

# The Manual for more Joy in Life

Edeltraud Grace



**In this Manual you will discover answers to many questions.**

**For example: How to foster healthy emotions and attitudes for a life filled with meaning and purpose, even in tough life circumstances?**

**How to find meaning in life?**

**How to foster joy and meaning whatever the situation?**

**How to deal with difficult life circumstances?**

**How to get over confusion?**

**How to let go of negative self-talk?**

**How to protect your soul?**

**How to encourage and build oneself up? What works and what does not work in self-help? And more....**

**You will find many tools to help yourself. Methods that are used by Life Coaches, Counsellors and Psychotherapists worldwide. These include cognitive approaches but also energy healing approaches. You are invited to use these methods in easy to follow exercises.**

### **Reviews to the Manual**

Your writings as contained in "The Manual for More Joy In Life" is very refreshing. Usually, I buy a book and get easily bored after the first chapters. It has been very different with this writing. Thank you for sharing your experiences. Chris Holland

*Hi Edeltraud,*

*I must commend you for writing and publishing "The Manual for More Joy in Life". I was initially attracted by the simple yet clear style of your writing. After reading a couple of pages I was able to use the explanations and exercises for my immediate help.*

*I work as a project manager and a lot of my work involves working with people with varying levels of maturity to achieve a common goal. The manual has provided excellent ways of dealing with stress, and emotions of frustration, procrastination, anger and others without drinking too much coffee or seeking excessive bodily pleasure!. Also in my personal life, your suggestions have made me re-evaluate how to handle difficult situations, and to seriously work on myself.*

*As I prepare to take the course on bio magnetic healing, I have found this manual very useful because it will help me to minimize situations that will drain my natural energy and also reduce my attracting negative energy from other people. I would recommend you make certain parts of this "manual" recommended reading for people who are interested in the bio-magnetic healing course. After all you offer the manual free and with love to all who are interested.*

*Feel free to share this email publicly and with your associates.*

*Sincerely*

*A. Robert Okon*

*Silver Spring, Maryland*

I am really enjoying reading your manual about joy. It is so helpful and contains so much information. The exercises are great and so rewarding. I've been doing some of the heart exercises and they really work! The manual is really a labour of love. Wow! Thank you! Beryl M. USA

"Hello Edeltraud,

Wishing you a wonderful day in Australia. I had a chance to read some chapters from your pdf the Joy of Life and could not help thinking of you and how much this has helped me. Remain blessed in the Power of the Almighty.

Warmest Regards  
Steve J. Melbourne Australia"

Dear Edel. I am spending a lot of time currently with your document. I am working to better myself using some of the techniques you share in the manual for more joy. I agree with just about everything you share in the document, which also resonates within me as being correct. Thus, I have been using the Emotrance approach and also the EFT, to continue working on myself, in order to remove blockages. I have taken my time to read the document and work on the exercises. Among other things, this has helped me prepare for some upcoming challenges. Thank you very much again for the free manual for more joy. Jade Button (Perth AU)

Your writings as contained in "The Manual for More Joy In Life" is very refreshing. Usually, I buy a book and get easily bored after the first chapters. It has been very different with this writing. Thank you for sharing your experiences. Chris Holland

# THE MANUAL FOR MORE JOY IN LIFE

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Edeltraud Grace



The content in this book 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 after and between sessions. Then I thought, why not put what I give to clients together in a printable form in a whole book? The result is what you get here. I decided now to offer this book to the public with the hope that people will find it as useful as my private clients did and do.

My personal hope is that this book encourages you to live a meaningful life with more joy! Please let me know if I was able to inspire you or if you have suggestions to improve the book. Send your thoughts to [Edeltraud.jakobgrace@gmail.com](mailto:Edeltraud.jakobgrace@gmail.com)

Please note that the content in this book does naturally not replace medical or psychological advice or therapy. If in doubt, contact your licensed practitioner. Nevertheless, reading this book might seriously enhance your happiness and joy in your life.

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## CHAPTER 1

### Part A- Embedded in a meaningful order.

Please relax and, for a moment focus internally on nature in your surroundings. 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 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 scent of herbs, with new wildlife. It is always the same and as it is so normal nobody really thinks about it. We enjoy nature (or our gardens) and reap the benefits. We like to walk through nature; we enjoy looking at the beauty we find in nature. We learn from nature, and we use its healing powers.

There is never a 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 cycle in the future. There is always movement, and it all follows in an orderly fashion one after the other and each step is very important.

Each step is 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 are never disappointed with that.

In nature everything is intermingled, 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 into the other.

We humans live in nature and the laws of nature apply to our human life too, not only our physical world but also 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 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 always, 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 seeds, which are the Action and the Origin. Receiving is the harvest, the Reaction or the Consequence.

We are all conversant with and understand 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 must learn about them and adapt to them.

What can we learn from nature? Let's think of an example, such as the cycle of oxygen production and consumption.

First the tree needs the carbon dioxide which we breathe out. With the 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.

If the tree had a free will as we humans do and could say: "I want your carbon dioxide, but you don't get my oxygen..." it would burn out internally after a very short time due to its own surplus oxygen. But nature functions totally reliably, we know that we can rely on it, because a tree works within the Laws of Nature, and this enables the tree to grow. Only humans with our free will, can be unreliable and through this, human unreliability brings disturbance and stagnation into many events. People who do not give what others need from them, who rely on them bring sorrow. It is the same with people who keep their personal gifts to themselves and do not share 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 seed 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 must move with the times we are living in. And if we are moving with the times, 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 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 with the meaningless of their existence and throw away all possibilities for happiness, they forget that happiness only comes to those who live with the times, who gets stronger in their daily existential fight who are open for their fellow human being, who try to master their own lives. 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 because 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 into. Also, a human being, just as we see in nature, should develop himself from a seed and blossom. The blossom should unfold and become fruit and only if one carried fruit will a time of contemplation and rest follow. Just as in nature it is only a transition period and preparation for new life. One step after another we grow from childhood to youth, and then towards the maturity of adulthood and adulthood brings the fruits of our deeds followed by the 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. 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 seed is planted into the soil, where its latent qualities will 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 yearn, we desire, we strive.....

Only in using our strengths can we achieve something. Everything around us says, “movement”, move yourself, give 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, there is more to do, there are 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, we can choose what fits with us, and everyone can act in a life affirming, uplifting way. Nobody is without an opportunity..... As humans we all have 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 hands?” Perhaps you are waiting for happiness for a long time but are blinded by your own perceptions of what happiness is and therefore your vision is blurred, 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 for happiness to fly 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

Never before have we been able to enjoy the advances of technology that is now available. Life and work, so it seems, were never ever as easy as they are now. Humans are more and more relieved of heavy physical work and unpleasant jobs. This should make us happier, but the opposite is the case. More and more people suffer, especially in industrial countries, with depression and emotional crises. Especially in our modern world, which is driven by lust fulfilment, satisfaction and fun, we find the most depressions. In the wealthiest parts of the world where most people are well off, we find the most anxiety and worry.

It almost looks as though the constant struggle to provide the basics of life, the necessities make a person immune to the illnesses of industrialised countries. In poorer countries we hear seldom of depression.

This situation is not black and white. It is not about demonizing technical progress or trivialising the serious illness of depression. That would be wrong and not wanted. What I want to do is 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 when society sees people with depression as weak or the illness is not taken seriously by others. The sufferers hide their *disease* as they fear to be stamped as a weakling or a loser. It is necessary to change the way society thinks about depression, to create an atmosphere of awareness, empathy and helpfulness through understanding. The help of medical practitioners and therapists is indispensable. (More about depression in chapter 3)

Whoever is reading this book and suffers from depression, please search help at [www.beyondblue.org.au](http://www.beyondblue.org.au) or from Lifeline (24 hours) on 13 11 14

(As a professional counsellor, life coach and energy therapist I will introduce and describe approaches throughout this book that healthy people can use to help themselves but I will also include additional resources to help people suffering depression or other emotional illnesses. Should you suffer with 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 believe that you came into this world without even choosing to do so. And now that you are in the world you believe that your happiness depends on material experiences and the 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 able to offer us a sense of short term bliss.

<sup>1</sup>Research 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 has stayed the same since. 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 life was worse but only the good times. We quickly get used to an improved lifestyle and soon find it normal to have a higher standard of living.

The Swiss economist Bruno Frey from the University of Zurich became known for 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. He goes on to explain that when the wealth grows the materialist is still not content, it is never enough!”

If someone buys a Ferrari they feel as though they are in paradise, but this feeling doesn't last. After two weeks we find the Ferrari pretty normal. The feeling of happiness wears off. With a new friend it is different. The friendship can be experienced again and again as invigorating and enriching. (...) The stupid thing is that we don't understand this and overvalue the material... and let's face it, it is much easier to imagine a new car than imagine how it will be if we meet a new person.”

Hoping to win the lottery and find happiness is really questionable. This hope also creates the potential danger that we will overlook present opportunities for happiness due to focusing on 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 limits. The material wealth should not be overestimated in regard to the effect it has on our personal happiness. Inner balance and a soulful vigour have another medium in which they flourish in, then material unconcern.

Discontent breeds ambitions and desires for things that promise happiness in the material world. For example, some people undergo surgery in order to look younger and more beautiful. They hope and believe that external beauty will make them happier. Some people succumb to the illusion that “Everything is possible”. There are limits and they vary for each of us. Each person has their own abilities and talents, but we often start to develop them in the wrong places and suffer shipwreck and find us again further away from happiness. The casting-shows for pop stars or models on TV,

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<sup>1</sup> \*(Source. Translated from Martin Schott. Page 98 . Lebensfreude)

which are often very awkward and embarrassing, show at the moment the last station to which these paths lead to.

### **With discipline to more joy in life**

We can do lots of physical activities 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 that through a healthy way of living we can contribute to our own happiness.

For a healthy lifestyle 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 to the observer, if a person dogmatically postulates some nutritional supplement as a universal remedy for all kinds of things, or if a person follows some sport like an addiction.

Nevertheless, can we find that for many conditions which offer us a piece of joy, we ourselves can 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 in 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.**

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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 regard to every other area of life. These “own” order will over time also have to change again, 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.

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

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 one’s 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 must 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.

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## 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 must 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 must 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?**

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

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

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**What values carry and drive my striving?**

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Perhaps one will not succeed at once to answer such questions regarding 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 regarding 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 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 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 influence 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 must 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 Soren 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 day's media illusory world, that every person can reach everything, if he so wants, is simply wrong, there are insurmountable differences in regard 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 necessary for the whole. Every person has gifts which are needed in his environment.

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 regard 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 must 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, 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 is it important to think about mistakes 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 react. 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 regarding 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 incredibly 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 wrongdoing 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 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?**

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## 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 show, 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 suddenly 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?

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## 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 10 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 physics.

## **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 whom 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 number 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 to visionary consciousness-information, this will influence the entire cosmos. Also, you can contribute to the critical mass. Through these 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 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 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 distance. 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 influence 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 heartbeat 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 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 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 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 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 19<sup>th</sup> to the 20<sup>th</sup> 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 physic achieved something unbelievable. The discoveries became so cataclysmic, that during the 20<sup>th</sup> 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, 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 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 Schroedinger, Niels Bohr and Werner Heisenberg are the founding fathers of quantum physic, and they have discovered the new physic in the last century. The creative consciousness of these gentlemen has through their creative impulses managed to develop a completely new picture of the world and nature. This quantum physic is the best natural science since all time and shows drastically, how limited the old physic was, which is still taught at our schools.

The modern quantum physic 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 Schroedinger formulated 1927 basically these new laws.

1. Uncertainty principle
2. Quantum entanglement
3. Observer effect
4. Nonlocality

### 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 regarding 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 subatomic 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 must 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.

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## **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.

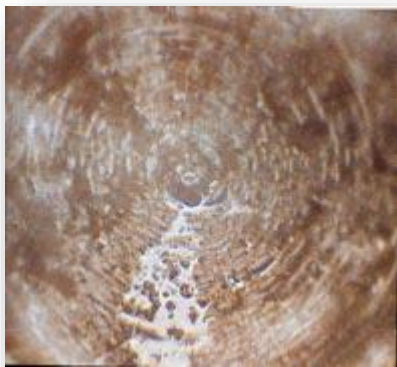
He also took examples of “healing waters” like the Water in Lourdes (France), which showed a beautiful crystal.

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 influence 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?

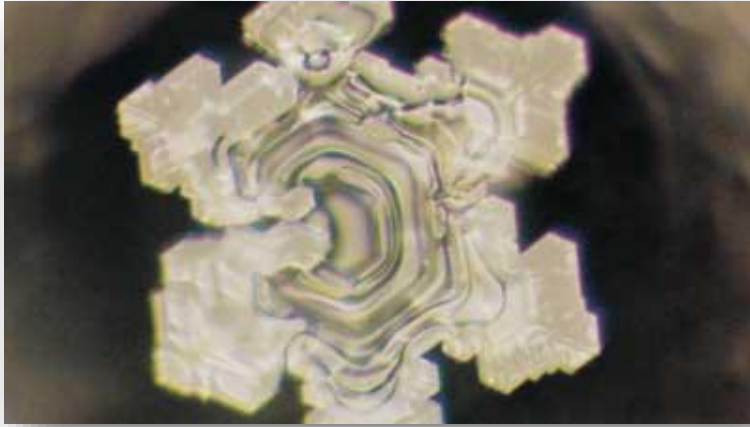
Here you can see some examples from Masaru Emoto’s water crystal photos.



Heavy metal music



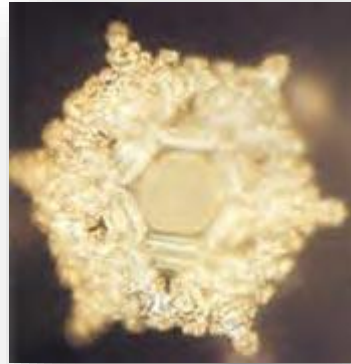
Thank you



Mozart Symphony



You make me sick. I'll kill you



Love and Appreciation



Fountain in Lourdes, France

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!"

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 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.



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. 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.

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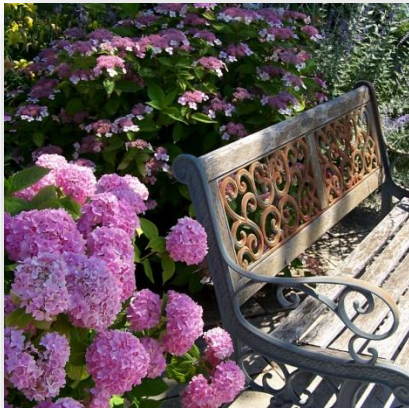
#### 2. Exercise:

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.

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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

if 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 can listen to your inner voice (in your house, in nature etc.?) How much time will you need to find your centre and listen to your intuitive perceiving? Would you be willing to start reorganizing your life to be able to do this on a regular basis?

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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, 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 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?

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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)

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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 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 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.

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3  
4  
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Changing our perspective but changes the way we feel and the way we feel changes our decisions and influences 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 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 regarding 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 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 experience 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. 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 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?

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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.

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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?

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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. Most 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 regarding its structure and its biochemical properties. However, this emotional brain is not only responsible (as the name might suggest) for emotions and feelings, but 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 hearts 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 several 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 everyone.

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

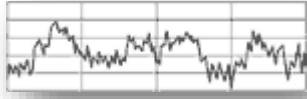
***Astonishing results without medication.***

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. 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!

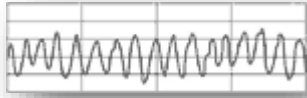
Another study showed convincingly how closely the emotional brain is linked to the immune system. The participants of this study were asked to think of something very unpleasant, and then something that makes them angry. Even though it was not immediately noticeable to the person, even one single bad 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?

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## 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 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 must 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. 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 using 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:

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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 of 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 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 regard 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 counterclockwise 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 must 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 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 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)

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

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

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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)*

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

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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. )

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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.

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

Jot down the results of your exercise:

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## **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 have 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 than 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 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. Bradley’s 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, Healing Magnetism and Dr. Bradley’s 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 Hartmann’s Heart and Soul protocol (AMT) in conjunction with the so-called SUE Subjective Units of Experience Scale.

Many traumata, or we also can call those 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, counsellors 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 centre, 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.

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.

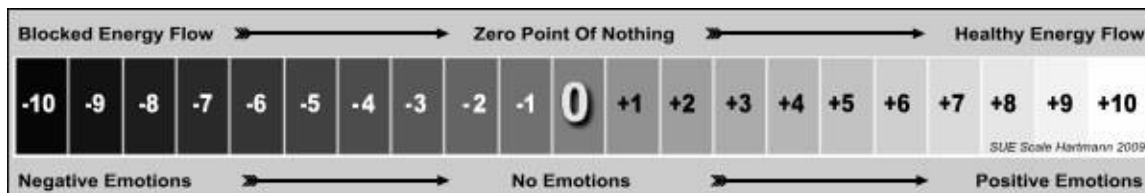
Also Emotional Freedom Techniques (Originally developed by Gary Graig) Nevertheless do I believe that also such a simple method as EFT can help us to solve and release and transform energetic conflicts. To do this successfully we have to naturally do it in the correct way. This means we must find and 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 regard 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.

All people if properly de-stressed and energized can 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 to work with the autogenic reality, that our inner world reveals itself in vision streams that are full sensory experiences. Working with the inner metaphorical landscape with a client can lead to great revelations and self-discoveries and resolution of deep-seated conflicts or repressed traumas. 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 Graig’s approach. It is up to you to decide.

The AMT EFT as well as the EmoTrance (Also called and it expresses the method better: Energy in Motion) method, about which I will mention in Chapter 4 again, is such a simple method that existing Psychotherapists and Counsellors, Life Coaches or Psychologists could easily include it into their toolbox, 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 while comparing your inner state with 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 on a positive quality while tapping on your meridian system. 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?

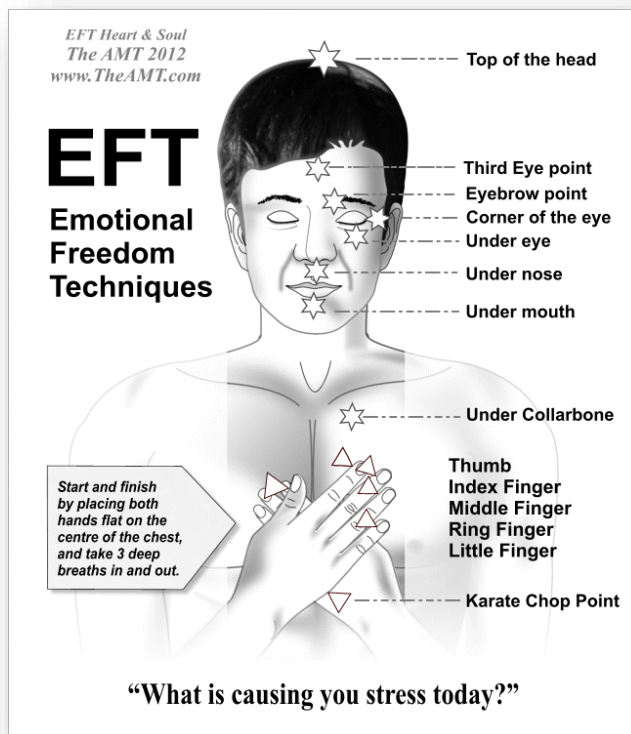
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Where do you feel this in your body?

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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.

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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)

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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.

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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 more information about EmoTrance in Chapter 4 and in the Appendix. Find an EFT outline also in the Appendix.

## **Biomagnetic Healing with your Hands**

Working with Energy leaves many with vague questions and one of them is, where does the Energy actually come from? Or why is it that these energy methods work? What is the cause of it all? How is that all interconnected?

Let me, for answering these questions at least to some part, go to the ancient method called “magnetic healing”. Magnetic fields are everywhere. Even light is magnetic. Every human also has his own magnetic field. Disturbances in this magnetic field has a negative effect on how one feels. Counteracting these symptoms by arranging the magnetic field in the body is what magnetic therapy is all about and results in an improved wellbeing. But every energy method offered, inclusive EFT is based on the simple facts of magnetism and these facts and laws of nature are explained in detail in the accredited Training I have developed. Please find more information on [www.healing-magnetism.com](http://www.healing-magnetism.com) .

Magnetic therapy aligns the body’s magnetic field through hand placements on the clothed body, which eliminates potential blockages. As a result, unhealthy negative energy is channelled out of the body and replaced with healing, positive energy which flows from the hand placement.

In addition, magnetic therapy can compensate for energy deficiencies and thus stimulate the body’s natural self-healing process.

Furthermore, as magnetism acts on all levels (body, soul, spirit), a magnetic treatment, regenerates on all levels. (Physical, emotional, mental and spiritual). In that is magnetic Order Therapy also the most comprehensive and all-encompassing energy method available worldwide.

Now the question which is often asked.

### **Where does the Healing (Energy) Force come from? How is this with the force/power we use for healing?**

One of the first things we do cover in a Biomagnetic Healing seminar is actually to answer just this question:

Let’s hear what Abd-ru-shin (In the Light of Truth) has to say about this, then many things become clearer.

*„One power streams through this world and the beyond, everything lives and works from this one life stream, and is thus inseparably linked“*

The life stream is an incomprehensible power streaming through all that exist.

*„There is no division between this world and the beyond! Nor any gulf! All is united, as is the whole of Creation. One power streams through this world and beyond, everything lives and works from this stream, and is thus inseparably linked. “*

*„The beyond is simply all that cannot be perceived by earthly means.“*

“There is-how said-only one power, which streams through all that exists, animating and furthering it!” (The Grail Message, Lecture Responsibility).

This life stream, this power is to be found everywhere:

-In the air

-In every drop of water

-in the growing rocks

-the struggling plants

-the animal

-and naturally also in man

So we can therefore say: That the whole Creation-naturally also ourselves-----stand in this life stream, in this power.

This life stream, this power streams through everything!



Now try to make yourself an image from this.

As then you can „see“, and grasp, or know now, why the client can leave his clothes on while we do Biomagnetic healing (or any other so called Energy method).

So! How does that function now in a human being? A human being is constituted, that he resembles a lens.

May I quote here Abd-ru-shin again. How it is explained there:

*„Just as a lens collects the sun’s rays streaming through it, and passes them on in concentrated form, so that the heat-giving rays, united on one spot, singe and set on fire, so man by virtue of his specific nature collects through his intuitive perception the Power of Creation streaming through him, and passes it on in concentrated form through his thoughts.“*

So we have just heart:

.....so by virtue of his specific nature a human collects the Power of Creation streaming through him.....

The power we use in any kind of energy healing is coming from the Source, we literally stand in this Power, but we do not have it in us, but we can use it.

A human being resembles a lens.....(Lecture responsibility)....Just as a lens collects the sun’s rays streaming through it, and passes them on in concentrated form, so that the heat-giving rays, united

on one spot, singe and set on fire, so man by virtue of his specific nature collects through his intuitive perception the Power of Creation streaming through him, and passes it on in concentrated form through his thoughts.

Every person has this power, (stands in this power, lives in this power, from this power) just different according to his individuality.

And then we can read in the Grail Message, In the Light of Truth: *„Branched out a thousand times, yet always following the urge of the law that forms the basis of everything, is interwoven into subsequent creation, a radiation of the strengthening and therefore also healing light, only waiting to be utilised by the creature! It is not in the human spirit, less even in the physical body of humans, but it waits just beyond it. The human spirit must seek this connection and open himself or herself to the reception properly, which is most easily accomplished during sincere prayer. “*

So, this makes a lot of things so much clearer. For me personally it is important to understand that we stand in the Power and receive the Power, but not that we have this Power in us, we can connect to it and use it and this is why gratitude to the Source of this Power and a “thank you” after an energy session, is something I perceive as a natural thing to do!

If you would like to understand more about all this, and why and how energy methods work, what they relate to and so much more, please contact me [Edeltraud.jakobgrace@gmail.com](mailto:Edeltraud.jakobgrace@gmail.com) or 0416 786 096 or visit [www.healing-magnetism.com](http://www.healing-magnetism.com)

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?

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## **PART L- The laws in the universe**

There are many wonderful Energy methods available to use to free our energy system from energetic blockages and to connect consciously to healing energies. 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 it means 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?

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## 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.

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*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



**THE MANUAL FOR MORE JOY IN  
LIFE**

**CHAPTER 2**

Edeltraud Grace



## Part A- a cognitive approach

Often if people go to a practitioner or Coach and achieved some success, emotional healing or insights during sessions, they might find themselves in some old pattern again after a year or two. In reality this shows to me that the work was not complete and that one has not done the necessary changes. In this chapter we will address this.

First, I will use a cognitive, practical approach and second in Part B we will look at laws in nature from a different perspective again and how we can use the knowledge about these laws for our own and other peoples benefit. I will also add some nice self- help tools which you can use to help yourself. You must remember that to create change in your life the obstacles you might encounter can have to do with the perception you have about yourself. Often these perceptions are deeply rooted into our personality.

Commonly these obstacles have to do with

1. Fear to step out of your comfort zone.
2. Limiting self-beliefs.
3. Fear of Failure.
4. Self-deception.
5. Preconceptions.
6. Procrastination

### 1. Fear to step out of your comfort zone

People are often fearful of changing their life. They feel secure in doing the things they are familiar with. They have reached a certain income, or a certain job title. But to achieve more you might have to put yourself in unfamiliar surroundings. This could be seeking promotion at work, looking for a new job, or changing your career. We have to remember that life is about learning and growing.

(Please note that the whole chapter 4 is about how we can increase the protection of our soul)

### 2. Limiting Self Belief

Some people lack belief in themselves. This is often because from childhood they were imbued with certain messages: -Girls don't do that

- It is not the done thing to...
- We aren't the kind of people to....
- You will never amount to much...
- Get a steady job, it is much safer.
- You aren't very smart.

In advertising all around us and in magazines, other messages keep blaring at us:

Life is a lottery. We have no control over our life.

Women are supposed to look gorgeous and say little.

Etc.etc.

Many people feel like VICTIMS of their life circumstances. Many people grow up with a lack of self-belief. And that lack of self-confidence is what holds us back. If we can unshackle our negative thoughts, we will be free to try new things.

There are many words for what I just said:

- Self-limiting beliefs
- Lack of assertiveness
- Lack of Self-worth
- Self-defeatism

The opposite of these negative views are:-Self image

- Self-reliance
- Self-knowledge
- Liking oneself
- Accepting oneself

The negative views all amount to the same thing. Many of us have a tape inside us that plays every time we come up against a challenge. It says:

*You won't succeed. You can't succeed. It is other people who do that kind of thing, not you. You know you always mess up. It is best to play safe. Let other people try it out first. People won't listen to you if you suggest it. You will make a fool of yourself. It is far too complicated.*

If you find yourself in what I just said, you can do the following to help yourself. List all the successful things that you have done in your life

- List all your good qualities
- Recognize that you have quietly absorbed negative statements about yourself
- Realize that you CAN create change
- Challenge yourself every time that you are negative.
- Challenge yourself whenever you find excuses
- Re-assess what you are doing in your life.
- See the benefits that the new challenges will bring.
- Use EFT to address negative believes.

### 3. Fear of Failure

If you suffer under a fear of Failure remember that a quick look at any famous person will show you that also they suffered failure for many years until they succeeded.

Indeed, you cannot succeed without having a few failures along the way. And research into successful and failed entrepreneurs' shows that the successful entrepreneurs saw failure as something interesting to learn from. Always ask yourself: "Are you going to bounce back and take the chance to go to bat again, or do you let this failure stop you?" If you look at all of the ultimate success stories, both personally and professionally, they all had to bounce back at one time or another.

### 4. Self-deception

Some people practice self-deception faulty logic about themselves and the world. For example, they may think they can achieve things without effort. According to Thomas Gilovich, 25% of college students believe they are in the top 1% in terms of their ability to get along with others. And 70% seventy percent of college students think they are above average in leadership ability. Only two percent think they are below average. Most of these forms of self-deception are to do with wishful thinking. People want things to be the way that suits them. This gives them a distorted view of the world, and leads to a surprise when reality intrudes.

### 5. Preconceptions

Having adopted an opinion on something, people often stick with it. And they fail to challenge their own views, or test their validity.

- It is better to work for big companies.
- All policemen are racist.
- I'd never go out with someone who is older than me.
- Magazine publishers do not take work from freelancers.

This lazy thinking can prevent people from moving forward. They live in their box of a limited world view and stay in their box.

### 6. Procrastination

Not all people are good at doing what they say they'll do. Some people procrastinate. They will tell others that they never got around to doing it because

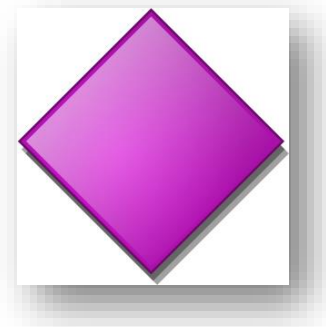
- The dog was sick
- We had a lot of work on this week

There is a lack of true commitment and wholeheartedness.

In reality there can be many more obstacles we can come across with than the one I mentioned here. Our personal human weaknesses spread over quite a wide array and seem to repeat themselves. So whatever you work on with the coming exercises, tap into your personal “obstacle” that hinders success and use that to work on. The exercise are all intended to help you in the pursue of “to knowing thyself”, which is important if we want to succeed.

## STRATEGIES FOR CHANGE

Please find here some strategies for change. The Diamond technique. This technique can help you see your problem with a different perspective and seeing it from a different perspective sometimes resolves the problem. Choose a PROBLEM you are encountering. Draw a diamond shape on a piece of paper. State the PROBLEM on the left side of the diamond. Give it a name or describe it in a sentence.



For example: “I am scared to go on this holiday with my relatives”.

Then state the OPPOSITE of the problem, but in this case OPPOSITE MEANS THE PROBLEM IS NOT THERE so state the situation/state where the problem is not existent or in other word, state the solution. E.G. “I go on a holiday alone”. Write this sentence down on the right side of the diamond.

Then state what has the Problem and the Opposite in COMMON. Here it would be “Holiday”. Write it down on the top of the diamond.

Then ask yourself what would be beyond PROBLEM and OPPOSITE of problem. For example, “to work”. Write this down on the bottom of the diamond.

So write down what you are working on.

My problem: \_\_\_\_\_

Opposite of the problem (desired outcome): \_\_\_\_\_

What has problem and opposite of problem have in common? \_\_\_\_\_

What is beyond problem and opposite of problem? \_\_\_\_\_

So now you do following. State the Problem \_\_\_\_\_

Ask yourself 3 times

What does the problem enable me in? (Jot down your three answers)

\_\_\_\_\_

-Then ask yourself 3 times

What does the problem hinder me in? (Jot down your 3 answers) \_\_\_\_\_

Then state the opposite of the problem OPPOSITE \_\_\_\_\_

Ask yourself 3 times

What does the OPPOSITE enable me in? \_\_\_\_\_

-Then ask yourself 3 times

What does the OPPOSITE hinder me in? \_\_\_\_\_

Then state what has Problem and Opposite of the problem in common

COMMON \_\_\_\_\_

Ask yourself 3 times

What does that what is COMMON enable me in? \_\_\_\_\_

-Then ask yourself 3 times

What does that what is COMMON hinder me in? \_\_\_\_\_

-Then state what is beyond Problem and Opposite of problem

BEYOND \_\_\_\_\_

Ask yourself 3 times

What does that what is BEYOND (problem and opposite of problem) enable me in?  
\_\_\_\_\_

-Then ask yourself 3 times

What does that what is BEYOND hinder me in? \_\_\_\_\_

Has your perception of the problem shifted? If yes, start the exercise again, but transform the OPPOSITE of the problem into a different name/phrase based on what you gained of going through the round the first time. For example I might come up with the opposite of my “going with relatives on a holiday” problem, might have changed now after I have done the exercise with the Opposite =“having boundaries”. Then you find out what Problem and Opposite (Going on a holiday with relatives- boundaries) has in Common, state this as a sentence or name it and type or write it into the Space for it, then state what is beyond problem and boundaries and put this into the space available for it. Then go through the technique again. (Do as many rounds as you like) You will see

that problems take on a different perception after you did this exercise. Have fun and astonishing insights.

### Affirmations

If you feel discouraged or in doubt, you may want to use some affirmations which you state to yourself. These are reminders about your power. For example:-I, and I alone, are capable of changing my life. -I am an intelligent human being who has the power in my hands to change my life. -I am not reliant on the opinion of others for my self-worth.-I am going to be the next supervisor in this department.

If I am completely honest, affirmations do not seem to work for me. If you want to use them you might become aware, the way I feel often, that there is an inner resistance towards the statements at least to some of them. But affirmations fail if you have an unconscious resistance to them. If you are not completely and fully believe them to be true. Use the “resistance “that comes up for further work. Write down your affirmation and then watch and wait what comes up as resistance. There might be a fear, or a memory of a trauma. Use EFT as outlined in chapter one to address the issues that come up. (Come to one of our courses to learn more about it) If you do not do this, affirmations are useless or even lead to the opposite result as if you say your affirmation and *unconsciously* you focus on what you fear, you will attract that what you fear. This is quantum physics. Another way how to use EFT with affirmations is you state the positive affirmation and then check on the SUE scale where you are and you just keep on tapping with the intention to bring more energy into that wish.....until it becomes “true” for you. So you stop when you are on the high end of the Subjective Units of Experience scale on a plus 9 or 10. (More guidance in this regard you can find in our EFT Master courses). The high end also means you have full conviction and you can see, hear and feel your goal (affirmation) as if you already have it. Anything else, is not working. That is actually quantum physics.

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### ROLE PLAYING

Have you discovered that too that we all tend to play a role at least some time? Often we are playing a role which actually can hinder us in our lives, simply annoy other people or is not very helpful at all. Here is a self-test through which you can discover which role you most often play and some suggestions how to change your behaviour pattern.

### *Exercise: Test yourself which role you play*

#### The role of the Victim

Typical behaviour patterns the victim displays:

- To defend
- To excuse
- To feel helpless
- Disappointed
- Dependant
- Ignores own ability to solve problems
- Partly feels self-pity
- Appeals to a saviour
- Can unfortunately meet persecutors

Ask yourself following questions to find out if you play the victim role.

Do I tend to defend myself and constantly apologise? \_\_\_\_\_

- Do I avoid conflict? \_\_\_\_\_
- Do I find it hard, to express clearly my own different opinion or do I have problems in saying NO? \_\_\_\_\_
- Do I feel sometimes powerless, if things are not going as planned?  
\_\_\_\_\_
- Do I ask others often for their opinion and do I think, that they know it better and can do it better than myself? \_\_\_\_\_
- Do I not assert myself enough? \_\_\_\_\_

If you answered some of these questions with YES, you might be playing the victim role.

If you feel a **victim** of your circumstances, you might want to consider following changes:

Do not put yourself down with negative thought pattern like:

„I cannot do that anyway“. Replace these through good thoughts. „**How** can I achieve that?“

-Ask yourself goal oriented questions, which will lead you to a solution.

Instead of „ Hopefully it will work.“ Better say: „ **How** can I make sure, **that** it will work.“

-Get active yourself, think about what **you want** to achieve.

-Offer solutions and alternatives- do not defend yourself or excuse yourself constantly.

-If you need support ask it in a goal oriented fashion. So ask for the information in a goal oriented specific way instead of focusing on your perceived weaknesses.

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### The role of the Saviour

- Helps Victims
- Even without being asked for it
- Gives advice and tips
- Take on responsibility
- I do not trust in your ability to cope
- Victim does not want to be saved and starts to persecute.

Ask yourself following questions to find out if you play the role of the Saviour:

- Do I have automatically the impulse to help? \_\_\_\_\_
- Do I give advice and tips, even though others could find their own solutions?  
\_\_\_\_\_
- Do I talk and decide for others, even though they could do that for themselves?  
\_\_\_\_\_
- Do co-workers always come back to me with the same questions?  
\_\_\_\_\_
- Do I always give patiently advice and information? \_\_\_\_\_
- Do I get work back from co-workers, as they could not do it? \_\_\_\_\_

If you are in the **saviour** position:

-Trust that others have the capability to find solutions to their own problems. Give them the responsibility and do not offer so quickly solutions for their problems.

Support others with „Help to self-help“.

-Support solution focused thinking in others through specific questioning.

„Which ideas do you have to solve this issue?“

„Which possibilities do you see?“

„What have you already tried?“

Help your partner, through specific questioning to describe the problem in a specific way.

„**What exactly** is the problem?“

„**With what exactly** do you want me to support you?“

Also take your own wishes and needs important. Think about what you personally want.

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### The role of the Perpetrator

- Criticize
- Find faults
- To rebuke
- To reproach
- To devalue the partner
- Makes the partner into a victim

- Victim now haunts him/her

Find out if you play the role of the Perpetrator:

- Do I tend to make accusations and criticize others? \_\_\_\_\_
- Do I have fun with conflicts and hot debates? \_\_\_\_\_
- Do I need to have right all the time? \_\_\_\_\_
- Do relatives tell me that I am a „know it all“? \_\_\_\_\_.
- Do I think frequently about others: „How can somebody be so ...(uninformed, stupid, careless or similar)?“ \_\_\_\_\_
- Do you diagnose people? Do you say to other people what they feel or think (You are apparently overstrained?) \_\_\_\_\_

If you are in the **perpetrator** position:

- Also try to see the good in others and appreciate their results.
  - Say clearly what you want do not make reproaches.
  - Stay objective and discuss solutions, ideas not personal opinions.
  - Think on the word „different“. „You have a different opinion then me. No opinion is worse or better. „Let’s think about a solution which is good for us. “
  - Express negative emotions like anger in a constructive way.
  - Send „I „ messages. “ I am annoyed.....You said you will organise the hotel booking.....Then show the consequences;“ Now all hotels are booked out, and we have to travel 200 km to go to the show.“
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**Visualizations**

Quantum physics proves that all phenomena in nature, that we call material manifestation consist of information. Information that you also may have contributed to with your own creative consciousness and this means with what you give out from yourself like thoughts or feelings or deep intuitive perceptions. The whole world is in a constant development, which always lead to change. Change is part of the permanent Creative Force. Without change there would be no evolution. With our own conscious decision making we do create our own fate and in that have an effect on our own happiness or unhappiness in life.

a) Visualizations are a powerful form of changing your mind set. For example, say you go to an important job interview and you are nervous about it. Visualize yourself arriving at the company, greeting the receptionist, and meeting the new boss. Visualize yourself seated at the interview, relaxed and full of energy. Many people report how useful visualizations are for them and you can use this for all types of situations. Positive visualizations also help with the overcoming of an illness. If you visualize a positive outcome or a healthy state of your body this is proven to support recovery. But if you visualize and not trust this does not help as your non trust becomes reality. Visualize yourself already recovered. Feel how you feel and visualize your body parts in a healthy state and then just trust. This is naturally no substitute for medical care but it can be supportive.

b) Some people have problems in visualizing a wonderful outcome, as unconsciously there are still all these doubts which seem hard to be visualized away. Another way at times is if you use your whole metaphorical inner landscape to develop and visualize a good outcome. Here you find an exercise which guides you to empowering visualizations and I hope you enjoy it.

This exercise is borrowed slightly abbreviated from the Clean language web-side. It is a goal elicitation exercise using your inner metaphorical landscape. It can help you to become familiar with the symbolic domain of your experience so that you discover new ways of perceiving yourself and your world. You will be invited to attend to your inner metaphor expressions. This can be used for all kinds of situations. Development of new goals, solving of conflicts, finding solutions for emotional troubles etc.

(If you would like to explore further: For more general information on Clean Language and its applications, go to [www.cleanlanguage.co.uk](http://www.cleanlanguage.co.uk))

**Exercise:**

Please choose some specific goal you want to achieve in the next 3, 6 or 10 months. Or choose something you want to change today, even some problem you face today and you want to learn from it. Something you want to start working on now.

I give you an example from myself which I remember doing at one point when I was annoyed with someone who was not as sensitive to me the way I liked him to be and I realized that he mirrored to me something as I at that time was also not sensitive to some people and decided I wanted to change myself. You can take your own example.

State your own example:

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**Step 1: Build the (metaphorical) dream**

If there is something in your life you'd like to change, take a moment to write it down. Or there might be some goal you want to achieve. Referring to my example I might say, "I want to develop more sensitivity to the people near to me". Or there might be your goal you have in mind.

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Like many standard New Year's resolutions, it may well be about giving something up. You could start with that, but this process, like so many, works even better when you can say what you'd like *more* of, rather than less of.

For example, "I'd like to give up smoking," means you'd like *less* of smoking, but it doesn't say what you would like more of. So answer the question by stating something you would like more

of, such as, "I'd like to feel fitter, taste my food better, breathe more easily and have more money to spend."

One way of helping your mind to make that shift is to read back to yourself the words you've written and then ask yourself, "*And when all of that, what would I like to have happen?*"

Using another piece of paper, write down the first words that come into your head in answer to that, even if they're exactly the same as before, or if they don't make much sense. Because the magic of Clean Language is that it can work whether the words "make sense" or not, because of the way it uses the metaphors inherent in the words we choose.

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Let's say someone answered in regards to giving up smoking: "I'd like hope to triumph over experience." That's fine – it represents something I want more of (triumph of hope) rather than something I want less of (smoking). In the jargon, it's a 'desired outcome'.

If you answered again in terms of something you'd like less of, for example: "I'd like to lose some weight", ask yourself again, 'And when all of that, what would I *like* to have happen?'

Repeat until you come up with something you'd *definitely* like *more* of – a fantastic figure, the feeling of being vibrantly healthy etc. Once you have a desired outcome to work with, stated in the positive, it's time to move to the next step.

### Step 2: Develop the desired outcome

Now, use Clean Language questions to find out about that desired outcome. Ask a few questions from this list, in any order:

- *And what kind of X is that X?*
- *And is there anything else about X?*
- *And where is X? or And whereabouts is X?*
- *And that's X like what?*
- *And is there a relationship between X and Y?*
- *And when X, what happens to Y?*

If I refer to my example of wishing to develop more sensitivity to the people around me, I ask "What kind of sensitivity is that sensitivity?" "And is there anything else about the sensitivity I wish to develop?" "And where is the sensitivity?" and so on and so on.

If you refer to the smoking example, you might ask: "What kind of triumph is that triumph?" or "Is there anything else about triumph?"

Ask yourself these questions, several times, about various words in your desired outcome. In the example "I'd like hope to triumph over experience", you could ask about 'I', 'like', 'hope', 'triumph', 'over', and 'experience'.

What new ideas come to mind? What new connections seem to form?

### Step 3: Ask for a metaphor

Then ask:

- *And when all of that, that's like... what?*

This question invites you to come up with a metaphor linking some of the ideas you've come up with.

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For example the development of sensitivity might be for me like being a queen observing all aspects of my kingdom in order that everyone is cared for well and no-one is forgotten in my kingdom. Or if you think on the smoking example for me, 'hope triumphing over experience' might be like the end of a Star Wars battle scene, featuring an exotic victory parade into a gigantic stadium, or it might be like the joy of placing a perfectly-baked, cinnamon-scented apple cake on the table. For you, it will be something different. In this process there really are no right or wrong answers.

### Step 4: Develop the desired outcome metaphor

Now it's time to enjoy developing this metaphor. Think about it. Ask yourself

- *And what kind of X is that X?*
- *And is there anything else about X?*
- *And where is X? or And whereabouts is X?*
- *And that's X like what?*
- *And is there a relationship between X and Y?*
- *And when X, what happens to Y?*

Use the questions in any order that seems appropriate, and ask any of them more than once.

For example in my example about developing sensitivity which is like a Kingdom to a Queen I would ask, "What kind of kingdom is this kingdom?" "And is there anything else about this kingdom?"etc.

TIP: Ask *lots* of 'where' questions!

In my example about the smoking, I might ask myself, 'Where is that parade, or 'What kind of parade is that parade?' or 'Is there anything else about exotic?'

Feel free to make a few notes if you would like to.

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Or just allow your mind to wander, exploring the amazing landscape of thoughts. Occasionally, particularly if you notice your thoughts drifting towards something you'd like less of, ask yourself:

*"And when all of that, what would I like to have happen?"*

Stay with the metaphor. There's no requirement to figure out how these 'fantasies' relate to the 'resolution' you first thought of. You may find that your ideas develop and change as you go through this process. For example, my Star Wars victory parade might transform from a march to a dance, the music from massed trumpets to acid house.

That's fine. Your own imagination holds a much wider and more far-reaching idea of your potential than any Government-sponsored health campaign! These are *your* dreams, *your* hopes, *your* thoughts.

Spend all the time you need to develop your metaphorical desired outcome in exactly the way that is right for you. You might even find yourself curious about: *"What kind of 'I' is the 'I' that would like that to happen?"*

Use some extra Clean Language questions to find out about the sequence in which things happen within the metaphor, if that is relevant.

- *And what happens just before X?*
- *And then what happens?*
- *And what happens next?*

The answers to these questions can help to set this piece of exploration within a wider context, to check that this is an appropriate change for you to make.

Finally, give your metaphor a name, a label, so that you can refer to it in the next part of the exercise.

#### Step 5: What needs to happen?

OK, you've developed a big dream, a metaphor, for the thing you'd like to have happen, and you've given it a label. Now ask yourself:

- *And what needs to happen for X?*  
(Where X is the label of your metaphor.)

Make a written list. And ask yourself the question again, several times, about each thing that needs to happen, 'drilling down' to a fundamental level.

For example in my sensitivity example which is like a kingdom I might make a list about all the areas in my life which I have an effect on. Perhaps I want to think about each area how I can change it for the better or support people differently or support myself as the Queen better.

If your first answer to "And what needs to happen for X?" was "A ," then ask "And what needs to happen for A?" This time your answer is "B", so the next question is "And what needs to happen for B?" and so on. You'll know when to stop when you have the sense that it is achievable.

And when you think you're finally done, ask:

- *"And is there anything else that needs to happen?"*

Your list may be metaphorical ("I need to fly over the rainbow"), or it may refer to real-world actions ("I need to buy a ticket"), or it may be a mixture of the two. The exercise will work just as well either way – your other-than-conscious mind knows what it all means.

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TIP: It's best not to have the conditions in the form of abstract concepts. Instead, transform them into metaphors (*That's like what?*) or solid, real-world actions that can be easily observed.

#### Step 6: Ready for action

Once you have a complete list of what needs to happen, ask yourself:

*"And can I?"* (do the actions that need to happen?) You can go through them one at a time if necessary, to check.

If you can't (or you won't) do them, just acknowledge this, give yourself a pat on the back for being so honest with yourself, and return to Step 1 to adjust your desired outcome so that it takes account of your reservations.

Ask: *"And when I would like <label> and I can't or I won't (do the actions that need to happen), what would I like to have happen now?"*

*Write down your conclusions*

I hope you enjoyed this exercise. You can use it for all kinds of things and this is a good substitute for common visualizations as it is adapted to your inner landscape of metaphors.

*Please note: If you still found it hard to visualize a good outcome, work on your resistance using EFT. Note what comes up, most likely negative memories from the past. Try EFT on it and then do the exercise again. (For more information about our EFT trainings please go to [www.virtuosity.net.au](http://www.virtuosity.net.au))*

## Persistence

Those who attain greatness have persistence about them.

*Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "Press On" has solved and always will solve the problems of the human race. - Calvin Coolidge*



Often if we want to give up too early, we should had allowed ourselves a larger sense of time, in which we realize that, any efforts made for less than fifty years, are actually small in relationship to the immensity of our being.

Persistence is the ability to maintain action regardless of your feelings. You press on even when you feel like quitting. It is important that we do not allow feelings of disappointment to diminish

our efforts towards creating a better life for ourselves, our loved ones, society and the world as whole.

When you work on any big goal, your motivation will wax and wane like waves hitting the shore. Sometimes you'll feel motivated; sometimes you won't. But it's not your motivation that will produce results — it's your action. Persistence allows you to keep taking action even when you don't feel motivated to do so, and therefore you keep accumulating results.

Persistence will ultimately provide its own motivation. If you simply keep taking action, you'll eventually get results, and results can be very motivating. For example, you may become a lot more enthusiastic about dieting and exercising once you've lost those first 10 pounds and feel your clothes fitting more loosely.

### Getting yourself to take Action

As I just mentioned Procrastination and all the other obstacles can be a trap for us and hinder us to take action. You might want to agree to do things and then fail to carry them out.

It is also helpful if you make yourself a plan.

There are several ways to do this and I mention here just some of them.

### GAP ANALYSIS

A Gap Analysis has three columns. The first describes the current situation. The second describes the situation you would like to attain. And the third column describes how you will bridge the gap.

<b>Where I am at present</b> _____	<b>Where I want to be</b>	
_____	<b>What I must do to</b> _____	<b>bridge the</b>
<b>gap E.G.</b> <u>Routine work</u>	<u>Exciting work</u>	<u>Write a list of other things I could do</u>

## Setting SMART Goals

All goals should be SMART- that is, Specific, Measurable, Attainable, Relevant and Timed.



This means:

- Specific**: don't have goals about "improving my life", but be specific about what you want.
- Measurable**: You should have a specific outcome. E.G. I will weigh 5 kg less by the end of this month.
- Attainable**: You must be able to attain the goal. Don't say, "I am going to be a famous football player." (Unless you are a football genius)
- Relevant**: The goal must relate to something important in your life.
- Timed**: Against the goal, put a time by which it will be achieved.

For example, you should not say: “I will get fit”. You should say “I am going to the local gym every Monday and Wednesday from 8.00 to 8.30am”.

In this regard I would also refer to the goal setting exercise in Unit 1 under Part J Focusing on our outcome –Reaching goals.

### Format for setting goals and identifying achievements.

It is useful to have a form that helps you see what you are committing yourself to. This form can also highlight achievements.

The achievements can refer to things learnt, distinctions made, self-image improved, and so on.

GOAL (Description) \_\_\_\_\_ To be achieved by  
 \_\_\_\_\_ Achieved \_\_\_\_\_

With any goal we want to achieve we have to remember that our consciousness does play a big part in it if or if not we achieve it.

Our consciousness can literally move mountains or it can let mountains collapse.

Here is a beautiful example of Daskalos (Dr Stylianos Atteshli alias Daskalos, Greek author, philosopher and Christian wisdom teacher) which really happened like that. Daskalos went to Zypern for a walk at a beach and suddenly saw a man in a wheel chair. He was sitting a few meters before the breakers in his chair looking towards the waves deep in thought. “Why don’t you walk into the water and swim a bit? ” - asked Daskalos. “Very funny ”replied the man.”

Can’t you see that I am sitting in a wheel chair?”-“No”, said Daskalos, “that does not mean anything. Try it out, get up and go into the water!” The man got up, put after many years of motionlessness his weak legs slowly one step in front of the other and then swam. Daskalos gave him the security, through his strong believe that he can walk, and therefore a spontaneous re-programming was induced.

Another experience happened the following way. A worker was accidentally locked into a cold store overnight. The next morning they found him-frozen to death. Up to now the story is nothing unusual. But now it comes. Investigation resulted in the discovery that over the whole night the cooling system failed. That was unknown to the worker. He had the information in his head, that the cooling system was on. His unconscious told him, that it is impossible to survive the night with these cold temperatures.

Or think on the mother who can lift a car for minutes in order to save her trapped child. Or the mentally trained soldier who can enter a contaminated area and comes back completely unaffected. Or think on the again and again happening spontaneous healings.

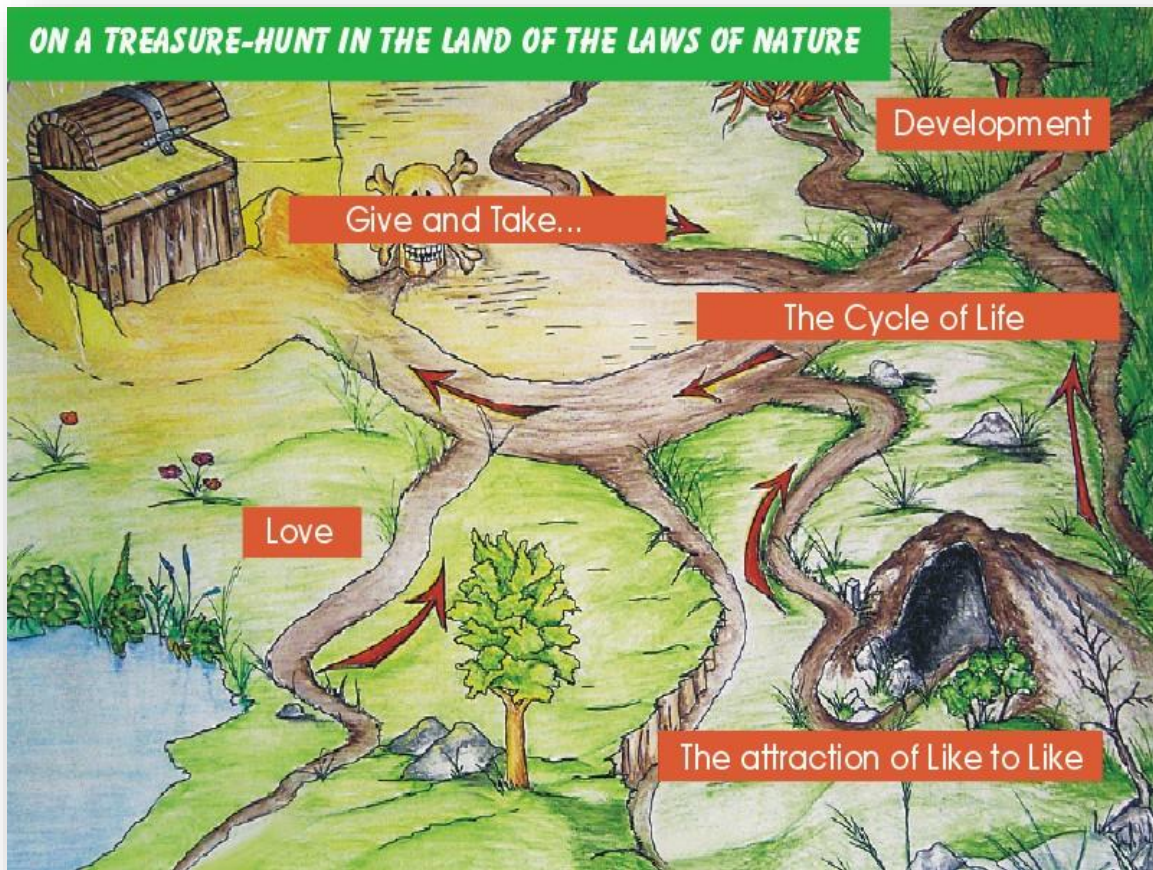
“Are we as fragile as we believe to be?” asks the cell biologist Bruce Lipton. You might guess the answer. Our consciousness sets us limits about our own capabilities.

The art is to let go of our deep doubts, anxieties and deep fears and to lead our life with great trust.

## Part B- The laws of Creation

The second part of this chapter 2 will be devoted to the Laws of Creation again. We cannot be successful if we do not know them and not adapt to the Laws of Creation. Many people are not aware of them, but as we are spiritual beings it is important if we want to experience success with our endeavours and happiness in life to acquaint ourselves with these laws.

Have a look at following map:



THE destination on this map leads to the fulfilment of our longing (here metaphorically symbolized by a full treasure chest of gold). Our yearning and the roads which lead to our destination are the paths of the Laws of the Universe. Here on this map there is the path of development as everything is in constant development, there is never a standstill and also we have to develop and stay in constant healthy movement. The path of the cycle of life refers to the stages of our natural life cycle. From childhood to being a young person and then to the stages of maturity which leads to old age and during the time of old age we already prepare for a new beginning and further development in the afterlife. Then there is the path of the law of reciprocal action which is the same as the path of give and take and the path of attraction of like to like, as what we sow we have to reap and same always attracts same. If we observe these laws we will only

sow what is of benefit and also only reap what is of benefit. Then we also have the path of love. It refers to the highest power in this Creation which can lead us to salvation. "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbour as yourself.'"

If we consciously observe the lawfulness of life and adapt to it, this will lead us to inner riches, joy and freedom.

We carry as individuals the responsibility for all our thoughts and actions. Therefore it is important for us to understand the laws in the universe, so we can live in a way which only brings happiness to us. If we turn towards the good, all else also becomes good. It immediately manifests in relationships, the family and finally on the whole people.

This means that 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.**

The laws in Creation, the natural laws operate uniformly throughout the whole Creation; we find them everywhere, in the earthly sphere as well as in the invisible parts of Creation. We already looked at them in Chapter 1. Let's look at them in more detail again and how these laws refer to our own happiness.

### **A: THE LAW OF RECIPROCAL ACTION - OR THE LAW OF Cause and Effect (Give and Take)**

The Law of Cause and Effect is like all the Laws of Creation clearly visibly in the material world.

What we sow we will reap. The bible passage (Gal. 6.7) says: "Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap." So we *cannot* reap, but we *shall* reap! This Law applies not only to the earthly sowing and reaping! If we sow thistles in our garden we cannot expect to reap strawberries. If therefore a person puts good thoughts, perceptions and deeds into the world according to this Law he will harvest, at a certain time, a multitude of goodness, but if the volition is evil many dark reactions will return.

All our thoughts or deep feelings, if felt strongly enough, tend to take on form in our life. This is why we have to observe our thoughts carefully if we want to have success in life. If we think for example very often on financial difficulties, we invite the difficulty to stay in our life.

Whatever you focus on, for whatever you use your energy, this will become more!

It is like a field: If you sow seeds you will harvest a multitude of what you have sown. If you focus your thoughts onto the good, then you invite fulfilment, affluence and success into your life. But if your thoughts constantly circle around your problems, constantly circle around, e.g. why you don't bring home enough money each month, you will go on feeling frustrated and needy.

Our thoughts become reality.

If we look at this law of Reciprocal Action in regard to our happiness, happiness can be summed up in one sentence. "If you want to be happy, you have to make others happy!"

As it is so vital to understand this law, let's look at it from a different angle. He who does not sow will not reap. Finding depends on seeking. If we want something we must first sow it.

Even if the land has been in the family since the Stone Age, "there is no food for the lazy man". To get something out of nature, it is necessary first to give some. In this giving (the sowing), and of the right kind, that can give us what we desire, irrespective of how ardently we may pray, lies a basic law we have to observe. A weightlifter, for instance, does not add strength to his arms by tying them up for months in order to conserve the little strength he has in them. It would only weaken his muscles. To gain strength he must exercise the arms. He must first give out what he has. Thus if we want love, we must first give love; if we want kindness, we must give kindness, and so on. The output depends solely on the input!

We are reaping at present what we sowed previously. Even if we did not know what was sown, we obtain knowledge of it as the seed germinates and grows. Certainly, we are in no doubt of the harvest even though we might not be conscious of when the seed was sown. One may well imagine the attitude of a gardener who finds carrots growing where he planted salad. Yet, it is especially this aspect of the law of sowing and reaping, which we readily accept with respect to gardening that we reject in our everyday life! We insist on seeing the cause before we can believe the connection with our experiencing at the time!

To reap a different fruit, we must first sow a different seed. This is not always very obvious to us. If we find ourselves in some unpleasant situation, the solution cannot lie in trying stubbornly to tackle only the effects. We must seek the cause and plant differently.

Take someone who resolved in the morning to desist from talking harshly to the neighbour and discovers, to his chagrin, that by the evening his defences had not only broken down but he was even more abusive. Repression has the same effect as a pressure cooker. It ends up aggravating the situation. So what should we do? If, for example, electricity suddenly goes off in a room, plunging us in total darkness, do we bring out a shovel to laboriously scoop out the darkness? No! We light a candle or use a torch. To change the fruit we must change the seed!

## **B. THE LAW OF ATTRACTION - OR THE LAW OF ATTRACTION OF THE HOMOGENOUS SPECIES**

Every thought is energy, and it attracts through the law of attraction things, people and circumstances into our life, which correspond to the energy of these thoughts, -like a magnet. Ill thoughts attract ill experiences. Beneficial thoughts attract beneficial experiences. This can also be explained through the findings of Quantum physics.

The Movie the Secret brought this Law into the awareness of many people nowadays. Unfortunately there are still lots of people in our society who do not like this law. Through the exact lawfulness just explained do we also attract work colleagues, partners, neighbours etc.

If you experience problems, your opposite is just mirroring to you who you are, showing you your own weaknesses and also strengths. You can discover your own capabilities in others or you can discover what still needs worked on in you. The outside mirrors to us what we carry in our inner world. I will explain this in more detail in a later chapter as to understand the mirror effect in our life, can open our eyes about ourselves and help us in tremendous ways.

Who gives, receives gifts; who loves, experiences love. Happiness arises from happiness. People who are optimistic are happier than pessimists. Whoever is used to seeing the good, constructive and the gratifying will more often go through life smiling than someone who is a personified probe for errors and problems and who judges the cheese, as it were, because of its holes.

A sympathetic, value-oriented attitude produces not only constructive ideas, but also good friendships. "Birds of a feather flock together," says the adage from generations of experience, because the Law of Homogeneity unites not only the material, but also furthers emotional and spiritual homogeneities.

We know that sound is a form of motion. So are our deeds which, like motions in Nature, describe elliptical orbits. Thoughts emanating from us will prescribe this pattern and will return to us one day, but with a difference. Through the law of attraction of similar types, the thoughts return to us heavily laden, having attracted similar thoughts on their journey. It is then the time of harvesting. Some call this KARMA. It is the law of cause and effect. It matters not to whom the thought was directed, it will come back to the originator. The person targeted only incurs karma if he himself chooses to return evil for evil, for he thereby sows evil, which he will have to reap one day.

***We are judged not by what others do to us but solely what we do to others!***

If today there is so much confusion, famine, so many brutal killings, wars, catastrophes, disasters and so on everywhere, we must accept that we have brought these upon ourselves by thoughts and actions that have not been very noble. So too evil thrives among mankind. If the air is charged with envy, hatred, unhappiness and conflicts, these are what we have been sowing for thousands of years.

The law of attraction is immutable. No one can evade it. What we experience tells us clearly that we OURSELVES must have brought them about. The adamant Laws of Creation, which express the Will and embrace the Love and Justice of God, cannot dispense to us what does not belong to us.

But in the weaving of these laws we can find Divine Justice. We can read in the Grail Message that Divine Love weaves only what benefits the human spirit, namely what helps him to achieve the purpose of his existence, which lies in making fully conscious use of his spiritual potential for the benefit of Creation. Since this meaning is inherent in any kind of suffering, there is no "useless" life either, which could be obliterated or cast away. Nor are there any "spiritually handicapped" persons, only the instrument, the physical body is impaired, so that the indwelling spirit cannot be fully effective on earth. It suffers under this incapacity, under this disabled instrument of communication, but it experiences as does any other spirit, and with the proper insight it can release itself from what, in any case, is heavy guilt. We have to remember that justice is always accompanied by Love. If we carry our fate and accept it, our live can turn into

clarity. Help will come into our life and we feel lighter and freer. There is always a path way out of our suffering. Also a handicapped person for example who is blind, can if he accepts his fate gain something instead. He can develop his inner seeing, his deep empathy which lets him sense and see perhaps more clearly than a person with normal eyesight. A person restricted in physical movement can go inside, exploring and listening to the inner world and gaining a lot from it, which he would not be able to do if he did not had the impairment.

Please also note that to help others in need is a task we as humans have as we must transform and pass on this Love we receive from God and the suffering of others gives us this opportunity. We also are thankful if others help us in our own suffering as we too are on our path of further development and we too are making many mistakes and have weaknesses. For it would, of course, be wrong to leave the sufferer helpless on the assumption that his fate is self-inflicted. True help, however, must also include the spiritual; it must elucidate what has happened for the one affected. If a person does not accept personal responsibility for what he experiences a liberation cannot happen.

So with what I just said you also can find a reply to the common question people ask "If God is loving, why does He permit so much natural disaster and suffering?"

It is not God who gives us the hardships, it is us ourselves.

Many modern psychological helping approaches still disregard the personal responsibility factor and although people might gain some short term emotional help, a true change and healing cannot occur as long as a person does not accept personal responsibility.

### C. THE LAW OF GRAVITY

We can observe, for example, how a piece of iron sinks to the bottom in a glass of water, whereas a piece of cork does not go under, but stays on top. The effect is exactly the same in our human life. According to our good or evil volitions, a human soul makes itself lighter or heavier.

Happiness is lightness. Zest for life, a sense of fun, cheerfulness...such emotions, which elate us inwardly and express themselves freely, are the exact opposite of a depressing, adversely affecting mood.

All the great, encompassing Laws of Creation are characterized by the fact that they apply to both the visible, physical world and to the emotional and spiritual world. In language we use the same words for the outer and inner processes for good reason. We must does watch to un-burden ourselves inwardly, in order-like a hot-air balloon that has been released from its anchor-"to swing happily upwards".

Like all forces in nature, the force of gravity can work for us or against us. Habits have for example an enormous force of gravity. For example, the overcoming of rigid attitudes or expectations is important, for the reason as they are an emotional burden. Fixed ideas or comparisons can also be important in this respect, since they can literally drag us down.

Envy is an artificial mountain, which obstructs the view of simple happiness in life. Whoever manages really to overcome the burden of fixed ideas and obsessions, such as how life should be compared to others, immediately gains in inner lightness.

The direction of the force of gravity concerning some of our habits can prevent us, to go where we want to go. To change deep seated habitual tendencies like self-doubt, impatiens, being overly critical or egocentricity, characteristics which literally pull us down, ask more of us then just a bit

of will power and some minor changes in our life. We are required to use an enormous amount of exertion to free ourselves from the gravity force of these habits, but if we have done it we experience a freedom on a totally new dimension.

Change- true change- comes always from within, from inside out....Change happens through the concentration on the ROOTS- on the tissue of our thoughts, the fundamental, essential thought patterns, which make our character and form the lens, through which we perceive the world.

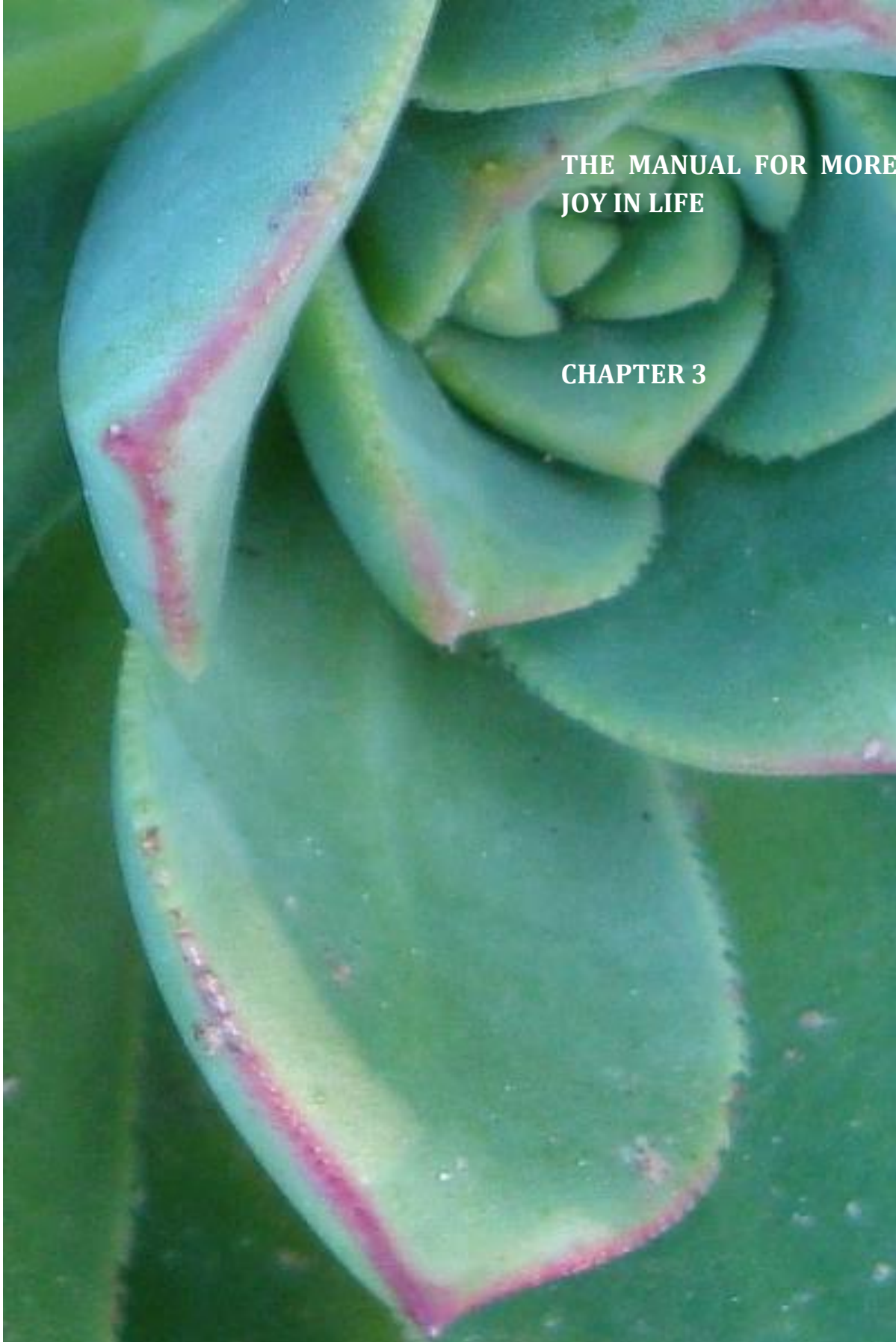
Also here I want to mention that thoughts alone can pull us down, and under circumstances it demands greatest effort from us, to bring ourselves "up" again.

***The human spirit is asked to be in constant movement, to be able to further develop. With standstill there is already regression. Without movement there is no development.***

These three universal laws remind us daily, yes hourly, yes each moment that we are fully responsible for our thoughts, words, and deeds. Nothing happens to us coincidentally. All happenings are based on the law of Reciprocal Action (=Action/ Reaction) Cause-Effect and will come always strengthened back to us, not caring if the impact on us is pleasant or unpleasant.

All these reflections are nothing new. "All are architects of Fate," says the poet, and a proverb says that "Heaven and Hell lie within one's own breast." This also means that we have the power in this very moment to change our own fate for the better.

Let's repeat. There are three major Creation Laws, which determine our path to real, lasting happiness. The Law of Gravity, The Law of Homogeneous Attraction and the Law of Reciprocal Action. They can be simply be graphically symbolized: the Law of Gravity as a vertical line, the Law of Homogeneity as a horizontal line and the Law of Reciprocal Action as a circle, because here the end leads exactly to the beginning. Taken together, this results in the equal-armed Cross within the circle- an ancient symbol of Truth.



**THE MANUAL FOR MORE  
JOY IN LIFE**

**CHAPTER 3**

## Part A

### Introduction

*Welcome to Chapter 3. A beautiful garden will grow beautiful plants. To choose the right plants we need the knowledge about the soil, the weather, circumstances and what fits well into the garden. For the garden of our Soul it is our Intuition which can guide us in that. In Part A we will discover the riches of our intuition. What hinders us to use it, how we can rediscover it again. Part B will start with a look at the different forms of depression and then our main focus is on noogenic depression (depression which is caused by suppressing the spiritual voice) and how to help re-discover meaning in life. For this Part B you will get an overview of Logotherapy, the role of our inner voice in the search for meaning and we will look at Love from a more spiritual view point. Part C will give you a short summary about how to find meaning and we end with an exercise which you can do to elicit your own meaning potential. The main sources for this Chapter come from Guy Poulin who contributed the insights we get from "The Riches of the Intuition" which is part of Part A and also articles from the magazine of spiritual consciousness, "GrailWorld", and resources from the Viktor Frankl institute. The Viktor Frankl Institute of Logotherapy offers courses also via distance means. For more information please visit their website: [www.logotherapyinstitute.org](http://www.logotherapyinstitute.org). The discovery of meaning in our life cannot be achieved without the development of our spiritual nature. This means we have to connect to this spiritual nature again and we can do this in rediscovering our intuition again. People who suffer emotional crisis can be helped in awakening their spiritual nature again. Logotherapy made valuable contributions in regards to emotional health and well-being. I hope you enjoy Chapter 3 and you can use the insights to bring more joy into your life.*

### The Riches of the Intuition

It is said that an intuitive person is a person who, when faced with a decision, knows which direction to take, but is not necessarily able to explain why this direction is the right one. On the other hand, someone using his reason to make a decision will analyse the situation, will weigh the pros and cons through tedious reflection, and then will choose a direction or another based on these arguments. They will explain the reasoning behind their choice.

It is also said that a woman is more intuitive than a man, because a man relies more on his reasoning. Most of the time, much credibility is given to intellectual reasoning and little credit is given to the intuition, which is incapable of justifying its position by proofs and arguments.

Yet some people have observed that any decision based on an intuition, although unable to be justified with evidence, would have been the best choice. We prefer to be proud and to trust in our intellectual reasoning. We are wrong. And this is what most people know of the intuition. However, what they do not know is why the intuition is always right even though it is not based on proven evidence. What they also do not know is the true nature of the intuition, its origin, and what are the possibilities and riches that it offers.

It would be interesting to know more about the intuition. To do this, let us start with some observations, but more importantly with new knowledge drawn from the work of spiritual high value entitled: "In the Light of Truth – The Grail Message". A book I already mentioned beforehand.

This work gives us clear, logical and complete explanations of everything that concerns spiritual life, the evolutionary path we should follow, the attitude to adopt in Creation in order to find true happiness....and many other topics.

### Discovering our intuition

Regarding the intuition, we learn that this precious gift exists in every human being, man and woman. In fact, being of the human species itself implies that we possess an intuitive perception. This perception is closely linked to the human race. When used as its optimum, a woman has a more refined and delicate intuition and that is why she can perceive and feel more than a man....on the condition that it is used well. It would be beneficial if man also listened more closely to this intuition; he would be surprised at the rich possibilities that this gift also offers him.

Unfortunately, many human beings, men and women, do not realize that they have this gift within them. Consequently, they do not use it at all. Others have heard of this gift but do not take it seriously. Still, others sometimes sense this intuition but due to ignorance or neglect, choose to ignore it. As a result, they feel burdened without knowing why. Rare are those who clearly sense this intuition and benefit from its guidance.

Why is this gift not accessible to all in the same way? Actually, this gift is available to everyone, as it exists within each of us. Unfortunately, not everyone gives it a chance to manifest itself at a conscious level. For this to happen, one must listen inwardly....which means to “pay attention” .....become aware of and more sensitive to one’s deep inner feelings.

This awareness however, is not easy for present day man to detect. This is because it is difficult for him to free himself from his daily routine, especially when the day is hard and stressful. As soon as he is ready to open up to the intuition or inner voice, he is bombarded with countless thoughts running through his mind and his imagination overwhelms him to the point where he cannot shut it off. This hinders him considerably in his efforts to pay attention to the intuition and be perceptive to its voice that is first felt in the solar plexus followed by living images, if the intellect could but yield its place a little.

Why is it so difficult today for many human beings to be open to their intuitive perception? To understand this, one needs to examine the origin of the intuition and also the evolution of humanity.

### The origin of the intuition

The intuition is a faculty that is felt on the physical body in an area called the solar plexus. However, this gut feeling does not originate from either the brain or the nervous system, even though it manifests through them. The intuition originates in the spiritual being that inhabits the physical body. This is because the human being is fundamentally a spiritual being incarnated on earth in a physical body for a certain length of time.

In the beginning, we were all unconscious spirit germs who lived in a Higher World of the Beyond that we call “Paradise” or the “Heavenly Realms”. It is a world of extraordinary beauty and great perfection. In order to awaken and become conscious, the spirit germ had to leave this ideal World and descend into worlds much lower and further away from the Creator. In these worlds, the spirit germs must awaken to consciousness, grow to the full maturity necessary for our return to Paradise, this time as fully conscious spiritual beings. And from thereon, we can live an eternal conscious existence in this wonderful World.

One of the lower planes where the spirit germs must mature is the physical world in which we presently live. On this earth, evolving spirits like us must live through different experiences, which helps us reach maturity. This maturity, which we must achieve here on earth, cannot be attained in one earth life. For this reason, we must return to this earth more than once. Therefore, we reincarnate.

To mature on the earth plane, a human being has two types of abilities at this disposal. One originates from the intimate inner being, which is the spiritual core. On earth, this is manifested through the intuition, which should be felt much more clearly in each one of us than is the case today. The second ability, the intellect, is associated with the physical body, but more exactly to the sensory organs, the brain and the nervous system.

In his spiritual work "In the Light of Truth – The Grail Message," Abd-ru-Shin tells us that these two abilities should have been developed to the same degree. In this way, every human being would have had a well-developed intellect to cope perfectly on the earthly plane, as well as a clear intuition for easy contact with all that are beyond the material world. He would therefore have lived his life on earth as a well-grounded human being but also have maintained a direct link with the World of the Beyond, even with his place of origin, Paradise. He would have felt a far greater inspiration to ennoble and uplift his life on earth, to develop beauty and harmony around him and to further all that is good around him. His evolution and his maturity would have been attained much more easily and quickly than at present.

Unfortunately, during our evolution, spread over many lives, humans committed a huge error and maintained it. We made the mistake of developing a strong propensity for earthly values, material goods and intellectual knowledge. We forced an over development of their intellect, whose origin is in the frontal brain. This mistake was compounded by a bigger one by allowing our intuitive connection with the pure and elevated Worlds of the Beyond to progressively deteriorate; thereby letting go of our inner spiritual life. The result of these two mistakes was that over the course of our many incarnations on earth, human beings became more and more logical thinking beings, and less and less inspired and receptive beings. We lost the ability to let ourselves be guided and inspired by the numerous helpers from the Beyond.

Today, many are completely cut off from any real contact with the Beyond and with the influence of God. Their interests are uniquely directed towards all that is material and earthly.

This is the fundamental reason why the "voice of the spirit", the intuition, is so hard for many to perceive. If now this is difficult, it is because the powerful intellect assails our mind with stressful thoughts and we only have a weak connection to a spiritual life. This does not mean that we cannot gradually re-establish this connection. This is possible even if it requires much effort in the beginning. In the same way that great effort is required to restore a path that has long been neglected and is now overrun by shrubs, we must do the same with our inner life to re-establish contact with our intuitive perception, the ability which opens a door to true spirituality, real life for an authentic communication with God.

### **Intuition and feeling**

If we know now that the intuition manifests in the solar plexus, with deep inner stirrings, one must be careful not to confuse it with feelings awakened by thoughts and physical instincts. The intuition is independent of thoughts; it is spontaneous whenever it manifests.

For example: We say that the first impression is always right when we meet someone for the first time. So from the very first encounter, we form an impression of this person. It could be a spontaneous liking, indifference or even repulsion.

Why is the first impression always right and not necessarily other impressions about this person that might arise later! It is because the first impression was spontaneous; it was neither forced nor generated by a thought. Inevitably it is a manifestation of the intuition, which had instantly sensed the real nature and the real intentions of the person, even if he succeeded in hiding his true self.

Therefore, other impressions about the same individual follow that may contradict the first impressions. These new impressions are awakened by new opinions formed in the brain, maybe by observation of his outward appearance or through conversation. These new impressions will be nothing other than feelings influenced by thoughts. These feelings can take over and completely obscure the spontaneous intuitive impressions that arose initially and which would have continued to be felt if it was not for the appearance of the feelings. Thus we learn much later, perhaps days or weeks later that the first impression was correct:

According to Abd-ru-shin on this subject:

*"It is absolutely impossible for the intuitive perception to err!"*

*"Whenever man is led astray there are two reasons for his errors – either the intellect or the feeling!"*

*"How often one hears it said: "In this or that matter I allowed myself to be guided by my feelings and got into trouble! One should only rely on one's intellect."*

*"Such persons have mistaken their feelings for their inner voice.*

*They praise their intellect and have no idea that it is just the intellect which plays such an important part in their feelings. "*

*"Therefore be on your guard! Feeling is not intuitive perception! Feeling emanates from the physical body. This generates instincts which, guided by the intellect, produce feeling. It defers from the intuitive perception....."*

*"The intuitive perception is spiritual and stands above earthly conception of space and time....."*

*"But the majority of people have closed themselves to this intuition by pushing their feelings in front of it like a dense veil or wall. Then they mistake the feeling for the inner voice, as a result of which they experience many disappointments....."*

A theory in psychology states that our feelings arise primarily from our thoughts and imagination. As such, a situation can awaken a certain feeling based on how we perceive the situation. But if we change the way we perceive, the same situation could bring about different feelings.

This is correct.....as long as we are talking about feelings and the intuition is not taken into consideration.

But the intuition, this inner voice that spontaneously reveals itself in us, is quite different. The intuition is never influenced by our way of thinking, nor by habits or mentalities. Regardless of our mode of thought, our way of understanding events in our lives or the actions that we take,

our intuition always remains the same, expressing the same values and aspirations and interpreting the same events and actions in its way. It is firm and unchangeable in this regard.

For example, the inner voice can never be reconciled with wrongdoing towards another even if one uses the best reasons in the world to justify his action. The intuition will always reprimand the wrongdoer when it is given the opportunity to be heard.

The only possible influence that an individual can exert on his intuition, is to prevent it from making itself known; thus to stifle it and bury it under troublesome feelings that are caused and awakened by mental ruminations.

The voice of the intuition is then driven back to the level of the unconscious. But even when overrun by feelings completely opposite to what it would like to express, the intuition remains true to itself. It broods in secret and waits for every opportunity to emerge again to the conscience, like a blade of grass that succeeds in piercing through the asphalt, which covered it.

Why are some people no longer truly able to understand themselves? It is because of the contradiction that exists between their inner voice and the thoughts and feelings that are produced through all their intellectual pondering. Therefore they are conscious of their thoughts and feelings but remain unaware of their deeply buried intuition that is often in disagreement with the lifestyle and values that these people consciously nourish. Harmony and peace of mind will return the day these individuals recognize their intuition – the voice of their spirit – and will allow themselves to be guided by it, which is always the right way.

To be able to finally recognize the intuitive voice, one must be able to distinguish between the intuition and feelings. From “The Grail Message” , Abd-ru-shin shows us how to recognize the difference between the two:

*“.....The pictures of the intuitive perception are genuine and full of living power, while the pictures of the feeling, i.e. the imagination are deceptions produced with borrowed power!”*

*“In the case of intuitive pictures.....the pictures immediately appears first and only thereafter is it transmuted into thoughts.....”*

*“In the case of pictures produced by the frontal brain, the process is reversed. Here the thoughts must precede in order to form the basis of the pictures....”*

(Volume II. Lecture 70 The intuitive Perception)

It is not easy for many of us to initially untangle all of this within ourselves. However, with effort and attentive observations through the indications given in “The Grail Message” one can progressively get there. In so doing, Abd-ru-shin says:

*“.....the separating layer will soon become thinner and lighter again, till finally it disintegrates altogether, and the still pure untarnished spark bursts forth into a blazing flame.”*

(Volume II. Lecture 7. The Inner Voice. )

### **Certain manifestations of the intuition**

In concluding, I would like to mention certain manifestations of the intuition.

Perhaps at some point in your life, you have aspired to a pure and high ideal, an ideal of kindness, an unselfish love that seemed wonderful and grand, but had difficulty in defining it clearly: an ideal that seemed too beautiful to be attained here on earth. This ideal, which you had difficulty defining clearly, was an inspiration coming from the intuition. However if we had developed our spiritual and intellectual abilities to the same extent, it would have been easy to clearly picture any ideal that we seek. It would also have been much easier to find concrete ways to fulfil our ideals here on earth.

Have you ever experienced great pain or overwhelming joy after an unexpected event? At such moments, a strong urge arises within, filled with either gratitude to your Creator or a strong cry for urgent help. You could not even put such deep inner feelings into words, they were so powerful. These kinds of prayers are other manifestations of the intuition.

Also, have you ever been surrounded by nature in a beautiful place, with your heart overwhelmed by its beauty and purity?

Have you ever had a spontaneous urge to be kind or to simply love someone close to you unconditionally, and with this urge you desired nothing in return because the act on its own was a great source of joy for you?

All of these, are manifestations of the intuition, the voice of the spirit that gives the human being its value, nobility and beauty.

If human beings on earth would give their intuition its rightful place, meaning the first place, if we would make the intellect an instrument to execute orders from our intuition and not the master that stifles our intuition, then, not only would our earthly lives change for the better – becoming an image of the ideal life that reigns in Paradise – but also, the spirit within the human being would mature faster. This necessary and indispensable maturity would permit us to follow our path unhindered after this earth live in the Beyond to the Eternal Paradise, our true Home.

## Part B

### Logotherapy

#### *Help in times of emotional crisis: Introduction*

Many psychological states are not caused by external or cognitive factors; the root for problems lies deeper and can be found viewing the human being in its entirety. Our innermost core, the self or ego, the primordial human personality is spirit; the soul body and the physical body are merely cloaks for it. (These concepts are in detail explained in the work "In the Light of Truth" The Grail Message by Abd-ru-shin).

The two bodies do not work together automatically, without "guidance"; rather, they jointly serve the higher placed spiritual entity. "Serving" implies that body and soul do not fulfil an end in itself, but benefit a higher purpose, namely the development of the spirit, which should go from an unconscious to a conscious state. To make headway on this road and do justice to its intrinsic nature, which expresses itself in an unquenchable longing for knowledge, light and truth, the spirit must remain in constant movement, striving from one goal to the next, and experiencing mutual satisfaction as well as further encouragement from the significance of its activity.

The spirit must gain an ever greater understanding of the Creation-Laws. At the same time gaining an increasing awareness of the possibilities maintained within the spirit. For this, experience is

required which, due to the nature of the human spirit, can only be gained initially in this dense material earthly world.

Like any meaningful education it must begin from the ground up. Konrad Lorenz has expressed it very aptly. We are-in his opinion-"the missing link between ape and man". We have developed our human abilities, that is to say, those of the spirit-only to the smallest degree. Hence we are only "beings in the process of development". Why this is so, for what reason we could not be created perfect immediately is explained to us by the Grail Message; but it would be going too far to deal with it here. However, this becomes evident: when the Grail Message teaches that we carry within us "spirit-germs" in need of development, this coincides with scientific understanding.

The obligation laid on our human existence to do good, so as to do justice to the meaning and the development of life, needs no elaborate interpretation or description here. With a little intuitive perception we sense this down to our very fingertips anyway, and the voice of our conscience constantly bears witness to this task. ....

### **When the human spirit is suppressed**

According to the World Health Organisation, depressive disorders are on the increase worldwide and affect about 121 million people. The WHO predicts that by 2020 it will be the second leading cause of health impairment worldwide. ([www.who.int/mental\\_health](http://www.who.int/mental_health)). It is thought that up to ten per cent of Europeans and Americans and Australians suffer from depression.

A person with depression often sinks into a bottomless pit and loses all joy and motivation. He has no energy to think or make decisions and finds it difficult to concentrate or remember. Incapable even of experiencing real pain, his life has paled into insignificance and lost its meaning. His inner perception and outer reality are separated by a dense grey veil, laden with anxiety about being incapable of achievement. Somebody in this oppressive psychological state feels alienated. Also his surroundings in our modern pleasure-seeking society show little sympathy for depressive conditions. We are reluctant to deal with the possible causes or to accord the sufferer the right attention.

Experiencing low mood or being out of sorts is not socially approved of among young people today. In order to maintain an appearance of "fun and joy" many rely on stimulants like "ecstasy" rather than risk attracting unfavourable attention.

Many who adopt a wholesome approach to life, and are even spiritually oriented, often feel completely helpless when faced with another`s depressive illness. They confidently believe, for example, that such psychological disturbances are redemptions of karma and urge the sufferer to "strive for spiritual knowledge" or "make greater efforts" rather than take medication; but that is as far as their advice goes and they do not realize that this can actually make the sufferer even feel worse and shows in reality their own misunderstanding about the causes of depression.

Many experts, too, have problems in identifying the key causes of depressive illnesses and cannot explain satisfactorily their frightening increase in recent years.

## Endogenous and exogenous depressions

Psychiatrists have long differentiated between two basic types of depression, the endogenous and exogenous forms. The basis for this differentiation lies in the recognition that the principal cause of the deflated mood is in some cases a physical predisposition (endogenous), which is absent in other cases.

This suggests that endogenous depression is caused by chemical disturbances in the brain and that a deficiency of certain neurotransmitters might be the decisive factor. Neurotransmitters relay information from cell to cell. The production of these messenger chemicals is light dependent and only commences fully in daylight. This is why the characteristic symptom of endogenous depression is a "morning low". There is evidence of a hereditary disposition to this disorder. Therefore significant improvements are achieved by adequate therapies operating on the physical level. These include the use of psychiatric medications such as anti-depressants, which must be adjusted to the particular personal situation of the patient. Other successful methods include light therapy and sleep deprivation or Energy Psychology methods. Treatment should not be confined to just medication. Supporting psychotherapy plus Energy Psychology approaches can help the patient to take charge of his situation. It can enable him to accept the "dark phases" and encourage him during his "light phases" to make progress in his inner development.

It is different with exogenous ( or "reactive") depressions which have no physical cause, but rather have a specific origin to which the patient reacts, such as personal failure, the loss of a loved one or other apparent blows of fate. In such cases it is primarily the soul that is affected, which is why psychiatric drugs are of little value. Here it is a case of examining the background to find why a person is resigned to fate, is giving up on life's struggle, no longer sees a future and lacks strength to live rather than merely exist. Important strands can be recognized in the web which forms the basis of exogenous depression, and from these a start can be made to therapy. For example, a person or things may be idolized to the extent that all emotional resources are exhausted. The phrase "I could not live without you" is exemplified so that, should the "idol" be lost, a vacuum is formed in which the depression flourishes. This danger looms all the more if a human being clings to something material yet has no firm hold on the spiritual or lacks a feeling of security in some basic trust, which makes life worth living.

The clear differentiation between endogenous and exogenous depression has in recent years been called into question, because aspects of both can naturally be intermingled. Above all, the traditional differentiation cannot explain the dramatic increase in depressions. On the one hand, it is known that across generations about the same percentage of the population is affected by endogenous depression. On the other hand, there are no clues to the striking increase in exogenous, emotionally conditioned depressions.

The physical causes of depression, which are inherited, act independently of any external events. In war times, with the added psychological pressures, endogenous depressions are as frequent as in times of peace. However, in war time, there is no noticeable increase of exogenous depressions either. It could be said that the indulgent dependence on material things in our affluent society over the last century also increases the danger of depressive illness. At the same time, one must accept that the ever improving living conditions and the material and social safety net in which individuals are embedded today should lead to a decline in reactive depressions.

### *What then is the reason for the evident increase in depressive symptoms?*

#### The spiritual dimension

This riddle can be solved conclusively if it is recognized that being human requires more than the apparently automatic cooperation of body and soul. The reasons for the escalation of depressive illness may be attributed to the predominance of passivity. Even in young people, feelings of senselessness and hopelessness often come to the fore and dismal anxieties about the future are frequently linked to despondence and weariness. But all these moods do not readily fit the endogenous or exogenous, physical or mental model. They are caused neither by the physiological and bio-chemical state of the human body nor can they be explained as psychological reactions to an external threat. For what possible reason could a young person living in affluence and security react with hopelessness and anxiety about the future?

Such a psychological state is not caused by external factors; the root causes lie deeper and can be found by viewing the human being in its entirety. Our innermost core, the self or ego, the primordial human personality, is spirit; the soul body and the physical body are merely cloaks for it. (These concepts are explained in detail in the work "In the Light of Truth" The Grail Message by Abd-Ru-Shin.) The two bodies do not work together automatically, without "guidance"; rather, they jointly serve the higher placed spiritual entity. "Serving" implies that body and soul do not fulfil an end in itself, but benefit a higher purpose, namely the development of the spirit, which should go from an unconscious to a conscious state. To make headway on this road and do justice to its intrinsic nature, which expresses itself in an unquenchable longing for knowledge, light and truth, the spirit must remain in constant movement, striving from one goal to the next, and experiencing mutual satisfaction as well as further encouragement from the significance of its activity.

But when, owing to a wrong inner adjustment, the spiritual striving toward consciousness is blocked, this "suppression" can appear - in the truest sense of the word - as depression. The liveliness of the spirit, which normally glows through body and soul, remains inhibited, and attempts to master this self-alienation by intellectual will power often end in even more depressive brooding.

While in the case of the endogenous depression the natural harmony of body, soul and spirit is disturbed foremost by physical blockages and can be helped by using physical means and Energy approaches and with exogenous depression psychological slips are decisive which can be helped by psychological means and energy approaches, an additional third and important kind of depression must be mentioned which points to the spiritual. Many typical social phenomena of our time, from the escape of youngsters in alcohol, drugs or else sects to widespread leisure frustration, show that our recognition of the purpose of life has been lost, and we cultivate a lifestyle at odds with and seriously frustrating to the bearings and goal of our core being, the spirit.

#### **From loss of meaning to depression**

How do doubts about the meaning of life, which are probably an inseparable aspect of any materialistic world view, become morbid? This question is usually beyond the scope of scientific research, because scientists by and large ignore the spiritual dimension of being human. This dimension urges us to search for meaning in our lives. It connects and elevates body and soul, but is hardly to be approached by scientific method.

One notable exception is the so-called Logotherapy founded by Viktor Frankl. It places the spirituality of man at the centre of all therapy and speaks of the so-called "noogenic depression" (nous = spirit). The suppression/depression of the spiritual voice. Modern society has prepared a fertile soil for this. Our way of life, therefore, creates a favourable climate for profound frustrations. When such conditions in society meet with a person's psychological weakness as, for instance, a tendency towards addiction, chronic anxiety or the lack of will power, then an identity crisis can easily grow into a sturdy noogenic depression. A significant proportion of all depressions can be attributed to the lack of spiritual activity which is particularly cultivated by our spiritually disoriented life style. Therein also lies the reason for the striking increase in these illnesses in recent times.

Viktor Frankl specialized in the study of the problem of noogenic frustration. The suffering from the meaningless of life and how to change this is the content of his many lectures and books. He knew such suffering from personal experience.

Logotherapy states that the goal of a fulfilled life is not power and pleasure but meaning. As do all psychotherapies, Logotherapy or also called Franklian Psychology, rests on a number of assumptions that cannot be proved nor disproved with certainty. We can only test the validity of these assumptions by living AS IF they were true, to see if they make sense within the framework of our lives.

Viktor E. Frankl, M.D., Ph.D.(1905-1997) Neurologist and psychiatrist, was able to proof the validity of his assumptions during the three years he did spend in various concentration camps by the Nazis, including Theresienstadt, Auschwitz, and Dachau during the Second World War. (Both his parents and his wife of one year were killed in Auschwitz.)

As a student of human behaviour, Dr. Frankl naturally began to observe the people around him. People's reactions to their predicament and the horrors they observed around them varied widely. Dr. Frankl found that those people that chose the emotion of hopelessness, and who simply gave up did not survive for long. His book which is about Logotherapy and his experiences in the concentration camp, "Man's search for Meaning", has sold over 9 Million times worldwide.

" As inmates in the camps," he wrote, "stripped of family, home, possessions, manuscript, reduced, literally, to our naked existence, we needed to stop asking ourselves about the meaning of life, and to think of ourselves as those who were being questioned by life-daily and hourly. Therefore, it was necessary for us to face up to the full amount of suffering, trying to keep moments of weakness and furtive tears to a minimum. But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer." Those inmates who asked themselves, "Why did this happen to me? What did I do to deserve this?" ended up in despair because there was no answer to these questions. But those inmates who asked, instead, "What can I do now, even in this meaningless situation?" found answers and hope.

If we find ourselves all of a sudden in from us perceived meaningless situation it helps us if we ask the same question. "What can I do now, even in this meaningless situation?" What task is waiting for me to be fulfilled now?

The inmates in the concentration camps responded to the questions life asked them and found their answers: I can show my fellow sufferer how to triumph over unavoidable suffering because I have a purpose that pulls me forward; to survive for the sake of someone who needs me, or for the sake of a task that awaits me, or simply because I am a human being who can be an example to others.

Logotherapy specializes in helping people find a way out of the labyrinth of their meaninglessness and in that also lies its strength. It does not disregard other approaches but uses them additionally where appropriate.

Many people ask if there is actually a path out of meaninglessness. Logotherapy says yes.

In view of Logotherapy human life is a chain of events which follows one after the other similar to movie sequences, and each situation is either presented to the person by life or the person chooses to put himself into that situation and each situation has a **demand quality**.

For example if we think on professional life, we might see moments of joy, pain, loss, stress, confusion and short times of relieve and success. One might experience disagreements with colleagues, times of peace with them but often also times of quarrel or disappointment. Every situation puts the human being face to face with a specific task and decision! This task is always new and refers only to the specific situation. The situation can give a person the opportunity to act or to wait, to talk or to be silent, to think about it, to develop new strategies, to learn something, to develop inner virtues etc. And if you respond or if you talk you can do it in the right or wrong way. We are actually asked in each situation to do something specific or not to do something specific. Often it is a silent call for help and other times we are asked to give up our own wishes as this is the most meaningful response in the situation. **The duty of the person lies in the recognition of the hidden meaning of the moment, and to discover it himself.** The person has to put his/her antenna out and perceive the answer to the question life asks him/her. "What is the most meaningful thing to do in my situation?" If he has found the answer he can act accordingly.

**Exercise:** What is life asking you at the moment in your life? If you put your antenna out and perceive the answer to the question what the most meaningful response is in your situation, what will you do next?

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As human beings we are not just machines or bodies in search of satisfaction of our needs. Already the bible said we cannot live of bread alone. A human being is a part of this Universe a part of Creation and as a part we also are asked to fulfil a purpose and in that are asked to contribute in an uplifting way to the Whole. If we deny ourselves to fulfil this duty, we will not fulfil our purpose and we cannot experience happiness as true happiness is always the answer to our own attitude to life and what we give. Happiness is always the result of us living according to the principles of life. For an attitude which is up building, supportive and connective, an attitude which results in us bringing happiness and light into the world and to fulfil a meaningful task.

**Logotherapy can support us to find and discover meaning and purpose in our individual lives, when we have forgotten what it is.**

It helps us to look at our life with the lens of finding the meaning potentials and then we can decide if we want to fulfil these potentials.

To delve a bit deeper into the Logotherapeutic thoughts we will look at its Basic Assumptions.

A large part of the following information comes from Dr. Elisabeth Lukas. She was a student of Viktor Frankl and opened the "Sueddeutsche Institut for Logotherapie". This institute is a center for teaching Logotherapy and providing therapeutic services.

In explaining Frankl's work, Lukas said that the ideology of Logotherapy rests on three theoretical premises which are (a) the freedom of will, (b) the will to meaning and (c) the meaning of life. According to Lukas, the freedom of will is often disputed. Nevertheless, Viktor Frankl claimed that if we did not believe that a person has some ability to change and determine his actions, all efforts invested in psychotherapy would be senseless. The will to meaning is, according to Frankl, the primary power of motivation of a human being. Each of these premises will be considered more fully below.

### **Freedom of will.**

The first theoretical premise is the freedom of will which, according to Lukas, is often challenged in light of environmental and biological influences.

Nevertheless, Frankl claimed that every human being has at least the potential for free will. This potential for free will can be restricted or cancelled by disease, immaturity and senility but this does not negate its existence. Frankl (1988, p.16) explains that "man's freedom is not freedom from conditions but rather freedom to take a stand against whatever conditions might confront him." In other words, when environment or biology present an individual with a situation, that individual has a choice of different responses. Wong (2002) explained that although the existence of individuals is influenced by instincts, inherited disposition, and environment, an area of freedom is always available to the individual. Hence, it is possible to choose the attitude towards restrictive conditions.

### **Will to meaning.**

The second theoretical premise is the will to meaning. Frankl held that the will to meaning is the key concept within Logotherapy and is essential to the theory. Viktor Frankl further contended that the will to meaning is a primary power of motivation in all individuals. He suggested that every person is carried by a striving and longing toward a purpose in life and that he or she want to fulfil some meaning. It is through this genuine and authentic meaning that the individual will gain knowledge of his or her life task. Wong (2002) stated in explaining Logotherapy, that the will to meaning is possible because of the human capacity to transcend immediate circumstances. He continued that a quality of being human is to always be directed, and pointed to something or someone other than himself or herself. That is, to have a meaning to fulfil, another person to encounter, a cause to serve or a person to love.

### **Meaning in life.**

The third theoretical premise is the meaning of life. This aspect entails that life itself is never senseless or not worth living. Lukas claimed that it is not always easy to see the purpose or meaning in a situation because it often goes beyond our thinking and understanding, although, with care, patience and eventual help, it can be sensed or found. Frankl (1963) believed that

every situation in life including suffering, pain, guilt and death entail a positive aspect for the individual involved and is worth living. Situations that bring unavoidable suffering or death can be turned into something positive if they are faced with an attitude that is open to seeing something beneficial in it. According to Frankl, meaning can be found through what we give to the world, what we do or contribute, and how we add to life or the community. Frankl called these creative values. It can also be discovered in experiential values found in art, relationships and nature. Furthermore, it can be found in attitudinal values which represent the change of attitude and acknowledgment of meaning that we may develop in order to find meaning in response to situations.

### **Frankl's Dimensional Ontology**

In continuing the explanation of the basic concepts of Logotherapy, the ontological view as it is formulated by Viktor Frankl is described. According to Frankl (1958), the human being is best explained with three dimensions which coexist in a person. These three dimensions are the physical or somatic, the psychological, and the spiritual or noological dimension. These dimensions cannot be described as levels or strata but as three dimensions that simultaneously weave through our being. Lukas explained that these three dimensions relate to each other like the three dimensions of a space or shape. The dimensions of a shape are length, width and height. Logotherapy claims that height ends where width begins or that length begins where height ends but we can say that at every point of a geometrical body these three dimensions meet and create its shape. Hence every point of a die for example is the meeting point for height, length and width. According to this example, the human being is considered to be permeated by three dimensions which are simultaneously present in the person while affecting every aspect of his or her life.

Frankl used a different image in order to convey his idea of three dimensional ontology. He stated that we should imagine that a cylinder, a cone and a sphere cast their shadows on a horizontal plane. The shadows will be three equal circles. When we view the circles, each can stand for all three forms interchangeably or be the shadow from all three at once. The cylinder, cone and sphere could be one, still we only see one circle. According to Wong(2003), these different dimensions must be understood in their totality because a person is a unity in complexity. The different dimensions are expressed in different ways as Lukas explains. She states that the somatic dimension includes all bodily phenomenon consisting of the biological and physiological functioning with its chemical and physical processes. The psycho-social dimension contains our emotions and cognition. In addition, it holds our feelings and instincts, our desires and passions as well as intellectual abilities. Finally, it includes our habits and automatic responses which we have developed to social or environmental influences.

The psycho-noetic, so the spiritual dimension is most important in Logotherapy. Viktor Frankl called it the noological dimension after the Greek word nous for spirit. He further stated that the noological dimension is an essential feature specific to humans and with it we have the ability to

respond freely to physical and emotional conditions. This capacity to tap into the spiritual part of the self and to rise about the negative effects of a situation is referred to as the defiant power of the human spirit. Frankl also called this ability psycho-noetic antagonism and states that with it, the human being has the potential to “transcend himself” and to emerge spiritually above the level of the psychic and physical conditions. With it we can look beyond ourselves and reach self-actualization. Frankl continued that Logotherapy does not deny that the individual is subject to biological conditions and environmental determinants, but “by opening the noological dimension, man becomes capable of putting a distance between himself and his own biological and psycho-social make up”.

Lukas stated that it enables the individual to perform independent acts of volition and it includes our factual and artistic interests. It further includes the ability to be creative and religious, to love or to have an ethical conscience. When a person uses a sense of humor, deals with situations in an ironic way, or uses the ability of self-detachment he or she is using the noological dimension and activates the psycho-noetic antagonism.

Frankl stated that if the individual can not escape a situation that brings suffering or struggles, he or she has the potential to change the impact it has. He insisted that this element of spiritual freedom or psycho-noetic antagonism is not the freedom “from” or “away from” something but the freedom “to” or “toward” something. It is the freedom to reposition oneself in a situation, to say yes or no to it, and to give in to the influence or resist it. For example, according to Lukas we can: choose to ignore the physical symptoms of fear and anxiety, rising above them and facing the object we fear; choose to become loving and caring parents even if we were abused by our parents; and choose to share our last bread even though we are hungry.

### **Conscience: The tool for finding meaning.**

According to Frankl, the conscience leads and guides us in our search for meaning. Frankl defined this conscience as a means to discover meaning. He stated further that conscience enables the individual to find the unique meaning in all the different situations that are part of his life. The conscience serves as the tool which provides guidance for finding a meaningful response. This conscience serves the individual with a sense of intuitive perception (or ethical sense) which helps to recognize where meaning lies.

According to Lukas, the conscience works similarly to a compass. A compass measures the magnetism at the location where it is, only its needle points far towards the north and provides a direction. When comparing this mental picture of the compass to the individual and his or her conscience, the compass becomes the subjective sensing which takes place inside of the individual and gives direction to the mind or thought (the needle) which will point towards the objective meaning of the situation or the solution (north). Now the individual is able to follow this direction if he or she chooses to.

In order to clarify the explanation about the conscience as it is described and used in Logotherapy, Lukas claimed that it is important to point out that it is not equivalent to the super-ego from Sigmund Freud. The super-ego is based on the moral understanding, mores and values determined by society and tradition which individuals adopt, learn and assume from parents and society. Even though some values in society are the same as the meaningful choice in a situation, many times they differ from them or there is no guideline for the issue to be considered. Consequently, it is not always easy to know whether one really has found the objective, meaningful decision for the situation. One clear illustration is given by the following example. When an individual ponders what he or she should do and if he or she weighs how others will judge the action, the individual is listening to the superego and not really consulting the conscience to determine a meaningful choice for the situation. If it is difficult to find the right meaning in every life situation and if one fails to find meaning the consequence is, according to Frankl, an existential vacuum.

## Existential Vacuum

The existential vacuum is a term coined by Viktor Frankl and it stands for a sense of futility and emptiness, a feeling of meaninglessness. Frankl explained that according to his opinion “man is dominated by the deep-seated, innate striving and struggling for a higher ultimate meaning to his existence”. This striving also exists within families. When this striving is frustrated, however, it results in existential frustration which Frankl believed is often the reason for the development of neuroses. The feeling of meaninglessness in itself is not pathological, however, if the vacuum is not filled with a sense of meaning, it is then filled with psychiatric symptoms. These symptoms include anxiety, substance abuse, despair or depression, confusion or the experience of anomie. (Lantz, 1987) That existential frustration can also manifest itself in boredom was empirically supported when 40 retirees who did volunteer work more than 10 hours per week scored substantially higher on the Purpose of Life test than those who did not do any volunteer work. At the same time the retirees who volunteered reported less boredom than the ones who did not participate in volunteer work. (Weinstein, Xie, & Cleanthous, 1995).

Another important premise is that the direct striving for happiness cannot be successful. Frankl claimed that happiness cannot be pursued as it escapes if it is made a goal. It is only available as a by-product of the activities that have personal meaning. He continued that once an individual is aware of the personal meaning in his or her being, he or she transcends him or herself and is fulfilled by contributing to others. Once one has fulfilled one’s own personal meaning and has given for the sake of giving, or for whatever the meaning is, the happiness will occur by itself. Frankl rationalized that this is most obvious in sexual problems such as frigidity or impotence. The more the client is paying attention to sexual performance the more it becomes impossible. Frankl continued that according to his theory the more an individual strives for pleasure, the less pleasure he or she achieves. Hence, in his work, Frankl advised the client to focus on the partner

the object of affection, and to stop thinking about himself or herself. Usually, the problems would subside.

So this was as summary about the basic concepts of Logotherapy. Frankl provided a new way of understanding the human being through the three theoretical premises, freedom to will, the will to meaning and meaning in life. With the third, the noological dimension, Frankl maintained that humans possess the defiant power to react in meaningful ways to every situation.

I will add the following examples as they will give ideas of how to use the Logotherapeutic assumptions for our own life.

## Examples of Logotherapy in practice:

### *Using the Socratic Dialogue.*

The Socratic dialogue is a special form of conversation in logotherapy. Logotherapy deems it essential to take a position of weighing and reflecting all that is said in order to assess its worthiness, its closeness to reality and to what extent it is responsible and ethical. Frankl contented that what is worthy will be defined as that which fosters meaning fulfilment of the individual and what is unworthy will be defined as that which hinders meaning fulfilment.

Here is an example to demonstrate this point. If an unemployed man says that he feels useless because he can not contribute with his income and when he states that his life is therefore without purpose, the logotherapist will point out that he can find other ways to contribute and that he does not have to be useless. If a person were to become handicapped to the point that he or she became limited in action, his or her existence would not become meaningless and life would still be worth living.

Here is a Case example in which Dr. Elisabeth Lukas (1998) uses Socratic dialogue in order to help a client. It is a typical example of her work. The case described here is that of a young woman from Sicily who is torn between the longing to be with her child in Sicily and to be poor or to work in Germany and send money home for him to get a good education. Even though she went to Germany after her relatives urged her toward this decision she spend most of her nights crying from being homesick, longing to be with her child and feeling guilt for leaving him with her extended family. The dialogue between her and the therapist went as follows. The therapist asks why she decided to go to Germany. The answer is that there is very high unemployment in Sicily and she can not provide a good education for her son and hopefully increase his chances of finding work when he grows up. She further states that with the money she can earn in Germany working in a pizzeria she is able to fund his school. Now the therapist asks her to confirm that it is therefore necessary for her to leave the son behind. Once she says yes, the therapist asks further what she could do for her son if she stayed in Sicily and she replies: “Not much. Besides me being there for him, nothing. “The therapist asks: “Isn’t it very valuable to be present for your child? “

She answers: “Yes, but I am replaceable, because my son has a very close relationship with his grand-parents, aunts and cousins. Everyone in the village looks after him.”

From this dialogue it is clear that even though the patient is still ambivalent in her decision, there is a small indication that she values the alternative to be in Germany more. She attributes more value to a good education for her son than to be close to him especially since she is replaceable and many loving relatives take care of him. Even though this might be the path which some people may judge as unacceptable, in her situation and based on her values it is the more credible and meaningful alternative.

Finally the therapist asks the patient why she is not proud of herself and why she doesn't tell herself: “I am doing this for you, my son. I am doing all this for your future.” Lukas states that almost every mother will be relieved and realize more certainly than before that her decision was right and that she is on the right path. She will know that this is based on her own value system and not that of the therapist.

Another treatment method is the

*Paradoxical Intention.*

Here the client is encouraged to do the very thing of which he or she is afraid. As I believe that following example is useful for everyone I will add it here. Lukas reported about a case in which a woman was suffering from fears that someone would break into her house. The client reported that with every little noise, she suspected that either someone was creeping around the house or was trying to come in. Even though her husband installed a sophisticated security system, her fears did not subside. She became more and more agitated and felt that she could not exist without medication in order to calm down. Once she had put her child to sleep she had difficulty falling asleep herself on most evenings. What made the situation especially difficult was that her husband was working late-shifts and every second night returned home only after midnight. Therefore, on these evenings the woman was afraid to sleep and remained awake full of fear and anxiety until he returned.

In this case Dr. Lukas told her that as long as she was afraid, the fear would have power over her well-being. She instructed the client that if she wanted to decrease the power of her fear she had to make fun of it. The therapist added that she could make fun of it more easily if she would wish for what she feared because it would be impossible to wish for something and be afraid of it. Now, in order to help the client to make fun of the fear and to wish for the event she feared, the therapist helped her to rehearse some appropriate words she should tell herself. She should tell herself out loud that it would be nice if the burglars would finally come since she wished for it so long. She was supposed to say that she had some good whisky in the house which she could offer them and she had many treasures that might be of interest to them. The woman could tell herself that it was boring in her life and that some excitement would be wonderful.....and so on. This could be continued further and is only limited by the therapist's and client's ideas.

Lukas reported that the client could not believe what she heard but the therapist insisted that she should try it. The client practiced this paradox intention for a few weeks. In the beginning she felt that it was silly and she did not really believe in it. She was unable to wish sincerely and her fear still lurked around and could come through. Finally, one day the client was again overcome by fear and she was agitated that she opened the window and called out the words she had rehearsed. Nothing happened and no one came. She began to laugh about herself and felt how the fear lost its power. This night, when her husband came home she was asleep. From this moment on she was able to use paradoxical intention every time the fear tried to creep in. Soon, she reported that she had no more anxiety and that she was not afraid of being alone in the house.

According to Frankl, in paradoxical intention the pathogenic fear is replaced by a paradoxical wish, the wish for the very thing feared. This process changes the perspective and demonstrates that the person has more control over his or her behaviour than he or she had believed. In addition, an integral element in paradoxical intention is the deliberate evocation of humour, the capacity for self-detachment. Furthermore, patients are encouraged to deflect their attention away from the obsession and focus it on another important issue, the personal meaning of their life.

Another method of Logotherapy is

### *Dereflection*

Its focus is to reduce hyper-reflection which is egocentrism and excessive reflection. This hyper-reflection is characterized by the constant thinking about some problem or worry, by thoughts about one subject which circle in one's mind and becomes overwhelming. Lantz (1985) pointed out that symptoms or behaviour patterns that are born out of this hyper-reflection cloud meaning. Frankl claimed that in the present time hyper-reflection has become a frequent issue, and not letting go of sometimes minimal problems causes many psychological difficulties.

Whoever constantly thinks about his or her own small or big problems does not have any time to think about anyone or anything else. The individual becomes a prisoner of his or her own distressed well-being.

Now, with the technique of dereflection it is not enough to tell a person to not think about their neurotic symptoms or their worries. Usually the client is invited to review the basic factors of their lives. In this step, the client's assets are emphasized and he or she encouraged to look for potential meaning within these assets. The client is led to accept a new perspective of a personal identity and he or she can begin to pay attention to meanings even within failures. Through this process, hyper reflection with its egocentrism and excessive worries decreases to the degree the client focuses on these meanings. When the person then finds such an identity and the meanings and purpose that are attached to it, he or she will then find that the existential vacuum is filled.

*Modification of Attitude*

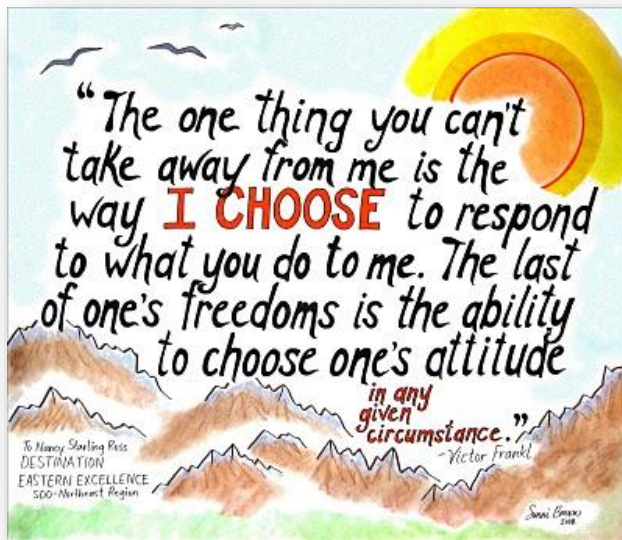
In Logotherapy, this is generally directed toward reframing attitudes from negative to positive. According to Lukas, it is difficult to find a positive attitude toward negative things in life but some conditions are only changeable by finding a different attitude toward them. Some of these situations in which the conditions cannot be changed are: serious illness, paralysis, amputation, and painful loss. Nevertheless, in these cases the individual has the capability to choose his or her attitude toward them, and the attitude determines how the unchangeable is endured. No human being has to shatter from his or her misfortune or grief. Frankl insisted that everyone is provided with the psycho noetic-antagonism which enables him or her to transform any unchangeable suffering into an accomplishment and therefore triumph over the situation. Attitude modification is applied in cases of addiction, depression and suffering related to circumstances or illness.

One good example of a modified attitude is cited by Viktor Frankl who described an elderly widow who was devastated and suffered from depression caused by the loss of his wife. Instead of giving him advice and counsel, Frankl asked him: "What would have happened, if you had died first, and your wife would have had to survive you?" The man realized that in that case she would have to suffer as he did now. Whereupon Frankl continued by saying: "You see, such a suffering has been spared her, and it was you who have spared her this suffering to be sure, at the price that now you have to survive and mourn her." The widower said no word, but shook Viktor Frankl's hand and calmly left his office. He had found meaning in his suffering which made it all worthwhile.

You have just read some case studies with the techniques most widely used with Logotherapy. All techniques entail the goal of helping a person to find meaning in his or her life in order to fill an existential vacuum.

**In the following you will find some exercises which can encourage you to find your own meaning potential.**

Within the context of Frankl's theory, each individual is endowed with freedom of choice. Regardless of who the person is or what the position one finds oneself in, everybody has the freedom to find meaning in whom and/or what they come in contact within his or her life.



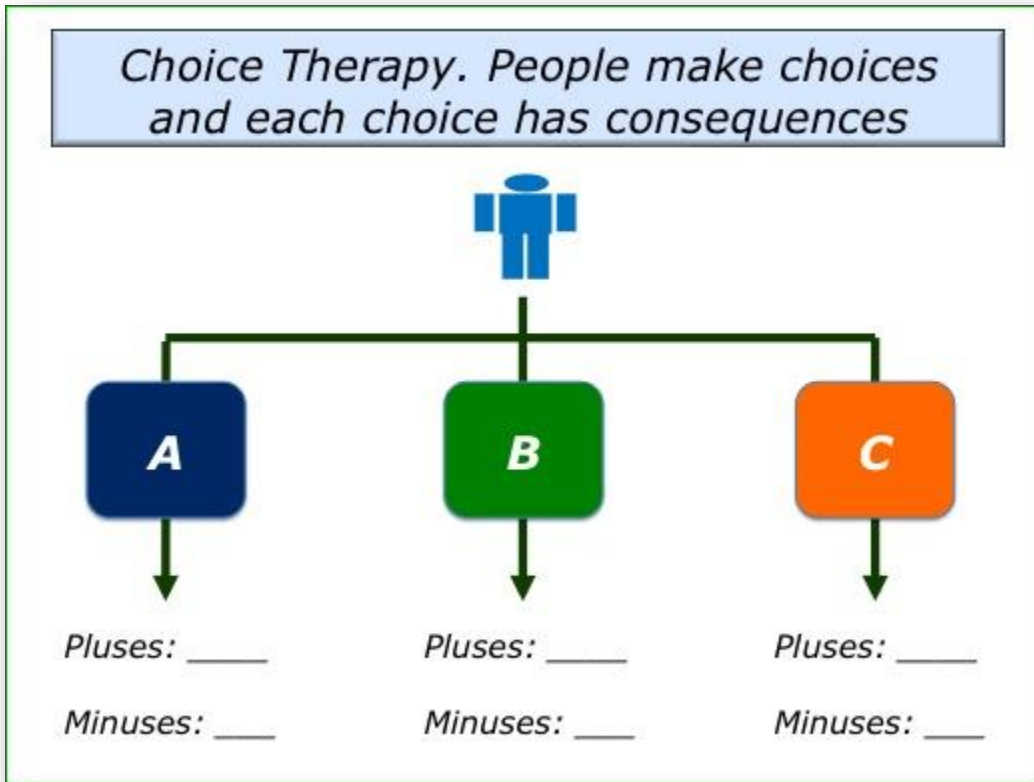
Each individual is free to improve a bad situation that he or she may find themselves in. For example, if a woman finds herself married to an overbearing, domineering husband, she has the freedom to choose to leave her husband or the freedom to choose to stay in the marriage and try to find a way to improve the situation. Improving the situation may involve her learning to deal with her husband's domineering ways in a more positive manner or by trying to work with her husband to change his domineering ways. Or a person who experienced a bad childhood can decide to dwell on it or decide to learn from it and make it different in their own life. (Naturally should they if it is available also make use of Psychological or Energy healing approaches, but Frankl proved that if these are not available we still can take a stand ourselves towards the situation and choose how to react. We are not helpless victims but can grow beyond limitations of body and psyche and environment)

*"The one thing you can't take away from me is the way I CHOOSE to respond to what you do to me. The last of one's freedoms is the ability to choose one's attitude in any given circumstance."*

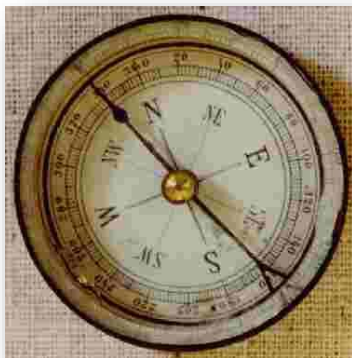
Each of us is free to choose the path that we wish to take. We may also have the freedom within ourselves to choose whether we will view our path in a positive or negative light.

#### Exercise:

Just imagine you are leafing through your biography and when you come to your present chapter of your life, you have the ability to decide what its contents will be. *(Once you really imagine yourself in this situation, you will instantaneously become conscious of the full gravity of the responsibility that you bear throughout every filament of your life: the responsibility for what you will make of the next hour, for how you will shape the next day.)*



How do we find the meaning of the moment in situations of value conflicts? Here we have no other recourse but fall back to the voice of our conscience. One's conscience is viewed as more than the superego as defined by Freud! The influence of parents, society, and other "parent figures" are strong but not all-determining. We have our own conscience which is part of the inner resources of our human spirit, of our specifically human dimension. Frankl referred to the inner voice also often as to our inner compass which will always lead us to our true north.



Thus, we are not spared individual decision-making. To find the Meaning of the Moment, we have to follow our conscience, or we follow the general guidelines of values. If we take the easy way out and follow the values, we risk value conflicts, and we still have to decide which values we give the higher priority. In either case, the choice is ours, and the responsibility is ours.



If you are looking for meaning in your own life Frankl listed three main areas in which we can find it: **activities (creativity), experiences, and attitudes**. We can find meaning by our activities, what we **give** to life through what we do; in our work, our hobbies, and our creative activities. Secondly we can find meaning through our experiences, what we **get out** of life; from nature, art, and human relationships. These two sources of meaning are almost self-evident. There is another source of meaning. In situations where we cannot find meaning through activities or experiences, we can still find it through the attitudes we take toward our fate. (Frankl defined fate as that which is beyond our control).

Once we realize that we are unique, have readily available resources in the form of talents, capabilities, inner strengths, that we have the freedom to change our attitude, we are no longer totally at the mercy of fate (circumstances we find us in). We can make choices by responding to the demands life places upon us to the best of our ability.

The following three questions invite you to reflect on your own meaning potential.

Discover meaning potentials through creativity, experience and attitude

1. What creative gifts have I offered to others through my talents, my work, deeds done, goals achieved that held meaning for me? What can I do now in the area of creativity?

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2. What experiences have I received from encountering others in relationships of all kinds, from nature, culture or religion that was deeply meaningful?

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3. What attitudinal values have I realized by taking a stance toward situations or circumstances that was courageous or self-transcending? What kind of attitude could address my current life circumstance in the best possible way?

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### *Discover your choices exercise*



Perhaps you feel like a prisoner in an area of your life. Ask yourself following questions.

1. What is your problem?

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2. Where is your area of freedom?

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3. List your choices within your area of freedom.

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4. Which of the choices is the most meaningful to you?

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5. What is your first step in the direction you have chosen?

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*Listening to your conscience exercise*



Ask yourself following question.

What "whispers of ultimate meanings" or "spiritual voice" have you perceived in your life?

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If you perceived any, how have you responded to the nudging of your “intuitive conscience”?

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Exercise: Reflect about what was the most important insight you got when reading through Chapter 3 up to now. What can you integrate into your current life?

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### The problem with the inner voice

Our conscience acts like an inner compass in finding the meaning of the moment. You could compare this with a compass which you would use when walking through a region you do not know. For example in high mountain areas where there are no signposts anymore. If you had a good working compass, you would have a great help to find your way. Such a compass *but has to be intact*.

The same refers to our inner compass. The voice of our conscience. We can listen to its gentle nudging and we feel happy and full of joy if we have listened and followed it in the hour of decision making.

Sometimes but this inner voice seems to be more annoying to us than pleasant. Then we ignore the warning or even suppress it. That but leads to internal distress and often also leads to profound inner states of conflict. Therefore we have to learn to listen to this inner voice again.

How confusing things can be shows an example from the bible. In the first book of Samuel (3, 2-9) is described how Samuel as a young boy slept in the temple one night accompanied by Eli the High priest. Suddenly he was woken up by a voice which called his name. He gets up and turns to Eli to ask him what *he* Eli wants, but the high priest has not called him and orders him to go back to sleep. The same repeats itself a second time and a third time, and then the high priest told Samuel that if he hears the voice again he should get up and say, “Talk Lord, your servant is listening. “

Here we have an example that sometimes the inner voice not only talks to us in our own heart but it can also talk to us from outside of us and in this case as a call from another sphere and as Samuel has not experienced this before and has not expected this, he first did not understand but thought that Eli has talked to him. Our conscience can also speak to us through our dreams.

We should also remember that we are never completely alone in our life. Whatever happens to us our conscience can build a bridge from this world to help outside of us and how this help looks, feels or sounds like is different and individual to every person.

Nevertheless there is also a danger. As our intellect is so dominant nowadays we might take for inner voice what is actually not our inner voice but our intellect. We are surrounded or permeated by dangerous thought traces from other people which could cloud the best volition. Werner Huemer occupied himself with that theme in an article he wrote for the Grail World, an

international magazine for spiritual consciousness. ([www.grailworld.com](http://www.grailworld.com)) When I first read this article it made me think and I discovered myself how often I actually mix up things when I believe that my intuition is talking to me whereas that what I thought was intuition were actually thought traces from my surrounding and my intellect talking. I hope you gain as much value from this article as I gained from it.

## Dangerous thought traces

### *Stumbling blocks on the path of spiritual development*

Thoughts exert a powerful influence on our personal wellbeing and development. They guide our decisions and shape our behaviour. But not everything that we think actually originates from within ourselves. We frequently unwittingly and subconsciously follow in the tracks of alien thoughts and have no idea how easily we can be influenced. In addition, even what we regard as the “inner voice” of our spirit can be overlaid by intellectual deliberations. These elements create dangerous stumbling blocks on our life’s path, which should never be underestimated...

“I think only what I myself wish to think and my perceptive capacity is uninfluenced by others!”  
 – With no more thought than this on the matter, we generally assume that all our inner impulses originate entirely from within “ourselves” and that whatever we choose to do reflects only what we ourselves desire and is not subject to other influences. To what extent is this really true? Upon a serious self-examination, this optimistic, self-image soon gives way to disenchantment as a far-reaching network of dependencies becomes apparent. Even he, who believes that he has found a path of spiritual development for himself and to have also largely freed himself from the constraints of social conventions, should not be overly certain of his independence.

### *The constraints imposed by pre-formed thought traces*

Firstly it is essential to acknowledging one basic fact: As human beings, whatever we see, hear or otherwise perceive, leaves its traces on our thinking. Nobody is an island and can develop without being influenced by others. Every child is shaped by the views of its parents, teachers, acquaintances and friends. The adult, too, is strongly influenced by his social surroundings. Tradition, religious denomination and education form the backdrop for our thinking, just as nobody can remain untouched by the manifold demands and aims of our professional and private life.

Hence, we always find in our own thoughts the traces of the thoughts of other people too: their knowledge, their view of the world, their beliefs, and doubts as well as their inspiration and wisdom also help to shape our thoughts.

To put this figuratively, we all have “cloudlets” or little “clouds” of preformed thoughts-partly our own, partly from others-floating around us, which strongly influences our inner attitude and does indeed give us a firm support, because in this earthly life we define ourselves through our thinking.

Most people are quite unperturbed when their personal little “thought clouds” are compromised by foreign influences. Many apparently even have the need to lead a heteronomous life- or rather: to be under the sway of another-because they believe they have the best possible support in life if they follow what the majority of others do. Trends in fashion, in music and in sports, language or other cultural practices as well as the wish to be identified with popular religious or social groups are ample proof of this.

### *The urge for spiritual freedom*

On the other hand, probably all people do from time to time feel the urge to free themselves from the world of thoughts surrounding and influencing them. They want to decide over their own life themselves instead of merely following pre-laid trails. This urge for freedom and autonomy shows itself for instance in the years of adolescence, when the spirit, the living core of the human being, breaks through into consciousness and consequently wants to follow its own paths independent of the parents. And it shows itself for a very good reason because the wish to shape one's own life self-responsibly belongs inseparably to being human.

The urge, therefore, to free oneself from noticeable inhibitions can also later surface again at any time, for example when someone is unhappy with circumstances in his life and seeks out new ways or also when the longing for deeper knowledge and truth awakens in a person and he is no longer satisfied with what is generally offered him regarding his questions about life.

In such cases the will to break free from the thought traces that have led and influenced life until then, to question one's own habits and change one's attitude, comes to the fore, often with considerable vigor.

Such a change is similar to stepping onto a staircase. While one had formerly been standing with both feet firmly (in life), one now leaves the firm ground and steps out with heightened vigilance, searching and open-minded, for a new hold and sure balance. This departure (from the old) is especially far reaching where one's world view is concerned, when someone is striving to change his concept of God, his view of the world and mankind in general.

**Our world of thought is formed by many influences, such as from books or discussions for example, and remains connected to these influences, until we begin looking for new directions.....**



### *A dead end off the beaten track*

"Whoever seeks will find!" says a wise exhortation from the treasury of human experience. He who with an open mind looks out for something new will with great likelihood soon discover

something that will lead him onwards. Perhaps not yet to that haven of the final Truth, where he may feel himself to have spiritually arrived, but at least on a path that better fulfils his longing for a more meaningful life or for a deeper recognition of God.

As an example, let us consider someone who is leaving his church. Not because he has suddenly lost his belief in God, but rather, as we prefer to assume, because he has gained another conviction. He senses that for a meaningful spiritual life it is not enough merely to attend church on Sunday and simply to believe in the Redeemer. He therefore joins a group that nurtures more definite ideals that affect everyday life. Let us assume he stops smoking, becomes a vegetarian, seeks inner peace in regular prayer, attends seminars for spiritual unfolding and so on. Bit by bit his life takes on new forms thereby, the new ideals lead him to new recognitions, new acquaintances and open up wider horizons for him. There is a noticeably refreshing and satisfying development for this person; his inner life is oriented towards more meaningful aims and then follows the corresponding guidelines.

Experiences of this or a similar kind are made by many truth-seeking people who stand critically opposed to the "conceptions of life" of the broad masses. But without even noticing they sometimes end up on their new path at a new dead end. This is because, although the alien, old thought traces from the past have now been happily overcome, the step onto the staircase has been taken, the contact with like-minded people on the new path has made the one or the other susceptible again to many new little "clouds" floating around him, produced by him as his thoughts become imprinted with the new teaching he now follows. These new thought forms set in motion by preconceived ideas could prove inhibiting again to further progress.

### *When the inner "support" becomes an "impediment"*

It is mainly the religious or philosophical groupings that distance themselves from other groups through a definite code of conduct and as a result the spiritual path of the adherents of a community is then mostly subject to numerous rules. One learns most precisely what should be done, what should not, what is supportive and what is detrimental to achieving the ideals strived for by the members of the group. These rules of conduct are often laid down in writing, but they may also be "unwritten laws" which have merely a tacit approval, (whereby they can have an even greater influence because they are not well-defined-even more so if the person willingly following this trend of thought is open and impressionable).

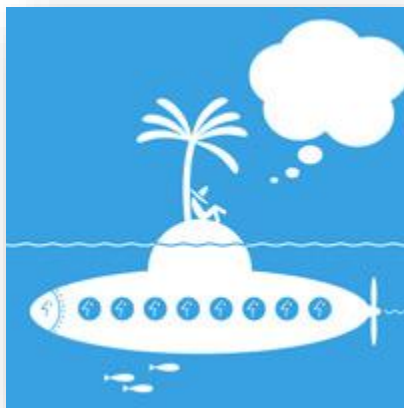
Seen objectively, these concepts, commandments or maxims that are laid down can be absolutely correct and progressive. To give up smoking, to eat sensibly or to maintain regular times of prayer and Divine Worship- all these are proven and well founded recommendations, to which one could add dozens more, which can contribute to a fulfilled and happy life. Rules of conduct provide support and protect from a regression. Thus the value of religious commandments or wise counsel cannot be denied.

But this hold or support can also become an impediment to further progress and can lead to the situation whereby the spiritual motion literally "grinds to a halt", ending in inertia. This happens as soon as one erroneously considers the observance of the rules of conduct as being the end itself rather than as a means to an end, that is, if one considers them to have a "life of their own" and are therefore to be observed unconditionally in their current form for all time.

Abd-ru-shin (1875-1941), who wanted with his work, "In the Light of Truth-The Grail Message", to lead all his listeners and readers to spiritual freedom, unfettered by denominational constraints, expressly warned of this "blind compliance" with rules. In view of the advice and commandments he himself gave, he expressly stated: " If now I say "Do this and that, and don't do the other, "

I am only giving weak, external crutches on which no one can walk properly and independently, for these crutches do not at the same time help him to 'see'! And yet he must see the 'way' clearly before him, otherwise the crutches are of no use to him! Such a person would only hobble about aimlessly, like a blind man on a road he does not know. No, that is not the right thing, and would once more only lead to another dogma, which would hinder and delay every ascent!"

**Whoever believes he is able to develop uninfluenced by others as an "island" in the ocean of life, is mostly fooling himself. Alien influences are lurking beneath the surface.....**



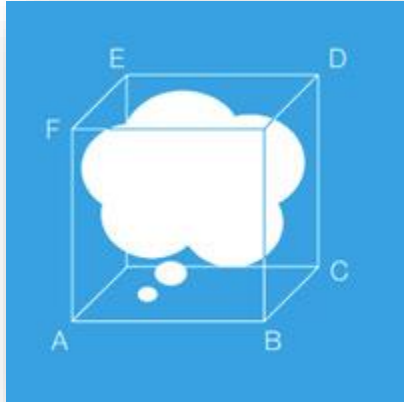
These "crutches", important as the support they offer may be, do not yet represent the spiritual path on which progress can be made. Even if someone is ever so careful in the way he nourishes himself, regularly attends his place of worship or encounters all his fellow-men in a very reserved and respectful manner in order to avoid hindering bonds, he has in spite of his strict compliance with the rules not gained anything for himself. On the contrary: There is a great danger for him that he blindly passes by the challenges and opportunities that life has in store for him, that he disregards development possibilities for himself and that he alienates his fellow men.

The question of what one has to do to lead a proper and meaningful life and to reach one's spiritual goal, cannot be answered with rules of conduct. Abd-ru-shin therefore states very clearly: "One is often approached with this question, but it would be wrong to say "Do this" and "Do that"! That is not showing the way! It would be completely devoid of life, and for this reason nothing living, such as is absolutely necessary for soaring upwards, can arise from it..."

### ***When the intuitive perception is blocked***

The deeply ingrained error that any spiritual development can be successfully completed by following certain rules of behaviour or ideals firmly and recklessly is almost forcibly joined by a simple "if-then" thought pattern: if something is in accordance with the given rule or the strived-for ideal, then it is recognized as being right; if not, then it must be wrong and cannot be otherwise.

**Rigid rules of behaviour, dogmas and commandments limit one's own world of thought, at the same time blocking out the living intuitive perception, which always reacts in accordance with the situation.**



The result of this comparison between the "target state" and the "actual state" becomes of course noticeable either as a pleasant feeling of confirmation in the case of an agreement or as an unpleasant feeling because of the contradiction. Based on these impressions many people then think the result of their inner weighing no doubt shows itself as an "infallible gut-feeling".

But the reality is that the "inner voice" of the spirit which actually is in the position to "call the tune", so to speak, has been blocked through one's own "rigid concepts" –which also manifest in the erroneous assumption that certain rules of behaviour are right and proper under any circumstances and cannot be altered. This attitude is incidentally also the ideal breeding ground for all forms of dogmatism, sectarianism and religious fanaticism; here people regard themselves as particularly "pleasing to God" when they implement their concepts of life and faith rigorously and ruthlessly, regardless of losses or damage caused.

But to act correctly does not mean doing the one thing rigidly, come what may, regardless of the consequences, it rather shows itself in its *appropriateness*. Whoever acts in the right way, will act according to the situation, taking into account the needs of others as well as by making full use of one's own possibilities.

*"Drop all that is rigid in your relations with your fellow-men, and become instead living and flexible!" Abd-ru-shin said. "Rigidity is always wrong, because it is unnatural, and also not in harmony with the Primordial Laws of Creation, which demand mobility. Any rigid clinging to something is incompetence, which does not recognize other alternatives, and therefore also hinders the forward striving of one's fellow-men!"*

In order to recognize what is really right and proper in a situation, we possess a reliable signpost: the intuitive perception, the inner voice of the free, spiritual core of our being, because it always

views and weighs everything in its entirety, as well as selflessly and integrally. It is not the *one* need, the *one particular* rule of conduct, which is of importance to the intuitive perception, but rather the overall situation, which requires an appropriate response, thus an action which corresponds exactly to the situation.

What can be the right thing to do towards one person, can be a mistake towards another. One and the same downpour can bring a longed for relief for drought affected areas but total disaster for waterlogged ones.

Only the living intuitive perception and never a rigid rule will tell us whether whatever we do is beneficial or causing damage, whether something is right and fitting or is misplaced and wrong. But unfortunately this inner-or better still: innermost-voice is drowned out by a powerful organ, the influence of which is constantly being underestimated: the "head voice" of the intellect, which nevertheless can still be considered as belonging to our inner world.

Indeed many people nowadays, who are sensitive and spiritually open, already distrust intellectual decision making and rather follow their "intuition" or their "gut feeling", instead of clinically analysing the pros and cons with a cold intellect. But they never realize that the intellect can also speak out under the guise of the inner voice. This is exactly what is happening when our judgment follows the simplistic "if-then logic" outlined above: because if someone is vegetarian, he must be spiritually advanced, because the author used the word "lustful" in the text, he must be amoral, because the child is always crying, it must have been brought up badly- and so on and so forth.

Whenever we narrow-mindedly compare a human way of behaviour or some factor only against the benchmark of a certain ideal image from our "thought cloud", and then proceed to judge the whole person or the entire situation only against this, we exclude the real inner voice from the very beginning. This is because observations or analysis which focus on one point or one aspect only provide the ideal conditions for an intellect formed judgment, since the intellect-in contrast to the all-embracing and appropriately judging intuitive perception-can only ever concentrate on *one* point or *one* aspect at a time.

Black-white assessments of people and situations are widespread, because they require no deeper differentiated weighing and therefore no spiritual effort, but they are generally far from the truth. In such cases the intuitive perception has been led into error through the influence of intellectual logic.

### **When perceptions contradict each other**

One and the same behaviour can be the result of very different motives; one and the same reaction can be completely inappropriate towards one person, but exactly right for another; one and the same picture can release quite contrary perceptions in different people. Spiritual vitality cannot be squeezed into static moulds and rules.

It is therefore perfectly normal that the intuitive perception of two people occasionally contradict each other. This is because the very nature of the intuitive perception, this voice of our spiritual core, lies in helping us to find our way upward. 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, so that we may reach our spiritual goal. But this signposting is above all for *ourselves as individuals*, relates to our own situation, to our very own tasks, abilities and opportunities. If another person were to be in the very same position as we find ourselves in, it could well be that his intuitive perception points out a different way. Even if the other person has the same spiritual

goals as we have, his tasks as well as his personal abilities and opportunities will nevertheless be different from ours. For this reason synchronized perceptions and assessments should invariably be regarded as a warning signal.

**Whoever clings to rigid rules of behaviour and dogmas, degrades himself to become a puppet of certain thought patterns and loses his inner vibrancy.**



If all people “perceive” the same aspects as questionable, the same things as disturbing or the same persons as enemies, then it is very likely that this judgment does not stem from a free spirit, but rather from a powerful joint “cloudlet”, shaped by all manner of alien thought traces.

Naturally, the intuitive perception also allows us to make objective assessments. The human sense of beauty, for instance, is always addressed when something corresponds in its proportions, forms or colors to a natural harmony, as it results from the working of the Laws of Creation. But we place this absolute, all-embracing sense for what is good, true and beautiful, which arises from the free spirit and offers us an orientation in life, only too willingly into the service of our current conception of the world and mankind.

Thereby we restrict our perception to trace pre-formed thought patterns and consequently brick up the pathway to new experiences.

***But could we even deal with true freedom?***

It shows therefore that the way out of old and alien thought traces does not necessarily lead to freedom. Often it is merely a matter of exchanging an old inner constriction for a new one; the old conformity with certain persons and habits is followed by a new conformity with other like-minded persons and other habits. Yet the spiritual urge for freedom and independence from outward manipulation (heteronomy) remains unfulfilled.

Thus it is to our advantage to become clearly aware of the far reaching, perhaps even dangerous influence of alien thought traces, which downgrade the human being to the role of a puppet. After all, leading a self-determined life based on our pure and free intuitive faculty as well as making decisions that are not pre imprinted by some thought cloudlet is by no means unachievable.

It is, of course, not simply a case of carelessly throwing valuable commandments or maxims overboard. Everyone needs support frameworks and guidelines for his life to a greater or lesser degree.



**The development path from one world of thought to the next: The search for new recognitions is also a search for a sound inner support.**

But there are fine, very sharp distinctions, which we should be well aware of-between teaching and dogma, between help in orientation and a rule of conduct.....between self-determination and being other-determined or subject to outward manipulation.

Werner Huemer

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Exercise:

What were the insights you could gain through reading through the article? How will you integrate this insight into your life?

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Let's go back to Logotherapy. The spirit is the essence of our humanness and our healthy core. The contents of the spirit include the will to find meaning, the goal orientation, love, self-transcendence, conscience, ideas, and ideals. Here lies our essence, what we **are**. What we **have** can be taken from us; material things, power, prestige, even friends. But what we **are** is ours. The spirit is what we are as a person. In the words of Elisabeth Lukas, PhD, prominent protégée of Viktor Frankl, "If you are interested in something, your spirit moves toward your interest." For example, if your spirit believes in God, you draw closer to God.

It should be realized that spirit goes beyond space and time. Spirit is not in the matter, but in **being**.

Exercise:

Summarize your insights from Part B and how you will use them for your life.

## PART C

### Logotherapy in love relationships and work



Traditional psychological theories, regardless of whether they originate in psychoanalysis or behaviourism, consider human beings as monads. They are seen as a closed system. Within that system there is a multitude of influences: drives, our will, feelings, cognition, conditioning, automatic responses, creativity, spontaneity, the conscious and the unconscious, influences from within and without with the many reactions to all of these. Many theories exist about the various layers of the person and about the degree of maturity that provides a balance within the system or upsets that balance, thus causing psychological disturbances. Much material has been gathered about the impact of our needs and their fulfilment upon our normal functioning, while stress, shocks, and frustrations appear threatening to us.

This view considers normality as equal to inner equilibrium, and psychological stability is defined as preservation of the monad. A person is healthy if he is able to satisfactorily abreact his drives, adequately meet his needs and wishes, not repress his traumas, adjust his conditioning mechanisms to his requirements, and self-actualize himself. Neurosis and psychopathology are seen as a consequence when our natural desires for happiness, success, and caring cannot be met because the monad is disturbed, drives are repressed, irrational behaviour is caused by complexes from the unconscious, the inner development of the ego is stifled by psychological damage from the outside world, or our self-confidence is undermined by wrong conditioning. The closed view of human nature centers around the ego and, in perhaps oversimplified terms, can

be expressed by the phraseology: “Good is what is good for me,” or “I remain healthy if I can get what is good for me,” and “I’ll fall sick if I cannot get what is good for me.”

In considering work, it follows the same pattern. Within this psychological premise, work is “good” work if it is good for me: that is, not boring, not too stressful, not over-demanding, if it brings in money and recognition and allows me enough freedom.

Love, too, is considered in positive terms if it brings advantages to me: human closeness, a partner to talk to, an opportunity to relate and find safety, security and fulfilment of drives and pleasures.

I don’t deny that the “monadic concept” of human nature also includes interrelationships with the outside world. Obviously it is necessary to invest something in our work and love relationships, or there would be no gain. But the interrelationship is just as much dominated by the doctrine of our wish fulfilment as are all our other actions and emotions which aim, at their deepest nature appears insightful and reasonable, yet leaves us with a certain uneasiness when it answers the old question, “What are we?” with the admission that we are “beings in pursuit of happiness,” and, to be specific, “our own happiness.”

## The Open Model

A fundamentally different approach, that of Viktor Frankl, starts from the premise that human beings are not monads, not enclosed system. Viktor Frankl considers human beings – in contrast to other living creatures – open to the world, open through the exclusively human dimension of the spirit. He does not deny the various energy potentials found in the model of the monad (such as drives, emotions, cognition and automatic reactions): they have been proven to exist. They are complemented, however, by motivational forces which are not on the same level as the drives, wishes, and needs of the psyche because they transcend the ego – we reach beyond ourselves. Viktor Frankl calls this motivational force the “will to meaning.”

Forces of the will are of course also part of the traditional view of human nature. What is new in this concept of “the will to meaning,” a bursting open of the monad, is that meaning is not a meaning oriented toward the self. Meaning is seen as the actual meaning of a situation. (Find an example about the meaning of a situation in the appendix as additional reading) Meaning contains an objective component which can be perceived subjectively. Meaning is the connecting link between the human being and the world. Meaning, therefore, is never just a “meaning for me,” but always is also a “meaning as such.” The self-transcending opening of a person toward the world is so great that for the sake of a desirable meaning goal we may forego, if need be, personal happiness. The question as to what we human beings are is no longer answered by “a creature in pursuit of happiness,” but “a creature in pursuit of meaning,” that is “a meaning to be found in the world.”

Let us look at this expanded concept of the human being as it relates to work and love. If we consider the human capacity for self-transcendence, then “good work” is identified with “meaning work” which is work that changes something existing in the world for the better, in short, which leads toward wholeness. It is based on an attitude of wishing to further others, to live for the benefit of others or the world, which uplifts and is in harmony with the principle of life.

Normally, meaningful work also is pleasurable, more so than work that is merely “not over-demanding” or “profitable.” But in extreme life situations it is possible that meaningful work is very hard, laborious, thus does not bring immediate pleasure but is considered important and valuable and for this reason is bravely carried out. The criterion of self-advantage is valid only as far as the monad goes; beyond that the important thing is the meaning of the cause.

Similar considerations are valid for the phenomenon of love. Frankl views love as something far beyond the satisfying of an elementary or sublimated sex drive. Again the element of meaning is considered to go out beyond the self – to the beloved person. Just as work worthy of a human being includes the value of the work to be done, so love worthy of a human being includes the value of a beloved partner whose well-being and happiness are considered. It is true that the devotion to another person is reflected back into one’s own heart, but there are situations which demand that we transcend our self-interest for the sake of genuine love. (Dr. Lukas)

### Logotherapy in Love relationships

Dr. Lukas (famous protégé of Viktor Frankl) said about spiritual love, “True love, for example, means the spirit of two persons “touch” in closeness.” In such productive closeness, the love of one spirit brings out the best in the other.”

Spiritual love is a higher value than psycho-physical love. Love belongs to self-transcendence. Eroticism belongs to psychology and sex to biology. Frankl says that all three belong together. Real love, soul meeting soul as he or she is, is unlike anything else; it is beyond the secularity that physical sexuality or eroticism is bound to encounter.

Love is more than an emotional condition. It is an intentional act that is the essence of the other person. This kind of love outlasts the death of the beloved. It is timeless and imperishable. True love, in itself, does not need the body for arousal or fulfilment but it makes use of the body for both. Arousal is stimulated by the partner’s body. In some circumstances certain physical characteristics or traits can lead a lover to a particular partner meant for him/her.

A shallow (superficial) person sees only the partner’s surfaces and cannot grasp the depth of the person while the deeper person sees the surface as an expression of the inner, significant individual. For the true lover, the physical/sexual relationship remains the mode of expression for the spiritual relationship. The sexual act is for a lover’s expression of a spiritual intention.

When individuals fail to gain fulfilment in finding meaning in love, they either overvalue or devalue this aspect of life. For example engaging in flirtation disregards the partner’s personality- their uniqueness-allowing the person to flee the obligation of real love and its responsibilities. Individuals who develop a chorus girl attitude depersonalize the relationship (i.e. a chorus girl can be replaced by another.) There is no personal relationship. She is property and there are no thoughts of faithfulness. Individuals are compensated by quantity of sexual pleasure (Frankl, p. 132-175)

And in Man's Search for Meaning we read: "Love is the only way to grasp another human being in the innermost core of his or her personality. No one can become fully aware of the very essence of another human being unless he loves him. By his love he is enabled to see the essential traits and features in the beloved person; and even more, he sees that which is potential in him, that which has not yet actualized but yet ought to be actualized. Furthermore, by his love, the loving person enables the beloved person to actualize the potentialities. By making him aware of what he can be and of what he should become, he makes these potentialities come true." (Frankl, 1985, p. 134)

If we look at love relationships between man and woman (or any form of loving relationship be it to a child, a friend, a parent) from a logo therapeutic view we find that the attitude of true love represents the directing of the core of one person toward another, and this is also the sole guarantee for fidelity. The feelings of the real lover are directed toward the essence of the beloved person and in that this also helps to bring out the best in the other. And once the lover has truly comprehended the inner nature of another person by seeing that person in the illumination of love, that is all there is to it, the lover will abide by the truth of it, must abide by this love. The moment we experience true love, we experience it as valid forever, like a truth which we recognize as an "eternal truth".

We have to realize also in couple relationships that mere possession can be changed. I remember a relative telling me a year ago about her recent relationship. "Oh yes, it is great but look if it does not work out there is always someone else". True love is not directed toward the aspect of the other person which can be "possessed" or exchanged and given also by another person, toward what the other "has", true love is rather directed to what the other "is" –such real love, and it alone, leads to a monogamous attitude. For such an attitude presupposes comprehension of the partner in all his uniqueness and singularity, comprehending the worth of his personality, his uniqueness, going beyond all bodily and temperamental characteristics, since these are not unique and singular and can be found in other persons of more or less the same cast.

Lots of people try to follow a type presented by a music or film star. Women seem to be more prone to this but also men can adapt this pattern. She compares herself again and again with the type-which represents her own or her partners present ideal woman-in order to make herself as like it as possible. The woman presents herself to the man as the type he prefers. As she is not giving herself, but what she thinks the partner wants to "have", both start to feel empty, get distressed, wonder what they did wrong and both part empty handed. Instead of seeking one another and so finding each other's selves, finding each other's uniqueness and singularity which alone make each other worth loving and their own lives worth living people settle for a "fiction". *Why do I have no luck in love, am I no good marriage "material"?* This is a sentence I have not heard only once in my office.

Love means a sense of "inner union". The monogamous relationship, in the form of marriage is the outer tie. Where this inner union does not take place on a spiritual level, the outer tie is not strong.

-"Love is a spiritual movement toward the highest possible value of the loved person, a spiritual act in which this highest value-which is called the "salvation" of the person-is apprehended. The lover has the "salvation" of the beloved in his focus; he has the eternal happiness of the beloved in view. "

### What happens if love is not returned?

From a logotherapy view, if love is not returned, in real love you still feel enriched, otherwise you do not really love and you do not intend the inner being of another person, but rather miss it completely and look only for something physical “about” him or some (psychological) character traits which he “has”. Awareness of values can only enrich a person. In logotherapy view this inner enrichment partly constitutes the meaning of life, as we have seen about finding meaning through “experiential” values.

Love permits us to see the spiritual core of the other person, the reality of the other’s essential nature and his value potentialities. Love allows us to experience another’s personality as a world in itself, and so it *extends our world*.

Love helps the beloved to become as the lover sees him. For the loved one wants to be worthier of the lover, a worthier recipient of such love, by growing to be more like the lover’s image, and so he becomes more and more the image of “what God conceived and wanted him to be”. While, therefore, even “unrequited” love enriches us and brings happiness, “requited” love is distinctly creative. In mutual love, in which each wishes to be worthy of the other, to become like the other’s vision of him, a kind of dialectical process takes place in which each outbids the other and so elevates the other.

So the principle of true love seems to be the longing for the ideal. And this longing brings with it as a matter of course, the desire to poetize and ennoble the relationship. Abd-ru-shin (1875-1941) wrote in his Grail Message, “In the Light of Truth”, something similar.

“.....This magic power which every person during his whole life on earth has at his disposal in constant readiness to help, which also originates from the same union of generative power with the spiritual power, and which can liberate from all karma, *is the love*. Not the demanding love of the material world, but the high pure love which only knows and wishes the welfare of the beloved one, and which never thinks of itself. This love also belongs to material Creation, and it demands no renunciation, no asceticism, but only wishes what is best for the other. It fears for him, suffers with him, but also shares in his joy.

The basis of this love is similar to the intuitive longing for the ideal which unsullied youth has when its generative power sets in. But it also spurs on the responsible, i.e. the mature human being to the full power of all his abilities, even to heroism, so that the creative and competitive powers are exerted to their utmost extent. In this no limit is set to age! As soon as a human being opens his heart to pure love, whether it be a man’s love for a woman or vice versa, or the love for friends, parents or children, it is all the same! If only it is pure it will bring as its first gift the opportunity to cast off all karma, which will then only be redeemed “symbolically”, so that the free and conscious will, which can *only* strive upwards, may blossom forth. As a natural consequence ascent will then begin, that is, redemption from the unworthy fetters that hold him down.

The first intuitive feeling which stirs the heart at the awakening of pure love is thinking oneself unworthy of the beloved one. This can be described in other words as the dawn of modesty and humility, thus the acquisition of two great virtues. With this comes the desire to protect the other so that no possible harm could come to him from any direction, and so that his way should lead over flowery, sunny paths. This desire “to wait hand and foot upon a person” is no empty saying, but quite rightly marks the rising intuitive perceptions.

Inherent in this is the surrendering of one's personality, a strong desire to serve, which alone could suffice to cast off all karma in a short time, provided the volition remains uppermost and does not give way to mere sensual instincts. Finally, with pure love comes the ardent desire to do something really great and noble for the beloved one, not to offend or hurt him by look, thought or word, much less by an unworthy action. The most delicate consideration is engendered.

The important thing is to hold fast to these pure intuitive perceptions and to place them above all else! Then no one will desire or do anything wrong. He will simply be unable to do so! On the contrary, through this he will enjoy the best protection, the greatest power, and the most benign helper and advisor.

That is what Christ refers again and again to the supreme power of love! Love alone can overcome and accomplish all things, always provided, however, that it is not the earthly demanding love, which harbors jealousy and kindred evils.

With this the Creator in His Wisdom has thrown a lifebuoy into Creation, with which every individual comes more than once into contact during his life on earth, so that he may grasp it and swing himself upwards.

This help is there for all! No distinctions are made, either in age or sex, between rich or poor, high or low! Therefore love is the greatest of God's gifts! He who grasps this can be certain of salvation from every tribulation, and however deep he may have fallen. He frees himself and thus quickly and easily regains an undimmed free will, which leads him upwards.

And even if he had fallen in such a depth as to make him despair, love is able to sweep him upward with the impetuosity of a whirlwind to the Light, to God, Who Himself is Love! As soon as pure love stirs within a man, no matter what has caused it, he obtains the most direct connection with God, the Primordial Source of all Love, and thus the strongest help. But should a man possess all things and have no love, he would be but "sounding brass or a tinkling cymbal" – without warmth, without life...nothing!

However, if he does find true love for some fellow being, a love striving only to bring light and joy to the beloved one, and not to drag him down through senseless desires, but a love that protects and uplifts him, then he *serves* the other without being aware that he is doing so. Through this he becomes more of an unselfish giver and this serving sets him free.

Many will here say to themselves: "That is exactly what I do or, at least, what I am already striving to do! Using all my means in my power I try to make life on earth easy for my wife or family, offering them pleasures while I exert myself to obtain sufficient resources to enable them to lead a comfortable and agreeable life, free from all care!"

Thousands will give themselves airs, feeling uplifted and imagining they are undeniably good and noble. But they err! *That is not* the living, vital love! Such living love is not so one-sidedly material, but simultaneously urges much more strongly towards that which is high, noble and ideal. Certainly no one may venture to forget earthly necessities with impunity, i.e., without detriment to himself! He should not disregard them, but at the same time they must not become the principle aim of his thoughts and actions. Hovering above all this, great and strong, is the desire, so mysterious to many, to be able actually to *attain to what* they are considered to be in the eyes of those who love them.

With this desire they are on the right path, which will only lead upwards!

Genuine pure love needs no further explanation! Every man feels exactly what it is! Man often tries to deceive himself about it on seeing his mistakes and realizing how far away he really is from loving truly and purely. But he must then pull himself together, he may not hesitate or stop and finally give up, for without genuine love there can no longer be any free will for him. (Grail Message, In The Light of Truth, Man and his free Will)

True genuine Love sets us free, but love wrongly understood seems also to be able to bind us. For example if we look at jealousy in a relationship. **Jealousy is a dangerous emotion.** The jealous person engenders the very thing he fears: the withdrawal of love. Doubting himself of previous failures brings to the doubter more and more failures. (Just as confidence comes from inner strength but leads to still greater strength). The jealous person, doubting his ability to hold his partner, may actually lose out, may actually drive his partner into the arms of another, forcing infidelity because he has cast question on the beloved's fidelity. Thus he brings about what he believes to be true. Yes, fidelity is one of love's tasks; but it is always the task only for the lover and can never be a demand directed at the partner. It will drive the partner into an attitude of protest from which sooner or later infidelity may well result. Trust in another makes for self-confidence just as much as trust in oneself, so that in general this trust will prove to be justified. On the other hand, distrust makes for a lack of mutual confidence, so that in the end distrust will also prove justified. (Page 154 From Psychoanalysis to Existential Analysis, The doctor and the soul). The best way to conquer distrust is actually to develop trust in oneself.

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This was a short look at Love relationships and work from a Logotherapeutic view point.

Exercise: What insights could you gain by reading Part C of chapter 3 about Logotherapy in Love and work? How can you integrate your insight into your life? If you look at your own love relationships or work, how do you experience them in view of what you just read?

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Let's look at general Logotherapy again. People who experience their life as meaningless can be helped with following insights.

Logotherapy states that if we are looking for meaning in our lives there are three main areas in which we can find it: **activities (creativity), experiences, and attitudes**. We can find meaning by our activities, what we **give** to life through what we do; in our work, our hobbies, and our creative activities. Secondly we can find meaning through our experiences, what we **get out** of life; from nature, art, and human relationships. These two sources of meaning are almost self-evident. There is another source of meaning. In situations where we cannot find meaning through activities or experiences, we can still find it through the attitudes we take toward our fate. (Frankl defined fate as that which is beyond our control).

Exercise:

**Ask yourself following questions?**

1. *If your whole life had been designed in advance so that you would learn something from it, what would be the lesson you were supposed to have learned?*
2. *As you look back on your life, what were the moments when you were most yourself?*
3. *What is a goal you would like to accomplish in one month? In six months?*
4. *What is a fear you'd like to be free of?*
5. *How do you find courage?*
6. *What challenge do you have before you right now?*
7. *If you were asked by a child you love to tell the most important thing you have learned in life, what would it be?*
8. *What is something you'd like to celebrate?*
9. *What is a dream you'd like to have come true someday?*
10. *What is life asking of you at this time, even in all your suffering?*
11. *When do you feel most renewed?*

We always have choices, although we are not always aware of this fact. Situations in which we see choices, limited as they may be, help us to see meaning. Despair comes from a sense of feeling trapped, but we actually have choices in all circumstances. Clearly, we have choices about the things we can change and the meaningful thing to do in these instances is to bring about change. However, even in those situations that seem unchangeable, we still have choices about our attitude regarding what we cannot change. The conditions of our lives do not determine us. We determine whether to give in to conditions or to stand up to them.

Exercise:

When we have a choice to change a situation it is meaningful to do so. One way in which to discover what our choices are is to create a list of possibilities. From such a list a meaningful choice can be made. **This exercise is known as The Basic List.**

1. The first step is to describe the basic "trap" you feel you are in.

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2. Then list possible solutions for the problem, followed by the positive and negative consequences of each option.

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This list will illustrate just how "not trapped" you are. Also always remember that even if you do not see a lot of choices, perhaps you have not looked where the answer could be found. Sometimes we need to make ourselves empty of old ideas or world views to let something new in.

However, some situations must be accepted. In these cases, changing a painful situation is not an option. In these moments we stand in the arena of fate and freedom. This is the moment when we experience the freedom to take a stance toward our circumstances rather than being crushed by the reality of the situation. This is the moment when we are free to choose a meaningful attitude toward the circumstance. What is the most meaningful attitude in this situation? The capacity to choose and alter our attitude in the face of an unalterable circumstance is at the heart of what it means to be human.

At the end of this chapter, I invite you to do a valuable exercise which will give you an opportunity to gain the most from Chapter 3 due to personal experience: Enjoy as you will gain a lot out of it if you do it. Naturally you can also skip the exercise and do it if you like at a later time.

### **EXERCISE:**

This is an exercise which can help you to look at your past and current life with a different perspective. This exercise will provide you with an experience, not an explanation. Please take your time with it and read the directions carefully.

The directions are as follows:

You will get the most from this experience if you approach it in a light-hearted way expecting to have some fun with it. It takes a considerable amount of imagination. We will begin by imagining that this room is a very large room and in it are you and all your family and friends who have known you from birth to now. There's also another person present whom you do not know. These particular friends and your family members are those who have helped you to become what you are now. Most of them have probably made many positive contributions. There may be some in the group who have influenced you in not-so-positive ways.

The person whom you do not know comes up to you and says, "I am a movie producer from Hollywood. A group of us have decided that we should make a film of your life from birth to now. We believe it will be a block-buster!"

Now, because the film ends at the present you will not have any creative control of the film. The action is already completed. Then the producer makes a short speech to your family, friends and others:

I want you to go out and help us shoot a film-----'s life up to this point. I will provide you with a director and camera crew and anything else you need. As the person in ----'s life closest to her or him, we will ask you to re-create those events in her or his life that were most meaningful. This might include times at home, at school, at work, times of joy, celebration, and suffering. Then when you finish with the filming, bring all the film back and we will have a crew who will work with you on post-production and do the editing. But now I will need to ask some questions before you go out.

You will need to write down some information on a piece of paper:

1. Will this be a low budget, medium budget, or high budget film that is made of your life from birth to now? Some thoughts to help you get an answer to this question might be: How much money has been available to you up to this point? How important has money been to you up to this point? Think through these kind of questions and come to a decision concerning the budget.

2. What genre of film will this be: Western, comedy, horror, romantic, heroic quest, science fiction, or another type not named here? Take a look at your life from birth until now and write down the type of film.
3. Who do you think your family, friends, and others will choose to be the actor or actress to play this role? Assume that all current or past actors and actresses are available. Remember you are making this choice through the eyes of your family and friends rather than your own. They will want to choose a person who might best represent you.

Having resolved all these issues, the group goes out to shoot the film. They finish the shooting, bring back the film, and edit it. There is one task to perform before the film is sent out to the theatres. What will be the title that your family and friends will put on the Marquee?

Make up a little movie marquee on your paper with these words at the top, NOW SHOWING. Then print in the title of this film. Try to have some fun with it. Put some zing into it, although keeping it somewhat descriptive of your life as your friends and relatives have viewed it from birth to now.

### *Your Life in Preview-Part II*

You are now back in this room. However, there are only two people present: you and the producer. The producer is jubilant, "The film on your life from birth to now is a box office smash hit! It grossed \$100, 000, 000, 00 the first weekend. You know what that means: we need to do a sequel. This next film will be of your life from now on. You will notice that there is no one else around but the two of you. Since this will all be in the future, you now have some creative control. Obviously you do not have complete creative control because there will be some serendipity, as well as some tragedies in your life which you will not write in. But for the most part, you will write your script and direct it. Since your first movie was a hit, you will not have to worry about money for the budget, but you will still have to make several choices.

First, take some time and write a brief outline of your script. Put into the script those events and relationships that will be most meaningful as you look at your life from now on. Take some time now to jot down some notes or an outline of your future. Before you go out, you will need to respond to the same questions as were given above:

1. Will the budget of the movie be low, medium, or high?
2. What will be the type of movie? Choose from among the types given in the first movie unless you have now thought of another type that you want this movie to be.
3. Select the actor or actress from any who are now living or have ever lived to play your role.

After you have gone out and shot your film, have come back, edited the film, and have given a name to place on the marquee, make a marquee on paper and at the top, print COMING ATTRACTION, and below it put the title of your movie. Again it should be somewhat descriptive and it should be inviting.

This movie experience can help you to live out" the categorical imperative of Logotherapy, which is: "Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now." Viktor Frankl goes on to say that it seemed to him" that there is nothing which would stimulate a man's sense of responsibility more than this maxim, that invites him to imagine first that the present is past and, second, that the past may yet be changed and amended". After an accident or severe illness, people look at their life differently. They now have a second chance. Life is a gift. IT is up to us to decide what to do with this gift.

### *The Fast-Forward Experience-Part III*

The experience has been used by several people in the Logotherapy network. It is a thought provoking experience designed to surface meaningful goals that hitherto have been latent. This experience uses the time dimension as a means of self-distancing.

***Here are the directions:***

You are invited to participate in the *Fast-Forward Experience*. This particular experience will be helpful to you because you can use it to surface some meaningful goals that may have been eluding you in your thinking. As in most experiences of this kind, you will need to use considerable imagination.

Imagine that your life is like a compact disc that you can fast-forward to a future time and then when you are ready, you can reverse it again back to the present. First, you will need to pick the age at which you think you will die. This is not a self-fulfilling prophecy. It's just a guess. One person who used this method said, "The way I came to my age of 88 as an expected time of death was that my father lived to be about 90 and my mother about 86, so I just averaged the two ages. However, if their ages had been 46 and 50, I would have used a different method!" Whatever method you use, just pull an age out of the air whether it is two or three digits.

Now do a fast-forward of your life, knowing that you can reverse whenever you want to. Fast-forward until that last year of your life, in fact to the last day. Your mind is clear, and you turn and look back at your life. As you do a life review, I'm asking that you respond to the question,

**"What will I need to have done or been in order to feel fulfilled on the last day of my life?"**

Take a pen or pencil in hand and begin to write your answers to this question. Remember that most writers are not inspired before they write. Rather, they write and then they are inspired. Feel free to spend some time thinking before you begin, but as soon as you have one idea start writing and you will probably be surprised at the way the rest of the ideas will flow through your pen.

Having looked back on your life from the end of life, "What will you need to have done or been in order to feel fulfilled on that last day?" You may have completed your writing on the subject, or will probably write some more at a later time. Now would you scan the material that you have written? As you do this, please underline or circle or mark in some way one or two things that seem important to you, that loom off the page. Mention, if you are willing, one significant task or relationship that is important to you to do; tell one of your meaningful goals; or describe anything that you wish that is important for you to accomplish.

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End of exercise. I hope you enjoyed this exercise.

Viktor Frankl was perhaps the first who really recognized and expressed that we humans are spiritual beings who have a will to meaning. Therefore we can find joy in many things if we recognize the meaning of it and if we understand the relevance of what we do. Also sacrifices or other rather difficult happenings can be carried without mental distress if the meaning of it becomes visible. Difficult will it only be if we do not recognize the meaning. So is for many people life meaningless as they do not discover the hidden truths and as *they also not search for them*.

(For more information please visit [www.virtuosity.net.au](http://www.virtuosity.net.au))

In the second part of Chapter 5 you will find a real life example of how someone struck by fate found a meaningful life.

**Exercise:** Summarize what was the most important insight you found in Chapter 3 and how you will use it for your practical daily life

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# CHAPTER 4

Edeltraud Grace



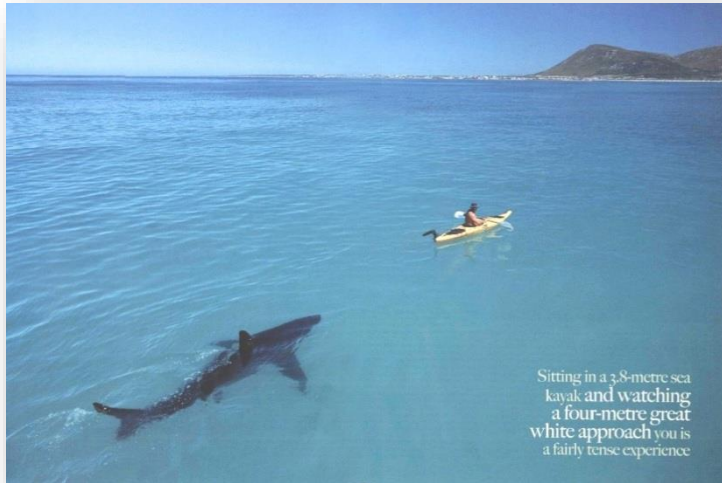
## PART A

### Protection for our innermost self

If we accept that we are spiritual beings and we have a soul and a body and in that wish to lead a meaningful life we naturally will want to develop our spirit and follow the voice of our conscience. We will want to bring our talents into life and develop them for the benefit of our surrounding and ourselves, we will want to contribute in different ways or we will want to be open for experiences. In order to achieve this successfully we must feel sufficiently secure and protected to do this. Many people give up on their goal due to a lack of protection of their soul. This whole chapter will be dedicated to the theme of PROTECTION. Naturally it cannot cover all areas but it covers the areas I encounter most frequently in my Psychotherapy practice and I hope you gain some benefit from the sections.

A typical example when we need protection could be the following:

If we see a meaningful task to fulfil but we feel unsafe to follow our inner voice, we might disregard the intuition and simply not do it although we know it would be the right thing. This might have to do with the fact that you might feel alone as all other people in your surrounding do not share your vision. You start to think that you might be wrong and give up.



Or another example. You have the urge to develop in a certain area in our life, but problems with other people mount up and you feel unprotected. You consider giving up due to this.

Or something else which might happen: You started out following your intuition and worked on an inspiring project. One of the people involved hurts you deeply on an emotional level. The hurt now occupies most of your energy and due to this you start to lose joy in your

actual project. You get sick and are forced to give up.

In all of these examples I do refer to external influences which had an effect on the person. Would the person felt or be protected and strong, the person would had most likely found the way to follow his/her intuition, despite outside opposition.

Naturally there are many more examples. Numerous psychological problems have to do with a lack of protection. Many people unconsciously seek a substitute by believing that they protect themselves when they tense up, tighten their muscles or completely withdraw into themselves and shut all the doors and windows. Or they suppress something repeatedly until they end up

causing their own dilemma, their own blows of fate. But that is not the answer and only leads in the end to feeling less protected.

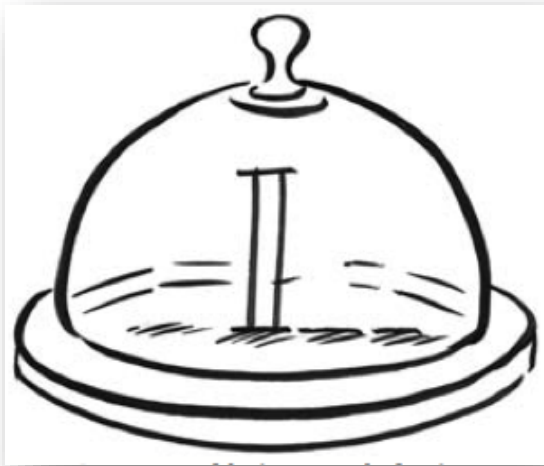
What exactly do we want to protect? That what we would like to protect is our innermost self. We could also compare this innermost self with a treasure chest. It is filled with gifts, which are to be discovered, used and passed on. The gifts of intuition and the gifts of our spiritual nature and abilities.

Our innermost self originates in the spiritual planes, which lie much higher than the material world and are of a much finer substance. From there we go out, unconscious, carrying within us the abilities (gifts) which will allow us to become real human beings, if we unfold them. These include the ability to love, to freely decide, to take on responsibility, to use our creativity for the benefit of our surrounding and much more.

Here on earth, we have the possibility to mature through the greater frictions and resistances of various sorts, like a seed grain in the earth. Hence, we are here to develop ourselves, in order to eventually return conscious and matured to the plane of our origin from which we started out. Depending on which sphere we actually live in, this innermost self, our actual "ego" requires a cloak, a protection, a sort of instrument. Here on earth it is our physical body which serves our spirit as bridge between the inner and the outer world and enables it to be active. Upon laying aside our physical body at the earthly death, there only remains our innermost being with its finer cloaks, which is referred to as the "soul". If we return developed to our origin in the spiritual realm, we also lay aside this finer soul covering and are human spirits in full maturity.

Let us turn firstly to the body. If we give it the necessary attention, it forms a healthy soil for our spiritual development. To the pillars of this healthy soil belongs an individually matched nutrition, which also promotes the blood radiation suitable for the individual person, appropriate and harmonious movement, a free, flowing breath and a conscious "occupancy" of the body, taking into consideration its natural rhythms.

We can refer to the body as a dwelling for our inner self, which would also like to be inhabited, that is, animated. This process occurs naturally from the inside outwards. The more I am "in me", "with me", the more radiated or animated does the body become from the inside.



In this way, the body forms a natural protection for the soul. The body surrounds and protects the soul.

If we feel protected we feel safe and happy. *Lots of people have the wish to feel more protected again.*

### **In what way do we harm our natural protection?**

Our life, indeed the entire Creation is permeated and borne by clear laws. Just as we can recognize it in Nature, so they also permeate the human being, in fact on all the levels mentioned: the physical, emotional and the spiritual. If we entrust

ourselves to them, then we are protected in a natural manner. However, we are far too unfamiliar with and unaware of this lawfulness, therefore we often act contrary to it, and, as a consequence, we harm ourselves. The injuries hit us painfully on the physical and even on the emotional level and affect the deepest perceptions of our spirit.

I assume that in the long chain of earth lives, we have all experienced hurt in some manner because for the most varied of reasons we were not accepted in our own way by the people close to us. Each person would have found different ways to react and adapt to the situation, be it through perfectionism, external achievements, struggles, by retreating or by "swimming with the stream", until he achieving some form of acceptance, but at the cost of his own nature and identity. This behaviour weakens the inner abilities and thus means less protection. Conversely, we protect ourselves more, the more we are true to ourselves and live according to our abilities and deploy them beneficially. Each person is like a flower, and just as poppy, arnica, bluebell, daisy and so on, all shine in their own way and their own beauty, each person should also be true to himself. The beauty and perfection of the whole arises from the variety of characteristics.

So our core of being needs for its development protection. The following will give you examples of how we breach protection and if appropriate, ideas how to protect ourselves better in these instances.

I summarize here what we deal with in each section. Each section will give you lots of ideas and insights in the following areas where we can breach protection of our innermost self and how to protect ourselves better.

Part A contains:

1. Protection of the soul can be destroyed if we play in thoughts
2. Protection of our soul can be destroyed if we play with words
3. The natural protection for the soul is easily destroyed by drugs and occult games
4. Protection for the soul can be destroyed through unnatural practices in personal development courses. Effects on the aura

5. We breach protection by playing a role
6. Threat to safety of the soul is also if we develop an unnatural dependency on another person
7. We breach protection if we brood too much or our thoughts revolve only around ourselves
8. Inability to forgive
9. Experiencing an occupational crisis
10. Inability to deal with inner conflicts
11. Part B of Chapter 4 is about Flower Essences (Bach Flower Remedies)

## 1. The protection of the Soul can be destroyed if we play in thoughts.

We often do not realize that the protective boundaries of our spirit can also be transgressed by our own playing in thoughts.

How I mentioned already in chapter 1 and 2, do our thoughts take on form and naturally not only our thoughts but also our feelings and intuitions. It is very important to become aware of the huge responsibility we carry with the way we think. It is up to us how we use our capabilities in the area of our own thoughts and feelings but we also have to be aware that we have a sharp potential weapon with which we can protect ourselves if we use it to our and other peoples benefit. If we play again and again in our thoughts through the story of the misery of our life, life will respond in giving us more misery. Why? As we get our wishes fulfilled. What we put out will come in. If we focus on our problems life will give us more of them. This is quantum physics by the way.

*"As soon as man thinks in an evil or base manner he does immense harm to himself. The main strength of his volition then flows forth like a magnetic ray towards all that is base where it attracts ethereal matter which, due to its weight, is denser and thus darker. As a result the human spirit from which this volition issues is enveloped in this dense kind of matter.*

*Even if a human mind is primarily bent on worldly things, i.e. if a man is under the spell of a passion for something which need not necessarily be immorality, gambling or drinking, but can also be a marked partiality for anything of an earthly nature, his spirit will be covered by a more or less dense ethereal cloak, through the process I have already mentioned.*

*This dense and consequently dark covering prevents all possibility of the spirit rising upwards, and remains with it as long as it does not change the nature of its volition.*

*Only an earnest volition and an earnest striving for sublime spirituality can loosen and at last completely detach such a cloak, because it then no longer receives a supply of strength of a like nature and gradually loosens its grip. Finally it is dissolved and sinks away, thus freeing the spirit for its ascent" (Abd-Ru-Shin, "IN THE LIGHT OF TRUTH. THE GRAIL MESSAGE", "I am the Resurrection and the Life, No Man Cometh to the Father But By Me!")*

The process described actually happens, although it remains invisible to us. Science, has discovered the existence of ethereal matter, which they are calling "anti-matter" . Thus the sensing that some of us have upon engaging in some unworthy activity of having become "heavier" or "darker" is no fantasy, but an accurate intuiting of the natural result of having been covered in this denser, darker ethereal matter. And, by the same token, the sense of upliftment

and unearthly detachment that we experience upon engaging in some sublime activity, such as performing or even just listening to great music, or being in a state of genuine love or care for another, is again the result of being covered, this time in light and luminous ethereal matter.

*"It should be realised that at the time of its earthly birth the human spirit which has matured to the point of incarnation already wears an ethereal cloak or body, which it has needed on its journey through the Ethereal World. During its earthly existence this also remains with it as a connecting link to the physical body. Now the Law of Gravitation always exerts its main effect upon the densest and coarsest part. Thus during life on earth upon the physical body. But when this dies and falls away, the ethereal body again becomes free, and in this moment, being unprotected and now the coarsest part, is subject to this Law of Gravitation.*

*When it is said that the spirit forms its body that is true as regards the ethereal body. The inner quality of man, his desires and his actual volition lay the foundation for it.*

*In the volition lies the Power to form ethereal matter. Through the urge for what is base or for mere earthly pleasures the ethereal body becomes dense, and therewith heavy and dark, because the fulfilment of such desires lies in the World of Gross Matter. Thereby man binds himself to what is coarse and earthly. His desires draw along the ethereal body, that is to say, it is formed so densely that its consistency resembles as nearly as possible that of the earthly body. This alone holds the prospect of being able to participate in earthly pleasures or passions, as soon as the physical body has fallen away. Whoever strives after such things must sink through the Law of Gravitation."*

*"Expressed in other words. Through the prevailing goal of the human spirit, the ethereal body in earthman is at the same time so equipped that after the death of his physical body it can strive towards this goal, whatever kind it may be. Here the spirit really forms the body, for its volition, being spiritual, also bears within it the power to make use of ethereal substance. The spirit can never evade this natural process. It happens with every volition and intuition. They advance or retard the spirit according to their nature, which is subjected to the Law of Gravitation.*

*Yet the moment the spirit changes its volition and intuition new forms will thereby immediately arise, whereas the old ones, no longer receiving nourishment because of this change, must fade and dissolve. In this way man also changes his fate.*

*Now as soon as the earthly anchorage falls away through the death of the physical body, the ethereal body which is thereby released either sinks down or floats up like a cork, in the Ethereal World, which is called the "beyond". Through the Law of Gravitation it will be held fast exactly in that place which corresponds with its own weight, for then it cannot move further, either up or down. Here it will naturally also find all homogenous species or all likeminded people, for like nature implies like weight, and like weight of course like nature. According to how man was himself, so will he have to suffer or be able to rejoice among those of like nature, until he changes anew inwardly, and with him his ethereal body, which under the effect of the altered weight must either lead him further upwards or downwards." (Abd-Ru-Shin, "IN THE LIGHT OF TRUTH: THE GRAIL MESSAGE." Chapter, "Errors".)*

In what simple and sublime way it is given to every one of us to steer and to remould our fate! Our inner volition, the actual inner life of the soul is the lever for this-and not the outward appearance of what is right or wrong, as judged by the earthly standards. Many people have already sensed this on their own, but lacked the actual knowledge of the Laws, which govern these processes, to give them absolute conviction.

## 1. The protection of our Soul can be destroyed if we play in thoughts but also if we play with words.

In the following we will learn more about Masaru Emoto's research which we already touched in Chapter 1. What it also shows is the effect of WORDS on our surrounding. We have to heed our words and be careful about what we say or not say. 60 percent of clients who come to me for childhood trauma related EFT treatments, tell me about specific events they had with their parents or siblings or relatives or teachers and the WORDS they said to them, which hurt them so deeply that they still, sometimes 30 years later cannot get over that. (After the EFT treatment they usually can) Hurtful words can leave deep wounds. It is important for us to remember that we can destroy relationships if we constantly use words which hurt another person. Even if we do not agree with another person, it does not mean that we should literally kill with words perhaps some noble intuition another person carries towards us. What we do with our words will fall back on us one time and will destroy our own protection as what we sow we will reap.

### Message from Water

In recent times the result of tests conducted by the Japanese researcher Masaru Emoto have attracted worldwide attention. He became known for his photographs showing crystals of frozen water after prior treatments of the water in different ways. Mr Emoto filled a test-tube with a sample of the water he was investigating and treated it to music, talked to it or wrapped a roll of paper with printed words around the glass. It was always a matter of transmitting certain information about "expressions of consciousness" to the water. The results were impressive: Water, which earlier had been "treated" in any way with expressions of gratitude, for instance, crystallized in very beautiful and orderly structures. In contrast, water which was subjected to the aggressive words: "You make me sick" – "I kill you", showed no orderly crystal patterns.

In his book "The Messages from Water", Masaru Emoto describes an interesting school experiment with two glass jars filled with boiled rice: the children of a primary school showered thoughts and words of gratitude on one jar, the other they treated with rejection and the derisory "You fool!" The result: the rice in the jar to which the children said "thank you" had a golden-yellow color, was almost fermented and had a pleasant malt aroma. The rice in the glass to which the children said "You fool!" was black, rotted and had a beastly stench.



Masaru Emoto's experiments in treating samples of water to music produced similarly remarkable results. Water that was treated to classical music formed the most beautiful crystals. On the other hand, water that was treated to a heavy-metal track and its foul lyrics formed no crystals.

But the most astonishing experiment of all was when Emoto froze and photographed a sample of water from his home town, Shinagawa, Tokyo. No crystal images could be seen on the developed picture. This was obviously poor quality water. Now he asked 500 of his students, who lived all over Japan, to send good thoughts to the same water sample, which he placed on his desk on 2<sup>nd</sup> February 1997 at 14.00 hours, so that it might be purified. The result was astounding: the next photograph of this water shows a beautiful crystal formation!



### **FAR-REACHING RESPONSIBILITY**

Many research results show clearly that thoughts do have an effect, which has not been reckoned with up till now. To explain such an effect, one must assume that thoughts consist of something, thus are not a nothing, since where there is an effect there must also be some cause, otherwise there could be no effect. And so it should now be assumed that the thoughts of human beings are not merely a brain-bound manifestation, but reach beyond the personal circle of the person without being limited to a locality or impeded by distance.

The observations, recognitions, investigations and experiments described above speak clearly for the fact that thoughts go out as "works" from us human beings, and as such affect the material world - in an up building or destructive manner, always exactly according to our volition.

Many books on the strength and power of thoughts have already been published. Especially informative explanations about this interesting and important subject are offered in the Grail Message "In the Light of Truth". You can not only learn that thoughts have an effect, but also how they develop, how they work, what laws they follow and what this means for the individual human being as for the entire human race. In addition, the book gives helpful hints on how each individual can deal with his thoughts so as to be able to lead a successful and happy life. What is remarkable in this connection is that in the Grail Message the fact of the effect of our thoughts, which found proof only recently through the afore-mentioned investigations, has already been demonstrated more than 80 years ago.

## THE MESSAGES FROM WATER

### *THE WORK OF MASARU EMOTO*

Additional insight:

"By showing me this you have complicated my life", was the comment of a man when he was introduced to the work of Masaru Emoto. Generally, people believe that thoughts are "duty-free", that they have no value or power in themselves, and that responsibility only arises from the outwardly expressed word or action.

Have you stood in a crowd and felt someone's eyes "boring" into you? You turned round and caught that someone, known or unknown to you, indeed staring at you? Or have you been the one caught staring? What pressure, what influence alerted the person being stared at? You may have been to a place for the first time and had strange feelings about the place, either pleasant or unpleasant. Later, you learn that some event synonymous with your feelings occurred there maybe even a long time ago. Yet it has left its stamp on the place, has conditioned its atmosphere, and you perceive it clearly, especially when you are not expecting it and have no preconception of it. Could what "does not exist" and is therefore "harmless" in itself, exert such a pressure?

Apparently yes or so the pictures of the crystals suggest. They reveal that human thoughts and words are real and potent enough directly to influence water and profoundly affect, for good or ill, its quality.

It was this logical conclusion suggested by the photographs of the crystals that caused the man quoted above utters his lament. His life had become "complicated" because he could no longer live as before, with the attitude that his thoughts are "duty free" and his words have no intrinsic value, outside the meaning that he gives to them. He was forced by the evidence of the water crystals to accept greater responsibility for the happenings in his life than he was previously inclined to.

Dr. Emoto, a Japanese healer and scientist, has developed a technique of capturing on film the response of water to various influences. By taking a photograph of an ice crystal of a selected water sample, using a microscope, Dr. Emoto is able to capture what seems to be intelligent reaction of the water to its experiences. He has shown that water not only reacts characteristically to pollution and other physical influences, but also to subtler influences of words, music and even thoughts. Generally, benevolent influences evoke beautiful crystals that seem accurately to express the nature of the influence. While malign stimuli are unable to form crystals at all and rather result in forms that are as unpleasant in appearance as the stimuli themselves.

### *METHODOLOGY*

Dr. Emoto carries out this work under laboratory conditions. He takes a photograph of the crystal formed when a sample of neutral distilled water is frozen. A clear crystal does not usually result, but an indeterminate assembly of the molecules, which have not been clearly organized by any impression. This serves as a base from which to observe and verify subsequent changes to the structure of the water crystals.

Then he subjects the water, contained in a small phial, to a specific influence - words, picture, music or prayer. He inscribes the word or words on the phial directly, or on a sticker fixed to the phial. The picture he wraps round the phial, while with music he places the phial between two loudspeakers. The phial is subjected to the particular influence for at least 30 minutes, and then

the samples are titrated into Petri dishes and frozen. Subsequently the samples are placed under the microscope in a cold room and photographed at high magnification. The resulting pictures are always striking.

The surprise they evoke is usually because they are true to our expectations of them in terms of values even though the crystals are not fashioned directly by human hand. That which we generally accepted as good, comes out looking beautiful and symmetrical while what we would judge as bad or even evil does not form crystals, but rather chaotic patterns ranging from the merely unpleasant, aesthetically speaking, to the hideous. In between these two extremes are various degrees of flawed beauty reflecting the imperfections of otherwise benevolent influences.

In this regard it could be useful to mention that pure natural influences evoke beautiful, wholesome hexagonal crystals, as do the good thoughts and words of human beings.

### ***IMPLICATIONS***

Emoto`s work which is taking the Western world by storm shows that our thoughts, words and actions have a potency of their own, regardless of our real intentions. And this potency affects the water around us in profound ways. It is as though the natural substances around us record everything we think and do, in a way that makes us the prime beneficiaries of the results of our own expressions. One need only consider that human and animal bodies consist mainly of water ( approximately 66 percent) to realize that what we think and say, by virtue of this effect, powerfully influence our well-being and that of the person to whom the words are directed, and even others who may just happen to hear them. By extension, it is not hard to imagine that the other elements in nature may absorb and react to these influences as well, recording them in an as yet undetected fashion.

The implications for the quality of life are far-reaching. Man can do more than he does presently to improve the quality of his life. It could be inferred that we are not nearly as restricted as we have hitherto thought by how much money we may have, or how much access we have to various material resources and opportunities. Rather the major restrictions to the quality of life may lie in the direction of what comes out of us, what degree of self-discipline and refinement of thought and expression we are prepared to cultivate in natural consideration for our neighbour.

One need only think of children, and the words to which they are often subjected to begin to sense the magnitude of the responsibility that is largely ignored by adults. Very often we scold them with cruel words in the hope of making a beneficial impression on them. How different is the impression when considered from the viewpoint of Emoto`s work, which is nothing contrived, but rather a series of keen observations of natural processes that have been active even before the advent of man in his immense universe. Our hard words can often directly contribute to ill health and the unhappiness of those to whom they are directed, whether child or adult.

### ***RESPONSIBILITY***

Emoto`s observations have a value in themselves, in that they help people become aware of the power and effect of their everyday activities of thinking and speaking. Beyond this, these observations can also provide clues to understanding the inherent lawfulness of the universe in which we exist. From this, basic life principles can be discerned which will prove to be valuable guides to man, so that his activity may be of a more wholesome and goal-conscious nature than it has been so far, in all walks of life.

Already, these perceptions lead to a new understanding of old wisdom. "It is not that which enters a man`s mouth that defiles him, but that which goes out from a man`s mouth." How much clearer does this saying of Christ become in the light of these new perceptions. For indeed the effect of thought and speech on the body's moisture will have an incisive influence on the state of the body's health, in particular, the role of the blood is relevant here. It consists of an even higher percentage of water than the rest of the body, and, as the main transport medium, plays the key role in the overall condition of health in the body at any time. Furthermore, when Christ spoke of it being "more blessed to give than to receive" we can infer that by giving, in the form of thoughts, words and deeds born of goodwill and where relevant, heartfelt gratitude, we earn more blessings for ourselves than we get from receiving gifts of whatever kind. For when we "give" in the true sense of the word, our goodwill and gratitude may directly affect ourselves and our own surroundings in an uplifting and beautifying way. The blessing lies in the reciprocity of our thoughts and deeds, which is implied by the crystals. This uplifting and refining effect of our nobler expressions may not manifest in its full strength immediately, though there will be certain immediate benefits, but it is conceivable that with time a significant momentum could accumulate that could work most powerfully and effectively to change and uplift man and his environment. The inverse would also be true, the destructive expressions of man arising out of malevolence of one kind or another would, it seems the crystals tell us, have a cumulative effect of a similar nature. This would lead to correspondingly unpleasant and disruptive conditions that would bring much misery and suffering to men. In the course of time such negative influences could become so mighty and lead to catastrophes of such magnitude that utterly dwarf their apparently insignificant beginnings. Consider what disaster can be unleashed by an avalanche, which however, is made up of innumerable innocuous snowflakes. The words "small causes, great effects" and "what a man sows that shall he reap" seem to be especially relevant here. In the light of the spate of natural disasters of increasing frequency that characterized most decades of the last century and continue unabated in the new century, the thinking man is urged to ask what proportion of the upheavals can be ascribed to "blind chance" and what proportion to the effect of the violent and frequently malign emotions he indulges in the illusion that his thoughts are "free" and are without any effect on material substance.

Masaru Emoto is certainly of this opinion and through the Internet he frequently organizes joint prayer sessions of love and gratitude targeted at polluted waters in various parts of the world, as well as at events requiring the compassion of man for his fellow man in need.

## OUTLOOK

Many events in the world today are putting pressure on man to change and expand his worldview. The discoveries of Masaru Emoto amongst others can serve to point us in a direction in which we can become aware of the intimate connection between man and the universe; a connection that indicates a far greater responsibility for the weal and woe of our environment and or destiny than we have up to now been prepared to conceive of and accept. Such acceptance of responsibility and the appropriate adjustment to it in goodwill may mark the beginning of a new and more peaceful era of man's existence on this earth. (GrailWorld)

Exercise: How will you use the information of section 1 and 2 for your own life?

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### 3. Example



#### a) The natural protection for the soul is easily destroyed by drugs and occult games

Susanne Barknowitz a Logotherapist from Germany, gives us an interesting example from her own practice. "A young woman in her mid-twenties came into my practice a few years ago, completely confused, but with a rapturous smile on her face – her drug addiction was immediately apparent. In our brief conversation, psychotic and schizophrenic traits were identified together with religious and occult delusions. Behind the desolate outer impression, however, I also recognized a trembling little girl in hiding, who longed for help. Since at this time she had no medical or therapeutic treatment, I told her that unfortunately I could not work with her in this condition and that in the first instance she would have to seek treatment in a psychiatric clinic. Later, she could indeed register with me, but only upon the condition that she was free of drugs and alcohol.

Scarcely two years later, she contacted me again and to my surprise she had fulfilled all the conditions, namely she had undergone psychiatric withdrawal treatment for half a year and since then had taken no drugs or alcohol. Now she found herself in a day-care facility for the mentally ill and continued to take neuroleptics. She made a much better impression on me this time, although still not clearly enough to be able to reach her with therapeutic possibilities. However, I praised and encouraged her resolve and promised to arrange for further stabilizing discussions together.

After a further nine months her mother called and asked me to take her daughter as a patient. The daughter also expressed the wish for therapeutic conversations with me. Now the conditions

were met: a definite consciousness of responsibility, the readiness to work upon herself and the great longing to become emotionally well.

In this case a person had broken through the natural protective wall of the spirit by means of drugs and occult games and in transgressing the boundary opened the gate to alien influences and thereby weakened herself.

The woman still heard voices, which told her what she had to do. Now it was important to prepare a healthy ground step by step, upon which she could walk with safety. And that is – as always and everywhere – only possible with due observation of the Laws of Life already mentioned. For her this meant, in concrete terms, no longer taking the voices seriously, but instead to make herself aware in every situation: I decide (not the strange voices); what do I think is right and suitable?

We met once a week. At the same time she was still undergoing psychiatric treatment and attended the day-care centre, where she also received therapy. Between the carers and myself there was a regular exchange.

As a challenge from me, each evening the young woman wrote down what she had experienced during the day and together we went through her experiences in order to categorize them properly. Appropriate questions on my part then helped her to take some decisions of her own.

Even today she comes to converse. Time and again our conversations dwell on helping her to find her own way, to recognize the influence of anything alien and to send it away, to let go of it, and on ways to gradually free herself from the compulsive rigidity, and become open also in dealing with everyday things. By being natural, the breaches in the defensive wall can slowly be closed.

In the meantime, she has a good basis for a full recovery. We must be aware, however, that with her clinical symptoms the complete recovery can take years, even decades, and is only possible if the patient has an unrelenting and strong inner will. For two years now, the young woman has pursued her profession and the medication could be reduced to a minimum.”

### **3 b) Unnatural personal development exercises or certain esoteric practices:**

A natural Protection of the soul can be easily destroyed when the person undergoes certain so called personal development exercises. Often people believe they will be beneficial as they lack the deeper knowledge about the inter connections of all things. The aura gets disturbed which has far reaching consequences. To understand the dangers I will add here an interesting article about the chakras, the aura and the energetic field we live in which was published in the Grail World, an international magazine for spiritual consciousness.

#### **Chakras: What are they and how do they work?**

Chakras (from the Sanskrit word meaning spinning wheel or circle) are energy centers or energy “organs” which form in between the astral body and the earthly body and have an intricate

relationship with different aspects of human life. They provide a clear picture of all energy changes in the body and can therefore be used for diagnosis as well as therapy.

Imagine each of the seven chakras as a spinning vortex or funnel. They are connected to the body's vegetative nervous system and to the brain. In addition to that, every chakra is directly connected with one of the endocrine glands; and some are also connected with the sense organs. The top of each chakra vortex points in towards the body, where they join a type of central *energy axis*.

The chakras animate the astral body, and thus also the physical body. (Please note that you can find more information about the connection between astral body and physical body, in the Grail Message, In the Light of Truth). They make up the main circuit board of the body, where the astral body and the physical body can communicate with the vibrations of the *unified energy field* (UEF) that surrounds us.

The individual chakras can communicate with this energy field (UEF) only within certain frequency ranges which means that they can react only to quite definite radiation frequencies, ones which match their own vibrations. These frequency ranges correlate with certain colors and tones, and are interconnected with all bodily and physical manifestations of life.

Every psychic quality is represented in the unified energy field as a specific vibration, which depicts the naturally ideal form of this quality.

When a person's chakra frequency resonates with this ideal vibration, the corresponding quality or attribute is strengthened and at the same time this "resonating with" opens a flood gate allowing energies to affect the corresponding part of the physical body in a favourable way. When, however, the chakra frequency concerned does not match the ideal vibration, the chakra remains impermeable to these radiations and this has unfavourable consequences for corresponding physical functions.

The chakras develop in parallel with body growth; this means that they open only gradually. At different stages of development they remain closed to certain radiations-and thus also closed to receiving certain information. The possibilities for psychic development increase as a person matures because the chakras open more with advancing age. Because the capacity to receive and digest information that comes as a radiation out of the unified energy field only develops gradually over time, the human psyche goes through many changes during childhood, puberty and actual adulthood.

The chakras regulate the uptake of this information independently of the will of the individual during childhood and puberty. With maturity into adulthood, the person then becomes fully responsible for his actions. Only then does he decide by himself how he will develop further, and a result of this, dictate to what extent his chakras will open.

Opening the chakras naturally without any harmful effects is brought about only through a striving for spiritual development and purity. Whoever strives for good things has an inner volition that produces vibrations which are in resonance with the vibrational frequency of each respective chakra. The chakra is then purified through these vibrations and can receive similar radiations from the surrounding unified field. Any energy received in this way always has an up building effect and poses no danger, since it is moulded exactly to the spiritual volition of the person.

However, when a person who has not attained an appropriate level of spiritual development tries to force the opening of the chakras with the help of different practices, as are known about in Indian esoteric teachings for example, the opposite situation results. Opening the chakras in such a way can actually be dangerous to the individual.



***The seven chakras of the human being: energy centres as a transition between the "astral body" and the physical body. The chakras have a complex relationship with all manifestations of human life and are therefore used in diagnostic and therapy.***

### **Dangerous meddling with "serpent power"**

Many people are familiar with practices designed to raise the "kundalini" (Sanskrit: kundula=rolled, twisted) or awaken it in order to raise it upwards from the lowest chakra along the energy axis. By raising the kundalini, vibrations are emitted similar to the ones that swing in the same frequency as the individual chakras, and the body receives more energy than it could otherwise absorb. Initially, this can happen only during a particular practice, but in the longer run chakras thus stimulated may remain open also at other times. The human being receives a large amount of energy vibrations that do not have a resonating affinity with his spirit and as a result disturb him. If this onrush of alien energy is continuously increased, it can lead to psychic chaos. Typical symptoms are: persistent sleep disturbances, hallucinations and a deep physical and mental exhaustion, which can degenerate in suicidal tendencies. Those affected often say that their brain is "flooded with energy which they cannot handle".

Even if this person ceases these esoteric practices, his chakra will have become so permeable that it can take a long time before they close back to the degree of functioning that corresponds to his own spiritual level of development. Being in this state is particularly dangerous because no relief or intervention is possible; forces were set into motion, and these forces can only be steered and controlled by the inner attitude of the human being, not outside help.

Indian writings consistently warn against “serpent power” and are very specific about the type of circumstances under which these exercises may be carried out. However, this is completely ignored in many parts of the world where people are inclined to misjudge their own degree of spiritual maturity.

Whoever pretends to be able to attain the desired degree of spiritual development through special exercises all by himself, secluded in his own room, is deluded. To arrogantly look down on those who do not practice such exercises and feel sorry for them only worsens this state.

How much further along spiritually is a human being who, without the need for any practices, lifts and ennobles the world just through the very nature of his thoughts, deeds and intuitive perceptions!

### Chakra stimulation as therapy

It is clear that a well-informed healer can influence a patient’s health by targeting the chakras. Experience tells us that the chakras, in their appearance and color, are not at all ideally what they should be. They mostly appear blurred, indistinct, and sometimes they cannot even be discerned straightaway. It is evident from this, how few people are interested in awakening noble spiritual qualities within themselves. It is a pity as they are only closing themselves off to higher forms of energy, which could flow to them through the chakras and bring valuable qualities to life within them.

The energy that a human being receives from his surroundings supports not only his spiritual growth, but also the development and maintenance of his bodily cloak. On the other hand, disturbances in the chakras can lead to illness over time, just as conversely, organic illnesses can show up in the corresponding chakra.

Experienced healers can stimulate a chakra to receive energy and thus work to promote health. But for this functional correction to have a long lasting effect, the cause of the complaint has also to be found first.

Nor should the healer’s attention be placed only on his patients chakras, but he should also pay attention to his own chakras, because the success of any treatment depends to a large extent on his own physical health and spiritual orientation.

### Qi, Prana, Orgone energy and the “Unified Field”

The fact that it is vital for a human being to have contact with the so called *unified field* has always been known to highly developed cultures and is still recognized in most cultures. The energy which is at the source of all phenomena perceptible to the senses as well as all those which are invisible, is referred to as *Qi (Chi), Prana or Orgone* energy. Today, the somewhat more scientific-sounding name *unified field or unified energy field* is used.

In very simplified terms, it could be said that the UEF embraces any radiation in our environment and this energy ultimately brings about the existence of the entire material world with all its phenomena. Whatever our sense organs perceive or whatever can be observed with technology, are merely the condensed effects of UEF.

The unified energy field is interwoven with the entire universe. It shapes and animates all forms, has an organizing influence on matter and is essential for the maintenance of its structure. The UEF is an inexhaustible reservoir of energy, but if we want to make use of it, we must understand and respect the laws which govern this field.

### The importance of the human aura

Aura is a term for the sum-total of all radiations which result from the combining of all material forms—that is, the ethereal, the astral and the gross material, physical body—with the animating energy currents of non-material origin. The resulting *halo of radiation*, also often called *Od*, surrounds not only the human being, but all material forms in nature, and their different qualities lead to various aura manifestations. The aura of a human being differs from the radiations emitted by animals, plants and minerals.

The 'ring' or halo of radiations is indispensable to the physical bodies or coverings, which were given to the human spirit as an instrument for his development in the world of matter. On the one hand, the aura forms a protective layer, but is at the same time also an important communicative medium, with which a person absorbs radiations from around him.

The color and character of the aura are directly related to the vibrations that every individual produces with his spiritual and physical activity. They therefore reflect the inner striving of a person and his physical constitution. Changes in color, deformities, defects and other variations in the aura are diagnostically very conclusive for those people who can perceive and interpret this radiation ring. The insights gained from this perspective can be so comprehensive that they surpass all other diagnostic methods.

The character of the aura changes with the state of the physical body. The type of nutrition, exercise and the lifestyle in general form the outer frame of the aura.

An unnatural lifestyle, which nowadays is unfortunately the norm, results in serious disturbances of the ring of radiations in the aura. If a person has isolated himself from beneficial, up building forces, he may not have a capacity to resonate with helpful energies and can make it difficult or impossible for himself to receive healing. Nutrition, physical exercise and other aspects of lifestyle are all significant factors. They are all control-levers for our wellbeing and even our fate, because the condition of the aura is absolutely decisive for whether or not we can absorb impulses to further ourselves and our environment. Nutrition plays a particular important role in our life, because with every meal we absorb a certain type of radiation, which is then bound to manifest in the aura ring. To a certain extent the choice of food also determines what radiations we can receive via aura.

Our bodily radiation, arising from our lifestyle, provides the framework for the activity of the *spirit*, but it is the volition of the spirit, that is, our inner volition, that determines the make-up of the aura.

If a person unfolds up building characteristics in his soul, he emits energy vibrations of a certain wavelength, which condition the dominant color of the aura ring. Then his aura resonates with better and purer vibrations in the environment and he is able to experience an influx of similarly good energy that strengthens his good will.

The ability of the aura to communicate is also important with regard to other people. When two people approach each other, their energy fields (which can surround a person up to a radius of about six meters) intermingle. Thus, an information exchange takes place and the two people can experience certain emotions or receive impressions of the other person. Sympathies or antipathies arise due to either a harmonizing between the vibrations of the auras or a mismatch.

As well as that, a very real energy exchange can take place depending on the difference between the strength of energy in each aura. The aura becomes a channel through which the energy flows from one body with its relative abundance of energy to another where energy is scarce.

That is why during a journey on public transport or during a visit to the supermarket in the middle of a crowd it can often happen that one is seized by a sudden, inexplicable tiredness. Also one can easily lose one's energy in the presence of frail elderly people or seriously ill people. In fact there are also people who could even be called "conscious leeches", because energy-wise they really do "suck" others dry.

A temporary loss of energy is nothing tragic for a healthy human being, however, since he is able to restore the disturbed balance quickly. All he needs to do is to go out into the fresh air and to breathe deeply for some time. (From the Grail World, magazine for spiritual consciousness)

#### Exercise:

Reflect about this article. What was new for you, what could you learn from it? How can you integrate this in your daily life?

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Are you yourself willing and interested to develop noble spiritual qualities? Do you understand the effect of such striving in regards to your physical health?

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How can you improve your lifestyle, food, exercise etc. in order to benefit your aura and in that have an effect on what you can receive from the UEF (Unified energy field)?

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### 3. Example



**We breach protection by playing a role**, which does not suit us. For example the role of “The fighter”. Sometimes we adapt a role with which our inert self is not happy with. Often we believe we achieve something through this, like more protection, more love and recognition or the ability to control. Thinking deeper we will but realize that we become unauthentic with this and experience an inner conflict. Deep down we know that we “lie”. Playing a role leads to inner conflict and a general sense of uneasiness. We literally carry a masque and deny who we truly are and how we truly feel. This again leads to a loss of protection.

People who were deeply hurt and not have dealt with that properly also often tend to put on a role, in order to shield ones deep inner feelings and vulnerabilities as they believe that this helps them to not getting hurt again. This can lead to denying and lying to others and in the end as they carry a masque they always live in the struggle to keep up the masque and not get caught in their lie. Some people wear their masque for many years until something happens, perhaps a new shock, some unexpected surprise which turns their world upside down and which results in a deep crack in the masque they carry and invites them to look at their life and perhaps to open up to a new insight of how to deal with their problems in a better and more healthy way. Sometimes to work with a professional can make a huge difference

Please note that the role of the fighter is only one example of many roles we can play.

#### Being authentic

A person feels protected when he is authentic and genuine. Hence, he has to strive to allow his inner self to live, to unfold. What does this core self need in order to live and to become sound once again?

To find this out we have to learn to listen to this inner self, we have to allow ourselves again to listen to this inner voice to this inner guidance again.

Imagine a stream, which always has a connection with the source. Our inner self is always in connection with the Source. But only when our inner self opens itself up to the Source, can it link up with the luminous realms, with the origin, the primary source. *In opening we are empty and only thus can something flow inwards.* The sense of this statement can only become accessible to us, if we try it out, every day anew.

Normally we are used to opening ourselves wide and thereby something alien and uncomfortable often reaches us. In opening ourselves upwards, however, we receive help, ideas and new

possibilities from which we can then draw from. We open us to new energy, uplifting vibrations and guidance which will strengthen us.

A quotation from Saint-Exupery on the subject: "The modesty in the heart does not demand that you humble yourself, but that you should open yourself. That is the key to the exchange. Only then can you give and receive. And I cannot differentiate the one from the other; these two words are certainly the same path. Humility is not subjugation beneath people, but beneath God. So, as the stone is not subject to the stones, but to the temple. When you serve, you serve the work." (from "The Wisdom of the Sands")



If we open ourselves, we allow something to slowly develop which gives us the greatest possible protection, namely trust, a sense of basic trust and finally trust in God.

Let us have a look at the term "confidence" and the words associated with it; one of its aspects is self-confidence; if you have confidence in yourself, thus the courage to act; and actually do something, confidence grows. Apart from that, "making yourself confident" is suggestive of getting to know something, to understand it, to make it your own. By *entrusting* ourselves to the Creative, Natural and Living Laws, by getting to know and understand them, our confidence grows and, as a consequence, the confidence in God can slowly strike roots and gradually grow upwards, giving us inner protection and support and healing our wounds.

The way to there demands strong efforts and inner struggle.

Personally, what helped me most is the recognition that nothing happens to me arbitrarily, at random or by chance, but that I myself have given cause to the respective occurrence – that suits me. And thereby I could recognize the painful situations as help, though often only in hindsight. The knowledge that anything destructive and bad arises only from the human being, is also quite comforting. The Light does not know Darkness.

"In the Light of Truth – The Grail Message" is to be understood in this sense: "With ascent, however, the dangers always lie *behind* every human spirit and never in *front* of him – he should be aware of this!"

Confidence in God cannot be forced; it can only grow in us when we open ourselves. Our longing, our seeking filled with yearning is the driving power to once again achieve the greatest protection for our soul.



Additional Idea:

Exercise:

Think on an area in your life you want to have more inner clarity about. Now do following:

Go into silence! Make yourself free of thoughts.

Protect yourself from all influences which surround your mind.

Disconnect from all the voices which come from outside and want to suggest to you what or what not to do, who or who not to be.

Make yourself free from all your own calculating ideas. The wisdom of the ages tells us how easily life can destroy what we have so vividly counted on.

Listen instead to these capabilities in you- which urge to unfold, to blossom and mature.

Then ask yourself, what kind of love lives in you, love for what?

And consider seriously for what you would give up your most valuable.

Be patient.....There will come this special hour when you will sense something deeply true coming up in you and often this will be in images or deep intuitive perceptions.

What do these images show you? What do these images or intuitive perceptions awake in you? Is it perhaps a sense of pain? Then pull yourself together to soothe and heal it.

Perhaps a dream of light and sparkling beauty? Then let yourself get inspired!

Do not hesitate if obstacles come into your way. Contentment is not the beginning of the path- you will find it at the end.

The beginning is the deep wish to transform your inner pictures or your inspirations into an outward reality. It is your personal purpose which you got in touch with. It is up to you to bring it into deed!

Write down what came up in you!

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## 4. Example

**Threat to safety of the soul is also if we develop an unnatural dependency on another person.**



This can have many different expressions, E.G. we deny our own wishes in order to please somebody else with whom we live together. Literally we believe we have to obey to the other persons map of the world, his ideas or values and disregarding our own. Or another gets easily influenced by the opinion of others to the point he does deny to

listen to his own inner voice. Or we allow an unhealthy emotional attachment although we know that it brings harm to ourselves or the other person. Or we let ourselves be used or we use somebody else and try to push our opinion on them as we know it so much better etc.

I had a client who told me that he needs to honour his mother's wishes, which in clear text meant she did not want him to interact with someone as she was scared to lose his full attention. This was for me obviously selfish. I told him that all he honoured was her distrust towards him and at the same time he dishonoured his own path or inner voice. He looked at me with a perplex expression but got the point.

### **INTERACTION WITH OTHER PEOPLE**

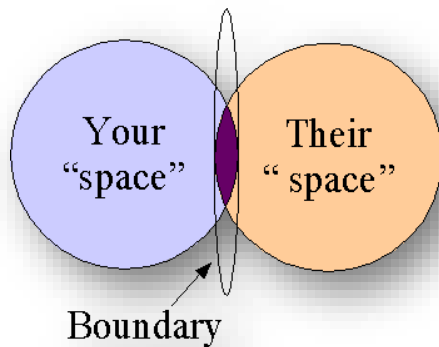
If we strive to protect ourselves more it is also helpful to observe also certain aspects. For instance, we should always *stand on our own ground*, which we should not leave when dealing with other people. So, instead of becoming deeply involved in the problems of other people and losing ourselves therein, we should view our counterpart from an outside perspective. This enables us to develop understanding and empathy, which would not be the case if we fully immersed ourselves in the world of our counterpart. As a consequence, we can develop the *ability to be objective*, which is often mistaken for coldness and soberness. What a beneficial effect it has, when all of those engaged in a project are focused on trying to solve the problem in question to the best of their ability and to further the matter concerned, instead of holding fast to personal interests. Thus, objectivity means to support the cause. Therein rests a great protection from attacks!

To protect yourself also means to set boundaries and to have the courage to implement recognitions and not simply allow everything to run anyhow.

### **Healthy distance and healthy nearness in personal "space".**

These suggestions touch upon a core area of "protection": healthy distance in interpersonal relationships – we might say the right measure of closeness.

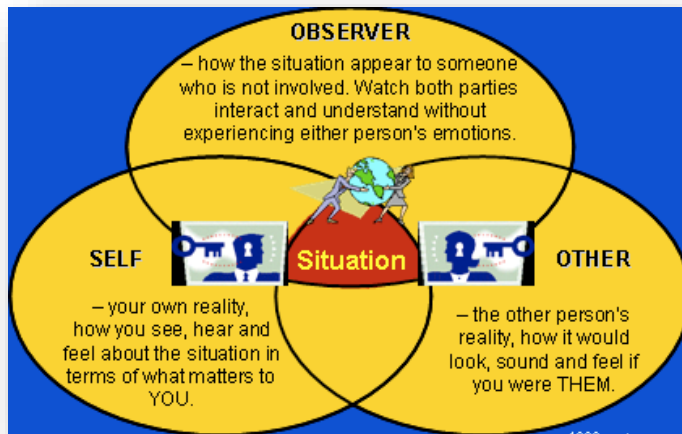
In this context, here are a few questions you may well ask yourself in day-to-day life: What about the “space” in which I find myself daily, surrounded by people who share their everyday life with mine? Who is in my space? Do I find everything around me suitable or does someone run through without my liking it? Where are the individuals standing? Does the distance suit me? Has someone come too close – or stayed too far away? How should I behave so that the distance is suitable? How much space do I need to be able to be myself and how much space do the others need in order to protect their space?



It is important to accept that which the individual needs. What happens in life is not fixed, but subject to change, which can come about any time, and we have to meet in a flexible manner. This also means, for example, that in a very close, intimate relationship it is not advisable to be absolutely close to each other all the time. In fact, it is absolutely normal for each of the partners to occasionally meet another person from the circle of friends or acquaintances for a joint activity which would not be possible to carry out with the partner, but which can nonetheless be suitable and enriching.

A lady client once had a wonderful image on this issue. At that moment she felt very much in harmony with herself and full of inner warmth, almost as though she was glowing. Naturally, she felt the urge to share something of this with those close to her. First her son came to her mind. She was utterly sad when she perceived how much he needed the beauty within her, and filled with concern for him, she gave him of this – and the light in her faded. How could it happen? Much too concerned, she had forsaken her inner self and became immersed in his problems. In a second attempt to pass on her warmth and inner glow, she perceived a red-yellow wall, a weaving full of emotions, which once again took her own light from her. It was only at a third attempt, when she stood still in the beginning and listened and looked, that the helpful image appeared, in which every person in her family who was present was a planet, which had a particular place. From this planet the planets began to flow and to swing....and her light remained.

We need necessary boundaries and stay on our own ground. Here I will describe to you an NLP (Neuro Linguistic Programming) exercise which you could use for yourself whenever you feel literally contaminated from the problems or ideas of another person and not sure anymore what is truly yours. This exercise is useful if you live under the influence of a person (relative, partner, work colleagues, boss etc) who tends to intrude into your space (or you let this person intrude into your space), be it with their ideas, thoughts or demands. (Please do not use this exercise if you are facing severe emotional problems but consult a certified professional or medical advisor!)



1. Set out a place on the floor about which you feel it is YOUR place, so your HOME position. (In NLP language also called First position or Self position). It should be a place you feel sincerely okay.

-Then decide on a place on the floor, where you will place the OTHER PERSON'S position. (Second position)

Place the positions about six feet apart so you can face each other.

-Then decide for an OBSERVER position. The OBSERVER position is equidistant from YOUR position and the OTHER PERSON'S position, far enough back to keep both parties in view comfortably.

2. Choose the person with whom you want to run the exercise

3. Then go into YOUR OWN HOME position to start with the exercise.

In this position, you look out of your own eyes, hear with your own ears, feel, taste and see with using your own organs within your body. This is the position of wanting what you want, insisting on your rights and standing by your beliefs.

From YOUR OWN position you then see the OTHER PERSON in the following way. (Check if this applies.)

- a) You see the other person life sized.
- b) S/he is on eye level on a level floor.
- c) You are looking out of your own eyes.
- d) You hear the other person's comments through the location of your own physical ear.
- e) Ask yourself if you experience internal dialogue from your own voice box.
- f) Experience your feelings along the vertical mid line of your torso and ask if those feelings are symmetrically balanced.
- g) Do the feelings belong to your OWN position or are there any feelings that suggest CONTAMINATION from the other party?

At this stage just simply notice without changing anything.

4. Then shake off your OWN FIRST POSITION and move into the OBSERVER POSITION. There you can OBSERVE your OWN first position and the OTHER person's position.

As an Observer you can observe the relationship dance between the same person in first position, and the other, with whom you are interacting.

In the OBSERVER position you watch what is happening without getting emotionally involved, but an Observer can form opinions about the subject of its observation. As an observer you have only a non-partisan interest and you feel detachment or curiosity. If you feel that the

Observer is CONTAMINATED from other positions (Yours or Other) become aware and shake contamination off.

5. Now I want you to shake off the OBSERVER position state and go into the Position of the OTHER PERSON for about 1-2 seconds to get an impression about another's psychological state, perception and viewpoint.
6. Quickly return to the OBSERVER Position and look to First Position (YOUR OWN HOME POSITION) and see what thoughts, ideas and emotions you have adopted from the OTHER person. Send what is the OTHER PERSON's issues back to the other person and then while you are still standing in the OBSERVER position send to YOUR HOME POSITION (First position) a stream of crystal clear shower water, which clears you off from all contamination until you are entirely clear of it.

If this task is completed send to your HOME position, white, shining, protective Light or a shield (or whatever works for you personally!). The outcome for you is that your home position is now surrounded with PROTECTION and LIGHT.

If all looks fine and clear and you gave back the OTHER PERSON his or her STUFF and if you see your HOME POSITION surrounded by a protective, happy, light or shield (or whatever works for you), shake of the OBSERVER Position and step back into your HOME Position.

7. Now look from your own eyes, hear from your own ears and see what you see through your own eyes. Become aware, what were the other person's issues or opinions and not yours. Decide to leave it like this and not let his or her STUFF come into your space again. Now you can listen to YOUR OWN SELF without contamination from the other person. Jot down your thoughts about this exercise:

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## 5. Example



**We breach protection if we brood too much or our thoughts revolve only around ourselves,** if we allow ourselves to be swamped by our emotions and if we focus too often on the unpleasant and allow ourselves to be influenced by it. We also harm ourselves if we always compare ourselves with others and feel disadvantaged. Same always will attract same.

### Breaking through self-defeating thinking patterns

If we breach our protection through our own unhealthy thinking patterns or if we brood in an unhealthy way, we can ask ourselves if our thoughts or attitude is really based on logical conclusions. What about if we loosen up a bit and develop a sense of humour?

Then do these thinking patterns give us the protection, the safety, or the sense of control we wish for, or do these thinking and behaviour patterns result in the exact opposite? Often, they do. If you realize that you are attached to thoughts or feelings which are unhelpful, you might let these feelings come up in you, then put an imaginary window into the area you feel them in your body and let these thoughts pass through the window and OUT. You can also literally kick or push them out, like a client of mine once described how she does it with her unhelpful thoughts. A lot of time we give something appearing in our thoughts too much power which if we would just **release** outside and not even occupy ourselves with them, would give us no trouble at all. So some things do not deserve our attention. If we ignore these thoughts, they will disappear often by themselves. Just imagine these thoughts are black crows. Perhaps they try to sit on your head, but you do not need to build them a nest as if you just ignore them, they will fly away by themselves. If we occupy ourselves with unwished thoughts (black crows) we literally make them a space and we build them a nest where they can sit and breed even more unpleasant thoughts.



### People are disturbed not by things but by the views which they take of them (Epictetus)

Another method is the cognitive behavioural approach.

When a person's beliefs are overly negative and/or unrealistic about an event a person may be sufficiently disturbed to develop a psychological disorder such as anxiety, depression or obsessive-compulsive behaviour.

Consider the following example of an individual who has failed an exam. In behavioural terms, she has only failed an exam. However, if, in addition, she is telling herself, "I've failed my exam. This proves I am a total failure. I am no good for anything anymore" then it is very likely that she will feel depressed and possibly ashamed too. Often the individual will also see in her mind's eye a negative image. In this example it could be a picture of her friends and relatives ridiculing her. Both the thoughts and the negative image contribute to her emotional distress.

These thoughts and images are also called "automatic thoughts" which occur involuntarily.

Irrational beliefs are a major contributing factor in emotional distress. These beliefs are evaluative and involve dogmatic and absolutist "musts", "ought's", "shoulds", "got to's" and "have to's", which can lead to the following evaluative derivatives:

I am worthless because...

It's awful that....

I can't stand it that....

Thought distortions are almost always derived from "musturbatory" beliefs. The following are the most frequent: Please read through them and note down the ones which apply to you.

1. All-or-none-thinking: "If I fail at any important task, as I must not, I am a total failure and completely unlovable!"

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2. Jumping to conclusions and negative nonsequiturs: "Since they have seen me dismally fail, as I should not have done, they will view me as an incompetent worm".

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3. Fortune-telling: "Because they are laughing at me for failing, they know what I should have succeeded, and they will despise me forever."

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4. Focusing on the negative: "Because I cannot stand things going wrong, as they must not, I cannot see any good that is happening in my life."

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5. Disqualifying the positive: "When they complement me on the good things I have done, they are only being kind to me and forgetting the foolish things that I should not have done."
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6. Allness and neverness: "Because conditions of living ought to be good and actually are so bad and so intolerable, they will always be this way and I will never have any happiness."
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7. Minimization: "My good shots in this game were lucky and unimportant. But my bad shots, which I should never have made, were as bad as could be and were totally unforgivable."
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8. Emotional reasoning: "Because I have performed so poorly, as I should not have done, I feel like a total nincompoop, and my strong feeling proves that I am no damned good!"
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9. Labelling and overgeneralization: "Because I must not fail at important work and have done so, I am a complete loser and failure!"
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10. Personalizing: "Since I am acting far worse than I should act and they are laughing, I am sure they are only laughing at me, and that is awful!"
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11. Phoneyism: "When I do not do as well as I ought to do and they still praise and accept me, I am a real phoney and will soon fall on my face and show them how despicable I am!"
- 
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12. Perfectionism: "I realize that I did fairly well, but I should have done perfectly well on a task like this and am therefore really an incompetent!"

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Do you recognize any distortions or thought patterns that you regularly have in your mind and do they help you deal with a situation more effectively? Cognitive distortions usually do not help a person deal with problems or events.

Here are ten ways how you can help yourself untwist your thinking. If one or more of them seem helpful to you, you might make a note of them.

1. Identify the distortions. Monitor your negative thoughts and write down any cognitive distortions that you can recognize.

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2. Examine the evidence. Assess the actual evidence for your negative thought and do not automatically believe that it is true.

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3. The double-standard method. If you heavily condemn yourself for some action, consider how you would treat a friend in the same situation. Would you condemn your friend?

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4. The experimental technique. Undertake an experiment to test the validity of a negative thought.

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5. Thinking in shades of grey. Instead of thinking of problems in all or nothing terms try to assess the situation on a scale of 0-100. For example, instead of thinking of an experience as an absolute failure, all the different aspects of it could be rated on a 0-100 success scale.

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6. The survey method. Ask friends and colleagues whether they agree with your negative thoughts and general beliefs.
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7. Define terms. If you use emotive terms such as “fool”, “idiot”, “loser” etc. to describe yourself or others ask yourself following questions. What exactly is the definition of idiot? Would a complete idiot ever manage to get up in the morning? Is it just a description of one aspect of a person’s behaviour? Can one aspect of a person’s behaviour make them a complete idiot?
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8. The semantic method. Substitute extreme and emotive language with beliefs that are less evocative. For example, “I must give a good speech” could become “It is preferable to give a good speech.”
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9. Re-attribution. Instead of self-blame or blaming others for a particular problem, think about all the different factors that may have contributed to it. Then concentrate on solving the problem as opposed to feeling guilty or angry about it.
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10. Cost-benefit analysis. Make a list of the pros and cons of having a particular feeling, negative thought, negative image or behaviour. For example, becoming angry in traffic queues; thinking that he is absolutely useless or “I must be a good parent”; persistently picturing yourself badly; binge eating or avoiding friends.
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Sometimes we discover that we indeed make presumptions which are not supported by logic.

Exercise:

Jot down your conclusion of section 5. What can you use for your personal life?

## 6. Example

### *Inability to forgive.*



If we would be able to take a photo of our soul, we would probably see a lot of scars, little and big injuries, which are more or less healed, lots of them with festering wound-edges, which tear open again easily when touched and start to bleed. Or you might see areas covered in band aids. In order to not feel the pain, we use- metaphorically speaking- thick band-aids in order to cover the problems. A healing-process but will not be initiated by doing this.

Depending on the kind and depth of the emotional injury is it difficult to forgive the initiator from the heart, as grief, anger and contempt can be so strong, that a forgiveness seems impossible. The blasted wounds are so deep, the hurt and pain overshadow

our life, as soon as the suppressed emotion gets woken up again by a memory of it, it starts to hurt again. Then we tend to react very forceful even to situations which have nothing to do with the initial hurt and often not appropriate to situations which an uninvolved observer would describe as innocent.

Whoever has been hurt deeply by another human being, longs to at least be able to forget all, in order not to suffer again and again from the hurt when the memories come up. Sometimes but there screams in the inside the wish for justice, compensation or also revenge. We wish suffering to the other person who gave us so much suffering. This is a completely understandable human emotion, as when we have connected to a person in love and respect, then this connection stays also in rage and hate. This again means that we are not free, as our thinking, feeling and doing occupies itself again and again with the other person and the emotional injury s/he incurred on us.

To just wait it out that the time heals the wounds does usually not work. The wounds do not hurt this much anymore after many years, but if the occasion arises they tear up again and the old pain and the dark despair are there in the same intensity. Carrying such an inner wound can cost a lot of our energy and also our body can get seriously ill cause of it.

The only medicine which can truly lead to healing lies in our FORGIVENESS.

What has been done cannot be changed. But forgiveness can take a lot of effort. It asks the effort to try to understand and forgive another person's human weaknesses, but in the end Forgiveness sets us free and dissolves our own emotional pain.

In the "Lord's Prayer" we say: ".....And forgive us our trespasses as we forgive them that trespass against us!" and in the Grail Message we read following comment to it. "In this sentence lies the knowledge of the incorruptible and just reciprocal action of the spiritual laws ordained by the Will of God. At the same time it expresses the assurance of complete confidence therein. For the plea for forgiveness or redemption from guilt is *conditional* upon the petitioner having *previously* forgiven all the wrongs inflicted upon him by his fellow-men.

He who is capable of that, i.e., who has already forgiven his fellow-men everything, is so inwardly purified that he will never *intentionally* do wrong! He is then free of all guilt before God, for with God only that is considered wrong which is done with *evil desire and intention*. It is only that which makes it wrong! This is very different to all the human laws and opinions current in the world today."

To reach healing through forgiveness is freeing and uplifting. A lot of energy and inner greatness seems to be necessary to reach that state of complete forgiveness.

"The Wisdom of Forgiveness" is a book explaining how the Dalai Lama practices forgiveness.

*"So to be able to forgive your enemies can make a difference to one's spiritual progress?" I asked the Dalai Lama.*

*"Yes, yes, there is no doubt," he replied. "It's crucial. It's one of the most important things. It can change one's life. To reduce hatred and other destructive emotions, you must develop their opposites-compassion and kindness. If you have strong compassion, strong respect for others, then forgiveness is much easier. Mainly for this reason: I do not want to harm another. Forgiveness allows you to be in touch with these positive emotions. This will help with spiritual development."*

*"Is there a special meditation technique that you use?" I asked.*

*"I use a mediation technique called giving and taking," the Dalai Lama explained. "I do a visualization: I send my positive emotions like happiness and affection to others. Then another visualization. I visualize receiving their sufferings, their negative emotions. I do this every day. I pay special attention to the Chinese- especially those doing terrible things to the Tibetans. So, as I meditate, I breathe in all their poisons-hatred, fear, cruelty. Then I breathe out. And I let all the good things come out, things like compassion, forgiveness. I take inside my body all these bad things. Then I replace poisons with fresh air. Giving and taking. I take care not to blame-I don't blame the Chinese and I don't blame myself. This meditation is very effective, useful to reduce hatred, useful to cultivate forgiveness."*

(From the Wisdom of Forgiveness)

#### Other ways that might help in achieving forgiveness

If we only look at a situation from our own viewpoint, we lack to understand the other persons position. Sometimes if we would *walk in the shoes of another person* for a while we would "understand" better why s/he reacted the way s/he did and it would be easier for us to forgive. We would have an understanding about his life circumstances, his personal struggles and weaknesses and perhaps his personal soul wounds.

Other helpful considerations can we find in following quotes (From the booklet "Helping words. ", Herbert Vollmann):

*-If your neighbour's actions seem wrong to you, you are not to set yourselves up as his judge; for each passes judgment upon himself! Pay attention to yourselves, lest in the end you lack what is best: personal recognition!*

*-Do not complain when suffering overtakes you. Bear it, and be strong! No suffering can approach you that you have not allowed to do so. But learn from it, and change in your inmost being, then it will drop away from you and you will become free.*

*-If you believe you suffer unjustly, look to the people nearest to you, and make good all you have ever done to them. Even if you think that you are in the right! No man has the right to let another suffer! If you are pure in this, then no man will let you suffer unjustly either; they will be put to shame by your spiritual greatness!*

*-To suffer for justice means to suffer for Truth. To take everything upon oneself, to overcome all in order to remain true, is the hardest thing for man on his journey. It means everything: living righteously, living truthfully to the minutest detail, and it will cost many a struggle, many a sorrow; it will be experiencing, true experiencing, throughout the whole of man's journey. Thus should his path be, so that the way to the Kingdom of Heaven may be open for him.*

End of quotes. The little booklet with many more "Helping Words" can be purchased through Virtuosity. [Info@virtuosity.net.au](mailto:Info@virtuosity.net.au) or Amazons <http://www.amazon.com/Helping-Words-Herbert-Vollmann/dp/1574610147>

Another way which I find very helpful is the usage of EFT. Usually it is of great benefit if you imagine the person who did hurt you so much, staying or sitting in front of you and you look at them and then you tap a few rounds of the EFT procedure (See chapter 1) until your intensity is down to a manageable level. Then you might recall the specific event which has led to the pain. Again assess your intensity thinking more from a distance on this event without going internally through it and tap the EFT round in "general" a few times before you start working on the issue. It helps if you imagine there is friend listening to you. You might also write the whole story down on paper, one sentence under the other. Go through each sentence and give it an emotional intensity then work yourself through each sentence using the EFT approach described in chapter 1.

What you also can do is EmoTrance. You think on the person who has hurt you and ask yourself, where in your body do you feel the emotional hurt? Show yourself with your hands. Then you put your hand onto this area and just think that this energy is softening. Energy responds to our thoughts. So all you have to do is thinking that this energy is softening and it eventually does. If it is soft enough it will start to flow. You now just have to follow the energy where it flows in your body and if it is still stuck somewhere you think it is softening some more until it finds a way out of your body. If the pain you start with is really big you can also ask for fine innocent energy to soften and heal this area before you do EmoTrance. You can also visualize soft or white energy stream through you or into this area. I highly recommend that you join us on one of our EmoTrance courses as EmoTrance is a very simple method in alignment with the laws of the universe. The EmoTrance self-help course is just one day and gives you the insights to use EmoTrance with yourself. Everything must flow and if something is stuck we can help it with our intention and healing energies with which we are constantly surrounded with. Bit more about EmoTrance after the following exercise. For more information please visit our website. [www.virtuosity.net.au](http://www.virtuosity.net.au)

Here is another approach which might be of some help.

**It is a combination of EFT and NLP.**

First of all it is important to understand that forgiving others (or yourself) does not mean condoning the behaviour that harmed you, or giving up the values that were violated. An important part of the process of forgiveness is to reaffirm your own values and criteria and use them to choose ways of coping resourcefully. The resolution and integration that forgiveness brings will make it easier to take effective action to uphold your values and standards in the future.

**1. Resentment/Anger.**

Identify the person and the incident you are still angry at or resentful toward and with whom you would like to reach a feeling of forgiveness and resolution. Take a moment to notice how you think of this person and incident now.

Take a chair opposite of you and imagine this other person would be sitting in this chair. Notice how you feel about the person. Give the emotion an intensity level from 1-10. 10 means high negative intensity and 0 means no intensity. Use EFT while looking to the person whom you imagine sits in the other chair until the intensity is low. Then bring it towards a positive level (the relationship is good) using the EFT outline from chapter 1.

Should the intensity not come down to 0 do the following: Notice how you think and feel about this person and incident now. Give the experience a color and form, sound and smell. Jot that down.

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**2. Forgiveness.**

Think about an experience of forgiveness in your past. There are two major choices for this resource experience: a) "You once resented someone, but when you think of that person now it is with a feeling of forgiveness and compassion." b) "Someone harmed you and you forgave them right away because you recognized that they harmed you accidentally, or that they were doing the best they could, etc. For instance, a small child hurt you and you instantly recognized that he couldn't possibly understand the consequences of what he did."

Imagine that this experience had a colour and a form, a sound coming from it and a smell. Jot down what comes up in you in this regard.

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**3. Contrastive Analysis.**

Compare the experiences in steps 1 and 2 above to determine the submodality (description of color, form, sound and smell) differences between the two. Jot down the differences.

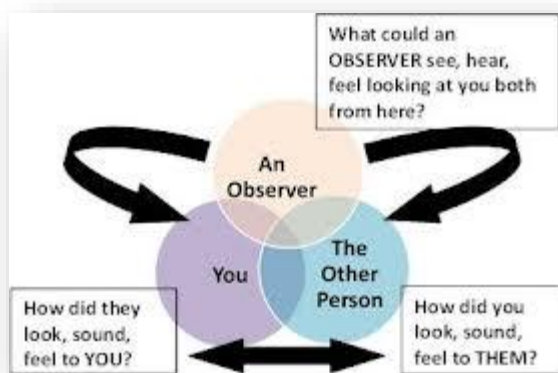
4. Test Submodality (Color, form, sound and smell) Differences.

One at a time, change the submodality differences of the resentment/anger experience to make it like forgiveness. Notice which submodalities are the most powerful "drivers" in changing resentment/anger to forgiveness. So change your experience of anger you feel into the color, form, sound and smell of the experience of forgiveness.

5. Ecology Check.

"Does any part of you have any objection to reaching forgiveness with this person?" The most common objections are of three types: a) Forgiveness would mean condoning the harmful behaviour and violating the subject's values and standards. You can either assure that this pattern will take care of this objection later or jump ahead to do steps 9 -- 11 before proceeding. b) Forgiveness would mean something about the subject, for instance that he's a wimp, etc. Reframe this means find a slightly different possible meaning to it . c) Forgiveness would eliminate a positive function, usually protection from a repeat occurrence. Separate positive function from forgiveness and provide specific ways to accomplish this function.

6. Step into Second Position ("Other" Position).



First get up and go into an Observer position and observe yourself and the person who "harmed" you from the outside briefly. Then step into the other person (sit down on the chair opposite you where you imagine the other person is sitting), noticing what you learn that is new. "What additional information do you get about how this person sees, hears, feels things?" "Do you realize that this person (and yourself) was doing the best he could in this situation, given his background, limited knowledge or

motivation, etc.?" Take time to be sure this presupposition is in place. Satisfy all objections --- at least conditionally --- before proceeding to step 7. Jot down what you perceive about the other person.

7. Transform Resentment/Anger into Forgiveness

Transform anger into forgiveness by "mapping across" all sub modalities (color, form, sound, smell). Mapping across means that you change the submodalities of anger into the sub modalities of forgiveness. As you do this, be sensitive to any objections or reluctance and deal with them before proceeding.

All objections and feelings of reluctance you experience can be also addressed by stating the objection and feeling of reluctance and using EFT which is as outlined in Chapter1). Jot them down.

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8. Test.

"Think of the person you used to feel resentment/anger toward. How do you feel about him now?" Think about how you felt in step1 and step 2. Usually the incident of harm will now be in the past while a person doing this exercise would often be in the future in a more positive way.

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9. Identify Important Values.

"This person that you just forgave did something that you didn't like, which means they violated your values/criteria. Pause now to identify those values and confirm that they are still important to you." (If you have any hint that part of your problem lies in inappropriate or perfectionist standards, pause here to evaluate and possibly revise standards. If it is hard for you to get over perfectionism for example, use EFT to address underlying issues. For more info about EFT please go to [www.virtuosity.net.au](http://www.virtuosity.net.au))

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10. Plan Specific Responses.

"Given that these values are important to you, what can you do that will uphold these standards in the future? Effective action might include preparing yourself for future situations, educating the person who harmed you, or protecting others who might be harmed in the future, etc. Decide what you are committed to doing in the future to uphold your values."

11. Future-Pace Responses.

Rehearse what you have decided to do in future situations so that it will occur naturally and spontaneously in appropriate future contexts.

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12. Final Ecology Check.

"Is what you have done satisfactory to all parts of you? Are there any objections, or are there any details still unfinished for you?"

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13. Timeline Generalization.

If you have had many experiences of resentment/anger, it can be very useful have yourself to take the experience of knowing how to forgive, float up over your life which you could imagine as a timeline (see next page), then drop down onto the timeline before these other experiences of resentment and anger occurred. Move forward through time to the present let your unconscious transform these experiences. This "re-sorting" process can have a dramatic impact on a multitude of past experiences and can also install forgiveness as a "through time" ability that becomes part of your sense of yourself in the present and future.

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Timeline: Past (Vergangenheit), Present (Gegenwart), Future (Zukunft)

This was an interesting exercise and I hope you gained some inspiration from it. I realize that for people who never used NLP before it can be perhaps sound, feel or look like a bit complicated. You might want to go to an NLP Practitioner who can lead you through this exercise.

### EmoTrance

In order not to miss an opportunity for you, I want to again talk a bit about EmoTrance as already shortly mentioned in Chapter1 and above. EmoTrance is a very helpful method to deal with hurt and painful emotions. EmoTrance is a very simple, natural concept and technique transforming Emotional Energy. EmoTrance is

the latest tool from the field of Energy Psychology and was developed by Sylvia Hartmann and presented in 2002 in the UK. All Energy Psychology tools work by releasing the underlying energy disturbance from our energy system which is the cause of our emotions.

Since energy responds instantly to thought, with EmoTrance we use thought, or more precisely, our intention to soften this energy and when it is soft enough, flow is once more restored and the energy is released. For example, when hearing your loved one has had an affair, you feel hurt, but in this example you might feel like you've been physically hit in the chest and have a hard rock where your heart is. This is where the energy is blocked in your body. We simply hold the thought that this energy is softening and it does. As it becomes soft enough to flow, you feel the consistency changing and you physically feel it as it begins to move through the body and finds a way out, which could be through the hands, feet, ears, mouth, absolutely anywhere !! Once all the energy has been released in relation to a particular distressing thought, the emotions will have all dissolved too, as they were caused by this excess energy in the system. It is that simple.

What's more, the restored flow of energy through the body, equates to our handling that particular life experience. We then have the clarity, the lesson, the maturity, the growth that this particular life experience has to teach us. We actually grow from the handling and processing of the stuff of life, i.e. energy. This introduces the concept of Energy Nutrition, that all life experience, or different energies, have something for us and we get the lesson, or the energy nutrients, when we process this in, through and out of our system. Emotions and physical pressure or pain that goes with it is just a symptom of blockage to the natural flow of this energy through us. It also, introduces the concept and realisation, that all energy is actually neutral. That it is our handling of this energy that makes it a positive or negative experience.

Restoring the flow with EmoTrance turns anger and pain into graceful acceptance and letting go, with the wisdom and insight about what a particular experience brought to them. It turns stress into relaxation or even energised feeling in response to the same stimulus. Restoring the flow makes us more able to accept and be nourished by the compliments, recognition and praise that are paid to us and to receive the love that is around us, so we thrive and are

strengthened by it. EmoTrance teaches us how to consciously, using our intention, derive nourishment from all life's energies and experiences and so to become master of our emotional state. From this place of energy nourishment we no longer subject to our needs, but free to create the life we desire.

We highly recommend you to come to one of our Virtuosity EmoTrance courses we hold throughout the year. The self-help course is only one full day and gives you the skills to use EmoTrance with yourself. The accredited Practitioner training is another full day. It would be too long to explain EmoTrance in this manual and it has to wait till manual number 2. We love EmoTrance and it is highly recommended! For more info about EmoTrance go to [www.virtuosity.net.au](http://www.virtuosity.net.au)

## 7. Example

### Experiencing an occupational crisis

#### *Some ideas how to deal with an occupational crisis*

Crises are part of human life. Often a crisis must even occur in a life story, so that a long overdue turning point is reached. Viewed in this light, crisis can sometimes be useful and necessary.

In psychology a crisis is spoken of *when the current demands so overload a person that the existing processing and action patterns are interrupted or at least greatly restricted and changed.*

This definition shows clearly that a crisis pushes a person to his personal coping limit or even causes this to collapse. Those affected experience an extremely unpleasant and devastating state of loss of personal control, often accompanied by great anxiety and a feeling of helplessness.

The definition also makes clear that crisis represents exceptional states of life.

Not all stress is thus at the same time a crisis! Many conflicts and problems, while urging an onward resolution, are nevertheless no real crisis at the beginning!

In human life crisis signify danger and opportunity at the same time. The one person will perceive a crisis as an opportunity and emerge fortified with new spiritual insights from the deluge, another will become mired. Many mental illnesses are rooted in former and unresolved crisis experiences.

#### *Occupational crisis "don't fall from the sky"*

Work-related life crises, so-called occupational crises, have in general been on a steady rise in recent years. So too, in parallel, the more severe forms of anxiety disorders have increased drastically, as evidenced by recent studies. The occupational environment and the social conditions appear clearly to be changing into a direction that is making more and more people experience the great lifelong theme of job and occupation as threatening, daunting and a crisis.

The sphere of occupation shows very well how differently people experience crisis events. A threat of dismissal, for example, can cause one person to become knotted in great fear and trepidation, but be seen by another as "merely" a helping hand of fate to get a move on and set about tackling the necessary changes.

Everyone is vulnerable in a different way: the one person may deal with a serious illness with great courage, and yet the threat of dismissal drives him to the edge of his tether and leaves him paralysed with worries about his survival. Another person, in turn, may "treat lightly" occupational

intrigues and changes, and nevertheless be unable to cope if someone in his close circle were suddenly to die.

Everyone is subject to this rationality with respect to different crisis situations.

Occupational crisis seldom emerges as sudden events.

The beginning of an occupational crisis lies mostly in an experienced difficulty, be it a change of boss or other restructuring in the workplace, a discordant team dynamics, persistent stress situations, rumours about impending job cuts and streamlining measures, financial losses, unethical staffing decisions and so on.

Perhaps one also enjoys good outer working circumstances and therefore does not dare to leave this "golden cage" and venture the long overdue move to something new. Or one experiences the decision between two job offers as a crisis!

There are many trouble spots on the job: the inner ones laying inside the person themselves, and the outer ones that have arisen in the job space. They can leave a person restless and under tension and demand from him or her new answers: perhaps really trying something new, perhaps in a new way to stand up for oneself or others. Maybe it is also a matter of learning something from an unpleasant situation....about oneself or about others with whom one had got overly familiar. An unethical working principle may need to be recognized, and one is reminded of the uncomfortable feeling at the very beginning. Perhaps as an employee of longer standing one should protect younger staff: but perhaps one feels uneasy because of age: the more uncertain the prospects for a career change, the more do worry and anxiety surface.

At this point a deeper consideration is called for.

### *Ways out of a stifled job situation.*

The deeper debate about a crisis job situation should bear on two main questions: Why and what for?

The question of **Why** looks for reasons. It prompts an honest self-questioning as to how one has got into this difficult situation, and to recognize one's own contribution. It must therefore be an opportunity to look back; the development process so far will need to be understood.

If, however, we ask ourselves **to what end it** happened, we intuitively perceive the need to learn and develop something in ourselves.

Both questions draw attention to the inner voice. Listening carefully, new answers can now emerge to the current job situation. These answers are always personal and individual: For one person they may mean the step to giving notice, for another persevering with a new insight.

If these internal responses to an external situation really are personal and individual, they result in a meaning that has a biographical consistency. How right they are can then be recognized by the arrival of inner calm and certainty, even when the external recourse is difficult or does not appear clear-cut.

Now the inner adjustment is found and the strengthened; a so-called "flat crisis curve" may thereby be achieved, meaning that an initial crisis situation triggered a change early enough-before an escalation.

Exercise: Look at your own job situation. How can you use the insight of this article to find more clarity in your professional life?

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Why did you get into this difficult life situation?

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To what end did it happen?

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## 8. Example

### Inability to deal with inner conflicts



*The painting "Temptation of St. Antonius" from Hieronymus Bosch shows the world of the unconscious, which is overcrowded by conflicts and symbolized by insect like horror figures. War and destructive tendencies are to be found in the upper part of the painting, where we can see cities burning. In the lower part of the picture we come to meet all human sins. Holy Antonius only can pray and hold on to a rock.*

To develop does usually not go without conflicts. If you look at the painting "Temptation of St. Antonius" from Hieronymus Bosch, it shows the world of the unconscious, which is overcrowded by conflicts, and you might be able to relate to this, at least I can, when thinking back onto some times of my own life in the past.

Conflicts as such are nothing bad as they are actually an expression that we are going through a **learning experience**. For example, if a child touches a hotplate, it will be more careful next time and not touch it again. In so far as inner conflicts are a result of some trauma, which lets us be more careful the next time and serves as a protective function in our life. These experiences also give our personality a certain structure, and they help us to mature as human beings.

On the downside can inner unresolved conflicts, if not dealt with them properly, lead to a walling in of other soul aspects in us, which want to develop, but cannot due to us suppressing the desire due to "anxiety" or "fear" for example. We just never want get hurt again ever. But avoidance strategies often limit our freedom to a great extent and they can make us tense and we often cannot experience the present open hearted anymore. We literally suppress our own wish to grow other personality traits in us. We also do not deal or solve the conflict. These inner conflicts also show as energetic blockages, which disturb the coordination of cells in the body and can over a long run also lead to disease.

Observe yourself. For example if you are about to act on an inspiration and suddenly something about it reminds you on a severe trauma from your past, you might feel a fear or emotional pain and you automatically want to close off, but in that you actually limit your freedom and perhaps even misjudge a situation. My own experience is that we cannot run away from conflicts. They will be presented to us again and the more quickly we ourselves deal with them, the easier they are to solve. In Chapter 1 we already looked at this phenomena and you might even go back to this Chapter when we occupied ourselves with Energy methods to reread the part I am referring to. Here I will give you additional ideas. Often all what we feel is a tense feeling or fear and what can help yourself resolving the conflict is becoming aware what is actually bothering us. Here is an easy guideline for that.

#### EXERCISE:

1. For relatively simple issues, what might be helpful is if you imagine the bothering aspect of your life like a painting. Internally paint everything what is "bothering" you currently about that aspect on the canvas. Or take a piece of paper and just draw the images which come up in relation to what is bothering you. Then little step by little step think about each aspect. Find your peace with each aspect on the painting and implement the learning into your life. Remember that we are here to learn and mature.  
A useful approach to do this exercise is if you ask yourself: **"If this problem was a place in space and time, what would be the environment? What time of day would it be? What would be the weather? What kind of buildings would be in this place? What's the vegetation? Where would you be in this place? Would there be someone else in this place? What happens in this place?"** And so on. In clear text, you develop a story in this environment. See what happens.....You can do this in your mind, playing a story until a solution comes up. (These are questions derived from Project Sanctuary, a wonderful approach developed by Dr. Silvia Hartmann, AMT)

Jot down what comes up if you do this exercise:

Another helpful approach is adding EFT to it. Play the above story in your mind, or jot it down on paper and you focus on the image and your part in it and do the [EFT procedure outlined](#) in chapter 1 until the image and the experience you have yourself in this landscape changes into a more pleasant image and experience to the point there is a complete solution or insight that helps you further. In this case you tap EFT for the person (yourself which we call an Aspect) that is in the metaphor. So you tap on yourself but imagine you are at the same time tapping on the Aspect of you in the metaphor. You ask the Aspect of yourself how are you feeling and you use the words of your Aspect. Make sure you come to the high positives on the Subjective Units of Experience scale. This approach is extremely helpful. Give it a try and be surprised.

Exercise:

2. Another method is also that you ask yourself specific questions when focusing step by step on different areas of your life. This might be helpful if you feel a general uneasiness but do not know what it is all about.

-Start with the "[environment](#)" you live in. Does it have to do that I am uneasy in myself?

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-Then focus on your "[behaviours](#)". Ask yourself the same question. Am I happy with my behaviours or do I need to change something?

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-Then focus on your "[capabilities](#)". Ask yourself the same question. Perhaps you find that you lack some capability and if this is so, think about ways how you can develop these capabilities.

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-Then focus on your "[beliefs about the world and yourself and your values](#)" in life. Is there something which might have to do with you feeling uneasy in yourself? Are you able to live your values? Do you feel you disregard your own or another person's values?

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-Then go on asking about your sense of "Identity". Who am I? What sense of self do I have? Am I authentic or am I wearing a masque in some area of my life?

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-Then you might want to ask yourself if your feelings of unease have to do with your "mission or purpose" in life. Is something in this regard not clear to you or are you perhaps not living your purpose at all as you want to please someone for example?

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-Then focus on the [spiritual aspect](#) of your life. How is your connection to what is higher than you? How is your connection to the Greater Unity? Are you feeling in peace in this regard or not?

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This might give you the consciousness about why you feel unhappy about yourself or why you have a feeling of unease. This is a starting point for change.

Jot down your conclusions about the exercise above:

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If you found the clarity about what is bothering you, you might ask yourself following questions which can lead to a resolution of your problem.

1. [What is your problem?](#)

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2. [Where is your area of freedom?](#)

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3. List your choices within your area of freedom.

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4. Which of the choices is the most meaningful to you?

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5. What is your first step in the direction you have chosen?

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Also remember that if we open up for higher guidance or help from Above in prayer or meditation we can “receive” help if we are open for it. We are surrounded by help and light. Modern Quantum physics points to this fact too. If we close of to this help we cannot receive it. So open up in trust and ask for the Help you need. Please refer back to chapter 1. (Hours of Introspection) If you do not open for new possibilities nothing new can come in.

It is important that we try to solve our conflicts and not just disregard them.



Conflicts are one of the main reasons people are searching psychological help. What happens if the person resolved one conflict is something many people find strange and it often makes them surprised, as they find that if one conflict is solved, suddenly another perhaps forgotten conflict surfaces.

We have to remember that also in human life as in nature there is always movement always transition from one developmental stage to the next. Usually there is only one major unresolved conflict *active* and other existing conflicts are usually pushed into the subconscious or simply dormant. This is a blessing for

us as we would be otherwise literally “overwhelmed” if all existing conflicts in us would be active at the same time. If the one standing in the foreground is solved another one comes to the surface. Similar to the layer of an onion, apparently humans put on layers too in the frame of their history and they protect well from injuries, but they also hinder us in our scope of freedom and literally block us to enjoy life and to develop other possible personality aspects. So do not be

discouraged when you solved one problem and you realize another problem comes up. If you keep on working on yourself you will in time also feel lighter and things will get easier for you.



We also have to remember that sometimes these from us perceived “blockages” are blessings in disguise. Many of the greatest breakthroughs came through people experiencing a crisis.

Other people who experience lots of obstacles and hindrances might have the opportunity to develop a lot of inner strength as they are constantly forced to exert themselves. Only in exertion can we grow stronger, the same as a muscle can gain strength only if constantly used.

**Exercise:**

Summarize your conclusions and gains of what you learned in Section 8. How can you integrate these conclusions into your practical day to day life?

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Summarize your conclusions of what you learned in Part A of chapter 4 and how you will integrate this into your practical day to day life. What area was of special interest to you?

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## **PART B**

### **Bach Flower Remedies**

In Part B I will introduce you to the Bach Flower Remedies as one emotional healing approach. Australian Flower Remedies work in similar ways. The described working of the remedies reflect a life principle and I hope you enjoy and gain something of value from the following. You can find in the appendix a questionnaire which helps you choose the right remedy for yourself.

We have to remember that everything radiates. Everything is vibration.

Look at the colours of a rainbow.



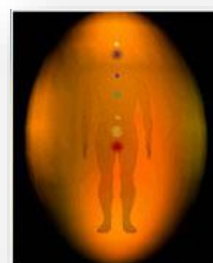
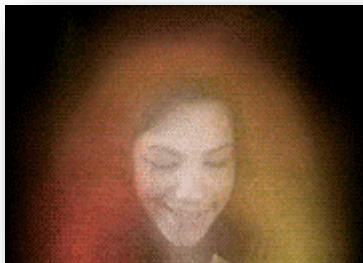
Everything radiates. Every star, every single object, all resembles a finely-cut prism passing on every ray it receives in numberless radiant hues.

Also food radiates



Healthy food is good for our body. It helps us to “vibrant” health.

Modern photography techniques, such as the colour plate method, are making it possible to see the layer of energy (aura) around objects or people.



Flowers radiate too. Bach Flowers are so called Higher Plants and I explain in a moment more about them.

Also we radiate. Not only our body which is surrounded by the astral body (aura) but also our soul and spirit have an impact on our radiation, through its VOLITION. Our volition has an effect on our aura which again has an effect on our physical body. (How these all interacts is very clearly explained in the book "In the Light of Truth", The Grail Message, Abd-ru-shin)

The origin of a human is not in the material world but in the spiritual world. We come here on this earth to develop and learn, to acquire wisdom and to extinguish in us all what is wrong so that we can fulfil the purpose of our existence which lies in the development of our spirit towards perfection. In memory of our place of origin, we carry in us the longing to develop virtues, so higher ideal human qualities. The virtues of our Higher Nature.

For example: Chastity, wisdom, compassion, love, peace, joyfulness, purposefulness, constancy, gentleness, the wish to serve, hope, humility, sense of beauty, loyalty, productivity, truthfulness, grace, modesty, diligence, creativity, the wish to protect, purity, strength, courage, daring, adroitness, genuine and pure womanly or gentlemanly nature and so on.

Our earth life is to be compared to a short time in our developmental history, like a school day in comparison to the whole life. Our spirit is eternal. To develop our deep inner spiritual qualities we have to listen to our spirit, which will talk to us through our deep intuitive perception also called our conscience.

If we transform these impulses into our daily lives through our personality, we feel happy. Our mental, emotional and physical health is dependent on the harmony between our personality and our soul (spirit). As long as there is harmony between our soul and personality, we experience joy and peace, happiness and health.

But we often miss doing this. If our human potential is unrealized, sooner or later, unhappiness will develop. The virtues that we failed to realize now show themselves in their shadow side as vices such as pride, cruelty, hatred, ego-love, ignorance, greed, laziness, lack of knowledge, weakness etc.

Blockages occur if the personality is obstructed from the connection to his inner voice, and instead of that follow earthly, egoistic desires or the personality gets distracted and disturbed through the influence and ideas of others. If this happens and a person does not live in accordance with the guidance of his soul a CONFLICT arises.

As such there are two main mistakes: First the separation of soul (spirit) with the personality and second cruelty and wrong behaviour towards others.

If we disregard the existence of our soul (spirit) and we do not follow its guidance we literally cut our umbilical cord to the source of life and turn away from the cosmic connection or like Dr. Bach said, "away from love".

If we would have enough love to all beings and things, we cannot unjustly hurt anybody, as such love would hinder us to think and do anything what could harm other beings without cause. If we remember the explanation about the Creation laws in Chapter 2 we would then live guilt free and only sow good seeds.

If the personality could and would act in complete harmony with its Soul, then humans would live in perfect harmony. The universal energy of Creation would flow freely and express itself in the life of the personality. We would be healthy and feel full of energy all the time. If we disregard our inner voice, vices develop instead of virtues. Behind every vice lies a good virtue, but if the

person goes away from his roots which connect him to the source of life, he goes away from the all-embracing love, the pure power radiating through all Creation, and through the distance to it, what a person does becomes estranged and darkened.

So it is about two things:

1. To follow our inner voice, the guidance of our conscience.
2. To develop enough love to all beings and things, so that whatever we do, think and say cannot harm others.

**What should we do, if we discover mental conflicts or mistakes in us?**

“Don’t fight it, transform it. ”

1. We should recognize our character weakness and mental errors, and the resulting behaviour pattern.
2. We should not fight the condition, as fighting it would only make it stronger. (What we focus on gets stronger.) We should acknowledge its existence without judgement. Healing does not lie in a battle against the weakness, and not in the use of willpower and energy to suppress what is wrong, but in a steady development of the opposite virtue, thus automatically washing from our nature all the trace of the offender. To struggle against a fault increases its power, keeps our attention riveted on its presence, and brings us a battle indeed. To forget the failing and consciously to strive to develop the virtue that would make the former impossible-this is true victory.
3. Then we find the appropriate Bach Flower remedy. Bach Flowers, as mentioned before, radiate, like everything radiates. The Bach Flowers are “plants of a higher order”. Each of them embodies a certain potential of the Soul that is expressed through its particular vibration. Each of these “floral” vibrational patterns corresponds to a matching Soul frequency within the human energy field. The Flower Essences open our channels to the messages of the Higher Self and they act in all layers of the aura. The actions of certain flowers, shrubs and trees that grow in the wild raise our vibrations and open our channels for the reception of the Spiritual Self to flood our natures with the particular virtue we need, and wash out from us the fault that is causing the harm. They are able, like beautiful music or any glorious uplifting thing that gives us inspiration, to raise our very nature and to bring us nearer to our Souls, and by that very act bring us peace and relieve our sufferings. They cure not by attacking the disease, but by flooding our bodies with the beautiful vibrations of a higher nature, in the presence of which disease melts away as snow in the sunshine. There is no true healing unless there is a change in outlook, peace of mind, and inner happiness.
4. Now reorient yourself toward the greater Unity, spiritual laws, your Inner Guidance and your own Life plan.
5. Lovingly apply the corresponding positive behaviour patterns to reconnect with your Higher Self and unlock your positive potential.

**An Example**

A young woman’s Higher Self would like to express its potential creativity and self-assurance in her personality, and sends appropriate impulses. The young woman repeatedly has the idea that she would like to open a flower shop. In the ideal case she will use the energy that comes to her from her Higher Self to ponder this. Finally she decides in favour of the idea and after having all

the positive and negative experiences that are part of opening a business, she becomes a contented florist.

What has happened? The potential of the Higher Self has been expressed successfully in the personality of this woman, and her personality has been enriched.

However, the impulses of the Higher Self won't always be accepted and fulfilled so unreservedly by an individual. The following might also occur: The young woman receives the impulse from her Higher Self and feels good about it. At the same time, though, she experiences a contrary feeling. A picture of her father flashes up in her memory; many years ago he had gone into bankruptcy with a flower business. She thinks, "I won't be able to do this. Nothing will come of this!" Then she gets a serious case of the flu and finally rejects the idea. Later she tells a girlfriend that she does not feel competent enough to open a flower shop: "Others may be able to do such a thing, but not me. Anyway, flower shops are not what they used to be."

The result is that the energy impulse of her Higher Self is now blocked. The potential cannot be actualized.

### **What error has the personality made in this case?**

The young woman does not pay attention to her Inner Guidance, believing that the experience of her father is more relevant. She does not understand that she would not receive the steady impulse from her Higher Self to open a flower shop if it was not part of her Life Plan. The block that she unknowingly is setting up against her Inner Guidance causes the opposite to happen. What started out as creative energy turns into discouragement and the feeling of inability. Not only does this not enrich the personality; it makes it twice the poorer.

First, a part of the woman's potential and Life Plan remain unfulfilled and valuable creative energy is blocked. Second, the ensuing inner conflict regularly uses up additional psychic energy- energy that does not come from the inexhaustible source of the Soul, but rather draws on the resources of the personality, which then deprives other areas of energy they need for further development.

If this prospective florist takes the Bach Larch Flower Essence, however-"For those who feel inferior to others"- what would be the effect? Having the same vibration as the energy potential of the Higher Self that wishes to express itself, it is able to make direct contact with this energy potential. It washes out the blockage, which is at a lower disharmonious frequency, flooding it with its own higher, harmonious frequency.

The potential of the Higher Self is thus supported, and in turn the correct message gets through to the young woman and completely dissolves the rest of the blockage.

In this example the young woman becomes aware of her lack of self-esteem and starts to see things differently. She might tell herself, "What happened to my father does not need to happen to me. Why should not I be capable of opening a store? I will try it and see what happens. If it does not work, at least I will have learned a great deal from it."

Of course, the whole process will never be as straightforward as has been depicted here, and obviously there will be setbacks and obstacles to overcome, but ultimately once the blockage has been resolved, the energy from the Higher Self can be used fully by the personality. At the same time the individual again has creative energy at her disposal that was previously spent on the daily maintenance of the negative avoidance reaction. The personality has become double enriched.

For your convenience find in the appendix a questionnaire which can help you select the right remedies for yourself.



## Part A

### Boundaries and perceptions

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

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

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

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

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

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

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

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

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

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

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

*How can we respond differently and make no unfounded assumptions?*

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

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

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

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

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

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

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

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

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## The mirror effect

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



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

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

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

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

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

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

### **SPURIOUS SILVER**

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

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

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

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

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

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

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

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

#### EXERCISE:

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

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

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If we recognize the mirror effect in life, we can open our eyes to who we truly are and this is a great step to our further development. We can discover our weaknesses and know what we have to work on, which opposite virtue we should develop instead. To understand the mirror effect in life might be the greatest step to our personal development. If we apply this to ourselves, we can also help others to free themselves from bondage(s). This is what Jesus wanted to say when he said: "Thou beholdest the mote that is in thy brother's eye and considerest not the beam that is in thine own eye!"

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

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

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

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

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

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

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

It is so simple

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

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

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

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

## Ponderers

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Part B

### A successful life

In Chapter 5 part B of this manual we will look at two real life examples which can teach us something about happiness and following ones inner voice even in difficult or confusing material circumstances.

I hope you get inspired by these two life stories.

### The life of Bernhard Gsell

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



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

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

was for me not a big surprise anymore. And in the view back, many things became clear to me. That all this did not come from nowhere."

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

**What does life demand from me?**

**In what lies my task?**

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



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

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



He mentioned: "With 6 years I had the wish to become a painter and first I wanted to be a church painter or restaurateur. That was my goal and something else was not on my mind. And I have the luck that I can despite my circumstances do that. I do this with difficulties but it works. "



Creative activity is for many people a key to joy of life. Happiness researchers speak of "Flow". If someone dedicates oneself to an activity which matches the person, through that suitable activity arises in the person an uplifting feeling of self-forgetfulness.

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

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

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

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

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

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



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

## 2. Example

### Happiness can be found in the inside



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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

*“.....A spiritual goal is always something which contains furthering values. You will always recognise it by this! Eternal values, nothing that is transitory! Therefore whatever you wish to accomplish, whatever you now endeavour to strive for, always ask yourself first of all for the values you will*

*consequently bring about and find. It is not too difficult if you really wish to do so!"* (The Grail Message, In The Light of Truth, Abd-ru-shin, Motion-Law of Creation)

Edeltraud Jakob-Grace

Further information:

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

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## APPENDIX

### The discovery of EmoTrance –How it all began

(Sandra Hillawi, The Love Clinic, Page 10)

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

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

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

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

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

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

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

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

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

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

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

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

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

Simple EFT guideline

*EFT Heart & Soul  
The AMT 2012  
www.TheAMT.com*

# EFT

## Emotional Freedom Techniques

Top of the head

Third Eye point

Eyebrow point

Corner of the eye

Under eye

Under nose

Under mouth

Under Collarbone

Thumb  
Index Finger  
Middle Finger  
Ring Finger  
Little Finger

Karate Chop Point

*Start and finish by placing both hands flat on the centre of the chest, and take 3 deep breaths in and out.*

**“What is causing you stress today?”**



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

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

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

### The Child in the Circle

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

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

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

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

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

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

## Bach Flower Remedy Questionnaire

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

### Agrimony

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

### Aspen

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

### Beech

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

### Centaury

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

### Cerato

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

### Cherry Plum

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

### Chestnut Bud

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

### Chicory

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

### Clematis

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

### Crab Apple

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

### Elm

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

### Gentian

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

### Gorse

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

I feel sullen and depressed

### Heather

I am obsessed with my own troubles

I dislike being alone and I like to talk

I usually bring conversations back to myself

### Holly

I am suspicious of others

I feel discontented and unhappy

I am full of jealousy, mistrust, or hate

### Honeysuckle

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

I think more about the past than the present

I often think about what might have been

### Hornbeam

I often feel too tired to face the day ahead

I feel mentally exhausted

I tend to put things off

### Impatiens

I find it hard to wait for things

I am impatient and irritable

I prefer to work alone

### Larch

I lack self-confidence

I feel inferior and often become discouraged

I never expect anything but failure

### Mimulus

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

I am shy, overly sensitive, and modest

I get nervous and embarrassed

### Mustard

I get depressed without any reason

I feel my moods swinging back and forth

I get gloomy feelings that come and go

### Oak

I tend to overwork and keep on in spite of exhaustion

I have a strong sense of duty and never give up

I neglect my own needs in order to complete a task

### Olive

I feel completely exhausted, physically and/ or mentally

I am totally drained of all energy with no reserves left

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

### Pine

I feel unworthy and inferior

I often feel guilty

I blame myself for everything that goes wrong

### Red Chestnut

I am overly concerned and worried about my loved ones

I am distressed and disturbed by other people's problems

I worry that harm may come to those I love

### Rock Rose

I sometimes feel terror and panic

I become helpless and frozen when afraid

I suffer from nightmares

### Rock Water

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

### Scleranthus

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

### Star of Bethlehem

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

### Sweet Chestnut

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

### Vervain

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

### Vine

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

### Walnut

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

I want to be free to follow my own ambitions

### Water Violet

I give the impression that I'm aloof

I prefer to be alone when overwhelmed

I often don't connect with people

### White Chestnut

I am constantly thinking unwanted thoughts

I relive unhappy events or arguments over and over again

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

### Wild Oat

I can't find my path in life

I am drifting in life and lack direction

I am ambitious but don't know what to do

### Wild Rose

I am apathetic and resigned to whatever happens

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

I feel no joy in life

### Willow

I feel resentful and bitter

I have difficulty forgiving and forgetting

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

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