. A garden of flowers radiates splendour of different shapes, sizes, colours and hues. Men should express beauty adapted to the soil and climate in which they find themselves. However, the decision to go the way of evil, also made possible by free will, solely belongs to man! Man can avoid evil and the consequences by observing the Divine Laws, which hold nothing but happiness. His spirit urges adjustment. A lot of people are greatly unaware of these laws. The temptations of an illusory world pull us in this or that direction and make it hard for us to focus on what is really important. The way back to happiness asks for decisiveness and determination. Often also courage if we want to leave behind used to states and circumstances. (Find an example which illustrates what I say here at the end of chapter 5) If we want to change our lives we truly have to take steps towards it and constantly work on ourselves, not just for a day or in a session with a psychologist, coach or counsellor or energy therapist. We often also try to tackle problems at the wrong level. True genuine happiness cannot be found in superficialities or material things, but it can be found in our own heart and soul. There it must begin. Here you find inner riches which we often search for instead in the outside world when

we focus on acquiring of material riches only. On the path to true happiness, external things lose their importance. The perception is focused on the essential. From a childlike, direct view of life flourishes joy of life, gratitude and that heartfelt sensation of bliss. To happily move with the flow of life also means not to avoid psychic or physical pain. Instead of us expecting something from life we should try to fulfil the expectation life has of us. This can lead us to gratitude.

PART G- What we can be grateful for!

Gratitude

If we are in a state of gratitude we are blessed with a sense of contentment. Inner contentment can lead us to feel inner peace and this can lead us to a feeling of happiness.

If someone gives us a gift we are for sure grateful. On one hand for the gift itself and on the other hand for being valued by another person, but for many gifts we receive from life we are often not grateful for, as we hardly recognize them and rather occupy ourselves with the things which are unpleasant. As a human spirit we have the possibility to choose what we are focusing on. It is clear that someone who looks at his life with gratitude will experience life differently as someone who does the opposite. In the first case the soul receives beneficial nourishment and in the second case this nourishment will be denied. So two people can live in the exact same circumstance and one might feel grateful and therefore happy whereas the other might see only what is not right and therefore perceives his life as not worth living. In the second case the soul becomes stunted in the same way as the body would become stunted if it would not be properly nourished. And we have to remember that we are here to develop, to unfold, so also our unpleasant experiences should be accepted from us in order to learn from them or to develop our spiritual muscles and strengths and for this we also can be grateful for. What then if someone cannot recognize any reasons for gratitude? He only should become aware that a lot of people work around the clock to enable him to live in the circumstances which we call “civilized”. And how many people worked on the living standards we enjoy nowadays? We would be even more grateful if we would become aware for the untiring work in the invisible world of Creation, which enables us to lead a life we are used to. To focus again on what we are grateful about and in that allow our soul to be nourished by it, changes our perspective and opens also our soul for further growth. I invite you to start a diary of Gratitude. The purpose for it is to help us to “focus” on the good and life supporting and if we experience a hard time in life we can take this book in our hands in order to remind us on the blessings we have also received in our life.

Exercise: Write down every evening into a diary what beautiful things the day had brought to you. Find at least 5 examples when not more. You will realize that who seeks will find as you will find suitable incidents on your day you can be grateful about. Focusing on the good changes suddenly your perspective. Five beautiful things I experienced today

-
- 1
 - 2
 - 3
 - 4
-

Changing our perspective but changes the way we feel and the way we feel changes our decisions and has an effect on health and wellbeing. (How already mentioned, Quantum research knows now that our emotions have a vital effect on our health.) Here find some other examples for which you could be grateful for:

- The sun which warms our bodies and manifests food for our sustenance.
- All foods, fruits, vegetables, salads, nuts, grains and beans which give pleasure to our taste and vitality to our bodies.
- For the animals the cows, sheep and goats who give us their milk.
- For all other animals who our companions on this earth.
- The beauty of nature around us; the trees, grass, the blue of the sky, the sea and rivers in which we bathe and are refreshed.
- The water we drink and which we use to clean our bodies, clothing and homes.
- Our comfortable homes that protect us from the extremes of nature - not all beings have such comfort as we.
- Our clothing which protects and warms us.
- The air we breathe which gives us life force and joy.
- For our families whom we love and who love us.
- For all our friends and relatives, and even the strangers, who we are eventually befriending.
- And even for those who test us and teach us many lessons and strengthen our character.
- For books, magazines and films which inform us.

What you will find if you end your day with Gratefulness and start your day with Gratefulness is that you invite more happiness into your life. What we “cherish” will become more. What we disregard will become less. That is why it is always important also in relationship to cherish your partner or family member or friend. The relationship will as much blossom as much value you will give it. A perception of gratefulness can change how we feel. It does not matter in which circumstances you find yourself in you will find some things for which you can be grateful for. In being grateful we carry peace in ourselves whatever we experience otherwise. We have to remember that we have a body and we have a soul and both body and soul can give us pain. Sometimes we get used to painful states of things. Only when we feel better again do we then realize how bad or depleted we actually have felt. Sometimes we even start to surround us with a soul armour in order not to feel certain unpleasant feelings and emotional states anymore. When I say we “have” a body and we “have” a soul which we can feel, then the “I” who recognizes this must stand above body and soul. And that is also the case. How mentioned already, the human I is spiritual. It is what we truly are. The body and psyche are only layers around the spirit. We can say therefore that as human beings we are capable to perceive consciously and we *have* a soul and a body. Often we interchange the concept of intellect with spirit and this gives us the blockages to understanding. Intellect is not spirit but intellect is bound on the brain, whereas spirit comes from the spiritual sphere where we begin our

journey through Creation and in becoming self-conscious we can contribute to the upliftment and further development of Creation.

The fundamental recognition that we as humans are spirit and as spirit we can stand above states of our body (soma) and soul (psyche) is of central importance in regard to emotional crisis. Viktor Frankl (1905-1997), founder of a spiritual oriented Psychology, the so called Logotherapy, talked about the defiant power of the human spirit and also said that we do not have to accept “every nonsense” from ourselves. That means, me the spirit, is not dependent on the emotional states and irritations derived from my psyche or body, but I can take a stand towards them, and it is up to me if I let myself be overcome by problems or if I can, despite these problems, lead a meaningful life. (More about Logotherapy and how we can use it in our day to day life in Chapter 3)

Every person experiences in his life not only high times and success but also low times and often are the low times the times which can encourage the person to orient themselves towards a new direction. During these times of fateful crisis the person is reminded on what is truly important. Often people then change their profession or their outlook on life and discover the unspectacular principle of neighbourly love again. They discover that happiness can be found through making others happy, to not live as a burden to others but to live to the benefit to others. This path to happiness is known since ancient times but still is it a new approach in our times. How can we give happiness? Alone the giving of time can bring happiness. Time is one of our greatest goods in our modern times. In giving we experience happiness. In order to give great life joy to others there is often not much necessary. It is about us perceiving the other in his life situation and to sense what he needs and then to react on that in order to be of a little support or even some comfort to the other person. Many people realize that they feel happy if someone needs them and if they can be there for another person. Sometimes we just have to look and sense more consciously around in order to discover the person who could benefit from our attention and honest felt care.

The social interaction with each other, the exchange from person to person is one of the most important conditions for true lasting joy of life. A person, who sees himself as an island, cannot be truly happy as happiness comes from being in accord with our fellow men, with nature and with the Power which is beyond the perception of our five senses. With that we also touched the great importance and power of neighbourly love which the old sages talked about since ancient times. Exercise: Think about your relationship to others. Do you live as a burden to others or do you live to the benefit of others? What do you want to change in the future perhaps?

Are you willing to perceive the other in his life situation and to sense what he needs and then to react on that? Think on an example of your own life.

If we only search for happiness in superficialities, in material goods it is as if someone has thirst and drinks salt water. The more you drink the thirstier you get. A person who would own the world would then want to own the moon. There is never an end.

True happiness can be found in our inside and it is a happiness no one can take away from you. We all have inner riches and we can decide what to do with it and no one can take away from us these inner riches. Naturally we do have to be willing to discover these inner riches and ask ourselves who we truly are behind all our masques we carry and roles we play in daily life. To discover and develop our inner riches can give us a deep sense of joy, freedom and fulfilment.

Exercise: What can you give to others from your inner riches that is meaningful to you?

Self- help approaches that truly work will always relate to these life supporting principles that relate to our spiritual nature.

Second Part of Chapter 1 “Things that can help us”

Part H Stress, stress, stress

Self- help through THE POWER OF THOUGHT AND HOW THEY AFFECT THE HEART

These days the psyche of the modern human being is more burdened than ever before and, depending on the constitution and life situation, this stress poses a threat to health. The majority of the most frequent prescribed drugs in western societies are used to treat stress-related illnesses, as in the case of antidepressants, tranquillisers, sedatives, sleeping pills as well as medicines for controlling high blood pressure. In the last decade, use of antidepressants and tranquillisers has more than doubled. The risks of misuse and over-medication are increasing, while the root of the problem remains quite untouched. And yet there are simple, natural methods to address unhealthy stress. The following discusses the origins of a new therapy, the brainchild of French psychiatrist Dr David Servan-Schreiber, for psychological and stress-related disturbances.

A stay in the Himalayan town of Dharamsala, the Indian domicile of the Dalai Lama and thousands Tibetan exiles, had set Dr. Servan-Schreiber thinking. The French medic and psychiatrist saw how people suffering from stress-related mental disturbances were treated, not with light therapy or valium; no such remedy was used. The treatment was of a different nature. This impressed Dr. Servan-Schreiber so much as to lead him to develop an easy to use stress-relief method together

with a team of researchers and doctors. It can be used by anybody and is based on certain traditional treatment methods used in Tibetan medicine.

THE SIGNIFICANCE OF THE „EMOTIONAL“ BRAIN

To understand how this approach works one needs to know about the so-called „emotional“ brain. This is located deep in the brain and differs significantly from the frontal cerebral brain in regard to its structure and its biochemical properties. However, this emotional brain is not only responsible (as the name might suggest) for emotions and feelings, it also regulates certain physiological functions like the heartbeat, hormone secretion, blood pressure, sleep, libido as well as digestion and the immune system. This gives us a clue as to why, when we are under severe stress, within seconds the heart starts to race, we break out in a sweat, our blood pressure and pulse rise, or control of the bladder and bowel can be lost. All these bodily functions are involuntarily controlled by the emotional brain.

OUR IMMUNE SYSTEM IS AFFECTED BY CHRONIC STRESS; THE HEART TOO CAN „ACT UP“:

The body also is steered by „accelerator“ and „brake“ systems. Both must function in a harmonious interplay. Research has uncovered complex connections between the brain, the psyche and physiological reactions and demonstrates how the immune system is also affected and weakened by chronic psychological stress. The „killer cells“ of the immune system, the first line of defence of our organism, go on the attack immediately against an invading pathogen. Like many other physiological functions, their activity is controlled by the emotional brain.

Pleasant feelings such as are associated with harmony and wellbeing will stimulate the killer cells; stress, anxiety, fear, anger or depression will, however, inhibit their activity.

WHEN THE HEART FALLS APART

In certain stressful situations our heart will over-react. Palpitation is the medical term for this unsettling and unpleasant attack.

The relationship between heart and emotional brain is the key to understanding stress-related events in the body.

More importantly, the autonomic nervous system, which is of an involuntary nature, consists of two strands: the „sympathetic“ system and the „parasympathetic“ system. Both issue from the emotional brain and affect all organs of the body. The sympathetic nervous system controls the fight or flight response and, among other things, speeds up the heart rate. Dr. Servan-Schreiber compares the process to that of „accelerator and brake“. The sympathetic nervous system accelerates the parasympathetic system applies the brakes. Both actions, however, need to form a harmonious interplay, which in medicine is called „coherence“. Modern man has increasingly lost the wonderful ability of adapting his way of responding to different situations. To negotiate the unpredictable turns in life, says Dr. Servan-Schreiber, one needs both a brake and an accelerator; the two need to be equally efficient and in flawless working condition in order properly to balance each other. Should the heart go out of sync as can happen when feeling some painful emotion or as a result of stress, the accelerator increases the heart rate, while the „brake“ fails. But we can learn to use the brake so that we do not become helpless victims in emergency situations.

THE POWER OF THOUGHT AND HOW THEY AFFECT THE HEART

So the „heart coherence“ consists of the heart's ability to adapt of *its own accord* to certain situations. This is guaranteed only when phases of deceleration and acceleration are harmoniously and sensibly synchronised-something that is no longer the norm with most people today.

Dr. Servan-Schreiber's research demonstrates that we can all learn to optimise the coherence of our heart. This is at odds with many theories so far, but it does work. The impact that our thoughts and feelings have on heart coherence was clearly shown in test subjects whose heart reactions were displayed on a monitor. Changes in the heartbeat became visible almost instantly! When we have fearful or troubling thoughts for instance, the emotional brain „steps on the accelerator“, the graph of the heartbeat becomes erratic, almost chaotic. However, this curve normalises very quickly when the test subject pictures something very beautiful and cheerful, and directs all attention to the heart region. Joy, gratitude and love bring the heart rhythm back to normal; the parasympathetic nervous system, the „brake pedal“, steps into action. OUR THOUGHTS HAVE A CLEAR INFLUENCE ON THE HEART. A USEFUL FACT WITH PROSPECTS FOR SPECIFIC TREATMENT METHODS.

HALTING RAPID DESCENT INTO CHAOS

Like a muscle that wastes away when not being used, the „brakes“ deteriorate depending on how stressed we are and, unfortunately also, the older we get. The activity of the parasympathetic nervous system naturally declines with age. In contrast, the accelerator is always in action, analogous to a speeding car that can no longer slow down. This would be a dire situation on the road; it is of course just as dangerous for our organism and can lead to a number of health problems.

If we exercise the parasympathetic system on a *regular* basis, like an athlete trains his muscles, we gradually regain the ability to apply the „brake“ at any time to halt the runaway descent into chaos. Dr. Servan-Schreiber and colleagues at the Heart Math Institute in California tested a method which is targeted specifically at the heart and its rhythm. The purpose of the exercise is to optimise the heart's ability to adjust to any situation. This in turn „feeds back“ to the emotional brain, „telling“ it that all is well. As with all relaxation techniques, we should first consciously retreat inwards. This works best, at least for the beginner, if we withdraw from the noisy daily round and try to leave all thoughts and worries behind.

First step: Start breathing in and out very slowly and deeply. Try to follow every breath consciously. This in itself will stimulate the parasympathetic system- something which has been known for a long time and used in Yoga for example. The novel element of this technique is the area of the heart as you continue to breath.

Second step: Try to imagine or visualise how your breath goes directly into your heart and fills it up completely. Picture before your inner eye, how the inhaled oxygen streams through the heart and how extremely beneficial this is for your heart. Every person will use a different image which helps him to imagine the beneficial effect of the oxygen. As you exhale imagine how everything that is painful or depressing leaves the body with each expiration.

Third step: Now try to create with your breath a feeling of warmth in your heart. Even if you cannot achieve this comfortable feeling straightaway, this will change with time. Emotions of love and gratitude can be very helpful. It is not important what generates the feeling of love, whether we

think of a loved one or an animal which is dear to our heart; nature lovers may remember a beautiful landscape or a magnificent sunrise; religious people imagine a loving force which encompasses the whole universe.

Every human being is different, so too the images that mediate love and gratitude will be different for each individual.

Please do this exercise now for at least 20-30 minutes.

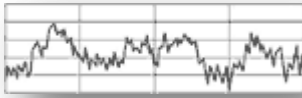
Astonishing results without medication.

This simple exercise, when performed on a regular basis, can yield astonishing results. The practice of *coherence* has inestimable value for both psychology and cardiology. This is shown in a case study reported by Dr. Servan-Schreiber. Patients with severe heart failure, who suffered not only from familiar symptoms like breathlessness and tiredness, as well as having oedema, but also from anxiety and depression, were taught the coherence exercise. Compared to a control group treated with conventional medication for heart failure, the results were unambiguously superior. Large concerns like Shell, Hewlett-Packard and Unilever enrolled their top executives in a programme to practise coherence of the heart rhythm. They practised the method for 30 minutes five days a week for one month. The result: Within a few weeks their symptoms of stress- palpitations, insomnia, muscular tension and exhaustion- improved significantly. The participants enjoyed their newly acquired ability to control their reactions and handle their emotions more sensibly. Needless to say, this also had a beneficial effect on their relationships.

There were other astonishing results: One month into the programme the blood pressure dropped to values that could only be achieved if the participants had lost the equivalent of ten kilograms in weight or had followed a strict salt-free diet. In the female participants the hormonal balance was also recognisably improved. These changes demonstrate a profound rebalancing of physiological processes in the body- and this was all achieved without drugs!

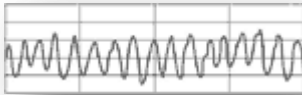
Another study showed convincingly how closely the emotional brain is linked to the immune system. The participants of this study were asked to think of something very unpleasant, and then something that makes them angry. Even though it was not immediately noticeable to the person, even one single bad memory could often trigger a chaotic heart rhythm which lasted for several minutes. After a bout of anger, physiological resistance against viruses, bacteria and fungi was reduced on average by about six hours. These facts are thought-provoking especially in the context of public health considerations. The health benefits of improved heart coherence which can be achieved through regular practice are truly impressive: Relieving anxiety and depression, reducing blood pressure, stimulation of the immune system, slowing down the ageing process and rejuvenation of the body's physiology. The wide range of these beneficial effects can indeed reverse physical and psychological damage caused by stress.

Conclusion: Stress can make us ill. Therefore it is not surprising that dealing with it within ourselves can help us to heal as soon as we become determined and invest the necessary amount of time to exercise coherence. Here we can observe again that we are not victims of our circumstances but if we actively use our own abilities we can shape our own lives in a very positive way. We only have to make the decision, to actually doing it.



Chaos

In states of stress, anxiety or depression, the heart rate varies irregularly it becomes "chaotic."



Coherence

In states of well-being, gratitude or compassion, the heart rate varies regularly, it becomes "coherent."

Advice: The exercises described in this contribution naturally are no replacement for treatment prescribed by a doctor. Please seek advice of your physician.

Exercise:

Did you find this exercise useful? How could you integrate this exercise into your daily routine?

PART I- Where can we find strengths?

Using our strengths

Our happiness depends on what we give. Happiness comes from happiness. This means also that nothing changes if we do not ourselves act differently. We could have a library of self-help books, philosophical books or other uplifting literature standing in our bookshelves, and we could have studied emotional healing approaches or attended a multitude of self-help workshops, what we do not use in a practical manner for our actual day to day life, will not lead to any improvement for ourselves. This is why it is useful in my opinion that you do the suggested exercises, at least some of them which interest you and then consciously integrate them into your day to day living. Even if you only integrate one or two this is better than reading this book than another and another and changing absolutely nothing in the way you live your life. Only our own actions, how we think, perceive and act, lead to change.

If we are confronted with a life problem we need to find strengths and resources in order to accomplish the task ahead. If we find ourselves in a demanding or difficult life situation we might want to remember that we can choose to bring resources and strengths into our life and apply them to the current situation. Every person can have access to all the strengths, capabilities, and experiences which enable him to master his life, he just has to decide to (re)discover them and use them.

Most people do not differ so much in their abilities and possibilities, but what they do with their abilities and possibilities and if they use them or not. In order for us to reach desired goals, or handle

difficult situations successfully, we have the option to awaken our strengths and bring them into the critical situation. If you find yourself in a dark place it is of no use if you dissect, ponder about, and study the darkness. Simply light a candle and the darkness at once disappears. Where do we find these strengths which can help us? We find them in our history, in our past and present, goals, plans, fantasies for the future. We can find strengths in ourselves and through changing our perspective. A smile, flowers, smells, tools, a fresh breeze influences our emotional state in a positive way. Strengths we observe in others can inspire us. Books, movies, conversations and pleasant experiences help us to feel well. Acquired capabilities and knowledge make us stronger. Strengths can be given to us and can be experienced with all our senses.

One way to draw on our strengths is through the use of the Logo Anchor exercise. Logo-Anchoring experiences are times when individuals were in touch with the highest or noblest they are capable of, such as: moments in life that were deeply meaningful, times of intuitive knowing, bursts of insight; also, experiences of altruistic love, boundless gratitude, heightened creativity, faith, hope, sacred and authentic moments. These are the precious moments to relive and savour. Most likely these were the times when the energies flowed abundantly. The following technique can help you get back to that energy and reconnect you with that vital life force again. It is advisable that you begin this exercise with a brief relaxation. Then read through the instruction or let someone read it out loud for you.

I would like to invite you to participate in a multi-sensory imagery process. Let's begin by closing your eyes (or if you read it to yourself just go into a relaxed state of mind) or by focusing on one point to avoid visual distraction. Get comfortable in your seat, feeling that your body is well supported and safe.

When you have done that, take a deep breath, and as you exhale let go of any tensions...just relax.

Take another deep breath, and let go of any emotional tensions you may have while you exhale....just let them go. Take one more deep breath, and when you exhale let go of your mental preoccupations...just let them drift away....and be here now....totally present to yourself in this moment in time.

Begin breathing in your own natural rhythm now...a rhythm uniquely yours....breathing that will help you stay calm and centred. Now let your consciousness drift, the way you do when you daydream.

Let us go down memory lane in search of an experience that filled you with awe and wonder; to a time when you felt most integrated and vitally alive!

Look for a time when you were in touch with your uniqueness, your humanness in an essential way.

Was there a time in your life when you felt expansive...full of intuitive knowing....or experienced something sacred? Was there an instant when you felt transcendence was not

only possible, but immanent? Perhaps a moment when you loved the whole world and everyone in it?

Bring that state of awareness forward to the present moment and cherish it.

Imprint the experience in your conscious memory now through multi-sensory impressions: See the memory clearly before you.

Hear the sounds that accompanied the experience again.

What tastes were involved? Was it sweet, sour, bitter, salty, spicy?

Notice the smells, odours, aromas or fragrances that accompanied the experience.

What was it like to the touch? What emotions were evoked? Put as many of these sensory impressions as you can together now into a holographic image and fully re-experience that moment again what was very life-giving....knowing that it is still alive within you and that you can use it again and again as a logo anchor whenever you are in need of one. Saviour the experience and come back to the here and now by slowly opening your eyes and orienting yourself to the external environment. Remember the inner experience and bring it to conscious awareness. Share it with your friend, write it down, draw it or paint it, etc. The more senses that can be involved in the externalization of the experience, the better the future recall of the logo anchor will be. Think on your logo anchor whenever you need support. (Perhaps you wish to make sticky notes to pin around the office or house to remind you on it) So if you find yourself in a difficult situation bring your logo-anchor into this situation and let it lighten up your path.

(This exercise is adapted from the book Victor Frankl's Logotherapy by Ann V. Graber)

Exercise:

Describe your logo anchor. What difference does it make to your life if you hold this strength in your awareness or re-connect to it in difficult life situations?

State one example:

If we experience a weakness we can open up to strengths, which bring us all of a sudden into a different resourceful state, in a good mood, different resourceful vibration, new ideas will come all of a sudden and in that we can successfully complete tasks or find solutions to our problems. We have the choice to use our strengths and bring them into problematic life circumstances.

PART J Focusing on our outcome- reaching goals

Our tendency to focus on what not works

Like many of my fellow human beings do I also have the tendency to focus on what not works and here you will find an example from my own life. Many people focus only on the negative and unfortunately this is of no great help. Focusing on something will always make the something stronger. This is a law in the universe.

I had a spare room in my house which I neglected completely and we simply kept the door shut. One day during my holidays I decided to tackle the room to transform it into a nice guest room. I remember going into the room, which honestly looked overwhelmingly messy as I had consistently avoided it for months.

Not only was it full with stuff, there was also dust, even leaves as one of the windows was slightly broken too, when the kids played hide and seek during the last holidays. Originally this room was meant as a guest room but ended as a room where we just dumped things. There were lots of toys with which nobody played anymore, clothing which nobody did wear anymore, tools etc. And sitting in the room on the only tiny empty space on a mattress, I suddenly felt very very tired and thought, by all means, I cannot do this, this is too much work, it will take me weeks. The vibe in this room seemed to me overwhelming exhausting. And sitting there I literally felt my energy gone out of my system and out of the broken window.

Sometimes if we see an aspect of our life which we want to change as it bothers us, it can feel overwhelming to us to even start seriously thinking about it. This can relate to our practical life but also relate to our emotional life. We feel that there are things which burden us since so long, but we have the sense it will be too much and too hard work to change our life in this regard and to get rid of things we do not want any more or change something for the better. As our life is so far away from how we want it to be, if we then look on all the wrongs, it seems overwhelming to us and we rather would not even start. (Have you ever watched the TV program, “Hoarding, buried alive”? It is about people who gather useless stuff to the point they cannot properly move and use their own house anymore. The problem becomes bigger and bigger to the point they need professional help.) And then we close the door, like I did with this room for many months, but still the room is in the house, unused, and in reality energetically draining.

So back to my personal example, what we can perhaps learn from what I said is that it tires us if we focus on what is “wrong” in a situation only. It tires us and drains our energy if we focus solely on the things we do not want, the things which are unpleasant, do not work, are in our way, if we solely focus on what we not want it drains our energy and it is very hard to deal with it then and change it for the better.

If you want make a test. Think on some aspect of your life you do not like. Get in the vibe of it, dwell in it, swim in it, and voila you feel bad. If you build a house and you discover it stands on a wobbly foundation, what is the best thing to do? To ponder about the wobbly foundation or to focus on the solution and in that on the material which will make the foundation strong or to focus on the strong foundation on which you can build a new house? So back to my example, what did I do? I focused

on my *desired outcome*. I imagined how I want this room to look like, after I have successfully completed all the work. I thought then about how the things will be arranged, the space which will be available, the beauty, the fresh smell in the room and what the others of the family will tell me if they see the beautiful room and already imagined to hear the comments of the guests which might then reside in it, and I did this in an emotional state as if I have already achieved my goal. As if things were already done. But I did this in a playful way as I wanted to have fun with it. (At least it was my holiday) We have to be careful if we have a goal not to mix it up with too strong emotions. Sometimes when we focus on our goals we add too much pressure in the “trying to get it” into our efforts and the same pressure hinders us to actually achieve the goal. What happens is then that a theme gets mixed up with all kinds of “emotional stuff” and this can easily hinder us to get into the energy of success. The strong emotions which we have in regard to a theme or goal can act like a fog machine, making it hard to see clearly. Every emotion is a carrier of a lot of information. If we have strong emotions in regard to a theme, we cannot come to terms with it.

Wishes and emotions are strong energies in our field (matrix) and can lead to imbalance. This imbalance we then try to balance with emotions like rage, anger or a feeling unwell. As soon as we let go of these wishes and emotions, a balance can be achieved and we feel an inner harmony. We achieve an inner detachment in regards to the theme. If you discover such emotions in yourself, you might try to let them go.

One way how to do this would be the following: You become aware of a strong emotion. For example the need to be loved. Then you put your head down. (This helps you disconnect your head) Just let the disturbing energies come up in you, put a metaphorical tube into the energy of that emotion and let these energies pass through the tube, outside, and do this until you feel completely free of them. If you would like to learn more about this technique it is based on the Release Technique or so called Sedona method. (I like myself also to let my right hand make counter clockwise movements above the area I feel my energy is stuck. I visualize that the fog or blocked energy finds its way out through my left hand which I have on my side, away from my body pointing downwards. I do this at least for 5-10 minutes)

Typical emotions and wishes which can fog our path and hinder us to accomplish our goals are wishes for love and acceptance, wishes for safety, change, control, being one or being separate. Also emotions like self-importance, opposition and having to be in the right can hinder us.

So back to my example, I in a playful way focused on my goal, this gave me all of a sudden a stream of new energy and hope. But this makes sense, if our thoughts occupy themselves with what is wrong only, we will be in tune with the energy of wrong, if we focus on how it will be if we have achieved our valued goal, this according to quantum physics produces already on a quantum level the new reality. We feel inspired and full of energy and it gives us a new DIRECTION. Seeing and experiencing the direction we also can recognize the little one by one steps of how to come nearer to our goal and what actions we have to take. After I have done that, I then got up and started to work in the room and still did I feel tired for a minute or so until this also changed. In my experience and observation energy is given on demand. Sitting on the mattress *thinking* about doing it, is not demand. Demand happens with the first step. The energy begins at that point and "snow balls" as we continue with the use and the demand.

Within us all there seems to be this part that wants to sabotage our best well intended efforts. If it can keep us immobile, stop us before we even begin with "self-talk" of how tired we are or how impossible is the overwhelming demand it is much easier than stopping us after we have begun and established the flow of energy.

It's almost like a little war waged within. It is as if you decide you want to walk up a high mountain and you get up in the morning and you feel tiredness in your bones but you drag yourself anyway to do it as to reach your goal (the high mountain top) is calling you and the first half hour is so hard and later on it gets somehow easier, not to mention the euphoria you feel if you reach the top and have this marvellous view. The euphoria experience is the view, but also the freedom of experience one more battle over self well won! Having this goal in sight I knew that the first step was for me to get



rid of all the useless stuff, the newspapers under the old beds, the piling of old things we definitely not needed anymore. And so I did this first and carried these things in bags out of the room but always having my outcome in sight as this gave me the energy and the direction and joy to do it. This was strenuous for the while but then when the room was cleansed it was ready to be changed and all this was actually done in less than an hour and not the way I first thought when I

entered the room over the frame of a couple of weeks.

If you have a goal you want to achieve following guideline is recommended and also scientifically proven as being the most helpful:

With the help of prayer or relaxation exercises, relax and focus on the strengthening of your own mental energy. Center yourself into your heart. (Use one of the exercises I introduced you already.) Have the attitude to do what is of the highest benefit in the circumstance and try to let go of your ego or possible desires and emotions which are in the way (use the Release technique that I mentioned to let go of hindering emotional issues)

Concentrate on what you want to achieve. (Make sure you focus on one goal at a time and keep it simple)

Formulate your intention you have clear and precise using positive words (For example. My intention is to weigh 65kg by Christmas this year)

Visualize your outcome *as if you already have it (E.G. see yourself in this beautiful summer dress which is too small for you currently but in which you will fit nicely by then)*

Feel and hear your outcome *as if it is already achieved*

Join the vibrational energy of your new outcome in building an inner connection to your goal

If you feel an internal resistance ask yourself why? Is your goal perhaps damaging to yourself or someone else on some level and your intuition is trying to give you a hint? Does someone get hurt by it? Do you feel a resistance as it reminds you of a past hurt? Was that goal perhaps just an intellectual desire but your soul/spirit does not want that to happen? If you feel someone gets hurt by the goal or if you feel a strong resistance change your goal and go through the process again.(If you feel that the goal reminds you on a past hurt, go to the section about EFT which is in the next part and remove the inner conflict before you do goal setting.)

Let internally go and open up to the universal energy. Think on what the first step is towards your goal. Then start to work on it, step by step. Jot a plan down. (More ideas about goal planning in chapter 2) If you feel you have fallen back into a negative state follow the guideline again

You can do this type of goal setting for practical or emotional things.

Jot down the results of your exercise:

PART K- More joy through energy approaches

Energy Methods

In my prior example with the room, after I had started I had to get rid of the useless items in the room first. Either throw them away or pack them to give them away. The room would not had been nice if I just had left the stuff which nobody needs anymore and we would not had the space to use the room for what we wanted it. So I used bags and my muscles to get rid of what was not necessary anymore in this room. Why I say this here is that, sometimes this is similar with what happens in our inner life. Happiness lies in lightness. We should free ourselves from emotional baggage which pulls us down. Many people but do not know how to achieve this. It is easier for many to do this on the practical level then on the emotional level. Many of us more or less still carry unresolved burdening emotions, thoughts, conflicts, memories, even after effects of traumas in our energy system and if we want it or not, these energy blockages have an effect on us and keep on bothering us again and again especially if an experience reminds us of what happened in the past and therefore triggers a connection and in that the same unpleasant emotions from the past come up in the same intensity as if we were still living in the time of the trauma. These energy blockages can also be an expression of character weaknesses of all sorts which led then to inner conflicts. The conflicts stay in your energy system draining energy and having a huge effect on our physical and emotional wellbeing.

Often we do not properly process a trauma. Trauma in this regard is something we experienced which shocked us so deeply that we could not properly digest it emotionally. Or what about the suppressed but nevertheless present crutches we still carry in us from some misdeed from another person towards us many years or even decades ago and we cannot forgive? (More details about how we can achieve Forgiveness in Chapter 4) Unresolved issues from past events, residues of shocking experiences which still affect our energy system and play their scary or disharmonious and painful melodies in the background of our being or send images into our mind which, if we follow them,

then tend to pull us down, many people are not really aware of how many unresolved issues they still carry within them. Unresolved means undigested. Why do we return again and again to behaviours, thoughts, and beliefs that perpetuate our suffering?

We find some interesting insight about this in the book the Emotion Code by Dr. Bradley Nelson (medical doctor), he describes the phenomenon of what I just mentioned using the term “trapped emotions”: “Sometimes, for reasons that we do not yet understand, emotions do not process completely. In these cases, instead of simply experiencing the emotion and then moving on, the energy of the emotion somehow becomes “trapped” within the physical body.

So instead of moving beyond your angry moment, or a temporary bout of grief or depression, this negative emotional energy can remain within your body, potentially causing significant physical and emotional stress. Most people are amazed to find out that their “emotional baggage” is more literal than they had imagined. Trapped emotions actually consist of well-defined energies that have a shape and form. Although they are not visible, they are very real. (p5, the Emotion Code)

Then he writes about the damage Trapped Emotions can Cause “Trapped emotions can cause you to make the wrong assumptions, overreact to innocent remarks, misinterpret behaviour and short-circuit your relationships. Even worse, trapped emotions can create depression, anxiety and other unwanted feelings that you can’t seem to shake. They can interfere with proper function of your body’s organs and tissues, wreaking havoc with your physical health, causing pain, fatigue and illness. Yet, no matter how great your suffering may be, the invisible energy of trapped emotions will remain undiagnosed by conventional medicine, even though they may be a major causative factor in your physical and emotional difficulties. To eliminate any kind of problem that has to do with your health or well-being the underlying causes of the problem must be addressed. There are many powerful drugs that can relieve the symptoms of disease. But when the drug wears off, the symptoms often return, because the underlying causes of the disease have not been dealt with.

It is important for you to recognize and remove your own trapped emotions before they cause more damage. You can live a much better life by getting rid of them.” (P12 The Emotion Code). Dr. Bradley teaches a method which uses magnets in combination with a specific technique to release the trapped emotion. Dr. Bradleys method is an Energy approach based on magnetic healing combined with intention and trust in God’s help, at least this is the way I see it. There are about 30 other Energy methods nowadays used. In my practice I actively use about 8 different named energy approaches and I choose them according to my clients outcomes and what fits best to the individual client. (NLP, EFT, Bach Flower Remedies, Matrix Evolution which is a Quantum Healing process and the Release technique (Sedona Method), EmoTrance, Magnetic Healing according to Johanna Arnold and Dr. Bradleys method in rare cases).

I would like to explain a bit about EFT (Emotional Freedom Techniques) as it is easy to learn and to use. If you would like to learn it quickly in order to use it for yourself please go to ["Energy EFT"](#) to find a complete and free instruction of how to use EFT. (AMT Dr. Silvia Hartmann). AMT acknowledges EFT as an Energy method. I will add here a short guideline how to use EFT after my explanations about Energy methods. The guideline is based on Dr Silvia Hartmanns Heart and Soul protocol (AMT) in conjunction with the so called SUE Subjective Units of Experience Scale. I personally prefer the AMT method of how to use EFT above all other protocols and ways of using EFT offered. I personally

find the AMT EFT Master course a very helpful and extremely comprehensive course how to address energy blockages in a person's energy field. Should you like to use EFT professionally or get a deeper understanding about the usage of it for self-help, please come to one of our many courses which we do offer throughout the year. (More information you find at the end of this manual).

Many traumata, or we also can call that conflicts, cannot be processed by people, but they do get repressed and become stored in the human energy field. Here it leads an energetic life of its own, somewhat like an intestinal parasite, depleting the host's energy reserves and contributing to physical and/or mental disorders.

Lots of people commonly first feel the conflict like a heavy load in the mind and physical body. Where the conflict is unresolved, the body may progressively acclimatize, coping with the energy depletion. Eventually people can dissociate symptoms from the original cause and become accustomed to experiencing a new normal.

Healers, shamans, counselors and therapists have, for centuries, spoken and written about the physical influence that unresolved emotional conflicts and lifestyle stressors impose upon the physical body.

Conflicts often act as energy blocks, draining a lot of energy from a person. After the EFT treatment most people become in general more positive, feel more alive and enjoy life more. They tell me afterward that they have a much better grip on life and have developed greater self-esteem.

Emotional conflicts acting as energy blocks have been known since ancient times. Aboriginal shamans say that invisible demons and fiends live in the energy field of the sick person. In a shamanistic trance, they are visualized as poisonous snakes, spiders and the like, and are said to steal life energy from the patient. The person can reportedly only be healed once the medicine man has driven away the demons. These days, we no longer speak in terms of demons, but rather of conflicts or energy blockages. Conflicts arise due to traumatic experiences that are so threatening they are emotionally intolerable. Therefore, they are externalized (see Fig. under this paragraph). Psychology terms this phenomenon repression. In order to survive emotionally, the theme is banned from consciousness. But the conflict also has an energy charge which, on the energetic level, leads to an externalization which results in a loss of life energy. Like a vampire, the conflict then hangs on to the person's energy center, living off its life energy. When a person is constantly tired and feels drained, one almost always finds conflicts to be the actual energy cause. Logically enough, resolving the conflict leads to true healing and recovery, and to refilling the energy reserves—in other words, it is only in this manner that the energy loss can be causally treated and permanently eliminated. Naturally many people are quite aware of the energy blockage and that something is wrong and they get more and more psychosomatic symptoms, which if not treated most of the time lead to physical problems.

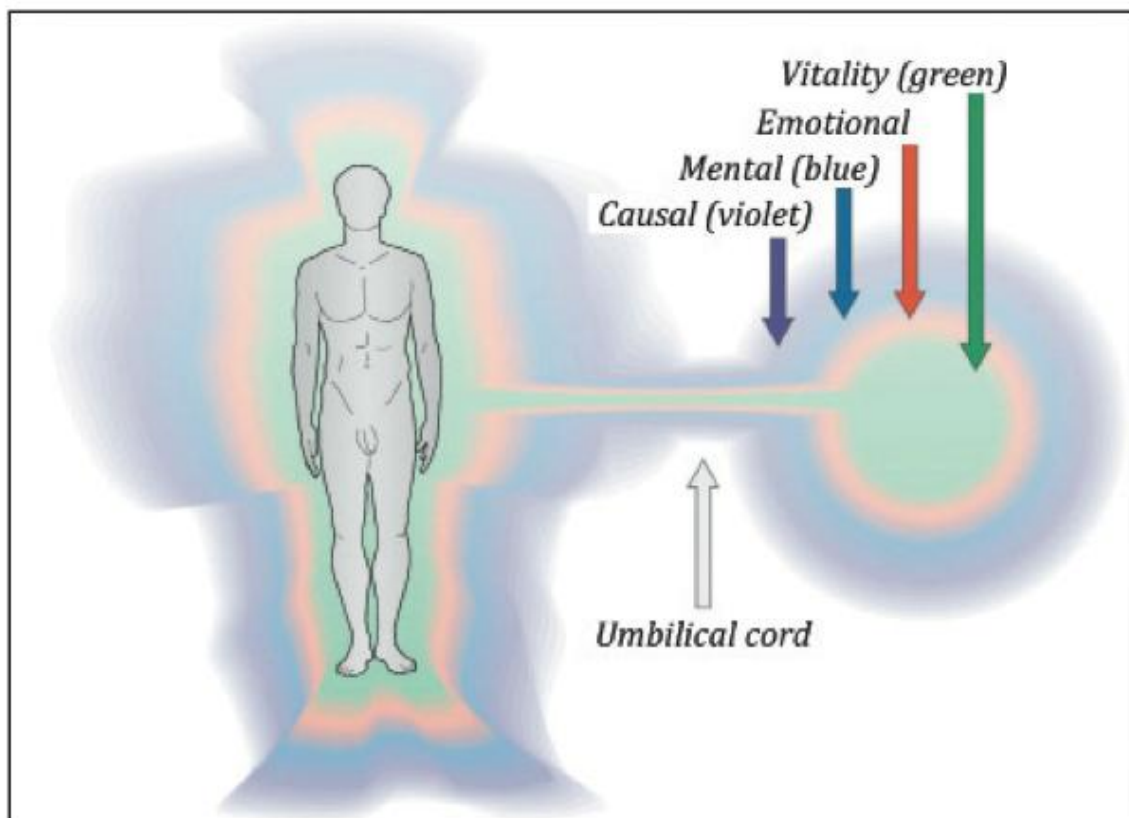


Fig. 1 — Conflict as an appendage of the Aura (Source: Dr. Banis)

In the above figure which is taken from a Psychosomatic Energetics (PSE) site this is nicely demonstrated. In the AMT Master course this is also addressed and we name these energy forms entities.

It might be advisable for some people to go to a professional health care provider to get a Psychosomatic Energetic testing and energy treatment. PSE uses a Reba Test machine to find out on which level the conflict resides and what conflict this is. If you want to know more about it please google it. Nevertheless do I believe that also such a simple method as EFT can help us to solve and release and transform energetic conflicts. In order to do this successfully we have to naturally do it in the correct way. This means we have to find and address the actual conflict and not just tap on something superficial or stress talk. I personally found the AMT EFT Master course one of the most comprehensive EFT approaches offered in regards to EFT to go into deeper levels. This does not mean that I think that the other schools offer no value or do not try to accomplish this. Whatever EFT protocol you use, if you target the treatment onto the right problem you will get results.

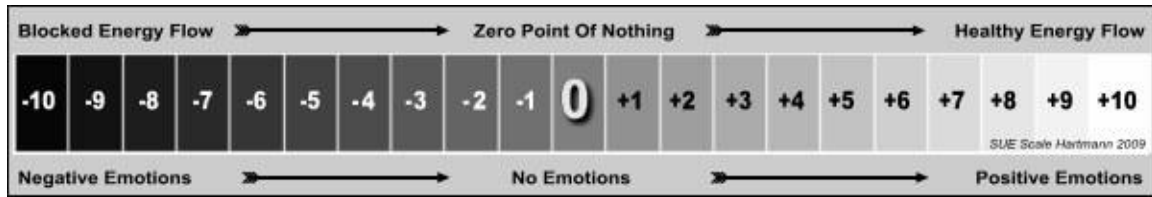
In regards to the AMT courses we have to remember that Dr. Silvia Hartmann with her research team came to a lot of new conclusions about Energy work while developing the so called EmoTrance method, which then let her with her research team to overwork the usage of EFT incorporating the new knowledge. (You will find more info about EmoTrance in Chapter 4 under Forgiveness and in the Appendix). Still you can see when reading her earlier EFT books that she for many years taught and used the older versions of EFT and only recently brought it to a higher understanding.

So the first thing if you work on your own issues or with others is to becoming aware how you feel. Usually the problem is not quite clear right from the start and we conduct a thorough De-stressing and energizing before we even inquire into the problem or find out what the actual problem is, which is often covered up by a lot of stress and literally buried under it or how explained beforehand suppressed or even pushed completely out of one's system how illustrated in the image.

All people if properly de-stressed and energized are able to sense where a blockage occurs in their energy system or energy field, so they are capable to state a problem and if only saying, "There is indeed something not right". They can then show it with their hands. "There on my heart (although the doctor told me physically all is fine with me) is something not right or there right in front of me is something weird." Etc.etc. There are many methods taught in the EFT Master course to come to the root cause of the problem. In the AMT Master course the thorough general de-stressing is one of the first things you will learn that is different from other EFT courses. The energetic problems are then addressed with different usable EFT Protocols which you will learn in the course. Another important and interesting feature in the EFT Master course is the acknowledgement of the many layers of being human and I do refer here to the autogenic reality, that our inner world reveals itself in vision streams that are full sensory experiences. Working with that with a client can lead to great revelations and self-discoveries and resolution of deep seated conflicts or repressed traumas. Also this is something completely new and cannot be found with most other EFT schools. Energetic blockages also can come about by happy events not only traumas. Happy events can lead to an energy blockage if these events were not properly processed. We call that in EFT terms Guiding stars, which can lead to addiction, fetishes or compulsions. So to only work on the trauma model alone is not able to address these energy blockages in a person's system and in the EFT Master course, you will also learn about guiding stars, how to discover and treat them, besides many more things. Naturally can also other EFT schools give you something of value. I also loved Gary Graigs approach. It is up to you to decide.

The AMT EFT as well as the EmoTrance method, about which I will talk more in another book, is such a simple method that existing Psychotherapists and Counsellors, Life Coaches or Psychologists could easily include it into their tool box, but the major use is probably for self-help.

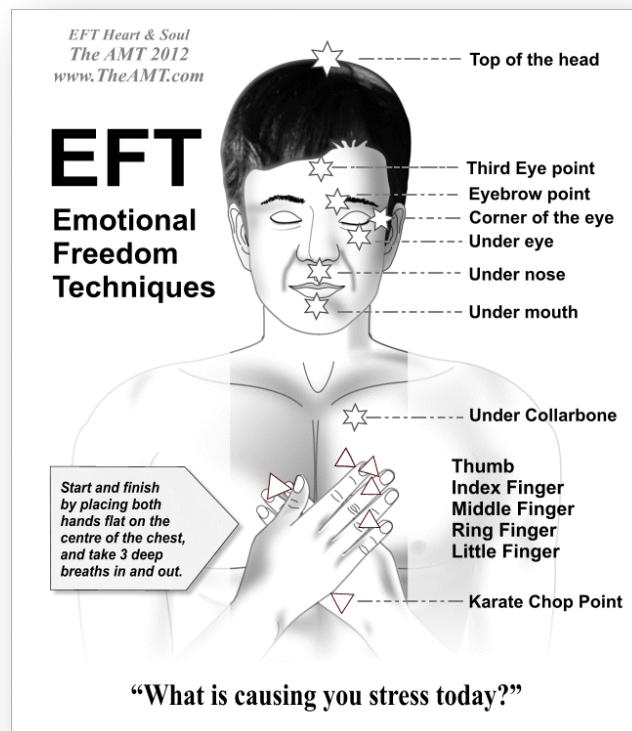
Please find here some simple EFT guideline. You can use this guideline also for daily stress reduction. You can check on the SUE scale how high your stress level is and do a couple of rounds on De-stressing. When you reach the positive side of the scale you focus while tapping on what you would need more of. For example, "energy", "hope", "inner peace" or whatever you feel you need. (Please do not use the following outline for any serious psychological problem. Consult with your health care provider first or contact a certified and experienced EFT Practitioner)



Ask yourself, what is causing you stress today?

Where do you feel this in your body?

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.

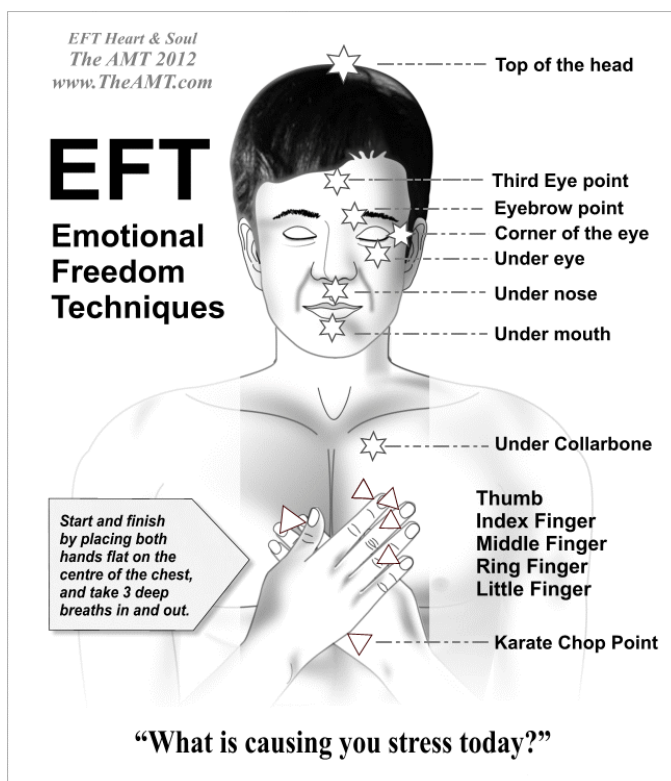
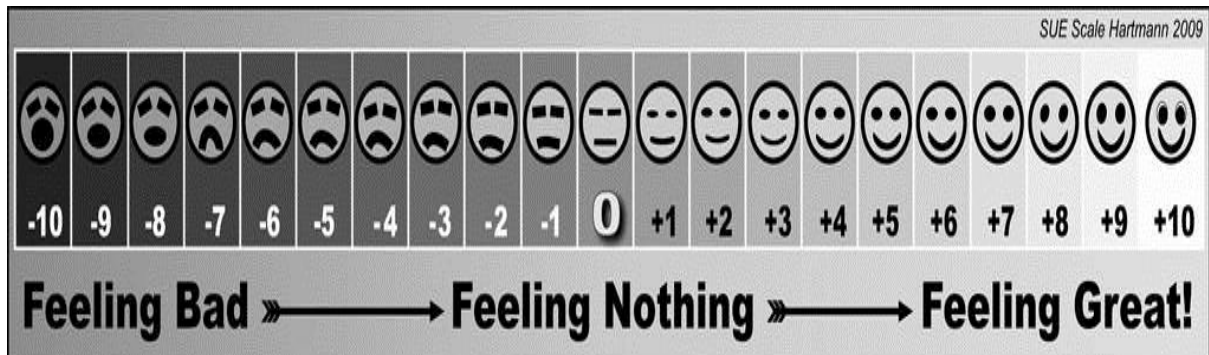


Then go through the AMT Heart and Soul protocol start by placing both hands flat on your chest while focusing on your issue and with the intention to increase the flow of energy. Then tap with the Index finger of your dominant hand on the outlined tapping points lightly, starting on top of the head. End the round placing both hands flat on your chest again. (During the tapping focus on your issue using a reminder phrase, that addresses the problem with one word)

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 on there is the focus on what you would need now to make it even better or to heal the issue completely. For example you might want more Energy. Do the round with the reminder phrase: More energy.

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 enrol in one of our courses offered at Virtuosity. (Should you have serious psychological problems, please consult your health care provider before trying EFT and any new method. EFT and Energy methods do not replace medical or psychological treatment.)

Please find next page an EFT guideline you can print out. It contains additional questions. So you can ask yourself what gives you stress today and clarify what you feel while answering the questions. You check on the scale how you feel about each answer and your goal is to do as many rounds of EFT until you are in regards to your answers on the high right end of the scale.



What is causing you stress today?

Use these questions to clarify if necessary: What do I really want? What are my real impulses for my actions?

What do I truly feel? What is the true feeling behind my superficial feeling?

What is my true and honest opinion, what do I truly think?

Who am I really?

Reflection: What was important for you in Part K? Will you want to learn more about the talked about energy methods? What are your actions in this regard?

PART L- The laws in the universe

There are many wonderful Energy methods available to use to free our energy system from energetic blockages. The huge number of energy methods available now also shows the necessity to address this area of human existence and to bring the awareness of our true nature into the collective Human Consciousness. Here again like with anything that is truly successful did people observe how the universe works and in adaption to what they found they developed an approach which can be used for the healing and benefit of mankind. Humans discovered what was already there.

To delve a bit deeper into the understanding of the laws in the universe I will add here an article written in the mid 20century by Herbert Vollmann. Herbert Vollmann wrote several books about subjects like fate, the meaning of life, laws of the universe (inclusive law of attraction) etc., and he gained his knowledge from the Grail Message ("In the Light of Truth").

Book tip: The Grail Message is a book which has a special place in literature and I already added some quotes in this chapter and will do this also in the coming chapters. The Grail Message is addressed to the individual human being irrespective of religion, creed, nationality or race. It is a classic work that offers clear and perceptive answers to questions which challenge every human being. Written between the years 1923 - 1938, it is a collection of 168 essays addressing all spheres of life ranging from God and the Universe to the Laws in Creation, the meaning of life, responsibility, free will, intuition and the intellect, the ethereal world and the beyond, justice and love. It answers eternal questions such as what does it mean to be human, what is the purpose of life on Earth, and what happens to "me" when I die. A lot of things scientists find out today are already described 80 years ago in the Grail Message. The Grail Message "In The Light of Truth" explains the causes and significance of the unprecedented crises facing humanity, and our responsibilities to the future. The knowledge mediated in the Grail Message is also a valuable aid to self-help. For out of the knowledge of the interconnections emerge solutions for many of the great problems of our time, regardless of whether these be questions of marriage and family, crisis of the soul or fateful events.

The Grail Message is not an easy read. The reader is asked to make genuine efforts to follow the Author's guidance and explanations step by step through the Grail Message, then he will be able to grasp, intuitively absorb and picture to himself the actual meaning and significance of what he reads.

Concerning In the Light of Truth: The Grail Message, Abd-ru-shin writes, "I wish to fill the gaps which so far have remained unanswered in the souls of men as burning questions, and which never leave

any serious thinker in peace." Throughout The Grail Message readers are urged to weigh questions and answers intuitively, to confront them within their own life experiences, and only to believe that which they can perceive inwardly. Only through this process can one reach true conviction in one's life.

The following article is written by Herbert Vollmann, using the knowledge from the Grail Message.

"IN THINE OWN BOSOM LIES THY DESTINY!" (Herbert Vollmann)

How often does our own fate or that of others bewilder and puzzle us! How many a man, whom we know to be bent only upon doing good, is heavily oppressed with cares and troubles. How many a child comes to earth with a physical infirmity, a congenital disease, or with deficiencies of character, and thus is burdened with a fate which it has certainly not yet caused in this earth-life. There are many such instances, where people have to endure the lot of finding more bitter fruits than sweet ones falling from the tree of fate upon their life's path, and this despite their best volition, the sincerity of their aspirations, and the integrity of their conduct.

Here the question confronts us: What can be the cause of this, if there is said to be only one life on earth? In very few of these cases can cause, reaction and recognition of this reaction be pressed together in one earth-life. For where is the man who attracts to himself an evil fate or karma by trespassing against the Laws of Creation, and who is able completely to redeem his offences in the same earth-life? This would of course first require a thorough inner change in a man, which in the present long-standing spiritual indolence is extremely rare.

On the other hand, how differently is the question resolved when we know that through the great Grace of the Creator a human soul is permitted to return, and so in a further earth life to receive the opportunity of expiating its guilt. Otherwise it would have to suffer continuously from its unredeemed fate, and at last perish from it spiritually if it would have no opportunity of redeeming this fate at the place where the soul has brought it into the world, namely on earth. According to the Law of Revolution, the cycle of an event must close at the point where it has been begun. Thus a visible evil deed on earth must also be expiated here, to which end the human soul must in most cases be born again on earth.

Yet the redemption of past failures is not the sole and primary purpose of rebirth. Rather it is for the spirit-germ of man, which is at first unconscious, to learn through experiencing in its repeated lives on earth those lessons which it needs for its development and maturity, until as a spirit conscious of itself it can ascend to its spiritual home, to Paradise.

Man, however, has disregarded the development provided for him through the Law of Creation, by arbitrarily setting out on wrong paths. So it comes about that today almost everyone has to deal only with his evil fate.

Fate is subject to the Law of Reciprocal Effect or Reaction, which is expressed so simply and appropriately in the words of the Bible: "Whatsoever a man soweth, that shall he also reap" (Galatians 6, 7). He will even reap it many times more! This holds good not only in Nature, but equally for the thoughts and deeds of man; for as a creature he is no exception to it.

Viewed spiritually, he is a sower scattering his fateful seed. Under the working of the incorruptible Laws of Creation it ripens into fruit which exactly correspond to what he has willed, and of which he alone must partake. Only he can take upon himself the sin he committed, and only he can atone for it; no one else can do this for him. Not even Jesus, the Son of God. Not for nothing is it said: "Whatsoever a man soweth, that shall he also reap" - he, the man himself!

Let us just consider in the light of the lawfulness of sowing and reaping, of effect and reciprocal effect, the stigmata generally known today. Naturally only genuine stigmata (wound marks) which appear spontaneously are meant, not those caused through religious ecstasy and fanaticism as the result of self-suggestion.

What has been sown by those persons on whom the stigmata appear more or less strongly? Since they have to suffer painfully from them, both physically and psychically, the cause cannot have been a good one. To reap suffering will never be the result of good seed, any more than thistles, for instance, would grow from grains of wheat. Moreover this would be an injustice, which according to the incorruptible Laws of Creation is impossible.

It is striking that the wound-marks of the stigmatized are exactly like those that were painfully inflicted on Jesus, the Son of God, when He was crucified. From this fact a personal connection can be inferred: Between Jesus and these persons something incisive must have taken place, which has given rise to such a fate. Therefore we are perhaps not far wrong in seeking the cause in the enmity shown toward the Son of God by human souls on earth at that time, which of their own free will mocked or even reviled Him as He suffered and died on the cross.

Thus the stigmata can be explained as the result of a personal offence against Jesus, which finds visible expression in this way during the particular incarnations of these human souls! Moreover such souls are not then distinguished or "blessed" by their wound-marks, but on the contrary they must be regarded as branded by their self-incurred fate. Only recognition of their guilt and prayer for forgiveness could release them from it; then the stigmata would also cease to appear.

By thus applying the lawfulness of seed and harvest to the course of human life we arrive at quite different conclusions, which surely correspond far more nearly to reality and truth than do the generally prevailing and propagated human opinions. We are thus able to recognize that man is in no wise subject to an arbitrarily predestined fate, nor does he stand powerless before a predestined fate, as the fatalists contend.

Firstly, "predestination" lies always in his own hands; secondly, he is not powerless as regards his fate. For just as he can exercise his free will to do evil, so is it also possible for him at any moment, of his own accord, to bring an end to his wrong tendencies by simply and seriously striving to think and do only good. In this way he is able to diminish the reaction of dark threads of fate, which must have its effect upon him at some place and at some time. Through a persistent good volition he may even annul the reaction, which is equivalent to a symbolic redemption. On the other hand, it is impossible to mitigate or obviate the reaction of an existing guilt by imposing some form of penitence!

Accordingly, fate means the good and the evil that man voluntarily allows to arise in his soul, and which he then "sends" forth into the world. What he has sent out will inevitably come back to him

one day, and then in the reciprocal action he will be afflicted by fate, will suffer heavy blows of fate, or else he will experience the smiles of fate as the harvest of good. The origin of fate lies always in man himself and never elsewhere - as Schiller makes the Maid of Orleans say: "In thine own bosom lies thy destiny!" He who realizes this will first look within himself for the cause of all the misfortune and distress that befall him, and thereby open for himself the way to humble recognition of his guilt. Without this he cannot receive the Grace of God resting in the Laws of Creation, which alone can grant release from sin and therewith forgiveness. (From the book: *The World, as it could be!* Herbert Vollmann)

So in this article we heard about the Law of Reciprocal Action

Let us first briefly examine it again: "What a man sows, he shall reap a hundredfold." This image, given to us by Jesus a long time ago, clearly demonstrates how the Law of Reciprocal Action operates. This law not only applies to the sowing of earthly seeds (corn, wheat, clover, etc.) but also to the sowing of spiritual seeds. We sow spiritually through our actions, our words, our attitudes, and even our thoughts, all of which bring consequences upon our surroundings. These effects can be agreeable or disagreeable, constructive or destructive, useful or harmful. Later on, we in turn must reap, or in other words, experience exactly the same effects as those which we brought upon our surroundings. These consequences return to us through many diverse external means, sudden changes in our inner state, improved or worsened states of physical health, etc. But no matter what forms these consequences may take, sooner or later, in this life or the next, everything returns to the originator. Once we have well understood the essence of this law, which is a manifestation of Divine Justice, we can then seek to observe around us and in our lives how this law operates and what effects it produces therein.

However, upon a close and strict observation, new questions may arise. Why is it, for example, that some people endure so much in life while they are far from having caused as much suffering to their environment? Perhaps you are among those who have been forced to endure moral or physical suffering without being able to see when or where you could have sown such things yourself. And if, they are problems that began affecting you early on in your childhood, then clearly in this case you cannot know where and how all this was previously sown. But if there is such a thing as Divine Justice, all the suffering that you must now endure has indeed been sown at some time. In his spiritual book, Abd-ru-shin explains that some of the consequences of our actions in this present earth-life will return to us during this same earth-life. Others, however, will only return to us during our journey in the beyond, because earthly death does not arrest the effects of the Law of Reciprocal Action. Furthermore, some of the effects of our present actions will only reach us during a subsequent earth life. Therein lies the explanation for the many happy or unhappy experiences that we are destined to live through in the course of our earthly existence. They are the results of seeds sown in a previous earth-life, and it is only now that we must reap a hundredfold. Now then, let us try to understand the proper notion of Divine Justice, in spite of all the disparities and apparent injustices that exist in the world and in our own lives. Without acknowledging the existence of the Law of Reciprocal Action or the possibility of reincarnation upon the earth, we would stand on shaky ground. There would then be a grave danger of asserting that God often intervenes arbitrarily and at times even acts contradictorily in His Creation; that He wants human beings to suffer and only intervenes when He feels like putting an end to it, etc. Under these

circumstances, the notion of God can easily be dragged into the mud. In reality, God never contradicts Himself. He is always perfect unto Himself, from eternity to eternity. Every new act of His Will never contradicts previous acts. And the Laws of Creation, which are derived from the Divine Will, are strict and unchangeable just like this Will. We can easily witness their uniformity by observing the laws of nature. This same uniformity is also found in the cosmic laws that direct our destiny. The many and varied effects that this single law can have upon our destiny depends solely on the type of seeds we choose to sow.

Reflection: What was important for you in this part of the book?

Part M Contentment



I would like to end the long chapter 1 of this book with a short reflection about contentment. Many people share this wish to have a peaceful mind, a peaceful soul. Inner peace, how many long for that. This feeling of inner balance, of a subtle joy, feeling blessed, relaxed.

But you may say that is not so easy, "I have a thousand wishes, and if I have achieved one, there rises up in me another one." But here we find the clue. Who only

thinks on himself, only wishes for himself, can never achieve inner peace, as out of our EGO there will rise again and again new urges new desires.

-Contentment- what a beautiful word! "Contentment" can be achieved only if another person is more important for me than my little EGO, if I live, to further the great Unity, to stand by another's side and to help them further. Then the gift of inner peace you receive you receive through their gratitude, their joy, their being freed, this will give you inner peace, the satisfaction, that you have not lived in vain. Friendliness is a path to inner peace, being happy for the success others achieve without any feeling of envy too. If you want to feel inner peace and if you want to help to anchor it into this world, then you should think more on the wellbeing of others than on your own. Contentment, happiness and joy are not a matter of luck but they are gifts we receive for an inner attitude and for the way we live our lives. For an attitude which follows the principles of a higher order. For an attitude which is up building, conciliating, assisting and which brings happiness into the world. If we carry peace and contentment in our heart we can bring peace to others. This peace has an influence on our fellow men and in that we can act as examples. It is not about us changing the world, but we are here to change ourselves and if we change and become examples to others the world will change.

Exercise: What practical application can you draw from Chapter 1? Do you want to go back to a part before you read on and review it? How can you integrate what you found in this chapter into your life? Jot down your thoughts

Here is a short review with what we occupied ourselves in each part

- Part A- Introduction to this book

- Part B-What gives us joy? Basic principles of a happy life
- Part C-New discoveries in science. Quantum physics.
- Part D-Water crystal experiments
- Part E-Making time to reflect. Listening to our intuition
- Part F- What we sow we will reap
- Part G-What can we be grateful for? Gratitude can change our life
- Part H-Stress release exercise
- Part I-Drawing from our strengths (Logo-anchor exercise)
- Part J-Focusing on our outcome. Reaching our goals.
- Part K-More joy through energy approaches
- Part L- In thine bosom lies thy destiny (The laws of Creation)
- Part M-Contentment