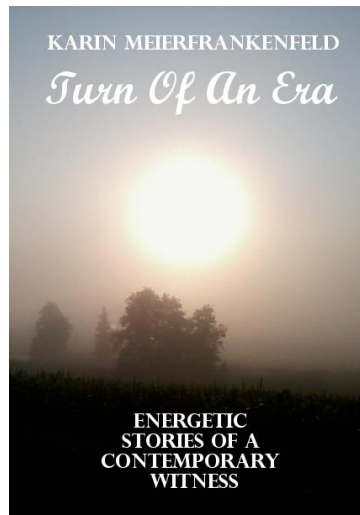




Turn of an era – Energetic stories of a contemporary witness

by Karin Meierfrankenfeld, Berlin 2014

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<http://onshergoes-projekte.de>

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Back Cover:

The earth in 2014.
Changes were noticed by those people who opened up for it.
The perception of many people began to change. The old
patterns and structures were questioned increasingly.

Where does your way lead to, dear earth and
what is going to happen with us, the earth's people?

This book will not answer these questions,
because you are your destiny's smith, you decide.

You are a being with free will.
Remember this and make your choice.

A contemporary witness reports
from her experiences.

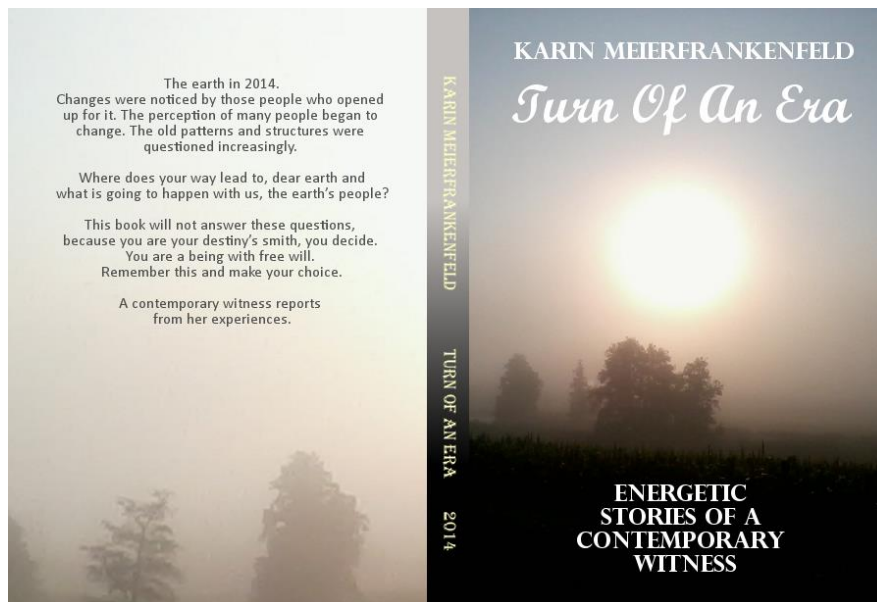


TABLE OF CONTENT

Preface	6
Introduction	7
The Beginnings.....	9
Cemetery of the March-fallen.....	11
Money.....	13
Work.....	15
Twisted World.....	22
Protection.....	23
The Energetic War Behind the Scenes.....	31
False Light.....	37
Darkness	41
A Look into the Future	43
Manifesting on the Present Basis	45
Developing Spiritual Abilities	50
Impatience	54
Truth and Lie.....	57
Self-Esteem	60
Healing.....	64
Throwbacks.....	71
Peace.....	73
Success or Success	81
Denied Love.....	88

Exchange Deal Relationship	89
Telepathy.....	93
Perception of Space.....	95
Monday's Peace Demonstration.....	98
The Arcturians.....	104
Abundance / Reichtum	107
What to do about Outrage?	109
Death of a Student.....	112
European Elections	114
Planet of Lies.....	118
Top-Heavy.....	123
Emotional Blockages.....	126
Interpretational Sovereignty.....	128
Inner Strife.....	131
Commandments And The Thunder God	133
Empiric Parapsychology	151
Liberation	155
Global Peace	158
Injustice.....	160
Meaning of Live.....	164
Here and Now	166
Creativity	167
Perfectly Happy.....	168

Rebirth.....	170
Dreems	171
Immortality.....	173
End	175
Appendix.....	176
Certificate Oaths and Vows	176
Short Stories to Think About.....	178

PREFACE

As a child I asked myself, why I incarnated exactly now. Somehow the time around World War II seemed exciting as well. However, I said to myself: *“well, I did incarnate right now, because the time ahead of me is going to be a very special one and I can experience and learn terrifically a lot. I would not be here if it was not so.”* This was not just said without thinking in such a way, I deeply sensed and felt that way as a child.

Today I have definitively the impression that we live in a very special time. We experience a change which is different. Something is happening which has not taken place in such a way over the past thousands of years on this earth.

With my *energetic stories of a contemporary witness* I would like to share some of my experiences in releasing old patterns and conditionings and how I personally perceive the energy in today's time.

What do I recommend when reading my book? Make up your own mind, please. Do not believe anything I am saying. If you think my writing makes no sense then it does not. If your opinion differs from mine then please use your own discernment. In fact I might change my mind as well and write something completely different some other time in a different context.

However, if you get upset with something, it definitely does have to do with you. It might reflect any of your own uncomfortable truth or it points out your vulnerability. It shows trigger points you might want to work on to dissolve them.

And those people who control us have to fear nothing. My book alone will not lead to the fact that your empire breaks down. The matrix is woven too well. The deception is too good as that enough people draw inspiration by my words to release the patterns that keep the delusion.

But should your empire break down anyway then exactly because it is time. Even for you it is time to surrender to the change and break free from darkness in order to experience the light and its adventures. There is endlessly a lot to be discovered. There are no limits.

The sum of our shadow parts is the foundation of darkness. Maybe now it is time to give truth a chance? Yes, you can chose because you are a divine being with free will. Take back your responsibility and decide for yourself who you want to be and how you want to live.

There are endless possibilities and we can play with them. I have no idea where it takes me. I just want to remain open for anything that shows up in order to be who I truly am.

INTRODUCTION

Mathilde had just entered her new flat in Berlin. The place still looked messy because there were cardboard moving boxes all over the place. There was just enough space to get to the bed, to sit down there and to take a deep breath. Mathilde needed some rest but could not quite get some. She was expecting a call from a friend and was disappointed. Why didn't he call her? He knew she would be arriving tonight. He knew she would be feeling alone in the new flat and in the foreign town. She was expecting him to comfort her. But he did not.

The phone began to play music. Mathilde's mood was lifted immediately. Finally, he rang. Joyfully she picked up the phone and looked at the display. But it was not him, it was her sister. Usually she liked talking to her but right now the disappointment was stronger. But she tore herself together and answered the phone. After the initial disappointment, the conversation turned out exceedingly well. Mathilde was glad to have heard a familiar voice in this foreign town and felt a lot better after the call. She was then able to surrender to her exhaustion and fell asleep leaving the disappointment behind. A new day lay ahead with many challenges. The new town had to be explored, the moving cardboard boxes had to be unpacked and order had to be made. A new chapter was about to start in Mathilde's life.

The story ends here. Mathilde is me. But my name is not Mathilde. Actually, my name is not relevant at all in this context. This is just one of countless stories. Who am I? Am I just a story? Is my life only one of these stories? If I am not Mathilde who am I then?

Am I my name? Am I the story that happens to me? What are all these stories good for, all the stories that we may experience as Mathilde, Maria, Frank, Martin, or whatever our name might be?

What happens if we do not identify with the stories any more but with our true essence, with our innermost being, with that what we really are? Well, our perception changes then.

I would like to see this world in peace and people living in harmony and remembering the oneness with nature and all beings of the planet. I'd like to see humans stop destroying our own living space. Therefore it could be helpful to remember who and what we really are.

So, who are we? We are multidimensional beings whose conscious perception on this planet is considerably limited. We are beings which have gone through the veil of oblivion. And we walk through this veil over and over again. Sometimes I believe to have understood matters, only to forget them again. Sometime later I figure out things again, just to realize I already knew them.

Why do restrictions exist? I think they were imposed on us because we allowed it to happen. We allowed it because on some level we chose them. For what reason should we choose restrictions? Maybe we chose them in order to play games without knowing the outcome. If I already knew the outcome, then the game would be dull. No surprising moments. There wouldn't be these moments which lead us to believe that we have comprehended something absolutely new. Basically we already know everything but it wants to be experienced over and over again anew. It wants to be lived. It wants to get to know itself although it already knows itself. What is *IT*? This is our essence, our being, our very own strength, *IT* from which the universe and all universes have originated.

THE BEGINNINGS

Many years ago I visited several talks on an esotericism fair. Back then I did not know much about energetic work, everything was new to me and a lot had to be explored. Looking back I would give myself the advice to let go of precast expectations in order to prevent disappointments because I could not imagine at all what I was about to experience later on. My knowledge at that time was too restricted to have an idea of what energy work really would be like. However, much later I found out that the feeling of disappointment just lay on my way, exactly for the reason to be dissolved by experiencing it.

Anyway, coming back to the fair where I went to listen to one of these talks. It was held by a woman. I do not remember her name. The title of the talk was '*fear*'. The woman began her presentation by reading aloud some statements from a slip of paper. This was weird somehow because what she said seemed absolutely incoherent.

While she clung to her slip of paper she appeared very uncertain and could not mediate properly what she wanted to express. The people in the hall left the space one by one. I felt sorry for the woman. How cruel it must be if the audience leaves the hall out of disinterest. However, the woman was not disconcerted and continued her talk. Many people had already left and only approximately one quarter of the room was still filled with people. I had lost interest as well and decided to leave. I went to the door. It was a sliding door which stuck every now and then. When I wanted to open it, the door did exactly this, it stuck. I could have opened the door with a lot of noise, but I did not like that idea. I did not want to interfere in such a violent way as the woman was already punished enough with all those people leaving her talk.

Besides, I remembered a saying „*if you find close doors, the universe is telling you there is a better way to go*“. Thus, I went back to my chair to wait until the end of the talk to then visit another one. In the meantime the woman had finished her reading from the slip of paper and some of the remaining people started to ask questions. And all of a sudden this woman was totally exchanged.

She freely started to tell from her life and with it she had left behind all her uncertainty. Now she was authentic, enormously thrilling and had to say awfully a lot.

The woman was a medium and had the gift to see the energy of deceased people or animals and to communicate with them. I remember her telling us about her work in Cologne. There in the streets some people are still lying in the ditches, face down in order to protect themselves from the bombs of World War II. They have not yet noticed being dead. The woman said she needs to be very gentle when she contacts such souls. She slowly begins to talk to them and prepares them softly to let them know what has happened. One must be very careful, she said, because these people are often still extremely intimidated as they were full of fear at the time of their death and still are. Instead of rudely requesting of them to go to the light, it is often better to ask them to look around and see whether they can discover a light somewhere.

I remember very well how fascinated I was by this story. Up to then I had not dealt with such kind of stuff, it was just new, astonishing, and surprising. I was so fascinated that after the talk I literally watched myself applauding and saw my jaw dropping. I sat there with an open mouth full of astonishment. All I was able to do was to clap. Not because it would have been polite, but because at that moment the applause was an expression of my respect for this woman as well as for life, as well as for death.

Later another medium from England told me that there are people in London who go to work by underground every day. This is not unusual. However, what travels is not the body but the ghost of these people. Some people over there also have not noticed yet that they have passed away.

The more I have dealt with energetic subjects in the course of the years, the more those or similar stories became normality. However, I do remember with pleasure which effect they had on me in the beginning and how they very often left me in incredulous amazement.

Nowadays I am listening to people's stories about meetings with spooky beings from other dimensions with an open heart. I do not automatically consider it to be imagination or nonsense. It might or it might not be. Of course not all of it is true. But I try to avoid pushing such phenomena

into the realm of the impossible as there is a lot of stuff we do not know yet. There is a lot which is not in our perception area but nevertheless does exist. I would like to stay open for all the things that might want to appear in accordance with my free will. The possibilities are infinite.

CEMETERY OF THE MARCH-FALLEN

I would like to write about another experience I had last year. One afternoon I was cycling without a given goal and ended up in an area of the Berlin national park *Friedrichshain* which had never particularly interested me before. But that afternoon I discovered an exhibition about historic events within a walkable container. I felt like having a closer look and found documentations and information about the revolutions in Berlin of 1848.

The people in 1848 demanded freedom of the press, justice, equality etc. My jaw dropped when I read that because for a moment I felt confused, lost in time somehow because I had the impression this could also be demands from 2014. All of a sudden it became clear to me that history revolves itself. Again and again we reach a point in history when people demand freedom and fight for it and even give their lives for it. The details change in the course of the time but the basic model remains.

When I left the container I walked over to the *cemetery of the March-fallen* where some of the mostly young men are buried who left their life in 1848 in the street fighting of Berlin. Most of the graves could not be seen as they were buried by layers of earth over time except for two graves which had been excavated a few days ago. The commemorative tables with the names of the fallen were visible. Names which I also found on the Internet later in a list of all revolutionaries of 1848 buried there.

While standing in the middle of the former cemetery with all the graves underneath it was that I felt a moment of very deep silence and a deep connection with the spirits of the dead. The following message came into my mind: "*Nobody has to die any more for freedom, nobody.*" It was, as if the dead people spoke to me in order to let me know that it is time to end the madness. Their

message for me was: *"How often shall history repeat itself? How often should people be turned against each other and kill each other?"*

This message fit quite well because before that afternoon on the cemetery every now and then I felt like a revolutionary fighter. I imagined freeing this planet and how this fighting for freedom came from noble motives. Sometimes I even felt like giving my life for it if necessary. This was probably a subconscious memory of former lives in which I did exactly this, or maybe also the effect from eternal *oaths of allegiance* from other lives which were not released at that time.

Anyway, ever since I had that experience at the cemetery I lost the desire to be a freedom-fighter or to die for wrong ideals. I want peace. I would like to stop playing the freedom-struggle-death-game any longer. I wish for peace in myself, peace with my past and peace in my other lives.

Maybe now the time has come to aim at a final freeing but this time in the consciousness of many people instead of external fighting and killing. This time not in the form of fight, aggression, fury and the like, but by recognizing, seeing, and by dissolving the lie and living the truth.

Let us free ourselves from the everlasting recurring wheel of history. Let us change our behavior by causing the peaceful revolution in the minds of the people, within ourselves, within each single one of us. Let us consciously stop the game by withdrawing our energy from it, by stepping out of it.

Where are the real chains of our imprisonment? They are within our mind, in that what we were taught to think, in our dogmas holding this system straight. We create them in our consciousness. We are programmed, manipulated. We follow wrong value systems. All these things prevent us from knowing who we really are. This is how we keep us and each other in prison. In order to get out we do not need to sacrifice our lives for wrong ideals but to let go e.g. of false teachings. To remember who we are we need to forget what they told us to be. We need to become aware of the manipulation. If we see more and more how we are used as match ball then we are able to avoid the game. The system has many tools to restrict us. The most important ones are probably money and work. Both together are tools of control over us, actually letting us be more or less drudges.

Many of us cannot imagine social structures without money with a totally different meaning of work. We are led to believe in the nonexistence of alternatives. As long as we look for solutions within the existing system, there seem to be no alternatives. And exactly this is intended, not to see solutions. Hence, a lot of effort is placed on preventing us to escape from this system, to prevent us from looking beyond the horizon, so we cannot see where the solutions are.

Solutions do exist. They are lived on other planets in other cultures. If we had contact with benevolent beings from this or other galaxies, it would certainly be simple to listen to their suggestions for well working alternatives and transform our lives. But this possibility is kept from us. So we need to figure out by ourselves on how to escape the existing system. How can we free ourselves? By discovering and thus dissolving the subtle mechanisms that are keeping us there. This text and the examples in this book are meant to change one or the other person's perception. Our consciousness creates our reality. If we want change within our lives it needs to start within our consciousness.

Maybe conflicts will arise. Maybe we have to take a stand for our goals. All this is called life and life does not stop once we change our thinking. We will continue having the experiences we are meant to have by living on this planet. But now is the time to figure out who we really are and why we came here. It is time to bring light into the darkness which we have experienced for so many millenniums. This is the spirit of the time right now.

MONEY

In order to live on this planet we need money, except, we live somewhere in nature, far from any civilization and are self-caterers. However, as soon as we approach a town, we cannot directly help ourselves any more from nature, because we cannot drink water from the river or eat fruits from the trees or shoot a hare and sizzle it in the campfire. We cannot move around freely, put up our tent wherever Mother Nature invites us to do so. In winter we need protection, warmth, and

a roof over the head. Whether we like it or not, we need money. However, money alone is not enough. We also need a system that permits us to maintain the civilized life on this planet.

As long as we cannot or do not want to be self-sufficient we are at the mercy of some sort of system. If the system suddenly broke down one day or the other many people would die, only by the interruption of the food supply. At my place the garbage disposal did not show up this week. That was already quite bad. Not to imagine if they stopped coming at all.

How do we raise money? Most people work, or produce any service of some sort which is compensated with money. But there are also other forms, some have great ideas which are richly compensated, some are born in a rich family, or have rich partners, some let others work for them, or some receive gifts etc. No matter how we put it, we cannot avoid money and we feel a lot better if we have enough money to be able to do anything we want, nothing wrong about that. But money can also be a restriction, for example if I believe not to be able to afford something due to a current lack of money. Things can come to us on all possible ways. If we are focused on money only, then we might keep the things away instead of magnetizing them and receive them as gift or inheritance or any other way.

Sometimes it is not even necessary to possess things to enjoy them. Dreaming about or imagining them could be quite as beneficial as possessing them. Or maybe a different situation in life gives us a much better experience than possessing this special object.

I personally quite often do fall back into the pattern of believing money would solve all my problems or make them much lighter. Then I think of a quotation from Orin*. That one helps me to look at the real problem and solve it instead of complaining about the lack of money. I only sometimes forget to remember it in time: *"Some people are motivated to make money because they think that having it will take away their problems and lessons. You cannot live on earth and avoid lessons; but you can learn them easily and with joy rather than struggle. Developing the qualities of inner wisdom and peace will help you see your problems as opportunities for growth, which will help you deal with them more easily than having money ever will."*

(* Orin is an energy being from a different dimension channeled by Sanaya Roman).

In my opinion we do not solve our problems by few people having lots of money. Moreover we should consider a totally different system, maybe in the end with not needing money at all. We need to make sure everyone is doing well, not a few at the cost of all the others.

The system keeps us in prison by getting us to believe that a single person can escape by having tremendously great money supplies. *"If I am prosperous, I made it, regardless of all the others"*.

But that is not true. We all need to get out of it in order to be really free.

Indeed, this is difficult, as long as alternatives are missing for surviving as a collective community. Not everybody can or wants to return to the primeval forest. Our present system requires money because we are not supposed to escape. We might pose the question: *"Who keeps the system alive and why?"*

WORK

Work and money are closely tied together. But there are also activities called work that are not compensated with money. And there are artists, musicians, or performers who mainly focus on creativity, sometimes on idleness. Those people might have one short creative moment sufficient to provide the financial means to then again use the remaining time to regain their creativity.

Many people cannot imagine a life without work. Once they retire, they may fall into a sort of limbo if their entire purpose in life was primarily aimed at work.

Work can be considered from many different angles. There is not just one truth about it, but the manipulative programming quite often keeps us in the system of being drudges. But not everything is enslavement. For some people there is also self-realization found and lived in work. Nevertheless, the programming more often lets work be a necessary evil to finance the remaining time, thus to be at least free and have fun in the spare time.

It is good if work is fun, makes sense and is used to realize one's full potential.

My idea is to drop the compulsion of having to work by making a basic provision for everyone available. If that is given, then people can either spend their time performing activities with payment just in case more money is needed, or people spend their time on activities without payment in case they are happy with what they have got.

I would like to look forward to having a system where I can carry out the activities in my life in such a way as they fit best to my natural rhythm. I would like to go with the flow of life and to listen to my inner voice directing me to the things necessary to be done at that time.

In times of idleness, I would just want to BE and in times of activity, I would like to BECOME, thus always listen to my inner guidance. From my experience, things can be done easily when they are in harmony with our rhythm. It is easy if we are ready for something instead of forcing ourselves while we are not yet having the right moment.

Once we are in the flow, things do come about of their own accord. I would like to follow my inner calling. Therefore I cannot be employed in a job that prevents me from going with the flow.

One could argue now, if we go with the flow, then the necessary money will be available also. Basically that is right. Only there is some programming in the system making it rather difficult to overcome the image of being the toiling worker. It is our duty to keep the system running. Where would we get if nobody works anymore?

To avoid that nobody works anymore we have anchored some believes and patterns in our society besides money.

Examples:

- He has worked diligently his whole life, thus he was a good person.
- I need to be a breadwinner.
- Without work I am of no value.
- People without work are asocial. Such people should be forced to work.
- Unemployed people are of no value.

- Without work I cannot make a living.
- My life does not make any sense without work.
- I find fulfillment in my work.
- Where do we get if everyone does as he/she pleases?

These are beliefs and patterns keeping the system running.

But somehow, most people want to break free from this pattern. How do we do this? We think, owning a lot of money will get us there, because then we are free to do anything we like. If we are in the mood, then we work, if not, we might spend our time e.g. travelling, doing arts, sports, or party ... or whatsoever. And this is how it should be for everyone. But our system is constructed in a way that only few people can live like that. People further on top in the pyramid profit from the people below. Not money works for them, there are always people doing the work.

Anyway, there are the rich unemployed people and the poor unemployed people. Both groups profit from the fact that other people do the work for them. We tend to rather wanting to belong to the rich unemployed group to overcome the compulsion of being forced to work. Those are the ones who are accepted, we look up to them. They made it. They are great. At least we are programmed to think that way without considering them to possibly be living at the expenses of others. Within the system there is space for a few rich unemployed people only. The rest, the majority of the people, is forced to perform activities to create money, this is usually called work.

Of course it is helpful to own a lot of money to escape the working compulsion. Nevertheless thinking that money alone liberates might be elusive. As long as we depend on it, we are not free.

Liberation comes along with detachment from money. I am free only if it makes no difference to me whether I owe money or not. The trouble is we have to make a living somehow and that is the deceit. That is how the system forces us to play by its rules, usually to work.

But what we truly want is to be independent of the compulsion that forces us to work in a way that is not in unison with our inner being. Many of us want to perform activities which contribute to the wellbeing of everyone. It is the system that prevents us from doing this freely and with joy.

Of course there already are people doing their work enthusiastically and joyfully, finding deep meaning in it. Those people exist, but they are few from my experience.

Up to the moment writing this I had not found a solution for my own work life, except the desire to be independent, to follow my vocation and go with the flow of life. I will allow for surprises and just stay open for all the good things that want to show up.

Sometimes money is no obstacle but a pointer like any other circumstances guiding us in one or the other direction. Maybe we need to run out of money to find creative solutions leading us to an even better job, one we might not even have dreamt of. Anything is possible.

It would be great to see not only some individuals following their vocation but instead everyone having the opportunity to do so by changing the system. There are many suggestions, only right now those are mostly ridiculed or simply not considered. Many of us are harnessed in the daily treadmill leaving no room for alternatives, not even to dream about something different.

Maybe we can simply begin to imagine a world where work serves the people's welfare, and is of benefit to the public, and respects and esteems our wonderful planet. Once we start imagining a world full of abundance for everyone, harmony with nature and all living beings, then we might be able to change the system. Consciousness creates reality, the collective consciousness creates reality. *"Earth provides enough to satisfy every man's needs, but not every man's greed."* (Mahatma Gandhi).

After writing this it happened that I watched a TV show about *unconditional basic income*. It surprised me how much this subject had already been discussed, particularly in Switzerland. I was also amazed watching such a positive attitude towards it on TV. I had expected it to be banned because somehow it endangers the existence of the enslaving system. **(Note 2016: The basic income might as well be used in order to strengthen the enslavement instead of releasing it, because we then totally depend on the system instead of being autarkic. Maybe this is an apparent solution supported by the system: On the surface it sounds wonderful but if one has a closer look it may as well lead into dependency again depending on how it is realized.)**

Anyway, fate delivered a wonderful approach on how to live my own philosophy without having to worry about making enough money for the basic needs all the time. By having a basic income for everyone, one gains more degrees of freedom to create life the way we want it to be which would lead to a complete change of our professional life.

When can such a change be expected? Well, the TV show mentioned the fall of the Berlin Wall. Nobody considered it to be possible in our lifetime at all and suddenly it had just happened.

Thus, we are not necessarily talking about an illusion never to be achieved within our lifetime. Like the fall of the Berlin Wall, anything is possible. Everything was impossible until somebody did it.

The idea behind the basic income is that people are then able to live their lives freely and thus being many times more productive than it is the case with pressure, compulsion and fear.

Humans are seeking for fulfillment, they want to realize themselves. Basically they are more like *Human Doings* rather than *Human Beings*. Well, by having an unconditional basic income for every one we might then regain the opportunity of becoming a *Human Being* again and live up to our full creative potential.

Where are all the writers, thinkers, and inventors of our country? Many of them go through the day like a hamster in a wheel having no time to write, think or invent. Only few succeed in getting along with making a living on the one hand and fully living their creativity on the other.

Many people are afraid of change. We rather stick to the habitual, even if it is a hamster's wheel, because we do not know what to expect without the hamster's wheel.

Indeed, we do not know, but we will never find out, if we do not try something new. It is not something that will necessarily happen overnight, it can be a process. Some people might begin and the advantages become visible for everybody.

The world is about to change big time, we cannot deny this. We need to render different energy sources, preferably freely available, at the latest when the restricted resources are exhausted. This

alone will shake the very foundations of this world. Let us get ready for the change. Are we going to change voluntarily, or do we need a catastrophe forcing us to do so? We will see. Maybe a little bit of both.

The *unconditional basic income* is an idea that might help to carry out the change. The professional life will change drastically: Many current jobs will be obsolete. The basic income might be of great support in taking fear of the rebuilding phase away from the people.

Once we stop worrying about our basic needs, then we are ready for change. What prevents the change right now is a system leading us to believe that we cannot survive without our current jobs. That is exactly what prevents progress.

What might such a change be like? The value of a person is then independent of the value of his or her working power. We are then independent of other people's assessment or judgment. Self-esteem is then based on our core being. Our value is not derived from our monetary performance which is mainly used to keep a system running that suppresses and exploits us. A system that serves only a few people while abusing the masses.

In election campaigns we are quite often told that we do have the right to work, employment, and education. But I deliberately waive those rights if this work leads to exploitation or if this education stops me from thinking independently and freely. I demand human dignity and the right to just be. That is why I was born, to be. We are born to just be, that is it.

The other day I read an article on what dying people regret most of all. One of the things was having worked too much and too hard, having been captured in the hamster's wheel, or not having had enough time for the things that really matter in life. With men this was often the lacking time for their children. Is this not something we should be concerned about? Do we want to fret about all the missed opportunities at the end of our lives, although they were there only we did not see them? Nothing is impossible, it is up to us. We are able to change reality, we are able to escape. We do have a choice, instead of regretting anything once it is too late.

According to that article many dying people also deplore not having lived their dreams. How come so many people feel like that at the end of their lives? Could it be that false beliefs prevent us from realizing our dreams? It is not the world outside which puts us into prison, it is our thinking, or rather what we were told to think and believe. Let us become aware of this and let us create opportunities, energetic fields allowing us to live our dreams.

Since we are creative beings, we are here to be exactly this and to live exactly this, our creativity and our creative strength, because we are divine beings with infinite creative power, unfortunately, currently vanishing in slavery and serving only those few who profit from it.

Not to imagine, what a wonderful world we could create if we steered our positive, creative strength in projects which served the welfare of the people, which served the welfare of this planet and all living beings.

Suppose that all the negativity disappears and instead of binding our energy by being furious, annoyed or condemn others, we rather spend our time in joyfully and happily letting our energy flow into anything life wants us to experience. No, we cannot allow that to happen, it would be awful. We need negativity like a drug. Let us be clear, it is a drug. We do not really need it but we are addicted to it. Drugs make us believe we need them but maybe we can begin to let go.

Or maybe we still need it, because a little bit of anger can be a motivation for people to finally leaving their comfort zone and say: *"Enough, stop it. I won't allow being bullied around any longer. I now claim my rights."*

Let us use the negativity constructively as an impulse for changing it into positivity, into creativity and into transformation. Let us get back to our own strength, which when used positively, has nothing to do with violence, but with assertiveness and to be who we truly are.

July 2016: Additional note on unconditional basic income

Meanwhile I am rather sceptic about a basic income for everyone, because by having it, we step out of our self-empowerment and thus might even be more unfree than before. Maybe it is

comparable with a bird living in a cage getting its food daily. The bird needs nothing to do or worry about and is free to sing all day. However, the bird will never fly. If it wants to fly then it has to escape the cage and search for worms on its own. Depending on the experience the animal's consciousness would like to have, it chooses either form accordingly.

Anyway, we always have to watch out on how to get the things we need in order to survive. Even if we are living in the wilderness we have to find shelter and food. Well, within any form of society we need to figure out how to fulfill our basic needs.

TWISTED WORLD

Let us get back to the term *freedom*. I already mentioned it within the chapter *cemetery of the march-fallen*. Some time ago I found a video about John Trudell on Youtube. His deep wisdom fascinated me especially regarding *freedom*. Later on I read more about him. His origin is Native American. In his earlier years he was an active freedom-fighter arguing with the American government. This combative desire for freedom lasted as long as his family died when his house was set on fire by arson.

After that John Trudell became a different person, understandably. The young freedom-fighter changed and in his later years he became the sensible artist expressing himself through poems and talks.

In one of his interviews John Trudell talks about freedom and says that using the word freedom is a contradiction in itself. He says it is about responsibility not freedom. Only in taking over the responsibility for oneself, true freedom can be experienced. Freedom by itself cannot be lived as it neutralizes itself through normal speech.

From my understanding there is no absolute freedom, but always only the situations from which one can escape.

Some time ago the following question was asked during a guided meditation: “*What it is that stops us from being free*”. In my deep meditative state I got the answer “*life itself*”. At first I was startled because my immediate thought was that the only way to find freedom was to die. I feared not being able to find freedom during my lifetime, although it was one of my highest ambitions.

During the same meditation the corresponding question was asked: “*What leads us to freedom?*” I received the answer: “*Being ONE*”. According to this answer it is a fallacy to believe freedom comes through separation. Once I am connected with everything then there is no room for feeling unfree, because I am the other thing or person, I am everything, I am ONE.

Hence, something with the term *freedom* is twisted. As I cannot describe what it really means I look at the feeling of being unfree instead and explore it in detail. Therefore, if there is an emotion of feeling unfree then I let it be, I let it get bigger and bigger, more intense and sense it completely. By welcoming the emotion I am accepting it. Quite often all that is needed is the emotion to be noticed and acknowledged. If we do this completely then the emotion vanishes again. Of course it might still be necessary to make the according changes within our lives to escape from a certain situation, but first of all it is about the perception of the emotion, in this case of feeling unfree. By using this technique and releasing the feeling of being unfree then the longing for something unknown called freedom vanishes. There is no need to fight for freedom any longer, or even risking one’s life for it.

Besides, I can only escape from that particular situation making me feel unfree. An absolute freedom does not exist as long as we are separated. From my understanding the concept of *freedom* in the current language is used to manipulate us because we are influenced to strive for a high good which can never be reached. Freedom does not mean to cut all ties, or to be completely alone. Freedom originates from the awareness of being connected with everything.

PROTECTION

People who reflect about something like freedom or ask questions, e.g. about the meaning of life on this planet, or background information about sickness, or the wider context in general, those people might sooner or later bump into inconsistencies within the system.

The system is prepared for it and has many mechanisms preventing people from leaving it or even destabilizing the system itself. Often these are mechanisms people use against each other without even noticing it.

How do we do this? At school we already learnt to accept the teacher as an authority. Later in life our superior becomes our authority, or other personalities to which we look up. We have learnt to align our action on rewards, or on the praise of such authorities.

But what happens if we change our behavior and do not receive approval of those any longer who used to direct our path? What happens if we lack this approval in general, if also even friends, acquaintances, or colleagues withdraw their approval?

First of all we desperately try to persuade those people of the fact that our method is good and right. If this fails we feel unsettled and possibly give up at this point.

We were taught to long for other people's approval. But usually once we start walking uncommon paths away from the system, approval is withheld. Others only join if they can see enough people successfully walking that path. Only once there is a current towards a new way of thinking the masses will follow. As long as this is not the case we swim against the stream. (Saying: *if you want to reach the source, you need to swim against the stream*).

And those who still have not surrendered up to now might begin to stop wasting time and energy in persuading other people. Slowly the programming is getting loose and the person realizes that the approval of others is not as important as formerly considered, one can even do without. Those people are on their own then but at the same time experience a deep purification from the attachment and addiction to approval. The purification includes looking at the emotional harm caused by people's refusal. The emotions of being refused also needs space, and needs to be felt and acknowledged.

There is another saying: *“Once you’ve lost your reputation, you have nothing left to lose”* which can be a relief on the one hand but should not be used to sweep possible disappointments under the rug. Disappointment needs to be looked at and to be transformed as well.

Anyway, if somebody carries on following his or her path doggedly, there are even further mechanisms to be intimidated. It is quite possible to be affected by other people’s subconscious shadow sides, e.g. by jealousy, hatred, or envy which are projected on the one that tries to escape. This probably does not happen with evil intent. It is simply part of the system to react in such a way towards runaways. People might subconsciously think as long as I am a drudge myself I will not allow the other one to be free. This is what they are sending energetically and thus create impediments for those wanting to escape.

If one granted liberation to the other instead, it would be possible for each one of us but we haven’t reached that state, yet. Most people do not consider liberation to be possible, let alone having even noticed how restricted our life is. Besides they grudge the single one to escape and thus subconsciously take permission away to act, thus we are keeping each other within the system.

The person can then further be ridiculed for the purpose of defamation. This unsettles the person and makes him or her lose credibility.

If a person, nevertheless, is still leaving the system or even takes action against the system or tries to convince others to do so, then literal action might be taken against this person, e.g. energetically. There are then people influencing the person’s energetic system with black magic possibly by activating those triggers that cause fear, illness or mental depression. They might pull the light away so the person feels little and miserable. Once the person learns to deal with such energetic attacks this might lead to purification, because vulnerability is reduced by solving one’s issues and therefore eliminating the triggers. Besides, it is helpful to surround oneself with as much light as possible, e.g. by spending a lot of time in nature and/or by carrying protective energy stones.

Further measure is sometimes taken against truth seekers, or those people keeping the frequency high, by occupying them. Thus they lack the time to be system critical, or to clean the environment, or to unearth truth, or to do something similar.

Sometimes the person's channels are manipulated, thus clear connections to the higher realms are disturbed. Channeled messages might then be silently foisted by darkness. The person does not necessarily notice, thus in some cases there are dark elements in seemingly bright messages although the person does have good intentions. While thinking of being connected with light beings, dark ones moved in between modifying the content manipulatively.

Anybody who walks the path of liberation will sooner or later get aware of these mechanisms, manipulations, and attacks and develop the need to protect oneself against them. Most of all it is useful to listen to one's inner voice and to be guided by it and to be aware of these opponents in the background. According to the situation more or less protection is required. Everyone should figure out for themselves how they feel safeguarded. If there is anything needed in addition because one feels pressed energetically, then there are different techniques which can be applied.

Here is one example:

Ask your guardian angel to place an egg of light around you in order to keep your energy frequency high. Then ask for a mirror around it. This mirror is meant to bounce off the malevolent energy directed towards you and to send it back to the transmitter. I then imagine how this energy is purified and how it is transformed in such a way that the transmitter receives exactly what is needed to leave me alone and to be able to turn towards the light himself. What I recommend to avoid is putting in aggression or anger because this reinforces darkness. It is better to send light into the darkness.

Quite often those who send out malevolent energy act on behalf of somebody else, thus they are only odd-job man. What we can do then is to connect to their Higher Self and remind it of its divine nature and its free will. We then dismiss them from their order and mostly they accept it as mostly they simply did not know that they do not have to do as they were told but can use their free will.

This was just an example. There are numerous possibilities to handle such matters. From my experience it is useful to maintain a certain basic protection. And if something comes up additionally it needs to be transformed respectively in that particular situation.

It is also important to be balanced and stable in order to be less vulnerable. Stability can be gained from a firm connection with Mother Earth and the Cosmos also known as Divine Mother and Divine Father. To enhance the connection with Mother Earth imagine how roots grow from your soles deeply into the earth. Through these roots we can pull anything we need for life and stability. To enhance the connection with the Cosmos imagine how light enters your crown chakra above your head providing you with clarity, truth and knowledge. Through the crown chakra we are connected with the cosmic energy, with the Source of all Being, with Divine Father. Keeping these connections operational is essential to be balanced whatever happens around us. Psaml 91 contains a sentence saying: *"A thousand may fall at your side, ten thousand at your right hand, but it will not come near you."* If we feel this force within, carry this power, the strength, internalize the stability then nothing can upset us, absolutely nothing at all. It is about practicing and recalling this over and over again. And if we tend to forget again it does not matter as we can come back any time we want to.

Note 1: Many years ago a medium advised me to get an energetic conversion device for transforming manipulations. Back then I did not really understand it because I did not feel like being manipulated at all. I thought it was not necessary. I bought the device anyway. If I look back today, I consider it to be a very good investment because what I have been realizing ever since was something I had not been able to imagine at that point in time. All the programming, influences, deceptions, etc. began to show more and more. Whether this was caused by the device or whether it would have shown anyway, I do not know. But simply looking at the fact of total denial back then and seeing the brain washing everywhere today lets me believe in a coherence of the device and the discovery. That does not necessarily mean everyone needs to get such a device now, only those who feel a resonance. We humans are a collective and we share tasks, our Higher Selves take care of it, not everybody has to do everything.

Note 2: Our Higher Self is part of our soul and takes care of supporting us in everyday matters of life. When doing energy work a lot is done through the Higher Self instead of working with the personality self directly. Quite often we as a personality do not know what is benevolent for the other person. However, their Higher Self knows exactly. Once we are connected through the Higher Self an energy exchange takes place on a different level, on a higher frequency level. After an energetic treatment this link should be disconnected again or otherwise the exchange carries on and after a while we notice strange thoughts not being our own ones.

Important: I recommend to always seek permission from the other person's Higher Self prior to changing anything energetically with this person.

To link with another person's Higher Self there are various possibilities. For some it is sufficient to have the strong intention to be connected. Or you might want to do it more figuratively. Therefore imagine how there is a light ball above your head representing your own Higher Self. From this ball of light imagine a sort of sensor reaching out to the other person's sensor coming out from their ball of light above their head and link them together. The two Higher Selves are then connected. Do whatever feels appropriate to make the connection. There are no limits set to imagination.

To disconnect again, express gratitude towards your own Higher Self and the other person's Higher Self and either simply have the intention to be disconnected or retract the sensor figuratively if needed.

Note 3: Within this chapter I mainly stressed energetic protection because that is how I personally work. For some people who focus less on energetic work but are physical activists it might be necessary to additionally take physical measures, e.g. to ensure legal protection, or to engage physical personal protection etc. Depending on the situation one should decide what is needed, maybe a combination of things. People who get into certain activities will notice that they need protection even if they only intend to do good things or especially then because the dark forces might not like it. As mentioned before, the intention to be protected is important. Then it is about

observing the surroundings and to listen to one's inner voice. We are able to protect ourselves we are not doomed.

Note 4: Another means to be protected is to avoid mass hypnosis by mass media as much as possible. Television is a very strong hypnosis tool where we are put into a state often used within hypnosis to reach a person's sub-consciousness. It is this state when we are especially open to receiving information bypassing our conscious mind directly reaching the sub-consciousness. One should pay very close attention and observe what emotions come up during or immediately after watching television. Once we know what it does to us then we do have a choice to either continue exposing ourselves to it or maybe to renounce altogether or to reduce watching TV to a measure where we are able to recognize the hypnosis and become independent which can be trained as well.

Note 5: In the context of the summer solstice on June, 21th 2014, there was a meditation introduced on Cobra's webpage (<http://2012portal.blogspot.ca>) (see below). Within this meditation we imagine being surrounded by love and sending love out into the world. This, as well, can be protection. Additionally I would like to add that this love is an energetic offer for others and these other people have to decide for themselves whether to accept it or not. Hence, I send the energy to the Higher Selves of the people who then decide how much and how to accept and anchor the energy within the person's energy field.

Additionally I ask the *Source of all Being* to let pure love flow through me and to send it wherever necessary. If I take my own personal love it might contain unknown dark elements which I do not want to project out into the world. Besides, from my experience being a channel has far greater effects then dispatching my own personal energy. However, I should only serve as a channel for luminous energy beings. To achieve this I ask the *Source of all Being* exactly that and explicitly set my intention to only serve the light once again before the meditation.

Meditation:

1. Relax, close your eyes and watch you breathing for a while.

2. Imagine a pink egg of light around yourself. Pink for the energy of love, surround yourself with the energy of love (*Source's love, the Source of all Being*)
3. Imagine how your loved ones are surrounded with such pink eggs, with the energy of love (*love from the Source of all Being, an offer, everyone decides for themselves what to take*)
4. Surround the entire humanity and all living beings on the planet with a pink egg of love (*love from the Source of all Being, an offer, everyone decides for themselves what to take*)

If more and more people do this or similar meditations on a regular basis, then this energy field of love serves as our protection shield. Of course everyone can use it for his or her own protection. Nevertheless the protection amplifies and rises to higher power the more people join.

If one is weary of a color, maybe there is no more desire for pink, then simply choose another color from the rainbow, or white, or gold, or silver. Every color has its own meaning and we do not necessarily need to know it, simply following our intuition according to desire and mood will do. Or just imagine any energy of light which is needed without knowing what it is. There are no limits to our creativity.

Note 6: Protection can also mean to deal with one's fear, to get to know it better. Fear is very often used as means against us. If we are in fear we give our power away voluntarily. We then think the other person possesses power over us, mostly only because of the fear. Once we become aware of this then we do have a bigger scope of action in the moment fear arises. We can watch the situation from a different angle and hence, evaluate the possibilities to escape from the situation. Example: I am sitting in a dark room and suddenly I have got the feeling there is a dark energy in the other corner of the room. If I freeze in fear then maybe I am sitting squatted in the other corner and wait all night for light to reappear in the morning. However, if I realize that I do have possibilities to make this dark energy disappear then I bring back the power to myself and cannot be intimidated as easily any more. I could for example use a light-vacuum cleaner that absorbs anything dark and flood the corner with light leaving no space for darkness. Moreover, I can ask more powerful light beings to remove this dark energy. I can place a light protection in that space et cetera et cetera. The dark energy has power over us only as long as we fear it. If we

deal with dark beings there are always mightier beings of light we can ask for help. We have to start playing with the situation and check out what possibilities we do have. Once we take back our own power, fear cannot intimidate us any longer.

THE ENERGETIC WAR BEHIND THE SCENES

I can only guesswork about the energetic war behind the scenes. Too deep are the backgrounds, too multidimensional are the potential relationships. But I would like to report about some stories that sound true to me or at least explain a lot of what is going on in our daily life and on this planet. I do not know the truth and each and every one of us will come to different conclusions while watching the same situation from various perspectives.

I personally do have the impression that humanity is captured in a system of slavery. The main factors keeping us there are money and work. We are forced to work. We are forced to raise money to survive.

Further it is obvious that we are manipulated and programmed. We live on a planet having war, poverty, environmental pollution, suppression, power structures, injustice and exploitation.

Is that our true nature? Is it our true nature to be slaves and to allow all these negative things to happen on this planet and to be even part of it?

I personally do not believe this to be my true nature. Anyway I am exposed to all these circumstances. If I try to change anything I am attacked and manipulated.

Where is the cause of all this? Who profits from this situation? We as human beings? Rather not, if we destroy our own living environment. Who then is it, if it is not us humans?

Archaeological findings prove that long ago sophisticated civilizations lived on this planet (e.g. see Erich von Däniken's work). These civilizations had contact with other living beings which were not from this planet. Ancient scripts hint to *gods of the sky* who were probably extraterrestrial visitors.

Nowadays it is still in such a way that we do not believe in extraterrestrial life. Or rather we do believe but in a more fantasy like way as many movies show, not necessarily as reality.

What is the reason?

It would be presumptuous to believe that we are the only intelligent beings in this universe. Nevertheless, a single mocking or doubtful comment beneath a Youtube video about extraterrestrials is enough to discredit and ridicule a conclusively justified report and therefore take away the credibility. Mostly 'lol' (laughing out loud) is enough to irritate people.

Ridicule and mockery lets us often close our eyes to a great many things we simply do not know yet. It keeps people from opening up because no one wants to be mocked. Some reports are even accused to be dangerous brainwashing which people do fear a lot. People then avoid the subject and that is the real manipulation.

Why is it that we do not even consider the possibility of the existence of extraterrestrial life? Why are we urged to strictly deny it under all circumstances? Isn't this something that should make us suspicious? It seems more like someone does have a vehement interest in concealing such truth.

Who does have such an interest?

On this planet we do have war, abuse of power and money. Whoever possesses the best war technology does have the power over others. Thus the ruling powers are interested in having the best technology at their disposal. Where does this technology come from? Could it be the case that it comes from extraterrestrials? There are rumors about arrangements and a cooperation of various world leaders with darkly oriented extraterrestrial. Even Paul Hellyer the former Canadian minister of defense said this in public as is recorded on video and can be checked on Vimeo. One would expect the media rushed at such statements, but they avoid this. As to leave the power structure as it is, all efforts are thwarted to uncover such connections.

But anyway, where did the darkness on this planet originate, where did it come from? We people are not naturally bad. We long for harmony and peace. To answer that question there are further

rumors saying this planet is ruled by dark powers exploiting the planet as well as the people and life on their energy. The rumors also say that these rulers are extraterrestrials as well as beings from other dimensions. The human proxies of these dark forces are people who have been manipulated and are then acting according to their directives. We humans are virtually held as hostages on this planet. According to further rumors there are also benevolent extraterrestrials who are interested in exiling the darkness from this galaxy. This would have the nice side effect to free us also from the catches of those ruling over us. Therefore they could be our allies.

Extract from the book „*UFO Contact from the Pleiades*“: *"We too are still far removed from perfection and have to evolve constantly, just like yourselves. We are neither superior nor super-human, nor are we missionaries ... we feel duty bound to the citizens of Earth, because our forebears were their forebears ..."* The Pleiadian cosmonaut SEMJASE, February 8, 1975.

There is an energetic war raging between light and darkness, apart from as well as on earth and somehow we are in the middle of it as is apparent in the manipulation of people.

Also illness is a manipulation of the people which is used by dark groups at a given time. They then construct energetic fields to support the spreading. Among other things, this is achieved by often reporting about it in the media. This constant mentioning stimulates people's fears. We tend to exile the illness and fight it but exactly that energizes the illness and people who resonate with it become ill.

As long as our health system is based on economic profits, there will be huge effort in maintaining or even creating illness. If a health system is focusing on profit it can happen that natural remedies are suppressed, this is a logical consequence. Sometimes it is the drugs that make us sick as profit can be gained. As long as we do not decouple health and profit, there will be attempts to maintain illnesses in some degree. I am not saying all illnesses are caused artificially but our society could surely be healthier all together if the system was actually concerned about health instead of profit.

Some healer groups unite to extinguish such energy fields which are creating illness. But there are opposing forces. Some create energy fields and others extinguish them again. This can be in such

a way that dark energy is build up and extinguished by beings of light or the other way round, energies of light are extinguished by dark beings.

One example for such a process of building up energies and extinguishing them again is 9/11 when the airplanes crashed into the twin towers in New York.

It is said that most people can remember exactly where they were at the time when they got the message. Thus it was an extremely striking event. I do not only remember where I was, moreover I do remember my first thought and my first emotion. My first emotion was the fear of another world war. As I got to know later I was not the only one feeling that way. And that was exactly the energy that was meant to be generated by the event, war was meant to break out. If enough people generate this energy, it is exactly what happens.

Opposing this there were groups of people which were busy days and weeks after the event doing nothing else but extinguishing exactly that energy. They were successful as has been shown because an immediate outbreak of a world war had been prevented. However, the event was still used to justify later wars.

More examples of building up energy and extinguishing it can be found with the environmental pollution. Some people are causing pollution, others clean up again. There are groups causing pollution intentionally as can be seen with e.g. chemtrails, water pollution, radioactive contamination and such things. This pollution is a manipulation in so far as it keeps us within a lower frequency and prevents us from comprehending coherences. In contrast there are groups of people which clean the environment energetically. They are the ones who want to push the raise in frequency.

Thus there is a constant back and forth, some build up energy, others extinguish energy and have to protect themselves against energetic attacks. The remaining people, in fact it is the majority, is somewhere in between acting as a match ball. Why? It is because we are kept in ignorance.

The entire system is build up in a nebulous way maintaining itself. We humans are the ones keeping it going, subconsciously. Even if we notice something to be wrong we still do not agree to

change it. And if we try to change it we are attacked and pulled back into the system by very subtle means. Quite often it is enough to trigger our fear to make us surrender. Perhaps we prefer to lean back and accept what is. We tell ourselves, it is not that bad and at some time a savior will come from somewhere. But there is no savior. Of course there is a lot of support from different factions we cannot even imagine. But still, it is us who have to make the first move. We are the ones living on this planet. We are responsible for ourselves. Only in becoming aware of this responsibility are we then able to change our living conditions, our reality. We are the ones who can make a difference, each and every one of us. As long as we are a match ball of others we hand over our power to them. I do not say it is easy. But the more people do take over responsibility for themselves the easier it will be for every one of us.

From my experience it is important that everybody starts taking over responsibility. If everybody waits for the other and looks at the other nothing will change and we will carry on keeping us and each other in the system. It might even be necessary to leave loved ones behind in order to be able to walk our own path. We can return to those people once we are stable enough to carry on without being vulnerable any longer. However, if we hope for, or depend on, or wait for the recognition and approval of others then we probably won't find our way out.

We humans tend to hold on to familiar surroundings no matter whether they are good or bad. As long as it is a kind of support and we are able to bear it we do not let go. As long as we do not see a different perspective giving us a better support, only few people tend to choose an uncertain path. This is because we did not learn to trust. We did not learn about the forces supporting us no matter what we do in life. We lack basic trust. It is part of the programming to deprive us from this basic trust to make us hold on to the system instead. Many of us fear to lose their jobs. Many people prefer to hold on to a bad job instead of trying to find something better due to the lack of trust.

It is a bit like the situation where a woman gets beaten by her husband. She does not leave him because her emotions tie her towards him, because she holds on to the familiar surroundings, because she believes in improvement. But there is no improvement. If someone tries to help this woman she feels attacked, defends herself, her husband, the entire situation and fights back,

maybe even aggressively. This is how most people react if one tries to draw their attention to their situation. They defend their situation and fight for the system. They stick to the familiar evil, with all their power.

The manipulation through the media, TV, radiation, environmental pollution, HAARP and a lot more, prevents people from living their full consciousness. We are held in ignorance intentionally by specific misinformation and are therefore drawn to the behavior that we show.

We live in a system of exploitation because it was imposed on us and we further carry out exactly this, while we exploit each other and the earth. We live and represent power structures. We are all together mirrors of exactly what was imposed on us. We virtually transmit it downwards.

Unconsciously we have caused or chosen these circumstances, the situation on this planet because it allows us to gain the experience we would like to have, maybe not we as conscious humans but unconscious parts of ourselves. This environment offers great potential to further develop, have experiences and moreover to discover how we can take over responsibility for ourselves. This is a great opportunity. Maybe we incarnated here and now within these circumstances because we somehow subconsciously think this might be a huge evolutionary jump. Let us accept the challenge, each and every one of us and together as humanity, as living beings of this planet. Let us become aware of the game within everything. Let us become players. Let us quit being a match ball.

I can only speak for myself, but I am looking forward to having a wonderful natural planet where people are living in harmony with each other, nature, the environment and the planet. The experience of developing from a manipulated, unknowing person towards a more conscious and independent one while overcoming all obstacles of darkness sounds worthwhile. It seems to be an infinitely rich experience where the journey is much more rewarding than reaching the destination. Each moment of this life is what we came here for.

FALSE LIGHT

At one of these energetic seminars we did an exercise. It was about deciding to go either for the light or for the shadow. At first I thought that it was easy and I certainly would be choosing the light but it turned out not to be that simple at all. The exercise was as follows: Two slips of paper lay on the ground, the writing facing down. On one the word '*light*' was written and on the other the word '*shadow*'. We then had to sense the direction we felt drawn to and move towards it. Hence, I moved towards the slip that attracted me, stepped into the energy, sensed and observed it. It was then about checking what was written on the slip of paper and to end the exercise at that point. But I had misunderstood it. Instead I stepped out of the energy and went to the other slip of paper in order to find out how that feels and make my decision based on both experiences. I wanted to sense the difference between light and shadow.

I found it difficult to make a decision because both energies felt pleasant and both had their charm in their own manner. What finalized my decision in the end was the feeling of familiarity. I knew this second energy very well and I felt safer there. I held on to the well-known and decided to go for the shadow because I did not know the light. We humans live in duality. We carry light as well as shadow, different people in different forms, one carries more light others more shadow and this is no fixed line but varies all the time. Before I was able to choose the light I had to find out what prevented me from wanting to get to know the light.

First of all the light seemed eerie to me because I did not like some people who were considered to be full of light. But I only disliked it because it was false light emitting from those people and I had accidentally taken it for the real light.

What is meant by false light?

To explain this I give an example. Native American people were considered to live in close touch with nature before the white conquerors destroyed their culture and robbed their land.

They were connected with mother earth and the divine father, the cosmos. They had been living in accordance with *Spirit*, and the *Source of all Being*. The Incas and Mayas were highly sophisticated people with exceptional spiritual abilities.

Then the conquerors came and in the name of god a different religion, a different lifestyle was forced upon those people. For them it was forbidden to be in such a way as they are. They had to surrender to this foreign god, the god of the conquerors.

For the Native Americans it was then prohibited to live their culture or their spirituality. To them it was incomprehensible how one can own land, or buy or sell the ground, the air or the water. A completely different way of thinking, another life culture overrules the sensitivity, the spirituality, the culture of the Natives. How do the conquerors think about that? They consider themselves as being good people because they are acting in the name of god. They obey to their religion's rules and therefore are devout people.

But what do they really do? They obey rules. They obey the orders. They submit to the rules of the system, are servile and devout, thus good, system-compliant people. However, they are totally cut-off from their own power of judgment, from their inner knowing, from the voice of their heart. It is because they are separated from their own divinity, from nature, from spirituality from that which links us all together. Indigene people from within their culture still have this union with life, with the power of nature, with the inner divine essence. So-called civilized people have lost exactly that. If they do something good then they do it from a rather morbidly servile approach, from subordination. What do they submit to? Do they submit to a God on the outside? They submit to the system which is represented by religion and the picture of a punitive thunder god, therefore the system maintains itself.

Thus, if we do good based on guidelines and rules we always follow guidelines from somewhere else. This somewhere else though is part of the system. We believe to be good people if we are acting from those motives. But what do we really do? We submit to the system and state to be good system citizens. We do not listen to our inner voice, we do not listen to our heart, we do not

seek the spiritual union with the divine essence instead we obey the rules of the system. It is a system which prevents the life-style of indigenous people and which exterminates them. That system cannot admit their existence because those people are a thread to the continued existence of the system since those people go for their own divine essence and are the ones deciding to go for the light, the true light leaving no space for darkness. The system cannot allow this because the system needs darkness otherwise it cannot continue to exist.

I did not want to go for the light because I thought I then have to be servile, devout and keep out of mischief. I certainly did not want that. Instead I wanted to break rules, walk my own way and experience adventures. I was afraid of not being able to do so anymore once I moved into the light. I considered the light to be dull because I falsely thought the light is the system. However, it is not.

On the contrary, light means to behave in such a way as we really are and to listen to the inner voice even if it violates the rules because it does not violate the rules of the light but the rules of the system and thus of the rules of darkness.

The system prevents us from discovering the beauty of light. We do not know the light. The system often provides us with feigned light infiltrated with subtle darkness. Thus, we have no chance to get acquainted with the light.

However, light is anything but dull. It is fascinating, stimulating, encouraging, challenging and it is fulfillment. How do we know whether we are dealing with true light? Our heart is our guide. Our heart knows truth, our heart knows light. Let us look at the customs and cultures of the indigenous people and let us reconnect with nature and the true essence of our being.

Another example for false light is the term *hope*. At first *hope* seems to be very positive but what does really happen if we confide in hope? We do wait and at the same time we rob ourselves from being active.

When Pandora's box was handed over to the people, it contained the evils of this world. Hope was applied as a farther component to be able to endure the remaining ones. However this is rather a hint to false light because hope is just another component of the evil.

Hope leads to the fact that we give away our own power. We do not trust in finding a solution by ourselves but rather wait for a miracle to happen caused by someone from outside. Of course there is always help from outside and we constantly do get support. However, it is more powerful to trust or to ask for help instead of hoping.

Thus the system often provides us with slogans to hope for improvement and rescue. It is an instrument of quietening or even paralyzing. Hope is regarded as the worst of all evil because it extends the torture of the people.

Where else do we find *false* light?

Within religion it lived as a dogma. I do not mean to judge religion per se. Most people act from good intention and many bring true light in there. It is the structure, the superordinate power apparatus which brings darkness in. Furthermore it is the suppression of the feminine, the suppression of sexuality. To me personally it simply seems odd but of course everyone should decide for themselves.

Nowadays many people have left religion, e.g. because they do not consider it to be up to date any more.

However, we people tend to still need guidelines to stick to. We need values showing us the way. This could be an explanation for the *New Age* movement. Those people who do not identify with religion any longer follow e.g. spiritual leaders, or way showing gurus, or simply look for alternatives.

The system is very well prepared and absolutely supports these movements since the people feel like having escaped the old system and gained freedom. But what is really behind these new movements? Subordination to authorities, idol adoration, given values, hope, false freedom, manipulation et cetera et cetera ... all these things that can be found in the system as well.

Thus we create a system within the system doing nothing else but keeping the system alive while making the people believe in having liberated themselves.

Finally, what is true light?

I do not know the answer. But I do remember how good it felt to stand in that energy of light. We carry it within, we carry light and shadow. It is up to us to find out what true light really is. But our shadow parts do have their charm and in the end it is about getting to know both, gaining both experiences. It is about accepting the game and about just playing with light and shadow, and to play with joy and enthusiasm, curiosity and the desire for discovery. But let us remember and be aware of what light is not. Your heart knows your path, your heart knows truth, your heart experiences life on a different level. Listen to your heart.

DARKNESS

A while ago I joined shamanic meditative journeys which were accompanied by drumbeat. This is a kind of guided meditation and the drumbeat allows to access deep levels of our subconsciousness. In one of these guided meditations I had the following experience: I saw myself within a different life being a Native American in a tent village together with my people. I was very self-assertive, confident and full of trust. Something was in the air, we prepared for a battle, it was clear we were going to have a fight and there was no doubt about succeeding.

However, what happened then was something none of us had expected. A gigantic dark cloud moved towards us, it became bigger and bigger and devoured everything. All I could do was disbelievingly observe what overran us there with full power. It was pure darkness extinguishing our present life completely. Nobody could have had imagined anything like it. That was the end of the journey and I came back. Thus, I do not know what the darkness felt like later on or what experiences were to be made there. All I could remember was the life before this great darkness and that it had surprised us, it was bigger and more powerful than anything our imagination could possibly have thought of.

I remember this shamanic journey because recently I bumped into a story of today's Native Americans. What has happened to these people seems allegorical for this planet.

Those people who were in harmony with nature and life itself were exterminated and expelled, their living space completely destroyed. Like the dark cloud in my trip overran everything.

What can be the reasons that we as human beings incarnate in such surroundings? Unquestionably a great challenge looking at all the pain, or the suppression, or the separation. But we still want to know what darkness is like. We want to find out what is hiding there, we want to get to know darkness.

We carry light and darkness within and it is up to us to decide what part we want to live out. But what is light and what is shadow? From an energetic point of view both feels interesting. It is not that one is better than the other. They are different without judging them. Both are interesting experiences. I find it quite difficult to draw a dividing line and value whether something is of light or of darkness. Too often are we deceived and we are not always immediately able to judge on which side to put an event. And maybe there is no necessity to judge. Maybe it is sufficient to just learn from it. I believe that one of the reasons we incarnated on a planet of darkness is the great potential it offers to get to know it completely. Anyone who finds deep peace and recognizes truth within these surroundings, under these circumstances, despite this weird play, has learnt a lot.

I personally get involved over and over again in the games of darkness very easily, I let myself be provoked, hand my power over to others, become combative, create imaginary enemies whom I fight, judge and condemn ... Partly this is due to the fact that I cannot just stand back and watch how we humans destroy this wonderful planet. If this is the case then one wants to fight, rebel, destroy evil and fetch back goodness. But that is exactly what keeps us in the game. What should we do instead? Peacefully watch how everything goes down the drain? Rather not. We can discover the game behind it and accept darkness for what it is. Instead of rebelling against it we can then on the contrary uncover it through knowing it so that it can dissolve.

If we rebel against darkness we make a bogeyman, feed it with energy and therefore strengthen it. Fear then lets us surrender our power and leaves us incapable of acting. Fighting leads to strife

within our being. This feeds our own shadow part and the one of the system making darkness even bigger.

So basically, what is the challenge respectively the chance? It is to discover our shadow parts, to get to know ourselves, and to discover the deception. We face our fear and overcome our fear. We face our hatred, our fury, injuries and overcome them.

If we strive against darkness, sooner or later it breaks our will. It is not about opposition. It is about seeing, about accepting, about truth and knowledge to overcome the deception. This is what leads to peace, since peace is the final goal, peace with oneself, peace with one's internal imaginary opponents, and peace with darkness. Not an easy job, but that is what we are here for.

A LOOK INTO THE FUTURE

Recently I went to have a look at Bob Olson's website (afterlifetv.com). Bob is a private investigator having conducted numerous interviews with people who had near death experiences. In one of these interviews Bob talks to a woman who remembered former lives and could prove by investigation that the places and families really existed. This woman not only remembered past lives which were provable, but also a future life. Of course there is no proof as the story has not taken place yet. As her memories of former lives were proved so appropriately it raises the likelihood to see a certain truth in her future reporting.

But still, in my opinion the future is not fixed. There are endless possible future versions and I suppose there are parallel dimensions where one future variation happens in one of them and within another dimension things might be slightly or totally different.

It is not certain yet which dimension we will move into with our present consciousness. It can change from day to day, depending on our decisions made moment by moment, our actions, or our non-actions.

The woman in the interview said the following about this particular future life: *Remarkably less people are living on the planet. Overall life seems to be much lighter. There had been so strong environmental pollutions that made the people lose their reproductive ability and therefore less people had remained on the planet.*

This report or rather this prospect was kind of sobering for me. At the same time also an occasion to let go of my precast future expectations. Indeed, a positive side effect as it lets me stay open for any kind of future.

Somewhere I read that genetically modified food leads to impotence after several generations. I also read that there is a plan to significantly reduce the number of people on this planet by environmental pollution.

Nevertheless, my expectation was more like we will be able, maybe with the help of benevolent extraterrestrial beings, to clean this planet, to introduce new and clean technologies, to escape from the clutches of the system, and to recover somehow.

But the woman did not mention any contact with extraterrestrial beings or the rescue of this planet. She reported about everything getting even worse before earth virtually cleansed itself.

All this somehow fits to an experience I had a while ago when driving through a wonderful avenue with huge old trees on both sides. The trees seemed to be timeless. I felt this permanence of the trees and the following thoughts came up: *These trees will still be there once I have left this planet and the next generations will look at them as well and will have their own experience. Everything continues as before. But I will not have changed the planet. I will be somewhere else and it will be a matter of having learnt my part and having gained my experience. The earth will revolve on, without me.* Somehow these thoughts were beautiful because they were so peaceful.

Anyway, the future described by this woman without extraterrestrial contact, without a cleaned planet, without victory over evil also makes me let go of my expectations.

The future is open, everything is possible. We do not know in which parallel dimension we will experience the future. For me this woman's story brought about to let go of the future.

Whatever life provides us with, no matter whether we destroy or whether we rescue the planet, it is always about the experience. We do not know what our soul has in mind for us. It is good to stay open and accept what life has to offer.

My personal conclusion: Let us not limit ourselves by wishing for matters we consider being right while our point of view might be deceived and while we cannot see how these matters would like to present themselves in truth and without deception. Let us be surprised by the future. Let us give the future the chance to be in such a way it would like to present itself, maybe totally different from anything we can imagine from our present limited perspective.

MANIFESTING ON THE PRESENT BASIS

What happens if our objectives are based on our current knowledge and our current being? It depends, it can be a good thing, or maybe not. Quite often we wish for things that are desirable from our current point of view. They are based on those things we previously considered possible. Besides, they come from a system offering us fake values that supposedly lead to happiness. Thus, we wish for these things without noticing how exactly such things keep us captured in the system. We literary wish for our own prison and therefore manifest it, against better judgment.

If we for example desire to possess large sums of money for the reason to be independent then this might turn into the exact opposite because the supposed independence is in truth a dependence on the sum of money. If we lose the money we also lose the independence. However, if we wish for the essence of independence, and put this emotion into it, and remain open for the result, then we open up to anything that might provide us with independence.

This is how to attain true independence whether we own money or not. Then nobody can take that feeling of independence away from us any more, not even a finance crash.

If we manifest on the basis of our current knowledge then we stop ourselves from having access to new solutions, especially if this knowledge is limited by the system. In fact we recreate the same limitations over and over again. It is a matter of opening to new possibilities, it is about diving into the essence of what and how we want to feel and leave it to the universe how these things might come to us in the best possible way. We have been trained to consider ourselves as restricted beings without deserving abundance or to think we are not able to manifest things because of the lack of money. Our creations are based on the game of limitations because that is what we know. Only if we become aware of our true being and believe in our value, then can we begin to create boundlessly. We create what we believe to be. Thus, first of all let us open up and see what is possible. So, what is possible then? Let me give you an example by telling a story about a boy who lived in South America far off the civilization in the woods. He played with lizards on a daily basis. He observed how lizards regrow their tail once they lose it. It then happened that this boy had an accident one day and lost his foot. What did the boy do? He did what he had been witnessing watching the lizards, he regrew his foot. Nobody had told him it is impossible for humans to do so. This is a true story. You do not believe it? I did not believe it either although this story is true as I was assured. How come, many of us still do not believe it? It is because we do not consider it to be possible. A person cannot regrow a foot. As long as we do consider things to be impossible we do not believe in them and that is the limitation. However, if something is in the range of our experience then it is a lot easier to manifest it. What we have to do then is to shift matters from the area of the impossible into the possible and we have to do that within our consciousness first. Thus we create energetic fields enabling one or the other person to actually implementing it and the more people are able to do it the easier it will get for others to follow. Someday it is not impossible anymore but usual. 150 years ago nobody thought we would fly across the skies.

There are people who already did regrow their teeth, the third ones. This is a fact also. However, there is this believe deeply programmed within me that this cannot be possible. It still needs to be more people who are able to do this. It needs to be broadcast on the TV news before we start getting used to the thought of those things being ordinary.

In theory I am aware of everything being energy. I am aware of people having spontaneous healings every now and again. I have heard of miracles where blind people are able to see again and lame people walk again. And, nevertheless, it still does not appear within the realms of possibility, among other things, probably due to the fact that things like that are not published in mainstream media.

If more was reported about things like that, if newspapers were full of miracle reports every day, then I am sure, a switch within our consciousness would happen very quickly, enabling many people to do the same.

I witnessed people doing spoon bending by will power. Anyhow, I myself still cannot do it.

First of all, we have to start recognizing the limitations and then create morphogenetic fields allowing people to move things from the so far impossible into the realm of the possible. This does not mean by tomorrow everybody has to be able to regrow a foot, but to first anchor the confidence in believing of this being possible and therefore to create the energetic field so more people take for granted that there is one or the other person doing exactly this. But the system does not allow this. We are not meant to believe in it. The system tries at all cost to avoid us from acting out our full creativeness.

Observing myself I can see a mechanism telling me over and over: *it is not possible, it is not possible, it is not possible*. But it is possible because there are people who regrow their teeth. How come I still do not believe in it? What is it that blocks the access so excessively?

Surely alongside external influences these are our own blockages. To give an example I had the following experience: I had the intention to mentally bend a spoon and trained it several times. Therefore I held the spoon between thumb and forefinger and imagined how I am melting with the energy of the spoon, becoming one and then bend it mentally like crooking a finger.

Within my imagination the spoon was bent now and it felt absolutely real. I then opened my eyes expecting to see a twisted spoon but it was not. Nothing had happened.

In the next moment I took a glass of water with the same hand and drank from it. Before my mental eye the water glass began to melt away, the water spilling around without me being able to drink. This was as real as having seen the twisted spoon before.

As a result I said to myself: „*there you can see it, it is a good thing it did not work and you were able to lead the glass to your mouth, otherwise you could not have drunk.*”

What is this now, a limitation or a protection? Certainly fear of losing control. Thus, we need to find regulations to handle these things. For example, I could ask my Higher Self to allow the mental modification of matter only if no damage is caused. I could therefore hand over the controlling function to my Higher Self. But we certainly still need rules to get along within the material world, meaningful limitations that guarantee a cooperation of people.

However, many of these limitations keep us from living our true potential and from getting to know this potential because there are people bending spoons without dying of thirst.

So, what might be limitations we do not need any longer?

We could begin to drop those limitations that prevent us from imagining worldwide peace, all the people doing well, everyone having enough food, having a clean planet, living in a system of abundance, acting out our full creativity completely, and so forth ...

Let us begin to imagine those things and to move them into the realm of the possible. If we start mentally, then ideas for solutions will follow automatically. *Ubuntu* is such an example I found on the web after I opened up for the possibility of having other forms of society, e.g. forms without the need of money. Interestingly we attract those subjects once we open up for them. In the German speaking area we additionally have *Plan B*, or theses by *Franz Hörmann* that might offer some potential for different thinking. There are many more worldwide.

The more people are open for the possibility of a peaceful world, the greater will be the wealth of ideas arising from it. Everything is energy and everything originates in consciousness, everything can change within seconds if we open up to the possibilities. From my own experience I know that

physical conditions can change within seconds if the appropriate energetic knot is dissolved. It has to be the *right knot*, though. The more we open up to these opportunities the more *right knots* we will find and dissolve.

Let us play with the opportunities, let us become like children again, let us remain open for the result, and let us open up for new possibilities. Hence, these are suggestions on how to start making the impossible possible.

Additionally there is the case in which our soul might have decided to walk a different path already, one we have not considered possible, yet. We then wonder why our actions do not lead us where they used to take us. The familiar life does not work any longer. Instead of then holding on to the old pattern at all cost, it might rather be better to let go. That might be quite a challenge because we do not know the unfamiliar, yet. We cannot imagine how life could be working according to these new soul patterns. This can be quite a long way of uncertainty where the familiar support is missing. Then it is about listening to the heart, and to trust the soul, to trust life and to experience being carried by life, without the old patterns, without the familiar. It is then time to open up to completely new experiences and insights.

Who is going to help us then, if the old structures are not there anymore for orientation? Whom do we ask for advice? Who is going to support us with our decisions?

For me personally there was a point in time when I could not continue to work in my former job any more. I had no idea what was about to emerge. A medium had let me known that my soul does not want me to be in that job any longer.

However, the medium did not tell me what a new job would look like exactly. There were only hints pointing in a direction. That was it.

I was not able to figure it out. But I knew if my soul wanted me to do something different, then I trust it and let myself be surprised what life has to offer and what is going to show up. Although I have no idea up to today what it means I am learning bit by bit to escape the old shackles. I trust

to be guided to unfold my full potential and everything I am experiencing right now takes me there or is already part of it.

What I would like to point out with these examples is that there are always signposts. We are guided all the time. We are not alone. Our soul directs us if we let it do so.

Besides, we are a lot more than we think we are. We are more than our thinking mind. We are more than our reflection in the mirror. We are multidimensional beings and get all conceivable support if we open up to this consciousness and let the way be shown. Let us be open for the ostensible coincidences in life and all the things that could possibly be hidden behind them.

Some signs might be very subtle. Our life seems to babble on quietly without us noticing them. However, sometimes we receive very clear hints. Every now and then I foresee things. When I was a child this caused a lot of fear and I completely ignored that ability. Only recently this phenomenon started to increase again and my visions came back every now and then. Each one of us has abilities beyond the norm. These are usually suppressed as there is no space in the system or they might even endanger the system.

Why were witches and wizards burned in the middle ages? They were people who came from a deep knowledge of consciousness. They were seers, natural healers, shamans, people who knew about the mysteries of life. This knowledge had to be destroyed.

Today people are often too busy to live or explore their true abilities, they do not have time or space to do so, although these abilities do exist within all of us. It would be wonderful to see more and more people being able to remember their true nature.

DEVELOPING SPIRITUAL ABILITIES

When I first started to learn about spirituality I had no idea what to expect. I thought it was about becoming a magician spiriting away all the unwanted and magically creating anything I liked. How was I supposed to imagine what it would be like as I did not know anything about it? I spent a lot

of time being disappointed because it was not what I had expected based on my restricted consciousness.

Humans with special spiritual abilities have not necessarily solved their issues. It is a misbelieve to think that life's challenges dissolve if we are able to e.g. have out of body experiences, or levitate, or materialize things, or bend spoons. I used to think people with such abilities have automatically mastered their lives but that is not necessarily the case. There are black magicians using their abilities to deliberately harming others. Quite often these black magicians are not free themselves and are controlled by foreign dark beings, masters, or gurus although they do have enormous spiritual skills at their disposal. Anyway, life's challenges are not necessarily easier to be solved only by having such skills. For me personally at some point in time it became more important to solve my tasks with the means available to me. In the course of time we develop more and more means to deal with things in life in different ways. We discover more and more what reality is about and how to have a stronger influence on reality. As a byproduct we probably develop or discover more spiritual abilities and that will happen as and when they are needed.

However, only because one apparently does have magic abilities it does not necessarily mean that this person is able to solve more than those who do not or not yet have such abilities. We have everything we need to walk our own way. We have everything we need to solve our very own issues. If we miss necessary abilities we will meet someone to help us, or we are the one helping someone else.

Maybe it is our destiny to be a spiritual magician maybe it is not. Everybody has to figure out what one's abilities are and nobody is more or less important because of his or her abilities being different.

Everybody does have a different task book in life that is different to our neighbor's task book. Therefore it does not make sense to copy the other one's solution but rather to see what we can learn from it to solve our own issues. We may use our own talents and abilities or even acquire additional ones to get there. The question is, do we want to focus on acquiring an ability not

knowing whether we need it or not, or do we focus on solving our tasks? There is no right or wrong. Maybe it is part of our job to acquire a particular ability at all cost and strive for it. Anything is possible. But we should not be discouraged if there are things not lying on our way. If we are finding closed doors, sometimes the universe lets us know there is a better way.

A learning job does not necessarily mean one can spirit away the challenge because then we miss the experience of facing it. It is more about us subconsciously creating a playing field that is necessary to have all our experiences, and to learn what is needed. Thus, we learn to play with restricted means. In this context a story springs to my mind: *A tennis player was so good that he could defeat all the others. However, this was dull, so he decided to play with his weak hand. He still won and it was still dull, so he decided to hop on one leg ... et cetera et cetera ... until he finally had the experience of being defeated. He was not able to have this experience while using all his abilities completely. In order to learn he needed to limit himself.*

For most of us it is the other way around. We are currently having the experience of limitation and would like to be the tennis player living and rediscovering his or her full potential again.

Let us not wait until we are the top player. Let us experience all the way to get there with all the devotion needed to live life in its complete beauty and fullness. All that is needed is already there.

If something does not work right away there can be many different reasons. Here is one example from one of my earlier seminar visits: We did an exercise. It was about seeing the aura around people. In this case it was a certain way in which the aura was to be perceived. Therefore, we were sitting in a semi dark room with only the canvas in front lighted up from the back. One person had to sit in front of this canvas and the others should observe what was to be seen around this person.

The instructor reported how in a different course for example one could see wings behind the person, hazy, shadowy, representing the guardian angel. This time our job was to concentrate on the third eye of the person which can be found in between the eyebrows. At the same time we were meant not to focus too strong but let loose somehow. Then the show began, the face of the person started to change and the spectator could see other faces appearing, hazy, shadowy

though. Those faces were the ones the person had had in other lifetimes. It was like a movie and the changing shades around the face visible for everybody in the room.

For everybody? No, not for me. I had only seen the beginning and when the movie started fear overcame me and I stopped, I could not follow any longer. However, I heard the others saying, *"look, there she looks like a Native American"*, *"Yes, I can see it also"*, *"and there she looks like a prehistoric man"* and so forth ... I was disappointed because I was not able to follow the movie. But I knew it was running because I had seen the beginning. Although I was taken aback a little because everybody was seeing the same and one time the instructor even rewound the movie so everybody could see how the person was an animal before she went for human lives. Was this a sort of mass hypnosis? I had doubts and these doubts let me drop out. The instructor mentioned that this exercise works best for skeptics if they have drunk a glass of wine. Thus, they are not surprised any longer to see unusual things.

Later I asked whether one could do this exercise at home in front of a mirror to see one's own lives. The instructor answered this is more difficult because most people get afraid and drop out.

But in my case I had dropped out during the seminar. As I am very ambitious I could not resist practicing the exercise at home in front of a mirror. I wanted to see what the others had seen. And I wanted to be free to see what my Higher Self showed me instead of seeing what the group altogether was meant to see.

When the first pictures appeared in front of me, my reaction was exactly as predicted by the instructor, my fear made me stop. But I repeated the exercise again and again and the fear disappeared because after a while I already knew what the first pictures were like and thus got used to them. By doing this I could get into my own movie more and more and could see images from other lifetimes, my own ones. By the way, there were extraterrestrials among them as well.

Thus, sometimes it is quite useful to experience failure only to draw motivation from it to do things we might otherwise not do. We never know and again it is about staying open and let oneself be surprised.

IMPATIENCE

It was one of these days when I was extremely impatient. I had the following in my mind: If I work on gathering new skills I would like to see immediate results so I do not have to wait that long. If I trusted, I would not be impatient. However, I am eager. I am fed up of not knowing what I have just manifested. Why can't I be a magician? Why can't I simply spirit away my aches and discomfort? Why does it all last that long? Why do I have to sense every small detail, feel everything, work through, and so forth? I long for knowing where to go. I feel like not wanting to be here any longer, but a new destination is not there, yet. I feel paralyzed as long as I am unaware of what to expect. I feel helpless as long as I cannot see a direction. I am groping in the mist and need to wait until the fog thins out. In the meantime all I can do is observe my impatience, investigate it, get acquainted, and reach out my hand to it. What is impatience good for? Can I have clarity, truth, and knowledge, please?

I asked my Higher Self to answer that question and I got the following answer (Explanation: When I was in this state of impatience I had a strong relation to another life and my Higher Self is referring to that): *"You come from another plane of consciousness. You come from a planet where everything is energy and everything transforms immediately. Now, being on earth means to consider the factor time as well. Time is an interesting phenomenon. It assists us in handling our manifestations more carefully. Time helps us to look at the state that is still there before something new arrives. It helps us to appreciate what we have now. Since what we are having now is something we have manifested before for different reasons. Time assists us in recognizing what we created based on our past thinking and behavior and thus to see how we create our NOW. Time helps us to think over decisions, perhaps modify things we have not yet manifested, adapt them, and add new flows of ideas or realizations. Use time as your friend. Look at the positive quality of time which lies between the wish and its conversion. Every planet has its own laws, its own rules. Become acquainted with them, observe them and see the differences. That is why you incarnate in different surroundings, in different dimensions, and in different universes ..."*

Ok, so being on earth means one has to consider the factor time. Unusual if one comes from a planet where life is pure energy and everything transforms immediately. My impatience diminishes a little as I am being given this information. One can see time as an exercise in confidence. Is that all?

Anyway, an interesting thought. We are always busy creating, creating, however, we do not know when things appear and we do not know exactly how things appear.

Some time ago I had a burning desire to meet a particular person. Mr. X, as I call him, was famous and the probability of having a personal meeting was very low. I visited a seminar for several days which was led by him. It was one of these seminars in which many people sat in the audience, so that no direct contact was possible. On the penultimate day, nevertheless, I suddenly had an urge to drive to a petrol station at midday. I had to refuel anyway. However, I had planned it for later. When I was driving over I saw before my mental eye how I would meet Mr. X at the petrol station.

After arriving at the petrol station I refilled the tank and in the meantime I began to clean my rear window with some sponge from one of these water buckets. During the cleaning I looked up and there was this incredulous amazement linked with an incredulous giggling because there he actually was, Mr. X, accompanied by two other people. They talked lively and while I was giggling unbelievably I managed to say "Hello" and looked at him. We did not speak the same language. Hence, it was needless to start a conversation. Nevertheless, he stopped immediately talking to his companions. He looked at me from top to bottom and I looked back. This moment was like our souls exchanged whatever had to be exchanged then, no words necessary. It was a very intense moment which I kept in my mind.

Sometimes it is sufficient to meet a person and simply exchange what the souls intended to. Maybe the souls already planned this before the incarnation and everything that is required is a short moment of meeting. I had the feeling this was such a meeting. Where else would the urge come from to desperately see him? Where did the internal voice come from piloting me to the petrol station at exactly that time? Why had I seen the scene before my mental eye on my way to the

petrol station? So many questions, so many connections, and so much that needs to be discovered. And it remains exiting. Thus, *time* also means to stay open for anything that might happen, to stay open for surprises because we do not know when and how things are going to manifest.

In the same seminar there was an exercise a few days prior to that meeting. Mr. X had written a number on a white board which was turned around in a way so people could not see it. The number was to be guessed later on by someone from the audience.

The exercise was about training clairvoyance and so I decided to join in. Therefore I closed my eyes and a number was shown to me in front of my mental eye. Later on it turned out to really be one of the two numbers written on the board and again I felt this incredulity because I did not know how this was possible. Why was I shown the correct number at that moment? And how come there are moments when I see nothing although I would desperately like to? Who decides when I am having such visions? How come it is possible with Mr. X around but not at other times? Please, can I have clarity, truth, and knowledge? My Higher Self's answer: *"You are able to determine it by yourself if you practice. Up to now you assume not being able to do it. That is a limitation. So you are only then able to do it if you do not ponder on the limitation. You still carry fear in you to see things you do not want to see, like the death of people or accidents. You have not learnt yet to put these matters in the right context, so you rather wanted to see nothing at all. However, another part of you would like to see and thus it works every now and then, and sometimes it does not. Heal this portion in yourself which does not want to see and you will learn to handle this gift and this ability, and thus to use it in a way that is in accordance with your purpose."*

After I received this information I checked on the part of myself that feels hurt. This sub-personality is trying to avoid something much worse because in my childhood I sometimes foresaw unpleasant things and I did not want to carry on seeing such things. Thus I lovingly accepted this sub-personality and reintegrated it. Now, there is the factor time again. After having reintegrated this part I need to wait and see how this will be transformed and to see any results.

However the factor time does not necessarily mean that things have to take long. Some things transform immediately and we call that a miracle or a spontaneous healing. Only this does not happen each time. Sometimes further revelations, further experiences, or further perceptions are needed. Eventually there is a reason why we did create our current circumstances even if it was before this incarnation or within different dimensions, or on different levels. We should not forget about us being multidimensional. We are creators, the more are aware of it, the more can we live our potential, and the faster can we change matters. It might take time or it might not.

TRUTH AND LIE

We are living in a time of change. More and more is uncovered, comes to light. At the same time our dealings with our experiences are changing. What used to formerly surprise us is now commonly accepted or taken for granted. For example, we do not get upset any more about being monitored or intercepted or our emails being readable for others.

Thus, increasing truth does not only mean to become aware of formerly undiscovered things, but the truth also changes our reactions. If we react from our ego and feel offended, deceived or hurt, then we are caught within these feelings. Now it is rather the time to explore the causes instead.

Why did we create all this in the first place? Why do we allow to be manipulated? Why do we allow to be lied to? What did we create and what is the purpose?

In these times of seeing more and more truth it is primarily about us and how we handle it. Do we stick to the old pattern condemning and sentencing? Or do we scrutinize, do we open up to the concealed parts of our own creations?

It is time to discover our own truth. What does the external truth reflect to us? Where do we live our own interpretation of what we created ourselves and as a collective? Therefore it might be helpful to have a closer look at the subject *Lie* and in order to do that I found a very powerful and intense exercise in one of Paul Selig's books.

The exercise is as follows: *Imagine a bus. This bus contains your lies, first of all those you can think of right now. Ask your Higher Self to support you with this exercise and to show you exactly what is needed and can be solved right now.*

Then imagine how this bus races towards you with high speed. Other times you might have run away or got out of the way which reflects your usual reaction towards lies. This time, though, you remain where you are. The bus still races towards you and you remain where you are. However, the bus does not run you over. It comes to an abrupt halt just a few inches in front of you. And now, look at this formation in front of you. Let it be there, let everything arise, any emotion, or memory, or whatsoever, anything that wants to be looked at right now. Now is the time when all is revealed, everything appears that is important for you now.

If you have observed this formation for a while then maybe the core origin of these lies gets clear and you might go through a row of different emotions.

Take all the time you need to perceive it all.

After that, imagine this formation to be frequency and to turn into energy. And after having been fully noticed it is now time to fill this energy with light and let it resolve. It may leave now.

After having finished this exercise try to speak truth for one day. It does not matter if we cannot do it all day. And it is not a question of always telling the truth but moreover to become aware of all the occasions when we do not speak truth and to observe when and why we lie.

When I did the exercise I had to cry for quite a while because I discovered how the lies were caused by very deep fears. I was separated from the divine, I had lost my trust. I was cut off. They had left me all on my own. All these things were reasons for my lies, namely the fear of being left, the fear of not surviving, or the fear of not being loved. Basically all this fear prevented me from trusting. At the same time I felt guilty, although it had become clear to me that I was acting out of fear. What had happened here? I discovered that the root cause of my fear was the separation from the divine. This realization was absolutely surprising but at the same time I felt relieved because many things became clear instantly. I was then able to see why I felt like having to lie. My motives became clear,

and they were not the superficial reasons for lies like e.g. egoism, or avarice for which we get charged for by the system. No, the reasons were quite different, namely deep fear and this was astonishing.

With hindsight I feel indignant about the fact that I still felt guilty. But this realization was also immensely important because I am only guilty if one looks for the superficial ostensible reasons.

The real motives reveal to me that the lie is needless if I overcome the fear respectively that there is no need for self-punishment because I know I did not act out of egoism but out of fear.

This does not mean I have to tell the truth all the time but the feeling of guilt vanishes and thus self-esteem arises. In future situations I can then decide anew whether I still need the lie.

What I also like about the exercise is the last part. For one day we have to observe and notice when we do not tell the truth. This is not about always telling the truth but to see more and more where we are controlled or kept in lies either through fear or maybe through false guidelines given by the system. It took me several days to digest this exercise, however, in retrospect I highly recommend to everyone to have a closer look at his or her lies, for example by doing the exercise described here.

We should realize that feelings of guilt are part of the programming to keep us small and to punish ourselves. With the exercise we achieve exactly the opposite, it is a matter of regaining our self-esteem by withdrawing power from the lies which we do by recognizing the underlying fears. NO Punishment! That is part of the controlling system holding us within the matrix. It is a matter of recognizing the fear, the cause, and the solution. As long as we suppress and feel guilty, or punish ourselves and each other we keep ourselves within a low frequency. The frequency of truth leads to a higher vibration, but that is not a pseudo truth but rather our own truth, the one we feel deep inside.

Truth is not '*good behavior*'. Truth is not the following of rules other have put up. Quite often we do not even notice anymore when we are lying because we subconsciously just follow pseudo truth norms. We believe to be decent because we follow the etiquette. Should I act as I really would

like to or should I behave? If I behave although I do not feel like it then I lie. Truth also means to be who we are and to act like it. If we want to live more within the frequency of truth it might be helpful to be aware of the reasons for our lying every time we do lie, and also to observe when and why we deceive ourselves. What is the underlying fear in that moment? Or maybe in that moment we feel uncomfortable with a system-compliant rule because deep inside we do not agree with it at all?

Besides looking at our own lies it is quite useful to see why others lie to us. If we sentence and punish the other one for it then truth might not be revealed. If our ego feels hurt then it is not that easy for the other person to be honest because the other one has no intention to do harm to us. First of all we usually feel offended once we find out that we are lied to, we see it as a betrayal of confidence and might even denounce a friendship etc. However, we are living in a world full of lies and intrigues and more and more is disclosed. Hence, from my point of view it is necessary to closely observe our reactions. Probably our first reaction is anger, lack of understanding, or feeling hurt. All these emotions need space and should not be suppressed. However, should we not also begin to explore the backgrounds, to look at the causes? What has led to the fact that we lie or are lied to? From my experience of facing the lying I come to the conclusion that there are quite deep fears on the one hand and on the other hand there is the system keeping us within a low frequency caused by the lying. Why do we punish ourselves for it? Because we were educated to do so, in other words, it is part of the matrix and it is a matter of dissolving this now. If I get angry at the system from time to time, then I sometimes forget that we are the ones, ourselves, who are creating the system also. It is not only a matter of accusing an external aggressor. Thus, we primarily have to deal with and change our own structures that are co-founding this system and keep it going.

SELF-ESTEEM

"Oh my god, I am so stuffy", I said to myself while observing myself in the middle of a group of socially weak people. I had suddenly realized that I believed myself to be better than those people, superior somehow and I did not feel like belonging there.

Erroneously I had taken that for self-esteem. But to feel superior only because of a better education or better financial means was probably due to the fact that I took the matrix's criteria to build up this pseudo self-esteem. We do have money, thus we are rich. We are educated, thus we are superior even though this might be delusion. I am not like the lowlife in front of me, I do have a social position, I do have symbols like a car, a house, a family etc. Thus I am worth a lot more than the person in front of me.

All these pseudo feelings of worth lead to the fact that I either despise my fellow men, or maybe I compete with them or I would like to excel them. All this leads to separation but not to self-esteem. If self-esteem is based on to what extent I fulfil the social norm, or to what extent I get recognition from other people, then it is something that makes us dependent on external factors.

If some of these external factors break away, e.g. because of losing our job and suddenly receiving social welfare, or because of being left by our partner, or a sudden lack of appreciation from others, then the self-esteem is gone.

Thus, where does true self-esteem come from?

I found my answer in Paul Selig's books. Only when we begin to see the divine in our fellow human beings it is that we begin to recognize it within ourselves as well and are then able to open up for it. How can we ourselves be divine if we refuse the divine in our brother, in our sister? If we do this then we refuse our own divinity which leads to separation.

For me it was not easy to overcome this separation and quite often I see myself falling back into the old patterns. This appreciation of the divine within our fellow human beings needs to come from our heart. If we just talk ourselves into seeing the divine spark within the other but do not really feel it, then again, we just develop another norm to be obeyed to, a pseudo rule, like *love thy*

neighbor like thyself. These rules are just rules and obeying does not lead to see the divine within the other.

In the books of Paul Selig the Christ's energy is anchored bit by bit in us at a speed that feels comfortable and only as much as we allow it to be. By saying "*Word I am Word*" we ask the Christ's energy to flow through us to support us in solving our issues.

By saying „*Word I am Word through the people before me*“ or „*Word I am Word through the situation before me*“ we open up to the Christ's energy and let it flow through us towards the people or the situation. We are not the ones to decide whether the other one is going to accept this energy. We only offer and the other person's Higher Self decides what to accept.

If I state this sentence when seeing people in front of me, then my heart opens and the separation dissolves. Suddenly it is there, the realization that this human being in front of me does have this divine spark, exactly as I am having it, too. Prejudices just dissolve, the programmed pseudo self-esteem vanishes. The part of me which makes me believe in being superior to the person in front of me melts away.

The beauty about this exercise is that a certain connectedness with the other person can be felt out of which a special esteem arises. This person did incarnate here and now because his or her soul wants to gain exactly this experience which is as valid as having my own experiences. Even though I might not be able to see what the other soul wants to learn right now, still, the encounter is divine. Each one of us carries this divine spark inside. Once I recognize this spark within the other then a completely different sense of self-esteem arises. By recognizing the worth within the other our own sense of self-worth increases. That is true self-esteem independent from external factors. This worth originates within ourselves because we see the worth, and we see the divinity of the other one.

This self-esteem is incontrovertible, completely regardless of outer circumstances, independent from status symbols or approval. This self-esteem is based on the knowledge of the divinity being

within every person. The idea of being superior does not arise any more, on the contrary, there is a joy of seeing everyone being here to live and express one's divine core.

From my experience the Christ's energy is a strong support if used to let it flow into different situations on earth for improvement. Every one of us does have the possibility to do so. Each one of us can be a channel for the Christ's energy.

In former times it was mostly only Jesus known as a channel for the Christ's energy manifesting it on earth. He was doing it as Jesus Christ. Today this powerful energy is available for anybody who would like to be a channel. More information on the Christ's energy can be found e.g. either on Paul Selig's website or in his books (<http://paulselig.com>).

Note: If we connect with unknown energy or let it flow through us then we do not necessarily know what to expect. It might happen that a manipulative energy is hidden behind or simply pushed in between. It also might be that a manipulative energy tries to discredit a connection of light in order to prevent us from receiving help. As always it is a matter of listening to our inner voice, of being watchful and of paying attention to our emotions. A strict awareness is necessary. There is no right or wrong, there are only experiences. We cannot decide in general whether something is light or not. There might be a time when something is light and some other time it gets modified by a manipulation and it is not light any more or the other way around. Anything is possible. From my experience it is helpful to always have the intention to connect with the light only. Additionally we should have the intention only to direct energy of light into situations without allowing our own shadow parts to subconsciously interfere with dark thoughts.

Once I was in a situation when it was a matter of supporting a group work. I was told it is best to be very aware in order to avoid letting my own conflicts flow into the group. It was about avoiding projecting e.g. anger onto the group. Of course I cannot permanently suppress my anger but there are times to actively solve conflicts and there are other times when it is important to remain neutral and be very aware in order to enable the achievement of a common goal.

In fact sometimes we are even triggered artificially to be annoyed in order to avoid reaching a goal of light together with the group. Actually this happens permanently on earth. We are kept in annoyance so we do not unite but fight each other. This prevents peace in the world. True to the motto "*Divide and Conquer*".

HEALING

When does healing happen and what does it mean?

I was told, everything is energy and everything can be changed, and miracles happen over and over again. However, we usually do not believe in miracles happening to us because we have had different experiences. Even if we experience one or the other miracle, we still tend to push it in the area of the impossible. What is the reason for such a behavior?

Before this incarnation our soul has planned for some challenges already and on having all the experiences linked to them. Such a challenge could for example be a physical impediment, or an emotional blockage, or something else. Thus, it is not about spiriting away these things but to experience and live them in order to get to know and perceive them. It is a matter of either accepting an issue or maybe of overcoming it once the experience has been made.

By the time we let go of no more required ballast we sometimes might realize that it was not possible to let go earlier. We were still sticking to old patterns, thus did not allow ourselves to overcome the blockages. Only after having recognized and therefore solved those patterns was it possible to let go.

Basically everything is energy and basically anything is possible. But who is responsible in deciding what is possible for us? This cannot be answered easily, because there are many factors responsible for it, e.g., our programming, our experiences, our old patterns, our karma, our soul, the subconsciously agreed upon collective will, and so forth.

How is this connected to the meaning of life? We are part of the creation and Source created us as individuals to fully experience itself in its entire beauty and perfection. That is how important we are, each single one of us. We are what Source wants to experience, to see, and to realize. We are the manifestation of the divine. Experiencing suffering does not seem divine, but still, even this is an expression of different potentialities. Anything is possible.

If there are moments when we feel like life does not make any sense, then it is exactly what we are meant to experience, to perceive completely how meaninglessness feels. It can be useful to fully dive into this experience, to dive into the meaninglessness. The acknowledgement of meaninglessness leads to its resolution and that is exactly the experience that wants to be made within that moment.

It is similar with the feeling of unfreedom. Even that one wants to be acknowledged, e.g. by perceiving it completely once it is there and therefore allowing it to dissolve. Sometimes emotions just want to be appreciated, pleasant ones as well as unpleasant ones.

That does not mean we have to accept everything without questioning it. Of course we are able to change things within our lives. We are the creator. However, what is happening right now is something we have already been creating in the past and we created it for the reason to experience exactly what we are living right now. We probably did not do it consciously, at least not from our personality consciousness, but portions of ourselves that subconsciously determine what we create did it. If we were only creating from our personality self then we probably would avoid suffering.

The more carefully we observe what we have created so far the more are we then able to understand what we keep creating. I felt a deep intensity in the following exercise: For a short while be very conscious about the current moment and be very clear that this is exactly what you have created, it is exactly what you wanted to experience. Be very clear, you did create this. It is not about asking for the reason. Maybe as well, but this exercise is more about fully perceiving this moment of one's own creation. This is how to accept what is and how to be fully present. If I

am too busy asking *why*, then I might miss to appreciate the moment. The question '*why*' can be answered later on. Quite often the question is answered by itself because the perception already is the answer, a more comprehensive answer. It is a wisdom anchored within the consciousness virtually bypassing the thinking mind. The thinking mind may sort it all out afterwards, it may arrange and value and that is its job. The thinking mind is very important, only in a different way than many of us are familiar with.

Everything is energy, everything is possible. It is up to each one of us to figure out what it means for every single one. What are our limits? Where are we forced to stick to the limits? How can we push the limits or eventually overcome them?

This is one of the games in life. It is about experiencing limitations and overcoming limitations. It is about perceiving oneself as the creator and about experiencing one's own creation in its entirety.

When are we entitled to receive healing? When are we entitled to let go of our troubles? As soon as we allow ourselves to do so, as soon as we free ourselves from limitations and let go of old patterns, as soon as we have learnt what was meant to be learned, as soon as we are ready ... everything is energy, everything is possible ... Sometimes it takes a little longer, sometimes miracles happen, sometimes it is not possible to overcome limitations for what reason ever and then healing might mean to get along with it. Sometimes we need limitations to walk a path otherwise not chosen without this incentive or not walked at the same pace.

What is possible on this planet? What is possible under these circumstances? What is possible at this moment in time? Every one of us has to answer that for oneself, these are all games that want to be played. The divine wants to fully experience itself through each one of us. Let us discover the divine within each one of us, within every human we meet, and within all creations. This is our stage to play games. Everything is possible, everything is energy.

Sometime I receive energetic treatment to solve issues causing physical discomfort. Quite often after such a treatment I am very surprised about all the things that showed up and were resolved.

However, it happens that the original afflictions are unchanged and still there. Occasionally this led to disappointment and I kept asking myself why all possible issues were solved except the cause of the discomfort.

I came to the conclusion that such a discomfort is sometimes used as an incentive to solve a number of matters we otherwise might ignore. Thus, it is more like the journey is the reward and everything we experience on the way, and not so much having reached the goal. The discomfort eventually dissolves, sometimes even unnoticed. I think it is helpful to observe what is happening on the way and therefore to extend the goal by being flexible and be open to see what life wants to show us instead or additionally.

If we visit the doctor in today's modern society we mostly want a pill that solves everything immediately. We want to continue behaving in the habitual way without changing anything. Mostly we did not learn that everything is connected and that anything happening in our life is part of a bigger picture. Healing happens if things get in order again, no matter how, it can happen through many things, e.g. school-medical methods, or just a conversation, or a sunrise, or a foreign person, or a miracle, or placebos, and so forth.

If some people think one or the other healing method is a waste of money, then we cannot know this. It could be an important piece in the puzzle falling in place in a totally different context and lead to healing then. Healing happens only if it is the right time. Sometimes this seems tedious but we might still need one or the other experience before being able to let go in order to heal.

I remember the first time when I witnessed an energetic constellation. Back then there was a woman with pain in her wrist. She considered having an operation. However, she wanted to check whether an energetic constellation might solve it instead. Thus, her problem's cause and solution was collected as energy and placed on a chair. Another person sat on that chair respectively went into that energy and sensed what was coming up. I was surprised to hear what could cause an ache in the wrist. It was about disputes within her family and some people pulled and tugged her. Never before had I had the idea that such things could cause physical pain.

Back then my idea of solving it was to have an operation and everything is in order again. The idea of reintegrating this person into her family and therefore to avoid an operation was completely new to me.

Meanwhile I have participated in so many energetic constellations that I take it for granted that everything around us can affect our condition. Any entanglement can lead to discomfort. There are infinite possibilities. From my experience a lot can be solved by considering the energetic connections as well.

Not everything can always be cured immediately though. Hence, I like a story told by Natalie Sudman during an interview with Bob Olson. Natalie had a near death experience after a roadside bomb hit her truck in Iraq. She then left her body and went to a sort of healing environment. There her Higher Self and a familiar energetic being were joking around. They were playing with different possible injuries Natalie could keep when returning to life. They imagined how funny it would be for Natalie to have only one eye or one arm and at the same time they were able to see all the experiences Natalie would be having with such handicaps.

Back in life Natalie was not able to remember why in the end she kept exactly those injuries she did have to deal with for a while after the accident. But she was aware that she herself respectively a higher aspect of herself had chosen those in order to have the according experiences. Natalie says it is helpful to remember this in order to be confident during the recovery process. Although she has forgotten what they are, she still knows there are reasons for her choices. If we keep that in mind when we are in pain it might be a lot easier to deal with it. Sooner or later there is healing one way or the other. Eventually it is time to leave this body. This can be healing as well.

Of course, at the moment of pain or any other unpleasant situation we rather tend to disagree with having that experience because we are in the middle of it. Only if we look from a distance, e.g. sometime later, are we able to put this into the right perspective.

If we are able to already build up such a distance at the exact moment of pain by observing the ache without identifying then it might be a lot easier to deal with it. There is a difference between

pain and suffering. We suffer if we either cling to the pain or fight it. Pain cannot be avoided, whereas suffering can. It is a matter of practice and therefore such practice can be healing as well.

A further story regarding healing: Recently I went to an ophthalmologist. It was my first visit and so I had to fill in a form. As profession I wrote '*consultant*'. Later the doctor asked me what kind of consulting I am doing. Among other things I told him that I give energetic advice and the doctor spontaneously answered while laughing: "*Ok, you let the sun shine onto the house*". He told me that he was only joking and I should not take it so seriously. Regardless of the doctor's ridiculing somehow I liked it because it touched me although I could not put into words what it was exactly that touched me at that point in time. Thus I began to reflect when the sun had begun to shine onto my house to brighten it up.

My imagination was as follows: There was light everywhere leading to the fact that all of a sudden I could see all the things in my house that were not in order. Then I let the air in and beat the carpets clean. Everything that was swept under the rug before and was lying dormant did now appear and could not hide any more. I was forced to clean up, to clear up, and to throw the needless ballast out of my house. That was all visible now as soon as the light shone onto my house. I was able to see again where it was a matter of repairing things, or repainting, or even rearranging pieces of furniture differently.

Once I let the light shine onto my house I might have a terrific job ahead of me because I might then dislike what appears. I guess this is what has been happening to me during the last years. The more light shines onto my house the more I can see what needs to be fixed, the less can hide and slumber in some corners causing unwanted conditions within my sub-consciousness.

From this perspective I absolutely like the statement of my doctor. I love to let the sun shine onto my house. Positive thinking is seen from a different perspective.

Regarding *positive thinking* I also remember a conversation with a friend. He complained about this and that. Instead of confirming his complaint I always suggested a way in which to see things positively. After a while he said unnerved to me: „*Yes, one can gain something positive out of*

everything". Ok, I thought, it is probably better to join his game and confirm his moaning. He immediately felt better.

In hindsight, however, I ask myself why we do not rather focus on the positive aspects which can be found within all matters? How come, we are so focused on the negativity? Probably because it is the way we were taught to deal with things. It has always been like that. Thus, we carry on complaining. I do not absolve myself from this behavior although I would like to see more occasions when we let the sun shine onto our house in the way my doctor had intended it to be originally with his joke. If we then are able to see what is really behind it all, we then can begin to clean up our life and to be healthy again. Thus, healing could mean "*I let the sun shine onto my house*".

THROWBACKS

Who does not know them, the throwbacks? We think we solved an issue and suddenly we are hit with full force again. We are in doubt and ask what we missed in order to solve the issues that cause pain, disappointment, hurt, despair, forlornness, and such things. It seems like I am starting right from the beginning again. But eventually there comes a day when things are going better again and I realize something has changed. I notice the little things that show up through these new throwbacks. Suddenly there is an insight which was unnoticed before.

It is not a matter of avoiding challenges. We will rather not be able to do so in the course of life. It is a question of how to handle the challenges. Are we able to apply what we have learnt? Or was our learning only a snapshot? Did we really anchor what we believed to have learnt?

Sometimes I read something and it does have a strong effect on me and seems to resonate as deep truth. I then believe I understood it completely and I will never forget it again. But somehow the veil of oblivion strikes and a new situation in life hits me again.

Basically I know there is no need for suffering, but nevertheless life offers lots of possibilities to show me how to practice and learn my lessons not only theoretically but actively as well and to insist on the application of my knowledge. If I am not able to apply the learned stuff actively then I suffer.

For many of us suffering is a driving force we cannot ignore. Suffering is something we must react to. We cannot suppress it permanently. There is an affirmation saying "*I allow myself to learn through joy and wellbeing instead of suffering*". For me this affirmation works only partly. To achieve such a behavior it might be necessary to first of all react to a new challenge with suffering again. It makes no sense to suppress suffering or pretend it to be absent. I have to face it over and over again.

Life is a training ground. I am allowed to practice over and over again until I react a little different and do not need suffering any longer. A simple realization might not be sufficient. It is about

discovering and living farther parts of the solution bit by bit and therefore stabilizing it. Life is multidimensional. There is not only the single one solution for everything. There are infinite solutions for the same task if we look at it from various viewpoints.

Even if we sometimes think we are running in circles because we are stuck and face the same problem again, although we thought we already solved it, something will be different. Some aspects have dissolved, challenges changed a little.

Looking back there is already tremendously a lot which I already solved. Only when facing a difficult situation I do not bear that in mind. Instead it happens that I tend to react with desperation when challenged with an apparently insoluble job lying ahead. Within that moment I forget what I actually already know. If a friend reminds me of the solution I sometimes have to chuckle and wonder how come I could not come to the conclusion on my own and how come I forgot again how to get there. But probably this is why we are here. We need to look at our challenges from all possible perspectives and face all the different circumstances to solve them all. Even if we feel like running in circles or having nothing accomplished, something is still different. Days of despair are followed by days of confidence. Murky days are followed by clear days. Sometimes it is easy to hear my inner voice and to maintain a connection with the spiritual world, and other times the channels are disturbed.

If there is a time when clarity is lacking it is a matter of remembering the information that was available on clear days. I guess it is like a trial. Am I able then to figure out who I am although I am totally alone without any support and without a clear connection?

It is like a meditation in the midst of big-city noise where the challenge is to concentrate on oneself despite all the disturbances caused for example by airplanes, cars, leaf blowers, and so on. Are we then able to find the stillness within? Are we then able to connect to our core being in spite of all distractions and diversions? It is one of the huge challenges on this planet to find stillness in the midst of chaos and noise and to be able to turn inward regardless of the outer conditions.

Consequently, if we find ourselves having days of despair, then it might be helpful to know that those days are valuable also and that those days support us in connecting with our core being. Only with considerably greater challenges than we actually consciously would like to face in that moment.

Let go, let go, let go. The old programming and the old manipulations are strong and they are constantly affecting us. They provide permanent training. Despair is allowed because it wants to be experienced. It is ok to feel like having reached a dead-end. Let us open up to everything that wants to be acknowledged within each moment. Nothing is in vain. Everything has its place and its sense.

Murky days are followed by clear days. Sometimes it is just a matter of time. Murky days are those in which we easily forget, on clear days we remember and that makes it much easier to deal with our challenges.

PEACE

There is no way to peace. PEACE is the WAY... it begins within each one of us.

Europe, April 2014. People get out into the street and demonstrate for peace, or they meditate for peace, or act for peace in some other way. Why? It is because there is an acute threat by some riots, especially in Ukraine. Ukraine is near, the peace in Europe urgently threatened. There is quite some potential within that situation. This potential is bipolar. On the one hand it is the potential for great aggression, for destruction, and on the other hand, there is a chance for exposure, for exemption, for a change in people's consciousness.

Do we need a massive threat to wake up the masses? Maybe yes, but still, it is menacing as well. It is because we carry patterns of competitive thinking, of fury, of aggression and above all we carry fear within ourselves. If this fear is triggered we might react with aggression even though we only desire to defend ourselves.

How do we react if we suddenly find out about the truth? Truth on how we have been deceived and how events (e.g. like 9/11) are used to deprive us from our freedom and keep the power within the hands of a few? We are outraged, furious, stunned.

But then, what are our choices? We could go for aimless activism and vent our displeasure. However, do we act peacefully then? Rather not if we act from our emotional outrage. Since exactly this creates new strife, causes new conflicts, produces new culprits, and creates new images of an enemy. If we turn against each other we achieve the opposite of piece, then we provoke war. The culprits are then found quickly, they are e.g. politicians, bankers, or whoever else is to blame.

Peace begins within. Liberation is linked to peace. If we want peace we need to release our restrictions and all that causes strife within. We need to escape the rulers who dictate and manipulate us. How do we achieve it? By fighting them? Well, then we play into their hands because there is no freedom without peace and by fighting strife is originated.

How do we escape then? We could do it by deciding to quit playing the other one's game, and by deciding to take our power back to ourselves, and by quitting cooperation.

Non-cooperation: *"Sometime they'll give a war and nobody will come"*.

How do we do that now? How do we fetch our power back? How do we escape from manipulation, fear and deception?

Nobody is more restricted than the one who believes to be free but in truth is not. If we are aware of this, then it might be a first step for liberation. Quite often we are lulled to sleep by the media or by social norms not noticing how restricted we really are. The people in the GDR have believed to be liberated with the fall of the wall. But what did really happen? Now they are subordinate to a more subtle system of manipulation being even more effective. Why is it more effective? It is because it is hidden. As long as people do not realize being a match ball they do not defend themselves. Why would they? Apparently they are doing well. This can be compared to a frog sitting in a glass of water. The water is slowly heated up until the frog bursts. However, if a frog

jumps into hot water it immediately jumps out again. But we are like the frog sitting in the glass not noticing that the water is getting warmer.

Thus, the riots in Ukraine and elsewhere offer great potential not only for conflict but for realization as well. We do have the chance to wake up the people and let them know about the water getting hotter and hotter. We can jump out of the glass. We do not need to wait until we burst.

Now, what can we do if we see that we were deceived? First of all it is important to detect the deception. It is important to open up to the possibility that we are manipulated. It is a matter of sensitizing and of opening up new perceptive channels. If we detect the underlying game then we do have the freedom of choice whether we want to further join the game or quit playing.

Up to now the game was possibly played in such a way: People feel restricted, suppressed, deceived, etc. Eventually they defend themselves furiously and fight for their freedom and for their rights. Some of them even die for the noble goal. After a while the situation relaxes and basically life goes on as before. Just the deception is veiled again and as long as people believe to be free they are quiet. Some hundred years later or sometimes earlier the game starts again from the beginning. Look at history and see how many examples can be found when people fought for peace and liberty. There are many.

Why do we need wars? Wars are needed to considerably reduce the number of people every now and again because we are too many. We need wars because our economic system is based on growth. Sometime everything must be destroyed and we need to start from the beginning so growth can further constantly rise. We need wars, so that our shadow sides can be lived, etc.

But, do we still want war? If we ask the people most of them respond *"no, I do not want war"*. Indeed it is strange that there is war all over the world although nobody supposedly wants it.

Where does this war desired by nobody come from? Some people must join the game or otherwise there would be no war at all.

Where does war begin then? War begins in every single one of us, every aggression, every fury, hatred, and all stuck emotional blockages are causing strife.

The war on the outside is the sum of all our conflicts and aggressions kept inside. We do not quite voluntarily hold on to these matters. The programming, the manipulation, and even the system of values are maintaining the state of affairs.

The darkness is the sum of all our shadow sides. And, yes, there are powers out there living on this dark energy but we are the ones feeding them.

How can we achieve peace then? Let us start with ourselves. Let us acknowledge that we do carry conflicts within. It is not about edging out such conflicts or suppressing them. That would mean they will further subliminally determine our life, just as they are doing it at the moment.

We need to see how we are manipulated e.g. to compete with others, to be better than the other one, or to carry fury and hatred within and so on. This is what we have been learning and internalizing since childhood. It cannot be turned off over night.

It is rather a process of awareness beginning with seeing and opening up to the truth and to observe our own behavior. Solutions will follow once the intention is there to overcome the manipulations. Basically it is about letting go of everything we were told to be. If we let go then our real essence is able to show up. Then we are able to get an idea who we are and why we are here.

As long as we are kept within the web of programming and manipulation we can hardly be who we are. Let us begin to remember who we are by letting go of everything we are not. Let us remember our connection with All That Is, with our divinity and let us acknowledge this divinity within every person we meet. Nobody appears within our life by accident, everything is linked together. All is ONE.

How do we achieve peace? We do it by creating peace emotionally.

Let us concentrate upon what we really want. Let us provide our sub-consciousness with the essence of our desired condition. Let us manifest peace.

We begin with ourselves. We become a channel thus the energy can flow freely. Firstly the frequency of peace can then flow from Source into our being. Afterwards we allow it to flow out into the world.

Every human being does have free will. We are not the ones to decide whether others want to open up to the frequency and to step into resonance or to close up. We are not the ones who are judging but we should trust the other person's Higher Self that knows the soul's plan and is responsible for that person. We do not know the other person's learning job or path of direction.

However, we can decide what WE would like to live and which frequency we would like to go for. That is how we create morphogenetic fields which enable other people to join the field and use the energy or frequency or to even become part of such fields by sharing their own energy.

However, it is a matter of respecting everybody's free will by just offering the energy. It is not up to us to decide who would like to accept or refuse it.

Now I would like to introduce a peace meditation. First of all please connect with your Higher Self and formulate your intention, e.g. *"I would like to open up to the frequency of peace originating from the Source of all Being, anchor it within myself and let it then flow out into the world"*. This is how you make yourself available as a channel and leave everything else to the Source of all Being. You can combine the energy of peace with other frequencies according to your intuition. Choose whatever feels right. If you would like to add the energy of the Christ, or Mary, or the sun, or the divine feminine, or anything that feels right for you, please feel free to do so. Before you start with the meditation be very clear on your intention and then let go and let it flow.

Meditation:

- Find yourself a place where you are undisturbed, either sitting or lying.

- Get very comfortable, and adjust your body so that you can feel very relaxed and at peace.
Close your eyes.
- Notice your breathing. And let your breathing become slower, deeper, and more relaxed, just letting go at a deeper level.
- Letting go of the outside world and begin to focus on your inner world, and become more aware of who you are.
- Imagine how from a deep stillness you are connecting first with your Higher Self and then with the Source of all Being. Ask for the frequency of peace to flow into your being in a most pleasant way as is exactly right for you now, exactly what is needed now, easily and enjoyably.
- Let this energy of peace be there, give it space to expand within you and to let it get bigger and bigger.
- Stay there for a few moments and be completely with this feeling, dive deeply into it. Life is carrying you, you are safe and protected.
- Imagine then how this feeling spreads out even further, exceeding your body, expanding into your aura and surrounding you completely.
- Allow this energy to spread even further, into your surroundings, into the location, into the town. Imagine how it expands and goes everywhere and anyone who would like can join and enjoy this beautiful energy and come into resonance with it.
- Let it spread even further, let it expand into the entire country ... into the entire continent ..., all over the planet and anyone who would like to join may do so.
- Stay there for a few moments and simply let the energy flow. Notice how you are connected with all living beings, the plants, the minerals, all that exists on and off this planet. Become ONE and feel the connection to mother earth and the cosmos ...
- Slowly come back then into the here and now. You can keep the energy within and remember it whenever you like or reconnect with it. So take a deep breath to fully integrate that energy within every cell of your being and anchor it.

- Thank the Sources of all Being and release the connection that was specially made for this meditation.
- Feel your body on the floor or on the seat, begin then to stretch out your arms, your legs, and your entire body.
- Open your eyes and come back completely into the here and now. You feel fine, recovered and relieved.

This meditation or similar ones can be performed by anybody alone or in a group. It does not matter whether the group is in the same room or meets at the same time. The intention to do this meditation as a group is enough to do it whenever or wherever is convenient. We will meet energetically.

Jesus Christ speaks: *„For where two or three are gathered in my name, there am I among them ...“*

“in my name” means the core of our being, it means to be united with our divine essence. If we get together based on this energy then the Christ’s energy can flow through us into the world and is able to cause change. Thus, let us join together.

In everyday life we are probably not able to constantly keep the feeling of peace within. We humans still do have a lot to let go and we still have to deal with our shadow parts. Over many generations we have been trained to be in conflict and separation. It takes time to realize and let it all go. Now it is the time and we have the opportunity to begin.

But there will also be times in which there are setbacks. There will be times when we are provoked and would like to immediately strike back aggressively. Maybe only out of fear because we feel attacked. All these patterns are deeply rooted within us.

Such a peace meditation could be a beginning to realize that there is something different, something we might hardly have known so far. Let us begin to make ourselves familiar with it. If we meet situations in everyday life where we are provoked then it might be helpful to breathe deeply several times and to remember the feeling of peace before we get into action.

Before we react, maybe we firstly can try to calm down and be balanced to then act out of that state. Certainly this will not always work as the patterns and programs are very present. However, let us spot the game in it and how it is played. We can then decide whether and in which manner we want to be part of it.

Let us stop being a match ball. Let us stop giving our power away. We are the ones creating our reality with our consciousness. Let us determine what we consciously would like to have and therefore avoid the manipulation that pushes us into a reality which restricts us and creates strife within and without.

There is much to be done. Every one of us is important as each one of us is part of the whole and adds his or her bit to the collective consciousness respectively co-creates our common reality.

If we want peace, let us begin with ourselves. Let us begin to escape from the old patterns by letting go of everything we have learnt and by rediscovering our own truth and our very own connection with the Source of all Being.

To finish this subject I would like to report from an experience in 2013. On August, the 25th, there was a worldwide peace meditation and it was about directing peaceful energy into the Syria conflict which threatened to escalate at that time.

For this meditation I went to the *world peace bell* in Berlin where I allowed the divine female energy to flow through me into the conflict situation. Afterwards I walked a few steps and stopped on a little wooden bridge, a brook rippled underneath.

Then something unexpected happened. There was a deep feeling of peace suddenly overcoming me. It was as if the entire world had sent peace to me. The situation had turned around, now it was not me sending anything but receiving peace, seemingly from all over the world.

All of a sudden I had the feeling that not the outside world needs it but it was me needing the energy of peace to anchor it deeply within. I felt stunned and after a while the feeling disappeared

again. But to me it was clear I am the place where peace it needed and this had been shown to me in the most wonderful way.

Note: Recently someone was writing in a Facebook thread that there is no Source. According to this person, Source is only a construct stopping us from taking over responsibility for ourselves.

Firstly I was shaken because my entire world view seemed to break down. How could it be that this one statement brought me into such staggering? It was due to the fact that I felt some truth in this statement, something I had not paid attention to before. It was true, I had handed my own power over to an external entity.

Consequently I started to redefine the meaning of *Source* anew. If I now use the word *Source* I then mean the very core being of myself which is connected with all that is, connected with the omniscient part of me which wants to gain experiences of light within this lifetime.

I guess it is the current zeitgeist which challenges our well-worn thought patterns over and over again in order to redefine and rediscover our own truth to find and live deep and real truth. Our own truth does not necessarily have to be someone else's truth. It is up to each one of us to uniquely find our own answers.

SUCCESS OR SUCCESS

One afternoon I sat in the park and wondered what it means to go for the highest possible path. I had wished for it that day earlier in the morning without really thinking about the meaning. When I was in the park I started to think about it. Actually that day, I did not have the feeling that my experiences were reflecting the highest path at all. My experiences had nothing to do with feeling content, or deeply fulfilled, or with having a joyful life. What do I get, instead? The world seems totally mad, idiotically and absurd. We humans destroy this planet wherever we can and trample down the real values of life. And I was wondering, where is this highest possible path that I wish for every day, where is the contentedness, where is the fulfilment? Why am I repeatedly disappointed because the world is not perfect and we seem to be miles away from escaping

darkness? Besides, I envied those successful people who are accepted, have enough money, and are not forced to work. Other people listen to them and their words carry weight. I wanted all of this, too. But ups, what kind of success did I wish for there? Recognition, acceptance, great money supply, pressing my opinion onto others, tell others what to do, living at the expense of other people. I suddenly noticed how I subconsciously wished for all the things that I actually wanted to escape from, the things that keep the system running. I had fallen for the trap again. To achieve freedom it is about independence and what do I do? I am disappointed about not having the things that actually make me depend on them. The old programming is still working on me and if I am not aware then I fall for it again and wish for these binding things again. Wanting pseudo-success is deeply anchored in our cells because we were told it is of great value. According to the system we are successful if we use our elbows, outperform the other, possess as much material values as possible, control others, have power over others and so forth. But is all this true value? Maybe it is preferable to be serene and balanced. What about all these people who live outside the limelight e.g. in a Shaolin cloister? Those people who support humanity by keeping the necessary energy up and running in order to allow many people to achieve mental balance. Those people who silently work in the background and keep the frequency of light up. Should people like that not be honored a lot more? People who do not need recognition but are self-sufficient? I am not saying that everybody needs to live like that, only, that there are other valuable life forms outside our instilled pseudo-success-oriented way of thinking.

I way too often keep forgetting what really matters, namely to trust life, to remember who I am, to discover my own power and to act and live from it. These are real values and this is what I consider to be real success. Balance, calmness or serenity could be indicators for this kind of success, a success that frees instead of being binding or addictive.

I guess with success it is always the question whether we use it with good or bad intention. Like a knife can be used to either cut bread or to kill. Do we want a win-win situation for everyone or do we strive after having an advantage at the detriment of others? Am I aggressive, or do I come from serenity? Do I want to destroy or create peace? Many things one could think about.

During summer 2014 there was the soccer world cup. When I cycled one day some soccer fans came along my way. They wore tricots and carried flags representing Germany because later that night our national team was about to have a game. I observed myself getting into the soccer mood as well and how I was looking forward to the game. These guys had stimulated me, but there was more to it. I began to develop a desire to win and the following thought came into my mind: '*come on guys, beat the enemy*'. It triggered aggressiveness in me. One can argue whether certain aggressiveness is needed to win in sports. I myself had been a competitive athlete for many years, thus I had anchored a will to win deep inside me. It was an experience I was meant to have. But on this day something else happened. A little later on my bicycle tour I came across a furious cyclist who yelled at me because I had not acted the way he thought was right. I was boiling with anger as I had already built up some aggression concerning the soccer match. If this cyclist had not left so quickly I would have argued heavily with him, would have given my aggression free rein, would not have accepted his behavior. But by leaving he did not present me with such an outlet and thus the anger bubbled even more in me. I then had to transform all the fury in myself to calm down again.

After having settled down a little later I asked myself why I had drawn that situation to me and it became clear that this swearing cyclist only had reflected my own aggressiveness. To me it became clear that this bellicosity which was kindled by the soccer fans slumbered in me. I grasped that I should dissolve this in order to avoid being a match ball, to avoid being a bearer of fury and aggression, to avoid being used by others, and to avoid handing over the control over my emotions to others.

Germany won that soccer game that night and people were in a good mood. A picture from a scene in the cabin after the match was published. It was Lukas Podolski, a German player, happily together with Angela Merkel, our chancellor taken as a selfie by Lukas. Our chancellor joining the winning team and spreading the joy.

I could not help it but I immediately had in mind how we, the people, are provided with *Bread and Circuses*. The ruling class increases popularity in order to achieve their goals a lot easier. Even the

mainstream news mentioned this the other day. They openly talked about the fact that soccer world cups or European championships are used to push through disagreeable political decisions while the mass is too busy to rebel. The mass is too *drunk* from the player's goal celebration. Precisely this represents *bread and circuses*. Hereby the little soccer excursion ends.

Success has so many facets. For me personally success might also mean to e.g. reach people in a better way with my message. Sometimes I feel like this could work by far better. Once I mentioned towards a seer that people quite often do not understand me or show no interest if it comes to energetic subjects she answered spontaneously: "*As long as they do have aluminium in their brains they won't be able to do so*". Back then I was taken aback a little because at first I thought it to be a joke but she was absolutely serious about it. As long as aluminium gets into our organism through food, deodorants, chemtrails, or any other way it then settles in the brain and stops people to open up to such subjects. Why this has greater impacts on some people than on others, I have no idea. Aluminium is certainly only one of many factors why people do not feel drawn to energetic subjects or close up their minds to deeper truth. Maybe aluminium is also a reason why I repeatedly keep forgetting what I actually already know?

Anyway, it is worth checking on how to avoid bringing aluminium into the organism as far as we are able to consciously influence this and of course one should think on how to avoid contamination in general. The cleaner our body the more are we able to be consciously aware and to remember those things that help us to learn with ease and joy instead of having to suffer.

If I now look at what I have just written and what I was allowed to learn today then it starts to make sense why in a certain way I did experience the highest possible path today, in fact, do experience it every day. It is not necessarily what we expect to be the highest good. It is simply what we learn day by day over and over again. It is a matter of seeing the value of it all. The highest possible path does not mean to avoid everything that appears to be unpleasant.

Today I had asked to be shown why it is the highest path and some answers came indeed. They came when I had the feeling of not being on the highest path and when I allowed this feeling to be instead of avoiding it. I observed it from different angles and it was then that answers came.

However, I sometimes feel like having to solve far too much. Quite often I think I understood my lesson and do not need it any more but then the subject is shown to me from a totally or slightly different perspective and new challenges appear. Every now and then I find this very tiresome because it never seems to stop. It goes on and on and I never reach a state of rest. But I guess even that is just a feeling that needs to be observed to eventually dissolve. On and on and on ... I had thought to have stepped out of the hamster's wheel. But our job is not the hamster's wheel. It is only that the effects of it are strongly visible there. It is our patterns in life that keep us within. Our own patterns determine our lifestyle. We determine our lifestyle. Thus it is a matter of dissolving our patterns. And again it is about letting go, letting go, and letting go. Observing, observing, and observing. Awareness. It does not stop. From time to time I feel tired of having to work constantly on solutions and I would like to leave everything as it is.

One of these days I simply did exactly that, I just let everything be, and I surrendered, and stopped revolting. This was very restful for a short period of time. But then at night I watched TV and after switching it off there it was again, the feeling of having been manipulated and it was clear to me that there is no way of letting others treat me like this. I do not tolerate it. I cannot leave it that way. I do not allow being a match ball of others any longer.

How do I experience TV's manipulation? That depends on my basic mood. In this case it was in such a way that after switching off the TV a wave of desperation, wanting to give up, and frustration overcame me. I was in doubt and I questioned my way of living. For a short moment I told myself that I may not rebel and that I may instead behave and surrender to the values of the system: have a regular job, good income, accept things as they are, and keep my mouth shut. That is the sort of intimidation coming out of the telly. As soon as I noticed that intimidation something in me rebelled and I was back. Determination and intentness came back. I was certain I am doing

the right thing because this has to stop. This manipulation, this suppression, the hidden brainwashing must not continue endlessly.

What stands in the way of freedom is life. That was the answer I got out of my meditation as mentioned before and I had several interpretations for it. That night, animated by TV's manipulation, another one was added: It is not a matter of freeing me in this one life. It is rather a matter of freeing me from the wheel of incarnations, freeing me from being forced to incarnate over and over again, from not being able to get out. It is not about freeing me or the planet within this life, maybe as well, probably it is all connected. But it is more about overcoming the restriction that is called life or at least to leave life in darkness behind. What is it that sets us free? The answer in my mediation was *Being ONE*. For me this means that my soul reconnects with *All That Is* completely again. This will set me free and I will not be forced to incarnate in darkness again, then I am ONE.

It became clear to me that for my exemption I need to do those things that remain AFTER this life. It is not a matter of creating something IN this life that binds me to farther lives. It is about letting go. This realization shifts my focus in such a way that in everything I do I am asking myself whether it is something I can keep when I am leaving this body for good. If not then I do not get involved. Or on the other hand I focus on lasting values. What are lasting values? Everything I learn, all my experiences, everything I solve, all that I work on energetically, all that remains.

In contrast binding things are for example such values given by the system that are addictive. Those values seem to be desirable when in truth they make us depend on them. The system, or rather the entities behind the system do not like to let us go for whatever reason. Thus it is advisable to dissolve such dependencies and escape such binding matters.

Examples of such bindings are: Eternal oaths and vows (oaths of allegiance, marriage, vows of chastity, vows of poverty etc.), or also contracts beyond one lifetime, or karmic connections etc.

In order to solve these issues energetic work is needed. Let your intuition be your guide to find suitable measures for solutions. Maybe a healer can assist you in solving such things. Or e.g. with the support of guided audio meditations we can solve a lot on our own.

Mostly not everything can be solved at once because we lived so many lifetimes having entered so many entanglements. Anyway, if you have the intention to dissolve all these bindings then your soul will lead you there if you allow your soul to do so.

Additional Note: There are some people who are able to walk the first steps of their own death and then come back again. One of them told me this is a very useful practice because she is receiving a lot of insights and she is then able to see things that are still changeable in the course of life but only become conscious if looked at from the perspective of death.

This woman told me she came into this life voluntarily, thus she was not forced to incarnate here. However, she also indicates how important it is not to get entangled too much. At the steps of death she sees a staircase that leads out of the reincarnation cycle and she has the possibility to take it. She says she needs to pay attention in order for this staircase to still be there depending on what is happening in life.

Thinking about success again considering the things just mentioned it does not seem to be desirable to achieve success as it is defined by the system. Unfortunately the veil of forgetfulness is still effective and from time to time I fall for the trap again.

However, every time I do remember I rather see challenges as a way to be provided with the possibility to also have the staircase out of the reincarnation cycle at the time of death. Whereas I consider the staircase to be more like a symbol because I personally imagine it to be more like a choice in consciousness. But, my goal is definitely to have this way out, to be ONE with All That Is, and to be free. I mean a freedom that is not about having it in this life but about reaching an absolute freedom. This life here is a step towards it. Freedom is nothing that can be reached in human life because life itself is the illusion in which we are caught. But life is also the place where we can escape from all restrictions in order to find true freedom within the Oneness and to

overcome the separation which arose from the Fall of Man in paradise when we decided to get to know darkness and therefore turned away from the divine.

DENIED LOVE

Speaking of darkness, among other things darkness is the absence of love. In my opinion I had had experienced enough of that absence and wanted to open up to experience love in a far deeper way. Hence I did a past life regression to figure out how I denied myself love in other lifetimes in order to be able to see where I am not completely open within this life either.

During the regression I saw plenty of different lives and without love I was cold, strategic, militarily disciplined, or a worker in the midst of machines and a lot more. When I lived the military disciplined life I could not allow love because I wanted to win the battle at the strategic drawing board. There was only space for pure strategy and discipline. In another life I had stabbed my mother and I could only do it without feeling any love, only to mention some examples here.

Shortly after the regression I was taken a little bit given the cold that I had experienced. There I had perceived darkness once again very intensely and from a distance it was absolutely exciting as one receives valuable insights. One develops an understanding of what drives people to certain actions once love is absent. Or to put it another way, one can only do certain things if love is not carried within the heart.

During this regression I did not only see one single life but many rushed along and there was no need to dive deeply into each one. It was sufficient to see short parts to get an idea of the situation. All that was relevant to answer my question was taken in telepathically. It is not necessary to cognitively grasp everything. At the moment of experiencing, it is just about observing the single scenes. Logical conclusions will arise with time and might present themselves as 'aha' effects later. Hence, after such a past life regression it is useful to take enough time to just be. No need to act or interpret too much because that will follow later automatically.

Regressions offer great potential for learning in a way life teaches. It is not necessarily like the way in which we are learning at school. In life there is no division in school classes. In life everyone joins in equally, those who have already learnt a lot and those who would like to learn a lot. We all get our roles and we all play the game together. There is something suitable for everyone and each one will get exactly what is needed. Our Higher Self decides which lessons are relevant for us and arranges for the necessary stage and play in coordination with the other people's Higher Self. There are neither marks nor judgment or appraisals.

Much rather our own perceptions are decisive, how I feel and what I have recognized and how I start to see more and more correlations. Learning never stops. Sometimes I believe I have understood everything and then life comes along and teaches the same thing in a slightly different way, so more and more is added over time. A lesson never seems to be complete, new aspects can show up any time.

Now, what is it that I got from the past life regression? I was able to develop a sense on how it is if no love is admitted. Thus, I am more sensitive to recognize situations when I am about to close my heart and I then do have the choice to decide whether I really want to act like it at that moment or not. Anyway, it was soothing to see how much love I already do carry within my heart and I am now ready to open up for even more. And it was quite a disenchantment to experience how cold it is without love.

EXCHANGE DEAL RELATIONSHIP

If we chose a domestic partner what are our motives? Many people say it is love. But is it love? Or is there more to it like going for a kind of exchange deal? If you love me then I love you. If you stop loving me then I stop loving you. If you behave to my liking I love you. If you hurt me, I quit loving you and so on and so on ...

In former times marriages were much more communities of purpose than today. It was helpful to unite in order to survive, or because it was usual in the social structure. Since women did not

necessarily have external jobs they depended on such communities in which their role was to be mother and/or housewife.

My grandfather in his days wanted to marry a girl from the neighborhood. When he asked the girl's mother for permission the mother told him that he could not marry that daughter. She said the oldest one had to be married first. After all it happened that my grandfather married the oldest daughter who became my grandmother instead of my great-aunt.

My grandparents were married for more than 60 years and my granny died two years after my grandpa, although she actually was still very fit, and might have lived on. However, she decided to leave by having an accident or rather her soul decided in such a way.

But what lies behind if communities are formed, families are founded or people get together in some sort of relationship? Certainly there are arrangements of the souls made prior to this lifetime. The souls agree on whom they would like to meet, with whom to have closer relationships, or with whom to possibly have parental child's relations etc. This is not a fixed plan, rather many possibilities are offered and the incarnated person can choose from this wide range of choices up to some degree.

We humans need interaction in order to learn and to further develop and gain experiences. If two people get together then an energetic cord between them takes form. Energy is exchanged through that cord. If there is a sudden separation then this cord is cut and that might hurt in case energy had still been flowing intensely before. Some people compensate it by connecting to a new partner and carry on with the energy exchange there. The one who stays behind without a new exchange might possibly suffer at first until his or her cord has closed up and healed again.

How long do people accompany us on our way? When do we coalesce anew or when do we maintain existing connections with a partner? There are endlessly many explanations and probably too many to be fully comprehended from our human perspective and thus we are certainly not able to judge at all.

In fact, what we are doing is playing games. We play marriage, we play divorce, we play family etc. Overall we play all sorts of liaison games. Sometimes we call it love. Love can be present within these games, or love can be absent. Playing with these bonds seems to involve a lot more than just playing love games. We enter into barter transactions. Once we choose a partner there is also give and take.

I used to expect from my partners to remove my backpack and carry it for me. If the partner did not act like it but instead put his backpack on top of mine then I was disappointed. For quite a long time I longed for a partner who would take my emotional discomfort away. I thought if *Prince Charming* comes along the way then all my problems will be gone like the wind. However, nobody did me a favor in taking away my problems respectively I am glad nobody did because it would not have been a favor at all.

My learning job was to find out that no partner of this world is solving my problems and neither is a partner meant to be doing that. I had to realize that I have to work it out for myself. My personal emotional pain has to be dissolved by me.

Quite often I had made the mistake of transferring old pain into a new relationship hoping to finally having found the partner who resolved it. This led to regular disappointment because instead the partner had pushed my sore spots and showed me where it hurts, thus played the asshole-angel for me.

One time I let my soul choose a partner for me. I did it with the help of a guided meditation in which I went to the see of souls in order to find the optimally fitting one there respectively let my soul guide me to meet several ones and play on the soul plane to then choose the one that seemed to fit best. A few months later I met him in person. However, I was surprised because I did not get *Prince Charming* making me ever so happy. I said to myself: "*Well, that is strange. My soul has suggested this partner. How come I am experiencing such a difficult situation again?*" Meanwhile I received quite a few answers. It was about having to recognize the misbelief of thinking that I need a partner who makes me happy. Nobody can do that for me. It is something I have to achieve

myself. I also learnt to realize what kind of detrimental patterns I had been living in relationships before. Whether and to what extent I succeeded in solving all of them, I do not know. Mostly life shows us further aspects over time and we are then allowed to work on them once they show up. However, what induced me to carry on with such a difficult relationship instead of ending it was the fact that we had met on the soul plane and our souls had agreed on having this experience together. Thus I am working on anything that comes up and I am trying to transform it as good as I can. I trust my soul and my soul will let me know how to proceed because I asked for it in the first place. What is helpful also in dealing with relationship matters is letting go of society's old patterns. Not the issue itself causes pain but holding on to moral conceptions. It is not life itself that is painful because truth does not hurt. Pain originates from pressing social norms, morality, or misbeliefs onto life. Healing means to recognize such behavior and letting go of values and beliefs that do not serve us any longer.

Erroneously we sometimes split up with a person instead of dissolving our patterns. Then we might be surprised if the next partner presses the same sore spots in us. However, it can also be that we need a new asshole-angel to show us something from another perspective in order for us to be able to let go. Nevertheless, the root of what we have to solve lies primarily within ourselves. Civil partnerships can come up with very strong cords lasting a lifetime if the souls have chosen it to be like that. It might also be that we need many different partners or even none at all. Everything is possible. Everything is valid and depends on the souls' plans.

It sometimes happens that people without a partner are pitied. Society does not like to see people being alone. However, if the soul has chosen the experience of aloneness then the person might be unhappy only because society demands it to be different although everything is actually ok. Then it is advisable to let go of society's ideas instead of creating or keeping a detrimental relationship. Overall we are manipulated to stick to things that allegedly make us happy. In truth we are addicted and we are unhappy if we do not have such things. However, if we have them then we mostly are also not happy or not for long. We are only dependent.

Maybe we could try to figure out again what our own wishes are, the ones coming from our soul instead of being projected onto us from the outside. This is not an easy task as we are constantly confronted with an external value system we erroneously consider to be our own. Truth does not hurt. Only quite often we do not know truth. We think the lie is the truth and we are not really able to distinguish.

Once I took part in a ritual which was about letting go of misbeliefs. We were not told what these misbeliefs are in detail. We only got a number and we had to count backwards without miscounting in order to dissolve each misbelief. I had more than 1000 misbeliefs and some people in the group had more than 8000 misbeliefs accumulated during their incarnations and were still living according to them. Our society is far away from living truth because in order to get there many people would have to open up to the possibility of having such a great number of misbeliefs and would have to make an effort to dissolve them as well.

TELEPATHY

After I had written the chapter before I slept a night over it and it happened that I processed some of it in my dreams. Some of the following chapters start with a date because they are sort of diary entries. Quite often it was in such a way that matters became a lot clearer overnight and I received valuable information in the dream state.

2014/04/18: Last night I had a dream. In this dream I was a woman about to get married by arrangement. I was in the middle of the preparations and my bridegroom was already approaching me but I did not know him very well. The closer we got to the wedding date the more uncertain I became and the more doubts came up. Actually I did not really want to spend my entire life with a man unknown to me. Suddenly the scene changed. Now it was not me anymore who got married but my older sister instead. She had stepped in for me and eventually she was by this man's side and I felt surprise and also a huge relief.

When I woke up I realized it was only a dream. I then realized that I had just experienced my grandfather's story but out of my great-aunt's perspective. And this was not my great-aunt's story but mine. I was the main character within my dream. I was the one having experienced it all. My dream's message is manifold and I cannot put it all into words. Writing about it already takes some of its beauty away a little bit. A lot has become clear by just bypassing the thinking mind. Of course I try to sort it all out but the real understanding happens on a deeper, more comprehensive level. It is as if something entered my energetic body directly while balancing it at the same time. My dreams are comparable with past life regressions except that I am not aware of dreaming while dreaming. Shortly after waking up I immediately have to recall my memories in order to remember my dream. Other than that the way I am presented with the information and how I perceive it is similar to entering my sub-consciousness through guided meditations. All the information given to me in dreams appears very holistic like a telepathic mega-download. This download cannot be put into words because words only capture a fraction of all that we experience, feel, sense, see, or all which was transmitted during the dream.

There is a difference in receiving telepathic information or being told about it only. With the pure linguistic transmission a lot is lost and we only receive a fraction of the energy. Sometimes I think the introduction of language was used to limit us and to prevent us from communicating in full entirety. If we communicate with somebody there is a lot more than just an exchange of words. There is a body language, a smell, an intention, an approach towards the other one and so on. All this is unconsciously transmitted in a conversation. But mostly we have lost the sensitivity to pay attention to the unspoken transfer of energy. So paying more attention to our dreams, or doing past life regressions, or entering our sub-consciousness through meditation might support us to better understand how telepathic communication works.

Maybe one day we will just face each other without saying a word and let energy flow while experiencing a huge exchange. I think such an exchange would contain less lies because the holistic energy transfer leaves no room for misunderstandings and we get an idea what is really happening within the other. Telepathic transfer does not only work between humans. We can also

exchange energy with animals, plants, or even minerals. We all do have this ability. It is only that within our society people forgot how to do it. The more people remember and exercise telepathy the more will this holistic possibility of energy exchange spread again. It requires practice and it is necessary to open up to those things that might shake our present lie scaffolding. We were lied to. Our current reality is based on lies to a large extend. This is revealed more and more these days. We live in the Age of Aquarius. It is said that within this age all concealed will be uncovered.

PERCEPTION OF SPACE

2014/04/19: Last night I received an email with an excerpt from Eckhart Tolle's book *A New Earth: Awakening to your life's purpose*. This excerpt was about stillness in space. I was too busy with other stuff at that time to really comprehend what it was about. I had to read it several times to get an idea what was meant after all.

I had read Eckhard Tolle's book several years ago but I could not remember this message at all, it simply did not stuck. But when I woke up this morning the following happened: I heard a plane and instead of focusing on the noise I imagined this plane to be only a small object in the wide open sky and how the noise was surrounded by space and vastness. The focus lied on the space and the noise then began to disappear within that vastness and was not relevant any longer.

Later in the supermarket it was quite busy and people were crossing my walks all the time. I began to focus on the space B E T W E E N the people and suddenly the space B E T W E E N the people was tremendously huge. There was nothing left but space and nobody was in the way any longer.

A physicist once explained to me that matter consist of vibrating particles and that space between those particles is far bigger than the sum of particles. If one would take the particles of earth and remove the space then a ball the size of an orange would be left.

I looked at the objects in the room, the chair, the table and the space between them and then I imagined how every apparently firm part also consists of this space within.

This exercise can be extended arbitrarily by imagining for example the space around our thoughts, or the space around perceived events.

I had heard of some indigenous tribes whose perception is constructed in a way that they primarily focus on space instead of form. This creates an absolutely new perspective of being.

After having played with this exercise for one morning I liked the idea of focusing on space. Although I had the feeling of still needing a lot more practice to be able to apply it meaningfully. And I still needed to master my challenges because I tended to avoid difficulties simply by focusing on the space around it instead of the difficulty itself. The difficulty disappears which is very practical on one hand and might be useful in certain situations but this method should not be used to repress matters that need to be solved.

Having collected these experiences, it was a lot easier to guess what Eckhard Tolle might have meant. Here is the excerpt from the book:

The stillness of space – by Eckhard Tolle

When you are no longer totally identified with forms, consciousness—who you are—becomes freed from its imprisonment in form. This freedom is the arising of inner space. It comes as a stillness, a subtle peace deep within you, even in the face of something seemingly bad. This, too, will pass. Suddenly, there is space around the event. There is also space around the emotional highs and lows, even around pain. And above all, there is space between your thoughts. And from that space emanates a peace that is not “of this world,” because this world is form, and the peace is space. This is the peace of God.

Now you can enjoy and honor the things of this world without giving them an importance and significance they don't have. You can participate in the dance of creation and be active without attachment to outcome and without placing unreasonable demands upon the world: Fulfill me, make me happy, make me feel safe, tell me who I am. The world cannot give you those things, and when you no longer have such expectations, all self-created suffering comes to an end. All such suffering is due to an overvaluation of form and an unawareness of the dimension of inner space.

When that dimension is present in your life, you can enjoy things, experiences, and the pleasures of the senses without losing yourself in them, without inner attachment to them, that is to say, without becoming addicted to the world.

The words „This, too, will pass“ are pointers toward reality.

In pointing to the impermanence of all forms, by implication, they are also pointing to the eternal. Only the eternal in you can recognize the impermanent as impermanent (excerpted from Eckhart Tolle's 'A New Earth', pages 226-227).

2014/04/20: Day 2 of the experiment. The focus is on the space between things. After waking up I stayed a while in this state where I still feel sleepy and the transition to the waking state is still happening. This time is very valuable because our consciousness still remembers the sleeping phase and behaves a little different to our complete awake state. Thus I still dozed a little and with the next airplane I focused on the space around the noise. The plane was gone and silence arose, the space expanded to infinity and the feeling of infinite freedom originated. I thought, wow, this is a state I would like to remain in, nothing else mattered, no further achievements in life necessary. That was it, I had arrived.

However, this state did not last and a little sobered I found out that life went on in the usual way. But now I had gathered an additional experience enriching me largely. If I now focus on space during the day I can additionally remember this infinity, this feeling of exemption which is now anchored in my sub-consciousness. My perception changed a bit because of this experience.

And so I had breakfast and ate my cereals with relish. This muesli was a gift. I had received it for free. Suddenly a feeling of internal joy and gratitude came up because I suddenly realized I had not done anything in order to get this muesli. All I needed to do was preparing it. It was like I had received it directly from Mother Earth.

All of a sudden I had the feeling another lie was unveiled. Is it not that we should freely take the food we eat from Mother Earth? Is it not that creation intended to make everything available which is needed to live? Is it not that nature provides us with everything, like air, water or food?

If this was not in such a way then our ancestors could not have survived. But why is this all different for us now? Who lied to us and told us that all that is available on Mother Earth does not belong to us? Who lied to us and told us that we have to work hard in order to earn what we need for life?

With this a deeply rooted misbelief had dissolved in me. The misbelief was that we have to produce a service in return in order to breathe and live on this planet. In addition shortly before that realization I found it slightly hard to inhale. Inhaling represents the extent to which we allow ourselves to take life in respectively allow the vital force to flow in. This misbelief '*I must earn my life in order to be allowed to live*' had cut my breath.

The jigsaw puzzle of this morning began to become complete more and more. First there was this feeling of freedom and vastness, then the oppression while inhaling, then the gratitude for the life given freely to me, and finally the realization of the lie preventing me from enjoying the free flow of life. And in the morning I had not only asked to go for the highest possible path but to be shown why that is so. Well, it was just midday and I had experienced and learnt a lot.

Above all, however, I would like to more and more accept life as a gift. The only thing that holds me back from doing so is the lie. I now want to accept the abundance and open up to all the presents life has to offer. Even if I do not always succeed I will carry on observing it and give it the space which is needed to further develop.

A side effect of that exercise on focusing on the space is that the aura of things appears from time to time in my perception. Sometimes I see the energy around objects or a flickering. That is because my focus is not on the object itself but on the space around it. I noticed it this morning without having consciously tried to see the aura. It just happened. All these experiences with this exercises and my intention to focus on space let my sub-consciousness automatically switch to this state. Indeed, a very interesting experiment.

MONDAY'S PEACE DEMONSTRATION

2014/04/26: During the last days the subject *violence* was very present with me. This came up when I went to a peace demonstration on Easter Monday. I did not feel safe there and left again. This had many reasons. Primarily it disturbed me to be surrounded by an armed police detachment. I found peace again after I had left and cycled over a bridge crossing the river Spree in Berlin. There I was able to take in the calmness and beauty of the river and the trees.

Days later I checked out the videos on Youtube to listen to the demonstration's speakers. One of these speakers was enthusiastic about having experienced such a harmony especially with the policemen. Why was it that his perception differed so clearly from my own?

I realized that I had to solve something within myself. I had created an enemy's picture towards policemen, a picture of fear because I imagined what would happen if they were using their weapons or their truncheons. The pure presence of armed people generates a picture of violence within me, almost provokes violence. Why should policemen be present if everything was peaceful? If policemen are there then criminals must also be there or violent people because otherwise policemen would not require to carry truncheons.

I remember another time when I was spending some time in a park. I had found a wonderful lonesome place to rest. Suddenly a police car appeared patrolling there. After that I did not feel safe at this lonesome place any longer. Before my mental eye I saw criminals creeping by the area because why would there be police if it was not so? I then left that place feeling quite uneasy.

Another time I was out with my bicycle and got lost. I then had to drive for about 50 meters on a pedestrian's way which was absolutely deserted. I ended up in front of two policemen who were busy putting up a radar camera although there was a traffic jam. I did not comment on the reasonability of having a radar camera in a traffic jam and I did not want to get involved with the police. But the male one of the two had nothing to do while his colleague was busy with the camera. This policeman stopped me and inquired what I was doing there. I explained that I tried to cross the street but had to return to this spot because over there it was not possible. The policeman had no interest in assisting me. For him it was far more important to point out that it is forbidden to

cycle on a sidewalk. It was not obvious that it was a sidewalk though and absolutely no one was on it. Anyway, it did not matter that it was only 50 meters on a deserted way. It did not matter that I had got lost. All that mattered were his rules and to exercise authority. I then quit talking to the policeman and wanted to cross the street but I had to wait for a little while because there was still stagnant traffic leaving no opportunity for crossing the street. So the policeman started to look ostentatiously at my bicycle from top to bottom in order to see whether anything irregular was to be found there. However I did not do him the favor of letting him find anything. I pushed my bicycle demonstratively between the slowly going cars and crossed the street. Well, so this was my picture of the police: control, exercise of authority and paternalism.

Of course there had been a time when I called the police in a dangerous situation and I was glad they arrived. But over all I had developed a certain picture of an enemy. I realized it when I heard one of the speakers of Monday's demonstration talking about an allegedly harmonious situation with the police. Thus, peace is also about discovering our enemy pictures, become aware of them and therefore dissolving them and to avoid being provoked by them any longer.

When I left the demonstration it was not only due to the presence of the police. I also feel insecure in large crowds of people in general. In particular if it is about rebelling against something and one can feel subliminal outrage, fury, activism, and the like in the crowd. It felt like a powder keg to be ready for just someone to light a fuse to spark things off.

However I don't like being in soccer stadiums although I love watching soccer. I simply don't like being in emotionally charged conurbations in which people use the event as an outlet for their emotions. If the own team plays badly then the people are airing their frustration and if they score then suddenly everybody jumps around in pseudo joy which is sometimes completely over exaggerated. We far too easily let others determine. Our emotions are a reaction to an external event. There is a saying: *"Inner peace begins the moment you choose not to allow another person or event to control your emotions"*. But the opposite is exactly what happens particularly at mass events. If additionally the mood is heated up and people are animated for swearing then this can easily become an outlet for accumulated fury and aggression.

At this Monday's peace demonstration there were these subliminal personal fears present and thus I decided to leave the event and watch the speeches later on the internet. Additionally one could not hear the speakers very well over the loudspeakers and some people shouted '*louder*'. Usually this is a comprehensible action to let the organizer know on how to improve the situation but in that case it frightened me and I had had enough. Particularly as I already knew the speakers and their message. It was not a matter of listening to them but to get an impression of the atmosphere on site.

From this experience I realized that I need to make peace with certain things, e.g. with policemen, or with the aggressiveness of human masses. But it is also important that more and more people realize how they are dominated by others if they use mass events as outlets for violence respectively are used to create violence.

When I watched the speeches later on the internet I was very excited again and had a huge interest in the content and in the movement itself. At least this was the case shortly after the demonstrations had started and where accomplished each Monday.

Note: *However, some weeks later I lost more and more interest because the quality decreased with the number of speakers, the content recurred. I did not agree with some of it and there was no result to be seen. Besides I did not like to be infuriated all the time, I rather wanted peace. My focus went back on being informed without permanently being outraged.*

In April / May 2014 it still was in such a way that this event was strongly attacked and defamed by the mainstream media. According to them the speakers were extremists, anti-Semites, anti-Americans, brown esoterics, or just some bad people rebelling against a system which wonderfully functions in favor of all people.

However the fact is withhold that those people want peace and criticize a system which supports and promotes war. But as long as the media is paid by those which are criticized one cannot expect them to report objectively or to support the criticism.

Thus they defame and publish articles in such a rhetorical way that the masses get back on track again. Get back on whose track? The masses get back on the track of the system.

The possible violence that might come up at such mass events sooner or later suits the system because then the media is proved right in calling those people extremists who are prepared to use violence to destroy our prosperity.

But where does violence come from in the first place? Is it not inherent in the system? Is it not even preprogrammed in some degree at mass events? Is not an armed police detachment a provocation? Is it not even intentional so that people cannot unite peacefully and gather together in large numbers?

Should a nonviolent atmosphere nevertheless originate, then it might be the case that troublemakers from outside are deliberately used to light the fuse and bring the powder keg to explosion.

One of the organizers mentioned behavioral instructions for such cases, e.g. to sit down and protect the head to indicate one's peacefulness. A single troublemaker can then be detected and arrested more easily. Difficult however, if there are entire groups which generate violence to destroy an event, or to even instigate wars.

Anyway, how to assess it all? I was told these frictions are necessary to some degree. The shift in consciousness takes place at many levels. More and more people find out about truth and accumulated emotions must free themselves, if necessary by volcano eruptions.

For me personally peace lies within observing and creating the emotion of peace. But it probably needs different forms. It needs such people who indignantly go out into the streets and it needs such people who keep the energy calm e.g. by mediation or other energetic means and a lot more.

Some time ago, in 2012, a gigantic stone carpet appeared in the ocean. Scientists could not explain why so many stones with the size of a golf ball swam in this form coherently on the water. They

supposed it was caused by an outbreak of an underwater volcano. It was a formation of pumice in front of New Zealand roughly as large as Belgium. The media only reported briefly about it.

At that time we were having a seminar with a medium and we asked her to inquire the meaning of the stone carpet or maybe whether there was a message for us humans. She got the answer that it is a message from nature. Mother earth advises us people to unite like this gigantic carpet of these many swimming stones. Through this unity we become strong again and can return to our originality. Mother earth emits this energy and also influences us people with it.

Apparently more and more people link up over the internet, exchange ideas and moreover agree on wanting peace. Thus the message from mother earth fits quite well. Even if we have human groups with different opinions, different approaches, or different characters, it does not keep us from agreeing on a common denominator in order to unite and act in terms of peace and truth.

THE ARCTURIANS

2014/04/27: When I first heard of the Arcturians it was by coming across the following saying:
"Your work is not to drag the world kicking and screaming into a new awareness. Your job is to simply do your work ... Sacredly, secretly and silently ... and those with 'eyes to see and ears to hear' will respond. – The Arcturians".

Some other things and having read this quotation in the end of 2013 made me take off my website for a while. The time offline was very beneficial for me because it allowed me to let go. I was able to dissolve the misbelief of having to change the world overnight with all my strength no matter what.

Yesterday the Arcturians crossed my way a second time. This time they appeared on a photo. Who are the Arcturians? They are manlike beings coming from a different galaxy. By using black and white holes they are able to travel distances and dimensions and spend time on earth every now and then. Some people on earth have the ability to see these beings. As they vibrate on a higher frequency they are not visible for everyone.

Itasha, a Native American, is someone who has lived in sacred towns where it is usual to sit in a circle together with non-earth beings and to exchange energy. She had already been accompanied by her star family - as she calls them - and learnt from them when she was a child. Back then - she says - she was not aware that other people could not share her perception. Only after a while it became obvious that it was difficult for her to lead a normal life and so she moved to these sacred places to spend most of her life there in regular exchange with the Arcturians, her star family.

A few years ago the Arcturians asked Itasha to return to the people in order to help and heal them. They said the time had come to tell the world about the Arcturians and their existence. Additionally they made themselves appear on a photo and Itasha started to show this on different public meetings. A video from one of these meetings is to be found on her website (<http://windstargalactichealing.com>). Within the video Itasha shows the photo although not much can be seen with the naked eye. Some enlargements of the picture let the viewer assume a

lot more. As said before the Arcturians vibrate at a higher frequency not well visible for everybody yet. Through the raising of the vibrational level of the earth and thus of the people this will change in the future and there will probably be more and more people being able to see energy and beings which are already there but not visible for everybody right now in 2014.

According to the Arcturians it is time now to go out into the world and live our talents whatever they might be. The earth needs cleaning, in particular the oceans and the water all together.

Itasha tells the story when her child drank water in town for the first time after having left the mountains. The child screamed: *"Mummy, help me, I have drunk poisoned water"*! The child had drunk usual town water but in comparison to the pure clean mountain water at the sacred places the water seemed to be poisoned indeed. Well, basically it is.

I had the opportunity to be allowed to drink from pure clean highly vibrating water once. Several healers had energetically worked on this water and it was presented in a carafe at a seminar. Unfortunately I had missed to try the water as long as there was still enough available. By the time I reached the carafe it was empty. Nevertheless, I tried to catch one last drop and indeed it dripped into my mouth. It then immediately expanded and a taste spread which I had never experienced in my life before. It was like a precious elixir. It was a sort of nutty taste, but this description is by far not appropriate. I think we humans only understand what we do to ourselves with the environmental pollution once we have drunk clean, highly vibrating water. One single drop is sufficient.

If the Arcturians have the urgent message to clean our planet, in particular the water, then this is absolutely understandable. And I would like to see the people waking up and caring for this planet so that we people unite and stop destroying what we require so urgently to survive.

Above all, however, life could present itself in a quality way we do not know yet. In a way many of us cannot even imagine because many have not drunken water with a taste of pure elixir. We have no idea what we miss and what we refuse ourselves to freely have.

I would like to be able to see the Arcturians myself one day. Having seen the picture is a beginning already. But I also know that it is up to me to be able to see them depending on my level of vibration and it is vital to have a pure heart and to be connected with the heart energy.

However there is so much on this planet that keeps us in low vibrations. Then our unsolved issues arise again. Of course we incarnated on this planet to have exactly that experience as well.

Itasha describes it very well by explaining how we stand with one leg within the old dimension and with the other in the new one. It still pulls us to and fro. Many of us have not been able yet to completely let go of the old dimension.

However, we are on the way to completely take the step into the new dimension. We achieve it by letting go of the old and completely rely on our heart energy. Part of letting go is to heal old injuries. These are injuries that originated from the separation, injuries of the inner child who missed feeling the love which would have been possible in the new dimension.

Anyway, we wanted to have the experience of separation to further develop and to then get back into unity and love. It is good to see the Arcturians appearing and letting us know that we are on our way back to our galactic star family. I feel a strong desire to be reunited with them again.

Additionally a little story: Once upon a time ... a long, long time ago. Everybody agreed on having a new experience, an experience of separation and duality. Everybody decided to join and to get to know all the different aspects. Therefore all participants had to take on different roles. Somebody also had to play the villain. Nobody wanted this role.

Finally one of the most courageous and strongest said: "I will take over that role under one condition ... ". "Any condition you like" was the unanimous answer of all participants.

"You must promise to tell me that you love me" said the volunteer.

"You know that we love you" said the others. "Of course we will tell you that we love you but why?" they asked.

"If I take over the role of the bad guy then I will do everything I can to play it perfectly ... , but if you do not remind me that you love me then I might be lost for good and will always pretend to be somebody whom I am NOT. So, please ... remember to tell me that you love me so I can find my way back home again."

To me it is a little as if the Arcturians are the ones reminding us that we do not need to play the game of separation and duality any longer. We wanted to get to know the separation and now it is time to return to unity. It is time to remember the love in our hearts. I do not mean the concept of love which was distorted and abused in our common parlance. I mean the frequency of love which can be found in our heart if we allow it to be.

ABUNDANCE / REICHTUM

For a long time I did have a rather negative idea about wealth. I had this fairy tale of king Midas in mind. The one who had the wish that everything he touches turns into gold. In the end he threatens to starve because he cannot touch his food any more.

I associated concepts like swank and splendor with wealth and thought wealth to be equated with the possession of great sums of money or earthly goods like houses, properties, cars, yachts and the like. Therefore, I avoided wishing wealth. And because I had falsely thought I needed wealth to experience abundance I was not able to open up to the abundance of life either. In the German language the words *wealth* and *abundance* both translate to the same which is called *Reichtum* in German. Therefore it is not as easy to distinguish what is really meant if we talk about *Reichtum* and there is a lot of negativity linked to it in the German language. I wrote this chapter to clarify that I mean the abundance of life and not the avarice that Germans might have in mind when the term *Reichtum* is used.

In the following text I use the German word *Reichtum*. Otherwise the translation would not make sense:

However, *Reichtum* can also be considered in quite another way. An energy stone helped me to understand it. This energy stone is charged with the frequency of *Reichtum*. In the beginning I thought if I only get enough of these stones, money and possession comes quite automatically to me. But it did not work that way because the frequency was not what I mistakenly took for *Reichtum*.

These energy stones are very helpful to rediscover the original meaning of a concept. Another example is the energy stone *sleeping*. This stone does not have the effect of a sleeping pill as one might expect it. The frequency of *sleeping* rather made me experience my dreams more vividly. Furthermore I slept in a rhythm that did not fit at all into the pattern which is needed to be a robot getting up every morning to function. Overall this stone encouraged me to sleep in my own rhythm and to perceive sleep much more intensely.

I also had to realize that the energy stone *Reichtum* did not encourage me to accumulate material goods or large sums of money. It was the opposite, I started to need less. There was no renunciation necessary. It rather happened automatically by letting go of the attachments.

Once we become aware of our dependence the process already starts. If we then loose interest in a thing it becomes quite easy to let go. There is a saying "*Letting go is the key to happiness*" and in this context it makes sense. It is not the accumulation of possession which enables abundance but the letting go of attachments.

Once we detach from these allegedly enriching things then we are open again for all the things life really has to offer. All that life gives to us can then be fully appreciated and accepted and we can let go at any time and be open for new gifts which life wants to present us with. That is my idea of *Reichtum* and what I experienced from the frequency of the energy stone.

Sometimes the old patterns return and I fall for the misbelief in thinking to be more easily able to solve my challenges with money but only to notice that I fell into the trap again. It is not in such a way that I need the money first in order to be able to do things. It is about remaining open for all the possibilities in which abundance would like to appear.

If I possess large sums of money I might possibly have *Reichtum* or I might not have it. If I have *Reichtum* then I might possess large sums of money or I might not. *Reichtum* does not depend on money but it means to accept the abundance of life in its fullness in all areas.

WHAT TO DO ABOUT OUTRAGE?

2014/04/28: Outrage was my subject that day. I had watched an interview with a historian which caused huge outrage in me. I got to know how the Federal Republic of Germany takes part in illegal wars of aggression. Additionally how we are deceived when it comes to false flag events like 9/11 and a lot more.

What remains after such an interview? There is an internal outrage, an internal fury, an urge to change the world and a desire to tell everyone what has just been revealed to me. One thinks that everybody must know this, that we finally need to do something, and that we finally need to stand up and say: *"Enough, I do not allow this to happen any longer"*.

But what happens instead? We are not able to reach the people. Apparently nothing changes and we feel helpless. Everything carries on as before and people can easily be further deceived ... this is how it has been for centuries. It is not that it just started now. It only becomes more obvious by having more and more lies uncovered.

Some people have already been fighting almost all of their life for more clarification and truth. I am sometimes surprised to see what people already pointed out 10, 20 or even more years ago in books or videos. I myself did not notice any of it back then although there already were people uncovering manipulation and lies. Only the masses did not pay attention including myself.

However, currently there is a trend noticeable. The masses are starting to wake up. The term *Whistleblower* becomes more and more popular. Many people cannot function in certain dishonest environments any longer. More and more truth is revealed. And still there is seething unrest in me if I hear theses outrageous stories about deception and intrigues and apparently nobody seems to take an interest in them or wants to change anything.

Sometimes I succeed in calming down again and carry on with what I am doing. But other times I just feel helpless. I would dearly like to protect this wonderful planet from the influence of our destructive life but then I do not know how. All my shouting, all my attempts to explain things seem to bounce off the people. No matter how I try, either by being outraged, or through energetic meditation, or through experience reports, or through books, all of it seems to be in vain. I have got the feeling of not being able to reach the people. Then I withdraw again in order to find my balance and to gather strength from my inner calmness.

This cycle recurs currently: outrage, activism, rest, internal peace, outrage and so on. One thing is certainly to learn how to stay calm no matter what happens around us but there is also this longing for change.

Anyway, if I manage to stay balanced it is certainly easier to listen to my inner voice which lets me know when to be active and when I should remain passive.

Maybe these emotional cycles serve as training to be able to take in the information and to expose the lies on the one hand and to still be able to quickly balance on the other hand in order to act from deep calmness when the time is right for action.

I cannot see the big picture and I have no idea what the collective consciousness wants to experience. I personally currently undergo times which tear me to and fro. On the one hand I think I need to actively rescue the planet and on the other hand I feel like first finding my own peace in order to be able to take it to the outside world.

Is this a usual thing in a turn of an era? Is it because we still got one leg in the old world and one already in the new and thus are permanently torn to and fro?

Many questions, not so many answers, yet. But it helps to calm down and be balanced no matter how outraging the exposed lies might be.

More and more truth will come to light. Probably I will still be furious and outraged from time to time when I become aware of even more lies we were told. However, I should find ways to deal with such emotions instead of allowing them to take control over me.

Even if we apparently do not reach anybody, energetic fields of truth are building up and they do extend more and more. Eventually critical mass will be reached and then there will be the shift in consciousness despite of me currently feeling impatient. Well, that is also a valuable experience which wants to be made.

Note: After writing about outrage I found some other possibilities to deal with reactions like outrage, annoyance, fury, timidity etc. in the talks by Anthony de Mello on the subject *Rediscovering Life*: If we become aware of being programmed or trained to react to certain events the way we usually do then we are able to change our behavior. In order to change our behavior we firstly have to notice how we are programmed exactly at the moment of our reaction which means we have to be present. Thus, I need to notice once I start upsetting myself without getting lost in it. Let alone the fact that we know how we react in a certain way if someone presses a button leads to having a different choice in that moment.

Usual respectively trained patterns of behavior are for example to feel hurt once we are rejected, or to be sad if someone leaves us, or to be furious if we are insulted, or to be upset if we are lied to etc.

But do we have to react in that way? For example if we stand in a line and someone breaks the line should we tell the person off? Yes, why not? But should we upset ourselves for it? Should we raise our blood pressure and harm ourselves? Should we punish ourselves for someone else doing something wrong? Is it logical to punish ourselves although we are innocent? Besides, the question is, are we acting cool-headed if our action is based on being upset? Maybe things will get even worse than better. Nobody is saying we should do nothing but it is not about wasting our energy in being upset. If there is injustice then it is a calamity. If we upset ourselves then we are adding a second calamity. Wouldn't it be better to solve the first one without adding another one?

So, if there is a moment of being upset because of a person or an event, it might be helpful to remember that we are programmed to react with being upset. If we then hold on and take on the role of the observer we automatically stop upsetting ourselves by seeing the programming.

Thus there are many possibilities on how to act. Sometimes it might be necessary to explicitly feel every emotion that is coming up. Sometimes blockages need to be released and sometimes it is enough to just realize it is the programming that is causing the upset to release it immediately.

Besides it might be necessary to take action to change a situation but that does not require upsetting ourselves in order to do it.

However, in the reverse in our culture we might believe that we have to upset people in order to get them going. This can be the case but it can also lead to the fact that people waste their energy in being upset instead of acting beneficially and therefore create more damage than doing good.

DEATH OF A STUDENT

2014/04/29: I would like to mention another example which did not necessarily cause outrage but rather a sort of bewilderment about the way we are treated or allow to be treated. Other than usual this morning I awoke by hearing a song from the clock radio. It was a wonderful song which cheered me up and allowed a beautiful start for the day. The sun was shining and I was in a good mood. Then the news started and straightaway the first message was a dramatic one. A schoolboy had been shot. Bang! It hit me and it tore my aura apart. My mood barometer immediately went down drastically.

I recovered quickly and switched the radio off. I had had forgotten how the radio and especially the news are used to transmit these kinds of frequencies. I had had forgotten why I stopped listening to the radio. Now I had been reminded explicitly again.

And again I observe annoyance rising in me. Not as bad as it has been during the days before but in a way that I am able to handle it quite well and use the energy positively by writing about it and thus calling attention to such dark deeds. Therefore I am being sort of motivated by it in a way.

How come our society wants to be woken up in the early morning with such sensational announcements to start the day with? Most people do not notice the effect of such a violent announcement on our energy systems. Most people do not notice how it tears a hole in the aura and how it lowers our frequency dramatically.

Many people let the announcement penetrate into their sub-consciousness unfiltered and start the day. Maybe they find it odd that the day does not go very well but they do not associate it with such news.

If such incidents happen why don't we have a reporting where sympathy is expressed? Such messages could be given at the end of the news as an edge note. For example like this:

„A young person has died. Our sympathy is with his family and friends. We send him the energy now needed to process on his further path“. Something like that would not only assist the deceased person but would also ease the way for all relatives and affected persons. It is a matter of expressing sympathy.

What happens instead? We are served with a sensational horror announcement for breakfast or for waking up. Our energy level is torn down and we carry this tear in our aura for a while. The one who thinks to be immune for such messages because of deadened feelings is wrong. Our sub-consciousness registers and perceives everything.

Who has an interest in the fact that we keep each other in such a low vibration? We as a collective consciousness have the choice to say *“STOP, I do not want it any more”*.

We can achieve it by detecting such practices and consciously and actively raise our energy level again or on the other hand by avoiding such a way of reporting all together. We do have a choice!

By the way, there have been experiments in some towns where many people meditated on a regular basis for a certain time. The criminal activity rates have gone down along with the increase of the meditations. Now, would it not be a logical conclusion to let people know of it and animate more and more people to meditate and keep the frequency high in order to lower the criminal activities? However, such a thing is not communicated and also the message is not spread either. Instead, the energy level is held low on purpose through our entertainment industry. *Drugs, sex and crime* sell. To whom is it sold? To the people who are manipulatively held in a low frequency. They are kept in a doom loop because more negative messages lower people's moods and more *crime* is required. Our sub-consciousness is constantly bombarded with negativity. It is not really us who long for it. It is the drug addict needing the next shot. Therefore it sells so well.

EUROPEAN ELECTIONS

2014/04/29: Apparently there is light at the end of the tunnel after all this outrage: Yesterday I saw an election advertisement of a German party, the ÖDP (Ökonomisch Demokratische Partei which translates to *Economically Democratic Party*). I was surprised because this advertisement was in line with my way of thinking:

"Yes to Europe, but STOP the lobby, corporations, profit. Instead: Environmental protection, protection of animals, civil rights, bio agriculture, democracy. ... Importance of humans should be far greater than the importance of economy".

I did some more research on the internet and read that the ÖDP is strongly against the planned free trade agreement TTIP. On their website I found the following (*translation into English done by me. The website is in German only. Thus all information is subject to change*):

"The alliance named 'TTIP unfairhandelbar' (the name translates to something like TTIP is unfair and cannot be negotiated) has started a broad petition against the free trade and investment protection agreement between the European Union and the USA. The ÖDP supports the alliance and collects signatures for

this action. Particularly the non-transparency and the risks for democracy and constitutionality in connection with TTIP and CETA worry the people.

The fact that the EU commission has suspended negotiations of the investment protection agreement shows how big the civil-social pressure already is. Now it is a matter of increasing this pressure. We are not per se against trade agreements but argue for an alternative commercial policy as is formulated in the Alternative Trade Mandate (ATM): It is based on respecting human rights, sovereignty and democracy and is aiming for high social and ecological standards."

And another excerpt from their election program taken from their website (translation into English by me thus all information is subject to change):

"Turning away from the growth ideology and be in favor of fair commercial terms

The ÖDP is in favor of an economic system which promotes ecological and social oriented action. At a European level currently there is still the neoliberal ideology ruling which is in favor of economic growth, high capital yields and the self-regulation mechanisms of the markets.

Where this leads, one can see in the environmental destructions as well as in the returning financial market crises. Hence, the ÖDP demands an economic system without compulsion for constant growth. The ÖDP is basically in favor of the idea of the post-growth economy according to the principle 'Less is more'.

We want to achieve to have a better quality of life with less material expenditure. Therefore it requires a fundamental change of the economic basic conditions. The aim is the reduction of the ecological footprint of people, enterprises and states in order to have a global sustainable level".

So, finally a party that does not promote competition and growth. But what do I do with this party now? Should I elect them? Does it make sense? Does my vote evaporate if I give it to a small party? Nevertheless, what happens if this party gets more votes and makes the per cent hurdles? Are they then still able to promote their program or do they collapse and become part of the big unity party which depends on corporations, lobby, profit and personal success?

Meanwhile it is said that the ones we elect have nothing to say and the ones who do have influence cannot be elected. So, can we reach a change with our current political system or is a change of our political system necessary for sustainable change?

It is like in a marsh. Do we send new people in this marsh, so that they sink there, or do we begin to drain the marsh? Probably both at the same time, so that people with good intentions can act in favor of this planet and its inhabitants.

Whether I am taking part in the elections or not depends on my inner guidance on that day. Everything I am aware of is fragmentary knowledge based on manipulations deliberate misinformation, lies et cetera. I cannot know what is right or wrong. Particularly as there is no proper right or wrong outside of mathematics. There are simply different possibilities. However, I can ask my Higher Self to guide me in doing what serves the wellbeing of all in accordance with the highest possible outcome.

It fills me with confidence to read the excerpts from the ÖDP's election program in 2014. Even if this party does not stand a chance right now, it nevertheless meets the zeitgeist and arouses the interest of such people who start to wake up and are longing for alternatives.

At least I like what they currently have in mind. I can only speak for myself. Does the party remain the same if they become more successful? I have no idea.

A medium once said that politicians are less and less themselves the further they are dragged into the system. They remain only a small percentage of who they really are according to the medium sensing those people because they are exposed to huge tugging, entanglements, or intrigues and so on. But who knows, truth is unearthed more and more, even in politics.

Anyway, I do not like the fact that devices are produced with predetermined breaking points that break exactly after the expiration of the guarantee time and need to be substituted by new devices and all that at the expenses of the environment.

Over all people could work a lot less if not everything was aimed on growth, and if the money which is invested in armament and wars would be used for the benefit of people, and if there was no more interest and compound interest.

Alternatives exist. They especially exist if we manage to escape from the old way of thinking and if we become aware of the misbeliefs and let go of them. There are endlessly many solutions even if we are told that is not so. It is only not in such a way if we remain in limited thinking. Let us escape, let us find new solutions, and let us climb the mountain to have a better view and see all the possibilities which are hidden while we are in the valley.

We climb the mountain by escaping the chains of darkness. Who is behind all those lies? These are dark forces. We only see their henchmen. Let us consciously say STOP. Let us stop feeding those forces. We do this by becoming aware of our shadow sides and thus by dissolving them. This is how we deprive energy from darkness. And we certainly further deprive energy if we become more and more aware of our lies. More about lies and other things can be found in the next chapter.

PLANET OF LIES

2014/05/03: Yesterday I read the German book *Tomy und der Planet der Lügen* which translates to *Tomy and the planet of lies* by Erich von Däniken.

In this book *von Däniken* describes his encounter with an extraterrestrial energy form that manifested as a clone of his younger body. The story happened in 1987/88 and *von Däniken* was advised to be quiet about these events for about 20 years. Only after such a long time is it ok to write about the committed crimes because then connections to real people can hardly be made any more. The book was first published in 2006 in form of a novel because with our present state of consciousness it is hardly possible for us to accept such a story as reality. I must admit, although that I am convinced about the true core of this story my thinking mind hoists the white flag from time to time today and shouts: *"Stop, this is too much, I don't get it, this does not fit into my idea of reality that has been firmly established in me"*. And I need time so that the information can settle and to allow the consciousness of the impossible to slowly mature.

Yesterday after having read about half of the book such tiredness overcame me that I decided to take a nap. When I woke up and crossed the threshold from sleep to waking state the following happened: I felt an infinite vastness and I was the creator of my own life, all power lay with me, nobody could interfere with my life, I was completely the one who decides how my life has to proceed.

I enjoyed this feeling of the vastness, the infinite creativity and dived into it completely. And again I thought, wow, I made it, this is exactly what and how I want it, everything is possible and I am the one choosing from infinite possibilities. I was eager to keep this soundness and take it over into the waking state, into everyday life and anchor it in my thinking mind. Unfortunately this condition vanished after completely waking up. But I understood something. The contact with the extraterrestrial benevolent highly intelligent beings with deep wisdom, yes, this contact causes such feelings I previously described while waking up.

In the book Erich von Däniken describes how Tomy (this is the name of the extraterrestrial intelligence) perceives the people. Tomy has the ability to take over people if they give their permission. During this take over an exchange takes place. Tomy finds out everything about the person and the person receives insights into the worlds of the universes from the extraterrestrial intelligence's perspective as a countermove. Tomy connects with various people in this manner and is disappointed by the cruelty and the lies. However, about the planet he says that it is just wonderful and in my opinion he is completely right.

How did we become such cruel beings? I think we have not always been like that but we are born into a matrix that is maintained by dark powers. There we follow the rules of darkness and are indoctrinated to function in this system which is based on lies, on manipulations, and on crime et cetera.

The story told by Erich von Däniken reads like a thrilling agent's novel with pursuit, crime, murder and all that belongs to it. No wonder that Tomy does not have the best impression of human life on this planet.

Tomy was somebody who was a thorn in the side of the system on this planet. The system could not allow the existence of an extraterrestrial. It is said that society would not have been able to cope with it. Thus the system had to get rid of him. The Secret Services had a vital interest in banishing the danger. But what was the real danger? It was the fact that people might wake up and notice how they are cheated and how they are held in the clutches of darkness.

The only danger is that the dark powers lose their Highness on this planet and with it the control over the human race. Therefore the existence of benevolent intelligent extraterrestrials is negated and cannot be allowed. As described in the book whenever contacts with such beings become known the Secret Services do everything within their power to remove the traces.

I still have to deal with processing the contents of the book and it becomes clearer and clearer how my thinking is laid in chains by this system I am caught in. I try to escape with the help of the information which I get from the book and still I am thrown back again and again like a pingpong

ball, to and fro. But I am certain that every time I do escape a little bit more, with every encounter my horizon broadens and I surely know where I do not want to be any longer. I want to get out of darkness, more than ever.

Now, within a short period of time this is the second encounter with extraterrestrials. First it was with the Arcturians and now with Tomy, an intelligent disembodied life form. My consciousness opens more and more for these opportunities and I am curious when I will also have my personal direct experience. It is up to me and it depends on me opening up to the possibility. If I am open for it then it will happen sometime, if I close my mind for it then rather not. I have no idea whether it is part of my path. I'll have a look and see.

In the book it is described how Tomy visits a Buddhist monk and *takes him over*. This monk had waited all of his life for this to happen. Sometimes we simply have to be ready for our wishes to come true and our destiny is fulfilled without us having to actively travel anywhere. It finds us because it is part of our path.

I would like to mention a quotation from the book: *"... then Tomy explained that our society is caught within a system that does not allow to publicly talk about matters as long as they appear to be unreasonable ..."*

Erich von Däniken adds: *"Though we may say and write what we think but if the time is not ripe, nobody is interested. And should you have the strength to proclaim your knowledge loudly anyway you end up on the garbage heap of absurdity. You are then excluded from the society of the 'reasonable people'."*

I know this feeling too well because if we dare to have different perceptions and sensations than the masses then we are considered as nuts and not to be taken seriously. Even if we merely try to not only free ourselves but also the whole planet from the catches of darkness the entire undertaking is often underestimated. But the time will come when more and more people are ready and long for truth and want to leave the lies behind.

I would like to mention another interesting aspect from the book on the subject paradox of time travelling. Somebody asks Tomy what happens if we travel into the past, kill a forefather and thus cannot be born anymore to kill the forefather in the first place.

To answer that Tomy describes how our reality exists in many different parallel worlds. If we travel to the past then it is never the same reality of our current NOW but a parallel version. If we kill our forefather then we are still born in our reality and are the one who travels into the parallel world where we will not exist later on. I consider this to be an excellent logical explanation. It is in line with my experience from various healer seminars. There it is usual to give the intention into the solutions to aim at all bodies, dimensions, levels and parallel worlds, thus to consider everything that might have an influence on our living in multi dimensions.

However, my mind hoists the white flag here again. It is not able to understand all the influences of different parallel worlds and time dimensions on my current being.

"Mayday", says my mind. And I answer to my dear mind: *"It is ok not to understand it. There may be complex things out there exceeding our current capacity to take it all in. Put it aside and allow it to have an effect. Sometime it will adapt itself in such a way that we can easily process it all"*.

I remember that a medium once told the story on how she had travelled to a parallel dimension taking her body with her. She then existed twice in that dimension. She had to pay attention so that her other self would not see her. She wanted to avoid her other self to have a serious shock in case they would meet. She had only ended up in that dimension by accident and was eager to get back into her own dimension as fast as possible.

Such plays of thought confuse us because they are not part of our common thought patterns. The medium also mentioned that experiences within parallel dimensions can absolutely have an influence on our current state of being within this dimension.

Hence, sometimes it is necessary to cure something in another dimension so that the discomfort decreases in our dimension. Nevertheless, there is no reason to worry about it. If this should be the case then our Higher Self will lead us to solve this also.

Note: Later, on the Internet, I found the stories of somebody which I call Mr. Y. I listened to some of his interviews on Youtube. He is somebody who has really experienced teleportation and time travelling as a child when working with Secret Services.

Still a little later I found a quarrel conversation on the Internet. One of the interviewers thinks Mr. Y is a complete liar although the interviewer was persuaded of the truth of Mr. Y's story by the time the interview was conducted.

Indeed, it was a quarrel conversation and in such a situation one says things because of being hurt. Hence, I was confused and did not know what to think to be true now. There was the statement that Mr. Y believes in his time travelling but that he himself had been tricked.

Now I myself am quite uncertain. But basically it is not necessarily important whether the story has happened or not. It is rather interesting to see what the story does to us. What effect does it have on us and how do we deal with it. Basically our complete reality is an illusion and we constantly hear stories which never took place exclusively how a single person reports about them. If there are ten witness's statements to the same event, there will also be ten variations of the truth. In the end it is only a matter of accepting one reality as being ours. Sometimes people change stories on purpose in order to have an example that wonderfully explains something that is true although the story never happened exactly like that.

Consequently I do not really care whether the story about time travelling really did happen or not. I found it very interesting and entertaining and certainly think it is something possible and might have happened maybe as described or maybe slightly different.

Life is a canvas and we are the projector. The projector determines what is displayed on the canvas. Whatever we believe to be true will be found there.

TOP-HEAVY

2014/05/05: Yesterday I listened to an interview with an economist. Among other things he explained how our affluent society lives at the expenses of poorer countries. Through globalization the production of our consumer goods is outsourced to countries with no environmental regulations. Instead there are low breadwinners or maybe there is also child employment. Our prosperity is financed at the expenses of others and the environmental damage is transferred into poor countries. Our economic system is based on growth and thus also on consumption increase which is sped up by suitable advertisement.

The poorer countries join in because there as well a middle class is forming and poor people want to get into it. We carry on with this game until even the last corners on earth are destroyed, unless we start to become more and more aware of such coherences and stop this to happen.

I talk about top-heaviness because after that interview my energy had bottled up around my head. I needed some time to let the energy flow through my entire body and evenly through my aura again by resting and meditating a little.

Although I found the economist's lecture very interesting, informative and absolutely eye-opening, there was this sort of energy traffic jam around my head and I wondered how that had happened.

Maybe it was due to the fact that emotions were missing. The issues were explained very well rationally but maybe without a certain authenticity. I guess this authenticity was missing because the telepathic portion was too low. If we communicate there is always a lot more than just language. There is charisma and body language but during this interview the main focus was on language.

The economist explained how freedom originates through being able to choose from less in order to regain the pleasure of free choice instead of being run over by a variety which demands too much of us. All he explained was very well understandable rationally but the feeling of freedom

was not transmitted. While reciting about it his linguistic pattern did not change. He explained the regained freedom factually, rationally, and absolutely comprehensibly but it just was not emphatic.

Anyway, what I really liked about the interview was that it was pointed out how our present life models lead into a dead end and into destruction of this planet. All of it quite rational and thus top-heavy but for many people the ratio is a valid approach to instigate change.

But what led to this dead end in the first place? And how do we get out again? The answer given in the interview was: *'Freeing ourselves from opulence'*. Although it is not a matter of forced renouncement but rather of discovering the madness of it all and by seeing it being able to revalue the things that cause real satisfaction in terms of *'less is more'*.

So, what is freedom then? Freedom means to take over one's own responsibility again. And it means the ability of independent choice rather than being externally controlled. Do we need products because our society pattern urges us to possess them in order to be happy? It is the opposite. The dependence withholds happiness. Independence provides happiness. It is comparable with drug addiction. Only when we do not need the drug any longer do we recognize how free we are without it. And prosperity does not equal the possession of more and more drugs, or the avarice for more, or possession of buying power in order to steer things. Buying power is mostly not ours. Others control our buying power and therefore us. To take back our power means to act on one's own responsibility and to get rid of external control. Then wealth originates, a wealth caused by ourselves. Then we are able again to see what causes pleasure in our life, a pleasure that is intrinsic and not externally controlled.

As already mentioned in the chapter *'Work'* Mahatma Gandhi once said *"The earth has enough for everybody's need but not for everybody's greed"*. "Everybody's need" is a lot more than just basic care. The earth offers such a wealth, such a beauty. Not only earth offers it but the universe in general. There exists inexhaustible infinite energy which is available to us. Only we are blind to it because we have a distorted image of freedom, wealth and power. With all the dependence and

external control we do not see all the things life has to offer day by day anew. If we as a collective opened up to it we then would allow having paradise on earth. At least this is how I imagine paradise to be.

Unfortunately, it is not only that few get hold of almost everything but our complete globalized economic system keeps us within a cycle of dependence and fear. It seems difficult to get out.

We live in a cancer like growth which destroys nature and people and it is time to escape. This is happening more and more as the interview shows although it was a little top-heavy. But a little later I was able to pick up the great ideas some scientists come up with more and more. Or maybe more scientists get a chance to speak about topics they have dealt with for a long time already. Only the time was not ripe to find an open ear in the public. And not all scientific contributions are top-heavy. It was only this time that I noticed it extremely.

Or maybe it is just me being so used to different states of consciousness that I find things that most people consider to be *ordinary* as top-heavy. Once we start diving into different energies, travel into different lives or different dimensions, or fall into deep meditation, or be more conscious in our dreams then we are perceiving reality in a different way. The *ordinary ratio* may then appear as top-heavy energy accumulated around the head. We are a lot more than just our body and we do have a far greater expressiveness than only through language. This expressiveness grows from the connection with our true Self and the union with our divine core.

If people come from a deep stillness and speak from a deep connection then energy can flow. In the moment of an encounter it is then in such a way that a large part of the information is exchanged energetically and only few words are necessary. If we become aware of this then it might be easier to sense what the other person is saying rather than focus on language that much.

Additionally there are different levels of communication. For example: I had got upset in a conversation with a friend because he had hurt my ego and I was about to discontinue the friendship. When I moved the situation into my heart everything suddenly changed. There was an absolute harmony between me and my friend, a wonderful flow of energy, it could not have been

any better. I almost had to laugh about such a huge difference between my hurt ego and my heart level. I then decided to listen to my heart and accept the beauty of our friendship. I worked on my ego's hurts a little later and had to grin how I possibly could overlook this miraculous connection on the heart level by my ego being hurt.

Through our top-heaviness we are not used to listening to our heart. But that is the place where so much goodwill, so much rest, and so much peace can be found. We can utilize that energy if we listen to our heart a lot more, stop, remember it and consciously draw out attention to that area.

EMOTIONAL BLOCKAGES

2014/05/06: There are certain people in my life who repeatedly cause fury in me. Sometimes there are also events which date back a long time and still if I remember them I get annoyed with the person who made me furious. I quarrel with this person, reproach, accuse, judge, condemn et cetera et cetera ... Briefly I enmesh myself in cursing the trigger of my fury and wanting to give this person my piece of mind.

Well, this can be helpful in some cases. On one healer's day the healer told us about a client. Her husband had been betraying her with his secretary for several months. All people in the company knew it. She was the last one to eventually find out.

The client wanted to blow off steam by making a scene and telling her husband off in front of everybody in the company including the secretary. Now, one can have different opinions whether this is a suitable measure. But when the healer asked the woman's Higher Self she was told it is exactly the right thing to do. Thus the healer had no choice but to encourage her client in her endeavor. The woman then went to the office and publicly expressed her great deal of anger.

In hindsight it would probably have become very difficult for this woman if there had not been an outlet for such strong emotions. If she had instead screamed her fury into a cushion or had beaten a punching-bag it probably would have lasted many years to loosen her accumulated emotional blockages.

Sometimes it is important not to suppress emotions but instead to find outlets. Although it is highly recommended to do this in consultation with one's Higher Self in order to find the best possible way.

Sometimes we might have missed the right timing to show a reaction within a situation maybe because we were too surprised, too afraid, or had no idea what a proper outlet for the fury could have been then. In order to correct something like that we could go to the past and revive the situation in our imagination. With the current knowledge we then say anything we would have liked to say in that situation. Even reprimand the other person so that accumulated emotions are let out.

If it concerns situations from childhood one can imagine to go back as an adult and to accompany one's inner child. The inner child is then protected and we as an adult reprimand the other person. Finally we figuratively hug our inner child while letting it know how loved it is.

These are some possibilities how to deal with blocked emotions. However, there are different stages of blocked emotions. Sometimes it is essential to find an outlet, and sometimes a solution with a certain person or situation is still needed, and sometimes it does not depend on a person any more that triggers our emotions but it is about removing the trigger points.

If it is a matter of removing the trigger points it is very helpful to decouple the incident from a strong emotion like fury, hurt, or fear. It is useless to waste many hours by being upset because then we stick to our pain without really solving the problem. Decoupling an incident from the emotion is also useful if we feel grief for example in case of having lost a beloved person and grief is triggered every time we think of the person. If we manage to look at our grief separately then we have the possibility to transform it. We transform it by observing it, looking at it, sensing it, perceiving it, allowing it to be in order to eventually let go. If we then think of this person then there is no more grief because we decoupled the incident from the emotion. This decoupling works with other emotions as well. If for example someone makes us very furious it might be useful to decouple the fury from this person and have a look at the mere fury.

There are methods to release emotional blockages. I would like to present one as follows: In this exercise hold the forefinger of the right hand briefly under the triangle of the chest, on the solar plexus area. Put the middle finger on top of the forefinger.

With the other hand place the forefinger shortly before the left ear at the height of the ear hole on that little hill there. Put the middle finger on top of the forefinger there as well. These are useful acupuncture points to release emotional blockages. Then repeatedly say the word for the emotion like a mantra for some minutes, e.g. say fury, fury, fury, fury ... The trigger is not relevant any longer. It is a matter of diving into the emotion only. Mostly during this exercise we are shown situations or events again which we tied to that emotion. Just observe, carry on with the mantra and let go.

I personally usually feel very relieved after this exercise. The fury vanishes. However, it is not about doing this exercise once and everything is solved forever. It is rather a tool that can be applied whenever we are subjected to strong emotions.

It is not like finding a single solution for everything and be happy and lighthearted ever after and walk through life without challenges. We won't be able to avoid our lessons but we can change the way we deal with them by having a lot more possibilities at our disposal.

INTERPRETATIONAL SOVEREIGNTY

2014/05/07: A while ago I entered a room with antiques furniture. In a generous spatial corner there was a seat group with golden armchairs and a golden sofa, very manorial, approx. from the 17th century. My breath faltered because this sight brought up a memory. I could see aristocrats sitting in these chairs, cigar smoking, leading the world events, raising themselves above the common people. I was not part of this elitist community. I was the maid who had to obey the instructions and to serve the men.

Later on it was planned to have a ritual in this room because I was attending an energetic seminar. The ritual was about creating a sacred space. Well, when I saw the bombastic seat group in the corner it was anything but sacred.

I began to sit down in this seat group, in every single armchair, and in the sofa because I wanted to sit there once as well in order to find out how it feels. Indeed, I did not want to be like the self-appointed despotic rulers. I just wanted to sit comfortably and feel the comfort of these pieces of furniture. Bit by bit my initial stiffness dwindled which had arisen in the beginning when I first had the memory of this different lifetime.

We began to move the furniture aside to create space for our ritual which was about to be executed later and we cleaned the room. Some hours later, shortly before the beginning of the ritual, I entered the room once more and it was a huge contrast compared to what we had found in the beginning. Through the cleaning, the meditative preparation, my personal dealing with my time as a maid for high corrupt authorities, through all this we had indeed succeeded in creating a sacred space. When I entered this sacred space I had the feeling that this place is full of devoutness, dignity, grace, blessing, simply sacred and I do not mean hypocritically as it is often with some places regarded as sacred. No, this was honest, true and everybody who entered that space could feel it deep within.

Today I remember this story because yesterday I listened to an interview on how the ruling class of this world tricks us because they possess an interpretational sovereignty. It is a sort of amnesty or impunity for those people who rule the world.

These people have permission to be corrupt, to commit crime, to murder, to torment, to kidnap, to cheat, and to present wrong facts as a truth. They are the ones with the interpretational sovereignty to determine what we have to accept as truth.

Of course they themselves are never charged for their crimes, they get along with impunity because they determine who is accused of murder or who owns a free ticket to murder.

This morning when I woke up I realized how brainwashed I have been again because I could never have imagined a member of the current government to be charged of murder.

Meanwhile I begin to see things differently because the more truth comes to light the more obvious it is how criminal the behavior of the ruling elite on this planet really is. Why should these people not be held responsible for their actions?

Up to now, who has kept me from claiming the existing law for those people also? Who made me think this interpretational sovereignty really belonged to the ruling elite? Who manipulated me to think so? Again, it slowly dawned on me how brainwashed I am in this regard.

It is not a matter of taking revenge here, certainly not. It is also not a matter of condemning. It is quite clearly about forgiveness, about making a cut. It is about forgiving those who did a mischief to us. It is about forgiving ourselves and it is about asking people's forgiveness if we did a mischief to them.

We are all culprits and victims at the same time. We all join the game, we allowed things to happen and we initiated things to happen. It is time to quit the game and to stop the insanity and stop being a victim. It is time to go for peace.

How can we get out? We can get out first of all by becoming aware of the trickery and secondly by saying "*STOP, I no longer give permission to be tricked in such a way*". If we start acting like this then we can begin to move the furniture aside like we did in the example above and clean the space to make room for truth. Then a sacred space can emerge. As long as we remain living with lies and permit external powers to impose their interpretational sovereignty upon us we cannot escape. However, if we see how we are kept in a distorted reality through brainwashing and misinformation then exemption can begin. Firstly in our consciousness and in the consciousness of many people and then it will show on the outer reality. If we withdraw power from darkness then truth is unearthed.

How do I get out of the culprit's role? Culprits are often not necessarily voluntarily culprits because even here there is a brainwashing. If the interpretational sovereignty orders to kill then

we kill because it is legal. But is not each of us a free being? Is it not that each of us has the right to decide for ourselves what is in line with our consciousness?

Obviously if the heart chakra is closed for what reason ever, either through black magic or our own choice, then a decision cannot be freely made and only darkness, unscrupulousness, or coldness remains. We are then in bondage to those ones we believe know the right way and we follow. But everybody who is manipulated by darkness in such a deep manner does also have a divine core within. It is a matter of appealing to this divine core to remember who we really are.

We are divine beings with a free will. We are allowed to decide how we want to live and whether we would like to open up to the truth. Each of us is able to do this! Open to your heart, remember who you really are and free yourself from the manipulative catches of darkness. Be who you are!

As long as we believe in lies, as long as we are brainwashed we all are henchmen of darkness and it does not make sense to condemn each other. We all have shadow sides and we are all able to turn to the light, every one of us, we all together as humanity are able to awake and escape. We all can claim our power, the power of truth that brings peace.

INNER STRIFE

2014/05/14: Yesterday I registered for an energetic seminar. This seminar is about healing our internal parts, getting to know our various aspects, and thus create internal harmony. There are still about 6 weeks left before the seminar starts but through registering my decision has been made firmly. Consequently I have made my intention known and things start to move. I feel an inner strive. There are contradicting dogmas excluding each other but still all residing inside of me. Each of these dogmas does have its own time when being present and dominating my life. However, if all of these dogmas are present at the same time and work against each other then there seems to be a struggle, a fight in me and I am desperate to get out of this situation. But I cannot escape because it happens inside of me.

If there is such an inner strife then it is no wonder that the outer reflection seems chaotic. I am curious to see the progress and what the solution will be like because with registering for the seminar I committed to wanting to solve it now. Therefore I observe it and let it be part of my challenge in order to recognize, examine and eventually dissolve the inner conflicts.

Yesterday I was still in doubt whether this seminar is right for me but today I feel the confirmation that it surely is. By solving these inner conflicts I expect to gain an inner peace I have not experienced so far.

Today somebody send an email saying "*Peace is an inside job*". I agree. Although sometimes a volcanic eruption is also necessary in order to come back to even deeper peace.

There are so many internal conflicts. Once a medium told me that a public person - I call him Mr. Z - is very devoted to the light. I on the contrary had heard that this person is rather hypocritical and a lot of dark stuff is going on behind the scenes.

However, by the statement of the medium it became also clear to me that I had generally condemned Mr. Z. I had refused him because I considered him to be dark. Every time the media reported about this person there was outrage and aversion coming up in me. It stimulated my personal strife. When I heard the medium saying Mr. Z is devoted to the light it confused me a lot. I then went into my heart energy and looked at this person neutrally. And yes, there really was love but also quite dark spots. I wrapped up these dark spots in love and by doing so something in me changed. Mr. Z does not trigger strife in me any longer and it became clear that it is not my job to condemn others for their shadow sides. And besides, it leads to inner conflict instead of peace. I cannot possibly know the big picture or what is going on within another person.

Well, regarding the seminar I had latently decided to take part for quite a while already but levers were set in motion only after I committed to be part of it. Only then it noticeably started to already work in me. This happens by our words or actions. As long as it is a vague thought there is also something happening but by far not as intense. We live in a material world and things manifest in an enormously strong way if we express it in word or action. At the beginning was the word.

Where is my journey heading at? I thought I needed the unconditional basic income to realize what I want to achieve in life. But that is not true. I do not need an external system but I can realize myself in spite of the outer system, in spite of all adversities. I can take over the responsibility for my life regardless of the system I am living in.

The system will adapt to me and not the other way round. I walk my path and all that needs to be overcome will be overcome. It is a matter of learning my lessons rather than fighting or lamenting about outer adversities. No need to blame anyone for hindering me in walking my path.

No, I walk my path and everything that is on the way is part of it and there is no need for outer legitimization. I may and can permit this. In fact I am the only one who can permit this. Nobody else is able to do it. I am the primary authority over my body, my mind, and my soul. I determine what happens in my life. I am the one approving my life. I AM. I have the power, I am ME.

I blamed the system for not being able to live in such a way I would like to. I blamed other people for not letting me be the one I am. But there is no one to be blamed and it does not help because it does not solve my problems. I have to deal with my problems. This is called live and it is my job to overcome my challenges. Only then can I take care of others. It is like being in an airplane when the oxygen masks fall down. First we have to put on our own mask in order to breathe and only then can we assist others. Maybe only a few people have to start putting the masks on and others will follow by observing it.

However, if I am not able to function in this system any longer it might be helpful to look inside for a way out since there are solutions en masse. We would not have the challenge if we were not able to overcome it. And if we cannot do it on our own we will find somebody assisting us.

COMMANDMENTS AND THE THUNDER GOD

Commandments begin with "You shall not ..." or "You shall..." Why do we need commandments? Who gave them to us? On the internet I find *"The origin of this text goes along with mysterious frightening incidents"*. And further it is written: *"Already for two months had the Israelites been on*

their way away from Egypt, the country of their slavery, and now they reached the desert of Sinai. They installed their campsite at the foot of mountain Sinai.

From the heights of the mountain down God makes an offer to Mose, their leader: He wants an alliance with the people who enjoy the long desired freedom since having left Egypt and are in the process of finding a new order if they promise loyal allegiance. The Israelites accepted. The people prepare for three days for the big day: They wash their clothes; men and women renounce from intimate meetings; moreover they keep a severe distance to the mountain on which this powerful God will reveal himself since anyone – with the exception of Mose – who comes too near is of death. In the fire God comes down, smoke climbs up, the mountain shakes, a mighty trombone sounds. And, finally this frightening God informs Mose, who is the only one allowed to be near, of the Ten Commandments (2nd book Mose, Chapter 19 and 20)."

Is it not that doubts come up with such a strange description of a divinity? Is God somebody who closes a contract with people demanding loyal allegiance? Is God somebody who comes down in fire? Is God somebody who kills people that come too close? Erich von Däniken had done quite some research on such phenomena and comes up with a different explanation namely that it is about extraterrestrials making the people subject to their rule. And they do not necessarily seem to be such extraterrestrials which are affectionate, or full of wisdom, or well-disposed towards us. It rather shows what has been happening to mankind for millenniums. Humanity has made themselves subservient to dark powers and has become their drudges.

In the Old Testament such cruel descriptions of a supposed God are to be found galore. A long time ago a friend of mine mentioned she does not believe the Old Testament to be true because she does not think God is so cruel. At that time I had not heard about Erich von Däniken and did not know how to answer. Meanwhile I have come to the conclusion that all these stories are real contemporary witness's reports. Only this powerful God probably was a dark entity impersonating divinity.

Some other time I did a brainstorming session with another friend. She gave me a series of words or concepts and I had to spontaneously come up with my immediate reaction. When she mentioned the word *God* a sudden fright overcame me and I had the image of a menacing thunder God in my mind like the ones often described in the Old Testament. By then I still had not encountered Erich von Däniken and I was frightfully confused by having such a negative image of God anchored deep inside.

Meanwhile my idea of a personified godhood has dissolved. I now rather see the divinity as an energy that connects all life and can be found within everything. We altogether are God. Nobody on his or her own is God. Divinity for me personally means All That Is.

Well, why do I write about it now? It is about the commandment "*You shall not steal*". Today I realized that people steal if they are afraid of not getting enough. They steal if they have no confidence in the abundance of life. They steal if they are addicted like the drug abuser who cannot wait to get what he so desperately needs and mistrusts life to give it freely.

Stealing has to do with being separated. If I do have a connection to my inner wisdom I do not need anything that is not available to me right now. If there is no avarice and no attachment then I can trust that life gives me exactly what is needed in each moment. No more is required then. Thus no stealing is required if there is trust.

Also regarding the commandment "*You shall not murder*" I realized that I cannot kill the person I love. If people listen to their heart then there is the wish for unity and the feeling of being connected. Then there is recognition of oneself within the other person and there is absolutely no desire to kill.

Further thoughts came in respect of the commandment "*You shall have no other gods before me*". Considering this commandment to be made by a self-appointed God wanting to make sure to be the only ruler it does make sense. Does the *Source of all Being* need to protect a power position in such a manner? I really do not think so.

Now, what is the effect of the Ten Commandments? They have deeply settled within our sub-consciousness because they were delivered from generation to generation, on and on. In 2010 I did an exercise concerning the commandments at a seminar. The exercise was about looking at each single commandment and see the misinterpretations and dissolving them by becoming aware of them.

A few years later in connection with the commandments I additionally deleted every single resulting dogma from my DNA, from my energy system, and from my entire being.

Today, in 2014, I realize more and more that it made absolute sense to do so. In particular if the origin and the purpose of the commandments becomes more obvious, namely to subjugate us, to keep us prisoners of our guilt, and to separate us from our true being. If we are connected with our actual being then there is confidence and love and no need in having to obey to any of the orders and no need in observing the bans.

In 2010 I wrote the following text which was published on my website. Today in 2014 all these additional realizations shed a slightly different light on it:

"In August 2010 at an energetic seminar it was part of the exercises to have a closer look at the Ten Commandments. At first I was a little reluctant because as a child I had to learn these dogmas by heart at school in religious sessions and later on I repressed the memory. What was I supposed to do with theses threatening stuff like 'you shall not ...', 'you are not allowed ...', or 'you are a bad person if you do this or that ...' ?

But this is exactly what it is about. As a child I have internalized theses dogmas. I took them over from my parents consciously or sub-consciously. My parents got them from their parents and so on. And thus we inherited and anchored them over centuries and through many generations. Unfortunately this did not only happen consciously but deep within our sub-consciousness as well.

I have grown up on a farm. We had a henhouse and also rats which made themselves at home there. Because of the rats the hens laid no more eggs. Now, we held the hens because of the eggs and therefore the rats were hunted.

One afternoon I went to the henhouse to look for eggs. I discovered a rat sitting in the trough calmly eating chicken feed. This was a very unusual behavior for a rat because ordinarily one saw the animals only from the back if they disappeared quickly in their holes.

This happened at a time when every night there was rat's hunt and with the help of our dog one or the other was killed. I preferred leaving the killing of the rats to our dog. If the dog broke their neck I wasn't bothered.

We also had cats and if they caught mice they played with the animals until those were tired and exhausted. Only then did they kill and eat the mouse. I felt terribly sorry for the mice but this is nature and I cannot change the natural behavior of the animals.

Now, coming back to the rat sitting in the trough and eating comfortably, I left the henhouse to search a batten to kill the animal if it was still there after returning. Actually I had assumed that the rat would long be gone before me coming back.

However, it was not. It sat there and literally asked for death because any healthy animal would have run away once I entered the henhouse. I struck and the rat was dead immediately.

Now in the Ten Commandment there is this dogma 'you shall not murder'. I tried my best to repress the memory and to forget this incident but I have not succeeded. Over and over I had the feeling I did something wrong partly because deep inside there is this conviction that I may not kill. From this conviction a dogma had formed: 'I will always feel guilty if I kill'. In order to solve this feeling of unease the only solution was to extinguish the dogma. Only if this dogma is not valid for me any longer am I able to find peace within again.

We are dealing with the subject 'guilt' here. The universe does not know guilt. It only knows cause and effect. I am tired of having to carry guilt for all the grief of previous generations. Why would I in the first place? I do not have to do this at all. We live in a time of change and we are now allowed to let go of guilt.

In order to do that it is necessary to first of all find out what it is that generates guilt in us. Where deep within our sub-consciousness are the triggers for feeling guilty?

Among other things certainly within the Ten Commandments and the emotions that are linked to them deep in our sub-consciousness. Hence, it might be helpful to have a closer look at each single dogma. Find out what each sentence means and how their deeper importance affects our modern life. How do misinterpretations affect our emotions and memories?

Basically I am allowed to do anything that is in contrast with the Ten Commandments. It depends on the circumstances. I may kill or must even kill if I want to eat meat. I may steal or must steal if I conquer a country which I would like to call my own. I am allowed to commit adultery if that is the only way to end a relationship that needs to be ended et cetera ...

But what do we get then? Do we have Sodom and Gomorrah then because everybody does as they are pleased and no rules apply any longer? My answer to this question is to listen to our inner voice. It is a matter of practicing to hear the inner voice and a cleansing might be required to remove disturbances in the connection. To what extent am I disturbed by dogmas? Where does the thought of guilt direct me? How did misinformation in the media form my truth? How am I manipulated subliminally? And so on and so forth.

We all have to find the path to our own inner being and to our own truth by ourselves and it is probably part of our life's work. A first step could be to be more aware and to become more conscious of our motivations and regulations.

We are all creators. We altogether determine what is happening in this world by our actions and even by our thinking. Our consciousness creates reality. A possibility to have a clear connection to our inner knowing and to maintain it is to ask for it. For example to request it from godfather and godmother, or father-mother of the universe, or All-That-Is in a way like 'please give us divine guidance for all that we create, let heaven and earth be a united creation according to the divine will in heavenly order.'

From my experience it is important to be patient and be open for any result. In the end our wishes come true. Maybe not in a way we thought but maybe even better. Maybe in a way we could not even think of at the time of requesting.

Regarding the Ten Commandments I was told that basically we should not do things we do not want to be done to ourselves. At first sight this sounds good but some things that were done to me seemed to be really bad at first. After a while they did not seem to be so bad anymore and still some time later they even became a chance. Hence, it is not always easy to decide what is benevolent. Anyway, we are allowed to make mistakes“.

Well, saying “not to lose patience because our wishes come true in a way we cannot see by the time we had the wish” is quite true if I am looking back. In 2010 I did not have the slightest idea the Ten Commandments could have been delivered by false godheads.

Finally I would like to add to my text from 2010 that I still regret the killing of the rat. Moreover I never meant to distribute a free ticket for hurting other people. Of course it is a matter of respecting life and each other. But we lack this respect because we were manipulated by separating us from our divine core. Through reconnecting with our soul and our divine core we know what is right. We then feel deep inside what the best possible way of living is. We then want to live in harmony with all living beings and nature. Deep within our core being is love and there is no other way but acting from our heart once we are connected again.

The exercise we did in 2010 was about looking at each single order of the Ten Commandments. We did the exercise as a group of 4 people. I shared the exercise as well as our results on my website and present them here as well. Meanwhile some other aspects have appeared as mentioned before but nevertheless here is the text from 2010:

The Ten Commandments:

1. You shall have no other gods before me.
2. You shall not misuse the name of the LORD.
3. Remember the Sabbath day by keeping it holy.

4. Honor your father and your mother.
5. You shall not murder.
6. You shall not commit adultery (You shall not go for incontinence/unchastity).
7. You shall not steal.
8. You shall not give false testimony against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

Exercise: Please make up your own mind before reading my thoughts further down. Do not believe me. Instead, find your own truth which is plausible for you at this point in your life. Pay attention to your emotions. Which effect does it have on you if you read the commandments? Do they cause joy or dejection? Which memories come up, e.g. from your childhood or other situations in your life?

You then throw the disagreeable moods and feelings in an imaginary pot and simply let them be there. They are welcome and there is no need to fight them. Simply allow them to be and then put them in the pot.

At the end of the exercise, after having looked at all commandments, symbolically hand the pot over into the light. You might already want to do this during the exercise from time to time. You are allowed to let go of all emotions you experienced in the context of the commandments that are obsolete now and are no longer wanted.

Maybe you cannot let go of all emotions at once. That is ok because sometimes it simply needs time and one or the other experience still needs to be made prior to being able to really let go.

Even after having completed this exercise it is often in a way that we bump into situations in life which still cause unpleasant emotions caused by the commandments. Then it is often sufficient to just let such emotions be there and to give them space. Remember that they are based on a false understanding of the commandments and just observe them. For example by saying: "Ah, I am afraid now, or I feel guilty because according to the commandments I am supposed to feel or act differently now". Simply allow everything to be there. By realizing and accepting it will eventually

dissolve even if it may take many repetitions to be completely solved. Sometimes the commandments are only part of the cause and quite different aspects may show up as well and want to be seen.

My results from that exercise during the seminar back then were as follows:

The rules which Moses received from God at the mountain Sinai are called Ten Commandments in order for people to being able to live together peacefully. These orders were not originally in English, hence, is to be considered that over the course of time the valid world views have influenced the translations. And now it is time to consider our current world view as well. Moreover we should free ourselves from feelings of guilt and release the traces of misinterpretations. The following suggestions are based on my personal experiences.

One may think: "What do I have to do with the Ten Commandments? They have become completely outdated and do not concern me". Well, this may apply for the consciousness. But if we think that our parents, our grandparents and their parents have once lived according to these rules then these rules have been transmitted unconsciously to the respective next generation. Hence, it is important to find out what slumbers in us and what does have an effect on us without us knowing about it.

0. You shall not touch a hot stove

Sorry, this is not a commandment but I would like to point out that these rules are rather well-intentioned advices than prohibitions.

Of course one must have touched a hot stove at least once in order to know what it means and what it feels like. Fortunately I do have a sensation of pain which prompts me to immediately remove my hand.

How else are we supposed to recognize what is good for us if not through having our own experiences? It is not a sin to break a commandment. Nevertheless it might help to bring our own experiences in line with the commandments.

1. You shall have no other gods before me.

This could be considered as an advice to concentrate upon the basic essence in order to avoid getting further away from the divine origin rather than finding it. Jesus said: 'I am the way and the truth and the life. No one comes to the Father except through me'. This might be understood in a way that Jesus asks each one of us to say this sentence ourselves. Thus, we only find our divine origin if we search within ourselves and recognize our very own connection with godfather/godmother of the universe.

2. You shall not misuse the name of the LORD.

If we are told we go to Heaven only if we make a donation of so and so much money or we do not enter Heaven if we don't donate then I would say the name of the LORD has been misused for the benefit of the donation receiver.

And formerly there were Lords around. They were men in socially better positions and thus well respected and a person in authority. It should be avoided to abuse any authority to put through one's own will or manipulating people.

3. Remember the Sabbath day by keeping it holy.

In modern time some shops are opened on Sundays, public transport carries on, people are going to work here and there. On Sundays people sometimes have leisure stress. In modern time it is not about honoring a single blessed day any more. It is rather about taking time for ourselves. This maybe a few occasional minutes to simply reflect on ourselves, and value, love and honor ourselves. We might consider this time to be holy. We pause and recollect with ease, love and light. If we bless our quiet personal time and take that time then we can keep our personal Sabbath whenever we want.

4. Honor your father and your mother.

Our group of 4 was split when we discussed this commandment. Some liked the idea of honoring mother and father and the others disagreed because they had unpleasant memories of situations with their parents. There was a conflict with actual feelings and the feelings we are supposed to have towards our parents according to society respectively this commandment. This exercise was not

about solving the conflicts with the parents but to allow the discomfort to be there and freeing oneself from the obligation of having to honor the parents.

As soon as this obligation is gone there is no bad conscience any longer. The feeling of being obliged would be an example of an emotion which can be put into the imaginary pot if we are ready to let go.

For me personally this commandment reminds me of my origin and to be thankful for my life. It is a matter of accepting my learning exercise because I am the one who chose these parents. They provide exactly the surroundings needed to have the experiences which my soul wants me to have and which I have planned for this life.

Further the balance between male and female, yin and yang, godfather and godmother is important because both principles exist within us. Through acknowledging my parents I am able to admire the miracle of creation because without them I would not be here. Life is a valuable good.

5. You shall not murder.

Regarding this commandment I had to put a lot into the imaginary pot because my bad conscience tormented me quite heavily. Even if I crushed a little animal by mistake by stroking it from my arm I felt bad about it.

Recently somebody said to me: "How come you still eat meat although you live in such a health-conscious way?" I felt unwell with this question. Was there a reproach? Yes, I do eat meat, not as much as I used to but I still do.

I felt bad because I eat meat. No, not because I eat meat, but because somebody persuaded me that it is a bad thing to do so. And exactly this emotion belongs into the pot because I do not allow anybody to make me feel bad.

During a television interview with Barack Obama I saw how he suddenly killed a fly which had repeatedly irritated him. I was shocked and thought what kind of person is this Barack Obama and do I have to worry about the world peace now?

During the exercise within our group of 4 we began to think of situations where it is normal to kill without thinking about it. For example if we drain parasites from the body, if we remove the tick from the dog, if we kill the mosquito that wants to bite us, if we fight a rat's plague, if we step on little animals while walking, if we give the deathblow to a suffering animal, if we defend ourselves, and so on ...

This commandment reminds us of respecting life and not to kill out of an emotion because we are furious or annoyed and to kill only if it seems absolutely necessary.

In addition I had another experience apart from the practice at the seminar: It was within a shamanic guided meditation that was accompanied by a drum. The goal was to meet our power animal. Before the trip into our sub-consciousness started we were told that it might happen that our power animal eats us up. We should not be afraid because it is a good sign. At first I did not understand at all why anything like that should be any good but I did not inquire any further.

The trip began and what should I say. I was really eaten up by my power animal. Then something unexpected and quite miraculous happened. I literally melted with the energy of my power animal. My energy became the elixir of life for this animal. We became one and it was an indescribably extraordinary feeling.

Moreover, I found out on a healer's day that one cause for my scoliosis was the fact that in former lives I had been killed while trying to run away and did not manage to escape my attacker. If I imagine that this attacker was a wild animal who has eaten me, then by now I have no more problems with eating meat because I was eaten also.

However, if I eat meat now it is with quite a different awareness. I try to feel the energy of that living being that gave its life in order for my life to continue. I connect with it, and I am infinitely grateful.

And furthermore I try to lure an irritating fly out of the window or negotiate with it to leave me alone before I think of killing it. Every life is infinitely valuable.

6. You shall not commit adultery.

Because of this commandment unborn children are killed, born children are denied or have been disowned, murders have been committed. Maybe generations later within a family constellation somebody finds out about a secret of one of the forefathers which is still a huge burden for the persons at present within their sub-consciousness.

Mostly adultery is committed secretly and if something serious happens like a murder or an abortion and nobody is allowed to talk about it then this is an immense psychic load for the people involved.

This load is unconsciously transmitted to their children and the children transmit it to their children and they do not know what depresses them or makes them sick. Only if the origin is uncovered then the situation relaxes.

Our society permits merely the marriage with one partner. In other societies, e.g., in Tibet before 1950, so before the entry of the Chinese, it was allowed to be married to several partners at the same time. This applied for women as well as for men. Divorce was generally accepted. It requires people who love themselves in order to be able to love another one unconditionally without jealousy, claim for possession, envy, or fear of being left. And without false pride if one is cheated. It requires tolerance of the freedom of the other. It is not that simple.

There are so many different scenarios considering adultery. It is a complicated subject and difficult to find universally valid answers. One rather lives with the lie in order to hurt no one but to still follow one's desires. Another rather says the truth and might have to live with consequences he or she does not really want at all. Another suppresses his or her feelings what might result in illnesses later.

The outcome is unpredictable. In one partnership it is good to openly speak of external sexual desires and within another partnership this would be a disaster.

Many aspects play a role like envy, jealousy, false pride, lacking self-love, lacking parent love, social demands, claims for possession, egoism, narrow-mindedness, being hurt etc. And certainly fear to lose house, children, money, or secure existence and so on...

Here are some suggestions regarding this commandment:

- *Courage for truth.*
- *Social acceptance and recognition of something that has been happening for centuries anyway because people do have extramarital needs or they believe to have to or to be able to satisfy one's needs externally.*
- *No judgment but finding out what lessons we learn and why we act the way we do.*
- *Learn self-love in order to be able to love the partner unconditionally.*
- *Heal love in order to avoid crushing or overwhelming the other one with one's 'love'.*
- *Paying attention to one's desires and allowing them to be instead of suppressing them. What action results is a different question and everybody should decide according to the situation. It does not necessarily lead to adultery. On the contrary, if feelings get space then adultery quite often is not necessary any more.*
- *If inevitably, courage to separation with all consequences.*
- *Be loyal if it feels right.*

On the Internet I found another version of the 6th commandment:

6. You shall not go for incontinence/unchastity

This version makes a lot more sense to me. According to Wikipedia chastity is an ethical concept in order to deal moderately with sexuality. It does not mean sexual abstinence at all. The opposite of chastity is unchastity or put in other words it maybe lasciviousness, lust, or lewdness.

In this version it is not about adultery or having an affair. It is about sexuality in general. Thus the 6th commandment could remind me to observe my sexuality. What does it do to me, what do I long for and how do I feel about it. Do I feel comfortably in my skin? If not, then one might see what can be changed in order to feel good about it.

7. You shall not steal.

Allow yourself and everybody else to accept the abundance of life and live it. Grant your neighbor more than yourself. Then we do not need this commandment any longer.

8. You shall not give false testimony against your neighbor.

'False testimony' means to be judgmental or to report something differently to the way it really happened. However, we always tell a story from our point of view. This commandment might remind us to be as honest as possible especially to ourselves and trying to avoid judgment, thus to be as neutral as possible.

9. You shall not covet your neighbor's wife.

Regarding this commandment I did not throw anything in the pot because the target group is male but I am female. If the commandment was "You shall not covet somebody else's partner/husband" then I could further think about it.

This commandment is not about the action itself but about thoughts and emotions. I might not be able to control them though. But I should definitely allow them. Maybe without immediately taking any action but it is important to observe and examine them.

Many of us think we are not allowed to have certain feelings because society does not consider them to be appropriate. Consequently we suppress such feelings. However, those feelings are real and our feelings are important indicators. They are a communicator for our inner sub-conscious being. Thus why should I ignore such valuable tips? Who but me can better know what goes on inside me? What if not my emotions should inform me what to take care of?

I consider it to be tremendously important to take one's feelings seriously and to accept them as they are. That is why they are there in the first place. It is comparable with pain. Quite often we do not like pain and thus refuse it. "Please, pain, go away! I do not want you. Stop tormenting me and leave me alone!" We might even take painkillers to silence it.

But what if this pain only wants to warn us because a steam locomotive is approaching us with high speed? At first the pain knocks quietly and we numb it. Pain recovers after a while and notices in horror that the steam locomotive has come closer.

Pain now knocks at our door much more violently and tries to warn us ... are you going to send it away? Or do you finally accept pain as an ally that wants to assist you? We should probably listen to our pain a lot more carefully because it is there to help us. It is a lot better to find the cause, in this case to simply step aside so the steam engine can pass.

It is similar with emotions. Do we ask ourselves where they come from and what they want to tell us? It sometimes happens to me that I just allow certain feelings to be and observe them. After that I am able to let go, it dissolves all on its own. We can let go a lot easier if we consciously experience instead of suppressing our emotions.

The commandment could make us think whether we want to interfere with an existing partnership. I cannot judge in general. I guess it always depends on the situation and everybody needs to make up their own mind.

10. You shall not covet anything that belongs to your neighbor.

It says 'not to covet', so this is not yet the action but the thought. Within our workgroup of four one participant said "thoughts become words and words become actions." Maybe this commandment reminds us to watch out what we think. Are we acquisitive? Why are we? And so on.

That was the exercise from 2010 to think about the meaning of the Ten Commandments in modern time. Now in 2014, I would like to modify the exercise and guess what could have been the intention of the deliverer back then when this mighty creature came from the skies in a fire spitting carriage.

Here as well as in the exercise before I invite the reader to speculations. I do not know the truth but I would like to give free rein to my imagination. Additionally I need to mention that I recently listened to some of Michael Tellinger's talks on the web.

According to his theory long ago there were extraterrestrials in South Africa mining for gold and taking it away. In order to do that they had technologies that were based on sound. Different frequencies generated energy. Even today remaining stones can be found in South Africa pointing to this kind of technology. These extraterrestrials needed people or rather drudges who supported the gold mining.

Now the handing over of the Commandments might not have been at the same time as the gold mining in South Africa. But maybe this powerful being from the thunder UFO also needed people as workers, for energy supply, or other reasons. Then the Commandments might have a slightly different meaning.

"You shall have no other gods before me" might then mean to claim the power. The mighty being wanted to be the only one to be in charge.

"You shall not misuse the name of the LORD" indicates that there is only one Lord that has to be followed.

Why to "*keep the Sabbath day holy*" I do not know. If it was in connection with the gold mining then maybe this was the day the gold was transported off the planet and humans should not be in the way. I am only guessing.

"*To honor father and mother*" probably made sure that the tradition of the commandments was honored and passed on from generation to generation.

"*You shall not murder*" might have been useful to make sure a certain number of people were always available without the 'material' eliminating itself.

"*Not to go for unchastity*" was then probably the opposite measure since it was to be avoided to have too many people around that needed to be fed. It could have been a sort of birth control to avoid overpopulation.

But these are only speculations. One could carry on endlessly thinking about possible intentions of these dark powers and get lost in "*conspiracy theories*". Of course the commandments contain a lot of positive suggestions and tips which are definitely valuable with suitable interpretation.

But we certainly should clear out such dogmas which are anchored in our sub-consciousness causing strife resulting from the consideration of the Ten Commandments.

The intention to follow rules according to which humanity should live together in peace backfires on the sub-conscious level. That is because unconsciously we condemn and punish ourselves and each other for not following the rules even though they are not applicable in certain situations. Then this leads exactly to the opposite, to strife. Peace arises if we listen to our heart and with that there are no rules required.

Dogmas which cause strife begin either with "*I will always ...*", or "*I will never ...*". Examples of such dogmas are:

- I will always feel guilty if I kill (or eat meat).
- I will never be happy because I am a sinner.
- I will always punish myself for my sins.

- I will always feel guilty if I am unchaste.
- I will never allow myself to enjoy sexuality.
- ...

Such or similar dogmas could be figured out by each one of us individually e.g. in a brainstorming session. To remove them from our energy system the following method could be used:

Dogma Removal:

Imagine how you write the dogma which you would like to remove on a slip of paper. Ask you Higher Self to support you in extracting all the energy of this dogma from your entire system, from every cell of your being, and from your entire being and let it flow into the imaginary slip of paper.

With every exhaling imagine how all this released energy flows out of your system into the slip of paper. According to your beliefs you might also ask e.g. spiritual assistants, or guides, or archangels for support.

After all the energy went into this piece of paper imagine then how the flame of transformation burns the paper and converts everything into positive energy which you then hand over to the light. Or you might want to hand the piece of paper over to the light directly. Do what feels better for you. The most important part in this exercise is to have the firm intention to remove the dogma and then follow your intuition and let it all happen easily.

EMPIRIC PARAPSYCHOLOGY

This is another article from my website written in 2011 about my experiences with parapsychology:

Parapsychology goes along with psychic abilities. Some people ask for scientific proof and this wish for external confirmation is exactly the door lock for the access to our own inner power of judgment. We rather trust some so called 'experts' rather than our own perception.

Every one of us does have psychic abilities. However, in the age of technology other things have stepped into the focus of our consciousness and it takes great effort to remember our very own abilities and to live this again.

The most important companion in this process is the inner voice and our own experience which leads to the empiric proof of our abilities. As within all disciplines it applies that with practice comes certainty. The doubts disappear, fear disappears and self-confidence rises.

In the beginning it might be that fear is a permanent companion because we enter an apparently uncontrollable field, a dark unknown space in which we cannot see anything and have to grope our way. Are we safe there?

I remember my mixed feelings before my first past life regression. Am I ready for the answers? What will happen to me??? Help! Is this any good at all what I am doing here?

And at this point it is important to listen to the inner voice in order to find the right timing and suitable people for the regression. People we can trust. Only do it if it feels right! Nobody can tell you whether it is ok except YOU yourself.

Today I am able to do past life regressions on my own. It is fun and I always get new insights from my sub-consciousness showing me new ways, opening doors, or helping to recognize and release old dogmas.

However, it was a process to step by step find the right method and it is still not the end. A regression is a trip into my sub-consciousness and for me personally a guided meditation currently works best. Hypnosis is too stressful and it is better to avoid needless traumas. There might be cases where hypnosis does make sense but within a guided meditation we see events from a certain distance. We observe things as if they are happening to someone else. We are fully conscious during the entire session so we can step out anytime we would like to get out. We are in control whereas in hypnosis someone else is.

For those who do not believe in reincarnation a past life regression still delivers an access to the sub-consciousness. The pictures we are shown during the meditation are representing the stuff that slumbers deep inside and this comes up exactly now because we have the intention to solve something in our life, to make changes or to investigate.

Whether the pictures really come from a former life or from our imagination is secondary. They are there now because they are important in one way or another in connection with our previously chosen intention.

What stops us from just letting it all happen are our doubts, like 'what am I doing here?', 'does this really work?', 'nobody can prove this...', 'do I really have the abilities...?'

My advice at this point: Let go! Brush aside the doubts and approach playfully like a child. Expect nothing! If pictures come up then they do, if not, then not. The more we relax the better it works. Be childlike.

Another obstacle is our habit to judge everything immediately. Our rational mind wants to sort things out and evaluate. If we put this habit aside and keep it for later then we are freer and opener. We can then simply observe without prejudice all that is shown to us. No need to worry, there will be enough time to arrange everything after the meditation which is also important.

In the beginning I had many examples of being uncertain and not believing in energetic coherences. I literally blocked it and did not allow to simply letting it happen. One of these examples is as follows:

Every now and then I take part in energetic seminars. Among other things we practice energetic constellations. It is a little bit alike family constellations. But here it was about energetically solving a medical problem of a person. We had a group of 4 people. One had the problem, another person places the energy for cause and solution of this problem on a chair and still another person sits down in this energy. This person describes what he or she feels and perceives while the other two act as therapists.

In this case I was the one who was sitting in the energy and perceived what was coming up. I saw pictures with a lot of blood... I doubted. Was it what I was supposed to see and feel and what the others expected from me?

I felt emotional pain... I doubted. Was this emotional pain my own or was it the energy? I must not express my feelings but the feelings I am having while in the energy of the other person's problem solution. Am I doing it right?

Then I said to myself: "Damn, I am sitting here, the others stare at me and expect me to describe something and I have no clue whether I am doing it right or what the others expect from me..."

Then something in me clicked and I told myself: "It does not matter anymore. I just let go and simply let everything happen that wants to happen now regardless of right or wrong or what the others might think..." And I was not able to hold back any longer. I had to scream loudly, very loudly! We sat outdoors and the neighbors probably thought someone is dying. That was how loud I had and wanted to scream!!!

I had let go and now all possible kinds of feelings and pictures came up... I saw blood running along my legs, I felt infinite emotional pain, I saw a dead child was born and how I had held on to this pain for years and this pain had to go out, out, out....!!!

After a while I was doing better within the energy and the therapists had helped me to calm down and work on the issues to release them. I was then allowed to step out of the energy to be completely me again.

The treatment continued then. At this point I am not going further into it. I just wanted to demonstrate what can happen if we let go and simply let it happen without any doubts.

After the constellation had finished I asked the woman whether she had a miscarriage in this or in a former life. She told me it was in this life. Everything I had seen while sitting in that energy had really happened and I was not told second hand but I had experienced it myself with all my senses. Besides, I did not know the woman before and I knew nothing about her. I have to add that this experience

was not painful for me at all. It was rather that I was watching, expressing and transforming the pain by screaming it all out. It happened through me without affecting me. Therefore it was rather a pleasant experience although this might sound odd.

I won't elaborate on this anymore at this point. Energetic connections are multidimensional. Any attempt to find scientific explanations would not be appropriate.

There is sooooo much to discover within parapsychology. With sharing some of my experiences I would like to encourage people to start investigating themselves anew and have the courage to overcome doubt and self-imposed limitations. It is fun!

LIBERATION

2014/05/16: Yesterday I watched one of these family movies on TV. It shows us how our modern society lives. Or it rather contributes to the manipulation on how we are supposed to live. It was virtually a manifestation of values and ideas that we are meant to live or maybe it was just a mirror of the way we are currently living. Probably it makes no difference which way round.

What rather irritated me was how this film dealt with sexuality. Openly and at the best transmitting time oral sex was shown. What effect does this have on us? One commandment says 'you shall not go for unchastity'. Thus on one hand desire is stimulated and on the other side unchastity is banned at the same time.

Somewhere I have read that the dark powers which live on our energy especially like the sexual energy. In particular they like it when it happens from pure desire and from a sort of uncontrollable impulse. And this is the energy that is generated within us more and more among other things through such TV scenes at the best transmitting time. Hardly any movie these days gets along without sex. Why are we people animated by such scenes? Why are we stimulated so violently? It is not the healthy dealing with sexuality that is stimulated. It is not the affectionate contact with each other. It is not the kind of sex which moves us into a higher frequency. What is

stimulated is the opposite, it is the sexual animal desire and often also pain which is connected to it or results from it.

If we assume that dark powers live on this energy. Why do they preach at the same time to avoid lewdness and adultery? Is it exclusively a matter of preventing the people from increasing in numbers like rabbits? Partly, but also to generate farther negative energy on which they live: Guilt, shame, and pain. So virtually they kill two birds with one stone.

I would like to ask the question: "*Why was it necessary in the first place to hand over commandments to the people?*" Well, people were manipulated in a way that they had lost their connection with their divine core and thereby did not carry love in their hearts any more. This made them beings of the darkness. What do beings of the darkness do if they live without love? They kill, murder, follow their desires, they are rebellious, greedy, spread fear and terror and they like it. Rules were needed to control these beasts.

I remember a past life regression in which I dived into one of my dark lives. There it was my task on behalf of darkness to wage wars, murder people and to conquer countries. I was addicted to do awful things. It brought me ecstasy. I felt good and powerful if people were afraid of me. I felt in such a way because I was completely taken over by darkness and had bound myself to them by contracts. Only later when I decided to stop submitting to these dark powers and with the help of very mighty light beings was I able to escape from their embrace and to achieve a complete dissolution of all contracts. Then I was able to leave this murderous addiction behind and be a person with free will again.

If we are caught in such a deep way by darkness, then there is no place for humanness. I say humanness on purpose because human origin does have the connection with the divine core, we are divine beings. I am not sure what the dark powers are. They are not humans. They are using humans and make them their henchmen. Whether dark powers also have a divine core I am not able to say. But these beings also originate from the *Source of all Being*. Where else should they come from?

I heard that those souls with a completely expired divine core should be taken back to Source. There a complete reset takes place in order to start all over again right from the beginning to gain experiences. However, for those people who still have a little bit divinity left but are taken over by darkness commandments are needed in order to live together without massacring each other. Darkness needs rules, interestingly rules of light. Without rules of light darkness cannot exist without destroying itself. Within benevolent environments people act from love automatically. In dark environments people do have no access to their hearts and thus they need rules instead. Within benevolent environments people sense the connection with their neighbor and thus cannot harm him or her. They trust and know that there is no lack and consequently there is no need to steal. People do not at all have the idea of stealing. There is no fear because people know life carries them and everything happens for their higher good. People automatically live in accordance with nature, with this planet and all living beings.

However, we do not feel this if we are separated from our divine core and if our heart chakra is closed up. And exactly this happened to humans to make them subjects and drudges, henchmen of darkness. And when this ran out of control commandments were needed to put a stop to it.

But as long as we are separated we cannot observe the commandments. On the contrary, we are constantly encouraged not to obey for example by the stimulation of sexual urge. The avarice for material goods is constantly evoked. We are made dependent on goods and values that are no good for us. Consequently we automatically breach the rules and then we feel guilty.

We get out of this loop by freeing ourselves from the clutches, by canceling the contracts with the dark powers and by remembering that we do have free choice. We do get out if we remember who we are and reactivate the connection with our divine core and consciously live it. We do get out if we claim back the responsibility for our life. At some point in time we agreed on having experiences of darkness or we would not have them.

But just as we had the free choice then to join darkness, we also have free choice now to choose the light. We are not doomed forever. We are free beings and we always have a choice over and

over anew. Now you can decide, here and today how you would like to live and who you want to be. It is up to every single one of us to make a decision and to act accordingly.

It might seem difficult to escape the clutches of darkness. The net of manipulation has been woven around us quite tightly and we are caught in the matrix. We are repeatedly thrown back into the system which controls us. But the more people stop energizing darkness the more will that dark power cease and it will be easier for everybody to be free and to walk the path of light.

GLOBAL PEACE

Usually we do not believe in the possibility of global peace. In fact there has never been global peace during our lifetime. Thus we might have thoughts like that: Global peace is not at all possible. There has never been global peace on this planet. Global peace would be boring because nothing happens any more. What would the media report if there was global peace? They would run short of the material we people are longing for. We want violence, we want crime, and we want entertainment. Our addiction must be satisfied. But if we discover that it is an addiction which does not really satisfy, what remains then?

Once we overcome the addiction we might suddenly begin to notice the clean air we are breathing, we begin to notice the lush green of the surrounding fields and nature, we listen to the song of the birds, we begin to allow love to expand in our hearts and so on and so forth. Do you think this kind of experience is dull? If so is it not that we are holding on to the addiction in fear of letting go of the habitual? We continue to cling to the familiar circumstances in the absence of a better knowledge or better experiences. So far the thought of global peace is not within the realms of possibility, mainly because we are caught in the illusion of it being impossible. Why do we think that it cannot be?

What if the media suddenly began to talk about global peace in the news every hour? What if people suddenly started to give global peace energy?

We can even start to speak negatively about it and complain about the absence of global peace. The main thing is that we use the term as often as possible because our sub-consciousness does not notice negation. If we use a term then we automatically give it energy. Like someone tells you NOT to think of a pink elephant. What do you think of then? As soon as somebody mentions the term the picture of it appears in our thinking regardless whether we are supposed to think of it or not. The picture is there and so is the energy.

So if we complain about all the things we do not want then we should carefully think what words we are using and thereby what energy we generate. If we complain by saying: "Global peace is not possible, we never had global peace. Why now? Global peace does not work anyway" then something happens already. By talking about global peace we are moving it from the realms of impossibility into possibility.

The more people talk about it the better and the more energy is given to it in order to be manifested easily. If only one person talks about it then it is difficult to implement it globally.

Of course a lot more is necessary to achieve global peace than just talking about it. But it is a beginning, a goal, a new march route we can keep. Quite often it then gains momentum and we are astonished and surprised what suddenly might happen in that regard.

We people have the tool of imagination. We are such wonderfully creative beings. We are able to create so much beauty if we escape from the catches of manipulation and leave the addiction to pain, grief, or violence behind us.

This is by no means dull. It is only different than up to now. The game changes, the rules change. Up to now we do not know games of light on this planet or only very little.

I am fed up with dark games and many people are also. It is up to us to choose differently, explore something new and walk new paths. Do you want to carry on being a drudge of darkness and allow to be used as a robot or do you want to freely choose and check out what the light has to offer? How about beginning to talk about global peace in order to bring it into the world and self-manage the reality we want.

All we need to do is to choose it and tell the powers that were: *"STOP! I exit your game. I do not accept your rules any longer. I create new rules, my own rules and I am taking over the responsibility for my life again and I am living global peace now and that is my reality"*.

INJUSTICE

2014/05/19: Sometimes I feel guilty because I can make no contribution which the people want to have. The things that I perform with pleasure do not fit in their structures. Meditating for peace is worthless in their opinion. Directing benevolent high frequency energy into situations is also not considered to be of much value. Calling attention to the imprisonment through this system in order to be able to liberate ourselves is not taken seriously. On the contrary people feel uneasy because somebody wants to destroy their prosperity and questions all the things they value and live their life according to.

However, what am I supposed to do if people demand a contribution I cannot make for whatever reason then? I feel like in a catch-22 situation. I cannot and do not want to support the old system any more. And what I would like to support is not desired (e.g. peace, self-responsibility, abundance, quality of life...). Desired are things like dependence, addiction, environmental pollution, cancer like economic growth, avarice-wealth, slavery and the like. A new system is not in sight.

It only remains for me to live with my feelings of guilt and to transform them. These feelings are nicely goaded by the system and it makes me a bad conscience. Everything in order to force me back in the system. But what happens if I cannot function there anymore? What happens if I cannot act according to the system's guidelines? Then this is probably my problem. The system offers psychological care. What is achieved with such a psychological care if it is done by people who are caught in the system also? They try to fix me in such a way that I function. But I cannot and I do not want to function.

Appropriately, I would like to share an article from my website from October 2013. Within a meditation I was asked to imagine having vast amounts of money and I could not do it. It simply did not feel right for me and this is why:

Who pays the interest if somebody has taken out a loan? This 'somebody' is maybe a craftsman and I take up his service. In order for the craftsman to pay the interest he adds it on the price for his services. So in the end it is the citizens paying for the interest. The interest costs are included in every daily payment like rent, clothes, food, etc. The settlement of the interest costs comes from real values. This is not considered within the money creation process.

Very simplistic example: Farmer A produces milk. Farmer B produces potatoes. Farmer A exchanges 10 litres of milk for 10 kg of potatoes from farmer B. Now the barter business is replaced with money.

Farmer A borrows 10 euros from the bank to buy carrots from farmer C. To be able to pay back the interest of 1 euro he must produce 11 litres of milk which he sells to farmer B hoping that farmer B wants more milk now. Otherwise farmer A must convince farmer B that it is a lot healthier to always drink one litre milk additionally from now on.

Growth is needed for the payment of interest. If we consider exponential increase rates in the compound interest system then at some point no more growth can be produced and the entire system needs a crash, or a war is needed. Everything gets redistributed. Maybe farmer A is expropriated after his work was substantially exploited because a good citizen must pay back his interest (compound interest). But then everything can start from the beginning except that the rich man is even richer now. This happens approx. every 80 years. Enough time so that the actual generation cannot remember the last reset any more.

Who profits from this system in the end? Approx. 1% of humanity owns approx. 40% of the world property (in the year 2000). And this 1% is not satisfied with having 40% but wants to possess even more. It is entirely about power and rule. The richest 10% own 85% of the world property. 50% of the world population owns only 1% of the worldwide property.

(Source: <http://de.wikipedia.org/wiki/Vermögensverteilung>).

It is said that the interest income exceeds the interest expenses if one does have one million euros or more. This might be true or not but let us just guess the threshold was one million euros. As the folk saying goes it is the first million that is the most difficult to earn. Further millions are earned automatically then. We are told the money does the work for us then. But money never works it is always the people who raise the interest. It is always the entire society that pays in the end, or rather the ones who own less than a million.

How about imagining living in a system without money or at least in a system without interest and compound interest. A system where all people on this earth have at least so much that they can cover their basic needs like lodging, food, water, clothes, or mobility. Would this not mean a new form of wealth could originate from that? A system where each profits from the wealth of the other one instead of taking away from others in order to have more than they do.

Such a system can originate if it is considered in the consciousness of the people at least as a valid possibility. Our reality will sooner or later become a mirror.

But instead we are programmed to hold on to profit and competition thinking. Growth at all costs. The brainwashing lets us respect millionaires: 'Wow, this person made it. I want to be like that'.

Of course we all want to get to a place where we have safety, freedom, independence and a lot more, briefly we all want to live in abundance. However, do we get there if we take away things from others, are envious, or greedy?

No redistribution of wealth or income e.g. by taxes, can balance the ill system. Within such an ill system there is always hatred, envy, avarice, injustice etc. No matter how it is redistributed the interest will always be missing. We need a complete system reboot.

```
System configuration, please wait...
Loading ...
C:\\Government ERROR
C:\\Justice ERROR
C:\\Freedom ERROR
C:\\Peace ERROR
C:\\Tolerance ERROR

System ERROR
Please reboot the system
```

New System:

```
Principle 1: There is enough for everybody.
Principle 2: I give with pleasure and everything I have to give is freely available.
Principle 3: By the fact that everything is freely available I can take what I need and is beneficial for me.
Principle 4: There is a healthy exchange of everything, so everything is in a flow and well balanced.
```

Probably there never is an objectively correct justice. It is always in such a way that some people own something others do not and that the others would like to have it as well. The question is how to deal with it? If I can take everything I need then there is no difference whether another person does have something I do not have. If I needed it I could also have it.

Is it not in such a way that this thinking could be practiced independently of any system? Is it not in such a way that I can create whatever I need in life and that I already do create it anyway? The feelings of injustice, envy and avarice result only from the fact that I am told by the system to need something other than I already do have. But we can already live according to the philosophy that we always do have exactly what we need in each moment of our life without needing a system change to do that.

What I have to deal with is not the injustice itself but the mechanisms of the system that talk me into feeling injustice. I have to deal with the mechanisms of the system that expect me to function although I do not want to function. However, fighting does not help. Whatever I fight I give energy. I need to become aware of the mechanisms in order for them to lose their power.

In the end it does not matter what system I live in. It is more important to stick to my philosophy regardless of the system trying to talk me into something different. If more and more people share this philosophy than it is a matter of time until the system has to follow and reflect that thinking.

From this perspective I can use the actual circumstances as a training to remember that I am the one who is already able to live my philosophy with my thinking despite all attempts of the system to hinder me. At some point in time I did agree to live exactly in these circumstances. Probably because I need to learn to be who I am even if the circumstances are difficult. Maybe I even need difficult circumstances to remember who I am.

If my soul wants to have the experience of exemption than I certainly need surroundings to escape from. Actually this is quite logical and has nothing to do with injustice because if I follow my path then the system is irrelevant. At some point I will profit from the system and other times I might have to give more than I would like to in that moment or maybe I even love giving more because it gives me deep joy. Anyway, we should stop destroying our planet because we need it for the game. Otherwise it is 'Game Over'.

Now I should also be able again to imagine vast amounts of money within a meditation again. Whether this is part of my path or not does not matter any longer. I always do have exactly the right amount of money in order to act in accordance with my soul's guidelines. No need to possess a heap of money that is binding energy. Energy needs to be in a flow. The flow of money needs to be healthy.

MEANING OF LIVE

2014/05/21: Sometimes the question about the meaning of life is asked. So far nobody gave me a universally valid and concrete answer to questions like: Why must I die? Why do I live? Why am I here? Why are the circumstances as they are? Why must I suffer? Why do I have pains? Why do I lose dear people? Why is there war? Why is there environmental pollution? Why do the people hate each other? Why did God create this? Who is God anyway? Why is there darkness? Etc.

There are certainly many answers to these questions and according to the situation also some we can accept. Or we simply do not think any longer about finding answers to such questions.

From my experience it is in such a way: If we are balanced, well grounded, in deep peace, feel satisfied and have a stable connection to our higher guidance then there is no question about the meaning of it all. Questioning the meaning rather appears in situations when I am discontented, afraid, discouraged, or pessimistic about the future.

Therefor it is not a matter of answering the question but to figure out why I am posing the question. It is about acknowledging the feeling of *no meaning* and by examining this feeling completely it leads to finding the cause of having it in the first place. What is behind the feeling of *no meaning*? Is it maybe fear or desperation? The awareness helps to let go. The meaning of it all is to have the experience of feeling no sense. While we are on earth we want to experience the complete range of emotions one can possibly have even the feeling of senselessness. And we are able to let go once we acknowledge and accept it. Many of us tend to suppress emotions if they are unpleasant instead of getting to like them. It is not about sticking to them but to accept them in order to let go. Let go of the fear of unpleasant emotions. It is about finding out that unpleasant emotions are not long-lasting but want to be acknowledged just as much as we do it with pleasant emotions.

If we manage to stop judging our emotions and just observe them then there is no condemnation of our emotions. Of course we evaluate them and we perceive some as pleasant and some as unpleasant. But even pleasant emotions do not constantly remain. They appear, we are happy as one can be, and then they leave again. It is the same with fear, fury, grief, pain and the like. They appear and if we allow them to be perceived completely then they disappear again. They disappear if we stop suppressing them. The more we suppress them the more they want to rise to the surface. Maybe we succeed in sweeping them under the rug for some time. But if something happens in our life that lifts the carpet then they are back.

If I talk about perceiving and sensing our emotions then I do not mean to avoid taking actions. If a situation is intolerable and we do have the possibility to change it then we certainly should do so. However, it is very useful to observe and acknowledge in order to see the true cause and to find a solution.

HERE AND NOW

If I discipline myself to remain in the Here and Now then this does not work. But if I change my understanding of past, present and future I automatically live in the present.

Where am I if I think about the future? I am in the present. Where am I if I think about the past? I am in the present. There is always only this moment and there is a past that belongs to this moment exactly the past I do remember right now, exactly what has led to the fact that I am as I am. And every moment does have a future, namely exactly that future that is based on my present thinking and knowing. However, with each new moment the past and the future change because every moment does have its own point of view. Thus we have the possibility to change past and future at any moment in our life. To be precise it is the only time we can change something. We cannot change anything in the future because it has not happened yet. We cannot change anything in the past because it is over. We can always only change something exactly NOW. Our point of power is in the Here and Now. If we are afraid of the future the fear does not lie in the future. The fear is present now and wants to be noticed now. If we succeed dissolving it exactly now, then we do not project the present moment into a possible future. The pain we feel is there now and not in the future. We might project it into the future because in that moment we do see a future based on the pain we are feeling now.

It is similar with the past. We look back exactly now and some event releases emotional pain exactly in this moment. But it only causes pain because a trigger is pressed in the present moment. However, the past event itself does not exist anymore. Pain is in the present. If I manage to transform the present trigger points then I can look back to the past and maybe even have to smile about it and then there is no more pain.

Consequently it is not a matter at all of always remaining in the present with one's consciousness. Past and future are always part of it. It also gives pleasure to fantasize about possible future scenarios or to remember different aspects from the past. However, it is useful to remember to always act from the focus of the presence because then we know that in the *Here and Now* we have

the power to change the effect of the past or to create different future versions based on the presence. If we succeed in letting go of old patterns and fears regarding the future then we are able to create the future differently. If we let go of all old stuff then there is an infinitely huge space for a new unprecedented future.

Nevertheless, if we remain caught in the time loop then we go in circles and our experiences are repeated. However if we remember our creative being in each moment in connection with the power of the presence then are we able to change everything.

CREATIVITY

We are all creators, we all do have ideas. These ideas might cross our mind in the shower, when jogging, while walking, in dreams, at brainstorming sessions, in meditations and so on. The materializing can be in any possible form. It might be virtual or material, maybe music, art, services, work, monetary creation, craft, thought and a lot more.

In some situations we need to be under pressure in order to have ideas. Or life challenges us. Sometimes we only want to let our creativity flow without a special reason. And there are situations when there seems to be absolutely nothing we can think of in order to find a solution.

There are phases of seeming passiveness and phases of activity. In our modern society we tend to devalue the phases of passiveness. We are used to value things monetarily.

I personally have phases in which I just meditate, or allow the energy to flow through me, or simply hold high frequencies of energy, or allow to be whatever wants to be there in each moment. Sometimes I get lost in daydreaming. Sometimes I play around with energetic techniques like the perception of space.

At first I do not directly earn money with these activities consequently in the opinion of the system they are of no value. But who actually determines the value of our activities? How do we know whether our activities might contribute to global peace or the balance of nature? There are so

many unknown variables that are not considered in our society. All that counts are the things that are monetarily measurable in some way and that people function so that the system can function.

But functioning people are not necessarily those with the best possible creativity. Of course if someone is under pressure to find creative solutions to make a living then this person finds them or life would come to an end.

However, is pressure or fear a good driver for creativity? Sometimes matters need to come to a rest and at some point, when we do not even remember it anymore, a solution will appear from nowhere. And sometimes it is just not the right time yet and I could turn upside down without finding a solution.

Well, what I want to say is that I cannot control my creativity. If I have a creative phase it does not stop at 5pm. It is 24/7 and then there is no end of work. It is like a natural rhythm. And that is my idea about work. It should be something that integrates in my daily life and is part of me, something that expresses my individuality.

In our society there are so many jobs which exist only because they are maintained by the money of the system. Anything that creates money seems to be justified. The things that do not generate money are superfluous. But what happens to our creativity? What happens to our naturalness? What happens to the humanity of people? If we want robots then we should use machines and technology namely in such a way that they support us in being human. Not we humans should be the robots.

But anyway, in the end it is all about having experiences which are needed no matter what we are, a multi-billionaire, a homeless, a person functioning in the system, a system denier, a boss, an employee, a lordship, a servant, a prisoner, a guard, or whatsoever. These are only roles and we play different roles, probably not all of them in one life. Everything is energy and energy balances itself sooner or later. Let us play the game. That is why we are here.

PERFECTLY HAPPY

2014/05/24: Yesterday I read a few scripts of guided meditations by Sanaya Roman. She channels a form of energy from another dimension. This energy is called Orin. I had listened to these audio courses some years ago. Yesterday when reading the scripts I was surprised. I had forgotten about the content of the meditations which I did such a long time ago, probably because of the veil of oblivion. But when reading the script again I could then see how this really had manifested in my life during the recent years. And I am simply entranced to see how energetic work transforms reality.

These energetic meditations cause something different depending on our state of being. They always address those levels we are currently working on and every time we listen to them we do receive a lot of new insights. What manifests accordingly is not necessarily something we can already expect because quite often we do not know the unknown yet. We have to experience it first in order to see afterwards what really changed.

This is exactly what I noticed yesterday. I was reading the script dealing with letting go of our *desire-body* by observing it. I was thinking back to see the things that had changed since I had listened to the meditation for the first time. Not long ago I had moved flats and I reduced my belongings to a minimum of necessary things. It all happened by itself. I did not have to force myself and the circumstances made it very easy to do so. I even felt a huge relief to get rid of the past's ballast and noticed that I do not really need most of it anyway. By now I am not interested in fashion any longer. I do not care what people think one must have. Most of it does not appeal to me anymore.

The script I read last night suggested that one should imagine once again how our *desire-body* from the past held us in entanglements and connections. And then one should imagine how divine light flows through the *desire-body* to release all these connections and ties.

When I woke up this morning I had the feeling of having no more desire at all and I felt such a relief and such a peace. I then realized that all my addictions, longings and unfulfilled wishes are exactly the things that keep me in a feeling of discontent. As so often this feeling of infinite peace

lasted only shortly after waking. Then scenes started to appear showing me once again where my desire and my longing keep the dependency.

Now I have begun to play with it. Every time a wish comes up I let light flow through it and try to figure out how I am caught. This has not led to the fact that no more wishes come up. On the contrary, now they show themselves because they want to be looked at. With some wishes I realize that they actually only tie me and with some wishes I allow them to come true because they are good for me and want to be fulfilled.

If now I consider what leads to be *perfectly happy* then it is rather not to fulfill each wish or to run after its fulfillment only because we are addicted or manipulated. It is rather to firstly analyze whether such a deep longing comes from ourselves or whether we are talked into having it e.g. by advertisement. By seeing and analyzing addiction and manipulation it is a lot easier to let go of such wishes. What remains then is the longing that comes from deep within that represents our divine being. All these things come true anyway because they are part of us and do not make us addicted or dependent. Consequently *perfectly happy* probably means to release all we do not need or rather to release those wishes that keep us prisoners.

REBIRTH

Although I already have done a lot of past life regressions it is still feeling differently to read reports on how children remember former lives and real proof actually exist. One of these children for example remembered to have been shot during the war as a fighter pilot. When the parents did some research on it they actually found proof. The boy then met his former siblings who had grown old in the meantime and he was able to tell them from their childhood. There are many of such reports also with documentation videos on Youtube freely available in 2014.

Yesterday, nevertheless, I read a story which was extraordinary once again. It was about a boy who had been born in a country in which people believe in reincarnation. Consequently it is usual that parents pay attention to the memories of their children. If possible they even travel to places

of former lives with their children. As it is often in such a way that the memory of the children decreases the older they grow and the more they get into their current life it is necessary to track the details of their memories as early as possible. In this case the boy was born with a birthmark, a red stripe which stretched over his head. Such birthmark might be a sign on how somebody passed from his previous life. If for example someone has a bright spot on his head which looks like a shot hole then it could have been exactly that. Well, with the aforesaid boy it was a red stripe. This boy remembered that he had been killed with an ax exactly where the birthmark showed up. He also knew where his corpse was buried and where the ax was to be found. And he knew the name of his murderer. When his murderer was confronted with the accusation of having killed a person four years ago he became pale though but still denied. However, after the corpse and the ax had been found he confessed.

Now one could spin this thread a little further. The murderer could talk his way out saying he did not kill anybody as in the end the person is alive again. It was only a murder attempt which has merely led to the fact that the soul had to leave one body in order to find another one to come back.

From this point of view the question arises whether anyone can kill us at all? Are we not much more powerful than this? Is it not possible that we can come back if there is still unfinished business? Is it not that we can come back if it is a matter of balancing energy and maybe convict somebody of murder? These are many questions which have to be answered by each one of us individually.

This story also inspires me to remember once more to release dependencies and bondage in order to freely decide where to incarnate next time without being forced to return exactly in these circumstances or on this planet. If I succeed in escaping then I myself can decide how the trip goes on. In my opinion it is very exciting to think in this direction as there are so many universes, so much to discover. We do not have to limit ourselves by repeatedly having the same experience.

In order to make a decision I quite often like to sleep it over. Why does it help to sleep on something? What actually happens if we perceive our consciousness in a different way while sleeping?

Quite a while ago I read a book about sleeping and how we can more easily remember our dreams. I followed the instructions in the book. For a while I put pencil and paper next to my bed to be able to write down my dream memories immediately after waking up. By practicing this for several weeks I let my sub-consciousness know that I wanted to remember my dreams. It was not about holding on to them or keeping them forever.

However, at the beginning I wanted to find out which symbolism was behind my dreams. But I found out there is no universally valid symbolism. At most there are suggestions to orientate ourselves. It is up to us individually to figure out how our innermost Self communicates with us through dreams. However, in order to be able to do so we first need to remember our dreams and this can be practiced. I personally learn a lot about my sub-consciousness from my dreams. I am given many tips on how I am doing and what is currently relevant in my life. The people who appear in my dreams turn out to be symbolic. Sometimes I remember my dreams quite well and other times I do not. It depends where I am at in my life. However I have got into the habit of briefly reflecting on my dreams when waking up. Then I let go and forget what I dreamt. Useful is to take the essence of the information and keep that. It did happen that I had visions in my dreams that really came true. But I also have some times when I do not remember anything at all.

Well, while we are sleeping a lot is happening. Among other things our Higher Self sorts things out for us and rearranges things. If we have a problem it might be helpful to meditate over it shortly before going to sleep. After having slept on it there might be multiple solutions available the next morning.

We can therefore train to take our consciousness with us into the sleeping phase. Some people even have lucid dreams meaning that they are aware of dreaming while dreaming and thus are able to decide what should further happen in the dream.

Some people go on trips while they are sleeping. And I heard from a friend that she even sometimes takes her body with her on these trips.

IMMORTALITY

While thinking about my dreaming I had the idea to report about the times when I died in my dream. About seven years ago I dreamt how my house on a bridge broke down. The bridge collapsed I and fell, fell, and fell and after such a long phase of falling it could not have been any different than being dead once I hit the ground. I woke up bathed in sweat from my dream. Later I investigated on the Internet to find out what it means to die in a dream. I read that it indicates an ending phase in our lives so that something new can begin. And it actually did, after this dream quite a few things changed in my life. I left my job behind to become a freelancer and my energetic path showed up more and more clearly.

Maybe dreaming of dying is comparable with drawing the card 'Death' from a tarot deck. It usually means that it is time to let go of something no longer needed in life in order for something new to appear. I used to be afraid of drawing this card but meanwhile I consider it to be quite positive because we release the things that are meant to go. We have accomplished a task and can then look forward to new challenges.

Just lately I died some farther times although not as dramatically as described before. However, at one time something was different. After I apparently had died relatively unspectacular I was curious to see what it is like to be dead. And I asked to be shown what to expect once I am dead. At that moment in my dream I suddenly opened my eyes and observed how I was lifted into an ambulance. Two medical orderlies looked after me. I was not dead but had survived.

I did not further think about it until today after I watched a Youtube video about a little girl who remembered how she had been on earth shortly before as her own sister. Thus she had reincarnated in the same family even with the same name. The sister had passed away and the girl was led to her sister's funeral in hypnoses or rather to her own funeral where she was present in

spiritual form. She could describe exactly how her mother had a breakdown by the grave and had to be helped by several people. The girl's message to the people was not to cry because she only had come to earth too early and would be back very soon.

In this context I remembered one of my energetic experiences when I was diving into the energy of a soul that was beheaded. All I could see in that moment was my head which rolled before me on the ground and I was beside myself yelling in desperation: "*Give me my head back, give me my head back, I want my head back!*" Thus I had experienced firsthand how this soul was completely in shock and had not realized the separation from the body by then.

Then something else struck me. All the times when I had dreamt of dying I had woken up like from a nightmare. Only when I wanted to go further and see what it is like to be dead I was not dead at all. And at some point it felt like scales from my eyes: *I cannot die at all!*

What does dying mean? If we die then the soul separates from the body. If it was a sudden death the soul might not even notice at first. While dreaming we travel without our body. If the body is not present then how can we die within the dream? No separation of body and soul can take place there because we are already separated. Therefore I cannot die in a dream at all. Every time I seemingly did I was afraid facing it and woke up. The one time I faced it in order to get further insights the dream continued and I was not dead at all.

And it became clear how we are deceived. I cannot die. All that happens is the separation of body and soul. And my soul continues walking on a different, yet unknown path. The path is unknown because of the manipulations and the veil of forgetfulness here on earth. That is why I cannot remember it any more. And suddenly there is a wave of anger for having been cheated but also a gigantic relief. If I am immortal and if I am able to live my life like in a lucid dream, provided I am having the appropriate consciousness, then I can change everything. All doors are open.

Others lose their power over me. They cannot threaten me with death anymore in the same manner. So many lies have been told. Interesting to see which other misbeliefs will be revealed. I do have the feeling this was a first impulse and now the others will topple like dominos. I will see

what comes up next. So far I had not really believed that the impossible becomes possible but it is changing bit by bit.

All these past life regressions and all these stories did not lead to the fact that I really understood immortality. It was the dream in which I felt how it goes on and that I cannot die. The dream was necessary to change something in my consciousness. Immortality cannot be fully understood cognitively. An ah-moment, an experience is needed in order to break the chains of intrigues and lies and this moment had come for me.

END

I decided to make a cut here. I might further report about my experiences in some other books. I have no idea where my path leads me or what to expect next. I simply want to remain open for a changing world, the turn of an era.

Endings are just beginnings.

I originally wrote this book in German. Many thanks to the following websites for helping me with the English translation: <http://abacho.de>, <http://linguee.de>, <http://dict.cc>

Payment for this book is voluntarily.

If you would like to make a contribution please go to my website:

<http://onshegoes-projekte.de>

Thank you!

APPENDIX

CERTIFICATE OATHS AND VOWS

The certificate (German speaking source: Gerhard Klügl) on the following page is for printing and filling in your data. Then read it very consciously, sentence by sentence. What effect does it have on you? Put it aside then look at it from time to time for example during the next days. Do it as long as it takes until you can read each single line neutrally meaning without strong emotions being triggered. Then burn the certificate in order to have an even better effect.

After I completed this exercise I still ran into situations in life where I consciously needed to let go again like I described in the chapter *Cemetery of the March-fallen*. There I obviously still had oaths of allegiance that needed to be released.

Thus the certificate is more like an intention. Life will then come up with appropriate experiences that help us to gather the necessary realizations in order to let go. It might even be that certain situations will appear only because of this exercise. Within such situations things come to the surface that need to be solved.

With energetic work it is quite usual that some things can be released easily without having a closer look and others need more time. Or an insight is still needed coming sooner or later maybe within a totally different context.

If everything was shown to us at once it could be far too much. Sometimes we need to let go bit by bit. Hence, it can absolutely make sense for example to do the same guided meditation again after some time. Our inner guidance leads us if we allow it and trust it.

Certificate

Herewith I: (Last Name, First Name)

Date of birth:

release all my eternal oaths and vows of

poverty

chastity

subordination to people and organizations

subordination to powers of black magic

pledge of allegiance

everlasting connections to people and organizations

everlasting revenge

everlasting silence

everlasting condemnation

self-chastisement

as well as I also release all other oaths and vows unmentioned here. And from now on I am free to receive the abundance and the divine blessing of the universe. At the same time I bless myself and all people who were involved when taking the oaths and vows.

Thus it is. Thus it is. Thus it is.

Place:

Date:

Place of Birth:

Signature:

SHORT STORIES TO THINK ABOUT

The first story is about *The Fisherman and His Wife*. It is a summary of the fairy tale written by the Grimm Brothers: One day the fisherman pulled out a great fish. This fish was able to speak and told him that he was an enchanted prince and the fisherman should let him stay alive. The fisherman did and when he came home to tell his wife about it she persuaded him to go back and beg a boon of the fish. The fisherman returned to the fish and asked for a little cottage because they were living in a little hut. The fish fulfilled the wish. After a while the wife was not happy with just having the cottage any more. She pressed her husband to return to the fish and ask for a large stone castle. He did and the fish fulfilled the wish. And again after a while the wife asked for more and got what she had asked for. She wanted to be king, emperor, pope and got it all. Then she wanted to be lord of the sun and the moon and when the fish fulfilled that wish they were back in their little hut having no more wishes.

This was the summary of Grimm's fairy tale. There is another story I would like to tell. I do not know the origin though: An angler sat by the water all day and was fishing. A visitor came along and asked the angler why he would not use a net in order to catch a lot more fish.

- The angler asked: What am I supposed to do with more fish?
- The visitor answered: You could sell them and earn more money.
- A: What am I supposed to do with more money?
- V: You could buy a boat and catch even more fish.
- A: What am I supposed to do with more fish?
- V: You could then have a fleet and catch as many fish as you like and would not have to work anymore.
- A: What would I do if I had time all day then?
- V: Well, you could sit by the water all day and fish.