Frank Carl Maier

**Fakebook** – *"we need no Pope
we need no King"

*"es braucht keine Kirche, es braucht keinen Staat“ *

What happens when the entire system of religion and state is an illusion and fantasy based on lies, deceit, manipulation and propaganda?
Introduction

As it is always the case in life, it is only through a personal concern that the need arises to become more involved with a topic. So I slid through my life in the various development periods with a lot of beautiful experiences and of course, according to the polarity, also a few less beautiful with parents, teachers, educators, trainers, public authorities, church personalities and of course with a few women ...

Among the less enjoyable situations were, among other disappointments, which have taken me at heart pretty strong and by anger, anger, fear, sadness and feelings of shame and guilt expressed.

After a few many of those gray, painful experiences, I then roused myself to get to the bottom of the whole thing.

What led me permanently to these disappointments?

It is and was the expectation and hope in the outside, to other persons, possibly also other beings, which deceived me and thus, in the confrontation with the reality, led to the disappointment. That as soon as I had relied on others, I was left, as it were.

What did I conclude from this?

Every being has his own idea of truth and reality.

In recent weeks, in my circle of friends, the discussion came up, whether the earth is round, so a ball, or if it is a disk, so flat earth. As it is normal in conversations, everyone first of all presents his variant and opinion on how he relates to this topic. He takes position and defends his position.

Of course, such discussions are nothing new and they take place in different social groups on a wide range of topics, worldwide at the same time. (is that actually true?)

What struck me, falls into another category of my realization: such discussions are superficially relatively peaceful. It begins to become exciting as soon as the conversation or discussion changes from factual argumentation to the emotional one, namely when the supposed truth and reality of each individual representation and opinion is disputed.

And so, for me, what's happening every day in partnerships, relationships, families, corporations, parliaments and between heads of state - billions, disagreements, disagreements, conflicts and even extremes: war

I will not raise expectations or hope with this book, neither will I give advice, instructions or
recipes. The book is written in the first person perspective and guides you through the text in question and answer mode.

If you like, you may just let the questioning work on you! ;-) - which by the way is a super practical exercise to experience and experience knowledge.

In addition, I use the "you" form in the salutation, as I am convinced that this relationship between me, the author, and you, the reader, can arise.
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So if for thousands of years I have been lying about the history of Humanity has been told, what is the true story then?

Acknowledgement

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imprint

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**What is truth, what is reality?**

Suppose a friend of yours argues with his arguments that we live on a globe and the earth is a planet in the universe. Another friend tells you this is not true, but that we live on a flat disk and that the sun revolves around the earth.

If I'm asked what's right and who's right, I'd answer: **Both**! - It is about half-truths and true to the saying, "if two quarrel happy the third party" ... and who is in the middle.

„The belief that there is only one reality is the most dangerous self-delusion.“¹

or: Every person has a reality – **his own**

"Below and behind the universe of time, space and change you can see the Substantial reality, finding the fundamental truth." - The **Kybalion**

**And where is the truth really?**

Imagine a pendulum:

Stelle dir ein Pendel vor:

"A pendulum, also Pendulum pendulum (from the Latin pendere" hang ") is a body that, rotatably mounted on an axis or a point outside its center of mass, can swing around its own rest position. Its simplest version is the filament pendulum, which consists of a weight suspended from a thread and structurally resembles a line solder. “²

In all the points that the pendulum can travel to, there are infinitely many truths that differ in apparent motion. - **half-truths**!

But what about the middle in which the pendulum comes to rest? Here the polarities cancel: (plus)-argument equals (minus)-argumentation. What would happen to different opinions now? They would be neutral and substantially total in relation to reality.

Are not we confronted daily with hundreds of such half-truths?
I’ve found that whenever I looked at different views, theses and stories of people, looking at them and trying to get to the actual, real truth, I found a huge wall of smoke, a veil in front of it. Later in the text, we will see why that is.

**What means "check everything and keep the best" for the determination of the truth content?**

I am convinced that if someone has the will to reflect on his own world view, his own beliefs and his own knowledge and actions, he will always be positive. It is not a sign of weakness but of open-mindedness. I should always objectively ask myself if my own beliefs are justified or just taken on by others.

Do I just talk about what others say or do I know what I’m talking about? Do I know the alternatives? Because, if you know no alternatives, you can not make an informed decision. But if you want to make a righteous decision, you should be open to throwing your own beliefs overboard when a sober test shows that they have become obsolete - this applies to all of us. Only those who inform themselves can decide for themselves. If you do not, others will choose it.

In this context, I would like to draw attention to the psychologist and linguist Paul Watzlawick. In his 1978 published book "How Really Is Reality?"³, which is regarded as a classic of Constructivist literature, he points out that reality is not objective, but the result of interpersonal communication and is interpreted by subjects.

Watzlawick is still one of the most popular theoreticians of human communication. With his work he wanted to clarify that "... the belief that there is only one reality is the most dangerous of all these delusions, that there are innumerable views of reality that can be very contradictory, all the result of communication and not the contradiction of eternal are objective truths."⁴

I think here we should now have reached a point where we can distinguish illusions of reality and fantasy from truth.

Therefore: "Test everything, and keep the best." -Johann Wolfgang von Goethe⁵
A small, not unimportant side note for those who want to deal intensively with the truth. For me it was the beginning of the beginning of all development!

"The principles of truth are seven; the one who knows and understands them possesses the master key, through whose touch all the gates of the temple open."6

The Kybalion

The seven hermetic principles on which all hermetic philosophy is based are as follows: 1. The principle of mentality, 2. The principle of correspondence, 3. The principle of vibration, 4. The principle of polarity, 5. The principle of rhythm 6. The principle of cause and effect and 7. The principle of sex.

If I should check everything, then I have to prove everything?

If you want to be a scientist and want to exchange with all the doctors, professors, philosophers, doctors, historians, biochemists, physicists, (scientists) to be taken seriously and recognized by them, then you probably will not be spared the path to this,

However, I think that the whole thing smells a little bit of narcissism, the craving for recognition and material confirmation, when I have to "prove" something to others or justify myself for an opinion. With the words "must", "need" and "should" I keep asking myself only one question: "Is that really true?" - see also the reference to "The Work" by Byron Katie below.

And so, I have come to the conclusion that I am doing very well with my sensitive, heartfelt, sensory examination of reality.

The scientific intellectual soul thinks with the head, the left half of the brain. The spiritual soul of consciousness thinks with the heart, the right half of the brain.

I say explicitly that each of these two poles have their legitimacy, or even is absolutely necessary. The law of polarity - yin and yang, or even male (left brain) and female (right brain) principle.

To avoid misunderstandings: male or female principle has nothing to do with sexual gender. It is pure polarity. For this I absolutely refer to the seventh cosmic law from the Hermetic teachings, the principle of sexuality. Again and again men claim they are super masculine and women claim they are typically female.
However, as I look around our society, I find that we are pushing our polarities to extremes, to extremes. It seems to me that we can not behave in the "normal" way. All polarities are grossly exaggerated, so to speak.

Most of all, I find this in the fields of science, economics, the consumption of food, drugs, entertainment, or the unnatural behavior of people.

What causes conflicts about reality?

If the respective statements are heard in a discussion round and the individual opinions are respected, it will have a peaceful, harmonious outcome. (please note: respecting means
accepting, you do not have to approve or like it for a long time!) - but I am well aware that we have one or the other difficulty in accepting the opinions of others, especially when they are with you high aggression or under pressure.

My example mentioned above has accordingly also breeding ground for the escalation. At the moment when two interlocutors do not respect each other's point of view, war arises, a conflict. Agreed: two are part of the war - only one for the sake of peace!

Each has a need to defend and justify his point of view. Each of the two insists on his right. They feel uncomfortable when the other person rejects and criticizes his opinion. It creates a feeling of fear, anger and anger inside the two conflict partners. - And it is "only" about the respective representation of reality!

**Why am I in a conversation or discussion always inclined to defend my point of view or even have to justify my opinion?**

I have stated in several rounds of talks, including myself, that we have a tendency to justify our opinion. Sometimes that goes so far as to live out the right-to-have-to-have in the strongest mania. In the end, we also demand our rights from society.

It is the pride, the ego, the injured inner child who insists on his opinion. Just as it is hard to accept other points of view and opinions with a wink, it is urgent to defend his point of view.

I find it necessary for survival that my "I" positions itself with his thoughts and beliefs. It serves to identify the "self" and also the development into the higher self. For example, I can announce my thesis that the earth is a disk and at the same time I can accept that other people disagree.

Is my thesis now challenged by others or not accepted? Yes, another person wants to change me even in my opinion and my worldview, I fall, or my ego and mind in milliseconds in a defensive position.

One recognizes that neither the one, the non-acceptance or the acceptance of the opinion of the other, nor the other, the justification or the need to explain one's own point of view is expedient, indeed even ends in a conflict.

*Two are part of the war - only one for the sake of peace!*
I can try to accept and accept the other's point of view; I still do not have to agree with him or approve of his actions.

**Why do we have an urge for truth and reality?**
- or right-to-have-to?

Anthroposophy explains the determination of man in each incarnation as the pursuit of spiritual knowledge founded on the spiritual freedom of the individual.\(^7\)

The Occult Science\(^8\) contains Rudolf Steiner's most comprehensive account of the nature and evolution of humanity and its affiliation to a cosmos that is itself in constant evolution.

*The development of the essential elements in the earthly life.*

With the actual birth first the physical body is born as an independent entity. In the course of life, the higher beings unfold in successive seven-year developmental periods. In ancient times, this gradual unfolding of the higher beings was largely assured by the natural developmental faculties of man. These forces are drying up more and more. Today man has to take his development into his own hands through his conscious spiritual endeavor:

- **physical** body (0-7 years),
- **etheric** body (7-14 years),
- **astral** body (14-21 years),
- **sentient** soul (21-28 years),
- **intellectual** soul -> I (28-35 years),
- **consciousness** soul (35 -42 years),
- **spirit self** (42-49 years),
- **life spirit** (49-56 years),
- **spirit men** (56-63 years)\(^9\)

With the moment when the mind soul develops into the "I" and merges with the consciousness soul, the aspiration to the higher self, the need for "knowledge, and through the experiencing and experiencing of knowledge, the desire for wisdom" arises.\(^10\)

However, in order to verify acquired knowledge (information in the form of stories, narratives, texts, books), it is necessary to ask about the truth, the reality of an event.

*The development of the essential elements in the course of world development.*
The essential elements of man emerged or develop in the course of cosmic evolution through the seven planetary stages of world development:

On the ancient Saturn, the foundation of the physical body was created. This was still a pure warmth body at that time. During the following stages of development, the physical body assumed an increasingly dense form. On the old sun it was gaseous, on the old moon it was condensed down to the liquid element, finally to take the solid form during our earth development. Due to its long evolution, the physical body has already attained a very high degree of perfection.

The etheric body was first created on the old sun and at that time was entirely woven out of the etheric forces of light. On the old moon, he also absorbed the sound etheric forces and, during the evolution of the Earth, the life ether.

On the ancient moon, the human astral body was formed, which, due to its relatively short developmental time, is less mature and still contains many lower instincts and desires.

With these three essences, the human being passed into the earth's development. If no new impulses had been added, then at first only the sentient soul would have been able to form as a refined part of the astral body. To understand the further development, one must know that Earth evolution is divided into two halves, which are related to the present planets Mars and Mercury. When the Earth was still in the astral state, it was penetrated by the then still ethereal Martian forces. From these Martian forces, which also brought to the earth the iron that was absorbed into human blood, sprang the decisive impulse, which led to the formation of the intellectual soul, whose development culminated in the Graeco-Roman cultural epoch. Within the intellectual soul, the individual ego of man begins to light up. The consciousness soul currently being formed is closely related to the Mercury forces. Once the Earth has returned to its astral state, the then purely etheric Mercury forces will have their full effect. Through the initiation path, some of these effects are already anticipated in some sense. The great initiates, such as Buddha, Hermes, etc., were therefore Mercury initiates.

When man begins to transform the astral body from the center of his ego, within the consciousness soul, the spirit self (Manas) is formed. This development has already begun, but will be completed only on the future Jupiter (the New Jerusalem, which is mentioned in the apocalypse of John).

During the future state of the Venus, the spirit of life (Buddhi) will be completed within the human ego, and finally, on the future Volcano, the spirit man (Atma).
I think this passage from Steiner is important to clarify the existence of multiple incarnations and to make aware of the transformation of karma.

However, I can not avoid the urge to have the right to have a little closer. What is the trigger for this? I think it's also essentially the trigger of envy, greed and avarice, so three pretty dark types of bag of tricks that lead in perfectionism, addiction to recognition, powerlessness, disappointment and arrogance.

The result is an urge to prove yourself, to be perfect, to have no mistakes, to be better than other people or to demonstrate the power. It's like a protective, rigid wall through which no one is allowed to come, because behind it is a delicate and fragile soul. Being right brings self-affirmation: I rise above the other person, have grown in that moment. Unfortunately, this feeling does not last long and I have to constantly recreate it. Likewise, my ego is happy when I explain another person’s life or have agreed to the opinion.

Quite often, I experience that I am dealing with nine wise men at all levels. Well, first let's take a look at myself why that is. What does life want to reflect to me? - And indeed, I catch myself quite often, as I want to explain to others again how life works. Thank you, thank you, mirror. And there it is already, a legendary sentence:

„Always remember what you know, not that you know“

What is my purpose in this earthly life?

My destiny - what are we on this earth for?

„So that we understand that we are predetermined, to be what we want to be“\textsuperscript{12}, Pico della Mirandola

I mean, I am incarnated repeatedly on this earth, that my soul and mind develop and are as they want to develop freely. And this path is already established by the soul before the Incarnation, in the so-called Soul Plan or Akashic Record.
When I agree to believe in reincarnation and karma, I realize that I have different earth lives to evolve over the ages (see the urge for truth and reality).

Every individual, every soul has the opportunity and also the ability to develop into his higher self. We have gone through different stages of development in our own various earthly lives to complete ourselves in the present, not to perfect, but unfortunately only the source existence or the universe, or God as some say it is perfect.

And because that is the case, I usually leave my manuscripts in their version as they are, with the courage to make mistakes in grammar and spelling. Because consider, whose law is German orthography or grammar? - it is their earthly!

How seriously or smoothly my journey to myself takes place depends on which stones, which tasks, hurdles and challenges I face, i. my soul, before the incarnation with the karma into the soul plan packed into it.

**Why do I have such a high expectation, a claim thinking and demands on others and why I am always disappointed?**

The expectations, the demands and demands on life are deeply anchored in our soul and that is also correct and good. They are the mental and emotional motive for our actions. (Thinking - feeling - acting). I expect from my life that I develop, that I gain experience, that I learn something, etc.

As long as I expect something from myself, I move in the absolutely green area! - that is, when I direct my expectations and demands, demands on me. Because only I have influence on myself, only I can change, improve, expand, create, generate ...

Conflicts, or rather disappointments, arise when I address my expectations, demands and demands on the outside, that is, on other subjects or possibly also objects. I then "deceive" the reality that lives the other subject or object. So I'm disappointed.

Similarly, in my view, the idea of obligations or responsibility. Is it really true that I owe something to other subjects, i. am I really committed to something to other people. For me it sounds obligatory, responsible and in jmd. Guilt are absolutely compulsory. And that feels cruel. I believe that if I can break away from these beliefs of guilt, shame, duty, responsibility,
I am truly free. I mean, that does not mean that I behave recklessly, arrogantly or arrogantly towards my environment. It means that I face other beings with the highest respect and acceptance. (see Götz von Berlichingen below)

I recommend you as exactly as possible (not perfect !!) to pay attention to your thoughts and words:

*Watch your thoughts, for they become words.*

*Watch your words, for they become actions.*

*Pay attention to your actions, because they become habits.*

*Watch your habits, for they become your character.*

*Watch your character, for it becomes your destiny*¹.

Here they reappear, these three terrible verbs:

What do the sentences: "I still **have to** do my homework.", "I **need** a glass of wine before I speak to him / her.", "You **should** be more polite to me!", "He **has to take** more care of me!", "I **need** the stuff like the air to breathe.", "I told you should not climb up there! " with you?
So I feel pressure, command, aggression, severity, coercion, addiction and always get goose bumps in the sentences. This has led me to try to transform my thoughts, beliefs, and language. What do you think of the following proposal:

<table>
<thead>
<tr>
<th>verb</th>
<th>Have to</th>
<th>Should</th>
<th>Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>leads to ...</td>
<td>dependence</td>
<td>force</td>
<td>addiction</td>
</tr>
<tr>
<td>transform with ...</td>
<td>I am or I will</td>
<td>I can or may</td>
<td>I want or I'd like</td>
</tr>
</tbody>
</table>

So I'm trying to transform my thoughts about my expectations, from the outside to the inside, to me. I no longer expect that somebody else should and should have something, but I turn my expectation into a wish, by being able to present to myself what I want, am, may, can, do. e.g. I'm a happy, expectant person. ;-)

Even though I have not used the word "not" again, you can be careful to avoid negating it in the future.

Only marginally, your subconscious mind does not even know the word "no" because it considers everything to be reality. So it becomes a situation that you are afraid of and that you comment with "please not again" with a great guarantee, so it will happen again!

Likewise, when you talk negatively about or about you, it takes your subconscious mind to be true. Example: I am a perfect idiot. - I prophesy, your subconscious mind takes you seriously and sees you as a perfect idiot.

I invite you to reconsider this and to occupy it with another example. Interesting experience and knowledge that you can gather with it. Again to the encouragement: I was with certainty x million of such thoughts and sentences faced until I finally realized that I'm standing in the way with it myself.

What have my 12 senses with the perception of reality and why is it important to have all senses sufficiently developed?

As perceptions (Greek αἴσθησις aísthēsis; engl. perception, from lat. Percipere "perceive, grasp, grasp, grasp, perceive"), Rudolf Steiner describes in his philosophy of freedom the objects of sensation given to man by direct observation.
According to common usage, however, the activity of perception itself is also called perception.

Together, both the perception activity and the phenomenally experienced content of consciousness, the so-called percept, are also referred to as perception (lat. Perceptio).

Perceptions are not confined to the sensible world alone, but in the same sense one can also speak of mental and spiritual perceptions, e.g. when we perceive our own feelings or thoughts. Sensory perception is only a special case of perception at all.

**THE TWELVE SENSES OF MAN**

**Cognitive sense (upper senses):**
1. empathy (ego-sense)
2. Conceptual or thought sense
3. Word or speech sense
4. Listening sense

**Social senses (middle senses):**
5. Heat sense (temperature sense)
6. visual sense
7. Taste-sense
8. Odor sense

**Body senses (lower senses):**
9. Balance sense
10. Motor skills (proper movement)
11. Self-feeling (meaning of life)
12. Tactile perception (tactile sense)

For me, this means that through the perceptions in the physical-sensory world, or in the spiritual-spiritual world, I make my way through the wall of smoke to the absolute point of truth (see pendulum rest).

As Steiner points out, sensory perceptions are a special, yet important aspect of the overall
perception. Through the expression and training of my body (sense of balance, motor skills, self-esteem and tactile perception) and social senses (senses of warmth, sight, taste and smell) I experience and manifest the "higher" (possibly supernatural) senses of clairvoyance, such as listening, speech sense, thought sense and empathy.

In order to be a good pupil in the "sense" of Steiner and "How to get ...", in addition to a submissive and reverent attitude towards a wise secret teacher, the expression of the higher senses is necessary. I believe that only if I am able to listen attentively and in a focused way (sense of hearing), have a high vocabulary in the language (terminology) - and this does not mean, for a long time, fast and much to talk! - having mindfulness and control over my thoughts and identifying with my "I" in this world, I succeed in gaining knowledge of the higher world.

Please note that for the successful development and expression of the higher senses (sense of knowledge) well-designed body senses (lower senses) are needed!

A correlation of the lower senses with the upper senses exists expressly. For example, the sense of balance and the sense of listening, the motor skills with the sense of language, the sense of well-being with the sense of thought and the tactile perception with the empathy, the ego-sense form a reciprocal relationship.

I think that my strong sense of cognition (listening, understanding, empathizing, and, above all, thinking of another person) can help me to keep evolving.

**Why "is man wrong as long as he strives"?**

So, now I can aspire to the development of the higher spirit, yes?

How does a soul do it most skillfully? I could most easily hammer the whole of Brockhaus's encyclopaedia of knowledge into my brain and would therefore be the wisest person in the world?

Yeah, I could, but if I can do anything with that, it's in the stars. What good is the complete manual of a sophisticated machine, if I can not handle it? Or would you say you put yourself in the cockpit of an Airbus A-400 to fly to Timbuktu?

That means I should deal with the learned in the form of experience and adventure. And in this form of the dispute, we visit, for example, a flight school to develop us to the pilot pilots.
Am I perfect and complete when I graduated from school? No I do not think so. I believe that on the way to perfection, we constantly put errors and stones in the way to further learn and perfect. This is what God meant in Goethe's Faust when he performed in the prologue in heaven with Mephistopheles:

„As long as he lives on earth,
It's not forbidden for so long
Man is wrong as long as he strives."¹⁵

Nobody is perfect, unless you're nobody? :-)

And what does this have to do with Anthroposophy?

Do you know the feeling when you hear a story, narrative or thesis about a particular event or topic that something is wrong with that, is not right?

Where does this sense of dissonance come from and, even if you can not derive it scientifically, how do you get to the bottom of it?

Well, I think that we all want to pursue the unconscious path of clarification, the emotional urge for truth, reality. Steiner explains this on the basis of the fusion of the intellectual soul with the consciousness soul to the "I" and the impulse to the development of the "I" via the astral body to the spirit self.
reincarnation and karma\textsuperscript{16}

The ego develops through the deeds it sets on earth. This evolution can not be accomplished during a single earthly life, but takes place in a whole series of successive earthly incarnations. This has already been pointed out by Lessing in his education of the human race (§ 92 - § 100). The deeds of one life condition the predisposed abilities and the future fate of the ego in the further earthly life. The human ego is subject to the laws of reincarnation and karma.

The idea that the human ego evolves through the acts it sets out of free will is based on Rudolf Steiner's philosophy of freedom. As a basic maxim of the free man applies to him:

"Living in the love of action and letting go in the understanding of the foreign will is the basic maxim of the free people." (Lit.: GA 4, S. 166),

or "let live and live"\textsuperscript{17}

Personally, I draw from this a kind of mission, a destiny for which I will incarnate again and again, until I have learned to respect, value, acknowledge and above all to love other earthly and spiritual beings unconditionally.

Why is humanity lied to mankind since the beginning of life tells how he has to behave?

So far, everything sounds pretty logical, understandable and plausible, right?

I - or my soul, so I shall incarnate here on earth in the density of matter and on different levels according to the Akashic Record\textsuperscript{18} to develop the "Higher Self". That really is not the biggest problem! So let's start!

It's all a game and it has, as with any game, some laws and rules:

The game is called LEELA\textsuperscript{19}
The interesting thing is that everyone plays in his role, but the conditions do not really know. There are countless actors who represent their respective roles one hundred percent. They are professionals, as well as you. Lovely fairies, legendary wizards and magicians, happy princes and princesses, ruling kings and queens, devout priests and false prophets, gruesome criminals (what is a crime?), Gentle lovers, treacherous witches, philosophical scribes, brave warriors, strong fighters, narcissistic brats, hawking traders, jugglers and many other supporting actors are among them.

*Once upon a time ... Leela - The fairy tale of the game of life*

Once upon a time long ago, it must have been a very long time ago, when God gave the game of life to the entities, and he told them that they could not play this game until they had gone the path of evolution.

And he explained to them the seven steps of this way.

The beings thanked God and prepared themselves enthusiastically for the play of life and went the seven steps of evolution:

In the **first step**, they experienced themselves as stone, experienced helplessness, relied on the elements, on wind, sun and rain, and were looking forward to the **second stage**.

Here they experienced themselves as a plant. They grew and prospered, turning more and more to the light, but they felt painfully that they could not change their location. And so they were looking forward to the **third stage**.

Here they experienced themselves as an animal. At last they could change their location as they pleased, could go where the sun was shining, but at some point they realized painfully that they could not remember who they really were, so they were looking forward to the **fourth stage**.

Here they experienced themselves as human beings, had the chance to remember their divine origins, they had the opportunity to turn to the spiritual light, and to discover the light in themselves as their true nature. But they lived in a heavy body, so they were looking forward to the **fifth stage**.

Here they experienced themselves as a soul, were free from the heaviness of the
earthly body, free from material desires, and lived together in bliss. But they felt that there was something missing. And so they were looking forward to the sixth stage.

Here the entities experienced as pure consciousness, in which the glory and perfection of their divine origin could be reflected. All that was missing was a single step, the seventh step.

At this stage, they only needed to set up the crown of their divine lineage and enter the realm through the gate, and then finally the game of life could begin.

A few beings put on their crown and stepped through the gate into their new kingdom. But most of them had grown tired, so they asked God to take a little break to rest for the big game. And God, who had gazed happily upon them as they went the way of evolution, allowed them a little break.

And the people fell asleep. They slept and forgot who they were, forgetting that there was only one more step to take, and even forgetting to stop the break. And God looked very worried at the people.

And if they do not all die by now, they are still asleep today, dreaming of perfection, instead of finally waking up, taking the final step, putting on the crown, stepping through the gate so it can finally start the big game, the game of life ...

Are you ready to wake up from sleep and finish the break?

Then be prepared, however, that in this game there are countless institutions that want to keep you from solving your task and thus winning the game.

It's almost like real life, is not it?

**Why am I being deterred from the process of my "spiritual development"?**

There are beings who do not like it at all when you develop into a fun-loving, joyous, lovely, self-reliant, self-confident being full of love, trust, wisdom, courage and beauty.

And so these creatures play in the big game, using unsuspected instruments, techniques, strategies, and means to keep you from developing your mental development.
Who has an interest in keeping me from my spiritual resurrection?

I do not want to judge people, persons or entities and therefore I will not point to any of these beings.

Basically, every being has an interest in keeping us from our spiritual resurrection, which is afraid of losing influence or being unable to control, manipulate, or control me.

Now your imagination is wondering who or what that could be!

Here’s a hint: When I lived in Dornach for a while, near the Steiner Goetheanum, I often visited the wooden sculpture of the human representative „Menschheitsrepräsentant“, created by Rudolf Steiner and Edith Maryon, on the third floor of the building. Lucifer and Ahriman join the Christ as well as the „Weltenhumor“ and form a meaningfulness. In addition, the imagination of who Lucifer is and what it has to do with the fall of Lucifer have enlightened me quite strongly. In my entire life, I have not met any other artwork that hides such a story!

And suddenly she was there, the clear view and the constant question: "Who wants what, from whom, from what?" For me it was a lot of people and institutions. And the danger is when you talk to other people about being scolded as a paranoia. Here you need a good dose of self-consciousness and self-confidence in your own heart.

I would like to remark: keep your knowledge for yourself, do not talk about it with other so-called trusting persons (not even with the best friend / patron or godmother you tell everything else) and, above all, do not condemn these beings for their behavior. I'll come back to this later in the text, when it comes to who can help me with the detachment from the bondage!
What makes people scourge other beings, to manipulate, destroy or even kill?

it is **POWER** - power alone.

Imagine that you want another person (or animal) to perform exactly as you would like it to be. How would you proceed?

I think there are two variants of the implementation. First of all, the whole thing with the **heart** is to approach in love. And here I mean the **true** and **unconditional love**. To be honest, only very, very few people can do that. I find that in a few points not easy.

The second variant would be to control the other subject with fear and panic.

So, let's take a look at our today's digital and media-driven civilization: Do you only know one medium (news, movies, soap operas, sports competitions, stock market news, weather and climate reports, etc.) in which predominantly (> 80%) with cordiality about pleasant, beautiful, loving events, without ifs and buts, is reported?

That means; since man, if he is not already in higher, spiritual dimensions with pronounced thinking, feeling and willing on the way, he will choose the second variant of the fear instillation by manipulation. Can you follow me to this point?

**What does scary manipulation mean?**

I'd like to invite you to first think about what fears you know, even though you're fortunately not affected. It could also be that you find some fears or doubts that you have already been confronted with.

Fear is a reflection and has a cause. According to the principle of cause and effect, an action follows a reaction. A dog that encounters a person who radiates fear will be compared to humans. Likewise (mirroring) and either aggressively, fighting (perhaps by barking and zeining) to approach the man or he will run away from it, unless he is locked up or chained.

How do you behave when you encounter a situation that scares you?

I can tell you, I've been either pissed for years or I approached the participants with sarcasm.
and irony, mostly with the second.

**Fear**, but also **fury, anger, disappointment**, as well as **grief** and **sorrow** (victimhood) are numbing, depressing emotions and they manifest in the physical body. Do you know it about yourself?

Who has not complained of back pain, cardiovascular problems, tension, high blood pressure or hypertension, nervous jitters, nervous fidgeting (hyperactivity?), Funny habits, obsessions, addictions and dependencies?

And another aspect is added. The moment you feel fear, think and live, you unconsciously radiate it over your physical and ethereal body. The other person takes your fear immediately and, if only partially conscious, fully true and acts accordingly. (with flight, aggressive or "hopefully" sovereign)

**Believe me, what you think and feel, you radiate, express it!**

Is it like this? - Is it really like that?

What do you think if you are constantly emitting anger, anger, fear, insecurity, pain and suffering, how will your environment be? I prophesy you, people will run away from you, turn away from you.

Of course you should pour out your heart and soul! However, it would be the right size! People are prone to extreme logorrhea\(^2\) - as we doctors used to say.

**How do I get out of my fears and doubts?**

By confronting them!

The common Englishman says: "**face the fear**". And as it is said it is meant too! I love this sentence (as I do the Englishwoman, by the way), because it has helped me in many situations, consciously and unconsciously.

I recognized my fears, I respected and accepted them, and put myself through them and purified and strengthened my emotional mischief of grounding, courage and fortitude.

Where we are in feelings and chakras work. At some point in recent years, I came into contact with **Yoga, Kundalini**, and even **chakras** through Buddhism, Hinduism, and Far Eastern teachings.
Kundalini is the life force (ether body) or chi, and chakras are energy centers in the physical body where the life force develops and expresses. Steiner has long worked in his essays in the journal Lucifer-Gnosis nor the term Kundalini. For explanation of the chakras he uses the term lotus flowers. This is also anchored in "How to gain knowledge of the higher world".

Maybe it is of interest to one or the other reader. Personally, I was afraid of exclusion, rejection and criticism, fear of loss and abandonment, fear of aggressive and "dangerous" animals, absolute height and fear of flying, fear of being alone, fear of ... the vulture knows what else ...

It is all but imaginary perception — it is the mental construct (imagination) of what might possibly happen. Whether it is the illusion or reality, we can now distinguish between them.

However, the law of causality implies that everything that I think realizes. Cause and effect, the universe wants to be realized.

Oh, and if I have anxious thoughts now, what happens then? I swear you stone and leg. As long as you think that, exactly what you imagine! You could call it self-fulfilling prophecy, you prophet.:-)

So as not to give the impression that I curse fear. No, just the opposite is the case. I accept and face the fear. That's exactly the principle of polarity! Only through the shadow can I see the light.

I have my own, personal thesis:

„First through the shit, my dear, you will go, before you know the beauty and learn to love.“ - FCM 11/2017

So - the solution is in my opinion in the thought. My conscious control of thoughts. "What you think is what you get - wythiwyg" - you always get what you imagine from the universe!

„I think by watching my thinking - so I am myself!“ 24

Steiner calls in "How to get to know the higher worlds" and also in the "stages of
higher knowledge" that besides the "control of the world of ideas" should be trained among other five other qualities in itself: control of actions, profitability, impartiality, Trust in the environment and inner balance.

In this context, I would like to refer to an ingenious tool in dealing with the truth / reality - "The Work" by Byron Katie. In countless situations, this technique has always taken me in the right direction, as it questions the factual issues with warmth and feelings and gives answers.

So, if I'm to develop through knowledge, why am I going to be littered with an infinite amount of literature and news?

That is a very legitimate question!

I often go to libraries, libraries and bookstores. And one thought that keeps poking through my mind is how many book titles, books, literature, scientific expertise, magazines, and, for a few years now, how many blogs and articles on the Internet are in the various languages of this planet well give?

I note: So there is literature that, openly accessible, tends to mass to infinity.

But there is also literature that is coded, encrypted and still openly accessible. Writers, prophets and philosophers such as Rosenkreutz, Goethe, Nostradamus or the ancient Greeks of the past centuries have often written in coded form in order to legitimately protect themselves from persecution and possible execution by the authorities.

And there are literature in which certain secret societies have an interest in the fact that these are not accessible to anyone and every woman, closed to the public, so to speak, to the common people! I first of all remember the secret archives of the Vatican. It already makes me curious what knowledge and wisdom the Vatican, i. the Roman Catholic church religion, would like to conceal!

Regarding the amount of information, I would like to draw your attention to Moore's Law in the computer industry:

Moore's Law (English: "law" in the sense of "lawfulness") states that the complexity of integrated circuits regularly doubles with minimal component costs;
Depending on the source, 12 to 24 months are referred to as the period. By complexity, Gordon Moore, who formulated the law in 1965, understood the number of circuit components on an integrated circuit. Occasionally, there is talk of a doubling of the density of integration, that is, the number of transistors per unit area. This technical development forms an essential basis of the "digital revolution".

Just try to introduce the law to the complexity, or rather to the infinite amount of information in the form of books, magazines, news and today's internet communication.

Indescribable where this leads, as the speed and quantity expand exponentially. Whether there are limits? It is interesting how Ilkka Tuomi in "The lives and deaths of moores law" comments.

How was that with the lemmings again?

They do everything they say and, if they question something, confusion is created. And how is confusion created? Correct, infinite variety of information, adapted stories, transformed fairy tales, changed mysteries, scientific theses, hypotheses, antitheses, prostheses (?) up to the axiom, as a valid truth, which needs no proof.

Did not it just ring? - go to the door and check it out! ;-)
claims, addictions and dependencies)

• Fearsome measures such as terror staging, alarmism, horror news, threats and horror scenarios

• intentional, fraudulent pretense of false facts

• Pressure build-up by blackmail clauses such as threats, "if ... then ..." sentences, targeted manipulation (mental influence) and propaganda.

• Media, the ultimate use of media. In the thirties of the last century, it was called propaganda, which Joseph Goebbels operated as Reichspropagandaleiter29 to excess.

Why are we showered with stories, mysteries, news, scientific expertise and feel we have to know everything?

That's exactly what's been going on for thousands of years, since there are scribes and historians. Is not it an unspeakably powerful feeling when, through my interpretation, I can rewrite the real story? i.e. not that this is intentional or deliberate.

Is it not surprising that Buddha, Jesus, Socrates, Plato never wrote their own open life story or autobiography, but always told third or fourth or even fifth about them. What does this tell you about the game of the "silent post"30?

"Have you heard ...", is the beginning of all rumors that are transmitted in the so-called floor radio from one to another. Has not it often happened to us that a friend told us about a friend, what does his boyfriend do? Curiosity is the driving force behind stories and the beginning of faith. Not only the good guys know that!

If today I make you a scientific thesis or even a simple statement and you believe it unchecked, I have you in this area in the hand. I could take advantage of this and build on your good faith, tell other stories to inspire you to work for me, to serve me.

As long as you realize that I may just be a fairytale uncle. And then I get angry, because you no longer believe me and feed from the hand.

The same is true of religious stories, economic news, political contexts and events, media reports on the life of the nobility, financial and stock exchange reports, etc. - The list is infinitely long. Make your own picture of what you regard as reality or as a fake.
Our socio-cultural drive of curiosity, the desire to know, the fear of the demarcation in society through "What you do not (yet) know that? - what kind of a person are you?" and further social constraints create in us a feeling of all-knowing-necessity. Whereby I „have to have”, "need" and "should" to the verbs have their own connection and feeling superfluous. But that may well be deepened in another place.

Our curiosity, the thirst for knowledge and constant goodness know-how mean that we are afraid of a knowledge deficit. How to deal with the topic of fear can be seen in the text above.

I think that with the appropriate "courage to the gap" I drive through my life easier and stress-free, after all, there is not sign on my forehead with Brockhaus, www.wikipedia.com, Enzyklopedia or knowledge database.

I'd rather visit a physical, walk-in library from time to time or make my way telepathically to the "Flower of Life". - there is everything! Whether it is true and really? - who knows! ;-) 

The Flower of Life is an ornament on a hexagonal section of a triangular grid. At each grid point, circles or circular arcs intersect around the six neighboring grid points, so that adjacent grid points are connected by lenses, ninety in number. At each inner lattice point, six lenses touch each other like petals, suggesting to modern esoterics the term flower of life.31

And sometimes I trust the genius Albert Einstein who said about the knowledge:

„Knowledge means knowing where it is written.“

A favorite sentence of mine and Master Eckhart von Hochheim32:

„Always remember what you know, not that you know“

to prevent all too much smart or good-for-nothings. ;-)
Who coined the saying „we need no Pope, we need no King“?

It was the 12th and 13th century Knights Templar who recognized and implemented the liberation of the individual from the Church (Pope) and the State (King).

Hugo de Champagne, Stephane Harding, Bernhard de Clairvaux and Hugo de Payens were the initiators who, from about 1118 on, shaped the lives and destinies of humanity in the Occident and the Orient. At the end of the Graeco-Roman cultural epoch (from 747 BC to 1413 AD) they contributed magnificently to the fact that man could have developed from the intellectual soul into the consciousness soul.

The first Knights of the Knights Templar to Hugo de Payens spent eight years in Jerusalem in the name of Bernhard de Clairvaux with a skillful staging of the alleged main order of the noble knights, just as "monk soldiers" in peace, in joy and fearless heart the enemies of To hunt the cross of Christ ... - the true background of their mission, however, is still not published and made known.

My personal feeling tells me that the noble knights around Hugo de Payens, with the clear and conscious knowledge and wisdom of Stephen Harding and Bernard de Clairvaux, were commissioned to go to Jerusalem to the Temple Mount to encounter King Baldwin II of Jerusalem, who ruled there as King after the First Crusade. They founded the "Poor Knighthood of Christ and the Solomonic Temple" and were able to dig in peace under the Royal Palace of the Temple Mount.

But what they found there is not of this physical world:
Surely, they found chalices (holy grail), ark of the covenant with the two tablets of Moses, Solomon's key, possibly the blood and shroud of Jesus, and other artifacts such as statues, gold, silver, which they brought to France in 1128 and in kept their "treasury" in a specially built bower in the wetlands of Forêt d'Orient.

What they found there is simply the **spiritual knowledge** and **wisdom** in the time of kings David and Solomon\(^{33}\) of Israel. And this was brought from the ancient Egypt of the Egyptian god "Thoth"\(^{34}\) in the region around Jerusalem in the 10th century BC. This story, however, would need a much wider scope to be explained.

It helped me to just put myself into that time and think about the circumstances of humanity. I think it is helpful to take a closer look at the events of the Indian, Persian-Babylonian, and especially Egyptian\(^{35}\), **cultural epochs**. Also in relation to hermetic philosophy!

Nonetheless, what did the Templars do with the knowledge they had unearthed, found, and obtained? They built the, up to this time (12th and 13th century), most wonderful, most prosperous, most economical, healthiest, the people-serving organization in the entire Occident and Orient.

They recognized the beautiful, endearing in themselves and their fellow man. They applied knowledge to wisdom. They could distinguish reality from illusion. They generated true energy, courage, and strength through their spiritual thinking from within, and lived the way of the thousand virtues through kindness, compassion, understanding and brotherhood.

**in short:** "**They recognized themselves and realized that they themselves are the light!**" and that is the message of the Templars, of the Buddha, of Jesus, of Rosenkreutz, of philosophers, of the enlightened ones, ascended masters to **us all**, since infinite times!

**Rudolf Steiner comments:** "*The church evolved as a continuation of the old priestly wisdom, but along with it emerged the stream that sought light itself, the Luciferic people, such as the Knights Templar, who said they needed to seek light and truth themselves.*" *(Lit.: GA 097, S. 169)*

At the beginning of the 14th century, this prosperous time was shattered by the defeat of the Templar order by **King Philip IV** of France and the official order to dissolve the Order by **Pope Clement V** at the Council of Vienne (1312).
It is worth reading and studying the life and work of the last Grand Master of the Order, Jaques de Molay\textsuperscript{36}, to get an idea of what actually happened in those days. I can not prove it, which I do not really care about, but it should come from Jaques de Molay's sentence: "we need no pope, we need no king".

Very interesting is that this saying, "it does not need a pope (church), it does not need a king (state)\textsuperscript{19}", not on the Internet or in so-called mainstream media can be found. And that's what makes it so exciting for me, and where my soul is really curious about what that means.

Why do not we need a church, and no state?

To put it quite succinctly: because these institutions consciously and unconsciously (by people acting in the clutches of the systems) prevent people from living the "life in the love of action and life in the understanding of the foreign will".

Become aware that all religions have not been there for you since the beginning, but that they have used, abused, manipulated, deceived, and sucked you for millennia through their falsified stories.

First of all, what is religion anyway?

The Duden states that religion is "certain beliefs and beliefs established by doctrines and statutes" (usually adopted by a larger community). Or "faithful adoring recognition of a divine power that determines all its being" - aha! - it is therefore something earthly faith accepted in communities! So created and determined by human communities.

And who are these creators and determinants?

The Church has erased the knowledge of the law of sowing and harvesting and of reincarnation from Christianity. As a result, she has led and led countless people into despair and misleading, and to this day she is still struggling for the great opportunities of her life. It has replaced this primordial knowledge of man with an alleged "mystery of God" and through the alleged mediation of salvation by pastors and priests. It has not only deleted texts, shortened, misappropriated, distorted and distorted but rather completely ripped original texts out of context and "distorted" them, contrary to reality.

The consequences of these fakes are enormous:

How many wars, violent acts and personal catastrophes could have been prevented if people had known about reincarnation and the laws of sowing and harvesting (karma, cause and
effect)!

How much is my loss of confidence when I find out that for centuries I have been lied to through falsification of history, manipulation and confessions? For this reason too, the Church's guilt for the state of this world is immeasurable and can not be approximately reproduced in words.

But very gradually, the bill is presented, and for the individual is: "Wake up, save yourself, who wants to be saved".

And with regard to the eschatological Church, "Depart from her, my people, that you do not partake of their sins and receive nothing from their plagues, for their sins reach to the heavens." (Revelation 18, 4-5)

So I see that wherever stories are written, myths are made, stories are told, and earthly laws and laws are created, there is the highest possible risk that they can be faked, manipulated, distorted, shortened, and misappropriated. I speak explicitly of "may", not that it is necessarily so!

I would like to express for myself that the "hypocrisy" of the church and state institutions has been against the grain since my birth into this earthly life.

I always had a "strange" feeling that something was not right. Throughout my life, I tried to test people, institutions and situations for naturalness and authenticity and drew my conclusions without condemning, degrading or degrading these beings.

It should also be clearly stated that my criticism is not directed at the unfortunate prisoners of the establishment, the "elite", caught in the system or the matrix. Luke 23:34, "Jesus said, Father, forgive them, for they know not what they do! And they parted his clothes and threw the lot about it ". I only invite these beings to consider and control their mindset and actions and finally wake up!

Nein, meine Beanstandungen gehen zielgerichtet an jene Wesen, die bewusst und mit voller Absicht die Natur, die Pflanzen, die Tiere und die Menschen drangsieren, terrorisieren, einschüchtern, manipulieren, beeinflussen, suggerieren, korrumpieren in dem sie gegen deren freien Willen agieren und ihnen einer Gehirnwäsche unterziehen.

No, my complaints go purposefully to those beings who consciously and deliberately crowd, terrorize, intimidate, manipulate, influence, suggest, corrupt, and act against nature, plants, animals and humans by acting against and against their free will and brainwashed.
**What is the goal of the truly powerful?**

**WORLD DOMINATION** - the new world order - they (the truly powerful) want to control, direct, manage, exploit, enslave and blackmail for their own interests, and they do so with one tool only, and that is

"**MONEY**"

In German it says so beautifully: "Money rules the world". At this point I would like to ask you to think about how dependent you are on money, or what attitude you have for money.

Can you imagine a life without money? - or maybe you think a step further and realize what other addictions and addictions you have. This is pretty easy to determine by asking yourself again and again whether you can get along without the subject or object over a longer period of time - let's say a year.

Films like "Zeitgeist", "Thrive", "The True History of Humanity" or "QIE - The Meaning of Life" and "Awake" will give you ideas about the "elite" and our world to think about. Luckily, there are such technical, electronic devices as "YouTube" and the Internet!

Or just try to find out about the topic "New World Order" and the "money and financial system" in your environment and check, and take the best.

**Why am I inclined to all the stories and mysteries, who tells me our society to believe?**

On the day I took the time to review my life, I came to the discovery that (inevitably!) I was driven through a system from childhood.

In the first two Lebensjahrsiebten, in which my physical and etheric body is still developing, I am dependent as an infant and child that others think for me. That in the time I take over everything that shows me my environment, and without questioning it (which is still not possible at that age!). So I depend on what it takes for my "guardians" to decide and arrange
for me.

In the course of adolescence, through the development of the astral body, I then experience that there is an "I" who can independently will, feel, and think.

And yet, from the outside, other people still carry everything to me. i.e. I would not have to worry about anything to exist in life, it's all done for me, right? - I realize that for decades my mother has been concerned about my "essential" basic needs such as eating and drinking and caring, or that my father has been concerned about my education and material needs and fulfilled almost every wish. What I mean by that, I do not have to take any responsibility for me for a very long time, right?

And if others contribute everything to me, and because that's so easy, some souls leave it in that mode, and I say they're taking responsibility for their own lives out of their hands.

I have the impression that some people go through life even with the highest standards and expectations, that they receive all the amenities, help and support from the outside. Whether this is in the partnership, marriage, friendship in social interaction, in the social environment such as work, club life and family. I have already commented on inevitable disappointments in expectations.

It makes me sad to realize that people are kind to one another for so long as each other fulfills their conditions and expectations and lives up to their demands. I think these are hypocritical relationships and have absolutely nothing to do with true, unconditional love.

Why do we all live like the lemmings in a complex world with complicated systems?

Because we create them ourselves through our complicated, branched and never-ending thoughts. We are the creators of our world!

For most people, I observe how complex and complicated they make their lives. I often look at how people sometimes stand in their own way. Through the "prescriptions" that our society is directing on, we are constantly compelled to consider what to do next, whom and what to look for, and consider how to behave from the point of view of others, when and where to have with kind regards how to respond to questions ...
I have to (have to) or the more brutal "must" is constantly acting in the background.

Twenty-four hours a day, seven days a week, and 365 or 366 days a year, it keeps thinking in us. Do you know how many thoughts shoot through our brains every day?

There are 60,000 trains of thought in just one single day !!!

How many minutes does a day have?

- You see and again you are thinking. ** grin ** - it's 1,440 minutes.

Complex or complicated - what makes the difference?

How often do you hear about the challenge of trying to solve complex problems? Really complex systems elude simple solutions. Hope, however, exists for connections that are "only" complicated.

Here it is a matter of time and perseverance until a complicated network sees through, solves a complicated task. An understandable example: the road system of Florence with its many one-way streets. Once you have understood the urban structure, the roads and their directions, you can easily get from A to B. A complicated network, but a solvable task.

However, if the direction of the one-way streets depends on traffic density, it becomes complex. Some "only" complicated problems can become complex, unexpectedly taking a completely unexpected turn. Then an explanation or forecasts about future developments are hardly possible anymore. It is therefore worthwhile to be clear about the quality of a pending problem before you can be sure to find a convincing and clear solution.

And so I can see from many of my fellow human beings that they are constantly faced with tasks throughout the day that they sometimes do not tackle or only with a complicated solution strategy. I only look once at the compulsion and ritual of food intake. Some guru have told most people that in order to survive, humans have a daily need for carbohydrates, and this is then measured, measured, and statistically tracked in the usual rational and intellectual way. What a huge cunning, in my opinion:

"Basal metabolic rate is the amount of energy the body needs to maintain its metabolic functions. Rule of thumb for this:

*Basal metabolic rate = 1kcal x weight x 24.

The work energy turnover indicated at the activity level (PAL) depends on the severity of the physical work. The following applies: for PAL 1,2 - sitting or lying
activity; PAL 1.4-1.5 - Seated activity with less strenuous leisure activities; PAL 1.6-1.7 - sedentary activity with partial and permanent activity; PAL 1.8-1.9 - predominantly walking and standing activity; PAL 2.0-2.4 - physically strenuous activity."

And that is what most of the lemmings hold as exactly as possible, because what the experts say and recommend must be true.

Hello?? - Man, wake up at last and decide for yourself what is good, consistent and beneficial for you.

Why do we make our lives so complicated and complex?

One day, the following thoughts crossed my mind: If we intellectual, rational and cognitive thinking people can not cope with this high complexity, why do not we stay on the ground and make life easier and more comfortable?

This resulted in my thesis

„j-kiss!“, means just keep it short and simple

which means "short and sweet"
I have great respect for people who can quote down to the last detail all the texts of writers, poets, philosophers, etc. But my question is: can we even absorb, apply, experience and experience this infinite number of literature? Or are not they just texts that were learned by heart? - However, everyone is allowed to find out for themselves. What good is it to me if I can say that I have read and edited Steiner's texts? Can I say at the same time that I understood the text and internalized it for me?

I suspect the urge for steady increase has something to do with "Moore's Law", which states that the complexity of the processes regularly doubles with minimal effort.

Now, I claim, derived from this, that the intellectual, mind-driven man with this development of speed, quality and quantity can no longer keep up. Mind you, the intellectual mind!

Our brain, or the male, left half of the brain with the logical, rational thinking is limited to process complex relationships over a longer period of time and, above all, to keep.

To tackle complicated and complex issues, I think it needs different ways of thinking and the distinction in mind and heart thinking:

**Our mind thinking** has the following characteristics:

- limited processing capacity
- Short-term memory (about 20 seconds)
- can process up to three events simultaneously
- Forwards information at a speed of 180 to 200 km / h
- can average about 2,000 pieces of information per second.

**Our heart thinking** has the following characteristics:

- unlimited processing capacity and storage options
- Long-term memory (for old experiences, values and beliefs)
- can handle many thousands of operations simultaneously
- Forwards information at a speed of more than 150,000 km / h
- can average about 4,000,000,000 pieces of information per second
The HeartMath Institute offers applications that allow us to connect to the heart, "what we truly are", to live healthier lives to create a bright, bright future for a fulfilling life. Since 1991, the HeartMath Institute has researched and developed reliable, science-based tools that help people bridge the connection between their hearts and minds and intensify their connection to the hearts of others.

And how do I get the possibility of heart thinking? In which I accept myself in my full size and strength and open my senses to the perceptions of the true life! The way is about the senses.
What has truth, wisdom, love, beauty, Strength and virtue to do with me?

It is the hexagram of human development: Through my quest for perfection and the attainment of these qualities, I have tools in my hand that make my life pleasant and serve me on the path of perfection. I repeat: I have tools in my hand that will serve me! - and not the other way around.

As I aligned my life with unconditional love, enchanting beauty, infinite wisdom, wonderful truth, courage, strength and power and thousands of virtues, I encountered wonderful beings and situations nearly every minute that revealed the path to bliss.

It is the life principle of King Solomon, Buddha, Jesus, the Knights Templar, Christian Rosenkreutz and many other ascended masters.

Was not it actually in the story of Jesus Christ and other enlightened ones that challenged me to discover my inner light and to become aware of the wonderful, luminous nature of each and every one of us?

Why are there so many psycho-social trouble spots, psycho-somatic diseases and intercultural differences?
quite simply (j-kiss⁴⁰) - because man lives absolutely against his nature.

And that expresses the soul through the psychosomatic (alt. ψυχή psyché for breath, breath and soul and σῶμα soma for body, body and life) in the body. See also the diseases I have listed under the topic "scary manipulation".

Almost everything in everyday life in our civilization is man-made by man mechanically, chemically, electronically generated or treated.

When was the last time you bitten into an apple, picked directly from a tree that was not cultivated with artificial fertilizers, genetic engineering, artificial irrigation and then treated with preservatives and artificial packaging in the factory?

In our society, the man is no longer allowed to live out his masculinity, the woman no longer their femininity. I find that many women believe that they mostly live by masculine principles such as thinking, being strong, creating, fighting, analyzing, and competing, whereas in men, I increasingly recognize softness, passing away, loving, heart thinking, and playful life.

These are polarities (male and female principle) that are so wanted by nature and want to find their balance - YIN and YANG! - Any inconsistency leads to tension, imbalances and conflict, which manifests itself in the form of hypertension, irritability, depression, hyperactivity, etc.

Have you ever considered why people are dissatisfied? What is dissatisfaction? Not living in peace? Wiktionary says to dissatisfaction: "state in which one disagrees with the given, the conditions and conditions, the existing and the achievements" while living in peace "state of harmonious coexistence, or rest, calming silence, or religion: (lifted) religious fulfillment, blessing ".

What would happen now if I as a human being simply lived my natural humanity, as a woman my natural femininity and as a man my natural masculinity. I see that as balance, the middle
of both poles - so I invite you to think about it.

We have lost our wildness, our naturalness as human beings.

Everything is controlled and reserved, closed. Especially what is connected with the body, with emotions and with sexuality. It's as if ropes are wrapped around the bodies of 'civilized' people like heavy blankets and keep us from expressing ourselves in a natural way. We may find a way to live the wildness regularly again.

Whether you dance wildly, sing, love with absolute devotion, whatever ignites you!

There is nothing to heal, we are already COMPLETE, all we have to do is to LOVE and accept ourselves fully and unconditionally, here and NOW just as we are!

Sometimes be wild and free. Often enough to do something unheard so that we do not lose our spark!

**Why do I always have a strange feeling or a bad conscience if I do not act like others expect it from me**

Emotions arise through thoughts. The bad conscience is "merely" an idea of what beliefs and insults I have anchored in me. Defenses, patterns of behavior arise through experience and experience.

In the first years of life I inevitably experience life through education and the care of others, mostly parents or other so-called "guardians". During this time, unconsciously and not at all deliberately, high levels of abuse and misunderstandings can arise and thus manifested objections can come to me. I take over the ways of thinking and habits from my immediate environment.

I have learned from childhood to feel what others want or expect from me, and I still do much to live up to their expectations. The kid in me then had to do that, it had no choice. It wanted to earn the love, attention and attention of others.

It is the fear of this child in us that makes me do many things I would not actually do, i. if I feel free of fear and dependence.

I bravely and honestly realize where I am doing or living until today, to which my heart says,
"That's not true. It does not feel like my truth. I do that out of fear, but never out of love!"

How great is my fear, refused to be criticized, abandoned, marginalized, laughed at or ashamed, be it in your family, neighborhood, circle of friends or at work.

Decide to listen more and more to your heart and make it 'right', that is, to be faithful to it.

Be aware of all your fears. Fear is not your enemy, it is your own creation. Through your thoughts like "I have to take care ..." or "Hopefully this or that will not happen ..." you created them yourself. Begin to feel it positive and transform it into joy and trust.

What supports you from the inside, when everything breaks away?

Robert Betz⁴¹, from whom the previous text passage originates, is a successful, well-known, German seminar provider, coach, author of psychological books and active in the field of esotericism. He gave me in dark, difficult times through his books and lectures very great support and inspirations to make me on my way to myself.

I see him, as well as a lot of other people as secret teachers and wise people, whom I meet with humility and awe. However, they are all just supporters and providers. There are no helpers. Remove yourself from the thought that other beings (possibly angels) do the work for you. They give you a maximum of a concept, inspiration or an intuition, what is possible.

It is your destiny to experience your higher self and for that you carry, and only you alone the responsibility! ⁴²

Steiner lists in his terms the "... knowledge of the higher world"⁴³:

„The initiate has only gained the strength to raise his head to the heights of knowledge that he has led his heart into the depths of reverence, devotion. The height of the mind can only be climbed when the gate of humility is paced. You can only gain the right knowledge if you have learned to respect that knowledge.“
Who can help me in the separation from the bondage of the earthly density?

NO EARTHLY BEING!

i.e. no doctor, no psychologist, no healer, no seer, no ascended master or being of whom you expect help or support. With regard to expectations, I have already commented in the foreword.

Only you have it in your hand to discover your inner light, your already existing completeness, your possibilities and abilities. In order to "uncover" something (that is, there is something covered, coated, which you can uncover, decover), you should, however, go on a journey, a journey of discovering to yourself.

And on this journey, you will encounter strange circumstances that you may take power of your heart. Listen to the wisdom that you encounter and accept it with humility and awe.

Therefore, take the wise advice about listening:

Listen with the head (thinking),

Listen with the heart (feeling)

and hear with your hand (will)!

What can I do to get out of the subjugation, the clutches of the system, to rid the matrix and the hamster wheel?

I think of Goethe's famous quote from the Götz of Berlichingen:

„Me surrender! On mercy and disgrace! Who are you talking to? Am I a robber! Tell your captain: "As always, I have due respect for your Imperial Majesty. But he, tell him, he can lick me in the ass! “

In a humorous way, Goethe uses what he himself wants to express in his innermost self:
showing the limits of his own self while at the same time showing the highest respect for his fellow human beings. And that is exactly the point how we should confront the system, the institutions, the people and also other beings.

Respect - do not be afraid of authorities - if you clearly show the boundaries of the "me".  

Götz von Berlichingen with the iron hand is a play in five acts by Johann Wolfgang von Goethe. As a model of the main character was the Franconian-Swabian Imperial Knights Gottfried "Götz" of Berlichingen to Hornberg (called "with the Iron Hand").

The piece is considered a major work of Sturm und Drang. Similar to his Götz, Goethe also wanted to break down boundaries with this piece. He opposed the previous theater conventions. The units of place, time and action are lifted: There are more than fifty action locations in total, and the time shown is not limited to one day, but is extended by several parallel actions (trial in court, the peasants' war, several feuds and raids).

Götz comes from the medieval world of fist and feudal law, but also acts stalls across, for B. helps the farmers. With his figure, the free chivalry founded on natural law and faithfulness encounters the world of the scheming nobility, which is committed to abstract Roman law. Although Goethe's Götz proves a character that transcends historical conventions, his utopia of an ideal monarchy, based on individual independence on the one hand and personal loyalty on the other, make him conflict with the bourgeois society that is just beginning to emerge. So Götz fights from the outset for a lost post. Resigned, he must finally conclude: freedom exists only in the hereafter, but the world is a prison. 

Is that really true, the world is a prison?

What is illusion, what is reality? I have learned for myself that only my power of thought, my way of thinking, lay the foundation for the way I see the world. I do not think the world is a prison.

So if for thousands of years I have been lying about the history of Humanity has been told, what is the true story then?
Well, what is the true story?

Find out!

You! Self employed! - You have all the possibilities and abilities to do it!

*Out of spiritual reverence and humility you can learn the knowledge and experiencing and practicing the reality revealed to you by the world.*
Acknowledgement

Over the last two years, I have had daily, if not hourly, opportunities, as well as the gift of observing people, animals, plants, the environment, and situations. That which all philosophers, scholars and sages such as Socrates, Plato, Jesus, Thomas Aquinas, Meister Eckhart, Spinoza, Rosenkreutz, Luther, Goethe, Schiller, Fichte, etc., did time and again: observing and ascertaining.

Giovanni Pico della Mirandola writes in the never-held "Oratio", his introductory speech written in 1486 at the age of 23 years to the Roman disputation he planned: De hominis dignitate - On the Dignity of Man:

*When someone is blinded by the images of the imagination as by Calypso's magic, captured by dull desires, and becomes a slave to sensuality, you see in him an animal, not a human being.*

*On the other hand, you should worship a philosopher who grasps everything through his intellect; He is a heavenly, not an earthly being.*

*A pure observer who does not respect his body, because he penetrates completely into the depths of his mind, is neither earthly nor celestial, he is a sublime divine being in the guise of human flesh.*

Again and again I jumped over these lines of Pico and I realized that all answers to my almost infinite questions are around me. "The gold is on the road", so to speak. I put it this way for me

"Learn to read life ..." 47

I thank all beings who have reflected in my life behaviors, events, situations, experiences, and thus contributed to seeing and experiencing me as beings in this earthly incarnation.

"Gratitude and appreciation are the providers of a blissful life"

***
The Author

Frank Carl Maier, born in 1969, in his umpteenth incarnation in this physical world, grew up in a diverse environment in Weinfranken (Main Franconia) in Germany. His parents were entrepreneurs in food production and very closely connected to the material world. His maternal grandparents were a simple vegetable farmer and an endearing machinist. On his father's side a simple, natural, lovable housewife and an accurate bank director.

It is striking that exactly these characteristics of the direct bloodline were incorporated into the professional career. He learned the profession of forwarding merchant, studied business administration in Bremen with a focus on logistics, controlling and finance and he was always interested in wine and vegetable growing.

He worked for over 25 years in the free market economy in various industrial companies as a process manager for supply chain management, logistics and financial processes. He took care of the economic and financial interests of his parents and their inheritance. And he built for his family a farm with vegetables, garden, pets, multifunctional utilities, a functional workshop for the mobile and immobile objects of life, a terrific playground for children and adults, u.v.m. - an anthropomorphic environment, so to speak.

This means that for a very long time he has been there for others, to make them right, to make life as comfortable as possible, to listen to them, to seek solutions, to be creative. Everything he did was right and crowned with success. What he forgot, however, as the most important point, was himself.

Until a wonderful evening on 19 December 2014: He was on his way to Tuscany that evening, where he wanted to spend Christmas, when a sight opened up on the route between Ingolstadt and Munich that is almost impossible to describe. The entire Alpine panorama and the city of Munich in the foothills of the Alps lay on a hill in front of him, with a sunset in the west, which may be called the „Götterdämmerung“. The setting sun provided a spectrum of colors that threw it against the mountain ridges covered in fresh snow and that can not be summed up in words.

That night, he realized why he always felt lied to, cheated, exploited, disregarded, and marginalized: it was he who deceived, discredited, exploited, and demarcated his soul. And for this realization to happen, some really painful experiences were needed.

After various "adventures" and "situations" that he was allowed to experience in his present incarnation, in his sixth septennial of life (consciousness soul) he sets out to find his way to himself and to build the bridge from the material to the spiritual world and to live furtheron
based on his heart. He is now in his seventh septennial of life (spirit self) for a few years, and
today he lives a life of consciousness, unconditional love, enchanting beauty, wonderful
truth, infinite wisdom, courageous power and strength, and the thousand virtues ...
1 Paul Watzlawick: Wie wirklich ist die Wirklichkeit?
2 https://de.wikipedia.org/wiki/Pendel
4 3sat Buchvorstellung unter scobel => Artikel „Wie Wirklich ist die Wirklichkeit“
5 es wird gesagt, dass das Zitat von JWvG stammt, was tatsächlich richtig ist. Er verwendet es in seinen Texten zum Sanct Rochus-Fest zu Bingen am 16. August 1814. Ursprünglich stammt es jedoch aus 1. Thessalonicher 5, Vers 20 die Weissagung verachtet nicht; 21 prüft aber alles, und das Gute behaltet. 22 Meidet allen bösen Schein.
7 http://anthrowiki.at/Anthroposophen
9 http://anthrowiki.at/Wesensglieder#Entwicklung_der_Wesensglieder
10 Zitat: Frank Carl Maier, Dornach Juni 2017
11 http://anthrowiki.at/Wesensglieder#Entwicklung_der_Wesensglieder
12 Giovanni Pico della Mirandola, 1486 aus „Oratio“, über die Würde des Menschen
13 herzlichen Gruß an Bodo von Plato!
14 aus dem Talmud, mündliche Lehre der Gesetze und religiösen Überlieferungen des Judentums nach der Babylonischen Gefangenschaft
15 Johann Wolfgang von Goethe; Faust - Prolog im Himmel
17 Bedeutung: leben, wie es einem gefällt, aber auch tolerant sein und anderen ihre Lebensweise zugestehen
18 Die Akasha-Chronik ist das geistige Weltengedächtnis, der Akashastoff, in dem der Geistesforscher die Ereignisse der fernsten Vergangenheit lesen kann - allerdings nicht so, wie sie sich unmittelbar äußerlich zugetragen haben, sondern von der Seite des inneren seelischen Erlebens her.
20 50 Milliarden Teilnehmer ist eine sehr großzügige Schätzung, da sämtliche irdischen und kosmischen Wesen daran teilnehmen, also die Zahl tendiert eher gegen unendlich!
21 „Wer will was von wem woraus „ es ist die Einstiegsfrage der juristischen Fallbearbeitung (Zivilrecht)
23 der Duden über Ein-Bil-Dung: [bloße] Fantasie od. trügerische, falsche Vorstellung oder Dünkel, Hochmut, Überheblichkeit [im Umgang mit anderen], Sprichwort: Einbildung ist auch eine Bildung (umgangssprachlich scherzhaf: das ist reine Einbildung, nichts als Überheblichkeit)
gem. Duden ist verwirrend geeignet, Verwirrung zu stiften, z.B. eine verwirrende Fülle, Vielfalt, Vielzahl von Eindrücken oder die Situation wird immer verwirrender ...

es hieß nach dem zweiten Weltkrieg, dass einen Umfang der Massenmanipulation in Form von Propaganda nie wieder geben werde. Ich glaube der Mensch ist sich nicht bewusst, welche Steigerungspotenzen in den Möglichkeiten noch erreicht werden können.

Stille Post (auch bekannt als Flüsterpost) ist ein Kinderspiel. Der Begriff wird aber auch sinnbildlich für die Verfälschung von Nachrichten durch die mehrfache informelle Weitergabe verwendet.

Master Eckhart (auch Eckehart, Eckhart von Hochheim; * um 1260 in Hochheim oder in Tambach; † vor dem 30. April 1328 in Avignon) war ein einflussreicher spätmittelalterlicher Theologe und Philosoph. Schon als Jugendlicher trat er in den Orden der Dominikaner ein, in dem er später hohe Ämter erlangte. Mit seinen Predigten erzielte er nicht nur bei seinen Zeitgenossen eine starke Wirkung, sondern beeindruckte auch die Nachwelt.


Zitat: Frank Carl Maier, Basel Oktober 2017