A man with dark hair, wearing a white jacket with red and blue stripes on the sleeves and a black headset, stands in profile looking at a large painting. The painting, framed in gold, depicts a military band marching through a wooded area with tall, thin trees. The scene is set in a museum or gallery with a light-colored wall.

FINDING what gives PEACE

From Family Constellations
to Mind Training
to Spiritual Healing

Reinhard Lier

FINDING WHAT GIVES PEACE

From Family Constellations
to Mind Training
to Spiritual Healing
Basics of the fundamental conflict and the healing
by Reinhard Lier

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Introduction

Nothing we see is as it seems.

(Rule number 1 to unmask all misapprehensions)

After the publication of more than 25.000 copies of my first book "Vom Einklang der Seele" (About the Harmony of the Soul) since 2002, and the revised and extended version of 2010 with 10.000 published copies, it is now time for the e-book version. In these years I was able to expand my understanding and my view for the nature of man and fate through getting to know Family Constellation with Bert Hellinger(1996) and through the encounter with the Mind Training of "A Course in Miracles" (2006).

The core of Family Constellation work is to experience a healing process, which arises from the fact that we are all united in the soul (in the Mind!) – in a higher sense, one. In the physical world we are constantly experiencing separation with joy and pain. We want separation (competition) and at the same time we are seeking for connection and unity (reconciliation and love). This tension of competing impulses is the motor of the drama of mankind.

Family Constellation work is an instrument that can make spiritual-mental forces visible and tangible. It is up to the seeker (client) and the facilitator (practitioner) of the Family Constellation, in how far healing can occur, depending on whether the decision about what is salutary within them has already been made in their mind. The one who wants war will see his warlike emotions mirrored in the constellation. The one that chooses peace will be led to a wholesome solution through the process of the constellation.

The Family Constellation scene exploded in the 1990's. This showed its positive as well as its negative aspects. On the one hand unqualified methods with various psychological "collateral damages" were practiced, while on the other hand highly qualified approaches and further developments in the field of Family Constellation were established. It is only human, and was to be expected, that this would attract envy and the vindictiveness of other therapeutic movements. Unfortunately a frantic and irresponsible handling of the instrument of Family Constellation favored the craziest defamations and led to the fact that in particular Bert Hellinger became the target and center of aggressions. At this point I'd like to state: teachers and researchers are human too and entitled to make mistakes. Progress is always based on former errors

and the painful overcoming of yesterday's mistakes. It might take another 50 years until the teacher is appreciated.

Family Constellations has changed our perception of human, or rather of the soul (the mind) in a revolutionary way. Finally the devoutly scientific Western World has received what was already accessible to the Shamans "the primitive peoples" long ago: the insight and experience that we are all united on the level of the soul and exposed to sharing the fate of all man – the family and humankind. This finding painfully questions the existence of personal freedom. The individual is not as free as he thinks. The biographical work and the view of the family tree (with all its generations and destinies) has provided valuable insight. Looking back today one can only be amazed how we could possibly be so blind to look at a person and try to understand the individual in such an isolated way, quasi in empty space.

My story is always also the story of my family, my people and in a superior sense from a spiritual angle, the story of human kind. We are all steered by a central core-conflict, which is described in the Mind Training "A Course in Miracles". (short :ACIM) as separation (splitting). To understand this core-conflict and to calmly look at it and choose what is healing, has more and more become the focus of my work in the field of Family Constellations, in the last years. I am referring to this field as transpersonal, since it goes far beyond the individual being and points to the UNITY with the ORIGIN of all beings. Of course, such elements can be dismissed as unscientific. However when meeting a person who is seeking help, only one question matters for me: How can the two of us find what gives meaning and endows peace? Some may want to call it Love. Meaning, Peace and Love they cannot be looked upon in a scientific way, they can't be analyzed. Since what it is that makes us wholesome cannot be analyzed, it would only be destroyed (again). In this sense I am inviting you on an expedition into the soul, into the MIND. I, for my part, came to favor the word mind (German *Geist*), since it goes deeper than the expression soul. The soul represents a sphere of mind, the individual soul, the family soul, the people's soul, the soul of mankind – this is all us.

Reinhard Lier

Zelg-Wolfhalden Switzerland, 25th of December 2010

Chapter 1

The human's fate in the mirror of Family Constellations

Family Constellation turned into being the mirror of looking closely: we have (re)discovered the soul of the family, that occurs in all these destinies that no one can escape from. It connects all of us. When feeling heaviness and pain when watching the chaos of the late days of war in 1945 in movies like "The March of Millions" (Die Flucht), it shows our sympathy with the fate of the ancestors. We are connected with them, the magical NOW of the soul takes effect, in a way as if it all would happen again in our mind.

Bert Hellinger, being the key developer of Family Constellations, has pointed out the basic dynamics and effects of the family-soul. As an accurate observer of the human's interactions he has raised the question of guilt and the conscience once more and enabled us to get valuable insights.

After 17 years of Family Constellation and an experience of more than 10.000 constellations I, a student of the first generation, would like to venture a review and forecast. We will come across the term fate over and over again. How is it possible that we are pretending to seek happiness and peace but still choose suffering, illness, loss and death and with that imitate the lives of our parents and ancestors? Here he is, the young man, who loses everything because of his addiction to gambling and there is his grandfather, who lost his house in a card game and the family hushed up about his existence.

The misery of the world is the misery of the individual. Even though some countries in the EU haven't had war since 1945, fates of the people are evidence of despair and pain. Suffering is mostly quiet.

1.1 The family history – The family tree

To understand a person in his or her thinking, feeling and acting the history of the whole family has to be looked at carefully. Bert Hellinger has observed that the essential basic need of man is the need for binding and belonging to the family and the clan. We are born into our family and are completely at their mercy.

As a child I see the parents and embrace life, as it flows into me. Children love their parents absolutely and are deeply and devotedly loyal. Here we are

encountering the family of origin. Belonging to it, according to the family tree in the sense of entanglement, are :

- Siblings, as well as still born children and miscarriages after the 4th month of pregnancy, also children that have been given away (foster care and adoption)
- Half-siblings, that are children, who one parent has with a different partner
- father and mother
- previous relationships (solid bonds) of parents
- uncles and aunts (siblings of parents)
- grandparents

Usually less impact:

- siblings of grandparents
- previous partners of grandparents
- great-grandparents

Furthermore:

- People, whose leaving or death brought advantage to the family not part are:

- step-siblings (children that have been brought into the relationship of earlier or later partners of parents)
- cousins and their spouses and children
- furthermore spouses of uncle, aunt, great uncle and great aunt or from own siblings

It is advisable to draw a family tree to clear up the own family situation.

When looking at the family members, oneself included, we are asking about meaningful events that have happened to them. It doesn't matter whether the father was dominant or weak. Essential is if he was physically handicapped or an alcohol addict or lost his father in his early childhood. In this sense meaningful are:

- major illnesses, disabilities, addictions
- Being saved from a life threatening situation (for example drowning, burial in bomb attacking)
- Early death of father, mother, siblings, half-siblings, previous partners of parents and the cause of their death: accident, illness, drowning, burning, killing, suicide
- Did a woman (mother) die while giving birth?
- children that were given away (adoption)
- accidents (without deadly ending)
- adoption
- entering a convent
- priesthood(catholic)

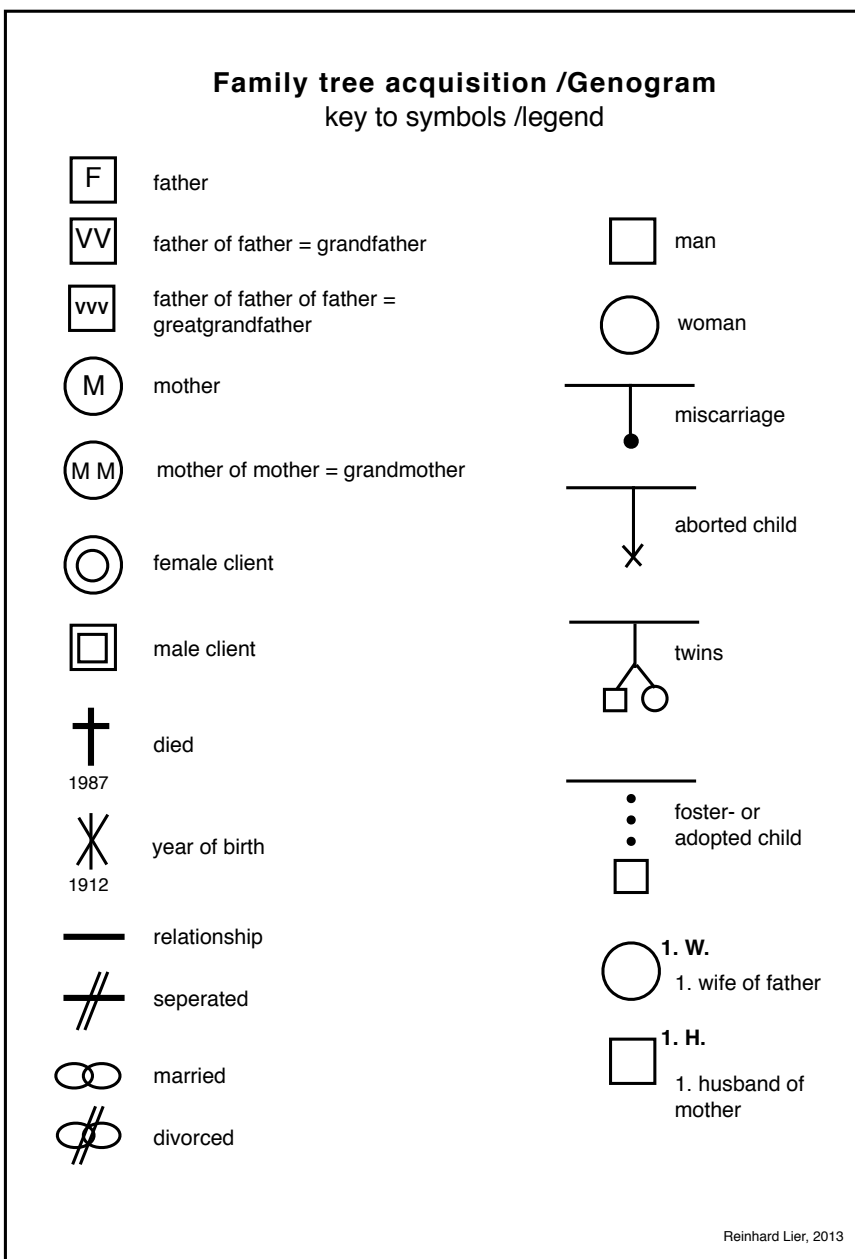
- Emigration overseas
- incest, sexual violation (abuse)
- crimes (especially war crimes, even the mere observation of war crimes, especially SS units)
- culpable involvements (also through causing an accident)
- Misappropriation of inheritance
- Suicide
- murder
- home-loss (fate of refugees)

Are the parents from different countries?

- Does anyone live as an outsider

for example homosexual, gambler, seriously ill?

This list does not claim to be complete. Hints to supplement are welcome.



1.2 The present family (the present system)

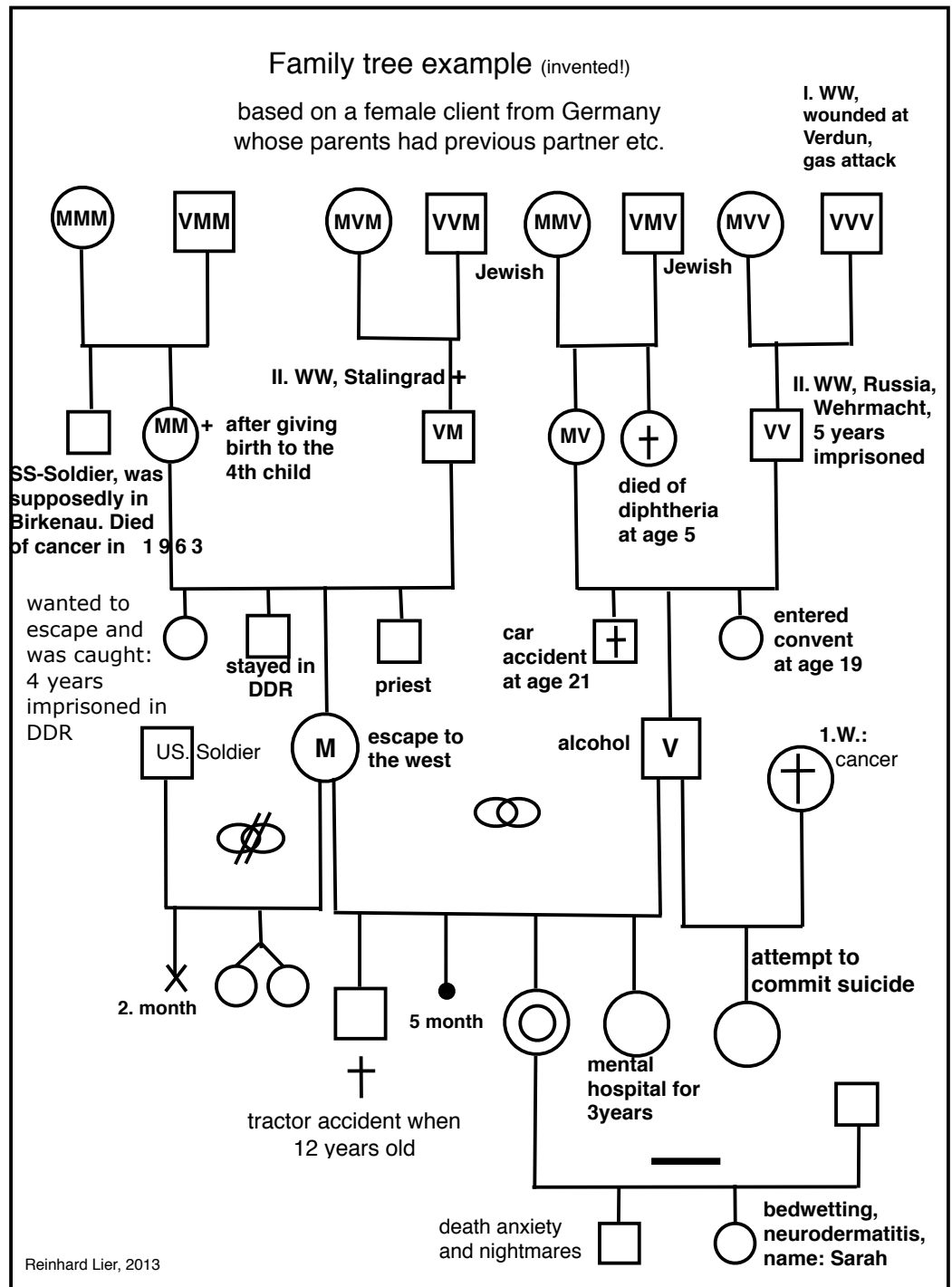
If a client is married or if he (she) is in a steady relationship, we are referring to this as a couple relationship. This includes man and woman or partners of the same sex. When children are resulting from this relationship a new system (present system) is founded. If children are taken into foster care or adopted or if children from former relationships are brought into the relationship, the following aspects of order have to be considered:

children of the partner

from previous relationships take precedence over the new partner, meaning a man can only take a woman when respecting her relationship with her own children and humbly accepts to be ranked second (after her children). The woman says to the man: "I am only available with my children."

The man doesn't have any rights or duties regarding these children, since he is not their father. All this also applies for brought in children. When both partners have children together later on, then the man is father to these children with all rights and duties.

The more relationships and children on both sides have to be considered, the more complicated becomes constellation work with the present family. Crucial is respect for previous partners – respecting the relationship – and a good parting so that later children don't have to represent (substitute) these previous partners. The later child owes its existence to the failure of the previous relationship. For example the father left his wife in order to make another woman, the mother (of the



child) his new wife. This made the birth of the child possible, but within the soul the first wife's loss is perceived. The first wife of the father thus has a right of belonging and the child experiences her loss as its own benefit, since this is how the mother could take the place of the first wife. The first wife of the father will be given a place in the child's soul by representing her in the system. In this case for example the child may feel the powerless rage of the first wife against the father, who had left her. Or the father is still mourning about his first big love and the daughter secretly (and unconsciously) takes the position of this first wife. In this case the mother sees her own daughter as a rival and the daughter can't approach her mother as a daughter and embrace her.

The resolution: the child is released when the father finds the according, good place for the first wife in his soul and respects the good and honors what he had received from this woman.

Insofar one's own previous relationships are to be respected since these previous partners own a right for a space in my soul (in my system). Hellinger clearly distinguishes bond and love. The bond is essentially based on emotional-sexual performance and is, in the course of our earthly framework of relationships, irresolvable. Whether love flows in this is another question. Even without love a bond can be developed, for example with incest or rape. Concerning such questions the individual case has to be examined with the help of Family Constellation work, in order to see if bonding powers are in effect.

Essential seems to me:

Any relationship where sex is performed matters, even if the exchange was very superficial and not emotional. What counts is give and take. We do well to respect the given and give this gift, as well as the person who gave, a good spot in our heart. If we don't do that future children will help the previous partner to receive justice and will represent him or her. It is amazing to see how spiritual principles work and unredeemed content of the soul are reencountered in our own children. This is because the family-soul does not tolerate disrespecting previous partners. Such injustice!

Subsequent partners also have to respect our steady bonds/relationships (and so do we), if we don't want to lose them. Any official relationship when partners lived together has to be considered a "steady bond". A second wife takes the husband in the presence of the first wife. This demands courage and

humbleness at the same time, because if the first wife has lost the man, the second one can take him only in a good way and keep him; if this taking is not performed in a presumptuous way. At the bottom of her soul the second wife knows that she got the man at the expenses of the first one. If she does respect the first wife and this first relationship of the man, she is able to stand by her love and can take the man for good as the second wife.

Platonic relationships, where no sex is performed, do not lead to a bonding in the sense of the family constellation. In this case the relationship stays literally non-binding, since who shuns sexual performance excludes the possibility of passing on life to future generations. The give and take of female and male power connects people at the deepest level. Only at this level passing on of life happens, only here the person, especially the woman, is very close to life and death. Pregnancy and Birth of a child are the fruits and completion of sexual union and herewith the culmination of a couple relationship.

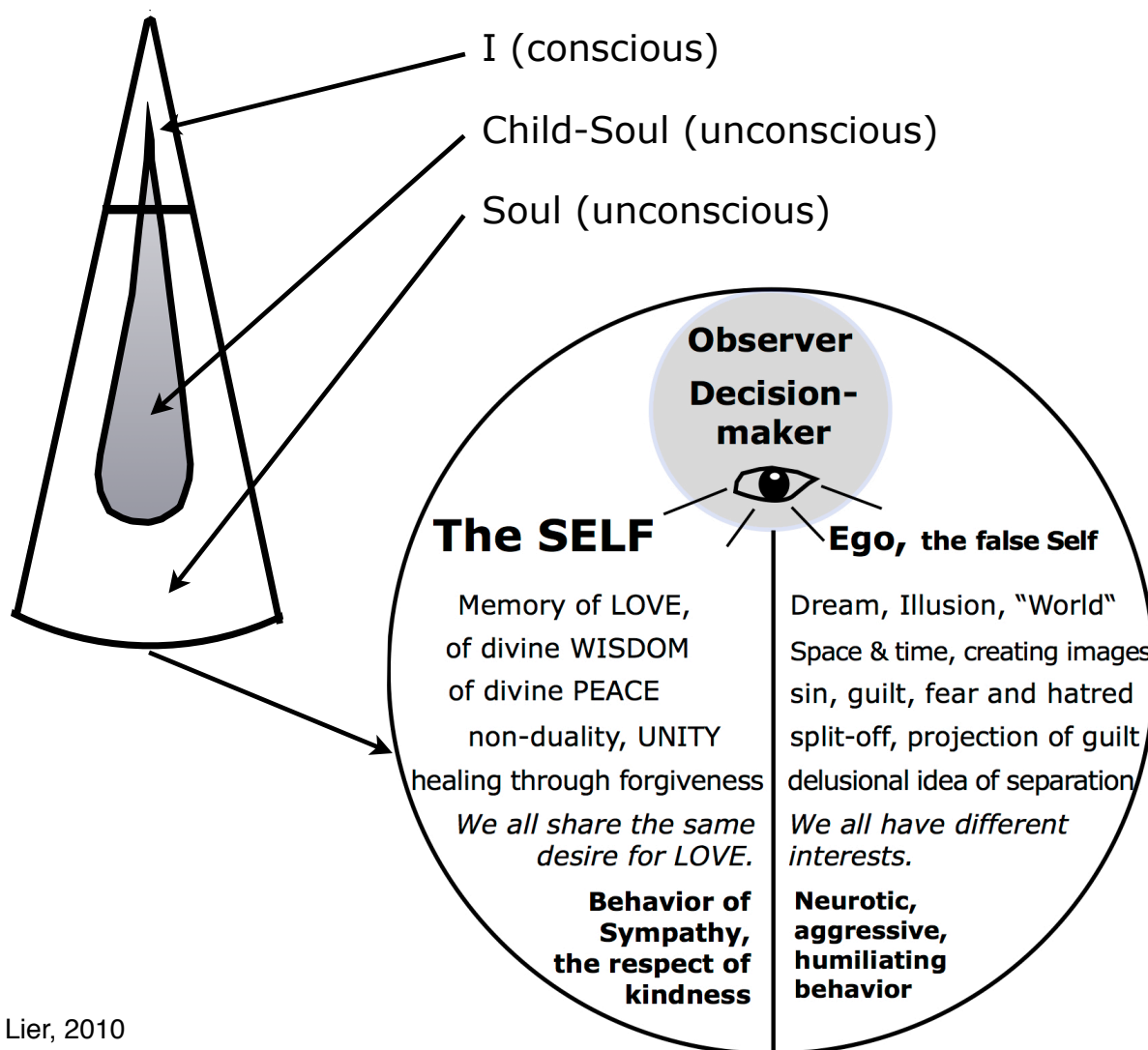
1.3. Soul, I and child's Mind

When in the following an attempt to create a model is being made, I would like to stress that this is one of many possibilities to approach the understanding of the humanly way in all its layers of complexity. Such a model can be helpful for a better understanding of hidden context. Through Family Constellation work we have been introduced to a valuable field of experience that makes the following conclusions sensible.

When looking at the individual we are primarily distinguishing a conscious part, the I and a considerably bigger unconscious part, the Soul. I've developed this thought in the following illustration and made it graphically clear. From my point of view the child's mind is an unconscious preliminary state of the development of the I. The I grows out of it. This part loves purposefully, so to say with purpose and with that remains in a symbiotic-magical feeling. Hellinger characterizes this area as magical thinking and feeling, as well as blind, unconscious love. The highest good of the child's mind is bonding, meaning belonging to the family and clan.

The I presents the tip of the iceberg, the smallest part of our being. This is where we are making our conscious decisions, where we are making declarations of intent and use our freedom to act. To what extent we are actually free in the egocentric sense remains an open question, considering the enormous navigation-force of the soul. Looking at entangled family members and the strong effect of the soul, which remains mostly unconscious, we can

see quite clearly that the I can never free itself or withdraw from the soul. Although it may seem that a child can cut off from its family in rage, on the unconscious level of the mind it will still stay tightly connected to the family of origin. When this person, who had turned away from his family, has children of his own later on, these children will pick up the family ties, which are active on



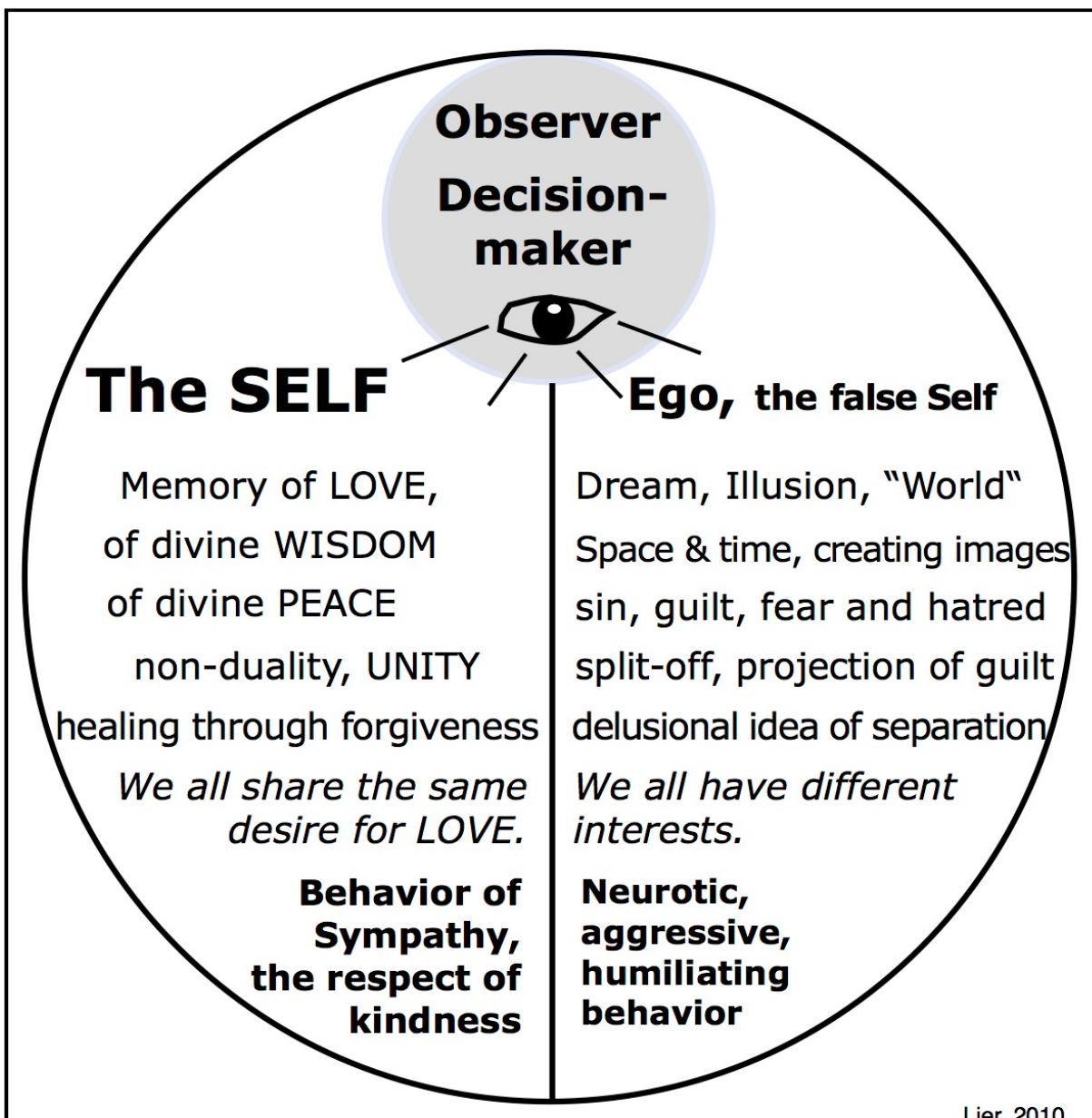
R. Lier, 2010

the deepest level and, represent their grandparents (for example). The I remains subdued to the fateful forces of the soul even though a creative "I-like" willpower may be in effect within certain limits. The highest good of the I is life, which at the same time implies fear of death. The soul on the other hand is in accordance with death and not afraid of it, since it only presents a thoroughfare to the greater source (the MIND).

The soul essentially acts unconsciously and contains the greater source in its various dimensions. It must not be understood as purely personal, individual but consisting of all humans with their desires and fears (dream visions).

The soul (the mind) navigates the development of the individual family member, as well as the one of the higher ranking units of family, clan, peoples and humanity. It comprises the living and the dead, who still exist within the MIND. "All of us exist in the soul," Bert Hellinger stressed continuously.

The Soul consists of two parts on its higher level: the true and the false SELF. The true SELF is the pure Spirit of the MIND of the SOURCE ("God"). Its nature is PEACE, LOVE, UNITY, being all One. The false self is the dream, the part of us that is captured within the world, which believes in a person and a history



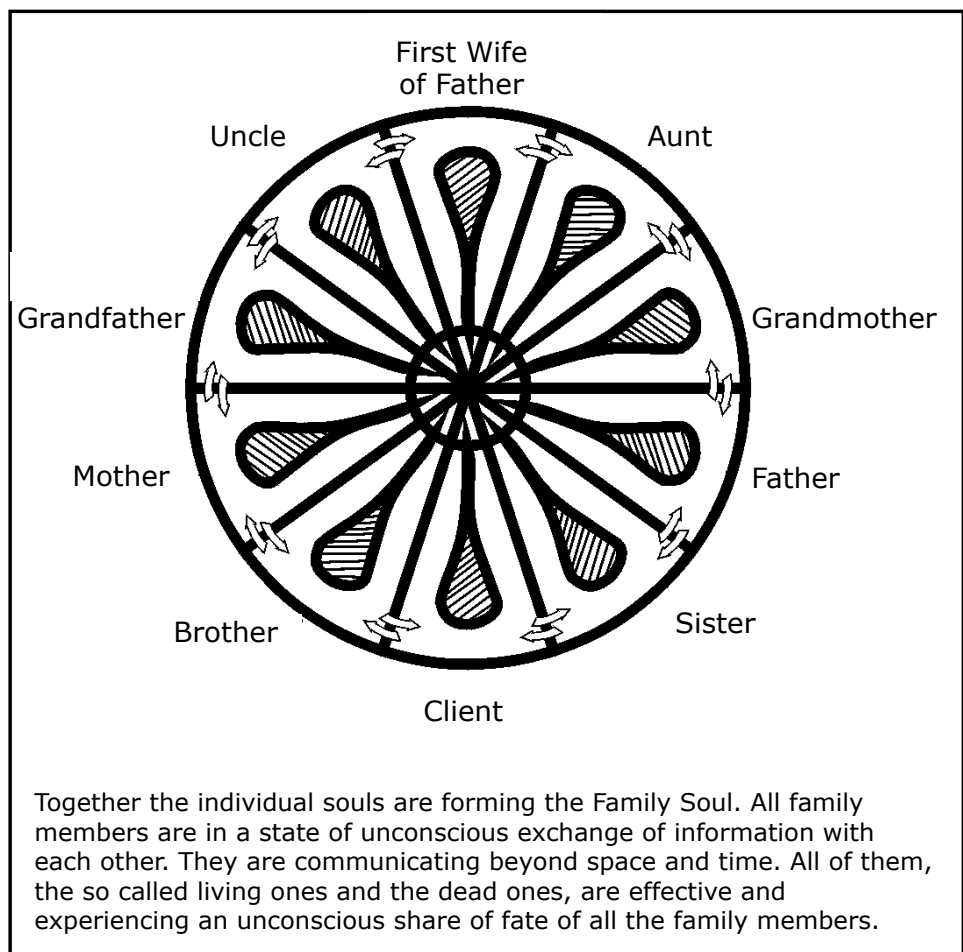
and wants to live it all. We want to experience a world of duality. We want to believe in the idea of separation and accordingly we believe in the value of individuality. The price that we pay for that is the painful feeling of fear and deficiency. The pain of being separated from all people and with that from the SOURCE, the Love of GOD.

The false SELF (or ego) is not able to love. It is selfishly concentrated on its own advantage and wants to hold its interests against the ones of others. It always goes into alliances, which *A Course in Miracles* considers special relationships (special love-hate relationships).

Let's go back to the systemic aspect of the soul. Here I am talking about the family soul which connects many generations and is in commutation with everyone who has a right to belong.

This is how the pyramid completes itself to a pyramid circle where all family members have its place. There is a constant exchange of information on the level of the family soul. Here subconsciously everybody knows about the other one's fate. The individual person somehow holographically shows all fates of the family and the clan.

In this content one can also talk about morphic or morphogenetic fields which were explored by the English scientist Rupert Sheldrake. All life organizes itself in form of invisible energy-fields, which hold specific information. Only later these fields of information realize into the materiality of the three-dimensional world.



The procedure: The Constellation Set-up

Such energy-fields are obviously active in family constellations. The client is carrying the energetic image of the family soul with all events and past. This field, which acts in all family members, has obviously a memory and thus can be called a *knowing field* (Albrecht Mahr). The presence of one person is sufficient to make visible the entanglement of relationships of the whole family and clan. With the help of representatives the client positions his own family in the room. The only thing that the representatives are to know is who they are representing. And even this knowledge is not necessary: Sometimes it is advisable not to tell the representatives who they stand for. This is a so called hidden constellation, only based on the direct information the representatives perceive.

The only thing that the representatives have to know is who they are representing, and actually even this is not essential.



The client gives the information about his family with the intention to use a specific person to represent his father. When the client is concentrated and gets into physical contact with the substitute, the energy field of the family soul transfers onto the particular representative who then, after a little while, experiences a shift in his emotional and mental state. The representative acts as a medium for father, mother, sister, brother, uncle and so forth. Once all important people for the specific topic have been set up, the therapist asks them about their feelings. Usually the basic dynamic of the family entanglement shows pretty fast by using this technique and solutions can be searched.

Setting up the Family: some Examples

1. The grandfather who died in Stalingrad

LIER: What is your issue?

THOMAS: I want to leave my wife and my two children.

LIER: Do you want to be alone?

THOMAS: Yes. My wife is complaining that I am running through the woods every weekend, but I just have to do that.

LIER: Who are you running after?

THOMAS: I don't know, maybe my grandfather (*heavy breathing*).

LIER: What happened to him?

THOMAS: He died in Stalingrad during World War II.

LIER: Set it up: we need two representatives, one for you and one for your grandfather.

Thomas takes two men from the group and puts them in position. They see each other from a long distance. Then Thomas sits down again.

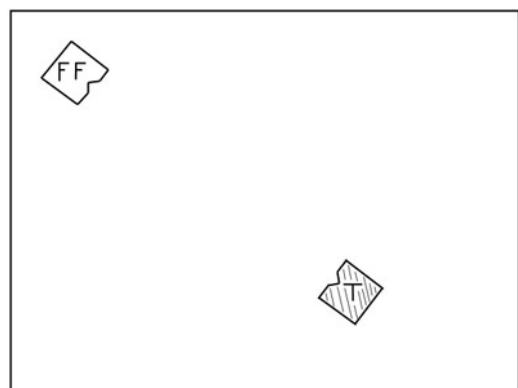
T Grandson (= Thomas)

W Wife of Thomas

FF Grandfather (died in Stalingrad)

1 Son of Thomas

2 Daughter of Thomas



After some minutes:

LIER: How is the grandfather feeling?

GRANDFATHER: I feel so cold and I can hardly see you all. I am so alone.

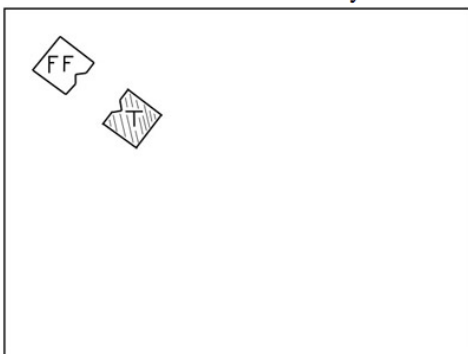
LIER: How is the grandson feeling?

GRANDSON: I am focused on my grandfather, I want to get closer.

(Thomas' representative feels drawn towards his grandfather)

LIER: Look, it is obvious, you are trying to follow your grandfather, you actually want to die.

LIER to the representative of Thomas: Follow that movement, wherever it leads you!



Thomas' representative rushes to the grandfather and embraces him with great emotion. Thomas watches the scene and is very touched.

LIER goes to the representatives: Now, look at each other. Thomas representative closes his eyes and wants to embrace his grandfather again. Lier interrupts them and speaks to

Thomas: I take you in right away to let you feel the movement.

Thomas representative leaves the constellation and Thomas himself comes in. He stands in his original position far away from his grandfather.

LIER: Take your time and feel!

After a moment Thomas rushes to his grandfather, bursts out crying and embraces him with his eyes shut.

LIER goes to them and says to Thomas: Open your eyes, step back a little and look at your grandfather!

Thomas opens his eyes and closes them again.

LIER: That proves the identification with his grandfather, he goes into inner pictures and does not want to see his grandfather as a separate person. He feels as if he were his grandfather.

LIER: Open your eyes and tell him: "You are my grandfather and I am your grandson. You are dead, I am alive".

It takes Thomas quite a while to keep his eyes open and to speak these words. He starts crying again.

LIER to Thomas: Tell him "I want to die as you did in Stalingrad".

THOMAS: Yes, I also want to die! He starts crying again, and after a while calms down.

LIER to the grandfather: Tell your grandson "Leave it with me, it is my fate, I can bear it alone. You don't have to bear that burden."

GRANDFATHER: Leave it with me, it is my fate, I can bear it alone. You don't have to bear that burden.

Thomas looks a little disappointed.

LIER to Thomas: Now you are getting smaller – one calls that down-sizing. Tell him "I leave your fate with you. Please, look friendly upon me if I stay alive and enjoy my wife and my children!"

THOMAS, after hesitating: I leave your fate with you. Please, look friendly upon me if I stay alive and enjoy my wife and my children!

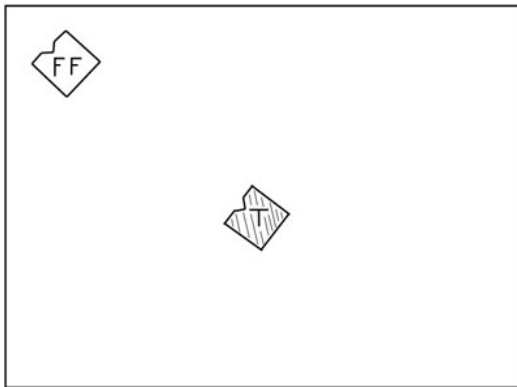
The grandfather looks with benevolence.

LIER to Thomas: How are you feeling?

THOMAS: A little relieved, but it is hard to take.

LIER: Bow with respect before your grandfather.

Thomas bows. He is deeply moved when he brings himself back up and looks at his grandfather. Lier moves Thomas slowly away from his grandfather. Out of the distance they look at each other. Lier turns the grandfather around, so Thomas is facing his back.



LIER: He has a right to be left in peace. He will be fine with his dead comrades and with all the dead Russian soldiers. That is too big for you. Tell him "Now I let you go – with love!"

THOMAS: Now I let you go – with love.

Lier adds Thomas` wife and children to the constellation.

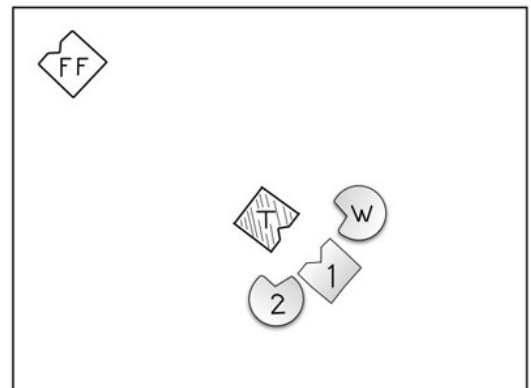
LIER: Now, turn around also and look here at your wife and your children. Tell them "I stay, you can count on me!"

THOMAS, being close to tears: I stay, you can count on me!

LIER: Speak it once more, with strength, very calmly!

THOMAS: I stay, you can count on me!

LIER: That's it, that is the future: your children and your wife, a good motivation to live. And the dead look peacefully with joy out of the distance if you make something good out of your life. Okay, that is all.



2. Father's first wife

LIER: What is your problem?

DANIEL: My girl-friends always leave me after a while.

LIER, after having sensed Daniel's energy: Do you feel like a man or do you feel that female energy is involved?

DANIEL: People usually tend to think I am homosexual, but I would really love to be with a woman.

LIER: What happened in your family of origin? Do you have any siblings?

DANIEL: I am the only child, and my parents are still alive.

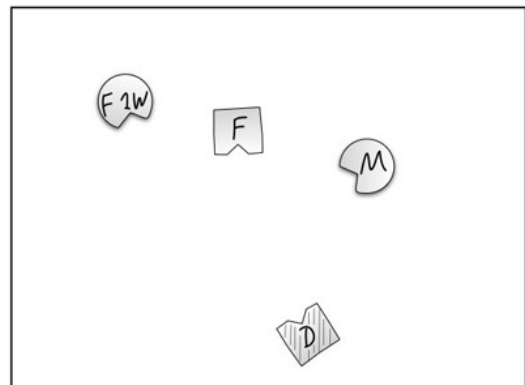
LIER: Did your parents have any former fiancées, that is serious relationships with other partners?

DANIEL: My father was married to another woman who died of cancer.

LIER: Okay, that is all I have to know right now. We need four representatives: your father, his first wife, your mother and somebody for you.

Daniel chooses the representatives and sets them up.

- D** Son (= Daniel)
- F1W** Father`s first wife
- FF** Father of Father
- M** Mother
- F** Father
- FFF** Father of Father of Father
- FP** Future Partner



After a while the son is getting very excited. He wants to move to his father's first wife and feels very attracted by her. Then he embraces her wildly.

LIER to Daniel: You are representing your father's first wife. Did your father ever mention her? Have you seen a photo of her?

DANIEL: Not really, he said he just loved my mother and did not want to look back. I don't know what she looks like.

LIER: So she is forgotten, she was not acknowledged. I take you in right away. How is she feeling?

FIRST WIFE: I am just sad.

Lier takes Daniel into his original position in the constellation. He is overwhelmed by feelings of excitement and runs to his father's first wife, embracing her with great joy. Lier interferes because the representative of the first wife can hardly handle this emotional wave, which has some almost psychotic quality.

LIER: You are deeply identified with her, you are having her female feelings – out of solidarity! Speak to her "You are my father's first wife and you suffered terribly and died. But this is none of my business, my father has to take care of that. I stay with my real mother and my father".

DANIEL: "You are my father's first wife and you suffered terribly and died. But this is none of my business, my father has to take care of that. I stay with my real mother and my father".

Lier moves Daniel away from the first wife towards his mother.

LIER: Tell your mother: "You are my real mother and I am your son."

DANIEL: You are my real mother and I am your son.

LIER: "I have nothing to do with her" (pointing to the first wife).

DANIEL: I have nothing to do with her.

LIER: I will stay with dad now.

DANIEL: I will stay with dad now.

Lier lets the father look at his first wife.

LIER to the father: Say to her "I am very sorry. You are my first wife and you have a place in my heart".

FATHER: I am very sorry. You are my first wife and you have a place in my heart.

LIER: then, "Please, look friendly at my son, that he can take the power of men and live fully!"

FATHER: Please, look friendly at my son, that he can take the power of men and live fully!

LIER: How is the first wife feeling now?

FIRST WIFE: Better, I am more at peace.

Lier takes the first wife further away, but she is looking from the distance at the new family. Then he places Daniel right before his father.

LIER: Tell him "I take you as my father and you may have me as your son".

DANIEL: I take you as my father and you may have me as your son.

LIER: Please, give me the male energy of all the men!

DANIEL: Please, give me the male energy of all the men!

Lier adds the grandfather and the great-grandfather behind the father to strengthen Daniel.

LIER: Now lean against your father, close your eyes, breathe deeply and take in the male energy of all the male ancestors. How does that feel?

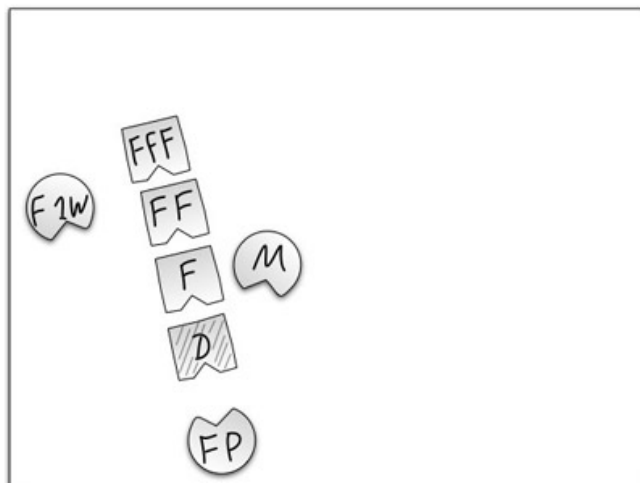
DANIEL: Amazing, I feel like a man for the first time.

LIER: Enjoy it!

Lier places a young woman some yards away from Daniel.

LIER: Now open your eyes and look!

DANIEL: Who is that?



LIER: Your future, you should know!

Daniel smiles.

LIER: I think we have it. Thank you all.

Important Notes concerning the Family Constellation Therapy

Bellow I give my hints for dealing with Family Constellation work. During the past years this text has been developed and has proved to be helpful for the participants of my therapeutic groups.

-All clients approach the therapeutic session with respect and inner sympathy. The session is not to be commented on nor judged by the participants. Please do not leave the room during the constellation work – there will always be some breaks!

- It is desirable and necessary that observers and clients, who are still waiting to set up their constellation, are available for constellations (of course you are allowed to refuse if the inhibition threshold is too high). Representatives can assume different roles in different family systems, like for example: *father, mother, child, spouse* and thus experience feelings and thoughts, sometimes even physical feelings, of the person they are representing. I then ask the representatives to express their perception and how they are feeling in a straightforward manner. This perception has to be looked at as clearly separated from the personal fate of the substitute; nothing must be taken into relation of one owns life.

When leaving the constellation the representatives also leave their roles and detach from the other's destiny.

- Clients come with serious concern (a specific problem, serious incident in the family and so forth). Family constellation work takes place because we are seeking solutions concerning our personal destiny. It is about taking responsibility for our actions and about our good place within the family system and herewith ultimately also on earth. The one who knows his roots (parents) and takes them into his heart stands solid and can lead a meaningful life.

- The constellation, positioned by the client, shows reality in its particular issue in a snapshot and does not allow definite conclusions about how this reality will develop in the future. The movements of the soul are unpredictable and have to be observed and respected with caution. Truth shows itself in the current state of being, new from moment to moment. We say goodbye to the "static

and logical" because it tries to calculate the soul, its forces and the future current of life.

- Generally the constellation is supposed to end with an image of the solution. This image will then unfold its healing effect in the client's mind. This takes time (up to 1-2 years long-term effect!). One constellation session cannot entirely grasp all different problematic fields of a family or clan and therefore often different family issues have to be sorted and solved in layers. There may be days, weeks or even months between the single sessions. Constellation work can thus very well be considered as a repeatable therapeutic treatment, which can, as a system-related short-term therapy, quickly and effectively lead to a solid solution.

- Clients should not talk about their feelings and internal processes with people who were not involved in the session, since they are supposed to keep all their forces concentrated within for unfolding the solution. When addressed with curious questions like: "How was it?" the best way to answer is something like *It was intense*. People who are interested in this kind of work always have the option to get to know more by participating as an observer.

- Clients should not act immediately after a session. The image of solution unfolds its effect and with this process the according opportunity for action will appear on its own. (The sailor is waiting for good wind. He doesn't start paddling like crazy right away.)

- Identifying oneself with one person of the family or clan presents one of the most severe fateful entanglements. Once the constellation session reveals this identification, with the specific person who we are deeply connected with through blind unconscious love, the disentanglement is fulfilled. Bowing in front of this person is the best way for the client to pay respect and tribute. Paying respect to the other person and his fate helps the client to find himself and to withdraw to his according place within the family. Still, even after the session the maelstrom of identification stays active. Now we are consciously recognizing the forces that connect us pathologically with the alien fate. In this case the following is advisable:

- The solution sentences (also called statements of empowerment) should be spoken in the language of the home country (also in the specific dialect), since this can affect the soul strongly.

- Bowing can be repeated inwardly, meaning imaginary, any time after the constellation session. It consists firstly of the bowing position (I honor the other one!) and secondly of the rising (I rise and find myself and go to my

strength). Alternative sentences may be used like: *I respect you and your fate and your decisions, and I leave it all with you because only you can bear it! and I will hold a place in my heart for you. But now I let you go – with love.*

- A good image, that gives strength: Father and mother are well-disposed standing behind me and I feel how father and mother energy flows into me. It is also possible for me to evoke the final image of the constellation and I can look at all my relatives in a loving way from the angle of my appropriate place, the place where I belong.

- The client (the person who sets up the constellation) can call or contact the therapist for a personal appointment if specific questions or problems arise after the constellation work. In some cases follow-up work may be useful and necessary to anchor the image of solution deeper into the soul. Crucial for follow-up work is the perception and the needs of the client. Sometimes I recommend follow-up work at a later date even during the seminar. Some issues are better to be dealt with one-to-one. Clients who have been sent to me by their doctors or therapists should contact them again after the constellation work.

- Confidentiality is asked of all participants, which means we all "forget" personal statements and processes of the clients.

When you have recognized something as right, you should not act immediately. Otherwise one is under the influence of the outside. For example, under my influence. Or under the influence of the image. Then what you do does not come from your soul, but it comes from considerations, of objections or restlessness, or whatever." Quote Bert Hellinger "How love works"

Healing aftercare – with caution

Unfortunately some Family Constellation practitioners have the reputation that they are not taking care of their clients after the constellation work if they are in need of help. Aftercare is an optional offer out of respectful understanding for this kind of work and not a prescribed treatment of the therapist. The client decides himself if he needs it or not. When a constellation is briefly described to me I manage to go mentally back into the constellation or I find the family-tree in my notes. This is how I am able to help out or answer specific questions in aftercare.

Sometimes new aspects show up later on, or new facts are revealed, the course of destiny has changed. My clients are entitled to ask questions up to a

year, which is a service included in the basic price for the constellation work or the one-to-one counseling. Further payment is only due when coming in for a new one-to-one coaching or for a new constellation work. Following are two questions from aftercare work and my according answers:

Feedback of one client 1:

"In our first conversation I had mentioned that I have been lacking energy and strength. The solution turned out to be my grandmother who died of a heart attack. Right after the constellation work on Sunday I experienced a flow of energy running through my body. The pain, which I've had since Saturday, declined. I slept very well.

On Monday my pain in the shoulder was gone but instead I started having a slightly jabbing pain in the chest area. Yesterday the stabbing pain had disappeared, too. This morning I had a slight anxiety attack again but now I am having an easier time to cope with this feeling in my head than just a week ago.

I could identify myself with so many things that came up during the seminar. I don't know why I finally decided to deal with my lack of energy – it was probably the most important. I know, I am supposed to let it all work inside but so many questions arise and I am thinking so much and I am not allowed to share these thoughts, so that the effect is not distorted.

I want to think about my grandmother and I don't know if this is the right thing to do. Up to last Sunday I was not even aware about how much I missed her. I was only a little kid (about 1 1/2 years old) when she died and somehow no one ever talked about her. My mother did not like her and my father never talks about his family. It was only last year when my aunt contacted me again.

Would it help me if I knew more about my grandmother? I realized that I had actually really missed her. I used to look for a substitute grandma but I never knew why. Could this knowledge be helpful also with other patterns that I have? Or is it simply distorting something? It would appreciate, if you had the time to answer."

Response 1:

Obviously the constellation work hit a crucial spot. Physical reactions can occur since we are all absolutely connected in the family-soul – in the MIND. Basically the constellation work may have such an effect. When you are feeling symptoms it shows you are looking at your grandmother with love and wish

her peace. You may part from her with love, since she does have a place in your heart.

Now she receives respect from you and this will help her to pass on in peace. She may go into the LIGHT of GOD. This may also be a helpful image for you which will be transferred to her. It is okay when you have the opportunity to find out more about your grandmother. But it is not important. What counts is the love and love flows now and brings you new energy. This is ultimately healing of the **mind and spiritual healing**: When conciliation and bonding may happen. This is when peace enters. I am sure you will discover even more and get more insights. This is going to come naturally and calmly. Don't put pressure on yourself. The process of integration and healing is happening. When new questions or facts come up get in touch with me.

Feedback of a client 2:

„I set up two constellations. One was about love and how I didn't let any man come close to me because I had built a wall around me. This problem was resolved a few weeks later. I met my present boy-friend and I am very happy.

This session was successful. However concerning my career choice nothing happened so far. Back then you told me that I could only stand solid with both legs in life when accepting my roots, meaning my origins. My father is from Kosovo and my mother from Germany. I am still having a hard time accepting my roots from Kosovo. I really tried hard but somehow I can't. This also reflects in the fact that I still don't know where I want to go career-wise or which education I should choose. I am absolutely disoriented and without a plan. I wanted to ask you, if you could possibly help me or give me some advice how I can continue working on myself to obtain this goal. Maybe there is some helpful advice from your end. I would be very grateful because I can't go on like that.

Response 2

Start out by doing something simple and even if it is a job like cleaning. Doing this imagine how your ancestors in Kosovo were also doing such simple work. Then stand beside the others, mentally, and say to yourself and to them: I am one of you. Please look at me in a kindly way when I move on now and a different work/education comes my way."

When we don't respect our ancestors we are lacking the good wind in the back to sail successfully. To row around wildly without wind does not do a lot...

Chapter 2

Three basic needs of the soul

The order of love observed by Hellinger is based on three basic human needs:

1. The need for bonding meaning belonging to a group. We are experiencing this need at first regarding our family of origin: the child looks at the parents and all the other family members and simply wants to belong. It experiences a deep feeling of loyalty and innocence. When I am allowed to be part of my family I am experiencing a deep feeling of happiness, no matter what the outer material circumstances of the family may be.

Later on this need for bonding will shift from family of origin to our own couple relationship. This is the only way a new system can be created and last. Feelings like guilt and feelings of innocence tell us precisely if our behavior supports or endangers our bond with the group.

2. The need of balance between give and take.

Relationships begin with giving and taking. In equal relationships both partners give and take alternatively. When the balance is refused, since one partner wants to give only (for example helper syndrome) the continuity of the relationship is endangered. The one who has taken wants to give back to feel innocent and free again. The duty to give (in order to balance the taken) is sensed as a feeling of "I owe you". When giving back this unpleasant feeling diminishes.

What is important in a loving relationship between equal partners – the continual balancing of giving and taking to keep the relationship up – is plainly impossible in a relationship between parent and child. Parents give the child the greatest gift of life, which flows through them into the child. The child cannot reciprocate this gift and thus will always stay "in debt" to his parents. A thankful manner towards the parents is helpful for the child. It holds in high regard especially the risk that the mother took with the pregnancy and with giving birth because she could have died. In this regard the woman, or rather the mother, carries a heavier burden than the man. She comes very close to death when in the process of passing on life.

3. The need for Order

Interpersonal life shapes itself through structure, be it through agreed laws, traditions or unwritten codes of behavior. In the family and clan a natural order is in effect but we are rarely conscious of it, even though we are mostly acting

accordingly so that we are allowed to belong. There is, for example, an order of rank between siblings according to their timely order of appearance. The one who came first takes the first place. Following is the second one and then the third. The first one gives to the second one and the second one to the third. The last one has usually taken the most, stands all the way down and is, in the matter of entanglement, most likely to align to the heavy destiny of his higher ranked siblings. Peace amongst the siblings can be when everybody's position is acknowledged by the others. This system of order serves people to be able to have good relationships and makes love flow well. Still, this system of order is subject to change and reformation too. As Hellinger stated, "they pulsate and develop" and "by setting limits they are making room."

Chapter 3

Basic forms of entanglement

The one who rejects the acceptance of reality has to suffer.

Bert Hellinger

When experiencing one of the following dynamics a person suffers.

1. Identification

The identification is the most severe form of entanglement. Someone may pick up the father's illness, for example, and suffers like he does in order to unburden him. The child's mind experiences the suffering of someone else in the system as unbearable and wants to release the other immediately from his heavy suffering. This is also true for our ancestors, who died young and who we have never met in person. In the child's mind the suffering of the ancestors stays present. The heavy fate of the grandfather shows in the child's mind of the grandson, who identifies himself in blind love with the grandfather and wants to save the grandfather posthumously. This quest of the child's mind probably arises from the following circumstances:

1.a) By taking on the grandfather's suffering the grandson feels exceptionally tied to the family. It is a strong movement within the child's mind: a feeling of well-being, of loyalty and powerful greatness and innocence is experienced in all tragic entanglements.

1.b) The child's mind shows completely illogical tendencies. Obviously the time factor of before and after, of the past and future, is not apprehended. Suffering has ended for the dead grandfather but the living grandson experiences his suffering as if it was his own – he actually makes it to become his own. He is identified with the grandfather's fate. He fights and carries and suffers as if this would change something for better. I mentioned the magical thinking and feeling of the child's mind when talking about the model of the soul. It is a loving magic of power, which is going to be disappointed in the end because it goes into the void since it doesn't reach its aim: the salvation of the other one. The child's mind says to grandpa: *I am following you* or it says to the living father *Rather me (suffer) than you*. The first morbid sentence (*I am following you*) always relates to a deceased. This desire to follow involves the loss of a lot of life force, which flows on to the deceased. It is possible to live a long life with such identification; however one doesn't have access to the full vitality, the happiness of the presence. The second sentence (*Rather me than you*)

relates to the living ones. Both sentences lead to suffering, illness and sometimes even to death.

Release and liberation from these magical perceptions can be found by looking at the loved person who the client identifies himself with. Looking at the person and taking a bow in front of the grandfather, for example, and paying respect to his heavy fate has a detaching effect. This fate belongs to him and it has to stay with him and may stay with him even though the child's mind experiences it just like its own fate. Most people find it to be a hard step to let another family member cope with his hard life all by himself. They would rather close their eyes and remain in blind love in a woebegone, symbiotic embrace with the ancestor. To suffer with the other one is easier than to be happy and make a loved one carry his or her own difficult fate.

Three examples for severe identifications

Example 1: A young woman lives together with a man. She keeps having outburst of fits of rage against her partner. She accuses him of cheating on her. The man doesn't know what this is all about and can't understand these outbursts of fury.

The young woman's mother is still carrying suppressed fury against her husband, the young woman's father. She knows that her deceased husband had an affair with his secretary 25 years ago. However she avoided to deal with this conflict openly. The suppressed fury bubbles up in the daughter (subject) even after so many years and turns against her husband (object). In such a case we are referring to a double shifting in subject and object. Such a shifting can also be shifted time wise and thus appear a long time after the young woman's father had died. As long as the mother has not processed her suppressed fury the daughter will subconsciously be pleased to carry this burden and blindly act against her husband.

This shows how family-members are deeply connected and how according to the hierarchy the ones further down take over the superior's burden. Personal freedom does not exist. Freedom requires an act of awareness, a spiritual achievement.

Example 2: In one of my seminars a clear example for identification was given by a man who suffered from panic attacks when attending business conferences. At the end of a meeting he said he would sit there as if paralyzed, closemouthed and sweating like hell. Solving this issue was very simple: one of

his uncles, who he loved dearly, suffered from multiple sclerosis and died at the age of 42 from paralysis. As a child the man used to visit his uncle weekly because he felt so sorry for him. Driven by love and solidarity he later on subconsciously imitated the uncle's symptoms and suffered like him. This may sound weird for many readers, but the proof showed shortly after setting up the constellation. Two years later the man called me and told me that he was now free of anxiety and without symptoms and that he doesn't have problems leading business conferences anymore.

Example 3: A woman feels threatened by her brother who is very aggressive. She fears for her life and stays away as far as possible from the brother, who has already attacked her several times. The woman's uncle was an SS member in the Third Reich and worked in a Concentration Camp. Setting up the constellation shows that the brother is identified with this uncle. He carries the energy of the perpetrator and turns it against the sister who is identified with the uncle's victims. The double shifting occurs to be from uncle to brother (nephew) as subject and the uncle's victims to the niece (client) as object.

In the matter of perpetrator or victim it can be observed that also outsiders, people who are not related by blood, have access to the family system. Perpetrators or victims are being represented by followers. A very strong bonding force can be seen, which stays with the followers up to the 3rd or 4th generation. The double shifting very often plays an important role in couple conflicts. When one partner experiences an occasional change in character this is commonly caused by an identification from the family of origin. The other partner may take the role of the victim but also here one should look for models in his family of origin. It applies: they were both looking for each other and found each other to be able to live the traditional patterns of their family of origin.

1.c) From the angle of the Spiritual Mind Training another aspect can be seen which leads us into entanglements. All of us are unknowingly suffering of a metaphysical guilt-conflict. Fearing this guilt and the resulting penalty causes a splitting-off in our conscious mind, like we are splitting off traumatic incidents from our childhood through amnesia (Greek: *without memory*) to be able to live normally. The idea of separation is based on the mental basis of this guilt. It triggers the imagination of a life existing east of Eden – and thus, outside of HEAVEN. This imagination of being expelled from love makes all humans suffer.

All dramas in human history that are being mirrored in great literature like Goethe's Faust, Dostojewski's Brother Karamasow or Shakespeare's Macbeth or more contemporary ones like Duerenmatt's Visit are about guilt, fear, hate and the desperate search for power, security, innocence, peace and love. All these dramas are basically rooted in one thought: the idea of separation, the obsessive idea, which is commonly subconscious: we have become guilty and deserve death.

This (supposedly) original guilt affects the whole human soul, all of us being splintered aspects of the one soul of the one Son of GOD. Its core is the idea that we attacked the original source (God) and stole the power of creation from it. However, this thought is unbearable since with it we are experiencing guilt of unknown dimension. Thus, a repression of our *No* to the source has to occur so that we can meet an exculpatory counter-statement in the Old Testament: it was not us who attacked God. He merely expelled us because of a small misdeed (eating from the tree of knowledge) and has been haunting us with his rage ever since.

For the record: since this original sin suffering, illness and death came into existence. Every person in a human body experiences suffering, guilt and has to die. When adding the belief of reincarnation we are in a never ending circle of birth, suffering and death. The original sin with its consequences mirrors in all kinds of woebegone entanglements. The chapter about the Mind Training based on ACIM will deal with this issue and the misapprehension that it is based on, in more detail. In my book about couple relationship "Openness let's Love Grow" the history of the collective guilt conflict has been explained in detail.

Identifying with someone else's suffering is, when seen in the light of this greater collective guilt-conflict, an attempt to dissolve one's own guilt through a magical sacrificial ritual. The so called helper-syndrome aims in the same direction. A guilty conscience surrounds us when seeing a family-member that suffers: How can I feel good when he or she suffers so much? It still seems to be a kept secret that suffering (illness) is something that we ourselves choose out of the guilt-complex.

Additionally we have to consider that suffering is highly regarded in the Christian world and related to the suffering of the savior. Since on Golgatha, the suffering of an innocent person was interpreted to be essential to obliterate

the guilt of mankind. The central conflict of guilt is the foundation of our Christian self-conception. It can be seen in all human drama.

I wrote the following poem concerning the phenomenon of identification:

The return
From the solitude of the desert
I return to the gardens of the valley.
In the desert I saw the one who had gone
the one who I wanted to follow.
Nothing should separate me from him,
I wanted to go over all limits,
to find the ultimate happiness.
However it was the happiness of death,
when one renounces everything and let's go
before he has actually deeply taken
and says goodbye to life on earth.
It was a deceptive freedom,
detached from all bonds,
that looked for emptiness in free fall.
From the solitude of the desert
I return to the gardens of the valley.

2. The interrupted forward-movement

When a client stands apathetically in front of his parents during setting up the family constellation, or talks about them with distance or in a cool way, the reason is mostly an interrupted forward-movement towards the mother or sometimes the father or any other relevant person from the early childhood (for example the grandmother). There are several reasons for this emotional cut-off: it may be that one parent died very early or that the child had to stay in hospital for days or weeks. Divorce or approval of adoption has to be considered.

The interrupted forward-movement has an impact specifically on later couple relationships. It leads to neurotic behavior when the adult wants to come close to the partner and in the next moment runs away from exactly this closeness. The primary feeling of love gets covered by deep-seated feelings of pain, rejection, despair, hate, resignation and grief. These feelings are, so to say the other, the opposite side of the child's love towards his parents.

In therapy pain is recognized and amplified by deep breathing. The client goes back into the original situation when he experienced the separation from the parents. Allowing this pain one gets access to the love that lies beneath. This will lead to a motion towards the parents. When the client mentally arrives at his mother a feeling of relief and comfort is experienced. The image for resolution is created and unfolds its deep effect in the soul, which takes some time. Only later the relationship to the parents will change for better. An external change in the relationship with the parents will be noticed only after a while.

The renewal of a interrupted forward-movement can be carried out in a constellation session or in a one-to-one (therapist-client) session. When setting up the constellation the client stands in front of his mother (or his father or rather the representative!) and is slowly moved towards her, until an embracement is possible and harmonious. In a one-one session the therapist represents the missing parent and stays in physical contact with the client until he is able to let himself sink into the arms of the attendant.

3. Suffering because of personal guilt. When we are responsible for someone else's pain, for example, if we caused a car accident, we have the tendency to make our own life miserable because we want to balance this suffering. Deep down in the child's mind we have the need to balance. Most of the time this balance goes into the negative: I am suffering, too because of illness or failure in private life or in my career. The positive solution would be to recognize one's guilt and carry it and if possible, compensate the victim or do something good in his commemoration, if he died – for example create a foundation.

Chapter 4

Guilt and Innocence – the conscience

4.1 Guilt and Innocence

Bert Hellinger contributed essentially to clear up the issue of guilt and innocence in social relationships and the matter of conscience. To be human also means to have the experience of being guilty. The one who wants to remain completely innocent is unable to act. No matter what we are doing we will experience guilt in some parts of our lives (related to the three mentioned basic needs). We experience guilt differently corresponding to the three basic needs.

The basic need of bonding and belonging to a group lets us experience guilt as a feeling of danger, by losing our right of belonging when our actions may result in losing our secure place in the group, and when we are alienated from the group. When taken to the extreme this may even result in exclusion. In archaic times being excluded would cause the death of the person. The change of life circumstances and the development of the I has limited the dependency on groupings to a minimum. Still, being excluded from, for example, a religious group is experienced as painful, especially when the rest of the family still belongs to the group.

Nevertheless, the expelled person may be able to survive on his own and integrate into a different (in this sense also in a couple relationship) group. The downside of an excessive (exaggerated) development of the I concerning the individual freedom is isolation, which becomes rather common nowadays. This kind of seemingly unlimited freedom leads to instability, arbitrariness and alienation from our family roots and the social community.

Innocence, in the sense of bonding, is experienced as follows: I am allowed to be part of the group. I feel secure and safe. People experience familiar closeness and protection.

The need of balancing give and take experiences guilt as the feeling of obligation, as being in the other ones debt. We are experiencing pressure, which can only be released by giving from our end. Innocence is experienced as the entitlement to get even, meaning: the one that was given owes me compensation, he is in my debt. Claim and freedom indicate innocence in this case. The need for order lets us experience guilt as a violation and fear of

persecution and penalty. We feel innocent concerning integrity and loyalty to order.

4.2 On the question of the conscience

Hellinger differentiates three levels of the conscience, which I am putting in relation to my model of the soul.

Within the realms of the I we have the personal conscience which we are consciously sensing as the feelings of guilt and innocence. This conscience is dictated by the particular group that we belong to. Accordingly we have a specific conscience at our work place (a particular language, particular code of behavior, values, priorities, etc.), a different one in our couple relationship, another one with our parents or children and again another one in the religious community that we may belong to. The rules that apply for our conscience depend on the particular group and they may differ, more or less, from group to group.

Within the child's mind the systemic conscience, the conscience of the family soul is active. It stays subconscious and invisible and is not felt. Nevertheless we are experiencing its consequences in the form of the mentioned entanglements. The systemic conscience does not tolerate the exclusion of the grandmother, who is mentally ill and sent to an institution. Suddenly the granddaughter panics and is afraid of going insane herself. This is how she presents this grandmother and helps her secretly to obtain her right of belonging. However, she is not aware of this sense of compensation within the family soul but nevertheless at the same time is under the influence of these forces of the systemic conscience.

The soul has various dimensions. When I talk about the family soul one could also consider the term ethnic soul (the soul of the populace). When taking this even further a greater picture is vaguely perceptible, this shows itself in the soul's sensation of the conscience. This authority exceeds the personal limits and the limits of the systemic conscience by far. The conscience of the bigger picture, the entity approaches us on a meta-level.

The perception and the action taken according to this meta-level is considered as personal spiritual achievement, by Hellinger. This is where a person can come into conflict with the three authorities of the conscience. For example when listening to the personal conscience, which secures my belonging to the

group, the conscience of the entities, which talks to me from the bottom of my soul, may oppose and give different instructions.

4.3 Concerning the question of the German conscience and memory

In the following I want to share some thoughts about this "burning topic", which I tried to avoid myself, especially in my youth, when feeling the desire to emigrate to America (to become an American) or a world citizen.

It is an essential step in the individual development when one has affiliated with the own family. However this family is part of a greater being, called peoples or state. To confess oneself to one's country of origin is an important process in one's soul that gives the person inner depth and rootedness. This is specifically important for me, being German. The one who wants to avoid this process by eventually emigrating to another country, because he wants to be different than his mother country and his ancestors, is missing reconciliation with the inheritance of "fathers and mothers" in his soul. He is lacking the strength, which can flow into his soul only from the depth of reality. It is about acknowledging the history of his own people, no matter what this past may have been. It is looking at the perpetrators and the victims in a compassionate way without judging. Victims and perpetrators are all seeking a place in my mind so that I, and they, find peace in the end.

The history of a people is created by its people and the future generation is building up on this heritage: on the bright and on the dark side, on the beauty and the horrible, whether we like it or not. Only when agreed to reality, the way it is (and was), harmony can be accomplished with the forces that are active in our mind. In the end the whole world is a sequence of pictures in the mind/soul and when taking a close look we realize: nothing stays the way it was or is. Everything passes; people come, stay for a while and pass on. And even earth itself is not endless, it is also part of a great process of change and will come to an end sooner or later, may it be in a few million years or in just 5 minutes.

The never ending discussion about the atrocity of the Nazis shows only that a lot of people are denying recognition of the past, since it is very human to avoid the horrible "Hitler is always somebody else, someone who has nothing to do with me." But what about the Hitler in us, the murderous force that is covertly active, or obviously active, in all of us? A serious Spiritual Mind Training focuses especially on these aggressive impulses that are rooting in the guilt conflict. The unbearableness of guilt leads to compulsive projection of

guilt on to other people. The wheel of attack and destruction starts spinning again and we are going through both parts: the perpetrator and the victim. The resolution can be found in quietly and consciously looking at the metaphysical guilt that is active in all conflicts. When it is sensed and recognized as a delusion, peace can be received. I will talk about this process of healing in more detail when dealing with the topic of spiritual healing.

Let's stay in the realm of Family Constellation first: when setting up the constellation the dead camp inmates and guards or the soldiers from both sides are lying on the ground. We look at the perpetrators and the victims with respect. We respect their decision and leave it with them. Then we withdraw from them and turn towards our life in the present time. This is how we are experiencing harmony with the deceased and experience peace and can give peace to the dead ones. We bow in love and with respect in front of the dead and imagine lying next to them for a while. We receive their blessing and let them move on. After that we are going back into our life. It may be over – and it does not need any more memory – this is when peace comes in and finally the new may enter. Only when the past may be over and not appear over and over again every day camouflaged as "memory" to reproach people, we may have peace in the future.

Proper memory requires proper waters of forgetting. The right way of recollecting sets an end to the event by putting us in harmony with the past. This is not only true in a good marriage when we stop talking about the old bad things so that we can continue together in a good way. It is also true in the field of the well-meant international understanding. The one who always keeps looking back gambles away the healing potential of the presence.

The conscious suppression of the deceased (the victims and the perpetrators) and with that the suppression of guilt, however strong this may be in a person, shows in the reactions of the after-war generation: over and over again offspring try to compensate, to pay back, to make up for the past (Action Reconciliation Service for Peace, taking care of ill people in Israel, protests against street names or names of buildings, when they are related to crimes with the Nazis). There seems to be something like an identification with the Nazis, even when family members were only witnesses of atrocities. This has obviously lead to the descendants' effort of compensation.

It remains an open question if something like a common soul of the people is in effect and identification with the victims occurs, even though the own family

was not actively culpably involved. I have observed a strong tendency to identify with the Jewish people in my life and also in others of my generation. This culminated in visions about death in the gas chamber, the emigration to Israel and converting to Judaism. A large number of people are facing a rarely mentioned conflict, namely on both sides at the same time: the side of the victim and the side of the perpetrator.

Today I am sensing a helpful, solving image in my soul: I lie down next to the perpetrators and the victims for a while. All of them are lying on the battlefield of the 2nd World War; they are sinking down into the very source of the soul and find healing peace in unity. I look at both sides, see the dead, bow in front of them and pay respect to them and their ways. I then take something good, something beneficial from them and bring it with me into my life and face the flow of presence with deep strength.

All earthly nightmares have to be allowed to come to an end. Spiritual training is needed: exploring of the own mind (the soul) with all its murderous affects and a healing handling of these dark sides. The Swiss psychiatrist Carl Gustav Jung demanded a therapeutic handling of the hidden dark aspects and saw this as the basis for a healthy society. He combined psychology with spirituality and recognized this as a high potential for healing. Nowadays we are experiencing a new awakening of a living spirituality due to the spiritual stagnation in the traditional clerical field. Man is seeking his roots in transcendence, in the PURE MIND.

Chapter 5

Late consequences of National Socialism: Victim- and Perpetrator-identification

I observed that the mass murder of the Jewish people of different Nations, the Russians, the Gypsies and a lot of others has lead the descendants to a more or less subconscious identification with these victims, which can appear in the following ways (I am referring particularly to the many experiences I could collect when working with children, and in particular grandchildren, of the generation of perpetrators when setting up the family constellation representing victims and also perpetrators of the Third Reich).

5.1 Identifying with the victims:

- Lives in a reduced way, suffers physically and/or emotionally
- Frequently reoccurring fear of death, fear of having to die violently
- Suicide
- No success in life
- Being drawn to go to places like for example Israel, France, Poland, Russia, respectively to the places of crime
- Converting to Judaism
- Entering a convent (as an atonement, abdication of a normal life)
- Catholic priesthood (for atonement)
- Waive to have own children. One does not dare to pass on life ("cutting the line")
- Nightmares of atrocity, piles of corps, gas chamber
- One is particularly interested in the time period of the 2nd World War
- One can't stand watching the movie Schindler's list or watches it over and over (or other related movies)
- One visits concentration camps frequently (one client once told me quite clearly: *Concentration Camps are the only place where I feel really well.*)
- One is particularly interested in the lifestyle and culture of the victims
- One may even want to learn their language and visit the country and would like to have a relationship with the children/grandchildren of the victims
- Helper syndrome and related professions like physician, nurse, healer, logotherapist, social worker, educator, work in emergency rooms, ambulance, mountain rescue, aid worker or other social projects.

5.2 Identifying with the perpetrator

- Presumptuous behavior towards others, feeling superior (master race)
- Torturing feeling of guilt or no sense of guilt

- Xenophobia
- the need to be violent and become guilty to be imprisoned or sent to a mental institution as a penalty – subconsciously endure for the perpetrator
- outbursts of aggressiveness
- radical right-wing or radical left-wing
- immigrating to overseas (waive the homeland: going into exile)
- collecting weapons, movies, books about the 2nd World War
- glorification of the war (computer games, movies)

When a perpetrator- and victim-identification occurs (double-identification) both very opposing symptoms appear in one person alternatively which is in general classified to be a psychosis. According to the observations in Family Constellations a psychosis mostly roots in a double-identification or in identification with a family member of the opposite sex (a man who identifies with a woman or a woman who identifies with a man, since there is no identification-partner of the same sex in the family).

The "Mercy of a late birth" is thus an illusion. The German heritage is in effect in the souls of the offspring, mostly subconsciously. There is a striving to balance, to compensate. The European Action Reconciliation Service for Peace by the protestant church attracted many young people to set a sign of compassion for the victims and to support the survivors.

When compiling the family-tree we always have to watch out for war participants, no matter if father, grandfather, granduncle or distant relatives. Being part of the SS usually clearly indicates culpable entanglement, but soldiers of the Wehrmacht and regular police units were also part of severe crimes against civilians especially in Poland and Russia. More than 2,7 million Jews died when attacking Poland and Russia even before gas chambers were active. Entire cities were "cleaned" systematically *Jewish free* by transporting people on trucks into far away valleys and executing them there. In the Auschwitz trial in Frankfurt one of the committers of these mass executions described it like an automatic killing machine: Men did their duty all day long.

5.3 War traumatization

A lot of soldiers returning from the 2nd World War (as well as from any other war at all times) came back home heavily traumatized. These painful, nightmarish imprints have been passed on to the following generations, which can be seen clearly when setting up the family constellation. Some family fathers were physically present but stayed mentally with the fallen comrades

or the enemy that was killed in close combat. War is experiencing hell. If you have seen the movie *Private Ryan* or *The Thin Red Line* you got an idea of the terror of war.

American studies show that a lot of soldiers who served in the first and second war in Iraq came back traumatized. They can't find their way back into everyday life, suffer from anxiety, feelings of guilt and different physical symptoms or they become aggressive in the family. They are passing on their own experience of violence by being aggressive towards their wife, their own children; it can even lead to killing or suicide. When holding a speech about Family Constellations on a military base in Hawaii in 1998, I was told about these serious problems within the family of military members.

5.4 The fatherless generation

A lot of children of the post war generation were raised without a father, since he was killed in the war, or still missing or still imprisoned. The strong bonding with the mother and the missing father resulted in corresponding entanglements, also affecting later on their marriage and family life. The son had often taken up the position of the father and it was quite common that he became a kind of partner substitute for the mother. When the father did come back from war, father and son often faced rivalry for the mother or the father might be physically present but mentally far away, caught in the images of war. Constellation work has shown that war buddies have a stronger impact than subsequent marriages and thus have priority. In this case the war buddies are positioned around the family father and he feels better immediately. It is also possible to position the personal fate behind the father. This gives him dignity and strength and the children can leave it all with him.

5.5 The destiny of the refugees

Escape and displacement have left painful traces in a lot of families. This background has to be considered, too when gathering pieces of the family-tree. The longing for the lost home-country is understandable even if we must not ignore the injustice of the German policy. Refugees were often seen as harassers and begging parasites – feelings of solidarity were not granted, not even in the catholic part of Bavaria. A lot of new villages were named after the old villages of origin, for example Neugablonz near Kaufbeuer, where thousands of refugees of the area of Poland found a new home.

5.6 Denied Judaism

Around the year 1999 my son spent some time as an exchange student in France. A French student fell in love with him and I invited her and her family to come and visit us in Germany. One day they actually came: Father, mother, daughter and still very little twins. Somehow, when looking at the family I got the impression that something was wrong. While having dinner one night I started talking about Judaism, for whatever reason. I told them about my journey to Israel, the Hasidic legend and I even spoke a few words in Hebrew. Mother and daughter looked at each other in an electrified way. I had touched a raw nerve, without intension. Later on I realized that the daughter had some tension, something weird about her, when playing with my son.

When I was alone with the mother she told me that she had Jewish grandparents and that her husband was not the daughter's father. There had been another man before him. He was Jewish and is the daughter's father, but the daughter hasn't even met him. He left her shortly after the daughter's birth. Furthermore she told me, that the daughter didn't want my son to know that she had Jewish origin – under no circumstances! This is a case where Judaism was denied, which is mostly motivated by the fear of being discriminated. I warned the mother, making her aware that the daughter was having a serious problem which ought to be solved at all costs, since it might drive her crazy at some point in her life. As a first step she should get to know her father and find back to Judaism. According to the mother the family had no Jewish victims in the 2nd World War. Nowadays I know that the collective energy-field has an effect on all Jewish people, no matter if there were victims in the own family or not.

Later on I talked to the daughter alone and suggested her to set up a family constellation. After a little while she felt confidence and agreed. I called a friend from the neighborhood, who was going to represent the biological father of the daughter, and a coworker who stood in for the mother. I did not need the presence of her biological mother, since her absence would make the daughter feel freer and more open to what was happening. She was asked to position father and mother in the room, the way she felt it. After that she was to find her own position in the room in relation to the two of them. As far as I remember, she stood very close to her mother and the father was far away. I slowly guided her towards the father. She was very nervous. I told her to look at her father and to say to him in French: *I am Jewish just like you!* At first she was scared to say this sentence freely. After a little while she was able to utter this important sentence loudly and powerfully. The amendment to *I am Jewish*

just like you!, included *And everybody can know about it!* Now the father embraced her and held her tight. I let her take the father's energy, which was very good for her. Then I lead the mother close to the father and the girl looked at both of them, saying: *You are my real parents* and *We have Jewish forefathers*. Then both parents embraced the child and she took up life force from both of them. We didn't go any further and I told her that this is now going to show effect and that she should not talk about it.

About three months later I received a package with a Menora, the seven-armed candelabrum and a happy letter to thank me. She had gone to Paris to see her biological father and met the big family, who welcomed her warmly. She wrote that she now sometimes goes to the synagogue, which she likes very much. She was doing really well, now. This experience shows us the importance of embracing the real, biological parents and also to acknowledge and take on the cultural and religious origins. Both movements give us strength and make us thus able to create our life for the joy and remembrance of the ancestors.

Encounter with descendants of the survivors

Another encounter with Judaism happened in California, where a therapist of Jewish descent organized my seminars. Her mother had survived the concentration camp in Auschwitz, as a child. The attempt of gasification failed and she was able to get out of the gas camp alive. She suffered from severe traumatization. As a young man the father managed to escape from Poland to Russia and then fought in the Red Army and freed the concentration camp Auschwitz. There the two met. They then went to Paris together and later on immigrated to the USA.

Now, this woman had to go through the traumatization of her parents herself and could only find peace after a lot of years with different therapeutic help. For many years she felt she had to go through hell feeling threatened by destruction every day, since many of her relatives had died during the Holocaust. Her brother had suppressed dealing with this issue and lived almost like a dead man walking an almost "normal" life. The sister on the other hand, had always stayed in contact with the heritage of the ancestors and found conciliation and healing by taking the courage to look closely.

Now I, the son of a German soldier, stood in front of her and we both cried spontaneously for some minutes about this senseless misery. This encounter was one of the most valuable and most healing experiences on my way. Spiritual healing occurred, for her and me and our ancestors.

Chapter 6

Five different kinds of feelings

Bert Hellinger makes a distinction among five kinds of feelings. This insight makes the therapeutic work easier and enables a much faster way to find a solution.

1. Primary feelings correlate to the actual situation: someone steps on my foot and I express my pain. Or: parents lose their child in a car accident and feel deep grief and pain. These feelings are usually very intense and don't last very long. Usually after some time constructive grief gets to its ultimate point and after that a normal life may go on. Primary feelings are authentic and there is nothing embarrassing about them. They strengthen the affected.

2. Secondary feelings are substitutes for primary feelings, which the affected does not want to feel. These compensated feelings often turn out to be an "endless story" and appropriate, responsible actions are often avoided. Solutions are not found, in this way actions seem unnecessary. These feelings seem to be dramatized and affect the people around them, in an embarrassing way and are weakening. Parents, who lost a child may become angry and quarrel with potential culprits. Often this anger represents a secondary feeling: one avoids the pain of loss. It is also a common pattern that couples who get separated become furious, because anger is easier to stand than the pain of separation.

I have the feeling that when practicing Scream Therapy (*Primal Scream Therapy /Janov*) some clients remain stuck in secondary feelings, particularly in anger and hatred. Underneath these feelings we find severe pain and underneath that we find love, which has to be set free through experiencing pain, so that emotional healing can be accomplished.

3. Systemic feelings are feelings that are transferred or shifted, and are originally from relatives from our family of origin. Often we are looking at suppressed feelings of an ancestor, who might have, for example, not faced a conflict with the spouse. However these feelings can also appear to be feelings of relatives that are still alive, for example a mother's suppressed anger can transfer to the daughter. This passing on happens completely subconsciously. The affected person does not know where the feelings came from. Within the mentioned realms of identification we are dealing with such transfer of feelings and thoughts.

4. Children's feelings have their roots in traumatic experiences in childhood or even from birth or prenatal state. The adult person experiences a sudden shift into the feelings of the child's mind, where these early feelings are accumulated. Suddenly the voice, the way of looking, the way of reacting turns childlike (high, whiny, sad voice, fearful childlike expression or pouting). One goes back in time till the according situation has been found. The therapist encourages the client to experience these feelings which is enforced through fast inhaling and exhaling. The therapist offers a secure space for the client by keeping physical contact. The movement towards the mother is often disrupted and the therapist enables the client to go through the feeling of pain and the deep desire of being held, into the direction of the mother and to finally resume the movement.

5. Meta-feelings express our connection to the greater whole, the MIND. It is a state of mind when the person is centered and has compassion – not pity – for the others. He is able to respect and honor the other one's fate and is in harmony with the affecting forces. Like standing on a hill, a little lonely, the person enjoys the overview and experiences himself in his own strength and dignity. Meta-feelings are always connected to the greater source. We may experience this spiritual level as feelings of gratefulness, trust, amazement and deep happiness.

Chapter 7

The living and the dead

One of Bert Hellinger's big achievements was to realize the meaning of the deceased in therapeutic processes and to find a way to implement this insight into practical, healing steps. To see that the deceased are also part of the family system and affect the living ones had an enormous impact on the development of therapeutic work. Since the beginning of the 1980`s I have dedicated my work to the question about the abidance of the dead and the according potential problems and was able to collect valuable insights concerning the deceased. Regarding the dominant "materialistic consciousness" and the pseudo-esoteric outbursts in the matter of death cult and dealing with the dead, a serious way of investigating the matter, in the context of psychotherapy, was long overdue. Through Family Constellations the hidden interplay and reciprocal action between the living and the dead could be made visible. It is pleasing to see how many colleagues described the different problems and showed approaches (Hellinger, Mahr, seminar in Kassel, March 1999).

Some years ago I examined this issue in detail in my book, "Dying in the Name of Change". Below is a summary of my most important insights from my current point of view:

The human being is mind (soul) and dreams about his body. The entire physical world with the dimension of time is a projection within the mind. Our unconscious guilt complex makes us flee into the physical dimension because we want to get rid of the feeling of guilt by projecting it onto "the others". Guilt makes the world go round. However, these are just images of the dreaming mind. There is actually no guilt, no separation, but we want to believe in it. From a spiritual point of view the body has been dead for ever, since real life is only happening within the PURE MIND (GOD). The body is a dead piece of wood which I have identified myself with:

A physical birth, the growing up, the making of new bodies, the story of a lifetime, the physical destruction and death. I (not GOD) am the one dreaming my body and I want to see and experience it as my reality. I believe in the value of this dream. However, like in most dreams at night, I am not aware that I am dreaming. I am the hero of my dream and I think it to be my story. This is why the farewell to this dream, when in the process of dying, is a painful disappointment, a last attempt to find immortality in a world of destruction. I sought for eternity and happiness where it could not be found ever: In illusions, in dream visions.

For me, reality is what lasts eternally. Since nothing on earth is eternal, the existence on earth can't be real. We are just dealing with phenomena (appearances) that we perceive because we want to perceive them: Images in our mind. Physical death is actually just a blackout, the image of dream dissolves – that's all.

With physical death the consciousness transits into the world of the mind/spirit. Actually we are not going anywhere, though, since from the spiritual point of view we simply are and since there is no such thing like space within the mind/spirit, there is just existence. However, the dreaming mind, who dreams himself to be an individual holds on to his idea to be a person with a history. Consequently the dream visions are kept upright by the deceased even in the afterworld.

This leads often to a problem, which may sound odd: The deceased doesn't realize that he is dead. He has not been consciously aware of the process of dying. This may occur specifically when sudden death happens (car accident, heart attack) or when death happens under the influence of drugs. These deceased are often puzzled and want to continue with their daily routines. They stay under the living, but are hardly ever noticed by them. Following this a spook phantom may occur, when the deceased get more and more desperate and angry about their changed state. In this case the bereaved may feel that something is wrong and react with fear, panic, and nightmares and sometimes even with clearly perceiving the deceased person.

What has to be done? I ask the bereaved who the dead person is. When being familiar with the situation of the death, I can talk to the dead person and lead him back into the situation that caused death, so that the fact of death can become conscious. Although the deceased sees his dead body in this situation, he still feels very alive. Therefore I make him aware of what is considered soul or consciousness. If the deceased is open for suggestions, the process of awakening in the *spiritual world* may begin. This process resembles being born. He grows into the new circumstances and possibilities (traveling to different locations at the speed of thoughts, going through walls, as long as he still believes in "place" and "space").

When the client is open for it this clarification can be done together, with respect to the deceased. Particularly this is done in a one-to-one session: the client relaxes on a couch and I let myself get in contact with his and my soul and the guidance of the spiritual world. Whatever has to be done in the specific

case arises by itself. It is possible that images and feelings appear. All impulses that come up are given attention. Sometimes a story, a solving image comes up, which I communicate to the client and he and the dead relative get involved.

Particularly in the context of Family Constellation work, encountering the dead (with the help of a representative) shows to be a deep experience. The representatives often sense the specific entanglement of the affected person impressively. The therapist stays in constant contact with the manifesting family-soul, the so called *Knowing field*, how Albrecht Mahr called it. The soul relies and shows the solution, when the one who is present stays open and concentrated. The resolution is received not made. It amazes us. We can then respect every one's fate with deep sympathy and leave it with the person. I may stay with myself and still be connected with all of them. Something resolving is happening. I sense that it is all well, even though I might not have understood all of it nor figured it out.

This shows that it does make sense to ask about the cause of death when gathering information for the family-tree. It may occur that related feelings transmit to the living ones or rather that descendants pick up these fates and represent them, for example panicking when a fire breaks out (if someone was burnt in the past) or during a thunderstorm (if someone was killed by lightning).

The place of death may also be of great importance. When I bought my former house in the Allgäu, near Oberreute in Germany, the dead people who owned the house before were still running around. My friends could also sense that we were not alone, especially during the night and it made them feel awkward. The couple who had owned the place before was very unhappy that the sons sold the house. They tried to prevent the selling of the house for over two years, after they had passed away. Repeatedly negotiations stagnated shortly before the sale was closed. Now I had purchased the house and in doing so the death of the former owners had become an advantage for me. I turned to the former owners, mentally and talked to them. I thanked them for building this well-built house and promised to use it for good purposes. Their effort should be appreciated. It was my desire to use this house well in memory of them. I then asked them to go on into the afterworld and rely on their good guidance. They might be allowed to build a new, spiritual house somewhere else. After some weeks they had passed on. I could feel it very clearly. Peace had been restored.

Gain and loss are two major forces in our life. It is thus a good thing to pay respect when we are getting an advantage at someone else's expense. In this world we are always living at other people's expenses and other people are living at our expenses. Everything is connected in a mystical way. When I am driving in my car (and) using a road, a lot of people helped to build this road and paid for it. As an individual I profit from a lot of people's effort. Benefit, in whatever way it may occur (for example inheritance), can only affect the future positively, when I receive the offering with humility and respect towards the giver like unearned luck. This is especially true when we are talking about dead ancestors. In this situation the living ones often experience unbearable advantage because they are alive and the others are already dead.

However, these are human ways of imagining it. Setting up the family constellation shows how peaceful, calm and relaxed most deceased are looking at the living ones from a distance – and they are looking in a friendly way. They have finished their path on earth and are now continuing with their being in the mind. When the deceased have agreed to their fate and experience peace in the spiritual world, then they experience neither disadvantage nor advantage over the living ones. The question that concerns us is: How can the living and the dead find peace with each other, in a way so that each one can go his own way in harmony with the processes of development in the spiritual world?

In some cases the dead can't find peace because they are puzzled and looking for orientation. More often the living ones hold on to the deceased and don't want to let them go. This holding on resembles a person who is stemming against the current of a stream. Such resistance produces suffering and entanglement. In a Family Constellation I could see how a mother still wanted to follow her child that had died 20 years ago. She does not accept the boundary of death and holds on the past and all its pain. She doesn't let the child go in peace. A later daughter jumps in for the lost child and becomes anorexic. On the level of the child's mind she says to her mother, *Dear mother, I'd rather go than you!* This is how therapy sometimes helps to point out the limits of action of egomaniacal wanting and thereafter enables steps of reconciliation between the living and the dead. Healing can only spread when the client has insight and respect concerning the boundaries.

When questioning a client precise attention has to be paid to their statements and physical reactions. One client's statement about her aunt who died at an

early age "*She is still around me*", was actually meant in a good way in the meaning of a good companion. Later on I realized that we were dealing with a case of severe entanglement and the aunt who had died from a blood disease could not rest in peace yet. The client suffered from a blood disease herself and so did her daughter. The magical, loving statement, "*She is still around me*", revealed her deep, secret energetic movement towards the dead aunt.

Afflicted places

Places have their history and history is always timelessly present, as long as we believe in it. It is believing in the reality of our dreams that keeps it going.

One event, that seems to be over for our daytime consciousness, is actually present on a different level and on an even higher level this event has no meaning at all, since it was only a dream and in the sense of REALITY actually never happened. Nevertheless in this dream we can only take our emotions seriously and use the classroom for the process of healing and awakening. It wouldn't make sense to deny our perceptions.

Old houses and castles accumulate all deeds and happenings of the people who lived there once. These impressions can often be felt at places for several centuries. We may sense them consciously or subconsciously in the sense of thoughts or feelings. A sudden feeling of grief or tension may occur and we might not even know why. Such perception can be connected to the place. There are people who can still hear the screaming of tortured ones in old castles, since actually "all time" is happening *now at once*. Inquisition is still present parallel to our current reality. Only our consciousness is quite well isolated against this "other reality". However, sometimes we find *gaps, time slots* or *shifts* so that some people have already sensed these parallel worlds, especially in afflicted places.

It happens quite often that offenders stay tied at the place of deed for a very long time because of their guilt-fixation. They are simply captured and waiting for a relieving word (prayer) from the living ones. This example about specific places shows clearly that different realities exist *parallel* and *interlaced*. This is a phenomenon that is hard to grasp for our linear thinking mind, which is used to thinking "either-or". However, it is helpful to be familiar with this issue when these afflicted places with painful history make our life miserable. It is possible to clear these places by seeing the fundamental conflict as healed (one decides for that) in one's own mind, which reflexes on the dead in a healing way.

When praying, meditating, performing candle or incense rituals, I pass on new information to the place. Such a process has an effect on different levels, timeless "into the past" and even into the future, which has actually passed, too.

Suicide

Our society likes to keep the issue of suicide under cover. Religious ideas and judgment may be a reason to taboo this matter. Firstly, some figures to illustrate the dimension of this phenomenon (not considering the estimated number of unreported cases):

The suicide rate in Germany has been declining, in 2007 it came to 9.402 suicides within the entire population in a period of a year – or 11,4 per 100.000 inhabitants. The number is higher in Austria: in 1999 about 19 suicides per 100.000 inhabitants. In Switzerland between 1.300 and 1.400 people commit suicide (about 1000 men and 400 woman), annually. This relates to about four deaths due to suicide a day or a suicide rate of 19,1 per 100.000 inhabitants. Accordingly Switzerland belongs to the countries with a high suicide-rate following Russia, Hungary, Slovenia, Finland and Croatia. There are no existing scientific findings explaining why the suicide-rate in Switzerland is that high compared to the neighboring countries. (source: Wikipedia)

The core motivation to commit suicide is mostly a high degree of desperation. Nowadays we know for sure, that unrevealed traumatization carry a high potential for suicide. When looking at the Family Constellation one ought to look for previous cases of suicide in the family to see new tendencies in the sense of pressure of repetition and recognize the literal successor. Sometimes tragic chains of fate occur, and then creeping self-destruction through drugs (alcohol!) for example, is to be seen as *suicide in slow steps*. A famous example is the Austrian actress Romy Schneider. The death of her son David (he was spiked on a metal-fence) put a lot of strain on her and weakened her unstable personality even more. The most accepted drug by society, alcohol, finally became her steady escape. She used it so that she wouldn't feel the pain of existence.

Suicide represents a last rebelling of the egomaniacal delusion against God, raging inside man, from the point of view of the Spiritual Mind Training. In the depth of desperation the impulse of revenge acts as an expression of power, which God lacks: being able to destroy life. Our body is actually only an image of the dreaming spirit, it has actually never existed. Also, in the meaning of

spiritual life it has not existed, ever and so its disappearing does not change the one fact: there is just life, and we will have to live. The only question which is of value is: to be mentally clear and free in LOVE or mentally puzzled in egomaniacal nightmares?

The German author Herman Hesse, who has kept the option to commit suicide as a last loophole, all his life, has dealt with the issue of suicide pretty accurately in his novel: Steppenwolf. Harry Haller arrives in the afterworld and is astonished because he realizes that he is still alive. All the old images and desires are still haunting him, until heaven's Supreme Court sentences him to "eternal life", this was exactly what he did not want: life! This is how most suicide victims are astonished, that there is actually very little change when "crossing over" since the mind is always just where it is, because it can only be beyond our spatial understanding. The question is what the mind chooses; how it wants to see and experience itself: guilty or innocent? The Spiritual Training expresses it quite accurately: *But you have split your mind into what knows and does not know the truth.* (ACIM, Lesson 139;5:4). Insofar suicide is always connected with the core conflict of guilt and the consequent self-hatred. More details will follow in the chapter Spiritual Mind Training.

In Family Constellation therapy it can thus be helpful to have a person represent a house or property, so that the person can sense how the place feels. For example: What does this house need to find peace? Has the constructor of the house received honor? Has the house been purchased legally (gambling, fraud)? Which fatal fates have manifested in this house (e.g. murder, suicide)? Are there particular ancestors who cannot leave the place where they lived in peace? What are they missing, what can we do for them?

Important questions arise in this context and setting up the family constellation can help to clear them up. Essential for this work is that all participants are very open minded and perform on the basis of intuition. Primarily, the symptom of the client, who is asking for help, indicates the issue. Sometimes even his first sentences tell something about the issue, for example: *Thoughts of suicide have been coming up ever since I moved into this house. In one room, on the first floor, it is extremely bad. I don't even want to go in there anymore. Whenever I am away from home, I feel a lot better.*

The basic idea of energetically clearing up a place is essentially to bring healing to the place and the people who used to live and have been living there. Places

are "real" just to the extent that we want to believe in them and experience them. They are a projection of our (dreaming) mind, just like our body – not more. Essentially it is always about conciliation, forgiveness, letting go of old accusations and feelings of revenge and to manifest the spiritual LIGHT as a symbol of the HIGHEST, which unites it all. There is space for everybody, everybody is allowed to be there, and everybody is actually innocent and free. Thus, the task when living at a specific place may be to act sensibly and manifest love and wisdom. Whatever I do, the deceased perceive it and are literally touched and impressed by it.

In California, Buddhist monks settled in a big area which used to be a mental hospital with a lot of buildings. For years they have been putting effort into energetically changing this place, which was afflicted with suffering, into a little paradise. The one who is aware of these principles and has the right friends, who will support an energetic clearing can even turn the darkest place into a place of light. The former patients can leave the old "stage" and find peace, at last. Former battlefields would need such impulses, too, so that there would be less deadly accidents on the streets running through them.

The Healing Attitude

A lot of participants of Family Constellation sessions experience a particularly healing effect regarding a good, healthy connection with the deceased and to death itself:

The living:

- give the deceased a place in their heart
- take the good gifts from them with thankfulness
- keep the deceased respected
- respect their actions; leave their guilt and personal issues with them
- bow before their fate
- the living accept death as a passage to the spiritual world.

The dead, who have successfully ended the process of dying, are not looking for revenge. They are obviously sensing the unity of all powers in the depth of the great soul, by experiencing the different human perspectives and the position on earth that once fought against each other. I realized that when watching a TV documentary about Adolf Eichmann (Eichmann, head of the Eichmann unit at the Reich Security Main Office for organization and deportation, was essentially responsible for murdering about 6 Million people in largely occupied Europe). The Mossad Agent who chased Eichmann tells how

he managed to find his wife in Austria and sneaked into the house pretending to be a friend. One day the woman entrusted him with her children. He was supposed to take them onto a boat ride on a mountain lake. When he was out on the lake with them he realized that this was his chance: finally he could hurt Eichmann by killing his children. When being moved by these thoughts of killing, his dead mother suddenly appeared in front of him. She kept shaking her head uttering a clear, "Don't do it." And so it was impossible for him to go on with his plan.

The Spiritual Mind Training teaches us that we are always connected with the ancestors. It is a kind of love that lets go, the ancestors are free to retire, nevertheless on a spiritual level we are all the same and all one.

Sometimes the deceased may talk to us in our dreams. One coworker was suffering from cancer and I wanted to pay her a last visit. She appeared very clearly in my mind in the early hours of morning, while I was sleeping. She seemed so real walking towards me that I realized that she had just died and informed me about it in this way. I got the confirmation later on during the day.

The living stand in for the dead

Frequently living people substitute for a dead person, if the dead person has not been given the right amount of respect or has not been released. The following example illustrates the correlation of the identification of a son with his mother's former first man – her true love – who was missing in the war. A 54 year old man comes to set up the family constellation. He is in a physically and mentally weak condition and feels strained. One can tell that he has been living in a reduced way. Prior to the relationship with his father his mother was in love with a young soldier named Franz. They were engaged and wanted to get married, but Franz never came back from the war. The mother named the child that she had later on, the client, Franz. The picture of the dead soldier used to hang above his bed as a child.

This client starts out by positioning three people: One for his mother, one for his mother's first man and one for himself. The person representing the client in the constellation shivers when seeing the mother's first man. He almost breaks down and feels magically attracted to the man. The client experienced the same thing when he took his position in the constellation, a little later and faced the man. He has been representing the dead Franz for his mother and thus suffers like this soldier who did not survive the war.

The resolution: I tell the client to say the following to the mother's first man, *You are my mother's first man. I have nothing to do with you; this is my mother's business only. I pay respect to your hard destiny because you gave room to my father. However I leave it all with you; only you can carry it. I will now go to my real father because this is where I belong!*

And to the mother he says, *You are my mother and I am your son. I have nothing to do with your first partner. Daddy is the one that counts for me. I have respect for your pain and leave your fate all up to you. Please watch with a friendly eye when I will now stand next to Papa and take on the masculine strength from him.*

After setting up the father, I let the client address the father with the following, *Dear Daddy, you are the right one for me; I enjoy accepting life from you. You and Mom are the right ones for me. Please, protect me as your son and give me the strength of men!*

The client embraces his father and feels energized. The mother's first man slowly withdraws. I ask the client if he has a second name, too. He says that his second name is *Paul*. I recommend that he uses this second name for a while now, until the entanglement is completely detached.

Family constellations and looking at more generations has shown that there is actually no separation between the living and the so called dead. All souls weave within one another they are all part of one great soul which roots and exists in the spiritual world. The spiritual being exists without time and space even though our earthy state of consciousness believes in the existence of a body, time and space.

Channeling

Finally let me share some thoughts about the topic of channeling, which means messages from dead people or other beings from the spiritual world are articulated through an embodied person. It is remarkable how naive people often react to this phenomenon and take all possible messages naturally for valuable insights or even wisdom.

Channeling is booming. However, we would do well to pay closer attention to the content of the messages. Sometimes the banal is being celebrated as divine or fear is being created by the threat of the end of the world. Ultimately all inspirations (mental power that creates new ideas) are some kind of

receiving thoughts, so called channeling. Everybody experiences that. Only most of it is not worth mentioning and does not take us anywhere.

The MIND, which we all are, is constantly communicating with what seem to be "partial aspects", which we may call souls. An open communication that everybody may know about is ultimately an aspect of LOVE. This is where we are connecting and the concept of separation is surmounted. The only question regarding the content of the message is what is this transmission good for? Does it help to strengthen reconciliation, healing and accordingly the belief in love in all of us, or is the thought of separation and thus the fear of attacking encouraged? It all meets in one essential point: It's not what we are supposed to believe but what we want to believe?

Summary

From the view of the Spiritual Mind Training the issue of dying and afterlife can be summed up as following:

Not a lot changes when the body dies for the human being, who is fixated on illusions and the world. It's as if he would sit in front of the same TV screen, only watching a different video. It seems that most dead people are not staying in heavenly peace. Since he wants to have a body, he will project something like a body – no matter how we want to call that (Astral body, soul body). He wants to continue his life, the way he is used to, until he slowly realizes that this desire doesn't bring fulfillment and that without the body there are certain communication problems with the living ones.

A lot of deceased experience painful times of disappointment and let go of their former, useless goals only under agony. They want to keep on enjoying their objects of addiction and stick to their problematic partners who may rail against them now with rancor. The whole drama of illusion continuous in the mind since this is the only place where it actually happened before. It lasts until the desire for peace, forgiveness and healing awakes. All dead ones go actually the same way of awakening like the living ones. The question is just when he decides for it. Essential is the intensive desire to experience LOVE and PEACE.

Thus, the afterworld is just as illusionary as the fleshly existence. Impulses of will and belief in our mind (mental tracks in the spirit) are carrying it all; depending on what and for how long and intense we want to experience it. However, it is all just a mirrored gallery and a vanity fair, it does not give real peace. Since the seductive offers of the ego are still accepted, also the dead

are dreaming new stories, where they have to be heroes and overcome a lot of ego-adventures.

Thus, the afterworld does not necessarily mean being freed from the drama of the ego, if the ego, so to say the belief in a separated individuality, has not been recognized as a problem yet. When the core issues of UNITY and LOVE starts coming up in the mind, because the desire for it has opened up the according doors, then all the worlds of dreams serve a faster awakening. We can learn anywhere, I feel that learning here on earth is the most effective. Let's take the chance and deal with the essential question and finally (re)solve our mental homework.

When your body and your ego and your dreams are gone, you will know that you will last forever. Perhaps you think this is accomplished through death, but nothing is accomplished through death, because death is nothing. Everything is accomplished through life, and life is of the mind and in the mind. The body neither lives nor dies, because it cannot contain you who are life.

(ACIM: T-6.V.A.1:1-4)

Chapter 8

The parent-child relationship

8.1 Embracing the parents

Embracing the parents is the essential basis for succeeding in one's own life. The child completely embraces the parents, their fate, the heaviness and pain – whatever it may be. Only then the energy of life can flow freely within the child's life. When the child rejects one parent or both parents it also separates itself from life's energy. I noticed that depressive people often lack a parent or both parents (for example when adopted) and the parents were not embraced.

When setting up the family constellation I firstly initiate the healing image of embracing the parents. Then accepting to take on the full cost of life, whatever it had cost the parents and what it had cost the child. Everybody pays: effort and trouble, obstacles that have to be overcome, thousand(s) of little steps, pain and worries. Parents and child are both challenged. The stream of life can flow the best when all fully agree to the passing on of life, this great event.

The child says to the parents, *I am now taking life from you at the whole cost that you and I paid for. And I am making something good out of it to your honor and to your joy! It was all worth it.*

Following the full morning prayer of life from Bert Hellinger, which we can also say to our parents as a mental exercise:

“Thank you dear Mommy

I take it from you.

Everything.

And that it costs me.

I'll do something with it.

To make you happy.

I hold it tight, and I honor it.

And if I may, I will pass it on, like you did.

I take you as my mother.

And you may have me as your child

You are the right one for me.

And I am the right child for you.

You are the big one.

I am the little one.

You give.

I take.

Dear Mommy.

I am happy that you have chosen Daddy. The two of you are the right ones for me. Only you!"

(then the same prayer for the father follows)

When the child bows in front of the parents (only in a Family Constellation session, never in front of the biological parents!) their greatness is acknowledged. Through them life flowed into the child, beyond good and evil, immaculate and pure. Nobody can add to this life or take from it. The secret of life is great. At the same time one bows to earth. The earthy dress, the earth in all its aspects shall be respected and used as a classroom for spiritual awakening. When taking the parents in a good way, the child obtains a good amount of self-esteem. It feels the inner strength and can go through life, bravely.

Aggressions against the own parents are not tolerated by the soul. This comes back and leads to subconscious self-punishment. I have seen clients who punished themselves for their aggression against their parents by failing in their career, or relationship or even with suicide. The soul's wish to compensate is active: The offense is atoned for through self-destruction. However this is a bad choice and I encourage the client to gather insight and change in order to receive the sympathy of the parents again through a reconciling movement. The sentence " *I am sorry*" presents a moderate way to express the pain about rejecting one's own parents.

Unfortunately there are also cases where parents are not available (adoption) or (there were) violations against the child. In these cases the child may and must withdraw. And in the worst case, even protect its life against the parents.

8.2 Moving out of the parent's house

After the child has taken everything from the parents, stepping out into their own space is necessary to find to oneself. This means actually moving out of the parents' house and moving into an own apartment. On the one hand there is a strong desire to move out and detach from the parents, on the other hand this step often goes together with feelings of guilt or even fear. One wants to put this emotional burden onto the parents. However, the parents are grown up and they can very well live without the child – this is at least how it is supposed to be. This is how the child may see it and take it. A student who is still living with the parents or one parent, being in the 27th semester is definitely entangled in hidden family dynamics and can't come disentangled.

Separating from the parents is the basis for a later couple relationship. The step in between is to discover oneself and ones talents and walk bravely into new territories. This is followed by the desire for a partner to establish the own family and subsequently to pass on life in future children. It is okay to come back to the parent's house later in life and take over a business or a part of the house. However, it does make a difference if one has spent the years of travel outside the parental circle, or if one has actually never really dared to leave home. The one who went away comes back changed and grown. This is why traveling in youth is the beginning of moving out of the parent's house into the world. When exploring new territories we learn to appreciate and respect our origins. This is actually supporting the relationship between child and parents and takes it to another, more mature level.

Going away from home can be seen in the old tradition of waltzing (Australian slang term for traveling by foot, derived from the German "auf die Waltz"): meaning young craftsmen travel the country for three years and during that time they are not allowed to reenter native territory. They have to prove their skills away from home and get their travel diary stamped by the major of each village they went to.

8.3 When parents become old – children have feelings of guilt

For parents children always remain their children. We stay small even if we are fully grown, having our own family and a successful life. Our parents have been there before us and through them we came into existence. The secret of life flows into us through our parents. This makes children primarily the taking ones, while parents are the giving ones. That is the natural order of things.

Children can never pay back what they got from their parents. It is not necessary that they pay back. After taking and leaving the parents to go into their own lives, they will pass on their life force to their own children and/or their career. This is the natural way of life. The natural way also means that parents may become old and fragile and dependent on care. In this case it is appropriate that the children take care of their parents.

Some children take care of a parent in their own home and feel good with it, even if it may be hard at times. Using professional care service for support is legitimate and often necessary. It is not always possible to take care of them in their own house. The family may be busy with growing children and have a strong engagement with work and so, sending parents to an institution where they can be taken care of may seem unavoidable. Children may feel guilty and the inward problem may lead to putting pressure on others. For example, the care takers don't do a thing right and have to act as a scapegoat.

What help can we give in this case? Which attitude takes pressure off the child and helps the sick mother or father at the same time? The child may and shall stay in contact with the parents as a child. Although the child has to make a decision for the good of the parents, which is definitely not easy to do, it still remains the child. The parents' life is really not in our hands and the occasionally slow dying process of the parents has to be accepted as the mother's/father's fate and may and must stay with them. As a child we would be overwhelmed, if we wanted to carry the burden of suffering. This is why pity is bad, compassion is appropriate. We are looking after our parents out of compassion, because we owe them the most important thing: Our life!

A mental image may help to release the child: The child looks at the sick father/the sick mother and sees the grandparents standing behind them. They are holding the parents as their children. The already deceased grandparents are waiting in the back and will take them in when the time is right. When seeing the grandparents and maybe even the great grandparents standing behind the parents it appears to be clear: Me, as a child, I am the smallest one here!

Furthermore it helps to look at the people who are now taking care of the parents: The care takers and doctors. We owe them appreciation and thankfulness. There is cooperation, their effort is appreciated – an attitude that is good and motivating for everybody and turns the difficult things into good

things. Nowadays in our modern society thanking people is often not taken important enough, but it would make a lot of things easier in relationships. Given promises like: *I'll take care of you in my home*, makes one feel bad if the child is not able to keep the promise later on. It can be a general rule to be careful with promises since the future is not really in our hands, nor is the future of our parents. *I will do my best and organize everything so that it is best for you, you can rely on me*, this statement should be sufficient.

We have to learn to see our parents' fate in the course of higher forces. Every person sows and harvests throughout his life, in thoughts, feelings, words and deeds. As children this is not under our influence regarding our parents. Accordingly we have to let our parents have their fate with all the pain it may cause, even if the utter most may be done to help them ease. It is hard for children to see their parents suffering. As adult children we need to have the insight into the mentioned interrelation, to be able to fully agree to the process of the parents dying and all its painful facets and their own powerlessness.

Children feel connected with their parents in deep love and stay true to them. This love may keep on flowing and it has a healing effect – especially and specifically in the child's soul! Embracing of the parents is part of it:

I am just like you, mom, you did it just right and it was all I needed! I thank you! I'll take care of the rest now. You will always stay a part of me, within me. I will make something good out of my life, to your honor and your joy!

Sometimes there are accusations against the parents, as if they made mistakes or as if they did not give enough effort. These accusations separate the child from the parents and encumber the flow of deep, primary love. I recommend focusing on the secret of life, which has been passed on to us through exactly these parents. This life is greater than all these accusations. When accusing someone we are looking back. When paying attention to life we focus ahead. Sometimes issues can even be solved with a conversation with our father or mother even when they are already in a nursing home. The child shall take a chance of these opportunities.

My own experience was sitting next to my 86 year old father, having said all that was necessary, and I could feel deep love flowing between us. He has been and still is the big one, despite all his weakness and I have been and still am the small one – a wonderful, relieving feeling. A few weeks later he had to be sent to a nursing home with hospice care in my mother's neighborhood. He

wanted to pass on; he was tired of living and withdrew more and more. I went there and said my final goodbye to him. Today I feel: my love for him will stay. Later on, when I will grow old myself and go over my last border, we will see each other again.

Setting up the family constellation can support the mentioned processes and often have a surprisingly positive effect on the absent parents. When we are open hearted and honestly seeking for reconciliation and peace, unexpected solutions may appear. We can live well as children when being in harmony with our parents and our clan. Everyone may have a good place in our heart then, no matter how they were or are.

8.4 When parents die – saying goodbye

When one parent dies the child's life starts getting a brand new quality: The child is now somehow alone on this planet. When both parents die this feeling increases. Son or daughter feels consciously the current of generations. They appear, stay for a little while and then return to the greater source. When the parents die our own death comes closer, too. A strong desire to be with the others, who have already left, is felt. We feel attracted to the unity with all our ancestors and actually all people, to the one BEING, where everything is the same and in peace without any differences. Saying goodbye is a very important part of our earthly existence: it is an experience that deepens us. Even if grief and pain may be on the way, we will wake up to a new morning and we may completely entrust ourselves to the flow of life. The one who agrees to the finiteness of life can enjoy living in the present moment. All our deceased relatives are standing behind us and looking at us from a distance in peace. They don't have a disadvantage because they are already gone – and we don't have an advantage, because we may stay a little longer. What stays is love, which opens the way to the other one to go on in peace.

8.5 Taking the inheritance

When parents pass on their possessions or money to their children, they may and shall take freely. These gifts may be for the good of the child and its followers. Sometimes children experience a certain pressure of guilt when accepting the inheritance, but actually they are taking it as children and not as partners on a same level. When children take from their parents it is generally in order. The greatest gift they received was life itself. Any other heritage is an additional gift and the child has no right to claim any additional inheritance. The child may take whatever it gets, without claiming. If one gets more than

the rest of the siblings it may share the heritage later on to create balance and peace. In part four we will talk about the subject of passing on businesses, farms and companies.

Some children refuse to take the inheritance. In this case we mostly find deeper entanglement within the family. We should also pay attention to a hidden aggression that the child may carry against the father or the mother: The child wants to take revenge and refuses to take love. Considering the metaphysics of spiritual healing in this case the love of GOD is refused – the one, ancient, egomaniacal core-conflict.

From the systemic point of view, children have no claim to inheritance. Parents can use their possessions in any way they like. It is obvious that we are looking at entanglements when the parents give everything to the church and the children end up going to court. I generally recommend my clients to stay away from any court activities with parents, both while they are alive and after they died. Being aggressive against their own parents, no matter in which form, has always a negative effect on the child. Then the challenge is to be able to let-go: It's easier to travel with a light luggage – and life itself is the greatest gift of all.

Chapter 9

Couple relationship

We are always looking for ourselves – not for the other one. Once we have found ourselves, we also know the other one and are able to love him.

Concerning bonding and giving and taking the couple relationship is a core need of mankind. Most people need the area of conflict in a couple relationship to be able to grow. Actually the purpose of the couple relationship is not mainly to be happy but to experience a process of healing which will often cause a lot of pain and lead to awakening. Bert Hellinger talks about the process of dying in a couple relationship: Both partners experience death of illusion, of their blindness that lead them into the relationship with a strong desire.

Both man and woman are in the state of a sleeping consciousness, in the first place. When unfolding the drama of encounter they are both experiencing enormous pressure for the ego: They catch on fire through the other one, they both fight for letting their ego survive. The psychological strain can help to find the way into consciousness when someone from the outside, who is already further down the road of awakening, can accompany them. The advice given to both of them is:

Hang in, meditate, stop discussing, realize what you have to realize and find the PEACE which is inside of you all the time, anyway and that presents the only way to transform the pain and makes liberation of illusion possible.

The main illusion in the couple relationship is the following expectation: *You make me whole and sound, with you I can experience unity, through you I am getting rid of all anxieties and lacks!* This expectation, which most people carry subconsciously, can never be met. With this approach every relationship is bound to fail. This lack of knowledge leads from illusion to painful disappointment: *You did not give me what I was looking for, now I am mad at you and I am leaving you.* This pattern will reoccur in the next relationship and in the following one and maybe at some point the man or woman this vulnerable spot within and consciously realizes: *Now I am in this wonderful relationship and there is still something missing.*

Accordingly cheating on the partner can generally be considered running away from oneself. No man or woman can give us what we are really looking for: The connection to our real SELF, the DIVINITY in us. Subjectively seen we are cut off from this eternal source. We are dreaming of guilt, of exile and here on

earth we are existing as an ego in a surrounding that seems to be hostile with a lot of other egos who are fighting badly against each other. And suddenly, out of the blue, two egos find each other and fall into a love-motion, which seems to eliminate all borders of the ego. This is hard to comprehend. We want to experience this paradisiacal joy, if possible endlessly and with guarantee, to finally find the inner peace. However, what is triggered by meeting another person is actually what should happen within every single person. This is the door to unity and all enthusiastic love is only a faint shadow of what everybody can only accomplish in oneself.

We may confuse the beloved object, the partner, with LOVE itself. The partner, as a physically separate being, is a formal expression of the BEING in the world of illusion. What we are actually looking for is the content, the essence of LOVE. IT can only be experienced mentally on the spiritual path. If both partners go on that spiritual path, they can let the other one free and through that they are experiencing most intense mental closeness of the soul. When leaving all doors open, the partner loves to stay with me. When shutting the doors, when I want to tie him to me, he will do anything possible to get away from me.

Romantic love, as known from movies and literature is bound to fail. After the first flush of love – idealizing the partner, we are projecting an ideal – the phase of disillusion and disappointment follows. Unfortunately this is when in most cases we are also seeing separation, the death of the relationship. Alternatively at this point one could turn to the MIND and open up to the spiritual world, the only place where real LOVE can be found. When both partners (or at least one) are going on that path, they are able to newly find to each other on a higher level, free of illusions.

9.1 The Male and the Female

First of all let me talk about the male and female energetics, which has been described by the American Author David Deida quite accurately: Both, man and woman are carrying male and female energy within them. There are female man, who have their energetic center more on the female side, though they are biologically male and manly woman, whose energetic center is more on the male side, although they are female. Somewhere on a scale between male and female we feel at home and this can differ a lot. Often a feminine man will attract manly woman, to complement one another. Sometimes the woman is the boss, and the man enjoys being the follower. A manly man will clash badly with a manly woman, just like two minus poles of magnets repel.

The masculine being is immotile, eternal, observant consciousness. The essence of the male is felt in fulfilling a task, a mission, in a linear life. Nothing is more unbearable and untrustworthy for a woman than a man who does not know what he wants. Ready to fight and aiming for victory the masculine is seeking for the empty space by overcoming the battle or the problem. The masculine is looking for the death experience in its complexity: The Fight for success and victory in the outside and the battle in its ultimate and actual meaning: the death of the ego. Beyond that lies freedom.

In the state of emptiness the man experiences peace. Tension and battles are over. He returned from the plurality to the unity. The man experiences emptiness in its mediocrity having a beer and staring into the TV. On a higher level the consciousness goes into the emptiness when meditating. This emptiness is the source of power. Men experience this enjoyable feeling of lacking the I also after having an orgasm – and women look for them unsuccessfully.

A famous soccer star was once traced by a reporter after a big, successful play and asked what he was still doing in the empty stadium. He said accordingly he was enjoying the feeling of emptiness after the battle, when it was all over and nothing left to be done.

The female is the continuously changing consciousness: Open, flowing and focused on love and intimacy in a comprehensive way. It has a receptive, nourishing, colorful, sparkling character. This force wants to fill up (for example the empty shelf with thousands of pretty, little things), it wants to experience variety and the beauty of creation. For women happiness and joy is not found in the emptiness but in abundance. In its mediocrity this happiness is celebrated by immoderate eating of sweets, cake, ice-cream, excessive shopping and endless conversations.

The bonding between man and woman serves the give and take of the masculine and the feminine. This exchange is the expression of the deep desire for what is different, the part that the man or the woman lacks. The man seeks the woman in order to experience the feminine. She endows him with her female energy and character. The woman experiences the masculine by encountering the man and endowing his masculine energy and character. Since we are longing for the missing part and renounce to develop it all within oneself, the couple relationship is a reasonable and desirable experience. Furthermore it serves the process of awakening in a specific way, since man

and woman are producing tension with their unconscious patterns of behavior, over and over again. When the unconscious is not blindly acting out (projecting) – it thus gets the chance to be redeemed.

The desire that man and woman feel for oneness in the bottom of their heart, is only sensed as a faint idea, in some rare moments. Oneness is beyond duality of this world, however here on earth it can be experienced through meditation. When our polar mind stops thinking, the door to oneness opens up. A lot of people are experiencing the seemingly insurmountable unattainability of unity as painful grief, no matter how happy the actual relationship may be. They sense that the desired fusion with the partner cannot happen that way. The door is within the inner world, the world of mind. In the outer world each of us always remains solitary, no matter how close two people may get.

Hellinger observed the basic rule of order and conditions for a successful couple relationship quite clearly. I will talk about homosexual relationships later on. This relationship can also be experienced as a couple relationship but has one main difference: Children as a sign of fertility are naturally denied.

9.2 Two people, two families, two worlds

In the man-woman relationship two completely different families of origin meet. If they want their relationship to work, they will both become untrue to their family of origin to a certain extent. Some old values and standards may flow into the new system, while some of the old may be given up. This is true for both, man and woman. They both meet as equal partners and respect the other one in being different; *You are so different, but just right! I respect your family, your culture, your language, your religion, your origin.*

Neither one tries to assimilate or reeducate the other one. Mutual respecting of diversity is fundamental for a good couple relationship.

9.3 The first meeting

Actually the first meeting may show pretty well, whether love flows and which opportunities may come from that. It lies within the first thirty or just three minutes, or even three seconds, when one person's soul communicates with the other soul and experiences what there is in common and feels the force of the bond. It is a deep movement of the soul, which can only be realized when the mind is open to receive those forces. However, some people realize their strong loving feeling towards the other one only after some time. It is a

question of mental perception. The one who is driven by the ego is thinking too much and may not realize the sensitive mental emotions as clearly.

The rule for a man is: Choose a woman who really wants you. When a man feels that the woman does not desire him as much as he does, he is already the loser. His strong longing for her and her tolerating him, create a destructive imbalance. She feels his need, his dependency and thus loses respect for him. The strong tension caused between longing and tolerating is deadly. Obviously, there is a difference between the female "not yet" and "I don't want you". However when the woman does not long for the man, he should draw back immediately.

The woman, on the other hand, should never become the center of the man's life. He has to stay true to his inner being and continue his path. Then the woman will trust him, since he knows what he has to do. He knows his task, he faces challenges and he is a reliable partner next to the woman. He serves the feminine, so that it can unfold on a secure base. The woman can thus primarily stay in her feminine energy and relax in his presence.

9.4 Infatuation, lust and love

The feeling of falling in love is commonly the start of a relationship. However we should not trust this feeling since it secretly refers to the mother and not to the actual partner. It is the feeling of the child that is longing for paradise, fulfillment of all its desires. This child is primarily focused on taking. The mature love, however, is able to give and also wants to give. This is why infatuation is blind while love is wise, as Hellinger once said. And we know that. When being in the state of infatuation, we don't see well, we are not quite clear. The partner becomes the projecting screen for all our desires: Only he/she can fulfill our desires. This is why I would not recommend moving in together too fast during this phase. It is important to get to know each other by answering the question: What are you really like?

The state of infatuation takes weeks or months and usually slowly fades after that time. However, the seed for deep love is given and may grow through exchange and seeing each other. This is when the work starts. Do I really want the other one? Is he/she important to me? There are a few questions everyone should answer for himself:

- 1) Can I fully stand by this man/woman in public? Would I love to go to a presidential party with him/her and be filmed?
- 2) Can I imagine having a daughter with her/ a son with him, who looks and is exactly the way he/she is?
- 3) Would I take care of the person when he/she is old?
- 4) Would I also like to live together with this man/woman, if, for whatever reason, we could not have sex?

The phase of getting to know each other should last at least 4 to 9 months. One should meet and do a lot of things together. Hike a mountain together, go out for dinner and swimming. After that you will know a lot more already. How does the other person behave? Can he/she eat with fork and knife? Do I find him/her physically attractive? When you find a lot of constraint there and when the other one's behavior makes you feel embarrassed, then you can see the first problems coming. Watch out for your emotions, be aware of sensitive feelings. You will find out more about the other ones life expectations and (religious) values. A match of 70% would be desirable, so that a long-term relationship can grow. Man and woman are very different in the first place. Completely different interests and ideas would force separation.

Especially the forth question shows us how we feel about the other person as a spiritual-mental being, *without* focusing on sexuality. True love has nothing to do with the libidinal sexual desire, even though this desire is normal and natural. Our sex drive represents a mental program, which should not dominate our relationship, when we want to live in peace with ourselves (self-centering) and with the other one. Even if the sexual attraction may be very strong in the beginning, it can't harm to wait a little – on the contrary! Often lust is confused with love – two completely different levels. The way I see it: a lot of people have sex too fast, the soul can't follow. The sexual act became inflationary. Of course sex 'works' without love too but do we really want that? What about the following morning? How will we feel then? Is there a future for such a relationship?

It seems that sex is more and more becoming a drug. Sexual addiction is an illness phenomena, well known by self-help groups. Mostly men suffer from it. The addiction process behind the drug is the actual illness. There are numerous objects we can be addicted to. It could even be a stamp (when I would even rob a bank, to get "the famous Mauritius" , it must be considered sick). I am mentioning this issue since more and more relationships fail because of the dynamic of addiction, and I'd like to refer to the American Psychotherapist

Anne Wilson–Schaef ("Co-dependence", "When society becomes an addict"). We will talk about the special love and hate relationships in the chapter Mental Healing.

9.5 Orgasm and addiction

In a lot of relationships it is all about the kick of orgasm. However, if orgasm turns into an addiction, I'd highly recommend abstinence for some weeks or even months, since addictive orgasm leads to energetic unloading and the collapse of the natural tension between man and woman. This creates weakening of both partners followed by emotional conflicts, since the couple gets together on the Ego-level only and the soul is detached. When this happens, it is about time to re-cultivate the emotional awareness: to be aware of your own essential nature, as well as of the partner's essential nature. Meditation, concentrating on and observing the partner and silent appreciation of all present energies, are the keys for a conscious, new relationship. After some time of abstinence, the couple may slowly and with care start being physical again, which is experienced as a new gain.

Addiction can somehow be compared to the animal level: it lacks the conscious connection to mental divinity. Nowadays we know that addicts are capable of doing anything to get their fix: pretending, denying, stealing, violating all that can be seen. It is a destructive behavior that makes the person vacuous and in the end leads to physical death either quickly or over decades in little bits and pieces.

Addiction drives a person through painful death. True pleasure cannot be experienced anymore. Pleasure needs devotion, which is a spiritual move (act) and needs the ability to be obtained in the present, in eternity and the oblivion of the false self (ego). A woman who recognized the problem in her husband wrote to me, *Male sex is not fulfilling, it lasts for moments only. Men separate love and sex and are not able to deeply open up emotionally.*

When both partners are connected with the soul, an orgasm can become a very fulfilling and constructive experience. However, this needs a good sense of consciousness. Orgasms are often intended to balance or wash away mental dissonances in the couple's relationship or in the relationship itself. From my experience however, orgasms only bring out what is already in the mind accordingly, heaven or hell. It can lead to a loss of energy or a gain of energy depending on the constitution of the consciousness. I feel that the condemning of orgasms and sex, like some spiritual groups do is a pure mental concept. It

encourages sexuality (physical illusion) through resistance to become real. Note once more: Find out yourself and experiment; realize how the ego works on all levels and also on the physical! Since in the end it is the ego and its delusional way of thinking that makes us suffer.

9.6 In the beginning: spiritual contemplation

When love is supposed to succeed, our full commitment is demanded. Some fear this full commitment towards "the new" because old pain and disappointments are in the way. Then we prefer taking it easy, in hopes that this will save us pain in the end. Since at the bottom of our heart we all know: Everything on earth that has a beginning must come to an end and also, every love relationship. Every relationship is a common endeavor against death when being stuck on the level of the ego. When we manage to get in touch with the SOURCE within us, egomaniacal anxiety gives way to serenity.

The beginning for full commitment is spiritual contemplation: I feel the strong desire to be with a woman/man, however I don't run off and look around. I stay with me. I am capable of living on my own, I treat myself well, I am happy with myself and in peace. I trust in the spiritual guidance! I am guided, guarded and given the right thing at the right time. Accordingly, I am listening to the soul and pay attention to the impulses coming from within. After that, it may be time to wait or to act. Suddenly I feel I am going somewhere without even knowing why. "To meet love, without looking for it, is the way to find it," was once said by the wise Krishnamurti.

To be without intention, agreeing to the world as it is, from the bottom of the heart, means being in synchronization with the mind. I don't want anything, since all I need to want is peace of mind to get somewhere. Whatever is harmonious will come along; it will fall into my lap easily. A common fallacy is the illusion of the powerful ego, as if we were ever able to control something when in the ego-mode. Ten thousand things fall mysteriously together and create the big picture. Accordingly: stay in the flow, trust your spiritual guidance! The one who mentally discusses if this person is the right one, has lost already. In this case, it can be suggested to stay away from the relationship, since an ambivalent feeling mostly expresses a "No". When it is right, we know it right away. We feel it! And we don't need any reasons for it, since reasons are just feeding our rational mind.

When not knowing what to do, one should wait and seek contemplation again. Don't ever get into a relationship out of fearing loneliness. If you do, you will

end up terribly lonely in the marital bed. Finding ONESELF, whatever that may mean, is the base for a good relationship. Any fantasies of fusing are signs of embryonic desire and egomaniacal policy of alliances: the blissful feeling of being nourished in the mother's womb and the "the two of us against the rest of the world." To acknowledge oneself as a spiritual being and to agree (to love oneself), means a great deal. You say, *I can live very well without you, but I don't want to. I want to share many experiences with you and grow with you.* The sentence, *I can't live without you!* is actually not a statement of love but rather a hidden threat. It is a child's sentence talking to its mother.

We are outwardly only attracting the partners that match our inner attitude. When the feeling of inner shortage is torturing us we will become magnets for people who feel the same. Only the person who manifests inner abundance of being and doesn't have to desperately seek for it in the outside world any more will encounter abundance in the outside.

9.7 Moving in together

Let's get back to the couple relationship. After about a year of getting to know each other, this includes sex too, you should know if you actually like to smell and feel the other one. Couples move in together and they get to know each other even more. Only through spatial closeness we experience familiarity and get into the processes that leads both of them into the depth of the soul and serves spiritual growth. Nevertheless, I'd suggest two bedrooms. This will help to prevent getting used to each other, getting into a routine and with that becoming unaware. Separate bedrooms can provide the opportunity to find oneself again and become more aware of the other one's dignity. Nothing is to be taken for granted; everything has to be consciously accomplished specifically in the couple relationship.

9.8 Getting married

Only after another six to twelve months the desire to get married and have children may occur in the mind. Specific patterns can be observed which show especially clear when the right moment was missed: We find people not moving in together (until) after 4 years or getting married only after 8 years only to divorce soon after. The question is always: Does the way of life of each partner express a clear *Yes* for each other? Or does it secretly mean: *I don't really want you; I am actually waiting for someone better to come my way.*

If a relationship is a happy one, it does not depend on marriage. Nowadays, considering the intense processes of growing that people go through, the

question arises, does marriage still make sense? The one who is seeking security from a marriage will be disappointed because a relationship is the least secure thing on earth.

We have to work on the relationship on a daily basis and constantly check our respect and appreciation for the other one. Love is also a decision, and at its best renewed every day:

Today I want to live with you, today I want to give and take with love!

This demands real actions too: eating out together, experiencing nature and culture together, going on vacations, working on a project together, spending private hours together without being disturbed. This private "couple time" should be kept up for all means, even if demanding kids are around. It does not harm children to spend some time with their grandparents or with good friends. Children are well when the parents are well as a couple. Children's emotions rise and fall with their parents.

Marriage was seen as a sign of social stability in former times. A couple was supposed to and had to stay together to secure the family, since most women did not earn money. To secure the sequence of generations in a family dynasty and the family property and to make it grow was another important reason for marriage. Nowadays these reasons are not really important in some cultures. Almost all women are educated and work and are in charge of their lives. Marrying common people and getting divorced has become common in Europe's royal houses. The development of the individual has moved to the center of focus and courage to be truthful has become socially accepted with all its desires and mistakes.

Individualism may become a dead end street when the fear of being limited or unfree arises and thus the committing "Yes" to a partner cannot take place. This fear roots in the ego and the couple should face it consciously together and grow beyond. Fear is the strongest feeling next to love. Fear is the essence of the ego, of the thought of splitting, of the general separation from the You.

Marriage can be seen as a voluntary contemplation and self-limitation to consciously experience the ultimate depth of the encounter between the I and the You. Then we won't escape into infidelity anymore, which can only be running away from oneself and can't lead to fulfillment ever. Fulfillment can't be found in the manifold but in the essential. When devoting oneself to another person, it is also devoting oneself to something greater, which we actually are.

However this "greater" produces feelings of resistance and fear at first. It fears to unconditionally agree to the "We" – and in its utter appearance the marital union.

Furthermore consider that no matter how wonderful or dreadful the image of marriage may be for us, it has been established and is a creation. It has been invented by us or rather by our ancestors and we may change it now. In his book, "The Bridge Above Time", Richard Bach describes his resistance against marriage, his running around from one relationship to the other seeking for fulfillment and his longing for the one woman, the woman of his heart. After painful metamorphosis and transformation, they find each other and getting married turns out to be the natural last step.

Faith in love opens the way to it, provided that we stick to our decision of faith. Since we are living in a time of perfectly organized distractions, a lot of people are having a hard time staying true to their beliefs and their inner desires. We have to focus our creative energy to be able to accomplish big goals. The path to a harmonious relationship is definitely a mega project which asks for patience and wisdom. We experience according to our beliefs. May we take responsibility for our thoughts and actions!

9.10 Children (infertility)

When the wish for a child is denied, it often tells something about the relationship. *I don't want any children*, often actually means: *I don't want any children from you but from a different, better matching partner, I do!* A child is the crowning glory of a relationship. Man and woman unite and become a new third. Man and woman become father and mother and gain enormous depth in their development. The wish to have a child is very natural and its meaning crucial for the continued existence of the couple relationship.

9.11 Other friendships and deep encounters

A couple consists of two individuals who are very different, not only because they are male and female. This difference is a good thing and it should be cultivated: The man joins men and the woman joins women. Friendships of the same sex make a relationship vital. Everyone has his own circle and may develop and enjoy something personal. This may lead to important impulses for the man and woman relationship. Two people, two different worlds. However, looking at each other, talking and touching unites: Exchange! They both give and take in constant exchange: Small things and big things, everyday stuff and special things. This is what unites, what creates sharing.

However this takes time. Time together! When somebody does not have time for the relationship, he should not have one, or has to be content with a hasty one, maybe because he is always running to escape the painful inner lack. A relationship means being devoted and being open to let room for the inner processes of growing. The soul needs time to reach fulfillment; time has to be invested. A burning issue nowadays! Since everything has to be fast, from fast food to a "quickie," fewer and fewer people manage to really get to know each other since getting to know each other demands two things: devotion and settling into the present!

9.12 The present family

The couple relationship and the present system that grows out of it, if a child is created, has priority to the family of origin. To realize this is important, since the family of origin must not be too involved into the present family. The family of origin should not drown the new present family. Parents do give well-meaning advice to their children, but the children are supposed to do things the way they need to. Crucial is that parents' respect to their son's or daughter's choice concerning their partner, even if they are not happy with it.

9.13 Mother's son and Father's daughter

Since being a man or being a woman is the base for a couple relationship, we have to ask about the man's relationship to his father and the woman's relationship to her mother. A son becomes a man with the father and a daughter becomes a woman with the mother. Embracing the parent of the same sex makes a strong flow of the male or female energy possible. The son can't get male energy from the mother. If he is a mother's son, the wife will have a hard time, since he already has a wife. A client's boyfriend expressed it once pretty clearly to me: *You can only have all of me, when my mother dies.* Such a statement says it all. She has been waiting for three years to get introduced to the family. Mother's son loves to be non-binding and dreads to really stand by his wife. He does not want to disappoint (cheat on) his mother. The same is true for father's daughter. Thus, mother's son can't respect women and father's daughter can't respect men. Both will experience difficulties in their relationship, especially when it comes to sex.

Thus a boy should be closer to his father from 5 years to 10 years and the daughter should be closer to the mother. This is also true for the ancestors, meaning grandfather and grandmother. When using Family Constellation therapy, the son receives male energy when his father, who has his father

standing behind him, is standing behind him. Such a current of male energy, when the father is respected and embraced in love, creates a healthy identification as a man in the son's soul. The already mentioned interrupted movement towards the father may become an obstacle. In this case therapeutic work may help and make up for lacking movement in the soul and lead it where it belongs.

9.14 When children present former partners of the parents

The present family becomes more and more complicated depending on the number of former relationships and children that have to be considered. Essential is that former partners are respected and that the bonding is respected and that it may come to a friendly separation, so that later children don't have to represent (substitute) these partners. The later child owes its existence to the failure of the former relationship.

9.15 Recommendation for a successful couple relationship

- Respect former steady relationships, one's own and the those of the partner.
- Don't talk about intimate things from previous relationships
- When one partner brings children into the relationship from a previous relationship, they take precedence over the new partner.
- Neither one tries to rule with his/her opinions and values. Both are open to giving up own things for a new, common base.
- Neither one tries to remodel the other one (*You are right for me, just the way you are*).
- Neither one tries to control the other one. Both trust in each other.
- Both long for each other and both want each other just the same
- Both fully stand to each other in public
- Both are emotionally open, meaning both are aware of their feelings and able to communicate them (and have the courage to do so!).
- Both are open for personal growth and are willing to help each other through the process of the metamorphosis of pain by being absolutely present.
- They share a lot of common interests, values and issues.
- The time together (closeness) shall be created consciously, however, each one may (and must) have time for oneself (distance, two bedrooms!), since appreciated closeness comes from healthy distance! All ideas of permanent fusing are childish fantasies and bound to fail. Bondage presents such an unhealthy structure. It is a certain form of relationship addiction, where one gives up their own person and lives completely through the partner.
- Both give and take, this should grow increasingly over the years. Give and take unites.

- There are some "bad sentences" that may put pressure on the other one and set a limit to love. These sentences should definitely be avoided: *Do you love me?* – when we don't feel the others love, it is too late anyway. *You should love me more!* When can this possibly be fulfilled? This wish has to be expressed more concrete so that the other one knows when he/she fulfilled it. *I can't imagine life without you.* This sentence puts a lot of pressure on the other one because now he/she has to stay to prevent misfortune. *I will kill myself, if you leave!* Any kind of suicidal threats poison a relationship. Actually in this case, the threatened one has to leave right away or seek therapeutic help.

- Both have a healthy portion of self-esteem, are able to live by themselves and are capable of loving oneself. Then jealousy is not an issue. When someone is jealous it refers to a family entanglement telling him that he must not keep the partner. The person secretly wants to get rid of him.

-Both are in mental, spiritual and physical (sexual) harmony with each other.

- They have common goals, beyond the couple's relationship. Usually this goal can be their children, but it can also be a professional or private project.

- When they have children together, the children are ranked after the relationship. It is primarily important to take care of the couple relationship and to encourage the flow of love through give and take. Then this love will flow to the child through the parents. The child is relieved when the parents are doing well, since this relationship is the base of its life. Thus, the parents should let the children stay with the grandparents once in a while and go on a little vacation together; a good way of nourishing their love-relationship!

- The children must not be concerned about their parent's relationship. They have to accept the parents just the way they are and are not in the place to claim (*I'll accept and embrace you, when you are different.....*). Parents can expect their children to embrace them just the way they are with all their flaws. Passing on life counts more than human flaws.

9.16 Which direction does the couple relationship go nowadays?

It is obvious to see how the couple relationship has changed through the years. Looking back a hundred years ago, people would stay together, till death would part them, no matter how harmonious or painful a marriage may have been. The 50-year endurance-plan may be called inadequate in a time of increasing individualism of society. Men and women want to fulfill their personal desires and use their talents.

9.17 Being childless

When a couple can't have children because of sickness, the healthy partner should either agree to not having children from the bottom of his or her heart or leave the partner. When the healthy partner stays with the other one, the latter should appreciate the agreement of not having children and be thankful. When a woman can't have children she tells the man: *I take it as a special gift that you stayed.*

In this context, in vitro fertilization has to be mentioned. When egg and sperm cells come from the couple, this may be a very satisfying solution. However, we are getting into borderline issues concerning modern science and the question arises if the soul can handle that. The fact that something is possible does not mean that we have to do it nor that we are mentally able to cope with it. Organ transplantation proves clearly how the soul is rebelling against such a huge step. Physical repulsive reactions and the common failure of the organs show a clear direction.

When the man is infertile and the woman gets donor sperm, the relationship comes to an end. The man is actually not the child's father and feels this painful truth quite clearly in the bottom of his heart. In this case the better solution would be to agree on not having children together or the woman should find another man.

9.18 Foster children and adoption

The infertility rate has been raising and being childless is becoming an increasingly serious issue for a lot of men and women. On the other hand a big number of children need to experience that their parents are not available for them. We can see two situations where people are in need and it seems a good idea to help one another. Unfortunately this is not always successful.

In most countries there are different options: foster care and adoption. Foster care means that the child still stays in contact with the biological parents, though they live with other parents. Adoption integrates the child into the family system of the parents who adopt; nevertheless contact to biological parents can still be kept or reactivated later on.

Whether adoption or foster care works out depends on a lot of different factors. Essential is if the adoptive parents use or abuse the child to fulfill their own emotional needs or if they primarily see the child's need and enjoy standing in as adults and as the giving ones for the missing parents. The

emotionally abused child stays lonely in the end; it doesn't feel a strong hold with the substitute parents since it is supposed to satisfy their needs. This is overwhelming and the child slips into serious conflicts. Sometimes the adoptive child is to substitute a child that died and gets thus entangled into its new family. In such a case the adoption should be reversed, even when the child is already an adult. This is the only way to untangle straining energetic bonding.

In today's patchwork-families, it sometimes happens that the mother's new partner wants to or should adopt the child that she brought into the relationship. This is only possible when the biological father agrees. From the point of view of the systemic Family Constellation such an adoption is generally destructive for the child, since the child will carry the mother's new partner's name and thus become disloyal to the father on a mental level. This often results into a dynamic of self-punishment to pay back the exclusion of the father.

The biological father should never agree to an adoption by a step-father, since the soul of the child will see this as a betrayal of the biological father. However mothers sometimes demand the agreement for adoption from the father. This shows how superior they feel and feel that this taking of rights is legitimate. Besides duties, fathers have rights, too and they should use them. One of the rights is the right to visit their children from previous relationships.

Children who have been adopted should be told by their adoptive parents as early as possible. It is crazy to think one should prevent the child from this reality by keeping this reality a secret. Experiences show that grown up adoptive children, who find out about their adoption when being 18 or even 30 or 40, fall into a deep identity crises.

9.19 Foisted children

One thing must be made clear: A Family Constellation session can never be used to prove that the official father is not the biological father of a client. Nor is it possible that a client finds out whether the child is really his or not, he might get some hints but no proof. To make sure a genetic-test is recommended. Unfortunately, I have heard about misused Family Constellation work and incidents. Once an indignant mother called me, telling me that her daughter attended a Family Constellation workshop and was told by the practitioner that her father was not really her father. Nevertheless, the daughter does not agree to her mother's demand for a gene-test. This is a very sensitive field and needs to be handled with care. In my own experience it

happened 8 times that I had to question the truth about the father or that it turned out after doing the constellation work that the father was not really the biological father.

A few years ago, in Austria, I experienced one of the most awesome Family Constellation work. The substitute of a young man stood in front of his alleged father and had no feelings at all. The father's brother, his uncle, stood a little further to the right and the young man was mysteriously drawn to him. When I exchanged the substitute with the actual client, he felt just the same. I suggested to him to call his mother at night and carefully ask about the uncle. The next morning he came back beaming with joy, telling that the mother admitted right away, that she had had a relationship with both and that he could very well be the uncle's son. Anyway, even in such a case I'd recommend a gene-test (which is rather inexpensive nowadays), to clarify for the client. A child is always entitled to know about its real parents and who should deny that?

Sometimes the mother herself does not know who the father is. One relationship is ending, another one starts and the beginning of pregnancy is right in the middle. Of course sometimes we are also dealing with cases when children are consciously foisted sometimes even with the knowledge of the husband. The one suffering is really the child, since its soul is looking for the real father and feels that something is wrong.

A study by Professor Mark Bellis of the John Moores University in Liverpool, England shows that the percentage of foisted children is not as high as is (5-20 percent of children were supposed to be foisted). His study shows that only 3.7% are not from the official father.

9.20 Abortion

An abortion puts a lot of strain on love and it is uncertain if the relationship can stand this pressure. Hellinger talks about the necessity of a new start like beginning a new relationship, since the first one is usually over. Rejecting the child mirrors rejecting the partner, since the child carries both, father and mother.

I already dealt about the issue of abortion in my book about abortion, which I wrote years ago and which has been published in 2013 as an e-book under the title „My death in America – The Misery of Reincarnation under the light of A Course in Miracles“. It happens frequently that the aborted souls can't find

peace and stay with the involved women for years. Depression, physical sickness and even suicidal thoughts can be consequences. Some women deny themselves successful relationships and stay single because they feel the need to atone for the abortion. One of my clients who had had several abortions took in two children from the neighborhood after their mother died and raised them. She didn't want anything from the neighbor in exchange; she wanted to compensate.

The felt contact with the aborted child is needed. When setting up a constellation, it is usually the first time that the aborted child comes into focus. When the woman says the sentence, *Only now I see you* and the honest, *I did not want you*, the basis for healing is created. When painful compassion for the child arises, the beginning for a deep process of conciliation starts. It is the premise that mother and father are taking full responsibility for the abortion. Then the mother integrates the child into her life for a little while (about 6-9 months) and shares her happiness about the beautiful things in life with it. The pain about the child's death and incorporating the child's soul into the enjoyment of the beautiful things in life act as conciliative. This leads to letting the child go and mother and child can go on in peace. Of course the father of the child should participate, too. Although it is always the mother who has the last word, the father does have his share of responsibility.

Reasons for the abortion are to be considered. Were there medical reasons, was the mother's life endangered? Or did relatives put pressure on a very young woman, who didn't have any support? These issues show us, like many other issues, that we are free to make decisions. Freedom ends where the consequences of our actions start. We have to carry these consequences. We can't free ourselves from them.

Living children may have the tendency to stand in for the mother in some cases and atone for her. It doesn't matter if they were told that a sibling is on its way or not, the soul of the living child knows about the destiny of the unborn sibling who died. Thus, it makes sense to talk about the heavy fate of the dead child and with this pay respect to the child. Only when the deceased have a place in the living one's memory, they don't have to be represented by the living ones. From my experience, I came to the conclusion that even a child, that has been aborted within the first three months "counts" and we have to appreciate it. However the old Family Constellation rule says that aborted children have to be considered only after the 3rd or 4th month of pregnancy.

9.21 The interrupted forward movement

When the child lacks the feeling of security, especially when the mother is absent maybe because of hospitalization, it may lead to an anxiety of being close in later relationships. Whenever the partners get really close, the mentally injured partner experiences fierce feelings; primarily it is mostly fear, it may be rage, inner withdrawal and as a consequence, flight from the relationship. The person is actually looking for closeness and love but the deep anxiety of the pain of disappointment is stronger than all good intentions and leads to the move of escape, "I'd rather stay alone, than get deeply disappointed and hurt again." The one who is left behind feels rejected and at some point he or she is frustrated and withdraws. Important is the emotional healing and the conscious awareness of all feelings and the task to offer resistance against this emotional battle. Partners who are very conscious can create a kind of therapeutic frame for a certain time and activate the repressed emotions through tight physical contact and consciously *breathe deeply*. The emotionally healthy partner takes up the role of the mother and lies on the emotionally injured partner and holds him tightly. In this way pain and fear may have space and can be changed by breathing in and out this intense insight. After that the roles are given up and they are just man and woman, again.

Instinctively we are actually seeking closeness to the other person, since we know that real healing is only possible when facing suppressed feelings.

9.22 Children who died young

When a child dies, the parents may have a hard time grieving and they are not really turning back to life. This is especially true for the child's mother since she is often inwardly looking for the child and doesn't have the courage to face her pain. In the Constellation Therapy the dead child is put into focus and a ritual is done to say goodbye for good. This conscious process may help the mother to respect the border to death and turn to the husband and the living children. When the mother keeps following the child, she will be mentally absent and her husband as well as her children, will miss her. It often happens in a slowly progressive but dramatic way and the result leads to disharmony: the husband starts having an affair and the children feel abandoned by their mother or they start being a part of her pain and suffer just the same. A good way of dealing with the problem is to carry the loss together. Man and woman look at each other and say: *We carry it together!* After saying that, they both look ahead at the living children and their career.

As it has already been mentioned, this is also accurate for aborted children. In this case besides the pain of the child, the burden for the relationship has to be considered. Pain and guilt make a new start very hard in most cases and thus need mental commitment of both partners.

9.23 Former relationships and children that were not acknowledged

On the one hand our past is omnipresent and stays with us all our lives, on the other hand, there may also come a time when the past is over, if we have paid respect to it. Following relationships will show how well our past is integrated in the consciousness and in the heart. A woman who talks bad about all her former relationships should not be trusted. The 7th man, for example, may be cautious, since he is subconsciously showing solidarity with the other six men and doesn't want to end up being another bad guy. However, if the woman respects all her former partners, the new man may feel secure and open up more easily. The same is of course also true for the man and his former women.

We will meet all our ex-partners again at the end of the day (going from this world to the spiritual world) and then the question will come up if we are in peace with all of them.

Forgotten children from former relationships take a special place in this context. This challenges mostly men since they usually don't deal with it: for the sake of peace he doesn't visit his son from the first marriage anymore since his son has a stepfather now anyway. Such justifications endanger the new relationship and strain later children: They have to represent the forgotten half-brother with all bad feelings. The forgotten son should be integrated into the new family, even if this is only possible temporarily. This puts release on the later children immediately. Half-siblings usually like and need each other.

9.24 Unemployment and threat to existence

A lot of couple relationships are heavily burdened by economic problems. Sometimes this leads to mutual assignment of guilt and accusations. It would be better to focus on the future together and get professional help in different fields (management consultants, Family Constellation therapy, coaching etc.), so that the problems can be solved. This increases the feeling of solidarity and connection and helps to appreciate the value of the relationship.

9.25 Shifted feelings

Often love fails because of entanglements with the family of origin. These entanglements have a destructive impact on the couple relationship. For example: the shifting of the suppressed rage that the mother (against her husband) projects onto the daughter. Then the daughter will then get angry at her husband. Whatever the mother did not honestly deal with, the daughter adopts with blind love and loyalty. Only the daughter does not aim these feelings towards her father but towards her own husband and suffers from this feeling of rage. The daughter will experience sudden changes in character and emotional outbursts, which have nothing to do with her actual relationship. This refers to the issue of identification. Also these emotional outbursts are sometimes not really remembered since they are subconscious.

The dynamic of entanglement within the family of origin should be carefully considered. Such a problem, a double shifting in subject and object can only be solved when the daughter gives back what belongs to the mother or to the grandmother and leaves it there.

9.26 Side affairs

With a side affair, also called adultery, the relationship is put at risk. This "trip" can also help to see clear again: What is it that I actually want. How important is my wife/my husband to me? Confessions should not be made, since they are mainly intended to relieve oneself and put burden onto the partner. Silent remorse, carrying guilt, getting an insight into the context and the motivation to improve the relationship from now on, has a healthier effect.

If a child results from this affair, the old relationship or marriage comes to an end and the system with the new child has priority. The man or the woman has to obey the law of order and the active forces and go to the new partner and face the facts, the new child. The first partner cannot allocate this affair and make it undone. The facts of reality (the resulting child!) is above the wishful thinking and feeling of the involved parties, who have to face the consequences of their actions and the responsibility.

Frequent side affairs are often a sign of a interrupted movement towards the mother. The concerned person often lacks insight into the context since the hunger for closeness and emotional kick is so desperate that any kind of critical self-reflection is defended successfully. The hurt partner can only be recommended to break up when serious self-awareness and insight can't be

expected to be part of the affair. One doesn't have to take in everything, the healthy love for oneself may also say, "No."

9.27 Violence

A separation is sensible and necessary when violence occurs. Indifference and coldness can also be considered the beginning of the end. When there is no more pain nothing can be gained anymore. In this case, the relationship may come to an end even when there are children. The couple relationship ends but both remain the parents of their children. Children love both parents and are true to them no matter what has happened. Parenthood doesn't get divorced. Children connect father and mother on a deep level even after they are separated. Nevertheless, the couple relationship may fail. Then one should agree to the end of the relationship and the pain that comes with it on the one side, and focus on the children, if there are any on the other side.

9.28 Separation, divorce, death the end of a couple relationship

Death ends any relationship at some point. Most people find it unbearable to face this fact and the pain of the end. Many couples choose to flee into substitute feelings of rage and anger, since these feelings are easier to stand than the pain of an end. However, a lot of relationships nowadays end before death, because the partners develop into very opposite directions. Stepping out of a relationship is mostly experienced with feelings of guilt. Losing the privilege of belonging to the couple relationship causes the feeling of guilt and is experienced as alienation and exclusion. We should clearly distinguish between bonding and love.

The bonding stays when being separated but love dies. Many people are asking too much from love. It is supposed to heal any emotional injuries and erase guilt. Love, which humans experience on their long way to awakening as something very personal (thus in the consciousness of the ego as a special love and hate relationship), can never meet this expectations. Though love is resilient, when overdoing it, love may break into pieces. The desire of belonging and the fear of possible painful consequences prevent us from cheating in a way that our behavior supports and cements the relationship.

9.29 After the divorce

A good motivation for a peaceful separation may be given by thinking of the children's future. It happens frequently that women have a difficult time to respect the father of their children. Some behave in a way as if they were superior above the man and had more rights concerning the children. The law

does its share and child maintenance can become a nasty issue. In some European countries, like Austria for example, the law favors the mother and leaves little rights to the father, especially when the couple was not married. In Germany equal rights of men and women are on its way. However, the ones that pay are always the children.

The mother will always see part of the father in the child. When he is neglected, the mother signals the child that it is partly not good and not right. This causes the child to mentally turn towards the ignored parent. The child will secretly represent this parent and have the wish to be like him. Children always want both parents and they must not be kept from one of them. Restrictions are only legitimate when the parent is, for example, violating the child.

Children have an absolute right to have their parents. This is especially true for adoptive children, who should receive help in finding their biological parents.

The following situations are exceptions:

Severe abuse of the child by one (or both) parent(s), life endangering violence or attempt to kill the child. In such a case the child may and must withdraw from the violent parent and in the worst case is entitled to protect the gift of life against the father or mother. There are sometimes parents who don't want to hear anything about the child. In this case the child has to embrace the gift of life, as a first step, and then say goodbye to the parents and set the heart free from them. The child may then turn to the adoptive parents and embrace them as father and mother, if they have been there for the child in a good way.

9.30 The homosexual couple relationship

Nowadays the homosexual relationship has become more and more socially accepted and provides an important possibility to attain personal fulfillment and happiness. I feel that people who are spiritually and sexually happy, no matter if they are homosexual or heterosexual, contribute considerably to the world's peace.

It is obvious that the homosexual relationship cannot be on par with the heterosexual one, as far as content is concerned (it can be as far as rights are concerned!). The homosexual relationship is lacking the tension of diverseness. It is based on homogeneity and doesn't reach the same intensity as the heterosexual relationship between man and woman, with all its ups and downs. The homosexual relationship excludes the counter-pole of diverseness.

This has a very specific quality and dignity, when respect and love is flowing between the partners.

When setting up the family constellation, the client faces the challenge to have the courage to admit his feelings publicly, particularly in front of his parents. The sentence, *I am gay*, is usually felt as a relief. The child is true to itself and respects the gift of life from its parents. The coming out and embracing of the parents is an essential element for the mental stability of the client even if the real parents actually still have reservations about the child's lifestyle. In this event, the forward movement away from the parents (the previous embraced) into the future, is the solution. When the client is able to confidently agree to his way of being, there is no more need for the therapist/counselor to be active. Since happiness is the most we can get.

9.31 Sexuality – the issue that passes by the actual issue

Sexuality, in all its different forms, as money and as a means of power, are both huge issues concerning our pursuit of autonomy and happiness. From the perspective of the spiritual training ACIM, they are only representing, like any other things on this world, a substitute for the spiritual, real love, the LOVE of GOD.

In the movie *Bitter Moon*, Roman Polanski describes the insanity of the special love- and hate-relationship: The desire of man and woman to become one and be a unity is actually a refusal of the MIND within them. They believe (unconsciously) that GOD neglects HIS LOVE for them and they are plotting a conspiracy of autonomy against GOD. However, all these impulses root in the false self (the ego), which suggests to us this lack of love and separation from GOD. This policy of the ego is to result in separation and brutal, killing war with each other and against each other. Since we see ourselves as physical beings and don't see the actual problem in our mind, this mental battle is fought on the physical level with all its accusing unkindness and desperation, *It is your fault that I can't find peace and fulfillment. You stole this fulfillment from me.*

Subconsciously it is really always about our relationship to the SOURCE, the SPIRIT of GOD within us. As children we transfer this relationship to GOD onto our parents and later on to our partners. On the surface, our sexual preferences may seem to be an issue. There are many different ways of expressing sexuality from the sex maniac to being asexual and identifying with the opposite sex (a man feels like a woman and a woman who feels like a

man). It all leads mostly to bringing out the one core conflict, which we've been carrying within forever: the feeling of guilt, believing that we are separated from LOVE and not entitled to experience IT any more. Whenever our sexual impulses are stressing us out and we become slaves of our physical desires, we are dealing with this feeling of guilt and the battle against it.

Actually we are slaves of a crazy idea, namely the idea to have to live separate from LOVE and to not deserve IT. This idea should be examined with the help of the spiritual world, to finally heal this crazy idea of the mind. For particularly this process we need the classroom of earthly relationships, no matter if we are hetero-, homo- or asexual. Any relationship serves as a mirror for consciousness and for healing the mental conflict. I would consider life in a convent and life as a hermit as avoiding the training field of human relationships. The spiritual core-conflict catches fire through sexuality. Then only one thing counts: look closely and give up judging and fighting. We don't have to fight. We only have to invite healing into our mind and let it be. This is how the process of awakening from the dream of earth dawns and we increasingly experience peace.

Chapter 10

Spiritual Mind training – a necessity

Serious spiritual training can only negotiate one thing: struggling for the knowledge of one's immortality and thus struggling for the end of guilt and fear. It is always about eternity, about being in the PURE MIND. Even the tiniest move of fate is aimed at this goal, no matter if we are aware of it or not.

Family Constellations has been found to be a very helpful tool for professional therapists. Nowadays, some constellations are inflationary and can prevent us from taking responsibility and from going on the spiritual path that is meant for us. In this perspective Family Constellations can be misused.

What is it that we are all looking for in the end? Isn't it healing, inner peace and the end of fear? How can we approach the nurturing, the healing? And what has the world that we are experiencing to do with this healing force? Isn't IT something hard for us to grasp, like from a different world and still we all have our individual experiences and access to this healing energy?

Transpersonal Constellations opened up a door for the indescribable, the PURE MIND. One person can represent the HEALING. Whatever seemed unreachable finally comes into focus and the soul can create a new experience. Obstacles, for example resistance against healing (the ego, guilt) can also be represented in the constellation. What is the client focused on and which force is he giving his attention to?

I once represented HEALING in a constellation. The client had cancer. A lot of family members and the illness were set up in the room. The client did not look at HEALING (in this particular case at me representing HEALING) once and never got in contact with it. It was as if he was hypnotized from the disease and let it have the most power in his mind.

When will we ever give more attention to the problem and prefer HEALING to being sick? Supportive Spiritual Mind Training should make us understand how our mind works and make us start asking the important questions which will lead to healing. It is sad to see how, even in therapeutic circles, it is common to be lost and without orientation in this very important matter. Constellations are set up randomly and it is quite common that the client gets lost in the

jungle of fate. It seems to me that the basic mind-set for the actual problem has often not even been recognized.

From whom will I expect
the understanding of conflict
the first step to HEALING
a merciful look at the offender
the giving up of revenge
looking for silence
the healing word
the path back to the MIND
other than from me?

Everything starts and ends with me. I live in my world, in my thoughts, feelings and impulses, which are often crazy. Only I can investigate, negotiate, change and newly decide whatever happens in my mind. However, this requires that I take 100 % responsibility for my experiences. We learned to be victims and to project guilt onto other people who are supposed to be responsible for our misery. Then we want a therapist to straighten out things and we are giving away the most important to somebody else: the power of decision.

Whenever a Family Constellation turns out to be healing it is because the client had decided to be healed. The therapist contributes the smallest part to success. He creates a stage on which the drama of life can be watched and the most important questions can be asked. The client is always the one who has to respond and take up responsibility. He did succeed in creating his life the way he has lived until now, with all symptoms: from stomach troubles to irregular heartbeat, from stress with the parents to drama in relationship. All these are achievements that have to be accomplished, too.

The therapist invites his clients to use his creative potential for healing. However, this needs the client's strong willingness and above all one thing: wisdom (not meaning the kind of wisdom people nowadays often worship, knowing it all is not the same as wisdom). In this sense any spiritual training is teaching of wisdom, giving us insight into the hidden, meaning subconscious dynamics of the soul. Then we won't be able to go to the doctor and say, "Please prescribe me something so that I can continue well on my wrong way of life with less pain." It is about changing our way and this is always in the matter of the mind, since everything that we are experiencing and sustain is

first decided in our minds. The question arises why we are making so many unfortunate decisions: we become sick, other people are mobbing and attacking us at work or we are repeatedly failing in our career.

Encounter with A Course in Miracles

After 10 years of working with Family Constellations I realized: Something is missing! I was looking for a Mind training that would get to the roots of evil and cause a healing change in the depth of the mind.

In 2006 I got acquainted with *A Course in Miracles* written by the American Professor of psychology, Dr. Helen Schucman, who heard a voice inside herself while she was awake. The voice started dictating to her the extensive texts of *A Course in Miracles*, in 1965. Her colleague, Dr. William Thetford encouraged her to trust that voice since the content proved to be highly spiritual differentiated. This dictation work took almost seven years until the three parts consisting of textbook, workbook for students and teacher's manual were finished and slowly made public by a foundation which was named later on, *Foundation for Inner Peace*. Kenneth Wapnick, who was the best living expert on this spiritual asset, was a close friend of Helen Schucman and William Thetford, died in December 2013. He and his wife Gloria were managing the heritage of the course together with a team. When asking about the source of the voice, that dictated Helen Schucman, the answer is clear: The author is Jesus Christ.

10.1 What is a human?

A Course in Miracles (short ACIM) offers a very clear idea of man, which has to be seen in the context of our spiritual matrix within our experience as a human being, the dream, on the one side but on the other side also takes the REALITY behind that into consideration.

In the light of the divine truth we are the SELF: perfect spirit, MIND out of GOD'S MIND, the one SON of GOD, HIS perfect creation in UNITY with HIM. God is non-dual, ONE within. Only one part of this Spirit of the SON of GOD fell into a dream. For GOD the circumstance of dreaming is absolutely unreal and thus not existing, since HE, being the sole REALITY, is the only one not dreaming. It is the very part which identified itself with the principle of separation and herewith created the Ego. The Ego on the other hand is the reason for the world since it is inevitably connected with the process of projection (which will be explained in more detail in the following).

The third instance besides the ego and the SELF is the part which is silently observing and constantly making decisions. This part will be called the Observer and decision maker. It can act subconsciously and like a reflex or if its ability to observe is trained consciously, it can become a very helpful instance within us. The conscious decision is based on the clear, down to earth observation, which recognizes what it is that serves love and what does not. All three parts together are called the "split mind". He is the one dreaming the world. It consists of the well-minded spirit (the SELF), the wrong-minded spirit (the ego) and the observer so called decider.

The earthly world which we are experiencing has been created from our dreaming spirit to defend the REALITY of GOD. We have projected it due to our belief in the thought of separation. In truth, there is neither an ego nor a world. It just appears real because we want to believe in it. The world is based on a decision of our mind only. This is why the authority of the decider plays a very important role: The decider operates like a symbol in our nightmare to free us from the miserable identification of perpetrator and victim. We are taking full responsibility for the world which has been made up (dreamt!) by ourselves, for our fate, with all its incidents and we start deciding to heal. The decision for LOVE, for GOD, erases the separation within us. This decision is an act of willpower and shows our actual spiritual accomplishment and our power on the path of liberation. Yet, the carrying out of healing is thus a gift and mercy – the actual miracle. However, let's first have a closer look at the core-conflict which is experienced by all people.

10.2 The core-conflict: Guilt, fear, hatred

ACIM describes our all core-conflict very accurate as the vicious circle of guilt, fear and hatred. I understand that many people may just shake their heads and disclaim this fact. Our defense mechanism works strongly and efficiently, since whatever may not be can't be. It seems that only mentally ill people are experiencing these unbearable emotions and go insane because of lacking defense mechanism. Common people are in charge of their feelings and get themselves together, however the boundary layer of anger and thunderous rage to running amok and suicide, may be pretty thin. When partners start using their fists against each other hatred shows openly. The public reads these issues in the papers and is shocked. Filled with indignation and resisting such crime. We are all carrying the same essential problem.

Fear is one of the basic human feelings that we are probably all familiar with. It may appear as fear for one's existence or fear of sorrowful phenomena. In

the metaphysical sense fear always expresses our expectation of being punished. Beyond that lies suppressed guilt, which most people are not aware of. These feelings are the most miserable ones and we do our best to bypass or avoid them. ACIM puts guilt at the same place as fear. It is the same destructive process. Additionally we find hatred, when guilt is projected on to other people (lat. proicere: throw out).

Concerning guilt the defense mechanism acts in two ways: On the one hand we are dealing with repression or mental encapsulation of feelings of guilt. On the surface this can show as depression and/or physical illness (having cancer, for example, the person attacks himself and punishes himself). To interpret depression as unexpressed anger, as popularly seen, is insufficient. Beyond rage and aggression, and hatred, always lies guilt – man's big issue. On the other hand we are defending guilt with projection. This is our favorite defense mechanism against all haunting feelings. We are then seeking guilt in other people, who we are making responsible for any misfortune in our lives. Generally: Anything that is suppressed in our own soul and not consciously committed to THE HEALING FORCE (the HOLY SPIRIT, JESUS, the angel), has to be projected outwardly onto other people.

In the 20th century, Sigmund Freud was the first one to describe the insanity of the ego in a brilliant way. His insights into the matter of projection are more valuable than his sexual theories by far and give us a foundation for the result of suppressed guilt: Fear and hatred.

10.3 Our resistance against healing

Freud was also the one to describe the client's resistance against healing. He was stunned how suffering clients would indignantly refuse his suggested solutions. They wanted a solution on their terms and did not realize that these terms were dictated by the mania of the ego. In the following I'd like to define two essential differentiators to show when a constellation session should not be started or rather when it has to be called off. Differentiate between these two ways of expressing resistance:

1. Resistance used as a protection against overwhelming consequences of a trauma (for example war trauma, rape, accident, ritual violence): The client protects himself against an overflow of feelings and takes up a resisting attitude to cope with life and be able to live an almost "normal" life. Such emotional injuries are considered to be a trauma or a structure disorder and it is suggested to deal with such issues in a one-to-one therapy and Mind Training. The group, with its strong dynamic, is not practical. Setting up the

family constellation carries the danger of re-traumatizing. Generally speaking a person with little therapeutic experience should refer the client to a more experienced colleague. A lot of practitioners are not aware of the fact how easily clients with a trauma background can slide into psychosis. The least that one is supposed to do in this case is to stay with the client and face whatever comes up. This requires that one is not afraid of this "volcanic outburst" and is courageously determined to guide the client out of the drama, even if this takes half an hour or two hours.

2. It is more common that we are dealing with the second more harmless way of resistance, when the client's level of suffering is still bearable and provides a certain personal advantage. These clients can actually not receive help, (yet). They can be recognized by their great enthusiasm in resisting any suggestions of the therapist. They are actually saying: *At some point I am supposed to change something, but I actually don't want to, since I am still pretty comfortable with my drama! It makes me feel alive and I know who I am and what I have to offer and what other's give me for that!?!*

These are people who have deep love for their self-directed drama (and who hasn't experienced that...?!) and actually get mad at the therapist when he/she dares to question the sense of this drama: *Please wash me, but don't get me wet!* This could be another sentence of people who are carrying resistance within them. At one moment they will assert that they are feeling very bad and that no-one really understands them, and in the next moment they will calmly assure that everything is alright with them. In this case the therapist has to answer, in the same calm way: *I think I can't help you. I can't do anything about it. You love the problem more than the solution. I really don't want to interfere! I respect your decision.*

To be consistent further discussions and setting up the family constellation has to be refused. We must not abuse the precious tool of Family Constellation for such "games". Anyone who wants to set up the constellation anyhow, can't be helped. The "game" will end in fog and the client will furiously call a day later telling that the constellation did not help and that he wants his money back. I would rather down grade this person to an observer right away during the group session. He gets part of his money back and that is it. However, this person has a spot in my mind and my action is not an attack against him. On a spiritual level we are not only connected but on a higher level we are all one – the one son of God.

It is a lot more joy to work with people who are actually seeking a solution. People who are cultivating their drama get a huge benefit from it by always blaming the others for their misery. At the end of the day this will always lead to a negative outcome, still they are not realizing it since their perception is blurred by the burble of tension. I am not willing to be the emotional trash-can, even if I get paid double or triple the amount. Naturally, I want to do whatever is best for the client: The "NO I don't want to be part of your game!" is absolutely legitimate. Even, if the other one gets angry at me. It is still easier to cope than play hypocritical games. This anger can only encourage me, since I see through it and I am aware of the logic of my action. Such clients often remain in their infant attitude and project the part of the parents onto the therapist. To join this perception would be fatal. The client would be seen as little and weak. That's not what he is.

In a conversation one should pay attention to the following symptoms: is the client really listening, when I suggest approaches? Is he getting ready for a counter attack right away using: "Yes, but"....or "Yes, still..." or other objections, which are badly effective, since they are destroying any approach to find a solution as well as any established energy.

Is he putting pressure on me to absorb his view of life and is he reacting like an angry child, when I don't. (*You don't understand me, either. I knew it right away!*). Is he camouflaging the seriousness of the situation by giggling or make it look harmless?

Clients who are stuck in drama are within their mental comfort zone. They are still feeling way too good. A woman might talk bad about men, claim that she wants a relationship but in the next moment she will tell you how great her life is without a man. Then she asks if she will ever find a compatible man. I reply spontaneously, *I would not set my hopes on it. That's hopeless!* Sometimes it is possible to work with the resistance that comes up against my enforcement of her prejudice. However, in severe cases this doesn't lead anywhere either and one gets thrown back to where you started. This is very frustrating. Thus, call it off.

10.4 Calling off a constellation can be a necessary intervention in some cases. For example when the client does not respect the work, when the entanglement can't be located, when no solution is in sight, when it shows that the client has been severely traumatized and reacts with a psychosis (in this case it's usually the best to not even start, see above!); when energy is

dissolving, meaning when concentration is lacking (for example when the work is not taken seriously).

When this happens during a weekend workshop, I will get back to the case at a later time (except when the person is traumatized/danger of psychosis), and start over. Sometimes it may take a little time till the soul of the family opens up and "talks" to us. The other clients will have done valuable work and the field of solution is accessible more easily. Constellation work profits from the group. Sometimes this may be forgotten. The leader of the group takes care of the well-being of all participants: Everyone is kept protected; nobody is exposed to the dynamic of the group, in the sense of an attack. The actual interaction is always between therapist and client.

Chapter 11

Thoughts are the building blocks of our life and of the world

Understanding is light, and light leads to knowledge. (ACIM, T-5;III, 7:5)

A German TV show called "Adventure Research" with professor Lesch (2010) talked about the following case: a young man is brought into a clinic as an emergency patient. Suspected of attempted suicide with an overdose of pills. His condition is life threatening. What had happened? The man wants to end his life with the monthly dose of antidepressants, which his doctor had prescribed, after an argument with his girlfriend. No one in the emergency room knew how to handle the situation. The medication is unknown. The vital functions are weak and the patient can't be stabilized.

Then the drama takes an unexpected turn. The doctor who is treating the patient arrives and reveals something incredible: the man had only been given a placebo. He had been participating in a clinical study and had been part of the **Placebo group**. The patient recovers within 15 minutes. The fear of the overdose and his strong expectation had led to the life threatening situation.

The conclusion that can be drawn from that is clear: **a mental attitude, a thought filled with willpower is enough to create a dramatic physical reaction!**

In therapy, based on Spiritual Mind Training, we are using this specific approach when proceeding from the assumption that all causes of the phenomenal world are within the person's mind. American cancer studies show that people who have a positive religious attitude, are more likely to be healed than people without specific religious direction. These examples prove that people are capable of determining and creating their experiences, even physically, through mental impulses of willpower.

Today this insight is used in all different kinds of "*wishing-systems*" like "The Cosmic Ordering Service" and "*The Secret*". The chosen idea (the desired image) gets mentally and emotionally charged to be then released, so that it can be manifested in the world. Whether or not these practices, or rather the objects of desire, bring sustainable happiness, remains a question. It is all about the mechanism of the impulse of *willpower, projection and effect*. On our way from unconsciousness back into the power of our mind, these practices

enable us to learn important insights. We get a good practice in the classroom of the world of illusion. It is all about magic, since as separated beings (human beings in body) we are magical beings no matter what. ACIM gets to the heart of this connection:

Everyone experiences fear. Yet it would take very little right thinking to realize why fear occurs.

*Few appreciate **the real power of the mind, and no one remains fully aware of it all the time.** However, if you hope to spare yourself from fear there are some things you must realize, and realize fully. **The mind is very powerful, and never loses its creative force. It never sleeps. Every instant it is creating.** It is hard to recognize **that thought and belief** combine into a power surge that can literally move mountains. It appears at first glance that to believe such power about yourself is arrogant, but that is not the real reason you do not believe it. You prefer to believe that your thoughts cannot exert real influence **because you are actually afraid of them.** This may allay awareness of the guilt, but at the cost **of perceiving the mind as impotent.** If you believe that what you think is ineffectual you may cease to be afraid of it, but you are hardly likely to respect it. **There are no idle thoughts. All thinking produces form at some level.***

(ACIM: T-2.VI.91-14, highlighting Reinhard Lie)

Chapter 12

The God of the Old Testament – a projection of the Ego's Thought System

The feeling of guilt, our belief in the existence of sin, and the separation from God is terrible and unbearable. Thus, this feeling of guilt is segregated into the unconscious and buried there. Since the inner pressure is extremely high the segregated guilt is projected onto other people and turns into hatred. Then it is always the other's fault. They are the reason for my misery and deserve prosecution, penalty and in the worst case even death: I take revenge for my suffering. This revenge is meant to hit the others but secretly aims at God. Delusion makes me think that GOD has cast me out. HE denies HIS love to me. Such insane ideas can only develop when I consider myself as basically guilty. Revenge is accordingly always some kind of projection of guilt.

Let's have a look at political conflicts worldwide: The Israelis blame the Palestinians for their misery and the same happens on the other side. We are always looking for the reasons for our suffering in the other one. Most relationships carry this pattern: if only the other one wouldn't do this or that...

The acting out of hatred at the same time produces feelings of guilt and the fear to experience these feelings of guilt and the possible revenge of the opponent. In the worst case, we are *projecting the image* of the revengeful opponent onto God. Hatred and sequencing attacks are easier to handle than fear and guilt. What I fear, I attack. What I attack is what I am afraid of. Fear thus leads either to mental paralysis or to an outward explosion, to an attack. The suppressed fear – or rather the *guilt* – turns into depression.

Thus guilt, fear and hatred are of the same root and can actually be seen as one and the same phenomena. The vicious circle is closed and it seems that there is no escape. The expressed hatred continues to lead to the fear of the opponent's revenge. The game of deterrence and threat in the realm of arms race is a familiar one. Mankind likes to play with total destruction and actually the problem lies in the mind. It is not the others out there, it is my mind-set and thus it is within every person.

Our world, which we create with our split mind, is based on this destructive process. It goes all the way into the material world, which is only a projection of the ego's mind and not created by God in six days, as the Christian church teaches us. Sin, guilt, fear and hatred lead to an aggression, which is the basis

for the making of the world. We are destroying life, microorganisms, with every step we take. With every meal that we eat we are destroying beings to keep our body alive, which will decay eventually. In ACIM, it is said that the whole material world is an attack on LOVE and GOD. It is based on pure hatred and is the *consequence* of our escaping from the pure LOVE. In the world that we project, there will always be winners and losers since this world is an illusion and has nothing in common with the REALITY of GOD, the pure LOVE.

Consequently we have gotten used to the everyday insanity and have a hard time imagining that there is a whole different world out there, which ACIM calls HEAVEN. I am aware that some readers may have a difficult time considering such a shattering overall outlook. Unfortunately the worldly facts speak for such a brutal diagnosis: species of plants and animals become extinct, climatic disaster can't be prevented anymore, the world's population with all its ethnical conflicts and migration movements keeps growing and ticking environmental time bombs, as well as wars with mercenary soldiers over the last remaining oil reserves, and now even about drinking water, are exacerbating the general political situation.

As a basis for understanding, we should realize: we are dealing with an ill segregated mind within us which is caught in a vicious circle of guilt, fear and hatred. Only the inwardly look (the resignation from projecting of guilt) and the path of the MIND will bring healing and salvation.

One could now ask how this fatal situation was created. In ACIM the answer is pointed at one single image and unfortunately this is as much as we can comprehend in the condition of the separated mind. Let me give an explanation in my own words. The reader may want to go and find a more detailed explanation in the original text by Kenneth and Gloria Wapnick, the experts on the course.

A sense of separation from God is the only lack you really need to correct.
(ACIM: T-1.VI.2:1)

In HEAVEN, meaning in the clear MIND, everything was one and still is one. There duality does not exist. Any kind of duality, even if we experience duality as a normal and harmless phenomenon, is the aftereffect of *the idea of separation* which was once brought up in heaven as a "teeny tiny delusional idea". In the REALITY and TRUTH of HEAVEN this idea of separation presents a lunacy which can only be called an error.

Unfortunately the SON of GOD, who we all are, forgot to laugh about this crazy idea. This is how HE got "infected" with this idea. One part of his mind fell asleep and has been dreaming about the world that we know, ever since. It always consists of separation and duality, in all phenomena: inhale – exhale, birth and death, construction – destruction, joy and pain, day and night. We can hardly imagine a world without separation and in the best case we might have a faint memory of the heavenly state.

In his dream the SON of GOD shattered (separated) into billions of single parts and thus through the process of dreaming billions of separated egos arose out of the one ego (*the false Self, which was created by the idea of separation*). Today these parts live in bodies and represent people; people who wage war against each other on all levels. The sleeping Son of God had become so delusional in his dream that he felt he had attacked and destroyed LOVE (GOD). At the same time fear of God's revenge arose and thus the image of the revengeful and striving God of the Old Testament was created. This God carries all characteristics of a lunatic: jealous, revengeful, partial, murdering.

This is why the idea of *separation* is the actual *sin* (*the Greek expression used in the New Testament ἁμαρτία (hamartia) and the Hebrew word chat'at in the Tanach mean to miss the target, which means practically error and is translated with sin*) and *believing in sin is the basis for the birth of the ego*. The ego exists out of the belief in sin and the sequencing feeling of guilt. Sin, guilt and fear create the fire of the ego that makes the illusionary world go round. The son of God feels guilty for attacking GOD and fled deeper and deeper into a materialistic (dream) counter-world. However, exactly, this matter stands on shaky ground: within the illusionary dimensions of space and time this matter, in its variety of forms, is subject to constant fading and does not offer a secure escape route. Its basic state is darkness, since sunlight is an artificial light projected by the split mind. The sun will eventually burn up and vanish (Entropy– Hypothermia). It doesn't make a difference if this is going to happen in 4 Million years, 400 years or 4 hours. The result will be darkness, a self-reflection of our self-sabotage, our delusion that keeps us captured. From a genetic point of view we are always bound to die, according to the original sin. The error is to define life as physical and not as a purely spiritual state.

We have lost access to the spiritual light because we have chosen the darkness, the absence of love, in this world. Still, ACIM ensures us that the world actually only subjectively exists in the images of our dreams. It is clearly stated in a passage in ACIM that *there is no life outside of HEAVEN*.

We are like a five year old playing hide and seek with closed eyes. The child is standing amongst his friends with his eyes closed and tells his friends that they should go look for him. Children love this exciting game based on separation. When closing his eyes and experiencing darkness the child believes that all others are also in the dark. He projects his own state of "not being able to see" onto the others. This is nonsensical but it gives a clear image of our general state of consciousness.

We are projecting our decision of wanting to experience a world beyond the LOVE of GOD onto the appearing world due to this decision (!) and onto all its participants – and all involved parties believe in this worldly game. Since we believe in separation we have decided we are experiencing it. Our perception mirrors our sick state of mind yet does not say anything about REALITY since with our 5 senses we can only perceive lunatic projections of the spirit.

Ultimately, space is as meaningless as time. Both are merely beliefs.
(ACIM: T-1.VI.3:5-6).

Everything created by the split mind (the ego or the false self) is pure illusion and can't be called real or true. Since how can anything which comes and goes in the very next moment be called real? It stays hastily like a dream. The mind of the ego has projected the entire universe and it is just as real as a programmed computer animation, a virtual world like for example the game "Second Life": just an absolute illusion. It only takes one key-press and everything is erased.

The programmer of both worlds, the material and the virtual one, is the "dreaming" mind, thus we are in the position of the decision maker. It tells our brain to setup the world of time and space as an experimental reality. The brain receives the orders of the mind, it cannot act by itself. (The brain doesn't think by itself any more than can a computer!)

The transfer value of one true idea has no end or limit.(ACIM,M-5;4:5)

The mind alone is the source of perception. Since it perceives madness (for example being separated from other people, which is the basis for attack and defense, called war) it demands healing – **healing of the mind!** This insight is the basis of ACIM. To put it differently: this insight is the only way out of the woebegone craziness of this world, which we have projected.

Non-Duality
UNITY



REALITY
ETERNITY

The dream-bubble of non-reality

The **delusional idea** of **separation**

Our **NO** against LOVE

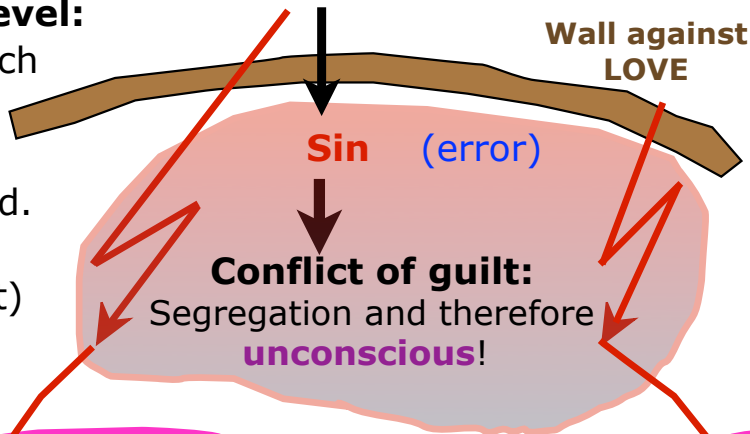
Level I:

1. Conflict-level:

The mind which is dreaming about love being attacked.

Cause-level

(Mind/content)



I. Projection of guilt:
We have been banished by God!
The bigot and revengeful God of the old testament

The veil of oblivion

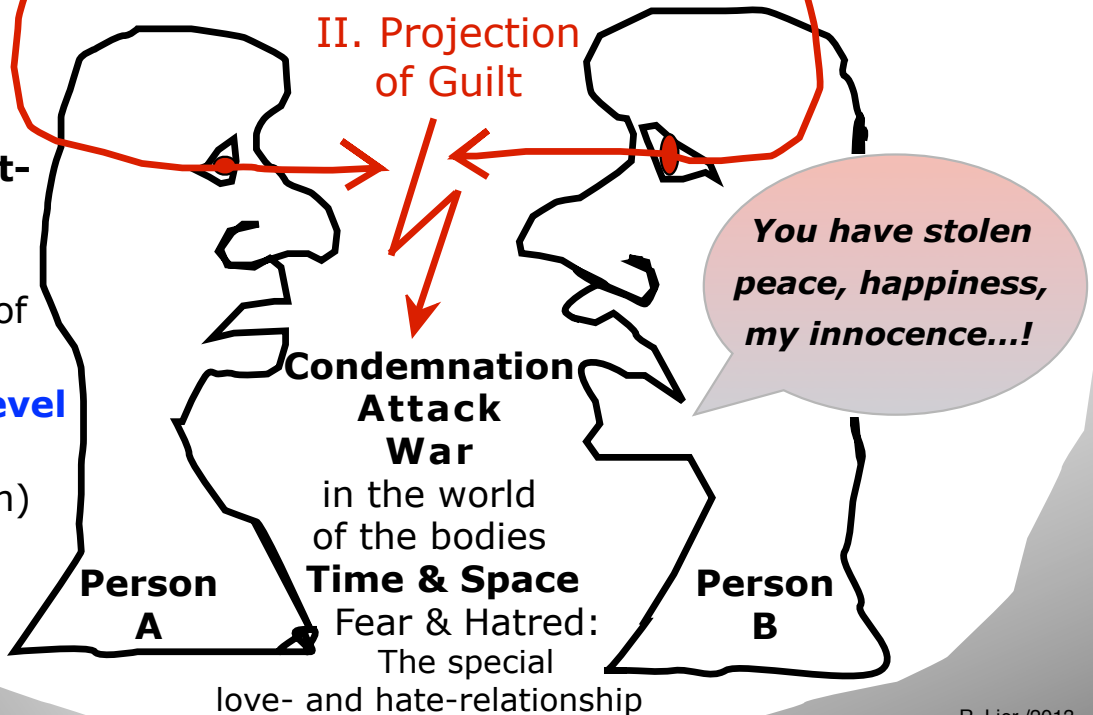
Level II:

2. Conflict-level:

The mind dreaming of the body.

Impact-level (effect)

(body/form)



R. Lier /2013

We have to call it an illusion when space and time are part of the game. Even Shakespeare called life a "walking shadow." In his plays he showed the deadly game of guilt, fear and hatred, who seemingly no living being can escape. We are living in a world of dreams and shadows and have forgotten what the nature of the eternal LIGHT of HEAVEN (contrary to the volatile light of the sun) is made of. We have dissociated the Light of TRUTH within our mind because we believe that the burden of our guilt is superior to the LIGHT. This is why we fear this LIGHT, which is LOVE and which still loves us unconditionally. So far we understand very little about the core of the problem and haven't deciphered the ego as the motor of this insanity and suffering.

We are exclusively dealing with a problem of the mind only. All effects manifested in the material world are only consequences of the vicious circle of *guilt – fear – hate*. External actions are no more effective than trying to slow down the melting of a glacier by covering its mountain peak with plastic sheets

It's like moving furniture on the sinking Titanic and letting the band play a nice piece to distract us from the sinking and misery. One gets exhausted by making useless empty motions like a mentally ill person in the mental hospital. The solution to the problem is internal, it has to be within the mind, namely in the part of the MIND which is real and never parted from HEAVEN: our SELF, the one SON of GOD, who we all are and the bridge "JESUS CHRIST" who connects us with GOD.

GOD sent the HOLY SPIRIT as the *VOICE* of GOD into our dream so that we would be able to change from the wrong oriented, crazy mind into the right oriented, unscathed mind – the SELF. The HOLY SPIRIT is the teacher who brings us back to GOD. The ego is the bad teacher who keeps us captured in the world of illusion.

I am only interested in this one question: how can we transfer to the SELF and leave the madness of the ego's dream? It is not about fixing or rescuing earth or turning it into paradise. Illusions can't be rescued. At the end of time they can only vanish into what they came from: out of the void.

How exactly do we end the nightmare? How do we receive salvation?

Without forgiving, which is a gift of the MIND, we will not be able to escape the nightmare and find PEACE. Forgiveness is HEAVEN'S answer to our dream. Though it is part of the illusion (since there is no guilt in heaven and thus we don't need forgiveness) it may, at the same time, end the illusion and thus

represents the deepest spiritual experience within the world of illusion. It is the biggest gift of GOD to HIS sleeping son and leads to awakening.

I don't expect help from this earth, which will vanish just like my body. Why should I count on such a hasty phenomenon? However, I am willing to use the earthly classroom for this process of healing, since this is the invitation of the MIND. We shouldn't see the classroom as our enemy because this is how we would give realness to the illusion. The world only appears as evil as we are in our mind. I feel that understanding the *projection* is the first essential step towards (Self) healing.

We are called to receive absolute happiness here and today because we are always the ONE SON of GOD. HE is beyond this dream, rests in GOD and wishes for our awakening. Our insistence and openness towards the guidance of the MIND is the key to the door that will lead us out of the crazy, miserable world of delusion. The ego whispers in our ear to take our life into our hands which can only lead to further entanglement and suffering. The decision to have faith into the guidance of the spiritual is the real achievement, which we have to carry on our end. Only then JESUS, being a symbol of abstract LOVE, can change our life and make HIS LOVE become reality for the good of all people.

It might bring us comfort right away: in REALITY nothing happened. We have never become guilty even though the ego tries to convince us otherwise. We are free and lie secure in GOD. It is a gift of HEAVEN to be able to understand this. The subjectively experienced suffering of all people will disappear in the end when we are asking for HEAVEN'S KNOWLEDGE.

When having chosen the right teacher, the HOLY SPIRIT, namely JESUS CHRIST, we may, as a first step, change into the happy dream. We are still living on earth but we are full of forgiveness and in this way experience healing and peace in the MIND.

ACIM does not go all the way even though we find hints in some passages: the springing back into HEAVEN, the PURE MIND, where we are an extension of LOVE in pure DIVINE IDENTITY. There is no I nor You there. The ego's gifts of individuality and uniqueness have lost their meaning. After all, what is their value in the impossibility of separation?

Chapter 13

The meaning of forgiveness in the process of Spiritual Healing /Mind Healing

Forgive your brother all appearances, that are but **ancient** lessons you have taught yourself about the sinfulness in you. (ACIM T-31.II 9:1)

A Course in Miracles is probably the most radical, non-dual spiritual of all works. Whenever healing of the soul or mind is the goal we find forgiveness to be an increasingly essential part in different teaching systems. Here, I want to have a close look at forgiveness under the light of ACIM. Let me start by describing the mental framework that we are using in this Spiritual Mind Training. The colorful illustration in chapter 12 explains the issue.

The usual way that we see and understand the world is based on the existence of dual forces and forms: day and night, summer and winter, man and woman, good and evil, light and shadows. We are experiencing a world of fighting and battling, full of joy and suffering, birth and death, past and future (space and time). Bodies make this concept of *separation* appear real. All this is tied to forms, meaning bodies. Our five senses confirm this concept and it would be crazy not to take the sensation of our senses as illustrated in our actions within this world seriously.

We are asking: **how did this concept of separation evolve and just how real is it?** Is there a different, maybe even *the* actual reality beyond it? A reality that we cannot grasp with our five senses? Just like radio waves. We cannot hear them without technical equipment although we know that they are permanently present. Is it possible that we have "forgotten" that there is another world and how can we find access to it?

Sigmund Freud and the Unconscious

In the beginning of the 20th century Sigmund Freud discovered a peculiar part of man and called it the Unconscious. He found out about the contents that are active in the human's soul and frequently present horrible dramas through the language of dreams. He referred to it also as "the beast" which he regarded as being dangerous for mankind and which had to be tamed. Freud chose dream-analysis as the tool to learn about the unconscious. It should canalize the raging forces of the unconscious and defuse its contents.

ACIM states clearly that Freud touched the basic issues of human kind: guilt, fear and hatred. We all have the boiling conflict within us and it breaks out in the drama of relationships: **we all want to get rid of something bad, something unbalanced and we are blaming the other person for our misery (projection).**

Freud described this pattern very well too: the haunting parts of our soul are suppressed (detached "forgotten") but keep pushing to the surface of our consciousness and are projected onto another person as soon as there is a chance (proicere: to throw forward). Then we say: "I'd rather blame you for my misery than myself. It is because of you and this is why you shall be punished."

Consequently we are chasing something within the other person that we are actually carrying ourselves, only we are so afraid of the content that we don't want to face it. The bad ones are always the others and we are enjoying the chills running down our spine when we hear about a person running amok because secretly we are regarding ourselves as innocent.

Let's have a closer look at the colored illustration in chapter 12 concerning this context. Level II presents the physical dual world of forms, Level I represents the mind (the soul). This is where we are the ONE SON of GOD dreaming about separation. Beyond the "dream bubble of unreality" is REALITY, non-duality, LOVE. We cannot imagine IT while being in the state of dreaming because in our dream our mind is split and we cannot comprehend UNITY.

ACIM talks to us using dual metaphors and symbols because we believe we exist in a dual world. The Spiritual Mind Training meets us where we believe to be: in a world of separation. For this reason it is very difficult for the spiritual world to convey to us an image of REALITY, since our thinking cannot relate to that. Actually there is only MIND, LOVE, GOD (in a non-personal meaning!) or UNITY. The MIND is endless without beginning and end. Differences are unknown. There are no interference patterns (meaning no two sources of light), there is no space and time, no body. Whenever it is referred to the MIND ACIM capitalizes the word to point out the difference to the world of illusion, the dream, the split mind.

Important for us is that the course considers it a fact that there is no separation within the MIND, within GOD. However, we, being the one SON of GOD, can dream about separation and take our dream as real, like a high-resolution computer animation. For the MIND (GOD) this is meaningless; it simply does not exist. LOVE is and "expands" only itself. It still mirrors fully in

the SON of GOD, who believes to be separated from IT. LOVE sends the VOICE of GOD, the HOLY SPIRIT into this nightmare to remind the dreaming SON of GOD that he is actually still resting within the FATHER and only dreaming separation, guilt, fear and punishment.

The actual causal conflict isn't the one in our interpersonal relationships; it is within our relationship with GOD.

Believing in the meaning of the idea of separation made us build a spiritual wall. This idea, the course refers to it also as the ego, promised us big advantages: **individuality, distinctiveness, autonomy!** All values our society believes in. The most capable one will be on the victory podium, the one who is extremely mad will get headlines and appear in a talk show and the one who is especially special is the winner. All these games of society are just mirroring the battle the one SON of GOD leads against the FATHER: I want to be number 1, I want to be the boss, I want to be my own cause.

This basic conflict, which is only taking place in the dreaming mind of the SON of GOD, has created the wall against LOVE (the course refers to it as "the ditch" expressing dissociation). A magic trick called amnesia (Greek: without memory) helps to forget about this wall, since this first conflict with GOD is too burdening. The ego's solution to the problem is to create human bodies and a world with a lot of separated things. The conflict with GOD thus shifts and manifests in interpersonal relationships, the special love-hate relationships that we have to deal with irreconcilability and brutality till death. ACIM states very clearly:

The world presents an attack on LOVE, which serves to hide guilt – namely the ability to project.

Forgiveness

This leads us to the issue of forgiveness. There is a bad, destructive way of forgiving based on our belief in the reality of the world and the presence of guilt. "I forgive you for stealing my money". This is actually an accusation. I insist that you stole my money and that you harmed me. The other one is naturally guilty but I forgive him. This has actually nothing in common with true forgiveness. In this case we are just declaring level II to be the basic reality and we do not recognize it as the effect of our dream in context with level I.

The actual question is rooted in level I, within the mind: Did we all, being the one SON of GOD, become guilty towards LOVE? LOVE says: No! You are innocent and free and the door to the FATHER'S HOUSE (GOD) is open.

The ego says: "Yes, you are guilty and you have to fear God's justice and I am going to show you how you can escape. Blame your brother for your misery, chase him and kill him! That way you'll get rid of him and finally of your guilt.

Of course the ego says the same to everybody, which could tell us how absurd and crazy this approach is and that it only exists to keep up the idea of separation in our mind. It creates a deadly game with all of us, since when everyone projects guilt onto another person and chases him, war is the unavoidable consequence. Thus we should finally recognize that the strategy of the ego, the principle of the scapegoat, is bound to fail since its only purpose is to keep up the game of guilt and thus the (dream) world with all its armed conflicts. Any solution the ego comes up with will remain an illusionary solution that only shifts the problem to a place where it can't be solved at all: into the physical world (level II). This makes it easier to understand *why* we want to experience horrible, sick relationships. Why do we choose partners who are jealous, sex maniacs, violent or addicted to alcohol? We do this because – unconsciously! – we believe that we are guilty and we are demanding punishment (suffering). All our physical illnesses are also part of the logic of this insanity:

We are attacking ourselves to reduce the pressure of guilt by suffering.

We hate ourselves for the unbearable burden of life and don't know how we can love ourselves or others. In other words: We need the others to "punish" us and thus we can blame them for our pain so we don't need to look at the actual cause of pain, into the inside (level I) ever. It is insane since we are actually choosing to stay with our pain and spoil our access to healing. We choose forgetting instead of remembering who we actually are: MIND of GOD'S MIND equipped with the power of creation.

However, there is hope: when we start realizing how crazy it all is and what we are doing to ourselves, by attacking or judging what seems to be the other, we will see that we have an opportunity to choose another path. This new path will lead to the insight **that we chose the ego and separation and then tried to neglect the responsibility and the consequences of this choice.**

There is a strong resistance against this insight. However, the more we practice truthfully looking at what we are doing, without judging ourselves, the more

recognizable will resistance appear. This is where we find the meaning of true forgiveness: **Actually it is always about forgiving ourselves for the decision to be separated from LOVE.**

What is sick about this process is the fact that we want to be *unhappy* actually has nothing to do with anyone else. We became experts in blaming others and making them responsible for our feelings so that we don't have to realize the responsibility for our emotional state and don't have to take it on.

First step to forgiveness

When carefully observing the processes that are taking place within us and judging ourselves less and less it gets harder for us and the ego to blame others for our feelings and project guilt onto them. We are then able to mildly overlook the deficiencies of this world of forms and stop expecting peace, which can only be found in the mind. Anger and unhappiness will become less. We will recognize that all other people are facing the exact same problem and are searching for love just the way we are and attacking it with projecting guilt on the other end. This is how we can develop compassion for them – that's the first step towards forgiving and salvation!

Actually all it takes is to become still and observe our restless thoughts. We are passing this restlessness onto the presence of GOD. This is how the MIRACLE of LOVE gets rid of the blockades which separate us from GOD. There is nothing else to do. The MIRACLE cancels the ego's crazy thought that we are separated from LOVE forever. All we have to do is ask for it.

The root of the problem in all family issues

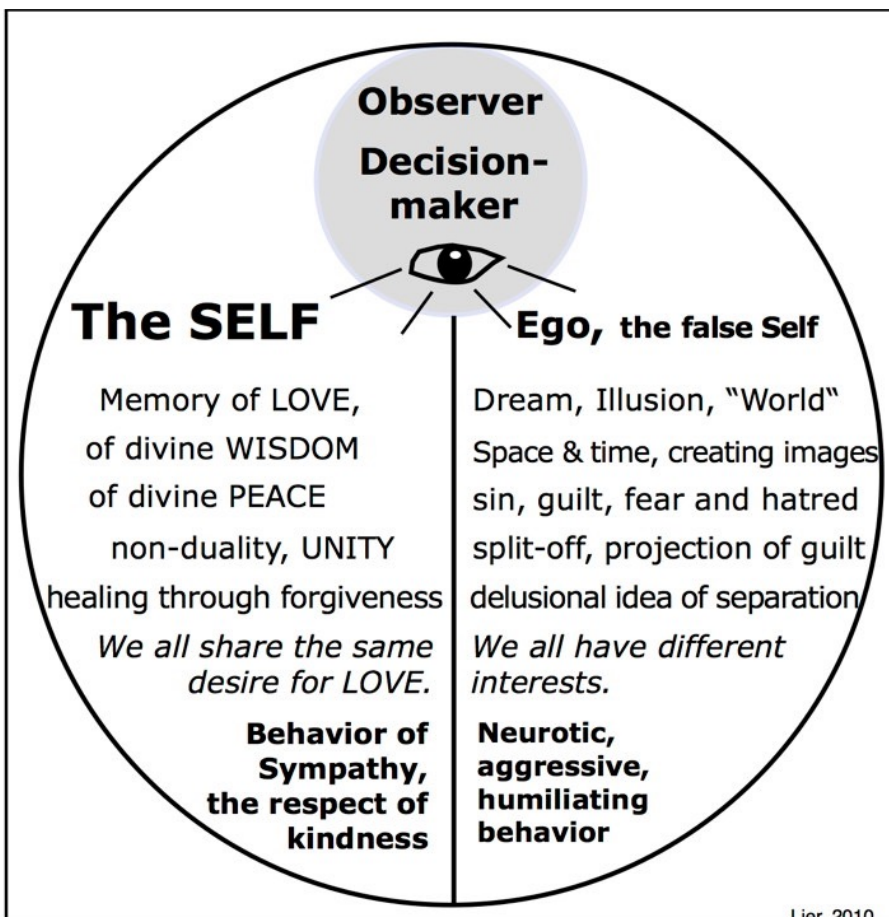
The complexity of the world of forms covers the simplicity of the root of the problem experienced by all people: *guilt*. We believe in grief, depression, rage, melancholy, shame and frustration and look for the causes in our family history. However the actual root of all causes is the *guilt* that is hidden in our soul. This is where it is supposed to stay, unrecognized, buried in the mind, so that we cannot look at it and resolve it.

Guilt and consequently fear and hatred are the motor that keeps all earthly dramas going. *Facing these topics* in us means healing the mind. The basis for this process is the impulse of will: I decide for *healing and forgiveness*. In the end forgiveness only concerns oneself: I am forgiving myself for my decision to

have left LOVE and chose the nightmare instead. External relationships which seem to exist *with other people* (and seem to be separated from me) are only reflecting my own mind.

I will then start to reinterpret everything and look at things differently. I may ask the HOLY SPIRIT (JESUS, the ANGEL) to heal me. Healing can only happen through HIM. HE fulfills healing, HE has fulfilled healing since the beginning of time and I am now consciously deciding to be healed.

Even Rudolf Steiner, founder of Waldorf education and the Spiritual Training of anthroposophy pointed out the importance of the impulse of the will: will has to be consciously decided (chosen). In the world of illusion the forces of will are focused on the emptiness, the meaninglessness of things.



They give meaning to a world which does not actually exist in the realm of absolute truth. Also this concerns all our special love-hate relationships: They cannot survive in the light of LOVE because they are only representing our belief in substituting LOVE and are consequently invalid. Only when we newly align our will on the true being, the being in the MIND, we will achieve healing and salvation.

Guilt is the root of all fear, all efforts to attain security. We are seeking security in a world of transience where security does not exist. The golden thread of entanglement is: **sin** (the idea of separation) – **guilt** – **fear** (of punishment, revenge) – **hatred** (projected guilt). The one who recognizes this golden thread within the delusional imagination of his mind is on the right track for resolution and salvation. Healing always means to cancel delusion and

misinterpretation. Fearing and defending an attack rooted in the conflict of guilt that we are carrying in our own mind: I believe that God will punish me for attacking LOVE and take revenge on me. To unmask this "God" as the ego's God is an essential part of the healing process. The "revengeful God" of the ego is a logical consequence of egomaniacal hubris: this God asks for blood sacrifice as taught in the Old Testament and glorified in the New Testament through the idea of victim and death penalty (in this matter as "punishing the innocent") which is exalted with the bloody sacrificial death of Jesus. This comes out of the thought system of the ego.

To realize that JESUS couldn't have been suffering, since he knew who he was (namely CHRIST, the innocent SON of GOD) would question the ego's thought system. To recognize the BIGGER (GOD) as bigger and me as being part of HIM (SON), leads to salvation and healing. Why should I attack the source when its existence is within me? I would only attack and hurt myself. This is the question of authority, which modern times consider to be no longer necessary: that we have been created by GOD, the SOURCE and not that we have created the SOURCE or ourselves. Awareness of the TRUTH is healing.

Resistance against Healing

In Family Constellations a session may have been going well, the entanglement may have been dismantled and a resolution may have been developed and still the client keeps suffering. Or he changes from a phase of well-being back to the sick condition. Basically it always stays the client's decision if he takes on the resolution and implements it or not. Being drawn to the pull of suffering and with that to the collective suffering in the family and ethnic group (or human kind) is a natural impulse of the ego and it needs a strong spiritual effort to resist. It depends on how much the *ability of the will* has been developed. What does this mean?

The decider and the observer is *beyond* time and space, beyond the world of illusion. We can only connect with this regulating authority when our desire for truth and love starts drawing us towards it. It could be considered a passion which frees from suffering: the journey back to the PURE MIND has begun. We are increasingly realizing the worthlessness of earthly things. It is a process of learning taking place in the world of illusion using the classroom of the world in a sensible way towards awakening.

How can I help the one who is suffering (and myself)?

It is basically not bad when the client or I drop out of the resolution back into suffering. Bad is only when suffering continuously and the decision for healing is not *retaken* (ACIM: *My brother, choose again* /T-31.VIII 3:2) When retaking this decision and working on eliminating my guilt complex within my mind I will be able to return to peace more easily. A kind of peace that is not from this earth, that is invulnerable and radiant. The client makes the decision himself. As his guidance I can help him the most when *I* have already made a clear decision for healing in *my* own mind, since the other one is definitely able to sense this truth within me. Meaning I expect everything of me and nothing of the client. When I look at him in my mind in the state of GOD'S PEACE I have already provided the most important service for him. He will decide the rest and it may be only a small decision that needs a lot of willingness and is of enormous significance.

Give away the power of decision

The image of resolution and the healing sentences in a session of Family Constellation are an important therapeutic tool on the level of forms and help to newly connect with the HEALING energy. Not everybody is familiar with terms like *HOLY SPIRIT, JESUS, the SELF, CHRIST or ANGELS* and some people may even dislike these terms. This is why I choose to use the abstract expression "*THE HEALING ENERGY.*" It is always a good idea to use different images and terms since the clerical neurosis is still present, even today. Everybody can choose what he can most relate to on the level of forms. Important is the movement of the mind which I want to encourage. To make things conscious and to train the ability of the will is an essential step. Man's power is in the MIND. The old attempt to turn this power over to the outside will come up again and again.

When asking JESUS or an ANGEL or Saint for help and believing that they can help, we are passing on this power to *them*. Why are we doing this? Because we are afraid of this power in our MIND. The ego tells the following story: You have abused this power once before because you used it to attack God. *That's why you should fear this power.* And this is how the one thing that can actually free us becomes the enemy in our own MIND: the power to make decisions, the willpower. When believing the ego's story we are experiencing feelings of guilt and fear the power to make decisions and so we stay within the ego's box.

Chapter 14

The power of making a decision

Determination is the opposite of mental imbalances and different moods that are in conflict with impulses of the will. Taking the Spiritual Mind Training seriously will lead to a good sense of soothing clarity and discernment. I will be able to learn from my experiences and recognize which actions will give peace and which actions will lead to more guilt and fear. The first results from the divine SELF (when using Christian terminology we call it *CHRIST*), the latter results from the false self, the ego's thought system, which is based on the idea of separation. I will increasingly choose the first one and leave the other one alone because I don't want to suffer more than necessary. And if I still decide against peace and increase the guilt-conflict that I am carrying, I will not condemn myself for that. I can look at my resistance against LOVE with LOVE (JESUS, the ANGEL or any other symbol that is helpful) and that is all there is to do about it. *When looking in this silent way the HOLY SPIRIT illuminates all* toxic, egomaniacal beliefs, it can all be resolved. However, I need to make the decision that HE is allowed to look at all this nonsense with me.

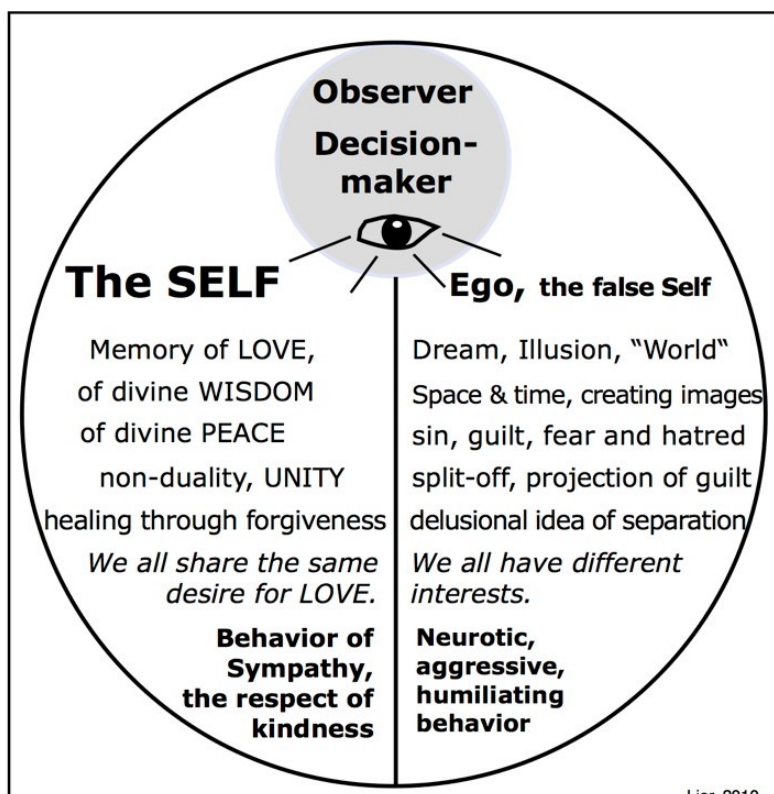
Being determined in the mind is based on my decision for *PEACE*. This *PEACE* is not from this world but it can be chosen in that moment and be experienced. When I am serious about this *POWER* of *PEACE* and have the desire to experience it, I will start communicating with IT. To take IT seriously is the basis to get spiritually connected. The *SPIRIT* of *PEACE* will always take me seriously, whether I am aware of it or not. So it is all up to me and the alignment of my mind, which has to be chosen, practiced, cultivated, and intensified. The *MIND* is always present and I am part of it. However, I may be caught in strange dreams, believing that I am not allowed to achieve *PEACE*.

The Power of decision regarding *my* state of mind is always my choice. One of the essential parts of the Spiritual Mind Training is that we are not passing on this power to somebody else. The one who gives away the power to decide, and allows to be ruled by some content of the mind, meaning thoughts and emotions, is part of this crazy game. He will probably project guilt onto other people and blame them for the state he is in. He does not realize that he has opened the door to insanity and now has to carry the consequences. This is where we feel powerless. We have denied our decision against LOVE and we

don't want to take responsibility for it because this "NO" to LOVE is burdened with the unbearable feeling of guilt. Since we, being the one SON of GOD, have projected this guilt in our dream onto other people who seem to exist, we have no access to the spiritual power and feel like powerless, helpless victims: The majority of humans have this experience and this boosts the belief: *I am not responsible. The others are!*"

This way we are perfectly captured by the ego with its strategy of guilt-projecting and masking (Amnesia: without memory of No to LOVE). Its aim of particularity and individuality has become our aim but we don't want to take responsibility for it. The SON of GOD wanted to be different and bigger than HIS FATHER, separated from him but he didn't want to be responsible for this decision. ACIM gives us all information needed to understand this tragic entanglement and be able to solve it.

There are always two possibilities to choose from in our mind: **the SELF**, our true BEING, which is made of GOD'S MIND and equals terms like LOVE and PEACE. And the **false self** that we are experiencing in our earthly dream that ACIM calls the ego. It is the idea of separation in our imagination, that there is life outside of GOD. This idea has turned into a nightmare of sin, guilt, fear and hatred. The world that we are considering as real is actually nothing more than a nightmare. The ego is nothing but some illusional belief, some kind of mental disorder which has caused a lot of misery for all people. All our dreaming mind needs is healing, a gentle awakening, into the REALITY of GOD. Let me



mention right away, for our relief: ACIM ensures us that there can't be any life at the expense of GOD and outside of GOD.

The third part of our being appears as the *observer and decision maker*. This is where we find our actual power of mind and where we can differentiate between reality and illusion and choose one or the other. We will experience what we chose:

peace or war, healing or pain. Unfortunately we are not aware that we are making a choice with every thought and create our life and fate accordingly. Thoughts trigger feelings and these waves of energy are influencing our life and our body, which is just receiving orders and acts accordingly to what we as spiritual beings have decided beforehand. There are only two kinds of thoughts: Thoughts that express and serve LOVE and thoughts that serve the ego and the idea of separation that accordingly create dogmatism, war and pain. There are no "neutral" thoughts.

Responsibility is in the deepest sense the ability to respond to the mental impulse of love or lovelessness (aggression, rage, jealousy, pain, grief, depression) with wisdom. What does this response have to be like, in the content of the Spiritual Mind Training, when we want to experience peace and healing? My decision aims for LOVE, the PEACE of GOD, only. That's all I want. The door of "my house" will remain closed for anything else that does not belong to me. Any attacks that may occur shall not be met with attacking but with determined serenity. This attitude appears strange to us, at first. We have to discover, experience and practice it. It is an attitude of vitality and peace. I don't have to worry, I don't need to fear the impulses of the ego because I am truly like GOD created me: innocent and free.

The Miracle is the change of the attitude of mind. The regulating authority of the decision maker is the key. I can only achieve PEACE by opening the door for LOVE and keeping it locked when the ego knocks to enter. The response towards the ego is: *you are not part of me, you are just a delusional idea and don't know anything about LOVE. I am not cooperating with you. You are truly nothing.*

Then 95% of our attention will focus on LOVE and 5% will watch out for the ego which is pacing up and down in the world of illusion like a hungry dog. However, we don't let it rule. The ego is the murderous impulse within us based on the delusion of separation, nothingness and impossibility. It can't be "healed" nor "rescued" since it does actually *not exist*. There is only LOVE, TOTALITY and the ABSOLUTENESS of GOD. Nothing else exists but we, being the one SON of GOD, keep dreaming of the world of separation, a world of war and rage and thus we are desperate. LOVE wants to free us from this desperation and thus appears in our world of illusion in various guises: JESUS, Mary, a saint, an enlightened master or ANGEL – these are all symbols that

help people to find access to PEACE, which they have had in their mind since the beginning of time. We all are spiritual LIGHT out of GOD'S LIGHT. The darkness of the ego is a crazy fantasy on which we are holding on to in our dream.

The Miracle of Healing can take place within me, when I truly choose it and want it more than anything else: More than my belongings, more than righteousness, more than revenge and triumph. What am I willing to give for GOD'S PEACE, what will it cost me? In the end it will cost me my entire world, since this world has been and still is a bad compensation for LOVE. I will reject being part of special love relationships and hate relationships and won't mind if some people get mad at me and end their friendship with me. I am learning to say *NO* because I don't have to please everybody anymore.

I realize: none of my special adventures and stories have given me peace. It all slips through my fingers and nothing remains. The price that I am paying is high: Permanent fear of loss, of attack and death. Such a painful drama! In my mind I have the ability to stop this hunt in which I am actually the hunter and hunted at the same time and which I can't win, now. The tool is the Spiritual Mind Training.

What remains to do for me when I see other people suffering?

Let me give you an example of a good intention. When I was young, the father of one of my friends had died. I felt that he was considered a "poor soul" who needed spiritual healing. I prayed for him intensely at night and sent him light. After a few weeks I received his hardly flattering response, which was very irritating for me. One night I started my spiritual work when the dead man suddenly appeared from the after world. I felt quite clearly how he wanted to slap me with his hands and he told me emphatically: "Stop doing that! I don't want that!" I was completely perplexed and embarrassed and stopped my praying for him immediately. He clearly turned me down and today I understand why.

I had not respected his decision to be as he was. I felt that I knew what he needed. What was I thinking? How must he have felt when I bombarded him with my light and "my love"? Some sects deliberately use the technique of *love-bombing*: overwhelm the newcomer with love and he won't be able to say

no. He will be irritated by all this kindness and won't even start building up resistance against the group structure. In this context we can also ask: How does GOD'S LOVE examine me? Is it drowning me? No, definitely not! IT respects my decisions even when they may be unfortunate or stupid. I am entitled to make my decisions in the world of illusion (since this is what the classroom is meant for!), till I reach the point when I ask for guidance and healing through LOVE itself. It is presumptuous when another person "prescribes" healing beforehand.

A Course in Miracles opened my eyes to a very important matter of the Mind Training. I help the other one the most when acknowledging his power to make a decision, no matter how he may decide right now. Meaning, in the realms of the world of shapes he may choose alcohol or join the neo-Nazis. Do I have the right to judge? No! Judging wouldn't help at all. Detours are tours, too, and in the end all paths lead back to the TRUTH of LOVE, since everybody finds out himself that illusions are not nourishing.

When respecting the other person's power of decision, I respect the regulating authority that can end all nightmares by choosing TRUTH. I will then see strength instead of weakness within the person. My way of looking at him enforces in the person what I want to see and like a mirror this is also true for me. The one who sees other people as weak and helpless becomes weak and helpless himself. Here Bert Hellinger's sentence, "Respect for the others preserves us," applies.

When I have already decided for LOVE in my mind and express so in my life, I am a helpful role model for the other one. He may be reminded that he can also choose LOVE and PEACE. The living and the dead are observing our innermost emotions. Like all of us, 80% of what they learn is by imitating. The most likely way to get convinced is when they see authentic PEACE shining in me. Anybody can choose Peace in any moment. The decision can only be made by oneself. The one important question for me is: Have I chosen PEACE, yet?

The basis for healing **is the realization that Spiritual Mind Training is a necessity**, no matter what this training may look like on the level of forms (there are a lot of different forms that lead to a common goal). Determination will illuminate the way since it will connect us to the MIND from our end. Our share in the process of healing is small; the HELP of LOVE is big. We only need to say "Yes" to healing daily and from the bottom of our heart, fully and

consistently. And if a "No" to LOVE, our inner resistance against GOD'S MIND comes up, we just quietly look at this "No" with forgiving LOVE. This is how we are experiencing a first spiritual ray of light of REALITY. There is a reason to be happy: At the end of the day the LIGHT of ETERNITY will "shine away" all our nightmares. Nothing bad ever happened.

The training group's dynamic: It's all just human.....

The advanced training for *Family Constellations and Spiritual Healing*, which I am offering on 9 weekends annually, offers a productive ground for confronting the guilt conflict. I once felt the need to write the following text to resolve the dynamic of the group:

"After the second meeting some participants started experiencing painful processes. Being the leader of the group I'd like to illuminate this partly dashing dynamic, so that we get a better understanding and create a productive environment for learning with each other. The upwelling resistance that we are experiencing here makes me feel confident and proves that we are *on the right track* to healing. If all participants had accepted everything I would have been worried and wondered if the core problem is seen and understood, at all. Family Constellations and the Spiritual Mind Training of ACIM uncover our hidden discrepancy, namely our guilt conflict concerning GOD (or rather concerning the God that we are *projecting*) and shows it through fear and hatred. On the one hand we want to return into the peace of GOD but on the other hand we are very afraid to look at what we may find to be a "bomb" within our mind. This fear can even turn into panic. If you have experienced this, you know what I am talking about.

Resolution can be found when looking at our own shadow quietly and lovingly without judging. This is when we are looking with JESUS (the HOLY SPIRIT), who is patiently waiting for all of us until we will choose healing (each one chooses for oneself). His look is gentle and mild since under HIS LIGHT fear ends.

Once again: all of us are enormously afraid to look at our feelings of guilt and hate and murderous anger, which have been split off. I find it very brave when participants of a constellation start exposing themselves to their inner abysses. Everybody who participates in the constellation, the ones who are part of it and all other participants, are supposed to support the process of every single person favorably and avoid any kind of judgment. Everybody may be in a

different position on his way back to LOVE but we are all facing the same problem.

When we are judging others, we are pushing away an aspect of ourselves that we are annoyed with or that we can't stand about ourselves, and at the same time we are separating from our "brother". We are projecting our own unbearable contents of our mind onto the other one. The question is: Why are we attacking? ACIM answers quite clearly: because *we consider ourselves to be guilty*. However, this context usually acts unconsciously. The ego's strategy to cope with the unbearable feeling of guilt, which results from our belief in the reality of sin (= idea of separation), is projecting, namely attacking. The other person (who seems to be separated from us), represents what we are anticipating within us but refuse to see. The magical phantom solution of projection is supposed to solve the basic problem, which is actually within the own mind. However, attacking only increases our own *guilt* and thus we are trapped in the vicious circle of guilt.

Where is compassion when judging others in their development process? Where is the focus of LOVE (which ought to be not only expected from the therapist)? Since 1996 I have been listening to many ego-dramas through my work with Family Constellations. I have always been straightforward with my clients and I do hope I have always showed compassion (and I am sure I might have failed sometimes...). We are all human but we can choose: between condemning and absolving, between contempt and kindness.

The one who looks with condemnation provokes needless war. This person needs the same healing that he is rejecting for the other through his condemnation. The reaction may be suicide, which has unfortunately happened once in the group of a great therapist. He had lost the client (if I may carefully suggest from what I saw as a witness of the session) because compassion and kindness were lacking. The client's reaction was murderous hatred, which the client pointed against himself as a last consequence. There is no doubt that this hatred was pointed against God on a meta-level and on the human level against the therapist. But do we really intend to provoke such desperate outbursts of resistance?

My experience taught me whenever we feel that we are more advanced than others we get caught by the ego and it leads us into a "spiritual" war. The others will then attack on a "high level". What stays is the abyss of guilt, hatred and anger within us. It is exactly this impulse of attacking which we have to unmask and hand over to JESUS, who wants to give us HIS peace in return.

Any one of us chooses if he wants to look lovingly with JESUS or if he wants to condemn others and run away from LOVE. JESUS is aware of our fear. This is why HE wants to teach with gentleness and kindness, so that we can feel good in his presence and accept HIS LIGHT with confidence. In the end it is just a matter of time till we choose and recognize the path of love and that there is no sin and therefore no guilt.

We may be happy and become aware that: HE has not condemned us. This is why we can advance cheerfully and accept the training plan which HE has given each of us individually already. I am only your brother on this path. I am experiencing fear and feelings of guilt, too but they get increasingly smaller, more peaceful. I wish that this LIGHT of love comes floating into the work of the group. It is definitely also my process, since there is just *one*. I wish you courage to say Yes to LOVE and PEACE. With this in mind let's have a productive training and ask for HIS MIND.

Chapter 15

The meaning of enemies

Hostility is the fundamental base of the world we live in. The world is a place of war and slow grinding wheels of suffering. As long as we experience ourselves as separated from others and want to perceive diversity, there will be war. The *Spiritual Mind Training A Course in Miracles* talks about our special love-hate relationships. They express the substitute for LOVE, which we feel that we lost. The word *HEAVEN* or *HOUSE of the FATHER*, in which the (seemingly) lost SON of GOD (who we all are) is not allowed to return, could be another metaphor. He believes that he does not deserve the love of the FATHER anymore. He feels guilty of attacking and destroying this love and therefore hates himself and the billions of bodies, the other people "out there," that he created in his mirror image when he splintered himself off. This is why we experience hostility. Hostility is projected hatred and mirrors our original conflict with GOD. We are mostly not consciously aware of this. We are desperately looking for allies to defend ourselves against the enemies out there. We are fighting a "holy war" by trying to justify our dirty, aggressive actions with a "clean purpose".

Violence happens only in the MIND, in the soul of the people. Bodies are only acting out what they are told by the mind. The human mind is the actual battlefield. This is where we find the problem and also the solution. The one who incarnates here on this planet is driven by guilt, fear and hatred. He believes in the reality of this world because he wants to believe in it and because he expects an advantage from the experience and the acquisition of this world. The world holds everything we believe in: materialistic as well as spiritual belongings. We are looking *for form* and want to experience it through identification. Thus we are skipping past the content and don't find what we are actually looking for: LOVE.

Enemies are fighting for the forms of the world. They are fighting for the transient, for something that has actually never existed in the light of eternal REALITY. They want to make themselves durable and steady within the empty forms of the world. Prestige and fame are part of that, too. Can we fight for the love of GOD? Is it necessary? **Do my enemies possess the power to disturb my peace?**

They have this power if I give them the power. Accordingly the question is: How do I look at my enemies? What do I want to see in them: the aggressor or the one SON of GOD, who is suffering because of himself in horrible nightmares, hates himself and projects this hatred onto his brother.

The actual original conflict of all wars is buried in *my mind* and stays unconscious since it would be unbearable to realize the consequences of this event: I have attacked the LOVE of GOD by choosing spiritual splitting up and separation. All of us have done that; otherwise we wouldn't be here in the world of physical bodies. Bodies are a symbol for the attack on LOVE, they represent diversity and separation. Wars between races down to fights between villages and family members are mirroring a conflict in the soul (the mind) of humankind, which is actually happening between the SON of GOD (who we all are) and the FATHER (GOD).

We chose autonomy by deciding against GOD. We wanted to have our own kingdom, independent from the FATHER. Unfortunately we are not aware of the fact that this is an impossibility and that we are only dreaming that we attacked LOVE and thus think that we have to suffer from guilt, fear and hatred. We do believe in our world and choose it again daily. We want to protect it against our enemies to distract from the actual conflict with GOD. Resolution can be found by taking a close look and by understanding what is taking place in our own mind.

The meaning of enemies and war is the possible realization that the world we created is subject to futility. It has nothing to do with HEAVEN. LOVE doesn't know anything about it. Anything based on an impossibility, on the idea of separation can't exist – even if we want to believe in it in our nightmare. It can't exist in the eyes of LOVE. It is nothing. It does not exist. In this respect neither my financial nor my physical death are of importance. I am the SON of GOD in all eternity and so are my enemies.

How does this affect my life in the world? Am I allowed to act and set limits to my enemies? Yes, I am. The question is only from which part of my mind I am acting. The ego loves to be attacked in order to fight back with pleasure and a good conscience. However, my true nature, my SELF, will recognize the

aggressor as the SON of GOD, who I, myself, am. Whatever I do to him, I am doing to myself. Due to the circumstances of the nightmare it may be necessary to set limits to his madness. But this happens without emotions. A police officer, who fires the final shot at the kidnapper can do this in a manner of egomaniacal, aggressive satisfaction or with a feeling of deep compassion for the perpetrator and the victims. In the mind it is all one. Thus he is quasi killing himself. However, since there are no bodies and no death in the light of LOVE, in reality nothing really happens. This way of looking at things is very unusual for us, since we do believe in the existence of bodies and a lot of things in this world. This belief leads to all the misery that we are subjectively suffering from. We can forgive ourselves for this belief and ask for awakening. Then the earthly classroom, where we meet enemies, has been used in a sensible way. They shall and will live, as I may live.

When I can achieve this perspective in my mind, I can look at my enemies with tranquility: **It's always me who I see and I forgive myself for the unkindness that I believe to see.**

The one who attacks is always driven by fear and beyond fear is unconscious guilt. Any attack actually presents a cry for help demanding LOVE. Here on earth we are driven by (unconscious) guilt. Rudolf Steiner, who was mentioned before, recognized this connection and mentioned in one of his speeches that most actions of love on earth are happening out of an impulse of guilt.

Understanding the special love-hate relationships as a substitute for the (seemingly) lost LOVE, is essential for anybody who wants to find peace in *the mind* (since there won't be peace on earth ever since its nature is separation and thus war). The one who understands can interpret and look at things in a different way. Compassion arises, even and most of all, for his enemies. The only healing solution is forgiveness: I forgive myself for my decision against LOVE and I choose again. The SON of GOD is innocent.

Chapter 16

The religious (clerical) neurosis

The one that is awake does not care for good or bad

*Be aware of the ones who want to be good,
they might need you to be the bad guy.*

The described connections can also be seen in the phenomena of religious neurosis. I have observed that the ones who are fanatically searching for God are often condemning and fighting the world and are striving beyond the common. Within them they are carrying the unbearable tension of good and bad and fear (of the future) and assurance of salvation. It seems that they found a substitute for family and clan: The group of chosen people. This is where they are experiencing the extraordinary, their Goetterdaemmerung (their twilight of the Gods), under the sign of an elitist mania with its own group conscience.

We should look at the deeper layers of entanglement of the individual seeker: **Often the father is missing**, or he is weak and secretly despised. **Or one is following a dead** family member, for example if the mother died early or the aunt. The person dies just like her by withdrawing into a convent and not cherishing, or even condemning earthly pleasures.

There is some controversy concerning the issues of money, possessions and sexuality. Members are often demanded to be without possessions (poverty) and live in chastity, which reflects "not-being-from-this-world" hence "denying the world" and being close to death. Many are afraid of passing on life (to own children). One is longing for the end of the world, the judgment day and sees oneself on the side of the righteous by fervently admitting ones sins or by believing to be already enlightened. This seems to be the essential part of a religious neurosis: our own guilt conflict is projected onto supposed enemies. The evil is always out there and this is just the way how it is manifested and enforced in our own mind. This will then lead to even stronger measures for projection since the evil has to be defeated in the end.

The worst example of collective guilt projections are the former witch-hunts. Nowadays, this event can be transferred to the inside: The seeker of God chases himself and tracks himself down and if he can't quit this evil game (at the same time himself!) he has to condemn himself in the end (so that he can then be taken in by the mercy and justice of God). Or he sacrifices himself as a warrior for God, fights for a "just cause" and dies as a martyr. He is fighting a lost, neurotic battle and is deeply broken into pieces: with himself and his shadow. To look at this shadow, this deep darkness of the night would be a first step towards healing.

The main trap is the ego's strategy of separation and projection. One tries to fight the ego devoutly, only this impulse stupidly comes from the ego. This is when the snake bites its own tail and the neurotic closure is programmed. It is bound to fail or lead to psychosis or hypocrisy. The only way to successfully conquer the ego is to develop a concentrated, calm perception and a point of no-resistance. A conscious perception leads me more and more *into the position of the observer*: I realize the impulses of my thoughts and all its vanities; however, I don't have any resistance and forgive myself smilingly. LOVE shines through the ego and shows me its lack of all substance, its vanity more and more clearly. It is an accumulation of stories, beliefs and imaginations – that's all.

It is the desire for uniqueness and individuality, which is the base for the ego. GOD'S BEING, which I already am, cannot be perceived by the egomaniac interpretation. IT cannot be attacked nor destroyed ever. Precisely this is the famous three-line verse prefixed to ACIM:

Nothing real can be threatened.

Nothing unreal exists.

Herein lies the peace of GOD.

The religious neurosis results from polarizing good and evil. This is where the "holy war" is fought in the individuals mind meaning the attempt to extinguish the "evil" as if this was another reality coexisting to GOD.

From the point of Family Constellations, which penetrates deeply into our lives, good and evil is defined according to **the specific group we belong to**. The one who belongs to my group is good, the one who belongs to a different group is bad and my enemy, no matter what his and my values and standards may be. We are all carrying the desire for right and being right because of some clerical relicts. This is why even today many people have deep fear to lose salvation. The group seems to give us security, which the ego appreciates. We have to realize that any group when segregating to other groups has an ego-character (especially when separating). The group is the extended ego.

Therapeutically speaking, only one thing helps: the courage to be bad and different and the consent to the fact of becoming guilty. The one who wants to extend the field of tension of guilt and innocence and wants to transcend it should get familiar the metaphysics of ACIM. There will always be guilt in this world, since guilt is the basis for the creation of the world. This world wouldn't exist if it wasn't for the crazy idea that the LOVE of GOD has been attacked. The world is the result of a nightmare like conflict in the human's mind: the belief in the reality of separation, the "mental fission".

Belonging to a group and to a sect

Belonging to a group is an essential part of society. When looking at the roots of group building in archaic times, we see that it served the survival of the individual. This leads to a certain group standard of conscience which tells us what we have to do and what we must not do in order to be allowed as part of the group.

Problems occur when group members start acting divergently and are breaking up with old traditions to go on new paths. It is very likely that this will lead to exclusion or excommunication in order to secure the continued existence and the structure of the group. However, real continued existence can only be found in what has been taken care of, what has been renewed and what shows respect towards "the others, the strangers" and admits the same rights (and obligations) to him.

When diverse groups with different social values (religious beliefs and confessions) meet and disrespect each other and condemnation spreads; segregation, slander and in the worst case persecution and war will follow. These tendencies can be observed in sects, as well as in the way the majority deals with these sects. There are always two sides. Without mutual respect tension can be anticipated.

According to my own experiences and the reports of some friends, who happened to get to know **religious group processes** with its dark sides, the following conclusion can be made (and in a certain way this can also be related to other groups, for example political):

A group-process with the structure of a **leader and disciples** becomes dangerous, or even a deadly illness when the following terms and conditions are partly or fully fulfilled:

1. There is a **leader** whose unrestricted **authority (power)** is accepted. It implies: He has the overview and perspective. He is seen to be on a higher state of development than the others and is seen as "absolute" and "redeemed" (a process which the individual group members can experience quite unconsciously). This leader has direct access to God. He is able to rationally and logically explain his thoughts and actions and can prove and justify them according to quotes from the bible (**doctrine of justification**). As the "mouthpiece of God" he tells the other members what they are to do and what they should not do. As an instrument in God's hand (and by the grace of God!) he (or she) talks and acts only on behalf of God (or for example on behalf of an ascended master) and discharges from any personal responsibility. Passing on responsibility to a higher authority makes the leader invulnerable since the one who objects to his statements challenges a confrontation with the mighty power. It is very obvious how fear and pressure is used to avoid the questioning of an authority.

2. There are written or unwritten **laws** within the group referring to what may and may not be done (for example concerning money or sex: The individual has to pass on all his personal belongings to the community and must not claim anything to be his own; Sex is often performed excessively with changing partners or it is completely prohibited in the sense of chastity).

Group members are absolute and blindly **obedient**. Severe mental violations are voluntarily accepted in order to be able to remain part of the group. Some may struggle for his position in the group and beg for recognition and love. This sick form of overcoming oneself, leads to the loss of a healthy self-esteem or rather makes ones healthy development in the sense of human dignity and the internally present likeness of God, impossible (process of depersonalization!) Hypocrisy and fake humility are consequences. Everybody tries to be especially close to the leader of the group, which leads to ferocious competition.

The leader represents the ideal role model for all group members. When going on an excursion in the "hostile world" the group members are taking on his part and may suddenly appear accordingly self-assured and confident. This shows the problem of **identification**: I am my imaginations, ideals, role models, standards and values. I am captivated by it in a way that I am chased by these images and powers to a point of obsession. This pressure creates addictive self-affirmation and one's own success is defined by making others to one's subject or to small leaders. This can be studied well with the "big and small" Hitlers of the Third Reich.

3. The strength to make oneself, as a group, stand out from other people is mostly based on the belief of **being the chosen ones**. "We are something special, we are chosen by God (for example in the scenario of the apocalypse we may be rescued by UFOs or may survive in God chosen people) Why us? *Because our relationship to God is more sincere!* This or other similar opinions will inevitably lead to reducing contacts to our environment. Private monastery walls are built and traveling and mailing is prohibited so that no energy will leak to the outside unnecessarily. *"If they are not with us and on the same path, they are against us and on the wrong path..."*

Let me slide in a short comment about popular **end-time fantasies and magical dates** like the year 2012 (or any other dates which may come up). The Spiritual Mind Training ACIM aims only at a connection between the learning one and the guidance of the HOLY SPIRIT. When practicing this path of communication the process of awakening is fully ongoing. The student realizes that the world can have only one sensible reason: It serves as a *classroom* to make salvation happen by forgiving and that is all of its meaning since it is

nothing but an image of the mind of the dreaming SON of GOD. The world was created by man to hide the basic conflict of feeling guilty towards LOVE. Thus time, space and the apparent processes of development are only happening in our dreams and there is no real background to it. The sincere student of the course will not be distracted nor impressed by discussions about the apocalyptic end of the world, since he has no reason to worry. He knows that his mind is in GOD'S MIND and thus guiltless and free. Any fate he may have within the dream is meaningless. Like all other humans, he, being the one SON of GOD, is still resting in GOD and therefore he can't die or get lost ever. In reality nothing happened.

4. **Demonization of the world** to be immature, unworthy, greedy for money and power, malicious and evil can be seen to be the main characteristic of segregation against the outside. That this is nothing but a simple expression of shadow projection that can't be seen due to the intrinsic blind attitude to oneself. The most dangerous trap in this process is the feeling of being superior (arrogance, feeling special) to the others. This will lead to fighting against the enemies in the end. Political ideologies are just as vulnerable for exclusion and brutality as religious idolatry.

5. The individual group member is asked to stop having **contacts with friends and relatives**. This is when a very subtle form of painful deprivation of liberty starts that the individual naturally agrees to from a spiritual viewpoint. If there is a possible resistance of the member which is broken by the threat of hostile behavior against the group, the process of depersonalization is increasing: The person becomes just a pawn, a small cog in the big wheel of the "group-state".

6. There are always reasons and explanations that secure and stabilize the system of the group. This acts convincingly, at least for the members of the group, since this arises from the "spiritual world" or even directly from Jesus or one of the highest masters. The person in a group lives in a thought system that is constantly protecting itself and boosting itself. In addition, there is the mental defense mechanism of slander: Contradictions (for example incidents that have been predicted by the leader of the group but haven't happened) are blanked out in the daily consciousness. Freely based on the slogan: "*I can see only what I want to see and what I am allowed to see*". The thoughts and ideas

of an elite minority can lead to obsession and act like a sickening virus. The idea: "**I am better than you**" or "**I have more rights than you have**", is such a kind of virus. It lives off the tension of uniqueness (in contrast to the others) and it doesn't know the nature of UNITY, of the LOVE that addresses each and every one.

I tried to show the danger of the group's process. In the end any society or any political party has the potential to see only themselves and their interests and goes into battle against others who think differently. I'd like to call it **egotism of the group**, an extension of the ego-consciousness of for example ten, a hundred or more individuals. My freedom ends where the other ones freedom starts. All that real true LOVE wishes for and is able to do is to set the other one free and support him in the process of SELF-realization. When we practice Spiritual Mind Training sincerely, the group won't be an issue any more. In the end, we are all one, parts of one spiritual body. Any image of separation is nothing but a part of the big dream that all humans are dreaming. It is the dream about wanting to be something separate, something special. It is about the creation of the individual, which can only develop at the other people's expenses. Realizing its valuelessness makes it easier to let go of this delusional idea – the first step to awakening.

Chapter 17

Announcements, Messages, Channeling

Any kind of messages or announcements coming from the spiritual world are booming in our crisis-ridden world. The messages from the other side are often alarming and may lead to inconsiderate actions.

When looking at channeling from the perspective of ACIM it is an illusion, just like the world, that we believe to live in as physical beings in time and space, is an illusion or rather a projected image in our dreaming mind. We are the dreamers but not the dream and its figures. The world of the deceased or souls is also part of this dream and not all of them are necessarily resting in divine peace and heaven's wisdom. Any image of separation is some kind of dream, which has nothing in common with GOD'S REALITY, where there are no separated beings (FATHER and SON are one, which is truly hard to imagine for us).

All of us who are here have chosen dream images; otherwise we would not be here and wouldn't believe in the existence of a world. The world can't be a pleasant place to live in, since we favored this dream construct more than the reality of HEAVEN. On the contrary: it is a spiritual symbol for the attack on LOVE. Thus, there will never be peace on earth because this world is the manifestation of sick minds that is possessed from nightmares. The nightmare is based on the idea of separation, which can be equaled with the belief in sin. It leads to an unbearable feeling of guilt which culminates in fearing penalties and turns into hatred which is projected onto other people.

Like everything in this world, channeling is based on a dualistic idea also. Since we, who are seemingly separated creatures, are all absolutely connected in the mind we are constantly experiencing some kind of channeling. Simple telepathy or the conversation with a person is an image of this procedure of communicating messages – that's all it really is.

Thus, the question is not whether there is such a thing as channeling, the question is who is on the other end and what does he want to sell us. It's only by the quality of the message that we can tell if it comes from an enlightened

being, which acts out of love, or from a confused spirit-being, which is still stuck in the sick, egomaniac categories of the world and thinks and acts accordingly (there are plenty of messages coming from the latter). The dreaming mind invents a world that is real and worth saving, which exists in his (our) dream only. The awakened mind speaks of GOD'S totality, of LOVE and will stress the dream like or rather nonexistence of the world. Messages coming from a being that is dreaming and ruled by the ego will always encourage fear and speak about threat, destruction and death. The all too human *angst* is nourished that way and very precise instructions for behavior are given. There are often spooky theories of conspiracy and a plan for freeing the earth. The evil are destroyed and the good prevails and continues to live. I can only say: welcome to the movies! The show is apparently booked and paid, still I can choose a different film at any time and I can even leave the theater and go into the peace of GOD.

Messages that come from beings who are inspired by the HOLY SPIRIT, namely from LOVE, will always go towards peace, love, trust and the REALITY of GOD. Any kind of fear mongering is avoided and the dream like experiencing on earth is explained. Do we have to be afraid of dreams? Not at all. Waking up would make sense, to find understanding would be helpful. There is no reason to worry since a dream can never ever be real. There won't be any corps under my bed on the following morning. The procedure of salvation is awakening, which is supposed to happen and can happen quite gentle if we accept and implement the course of instruction coming from the pure MIND of GOD. It aims at what needs healing: Our dreaming mind. It doesn't want to save a world which has not existed ever.

Indeed I studied various systems of Mind Trainings and for me *A Course in Miracles* is the clearest, most coherent and most relieving of all. Formally there are many paths, but as far as content is concerned the path can only be real or illusional. It will either lead me the way to GOD'S PEACE or it will entangle me even more into guilt, fear and hatred. Any kind of channeling will have to be measured accordingly and soberness and right judgment are demanded. Many channeled messages enforce our connection to the world and the body in time and space. But we all know that the world melts away between our fingers and that fingers, hands and body are in a state of destruction – nothing will stay the same. And this nothing – "no thing" – is the dream we are holding onto and which is supposed to bring us happiness and peace. It can't.

Only the MIND is real. We are all living in an ego-world without spirit and the only spiritual accomplishment is to reunite with GOD'S MIND within us. If channeling can actually contribute to that I'll appreciate it. But when it leads to games of the ego played on a high spiritual level – games like for example *"Who has been who in a former life, meaning former dream"* or *"The great master XY has told me you should sell your house"* – then I don't want to be part of the game. It would be a waste of time that could be used to find PEACE, instead.

There is a good reason why ACIM regards the study of obstacles as very important: The ego, the creation of the dream in our dream which is the expression of the idea of separation and who wants to announce it as real. To let the light dissolve the obstacle through LOVE in one's own mind. This will take the obstacle's power away and that is the sovereignly path of awakening.

The world as we perceive it is as much a problem as the nightly nightmare. We take everything for real and suffer while we're dreaming. The first step to awakening is lucid dreaming: I am aware that I am dreaming while I am dreaming and I can get rid of fear. I can even choose how the story line is supposed to continue. ACIM calls it the happy dream that we are already able to experience here and now. The next step is the awakening in GOD. To choose it today and to want it with all your heart is the essential step. Since the mental power of decision has always belonged to me and always remains my own. Unfortunately, it's power is often underestimated or stays unrecognized. Man's willpower is his heaven or his hell. We can experience the one or the other with all there is to it even today within the classroom of the world. Classroom always means a mental training room for mental activities, which we are supposed to use. But no one wanted to settle in the school of his childhood and youth.

There is always something to learn even in the most irrelevant or fascinating or weird channeling: the dream is often more important to us than the REALITY of GOD. Then we'll keep on dreaming just a little more about lust and greed, about guilt, fear and hatred. It is not a sin, just a painful misapprehension, which can only be corrected and healed when we want it.

Chapter 18

About the futility and the Morse code of the meaning of the world

The father of illusions is the belief that they have a purpose; that they serve a need or gratify a want. (ACIM M-14.1:6)

Regarding the constantly increasing world crises and catastrophes one may start pondering and the question of meaning may arise again. Isn't human history the repetition of the repetition of all misery that we are all more or less very familiar with? Haven't people desperately been looking for happiness and peace on earth for centuries, on an earth where exactly that can't be found permanently?

When implementing the concept of reincarnation, it becomes perfect madness when victim and perpetrator meet over and over again in different constellations and start torturing again.

My third granddaughter was born in May 2010 and I was grateful to welcome her into this world. She, too will seek happiness and find a lot of disappointment on the way since she'll be suffering like all of us from the decision which we can't consciously access anymore.

From the view of the Spiritual Mind Training, A Course in Miracles, this world literally presents an ungodly devilment/nonsense of the dreaming SON of GOD who actually wants to believe that there can be existence outside of HEAVEN or GOD. All people are split off aspects of the one SON of GOD. When looking at the world's history we see that the chosen dream of the one SON of GOD, who is still resting in the FATHER, couldn't be any more brutal and horrible. Struggling in useless mental and physical movements of pain and despair, he is (we are) still hanging onto the thought that this world has to become a good place so that he (we) can enjoy a nice life as an individual being together with other people on earth. Unfortunately, this can't work. The utopia of a politically attainable world peace has failed forever and can't have anything in common with the PEACE of GOD.

What happened? Why does it seem that the one thing that we are all looking for (especially in the couple relationship) got lost? Love!? Even in the couple relationship we find attack and defense, fear, anger and desperation. As a therapist and facilitator for Family Constellations, I can see plenty of war within

the individual family, so that I am not surprised about finding guns, tanks and missiles in the big world. We are constantly looking for someone to blame for our misery and are forgetting about the annoying truth: Everybody who landed on this earth made a decision in his mind and now carries the painful consequences. We can verbalize this decision like a confession since all of us are consciously or unconsciously strongly convinced of its content. It is the confession of an insider who has realized a little more than typical:

"I believe in the value of separation, of individuality and particularity since I live as an individual being separated from the others and I have to always fight for my existence because other people are constantly taking away what is supposed to be mine. I have attacked GOD, the LOVE, I have stolen HEAVEN'S creative power and have built my own empire by creating bodies. I forgot about this connection to escape from the unbearable feeling of guilt. Still, guilt and fear of God's punishment are still present in my mind and thus I am constantly driven to look for the culprits in the world to persecute and punish them and in the best case wipe them out. I want to establish a world order and an empire of world peace so that the earth will be like paradise again. When using modern technology in a sensible way, earth could be retransformed into the Garden of Eden." signed: Adam Eve Cain Abel Abraham Caesar Napoleon Adolf...and Me.

Where is the error in reasoning? Why is this attempt for "world order" and "paradise on earth" doomed to failure?

Simply looking at the fact that my body has a timely limit could tell me that there is no sense in settling here for eternity. I might live another decade or a few more minutes before I vanish and even the traces that I left behind, namely the consequences of my existence, my children and grandchildren and great grandchildren will disappear in the end. Nobody will stay here forever. Time with the power of destruction chews on every body and on all things, even on earth and on the solar system. The urgent question that arises is thus: am I a body, only? Or am I really a spiritual being which has created or rather projected itself into a body?

ACIM gives us insights into the seemingly complex and still very simple course of events: A spiritual being, the one SON of GOD, who exists and only can exist in GOD'S MIND, since he is a creation of the MIGHTY, can only dream about separating from the SOURCE, but never actually do it. The MIND'S REALITY doesn't know separation and the idea of **time** (past and future), as

well as the idea of **space** and subsequently the idea of a **body** is consequence and expression of the idea of **separation**. Bodies appear and roam in time and space. However, they are bound to fade and die from the moment of their first breath. The idea of death is also a consequence and the price for the idea of separation, or rather of the resulting feeling of guilt.

Thus our earthly world is a symbol of transiency. Death is the price the dreaming SON of GOD has to pay for his mental rebellion against LOVE, which alone is eternal. IT doesn't know any changes, any two beings, any two sources, any conflict and therefore no war. Our thinking is based on the idea of separation, on the binary system with one and zero, like a computer. We are obsessed with the idea of separation; we are fascinated by individuality and peculiarity of people and every leaf on a tree; and see high value in them. Every nation holds its flag up high and feels secretly or openly superior to the others. This is why the UN as a peacemaker cannot exist ever because it cannot overcome the idea of separation: Not at all in appearance and even less in the mind, when each country wants to promote its own interests, separated from the others.

The world is a futile venture, literally a nightmare of the one SON of GOD who is tossing and turning in his "heavenly bed". It seems that he has split himself off billions of times and got scared of the "others" who are chasing him, attacking him and killing him over and over again. He demands his rights as an individual being and at the same time experiences hellish tortures in his battle for freedom. When chasing the mirror images of his brothers and sisters he is actually chasing his own guilt and demands punishment for the others and in the end for himself. Since at heart he senses what is proven by the history of mankind: it won't work. There is no peace at the expenses of the others.

However, the good news is: all of us, who are the ONE SON of GOD, have never left HEAVEN and are just dreaming of a world of fear, desperation and death, no matter how real it may seem. We are not supposed to deny our sensory perception. Only: Who guarantees that our senses impart eternal REALITY? Obviously they don't, since everything that we perceive is transient. The good news however is: we are still pure MIND in the MIND of GOD and are able to wake up from our nightmare right now. Only the price for that is: we have to give up the idea of separation and instead choose only one thing: LOVE (and as a reflection of LOVE in our dream illusionary world:

Forgiveness!), the pure MIND that is always innocent without time and space. Within HIM there is PEACE.

The path to awakening seems to lead through time and space, through a world of problems, of joy and pain. We can use this world as a classroom in order to realize that it has never existed.

The response to attack, pain and grief is *forgiveness*. Since all of it only mirrors our desperation about the (seemingly) lost HEAVEN, our seemingly lost innocence. Forgiveness should be the one and only purpose of the world. We don't have to be afraid, since we have already punished ourselves more than enough with our suffering. LOVE can give love only and can only reflect itself in the ONE SON of GOD, who we all are. Let's call HIM CHRIST or BUDDHA, names and forms lose their meaning in the eternal LIGHT, there is EXISTENCE only. LOVE calls for us and the one who chooses LOVE can experience PEACE presently.

Mind Training, as taught in ACIM, offers a very effective path, which we are supposed to follow. We are actually going on it only in the mind, seemingly still in this world. The world is a meaningless appearance and we give new content and meaning to it. The only content that counts is LOVE, the MIND ITSELF. *That's who we are.* To recognize IT, we have to choose LOVE. The one who does not choose LOVE can only see a world of guilt, fear and hatred simply a world that he wants to see. The question is not: What are we supposed to see? The question is: What do we want to see? Without our definite decision for LOVE it is not possible. IT called for us. We are responding (responsible) with every thought, every interpretation, every judgment.

Let me tell **a story about** that, which took place at the end of the 1920s in New York. At that, time telegrams were passed on from one Morse station to the next. They were looking for a Morse operator. About 300 people (Morse operators) applied for this position. The company had all the applicants gathered in a big lobby and distributed numbers according to their order of appearance. There were separate rooms for interviews nearby. A constant hammering sound was heard from the back, as if renovation work was going on. A young man entered the hall with the number 255 and sat down and waited in a meek way. After about 3 minutes the man stood up and went straight to a door at the side of the lobby with the number X on it. He opened the door right away and disappeared into the room.

Everybody stared at him in an irritated way and with a jaundiced eye. After 2 minutes an elderly man came out of the room, together with the young man and told all the others that they could go back home since the job has just been given to this young man. Everybody was astonished but then the elderly man explained the matter: *"All of you thought that we are renovating because of the hammering noise. That is not the case. There was a man with a hammer standing at the back of the lobby giving the following message in Morse alphabet: When you can understand this, go to room X, knock, don't wait for anyone to call to enter and the job will be yours."*

There had been 300 Morse-specialists in the lobby but only one of them got the message. The world is full of opportunities, we just have to realize and take notice of them. LOVE, the pure MIND is constantly calling for us. We just don't want to listen. Listening is always based on a decision. The message is always there, only we are mentally not where the message is: Here!

Chapter 19: 53 Insights – A concise Mind Training

1. GOD is.
2. GOD is SPIRIT-LOVE – and only that.
3. GOD, LOVE, can only “expand” LOVE.
4. GOD is the ONE CAUSE, the ONE SOURCE – besides that nothing else exists. There is no life outside of GOD, outside of HEAVEN.
5. Words are symbols of symbols: FATHER, SON and HOLY SPIRIT are metaphors for the one incomprehensible BEING.
6. Even though I might not know yet what I am, I am yet certain that I am. I cannot say “I am not”.
7. I am spirit made out of GOD’S MIND. I am HIS SON in ETERNITY.
8. GOD’S WILL for HIS SON is only: PEACE and BLESSEDNESS.
9. Ideas do not leave its source. There is no separation of the BEING into inside and outside. There is no out -there out there.
10. Like GOD, I am equipped with creational power.
11. This creational power shows in thinking which can create LOVE or guilt, fear and hate.
12. Thinking is always based on a decision: Either for LOVE or for the illusion, the dream of the world.
13. In the ability to take a decision lies my actual power.
14. Since I obviously believe in the reality of the world, I believe in the idea of parting and separation and so I suffer.

15. This is why I created a body in order to make the idea of separation appear to be true and to believe that I experience other bodies, so called people, separated from me.

16. The physical materialistic world is an illusion; a dream which once seemingly arose in the mind, exists for a while and disappears again, actually already disappeared.

17. I have created my world, based on my decision of faith that it is real. I want to experience it as real although I could know that it is not.

18. All causes that we experience in our world of illusion are within the mind of the dreaming SON of GOD. The world with all its bodies is only the effect.

19. Only when recognizing the cause for my experiences within my mind, can I undertake changes – ask for healing my mind – and so experience a different redeemed world until that one also vanishes in the end and I return to HEAVEN, to the PURE SPIRIT.

20. REAL can only be what does not come nor go – that what is eternal and unchangeable.

21. The world of illusion is based on the idea of separation and expresses in time and space. All this has nothing to do with the REALITY of GOD.

22. Freedom of decision is given in one matter only: Do I choose LOVE, the NATURE of GOD or guilt, fear and hatred the nature of the ego, the illusion.

23. The ego being part of the separated mind (ego, SELF and decision-maker) involves only the belief in separation.

24. Bodies are made for making separation appear real and to conceal guilt which comes along with separation: To be able to project it onto other bodies.

25. The HOLY SPIRIT is omnipresent since I am spirit of GOD'S MIND. HE can only expand LOVE and in this way light up the dream of the world with all its mistakes.

26. Illusion stays illusion no matter if seemingly small or big or morally very condemnable or less condemnable. There is no hierarchy of illusions.

27. Illusions are falsities and are nullified through forgivingness. Forgivingness means healing of my mind and is the key for awakening.

28. When I deny that I am actually pure MIND, I believe in the illusion of the ego and the body. In reality, I am an idea of GOD. The denial of TRUTH is not sin but falsity.

29. The gifts of the ego are individuality and specialness based on the idea of separation. In order to be able to be different from other people I have to be separated from them.

30. Individuality and specialness always lead to some sort of competition and hereby to war.

31. Whatever it is that I experience in this seemingly existing world is based on a decision of faith which I have made beforehand.

32. It is not about changing the world, since illusions can't be changed: Illusions are nothing. Insofar, we cannot fix nor save the world, but rather recognize it as illusions so called deceptions. Then they dissolve within the mind and lose their meaning.

33. When wanting to achieve changes within the world of illusion I practice magic. Almost anything we do equates that.

34. I am not supposed to seek magic but seek the support of the HOLY SPIRIT which is capable of healing my split mind.

35. My answer to magic can only be forgiveness: I forgive myself for my belief that I'd want to create change with the help of illusionary means in the illusionary world.

36. Believing in sin, meaning the idea of separation, as an expression of attacking the UNITY of LOVE, leads to the experience of guilt by any means. This is the one mental problem of all dreamers, meaning all people.

37. If I do believe in my guilt, I have to act magically and create illusionary worlds as a defense for the unbearable guilt: I always seek a substitute for the love of God and engage in special love- and hate-relationships.

38. The entire world of illusion is based on believing in the reality of guilt.

39. When choosing the ego, we believe in guilt since we then feel that the attack on the UNITY of GOD through the thought of separation is real and we fear GOD'S revenge (a revenging God who has been projected by us!).

40. Guilt is an unbearable mental state and has to be projected onto other people through anger and hatred. This is the root of all wars on earth.

41. Since I condemn myself (I believe in the reality of my guilt) I am forced to condemn others. This act implies the projection of my guilt.

42. Only when I stop condemning myself, is when I don't have to condemn others anymore. In the light of TRUTH we are all guiltless.

43. The HOLY SPIRIT can interpret everything of the illusionary world newly and use it for HIS purpose – LOVE. This presumes my decision that HE may act in my mind.

44. Whenever the Ego or the HOLY SPIRIT has taken over leadership within the illusionary world of space and time, it is 100%. Thus I only move back and forth within these two voices: HOLY SPIRIT and ego.

45. There is no substitution for love. There is nothing besides LOVE.

46. The ego believes that there is substitution for love: body, food, sex, sports, relationships, cars, houses, trips, art, philosophy, politics... – special love- and hate-relationships.

47. It is about returning into the eternal MIND or rather to realize that I have actually never left HIM.

48. This is the miracle of salvation: The awareness of the fact that I am the SON of GOD and that I rest within HIM eternally. I am without guilt and so is everybody else. We all are the ONE SON of GOD, CHRIST.

49. Salvation is not a theoretical act but a practical one. Starting with a lot of steps of forgiving, while I still remain thinking that I am in my body and (still) hold on to that.

50. I don't have to attack anything since everything that I attack and want to get rid of is sustained in my mind and thus becomes real for me.

51. Whatever I give to other people I actually give to myself.

52. Death is a symbol of our fear of GOD, of LOVE. It is a nonentity. I am immortal since I am spirit of GODS MIND.

53. There is only LIFE, there is only LOVE. This is the TRUTH of GOD.

Chapter 20

49 Questions and Answers

Since my book "HOW OPENNESS MAKES LOVE GROW" was published as a German internet version in 2007, I 've been asked many questions concerning ACIM and Family Constellations. It clarifies the different ways of looking at a problem when dealing with the Spiritual Mind Training and I've tried my best to provide sensible answers accordingly to the spirit of ACIM.

Question 1:

My inner chaos is slowly clearing up. I am reading Eckart Tolle's book on the side and I've been realizing that I am able to concentrate very well and have access to my most inner feelings when I am in the court chapel. I always return to my family in a good mood, highly motivated and energized and at that very time, my husband puts me down just then. If I did understand it right this is an expression of his ego. Unfortunately, I don't quite understand how I am supposed to act in this situation. How can I influence him in a positive way? The good news is that my son has calmed down a lot already because of my ease of mind. He hardly swears anymore. The thought that I am everything that I am experiencing gives me strength, since that means that I am also able to change it all.

Answer 1:

When you experience inner balance and strength your husband realizes his own inconsistency even stronger and thus reacts aggressively. Of course, this is when his ego, the object of pain, demands attention. In this situation, please stay in touch with your true SELF and leave him a lot of space/ presence (there is an according exercise in the script) and ask for forgiveness since he is mirroring your own potential of aggressiveness. Only compassion and forgiveness which is an inner process that should not even be put into words, if somehow possible (since these words would make the other person even more mad), can change the ego's energies.

Get this straight for you over and over again: Whatever you get to see and react to with resistance, it is (also) yours!" All I ever see is me!" is the name of one of my exercises in the script.

Our children are often the fastest to realize it clearly and feel relieved. Parents who are really in touch with their true SELF serve their children the most. You can turn anything into love when you are connected to the center of LOVE, the

HOLY SPIRIT. And it is your decision! In so far you are presently collecting very valuable experiences and insights and this is liberating.

Question 2:

I am busy with learning and becoming conscious. However today I felt lost again. I am developing an "odd" skill. I start to understand our animals. We have a cow that is pregnant. Three days ago she looked at me in a beseeching way and told me that I needed to help her. I told her that she needed to deal with giving birth by herself. Three days later I felt just as nervous as she did. Today the vet had to come in and deliver the calf dead. I had known that she needed help already three days ago. How can I learn to work or rather deal with this instinct and how can I develop it even more?

Another issue that I am trying to settle is that once again I can feel a deceased person around me. But I don't know who it is! How can I find out? And how do I deal with it? I am sure this person is asking something from me.

Answer 2:

Such skills, which are mostly an expanded perception, are a side effect on the path of awakening. The world that you are seemingly experiencing "out there" has been created by yourself and insofar it is all a projection coming from yourself, even this cow. For that reason it is no problem for you to sense the cow and her suffering, since there is actually no being that is separated from you. You could have asked her what you should do or could do and most likely she would have answered.

Anyway, it is important that you don't look at this skill as something special in order to not block your inner path, which should always aim at the REALITY of GOD (pure LOVE) so that you don't get entangled in illusionary worlds. The question should always be: Does it serve LOVE? We are almost always surrounded by deceased since this dream world that we are all living in captures them just as well or rather because also they can't let go of this dream world.

Tied to fear, guilt and hatred these souls without body are roaming through the world. What are they seeking from us? Very simple: Forgiving love! Of course there are also a lot of souls who just want to be reassured in their negative attitude – just like in regular life. In this case we would join in their unkind game of being the victim and projecting guilt and thus enforce entanglement and new misery. Thus it is not important for you to know exactly what it is that

the deceased want or need. Sometimes a concrete hint may come up. Maybe you feel that you are asked to go to a specific living person and do something in the name of love that the deceased can't do anymore. However this is rather rare.

So it is up to you: What is it that you believe in? What is it that you want to see: The LOVE of GOD that heals everything and gives freedom or the need to be right and the brutal little games of this world. The deceased feel exactly how serious you are about it because they can directly sense the radiation of your heart. When you have decided for the forgiving LOVE, forgive them! Request for them to be forgiven or when you feel being in SONSHIP with GOD (and this includes all "daughters" since gender does not exist in the pure MIND. Language is very limited in this concern), give them absolution and free them from guilt and errors. Your word has the power of God. Your heart is the door to the LOVE of GOD to make it lighten up the nightmare of this world so that this madness can come to an end and GOD'S children get to wake up. The light extinguishes the madness of the darkness. Therefore Easter – the triumph of REALITY over illusion. We may be happy because CHRIST lives within us.

Question 3:

Thank you for your script with the topic: *Openness makes love grow*. Though I hardly found the word openness, or what you specifically mean by that, in the script?! Here is my question related to your sentence on page 28: "The other one's soul is none of our business!" respectively on page 27: "You can't know more about me than what I tell you." Do these sentences belong together? What I am trying to get at: My girlfriend often says sentences like: " I can feel that you did...that...on purpose." "I know you want to hurt me..." "You did that because of this or that reason...." In short: I have no idea how she comes up with that and I can only say: "No, that's not right." or rather I start doubting your sentences either that I am so unconscious that I am not even aware of it and don't even realize it or that I am actually suppressing it. She always wants to "reveal" my innermost being and holds it against me. And then she is even convinced that it is right. When I start talking about an imputation or imagination she gets "mad". Does her behavior have anything to do with your original sentence?

Answer 3:

Openness means the willingness to face myself within the other one. Since the issue of projecting guilt is a very painful one and the resistance to face oneself

is very strong, this kind of openness in the sense of honesty is highly demanded. We are only able to presume what the other person's state of mind is or what his intentions are. That's the most we can do. Very often even then we are only projecting our own issues onto the other one. This is why it is very important that the other person tells us what he is up to, in case that he/she is aware of it himself/herself.

Your girlfriend's statements are thus only her projections and interpretations and at the core they are actually accusations. According to my script she has created whatever she is experiencing or rather she has "projected" her own world of experience. And you have projected yours and your girlfriend is part of it. In the sense of creation, it is part of the projection that another person is part of it. Thus, it is only natural that the other one says he wouldn't even know what this is supposed to be or mean.

Your girlfriend would be better off if she could look at herself and take full responsibility for what she is experiencing. Instead, the part that is her ego subjectively experiences an attack and responds with a counter attack, namely an accusation. It is impossible for the ego to question itself that would equal self-destruction.

My recommendation: See your girlfriend as the mirror for your own suppression and ask LOVE (GOD) to forgive you for your own dark concern, your own hatred, which is mirrored here. Because: I always see just myself! You don't have to justify yourself, this would only mean that you are again only stuck on the ego-level. Handle the situation with serenity and have silent compassion with the effort to ignore the own dark concern and the wish to project it onto you. Thus, mercy and forgiveness! Ask the HOLY SPIRIT for these qualities in your and in her heart. This is, for the most part, a very quiet and inner process since discussions are mostly revolving around who is right and this doesn't make sense nor is it necessary. We are all deeply entangled in issues of guilt, fear and hatred and the question is if one is taking the first step towards forgiveness. I wish for you to have the courage. In any case you don't have to defend yourself. If she wants to accuse you, then that is alright, too. Stay open! Stay compassionate and in this feeling be with her!

Question 4:

A question concerning the world's climate. If we are "in the mind" also responsible for the climate, would you say that there is a chance that we can mentally influence the presently catastrophic water shortage? If yes, how?

Answer 4:

The water shortage expresses a sick decision of the collective (split) human mind – of the SON of GOD who we all are. When breaking down the basic problem we realize that we are always dealing with fear, guilt and hatred, our common insanity in our nightmare here on earth. The material world presents our defense against the LOVE of GOD. Here we are on the run wanting to escape HIS LOVE.

Blind activism, even if scientifically justified only enforces our misbelief into the reality of this world. Then we can blame it on the carbon dioxide emission and not on our crazy situation in our mind and get entangled into another diversionary tactic or rather another block out. The actual problem is quasi within the mind, and not outside in the world projected by the mind. Water shortage might represent our thirst for love, which our split mind is rigorously suppressing or rather not aware of. However, it is primarily a mental issue. And can thus only be solved in the mind.

So how can you and I contribute to solving the problem? I am dealing with the fundamental problem: My fear, my guilt, my hatred. We can see the strongest resistance, so to say slander, concerning the feeling of guilt. We just like to ignore this issue since it is unbearable to feel guilty. However, the HOLY SPIRIT (JESUS) wants to help us and look at all of it with love, without negative judgment. We are taking on the forgiveness of what A Course in Miracles calls the circle of atonement, which is only possible when we are actually forgiving all people in a very concrete way. For example: all polluters, all big concerns, the politicians, the Mafia and so forth. This is the only way we can change from our nightmare into a happy dream. Possible results in our materialistic illusionary world are not decisive! It is very well possible that certain healing processes are happening here on earth, however this should not be what we are focusing on.

Only the mind is real. We are not from this world we are in the SONSHIP of GOD. There is no duality, no splitting, no darkness. There is only LIGHT. Even the sun that we created is bound to die, as scientifically analyzed (Entropy = freezing to death). The materialistic world will break up because it is not real. It always has been and always will be a dream. This is why we should not focus on fixing the dream but rather on healing the split mind. When this has a positive effect on the dream there is nothing against that. However it is not the actual goal.

So find clarity and forgiveness within yourself and you have given the most important contribution to the salvation of all people. Since no one gets to HEAVEN all by himself, it is always with and through the other person, who is you. Furthermore, we should get clear that it is easy for the MIND to materialize water, if this helps love and salvation. Or the other way round: The MIND could free us from the thirst for water and feed us only energetically – even our material body. But this is something that we should rather leave up to HIM, who is gently guiding everything and has only one interest: That we wake up!

Question 5

What does the following statement mean? I read the statement in italics a few times but I could not understand it. "The feeling of separation and differentiation". – Differentiation from what? I am referring to the talks of Nisargadatta Maharaj:

Question: What is love?

Maharaj: When there is no feeling of separation and differentiation you may call it love.

Question: Why do we give so much meaning to the love between man and woman?

Maharaj: Because it carries a very strong element of happiness. (N. Maharaj, volume 1, page 47- 48)

Answer 5:

Our (sick) normal state of mind on earth runs within the ego-mode and the split mind rules, like I have illustrated clearly in my material "Openness makes love grow". The only relationships that the ego is able to have are special love or hate relationships, that's all the ego can have. In this case specialty means a relationship against the source, against LOVE, against GOD. Because we escaped into a dream (a nightmare) and are not in heaven anymore where real love reigns. It is UNITY, that does not know separation nor differentiation. Separation and differentiation are the base of the ego world, the world of illusions. For HEAVEN the ego world does not even exist, it is nothing but a dream into which the SON of GOD (accordingly all of us) fell. Kenneth Wapnick's book "Ending our resistance to Love" describes these connections pretty well.

No matter how close we manage to get to each other on earth there will always stay some distance which shows the separation. Real LOVE is a state of mind which is probably only accomplished by a few people, but it is certainly

possible since healing and liberation is only a matter of the mind and has nothing to do with the physical world which is always based on separation (duality). Only the MIND is real and thus only LOVE is real. All lovelessness, meaning darkness is part of the illusionary world and so are our bodies which are an expression of separation and splitting up. Sadly, we do enjoy believing in them in the sense of "real".

Thus the original problem is in the mind and can only be solved there. Let's ask for the healing of our mind so that we can overcome the separation within us and we can experience real LOVE. Forgiveness is the basis.

Question 6:

I have a question from one of my clients. He wants to know whether he is doing any harm to a woman when he is thinking of her while masturbating? Is this abuse? Good question! In any case this shows a sense of responsibility. Do you have an answer?

Answer 6:

In a strict sense this is a kind of energetic (sexual) harassment because his thoughts and feelings will reach the specific woman, even if she might not be aware of it with her everyday consciousness. When looking at it (considering the law of reflection) or rather the fact that there is no separation, he is actually doing it to himself and this means that it will also get back to him and usually at a time when he doesn't want or "can't have" it. Basically it is a satisfaction for the ego and not an expression of love. Thus this man puts himself into the illusionary world of the ego, enforces his illusions which always leads to disappointment and pain in the end: The other side of such lust is pain! In so far the question is if one actually wants that? Is it a pattern of addiction? – Most likely. What does he choose? In which world does he want to live? Does he want to experience the love of a woman and give love himself? This does not exclude eroticism but in the end it is always the question if whatever we do serves LOVE.

Question 7:

Lately, I've been thinking more often about your statement: "I want this incarnation to be my last one". What's the benefit from your point of view, considering that awakening into the consciousness of Christ is freeing us from the seemingly sufferings of this world. And is this not contradicting the image that we will take the step across the threshold together/collectively. Or do you see the possibility that we can switch to a different level once we passed our

"incarnation-exam" and we exist as spiritual helpers without bodies like angels and continue to serve and learn?

Answer 7:

The benefit is mostly my decision to call off the world of illusion, meaning that I am not willing to nurture it anymore and thus to withdraw from suffering. Essentially the question is what do I believe in, what do I think is real? The statement that I don't want to reincarnate is "conditionally true". On the one hand, because incarnation itself is part of the illusion and since actually nothing happened, my divine MIND rests in GOD and the dream is thus canceled and erased.

On the other hand, the dream seems to be subject to the dimensions of time and space, which were created by the ego-mind to defend love. When staying tied to these dimensions, especially to guilt, we have to incarnate again and again. The desire for the pure spiritual world also implies GOD'S call for us to come home. The remembrance of my true nature emerges and the desire to live fully in REALITY expresses that. Naturally serving LOVE means to get into other people's dreams and place an impulse of LIGHT. Living on earth is not a problem, once I know who I really am. The meaning of space and time and all incarnations fades since eternity is already shining in the NOW. Then I am free from fear, guilt and hatred. That's what A Course in Miracle is all about. We are not supposed to keep silent in the world nor are we supposed to build up resistance against it. It's rather an attitude of indifference, I don't let myself indulge in dreams.

In some way it seems that we are slowly switching levels. To anchor in REALITY, we need subjectively live time since our consciousness could not bear an instant change. We wake up step by step. We don't have to worry about that since the HOLY SPIRIT is gently guiding all our steps in a wondrous way. Important is only our determination which is carried out in one moment, in the holy instant. However, till we are reaching the full decision, time seemingly passes. We tend to fall back into the delusional world of the ego till we will finally have understood that this world is empty and meaningless. It doesn't do anything. However, this knowledge grows within us step by step and is tied to "certain earthly" experiences like for example shopping orgies and sexual ecstasy. The one who is awakened acts on all levels to touch the suffering, dreaming souls with LIGHT. He may appear physically and return into the light in the very next second. Here everything is possible, whatever it takes to serve LOVE.

Question 8:

My girlfriend and I went to a clearing a few weeks ago. It turned out that the woman there could see that I was involved into some horrible deeds in the 2nd World War. She recommended me and my girlfriend to deal with these issues. Honestly, not only did I not believe it, I can also not identify with it. I told myself that I am living in the here and now and I am working on asking all people for forgiveness who I might have caused harm in this life (I've been doing this for the last two years). My question: Is it sufficient to ask for forgiveness for everything that I've ever done, just in case that I really might have done horrible things in a past life? Do I have that right? I thought we were not supposed to dig up the past.

Answer 8:

Since it seems that you have no conscious "symptoms" or bearing to the 2nd World War, I'd say just forget about the clearing! I am only concerned about your everyday consciousness or rather what appears there and you may (and can only) do it that way, too. Otherwise it will become a theoretical game which is not really felt and follows the motto: Let me run through the world's history and ask for forgiveness for me and all the involved ones....Then it does get weird.

Your everyday-life exercise is fully sufficient and as we all know difficult enough. However, there it is real and the impact of such clearing-statements is rather small compared to the experiences of your daily life. They might rather cause confusion. But also in this case you may forgive the medium, since you actually projected her.

*All of us (!) have done cruel things and it does not matter where, when and how, since this would only be a **question of form**, what counts is the content, the insanity in all its different shades. We are all suffering from the same problem: guilt, fear, hatred – and FORGIVENESS is the answer to it. We may and should invite this MIND of FORGIVENESS with every breath that we take, if possible and enjoy with joyous certainty that JESUS is guiding us lovingly all the way. Since without HIM it will be very difficult, actually impossible. He wants to wake us from the nightmare and therefore we should ask HIM for just that. The spiritual world always respects our choice for dreaming or awakening. Forgiveness is the key, if it is our hearts desire. So hang in there but please without fear and pressure! Since this is exactly not what JESUS wants, that we are under spiritual stress. HE is LOVE.*

Question 9:

My husband and I have been together for 30 years. We almost got divorced five years ago because we had drifted apart and he had met somebody else during that time. The good thing was that indifference and speechlessness hadn't taken over our relationship yet and that there was still so much love and also pain present that we could take the chance and start over again. We could both see it as a second chance.

My problem today: I find it very important that we cherish our relationship and take our time for it regularly and that we are both thinking about how we want to spend our quality evening time (just the two of us, no TV, no computer, no papers and also no friends). It is not as important to my husband. He is very extroverted and satisfies his needs somewhere else.

Is my enforced need for togetherness and his undivided attention based on a lack of self-esteem, self-love? Jealousy has been an issue for me for the last year, also. I did not know this feeling before. Or is it okay that I insist on our evenings together because they are important for our relationship? I don't know.

Answer 9:

The problem is that you are expecting something from your husband that you can only find in **your own MIND**, in your **SELF**, in the CHRIST within you. The orientation is first focused on the outside: There is the husband who, apparently, doesn't care for togetherness on a specific evening. On the level of the ego you start developing a feeling of lack, a pain and after some time, if he is spending his time with others, also the mentioned feeling of jealousy.

What you are actually looking for and what could satisfy your hunger can never be found in your husband or in another person. You are thus encountering your hunger, your desire for inner peace, for love. The door to this love is within you and the way to get there does not depend on external evening rituals or interpersonal relationships. Stay true to yourself, get focused and take your hunger, your desire for love to the HOLY SPIRIT, to JESUS, to the LIGHT within you! JESUS can work very well with this desire, which is frequently shifted to interpersonal relationships. We are expecting fulfillment in the relationship but we can never really experience it. This is the kind of energy that draws you to HIM. This is what it is actually all about: That you can set yourself free from the external conditions of the relationship, the

unsatisfied forms, and seek for the real content, what it is actually all about, within yourself. The door to HEAVEN, to HIS KINGDOM is in all of us internally.

It won't help to insist on that evening. It might rather enforce your husband's resistance. Look at his resistance against your efforts to get into a deep relationship with him as a **reflection of your own resistance against a deep relationship with GOD**, with LOVE, with JESUS (however you may want to call it for you) **and please, forgive yourself for your resistance against LOVE**. The external situation, or rather how you are experiencing it, only presents the projection of an *inner* condition within your mind. Everything takes place in the (dreaming) mind. The world with all its relationships is only a projection of the mind – my, your or another person's mind and in the end of the mind of the dreaming SON of GOD, who we all are.

Forgive yourself your jealousy, too and forgive your husband that he simply doesn't have the need to be close to you. Forgiveness opens up the door for the CHRIST within us. It is the base for healing our mind so that we are slowly waking up and realizing that we are not and never have been separated from a person. We are spirit/mind not body. It is all one in the mind. Bodies may be separated but they are not what we are because they are just dream projections of the mind. Be close to your husband in your mind, by asking JESUS for the connecting love and don't expect anything externally. Inner peace ought to be your main goal even when the ego demands other things.

Question 10:

We know each other from Family Constellations. I asked you to help me concerning my relationship problem with a priest. You told me I should forget about it. That did not help, the longing is still there. I can forget about him but there will come another man, who I can't have, like several times before within these last ten years. They are either married or from far away like America or Spain. Or I can't get to them for another reason. You said that it is possible that we have a person in our system who is excluded, but I don't know of one. This might also explain why I've started to go hiking for weeks again, in the last years. Sometimes as far as 400 Miles in three weeks. I may be looking for somebody. On these long hikes, mostly in untouched nature, I get pretty much down to the bottom of my heart and a lot of images and thoughts pop up. However, could you give me some advice so that I can solve the problem on a mental level instead of experiencing the same pain again and again.

Answer 10:

Your longing is the key: In the depth it is the longing for GOD, for real PEACE. The ego uses this energy and directs it towards a person, which can never bring fulfillment. Seek for the HIGHEST, the SELF, that you are. Don't let yourself be pulled into the outside of the world, where people come and go. Then you'll be seeking on the wrong level and you will remain frustrated.

Systemically (looking at the history of your family) the question arises: Which woman is looking for a man, maybe her husband, father, brother, grandfather? It is possible that it is an adopted feeling that is driving you. For which woman are you substitutionally searching? Is it possible for you to go into this direction? There is an **exercise** you can do: Imagine this other woman who is searching. Tell her: *I am now quitting the search out there. I liked doing it for you but it doesn't pay. We are all searching for GOD, the eternal LOVE. We have to look inside because HE is always only inside. I now let you go – with love.*

Resist the urge to search in the outside. It is a destructive movement since the actual solution is only happening in the mind. You have everything that is important within you. Furthermore you can also imagine a man who you are looking for and tell him: *You are searching, too. There is a space for you in my heart as a brother, who is looking for LOVE. We are seeking together, even if in different ways. But in the mind we are already one, you and me and GOD.*

Question 11:

Since your seminar in September, I've been doing my daily lessons of *A Course in Miracles*. The lessons suit my inner thinking but I also feel a certain ambivalence that I am not ready to live my real SELF. For example, I can see my inability for relationships. The fact is, however, I have to live with it in the world of illusion and find my way. It is hard to bear that. On the one hand, I do believe in the REALITY in me and on the other hand I have to deal with my human problems and realize that I keep ending up in the same dead end street over and over. How do you deal with that? It doesn't just change like "click" and we are leading a life of "unconditional love", but we are just as fallible and will probably also stay like that in our world of illusion. Despite all the good and useful tools that you've given us, I catch myself again and again acting unlovingly and doing certain things that I don't want to do. It is like an undertow, almost like an addiction. How do you deal with that, without suppressing something? Looking at it, observing, feeling without judging and

still I find myself caught again and again. How do you do it? Can you give me a hint?

Answer 11:

I am sure everybody who is marching on the path towards *A Course in Miracles* is familiar with your situation. It is natural that we keep falling back into the ego mode even if we try really hard. What is that exactly all about? With the new way of looking at the ego and the SELF we start realizing how imprisoned we are in the ego. We have to get to consciously know the ego and figure out its strategies so that with time we will be able to shift more often, quicker and more easily into the SELF. The enemy is no longer seen in the outside but in the inner self: it is this wrong minded part of us that chooses destruction. This creates fear at first and discourages since the ego is almost permanently in action by engaging in all our special love- and hate-relationships in this illusionary world. Over time, however we can feel deep inside that the ego has nothing worthwhile to offer. Its promises are empty and void, they only bring us misery. This has to be perceived in a sensual way and thus relapses are almost imperative in the first phase of training towards the SELF so that we can fully grasp that the ego is made of a lie only.

Essential is how we deal with this realization. Often we make an unfortunate choice if we, for example, choose the beer to chill or accuse somebody else for our suffering. Then we are first of all asked to **treat ourselves very kindly and to receive forgiveness from the HOLY SPIRIT**, meaning to stay open for healing. Secondly, only after such an insight we will be able **to make a new, better choice** and continue our path courageously.

Our path is a path of awareness and learning: we have a choice! Is our choice the insane ego and thus some absurd replacement for LOVE or do we choose the HOLY SPIRIT as our teacher? **Forgiveness** is always the healing and freeing resolution. To forgive others and mainly also ourselves, which can be quite difficult at times since one trap of the ego is definitely self-accusation and thus often followed by self-punishment programs. We may look at the ego with a mild smile when we see it taking action once again. Going to war with it means to put fuel onto the fire. The smile may be seen as an expression of forgiveness. JESUS is standing beside us and does the same: he is awaiting our devotion with a smile. HE does not take it personal since HE has transcended his ego completely, so to say it has dissolved and HE wants to show us how we will also be able to do this – with HIM.

Accordingly: Choose again! That shows your acceptance for the freedom to be able to go on a different, healthier path. This freedom is given to us by GOD. Let's use it – within love!

Question 12

Thank you very much for your detailed feedback. It all makes sense and sounds logical if it wasn't for my ego which takes me to my limits over and over again. I've gotten into "The multiple Man" by author X , lately and I realize how this confuses me even more. I am curious how I'll manage to integrate *A Course in Miracles* into my life without having the feeling that I want to become a "better" person. It's quite a challenge to accept that is just the way it presently is and to accept myself like that.

Answer 12:

I took a look at the brief description of the book X: "In a comprehensive way and in straight language the author is first of all giving a description of the clinical image of a multiple personality and also, this is very valuable, of the split personalities in the healthy person. You learn how this splitting into different inner personalities occurs, what it is good for and how you can slowly learn to appreciate them as parts of yourself. If these inner personalities get the right place in your psyche they can help you in becoming whole."

I for my part would consider this as a **distraction strategy of the ego**, namely to appreciate the insanity of these split-personalities. And maybe even talk to them, negotiate and so forth – that is insane! This is actually how I turn the illusion into my reality, at least for me and that would be enough. There is only one reason for these parts that are split-off: we want to believe in the ego-mania and keep playing in a well behaved way since the ego lives from such nonsense. This is where special relationships are created in a very special way, only it doesn't help to connect us with GOD at all.

The problem of a lot of psychological schools of thought is the lack of the spiritual dimension. In this case what is experienced in the realms of the ego is taken for real. The actual problem is unfortunately not recognized (yet). There is no need for you to become a better person, you just have to intensify your desire to wake up from your nightmare. Choose the TRUTH, which is LOVE. That is what you are already – right now! In this respect ACIM is crystal clear

and liberating. Please forgive yourself for thinking that you are a bad person, since forgiveness is the only thing that will free you from all your dreams.

Question 13:

I attend a service at a church regularly. I feel very good there and I love the worship songs. They are restricted to statements from the bible, no trappings. It is different to anything that I have experienced in the catholic church I used to attend. However, this church believes in the original sin, the separation from GOD, accordingly, worshipping the FATHER is required. Whereas ACIM considers sin and separation from GOD as an illusion, which makes any kind of worshipping unnecessary. It only asks for a correction in the mind. Related to this I find interesting what is written in the Tales of the Hasidim by Martin Buber. Rabbi Shelmo asked: *"What is the worst thing the Evil Urge can achieve?"* And he answered: *"To make man forget that he is the son of a king."*

So, I am torn and I don't know which path is the right one? The bible or *A Course in Miracles*? Or something else? In the end it is all just my "intellectual book knowledge" and not my experience. And I can't actually trust my perception either because it is so dependent on unconscious needs. By now I could very well write books myself and pretend to have life experience but what I actually lack is experience. And what if sin does exist, after all? I consider the bible as timeless and very good, although I don't know it well. I think to truly interpret passages of the bible historical background knowledge and the consideration of the context of the statement is required.

How do you feel about the attitude of the Free Church and the bible towards *A Course in Miracles*? And how can I acknowledge both (in the end just another thought system/form) or even unite them and still continue to go on to experience JESUS? Since this is my only goal!

Answer 13:

You can safely continue to practice ACIM and at the same time visit a church, if you are drawn there. In our nightmare we are experiencing something like the original sin, which is the painful separation from the LOVE of GOD, even if actually nothing really happened. Only, which split mind is capable of accepting this reality without resistance? The ego actually lives from this drama and in our mind we identify ourselves with these ego-projections. We have decided to

take on the ego's gifts, which are individuals. The imagination that a certain group, who we are part of, is in charge of the truth is a fierce ego-trap....

However most people are not aware of these connections and it is not your task to do missionary work and convince them. They would throw you out of church or in the best case pray for your salvation. The church may act as your mirror to practice forgiveness. I am sure you will experience a lot of human modesty and then the question is how you deal with it. Forgiveness is the only sensitive solution: *I always see just myself and I forgive myself. I want to love and not be right.* In this way you can heal your mind (its content) through the outer world of appearances. Thus it doesn't matter which group you belong to. It is more a question about the how: How do you live there? How do you deal with different opinions and with disturbing things?

Of course, you cannot trust your sensory perception since it is based on the projections of your mind, which is beyond space and time. Nevertheless we have to keep our eyes open when driving and stick to the traffic rules for all our sake. And when somebody takes our right of way, forgiveness is the only kind and sensible answer.

You ask for experiences. Well, you may have them and collect them with applying the background knowledge of ACIM. When you become more peaceful and mentally stable then you are on the right track. When the reflex of accusation slowly loses its power over you, an important step will have been taken. So hang in there and use all classrooms of this world. It does not matter if it is in church, the workplace at the military or anywhere else. No place is worse or more real than any other place (by the way this is also true for eating meat, vegetarians tend to consider themselves as "better people").

Today I would also consider some parts of the bible, which are full of blood, as illusions. It seems to me that the writers have adjusted some stories according to their understanding and thinking, which is just very human. It is quite similar to the children's game "Chinese whisper": Everybody whispers the original message in a way so that the next person does not quite understand it all correctly. The outcome in the end is very strange: it might appear that there is a righteous war justified by the bible and the unbelievers have to be prosecuted and slaughtered. To take the bible by word would mean that GOD created this world literally in 6 days. ACIM teaches the exact opposite: GOD doesn't know about our dream world. HE doesn't know about cruelties like earthquakes and flooding where people die painfully. This has all been "miscreated" by us....thus a complete different fundamental understanding. I started being careful since a person only understands what he has decided for

in his mind beforehand. Certainly, for the pure MIND it is all pure but who of us has decided for such a pure perception?

A good helpful core, especially the statements of Jesus in the New Testament, can still be found in the bible – no question! But even the statements of Jesus are most likely influenced by the limitations of the individual narrator's consciousness. There is no way out, we have to go on the spiritual path ourselves. And we may (apparently) collect wonderful experiences in the illusionary world, when working with the TEACHER who ACIM refers to as the HOLY SPIRIT or JESUS. Only our lived experience counts in the end. It always takes courage. Courage to trust in our desire for love. I have made the decision and I want to know!

Question 14:

Will my life also be changed on the formal level if the "green film" of forgiving will be running instead of the egomaniac "red film"? Will I then also have more pleasant experiences in the outer world?

Answer 14:

Strictly speaking, to expect that everything will run easily and smoothly and "positive" for us, is not the point. Taking a closer look this would rather appear as expectations of the ego like "spiritual order service". At the core it is about something else. Forgiveness means that I realize the context between what I am experiencing in the outside and what I've chosen in my mind. The distress that I am suffering from on the level of forms like roots in my mind, namely in my decision to believe the ego's thought system: all people are separated and we all have different interests. Strictly speaking, it is always about forgiving myself for my (wrong) decision to believe in the ego and thus in guilt, fear and hatred.

It is about taking the decision in my mind to choose the other teacher, namely the HOLY SPIRIT. He connects me with my righteous MIND and thus with CHRIST who I (and we all) am. After I made this decision I will slowly experience more peace and I will be more and more released from the conditions of the formal level, namely the world. What should steal my peace, which is of a mental nature when on the illusionary level (namely the screen of my projections) war is supposed to run? I am living in a world together with other people who are constantly making their own decisions. It doesn't mean

that I have to decide for war only because they do. Thus, I can experience the formal level differently from what is expected according to the laws of the ego. Even when there is war outside I can still be at peace because my focus is in the mind and I won't see myself as a separated body under a lot of bodies any more. I am not joining the illusionary game of separation.

There is no doubt, when we choose forgiveness as our path, a lot of conflicts will be solved in a wonderful way. However, the focus should never be on the level of forms because it would make us, just like the many "lightworkers" out there. We would expect big changes in the world of illusion. Changes that matter only in the mind since only the mind is real. The "green film" of forgiveness will certainly project more enjoyable images according to the "old standards" on the level of form, namely the screen but at the core it is about PEACE, which is a matter of the MIND only. This kind of PEACE is possible, even if some of our brothers don't want to be in peace with us. We won't banish them from our mind, no matter what they may decide to choose.

Question 15:

My son has been suffering from depressions for years. He is on medication and according to the doctors addicted to alcohol (he is sober on and off but the sober periods are getting shorter) and he made an attempt to kill himself with pills under the influence of alcohol. He was in the ICU but survived physically. What can I do as a mother? What is my son supposed to do?

Answer 15:

Your son needs professional help on all levels; that is for sure. He has to live completely alcohol free, **even a single drop would be too much**. I wouldn't start another fire when the house is already on fire so call the fire department instead. First of all your son has to **decide** for the path of healing and this path will take time. Healing doesn't fall from heaven, we have to invite healing and intensively create the needed conditions. This includes looking into the family tree with all family members. Who has had severe experiences, war trauma etc., who was an alcoholic? It also includes therapeutic support, Family Constellations, detoxification measures, a healthy diet etc. After all, we also do live in a body and something needs to be done on this level, too. The only really important question is if your son actually wants to **decide for healing**. Is he ready to contribute anything possible on his end? If not, he may continue

suffering. If yes, miracles are possible. But he has to gather **all his willpower**, all his longing has to be aimed at the LIGHT of the LOVE of GOD. Then there won't be room for alcohol and some other things, anymore. He will have to choose consciously.

Please respect his decision, even if he decides to keep drinking and destroying himself. I know this is very hard but "you can lead a horse to water but you can't make it drink". The following excerpt from my script applies: "Openness makes love grow":

We don't have the right to change other people. We should rather accept their decision that they want to experience illusion and thus pain. Only they themselves can learn through experiences and find a new, better decision, which takes them another step towards their inner peace existing deep down inside. Please, let's stay focused on gaining clarity in our own mind. In the end only this peace can encourage others to go on a new path. Mental health is contagious!

Question 16:

I've been to your evening lectures twice and I've given it a deeper look into the topic of ACIM. On the one hand, it sounds really easy and tempting to live accordingly, on the other hand it turns out to be quite difficult. I've had severe problems with my ex-husband for many years. Currently he wants to move back into my house by hook or crook and makes my life difficult with nightly raids etc. He threatens me and also my son with committing suicide and many other things. I know I can only experience what I have created myself. My work. Very uplifting feeling.

Now concerning my question: When I want to quit believing in separation, and this is what I want, does this consequently mean that I have to let him back in my house and in my life? Or can I also see him as the son of God and indicate in a loving way (whatever this may look like) that I don't want to live with him anymore. The course should leave me this freedom. Theoretically, I would have to take in anybody who has made up his mind to live in my house. I am in a big dilemma. Can you tell me how to handle the situation? Somehow I am experiencing a great deal of chaos right now. But even this is written in the *course*, right? When you live both sides (ego and course) it will get even worse.

Answer 16:

I can release you from the pressure that your ex-husband may/must return to your house, very quickly. ACIM is always talking about the spiritual level only, because only this is real. The course doesn't deal with the world of form and thus doesn't give specific instructions for every day at all. This means: the only thing that counts is your spiritual attitude towards your ex-husband. To find peace there is the actual goal of the course.

What good would it do your husband if you took him back in? He would remain stuck in his emotional dependency of you because he is looking for peace and happiness on a level where he cannot find this ever. He can experience this behavior in any new relationships, it will always be painful.

So it is not about opening our house to all the homeless and give our saved money to the poor. What good would that do for them when it doesn't cause a change in the mind? I am not against social institutions, they serve their purpose. However the essential help that we should ultimately give all our "brothers" (which refers to male and female in the language of the course) is taking place in the mind: Am I able to and do I want to see the LIGHT of GOD in my neighbor? Do I want to see him as the SON of GOD?

Only this view will give peace: for us and in the end also for the other one because energy will be released that makes it easier for the near one to remember his true nature. Only this way he can slowly find a new, wiser decision.

Accordingly: You may turn him down on the formal level. But please remain open for him on a spiritual level with the help of the HOLY SPIRIT. You may ask JESUS to look at your ex-husband together. He always looks with a lot of love and understanding. And he sees only one thing in him and in all of us: the eternal BEING, which we are, innocent and pure. For HIM our earthly experience is nothing but a dream of which HE wants to wake us.

Of course, your ex-husband needs professional help. But he has to and can only realize this himself, at some point. You may leave his decision and the consequences up to him because this makes you respect his actual strength and power: the power of decision making.

On the other hand you may see his suffering as a mirror for your own process of awakening, since there is no personal separation in the mind: his problem is yours and mine. This makes compassion flow and we may forgive ourselves

what we find to be inadequate in our neighbor. This is exactly the process that ACIM is all about. I can go to GOD'S altar with all my entanglements and leave them there. Only I have to take them there, this decision is my share of the work.

In so far it is helpful when I take a clear decision and when I take the effort to stay with my decision for the HOLY SPIRIT. A little bit from this teacher and a little bit from that teacher creates confusion and pain. My willingness and straightforwardness is definitely speeding up the learning process and the time can be "shortened". And if I fall back into the old pattern and realize it I may take a smiling look at the ego and forgive myself. This will make the peace of GOD within me bigger and deeper. From its mental structure, the metaphysics, the course is simple but definitely not easy to implement. Stay tuned!

Question 17:

Will I have the choice to go into the light or to stay in the world of form? This unanswered question keeps me currently from going in the fast lane. As far as I am concerned I would like to go into the light, I've had my share of chaos and misery, but what will then happen to my sons? The youngest one is only 9 years old. I know that they are safe in the arms of GOD but what will their life look like in the world of forms after my death?

Answer 17:

You may stay! Since then it really won't matter where you are. The question is irrelevant. Suppose, you are fully awakened. You have seen through the world of forms as an illusion and are thus free of it. Still, there are children or a partner, or what so ever, left. You will always do what serves LOVE. You may keep on living in your body for some period of time and at the same time be completely united with the TOTALITY and live from IT. Then there wouldn't be a problem because there wouldn't be the "question of location" (light or form). Form is meaningless; however it can still have a connective function for those who believe in it. Relax. The HOLY SPIRIT would still guide you wonderfully, without conflict!

Question 18:

I've been to every open lecture in Lindau and I am ambitiously studying the course and trying to implement it. I don't even know how to put all of this into words. I am magically attracted to the course. I am spending almost every free minute with the book. I haven't experienced anything like this before and I've already tried quite a bit. Well, the reading material is explosive for the ego. Currently I am fighting with the following:

I started my lightworker training only last year. I also started training for aromatherapy last year. I learned massage. I've changed my diet to healthy products. I have changed my skin care to natural products. I've sent my ex-husband away. I could manage all of that. It was not all easy with a job and two kids, for I wanted to quit my work in an office and turn towards a more meaningful job (working with people).

Now a few weeks and a few course experiences later, there isn't much left from what I had accomplished. Pretty devastating to find out that all of it was merely moving furniture on the sinking Titanic ship. Only illusion and no illusion is better than the other. What am I supposed to do now? How can I possibly ever recommend someone an oil that will be better for his body than a different one? How can I ever possibly offer a massage that relaxes an illusion? How can I possibly build a pillar of light for this world and for peace for the people? How can I ever use healing stream for a person, again? How can I do anything at all, besides what is written in the course? I can't stop thinking about the course for a minute and I get the feeling that everything I do is simply senseless. You said meaningless but what difference is there between meaningless and senseless?

Nevertheless, it makes sense to go on in this world of form since there are children who need food and a roof over the head. Shall I continue with the training to become a light worker? The next unit will start in two weeks? I've already paid but I really can't see a good reason to go. I came across a passage in the course where it said that I will believe in pain as long as I will believe in lust. If I don't want pain anymore I will have to let go of lust, too. So what exactly is this supposed to mean? Should I not experience lust when I am with a man, at all or do I just have to perceive it as meaningless. The things I've been very interested in like Shamanism and natural healing just burst like a soap bubble. What is there left to talk about with my brothers? ACIM can't be the only thing I talk about, can it? Somehow I feel that the course is the right path for me but how in God's name do I deal with it in the world of forms?

Answer 18:

You are experiencing an essential process since your dreaming mind has made the decision to wake up. Thus, all earthly things are subjects to question. What is it about?

We shall realize, step by step, that we are pure MIND and not body. The physical world is a well-staged diversionary tactic of the ego to disguise our being as MIND out of GOD'S MIND. Nevertheless we are still living here under the strong hypnosis to have a body and to do very "real things" in this world. This doesn't have to be a bad thing if we are willing to entrust ourselves to the guidance of the HOLY SPIRIT and let him be in charge of the classroom that we picked here, for his purposes: the gradual abolition of the ego through forgiveness.

All our earthly activities are part of the "classroom". Also therapies, massages, making money, cooking, cleaning...The HOLY SPIRIT gets us where we think we are, even if for him it is just happening in a dream. HE uses whatever it is that we believe in to bring across HIS lesson of forgiveness. We are experiencing interpersonal relationships in all our actions and thus reflections of the original conflict of guilt, fear and hatred. In the circle of the light workers you are dealing with the same matter, the problem of *separation*, like in daily business relations or in your family life. The form doesn't matter, the content does.

Thus it is okay to strive for a meaningful life with a fulfilling task. However, wherever we are and what we are experiencing in the end, the question will always be how we are looking at and solving putative conflicts with other people, the world or even GOD. Do we choose LOVE (the SELF, JESUS, the HOLY SPIRIT) or the insanity of the ego, namely accusation, attack and murderous rage?

When believing in healthy products we operate magic because we want to make the illusionary world (the world of bodies) better and more real. To realize this and to become aware of your own strong attachments in the world of illusion is what it is all about! We may look at our crazy beliefs together with JESUS, once again in a new way and learn from him: **his look is mild, he does not judge**. HIS LIGHT will help us to lighten up the error in our mind and that way gradually make healing come true. One thing that HE doesn't want for sure is to condemn our behavior of believing in the physical world. HE asks us to steadily make a new choice and it is always only on the mental level: LOVE or fear, forgiveness or accusation.

The world of form is of no meaning for JESUS. HE only sees our mind and our "small problem" to fully accept HIS LOVE for us. Actually we are sticking with crazy imaginations in the mind: the idea of separation and the resulting guilt is what creates our drama of particularity and individuality. Consequently we are always seeking for a substitute for LOVE and all special love- and hate-relationships are part of that, which includes all kind of magical actions and teachings.

A Course in Miracles is very radical in all these matters because it emphasizes again and again that we are all dreaming about a world with a lot of bodies, which actually does not exist. You want to wake up and JESUS takes this wish very seriously. Nevertheless you may still live a normal life because forms of dreams don't matter. It is always about your mind and how you see yourself and the other (seemingly existing) people. Are you able to absolve everybody from any kind of guilt and realize in the end that there is actually no guilt? Do you want to experience that?

Only the issues that affect your state of mind are really relevant.

Organic products are well intended and on its level they are an expression of love, if people produced them in a consciousness of love. The same is true for a massage which can communicate miracle impulses like encountering compassion with a suffering person.

The HOLY SPIRIT ties miracle impulses to things that we believe in. Many people can't take the direct transfer of miracle impulses (LOVE). The feeling of fear should not occur in a person ever when LOVE is transferred – this is why it is transferred through the world of form.

Everything that you give with the consciousness of LOVE, guided by the HOLY SPIRIT, to the world and to other people will be kept for you in HEAVEN'S eternity (JESUS states this very clearly in one passage in the course). It's never lost or wasted. Therefore you may lead your eternal way like the common people and talk to people about common things and only rarely about the course since only few people will want to learn about such an unattractive way of seeing the world, since the world of forms appears to be so glittering and colorfully shining. Essential is always only how you see people and yourself: as the one SON of GOD or as a poor, insane, sick being.

The world itself is completely meaningless and its rattling brutal gear doesn't make sense. But the HOLY SPIRIT can use the world so that we can all wake up and experience the essence of LOVE – forgiveness, being the one illusion

within the dream which does not create another illusion –already here. And thus we are always asked to make our decision: keep on dreaming or wake up. What is it that we want?

You may very well continue your lightworker training and forgive yourself and the others for the crazy ideas that may very likely appear there, too. JESUS will guide you through this in a very loving way because it is always about people and thus about you! But you can also let go of them in peace without feeling superior over the lightworkers. It is always just a question of how.

To experience the sexual lust very consciously and discover the impulse of the ego in it would, be a sensitive approach again. Since this will weaken the ego, which wants to make us believe that sex can substitute LOVE. Performing sex can be full of love when we have made a very conscious decision for the leadership of LOVE. You may experience it all because only then you will find out what brings fulfillment in the end. How can we ever let go of illusion when we are still thinking that we'll benefit from it. Lust and pain are two sides of the same coin but we have to realize this in our own mind, first.

Please relax: we are learning, step by step and JESUS is not mad at you when things go wrong once in a while and you are frustrated. HE always stays close to you and offers you HIS HELP. Stay alert and you will make a good decision.

Question 19:

I am still very excited about the Family Constellation workshop-weekend we spent with you. I feel better, I am thinking a lot and I look at many things differently than before. However, since that weekend one of my most important wishes, which I had carried for a long time, has become worthless: my wish that my family happens to be a real family, that my sisters are there for each other and happy to have each other. I had thought that there was an actual chance for this wish to come true after our mother died.

It frightens me, since I find my thinking pretty bad. My real sister doesn't mean anything to me and she behaves like my grandmother on my father's side. For me this grandmother has been one of the worst people that I have ever known. It was even easier for me to get along with my mother. My other sisters are here but they don't mean a lot to me. Only Maria, though I don't really see her as a sister, but I can talk with her and she gives me books to read and when she calls me, she is the only one of my 5 sisters who I enjoy talking to. I find that strange, what has happened to me?

Answer 19:

What has happened? Your soul/your mind has decided to say goodbye to certain things. On earth every one of us is looking for a substitute for LOVE. *A Course in Miracles* refers to this substitute in all our *special love- and hate-relationships*. And in this expression it becomes obvious right away that this substitute can always only lead to disappointment.

Is there a substitute for real LIFE, which is only happening in HEAVEN? No. And this is what we have to learn painfully here. Even the hope that we put into our families will never be able to satisfy our deep desire for the LOVE of GOD. At the same time you are describing the aspect of hate within you: the sisters, besides Maria, don't mean a lot to you. When we don't care about someone, we actually hate them. This coolness is only the tip of the iceberg: we don't want to have anything to do with the other one.

All this is expressed through our "little problem with love". There is something wrong here on earth. Have we lost something? Why can't we find peace? The solution can be found where we usually don't look: in our soul, in our mind. This is where the problem and the solution can be found. The delusional ego is insane and wants to tell us that we don't deserve love anymore, that we have gambled it away. Our true SELF, the Holy Spirit, speaks gently and quietly and tells us that we have never left and never lost GOD and that we are only dreaming of exile and therefore suffer.

The pending decision is: I want to understand the problem and learn that the peace of GOD, HIS LOVE is already in me. Nobody can give me this peace; no substitute can be found in this world. I am asking for the guidance of the HOLY SPIRIT (JESUS) on the path to LOVE.

Since our senses are completely focused on the world and we still believe that we are existing in a body, the essential step is forgiveness. When bad, unkind feelings come up in you, you will no longer condemn yourself for them: *I forgive myself. When seeing bad things in others: I always see just myself and I forgive myself.*

We must question everything, if we want to find real peace. This may be unusual and create fear, at first. But only in this way we will find LOVE, which we have actually never lost.

Question 20:

Each drama is the temptation to make guilt real – a hell of a sentence. Since the seminar in Graz the sentence: "All eyes look at what heals" has been on

my mind. It is a very strong image! You are often not pushing all the way through anymore but use this image instead. I am concerned with the question: Who or what looks at whom in the end?

And when saying: "I renounce accusation." I am aware that I am actually dependent on the HOLY SPIRIT because the ego will always sabotage on the deepest, unconscious level. Accordingly solutions are thus grace. The connection to JESUS seems more and more essential to me.

Answer 20:

The ego only lives because of drama, it is pure drama. It is this tension of outrageousness that results from the attack of LOVE, of GOD. It seemed that the impossible happened: one part of the sonship had turned against the FATHER and usurped the HOLY SPIRIT and HIS power. This leads to a feeling of superiority over (the separation from) GOD. The experience of the mental state of the separation from GOD is the core of the ego. We have decided to have this experience but now we can decide again newly and decide to return to the UNITY. The one who **looks** is the observer/ the decision maker. Only when we really look, quietly observe we can find a new, healing decision. In the end, it is only choosing the HOLY SPIRIT and letting go of the ego. The observer authority should be strengthened and trained continuously so that we are aware of what we are doing and what we have just decided. Only this way unfortunate decisions can be corrected. The motto of the course: *Choose again!*

There is something very comforting in that because wrong decisions (for the ego: guilt, fear, hatred) can be corrected that way and are *not* a sin. The observer gets us into a conscious realization of what we are selecting. Observing and deciding are directly connected.

Who, exactly is looking? *You*, as observer/decision maker. This is a very useful auxiliary concept. If an authority within us can look at the ego, then we are obviously in this moment not actually the ego. There is a distance between the observer and the observation, between subject and object. This distance shows us that we are not the ego but we can make ourselves believe that we are. In the befuddlement of hatred or fear the observer/decision maker merges with the ego because of the choice to do so. We can detach from the ego-sphere and choose the HOLY SPIRIT as our true nature (the memory of GOD). Since this is what we really are: The one SON of GOD. Only we wanted to forget about it by choosing to believe in separation (sin, guilt, fear, hatred). The power is thus our ability to decide anew. It is not within the ego!

We are absolutely dependent on the HOLY SPIRIT if we want to return into the PEACE of GOD. And JESUS is a graspable, acceptable symbol for the abstract LOVE or TOTALITY of GOD, for our (dreaming) mind. In our dream story HE serves as the big brother who wants to wake us lovingly and gently, if we want to. HE whispers to us that we are not guilty and that GOD is expecting us lovingly. We may investigate the terrible dream with HIM and then realize: In reality nothing has actually happened.

Question 21:

Isn't it the case that I necessarily have to be on the same "hard disc" with the observer than with the ego? Since only duality makes observation possible, without subject and object there is no observation! UNITY can't observe anything. UNITY is ONE. Considering this, my problem regarding the concept of the observer is increasing. Transferred to the constellation image: *"all eyes focus on what heals"* , it would mean that the individual can only look with his ego, since looking at something already implies duality?!

Answer 21:

No, the observer/decision maker is beyond space and time and the ego *is* space and time and accordingly guilt, fear and hatred. The decision maker can choose or not choose to identify with space and time, with a physical being. This is its freedom: Do I want to go with the dream and believe it to be real or do I want to call it off? Do I let the dream have power over my mind?

For us beings who identify themselves as a person UNITY can't be grasped nor imagined. Nevertheless, we may ask for the guidance of the HOLY SPIRIT for going the path back to UNITY. It won't be possible without the help of this guidance, since our confusion in the state of the ego is too strong. We always have to consider where we are mentally. All aids and tools that serve clarification and healing are an expression of the HOLY SPIRIT, who calls us back into the peace of GOD.

The ego doesn't want to look at what heals, at LOVE. It will try to question this LOVE, it will cast doubt. The one who looks is actually the observer/decision maker. He is our "linking thread" to GOD'S PRESENCE because within him is our power.

Question 22:

It is said that the subconscious mind can only absorb positively phrased information. Why is it then that *A Course in Miracles* uses negative phrasing, like: "What I see is not real and so forth...?" maybe you can give me an illuminative answer.

Answer 22:

The course works with **your consciousness**, with your conscious decision for LOVE and the WISDOM of GOD, with your true nature. The question occurs what exactly is the subconscious (or unconscious). The subconscious carries all your split-offs and especially the deep feeling of guilt that you have attacked God and stolen the love of God. The ego is playing a trick: the decision that you want to forget about certain mental contents, to segregate them, to dissociate them because they are experienced as unbearable and too painful. All this is based on the little delusional idea of separation: that the separation has actually happened (even though in the MIND of GOD, in our true nature, nothing like that ever happened).

The subconscious is the part of the ego that we are investigating but shouldn't take too seriously, as if it were real. The assumption that only positive affirmations get to this area is accordingly **a question of decision or faith** since we are dealing with the field of **illusion**. When you believe in the opposite then it *will be true for you*. Questions of faith are only "relatively true" in the realm of the illusionary world but they are not an absolute, reliable variable. Since the ABSOLUTE can't be found here in this ego-world of delusion. The esoteric psychology often refers to the ego as an independent, magic variable which needs to be won for your own objectives. When doing this we are creating fear at the same time because we ascribe it to have great power. A power that can't be found there but we want to see there.

The Holy Spirit who dictated ACIM to Helen Schucman knows about the fascination of the ego-world (world of separation) for our mind, on the one hand but on the other hand also sees that we are fascinated by nothing because there is no separation, no dissociation, no world out there. HE wants to wake us gently and he can do this with negative wording like "I don't see neutral things" just as well. Let's trust HIS POWER to be able to free us from our delusions by following his instructions – the curriculum. The result is certain: Awakening!

Question 23:

I am daily listening to your Mind Training in *A Course in Miracles*. I've been into these things for a long time and even as a child I was open and inspired by anything mystical. I believe you and when this is all true then there are times when one has to be careful not to lose one's mind, at least that's how I feel. Then, what is the meaning of life? To give and take love? What would happen if I said tomorrow: "I've made enough experiences for this life". Would I then leave my body immediately, namely die, how we call it here on earth.

Can we step out of our body and make astral journeys traveling through the universe without being in the coma or without having to go through another kind of trauma? How can I implement the course so that I, the curious person that I am, get as much information as possible and get an answer to all the questions? I would appreciate it very much if you could give me another sign on my spiritual path, or if you could explain it to me one more time. How do you feel about books like: *The Secret*, *Conversations with God*, *The Cosmic Ordering Service* etc? Is really everything possible that we are wishing for in this life on earth?

Answer 23:

The body isn't the problem. It is much more the mind which believes to live in a body amongst other bodies and stays with the opinion that this life is better than HEAVEN. This is why we are here: because we believe in the idea of *separation* and thus in *guilt*. We give this experience on earth great value and want to sample the pleasures of **individuality and particularity**, the ego's gifts and we want to experience it to the last drop and even walk over our grandmother to experience it.

So you can't just say "I've had it" tomorrow and hope that you'll physically dissolve. This would also not solve the problem, which is actually in your mind. In your state of confusion you would project yourself a "subtle" body in the "astral" world pretty quickly, and go after your still existing desires and longings.

A Course in Miracles nails it with one sentence: **There is no life outside of heaven (T.23;III.19.1)**. What we are here referring to as life is the shadowy existence of a confused mind. It has nothing in common with real LIFE, the LOVE of GOD. Earth is a place of hostility, of war – only many people don't want to admit that and tinker with their personal emergency solutions to make

it a comfortable place to be and to find a substitute for the LOVE of GOD. These are the false idols the course talks about. And this can be just about anything, even mystical experiences, astral travel (which in reality don't exist, just like bodies!), food and drinking, sex, family etc.

However, since our desire to find substitute for love is that big because of the deeply felt oppressive feeling of guilt (namely having attacked LOVE/ GOD'S CREATIVE POWER), we are welcoming any magical technique like "The Secret" or "Cosmic Ordering Service" to conjure up substitutional objects onto the kitchen table of our jail cell. We are fighting illusions with new illusions in order to increase the joy (of the ego). At some point we are reaching our limits and are slowly realizing that all this does not help and that pleasure and pain are the two sides of the same ego-coin. Nevertheless these mind techniques do serve a good purpose: they make us aware of the **power of our decision** in our own mind and this is already one step towards healing.

No matter if I became head of a nation or the richest man on earth and can have and afford anything that I want, it stays empty – LOVE is missing. Since my primary motivation, which remains hidden from me, was to create a substitute for LOVE. We are magical image-makers in our dream world and we want to use the power of the ego against the power of others (precisely against GOD) to reach our goals. *The first chaotic law is that the truth is different for everyone (T 23.II.2:1) and thus we have the basis for war.*

There are a lot of possibilities within the realms of our dreams and we are all constantly tinkering on our dream images and are steadily producing colorful images. It all is nothing but hot air, there is no substance in the sense of REALITY. Let's look at an example: At night you are dreaming of a perfect relationship with an incredible woman. Waking up in the morning you realize: it was just a dream, nothing was real about it. But it felt so good, that you go back to that dream in the coming night and go on the relationship trip. The happiness in your dream, which you are projecting yourself, is "subjectively real" for you as long as you are dreaming and not aware that you are dreaming. You are not even realizing that it is just an illusion. And when the dream turns into being a horror trip you are unfortunately still believing that it is real and can't get out of it that easily – because **generally speaking you just want to dream!** This is how we are living in our earthy illusion.

Here it clearly appears that we don't know what REALITY actually is. IT is something that doesn't come nor go. It is totally, completely, one – without change. Can we comprehend that? No. Our hard disc is not big enough for

that. We are too much focused on dreams to be able to imagine something beyond our dreams.

However we can make a new decision: I want to remember who I actually am. **I want to wake up!** And I want to accept the HELP that GOD already gave me. In my mind is kept the memory of HIM, of HEAVEN, of the SELF. When I reposition myself as the decision maker in this way, the healing of my mind will start. This is the curriculum that JESUS (our big, awakened brother) has ready for us. HE knows what and how things have to go so that I wake up. HE only needs my Yes to awakening, for my LOVE, for FORGIVING. HE takes care of the rest by looking at all the dream images with me in a loving way and glows them away. HIS presence is pure, spiritual LIGHT. And HE wants to show me that this is also me: LIGHT of GOD'S LIGHT, the SON of the FATHER, who has actually never left HEAVEN. He just seemed to be dreaming for a while, that's all.

When we trust in HIS guidance we don't need to fear that we might lose our mind, rather the opposite: We are taking the world and its madness a lot easier and not as serious anymore. At the same time we feel compassion with us and others when phases of suffering are ruling the mind. And we are increasingly doing what serves LOVE: We decide to see the other people as one with us in our mind. He is innocent, like me. CHRIST is within him and the SAME ONE is within me. This way of looking at things is mirroring LOVE in our dream. It "makes sense" because IT gives peace, even if we are subjectively thinking that we are running through this world with a body. We may anticipate: In reality it is all completely different and that is after all very comforting.

Question 24

In about 8 days I will be 81 years old and my interests are seeking the truth, psychology, religions and also modern technique. I finished the *Course in Miracles* two months ago and I am now in my second round. Now, I found the following homepage on the internet: Deeksha.de and onenessforum.de. Have you heard about it and what do you think about it? Would you have such an energy exchange or blessing be made?

Answer 24:

Yes, I did hear about Deeksha-energy exchange but I for my part would not consider this to be my path. Nevertheless I cannot and don't want to judge here: looking at the base of ACIM, at the very least the following should be clear:

Since we believe in the idea of separation and the reality of bodies and a world, we are in a state of mental confusion. In reality the mind of the one SON of GOD (who we all are) is resting in GOD and he seems to dream about the exile, believing he would have attacked the FATHER and taken his creative power. In the end this is the result of this world. GOD sends HIS VOICE into this dream to gently wake us up. The HOLY SPIRIT. He is supposed to get to us in our split mind and remind us that we are resting in GOD and that we haven't sinned. **This HOLY SPIRIT** can appear in various forms, also in ascended masters or other phenomena, since in our dream we believe in bodies and phenomena and have to be picked up where we are. Insofar I don't want judge as far as Deeksha is concerned. If it does help a person to find more peace, then only because the person has decided in his mind *beforehand* that he wants to experience this peace. Then it doesn't really make a difference if a person makes an energy exchange (by the way a dual split concept: there are two people, one has the energy and one doesn't...) in this seemingly outer world (which is only projected by our mind). It is my mind that makes all the decisions. There is nobody out there. Everything is happening *in* the mind of this one SON of GOD, who still is whatever he has been: expression of the creative POWER of the FATHER in HEAVEN.

The key is: the withdrawal of the idea of separation in my dreaming mind is the object of all healing. This correction will end my delusion that I have to live and suffer as a physical being in this world of bodies. I remember that I am MIND of GOD'S MIND and HIS will is also my will.

To focus on the brain or on the body, like frequently practiced, is not the point but rather a distraction away from the mind. It is rather the **MIND** pulling the strings which are carrying the projected brain and the projected bodies and actually the whole world. The ego doesn't want us to recognize and newly use the power of decision in our mind to reject the idea of separation and to choose LOVE. Concerning this ACIM is unique in its clarity of the original conflict (guilt delusion) and the (re)solution. We don't have to move a single step in the outside, **everything is happening in the MIND**. This is where we have the power to make a decision. What counts is my desire and my decision for GOD. Then he can do the rest: gently abolish the separation.

Question 25:

If anything is an illusion anyway, and now I hear to the ego speaking, can I be anything? Can I be, for example, a supermodel at the age of 42 and famous like Brad Pitt? Do I just have to change my dream, respectively my perception?

Answer 25:

Generally speaking, anything is possible, when and where ever in seemingly endless dreams... Only you should be aware of the fact that it is all tied to a lot of **pain and misery**. Even Arnold Schwarzenegger had to build his muscles like a crazy person and focus his willpower like he was possessed on his illusionary goal "the American Dream". **The ego sells us joy and we are paying with pain** but we don't realize it because we want to keep dreaming. We are like the dog that has a sausage in front of him but it is mounted to a pole on his back: he will never get it. Thus we **will never find real peace, real love** within this world of illusion because this world represents an attack on LOVE. To understand this is the basis for liberation. There is no life (no love) outside of HEAVEN.

A lot of people don't grasp or understand the metaphysics of ACIM and they feel resistance against the meaninglessness and the *postulating bloody purpose* of this world. Here it can only be about beating and stabbing because the world with its duality (separation) is an attack on love. You can project yourself as Brad Pitt, now or in a seemingly next life, only it won't do anything. Believing that this would make a change is an essential part of our mental illness and can only be healed by the HOLY SPIRIT, if we ask HIM for it. Our power is very strong, even in our dreams, otherwise mankind wouldn't have created this miserable history with all the wars. Thank God it is all just a dream and meaningless, only subjectively for me it can have a huge significance, if I wanted it to. Man's will is his kingdom.

The misapprehension is to have a choice between good and bad dreams here on this world. Of course there are differences in the diversity of forms on this earth but to judge accordingly to the **form** will only mislead us. The **content** has to be investigated since in the end there are no forms but only the mind and projections. **Which authority do I serve** when I'm thinking I could find something valuable in this world? That is the question. There is nothing of value and the course asks us to question all values that we believe in. All! **Only HEAVEN exists. Then we can only be silent.**

The desire for pleasant dreams, success and fame shall only camouflage: **our afflicting feeling** that is in the depth of our mind, a bubbling mixture of guilt, fear and hatred. That is the drug trip, whatever drug may be chosen. *It is all the same*, the painful game is only supposed to go on so that, in wild dreams, we can save the gifts of the ego. It is all the same. The only purpose for continuing this painful game is that we, in wild dreams, can save and keep our individuality and particularity, the gifts of the ego. However, as said before, it doesn't change anything. And as long as it takes us to get to this insight we may keep on suffering. Or we may ask JESUS for his help now, that HE will let us see the TRUTH. It frees us –TRUTH only.

Question 26:

Let me give you a few details about the family constellation that you did with me beforehand. We set up my mother, who had died of Alzheimer, first. I was 9 years old when she became sick and 15 years when she died. Additionally we set up my father and my home as well as my boyfriend and the city Salzburg. Now, my boyfriend was sent to the hospital a month ago. After two weeks they dismissed him with suspected Morbus Crohn disease. It only took those 14 days that he spent in hospital to take me back to my childhood. I was so mad that he wasn't here, mad that he had just left without warning and since the Morbus Crohn became an issue I could only cry and sleep. I am aggressive and I've even had the thoughts of leaving him. Ultimately I am experiencing phases when I hate myself and when I am completely incapable of giving clear statements because I feel like I am wrong all the time anyway, because it must be a pain, a catastrophe to put up with me, because I am weak and incapable. Yes, I know. That is pretty ego-related, but how can I get rid of this annoying false self? Why don't I trust myself and why is it so hard for me to like myself, even if I am not like the ideal woman of today or even so different that I can be compared with a rebel? Why do I have such a strong inner feeling of disgust when I am just being *normal* and living a *normal* life?

Sometimes I get the feeling that I am only using people. When I am sad or hate myself again for a change, I just go to my boyfriend and fetch myself some praise and love and security and then I leave again. It's almost like a gas station. Help, how do I get out of my second puberty at the age of 24? It may not sound that bad, but I am actually tired of pushing myself and encouraging myself and to see the positive in everything and then when anything comes up I am 15 again! Humor and aggression are mostly covering what lies deep down inside.

Answer 26:

You are describing the insane despair that we are experiencing when leaving the guidance up to the ego. In the end only fear, panic, rage, frustration and grief are ruling the mind. The following seems important to me: **you are aware of this troubled, sick movement in your soul.** You can observe it. This means that this is actually not you. There is a small space between you and what you are experiencing. The observer and the observed are separated from each other. It is a mental state that you have chosen, that you want to experience. However **that is not you.** Your true nature is the sonship of GOD (beyond any gender!), CHRIST within you who himself is LOVE. **To choose this love is the essential step. This is where you find your power.** You can decide to stop complaining and to blame others for the state you are in. Now you can choose again! This decision can open the door to inner peace. **The ego, the idea of separation itself doesn't have any power.** It lives from the power that we give it.

The entire Spiritual Mind Training *A Course in Miracles* is based on this insight. You are not the poor victim, but you can decide to see yourself as the victim and blame others, like parents, your boyfriend. Then we encounter torture that we are all familiar with. It is about finding a new path, to withdraw from the sick, destructive way of looking at things. Nobody is guilty, but all of us have made unfortunate decisions within the apparent nightmare of this world: we have given **credence and attention to a thought system of the false self,** the ego. It wanted to sell us a substitute for the love of GOD, but we had to pay with a lot of pain for all these surrogate activities and objects. **Lust and pain** are the two sides of the same coin. All the deals out there like food, drinking, houses and even the desired happy relationship will not bring peace in the end. But we are rejecting these insights; we want to believe in the objects of this world, the gifts of the ego. Thus we are paying a high price when choosing the world instead of LOVE. Of course, apparently we still may and have to live in the "classroom" of the world and do normal things. But it is about the *priority in the mind*: What is my most important goal, which part of myself am I following, the ego or the SELF?

The new path does not mean to leave this world or to fight it. We seemingly continue to live in a body but we are not expecting to achieve great happiness from things that are bound to rust and rot, anymore. The body that we live in is part of it. Morbus Crohn is a very painful disease and compassion for your boyfriend is required. He has made unfortunate decisions, too and he has a "little problem" with the love of GOD, too. Also he believes in the separation

from GOD and suffers from it. Thus, forgive yourself for your own egomaniac motives when you feel that he doesn't give you what you are used to get from him. **Observe your ego but don't fight it. Forgiveness is the answer of any kind of error.**

We were wrong and believed in illusions, otherwise we wouldn't be here on earth, or rather wouldn't believe to be here. So it is up to you to consistently walk on a new path. There is the book " *A Course in Miracles*" with its 365 daily lessons, which I highly recommend. These exercises give us a spiritual path lead by LOVE towards the memory of LOVE, of GOD. The path starts with a first step: Now! Now is your time to make a new decision to accept the HELP that is always present in your mind. The memory of LOVE exists in you just as much as in every other person.

Question 27:

I would like to get back to my questions from yesterday. I am inviting the HOLY SPIRIT to look at me at – whatever. Is this openness, this request is already enough? Meaning I don't necessarily have to be visual in front of my spiritual eye, what and how we are looking at this thing together? Did I understand that right?

Answer 27:

You are mentioning an important issue. I should have talked about it in even more details. It is about looking with JESUS. It is looking **without judging, without condemning**. For example you take a look at your ex-husband together with him and you ask JESUS for HIS point of view. And when you feel negative thoughts or feelings coming up, then you look at these in a calm way **without condemning yourself. To give up condemnation is the key.** JESUS – the Holy Spirit does not judge. HE loves and HIS LOVE shines, that is all it does. At the core there is only the still, calm view, that's all. The madness of thoughts may thus come to an end.

In everyday life we are constantly judging. It is the reflex of the ego that is ruling us. But we have a chance to choose again and we may take a look with him together at the things that we find worth condemning. This is the silent process of forgiving. It seems as nothing happens and yet it leads to salvation. This is the mystery of the HOLY SPIRIT. To choose HIM and to respond with

quiet considering love to any judgment. The LIGHT shines and IT shines in our mind. HE is doing it.

Question 28:

The word "magic" has been mentioned and dropped a few times in ACIM. Does it mean, what I think it does? Everything that has to do with juju, *white/black* magic etc.? Are "the Cosmic Ordering Service" and others also considered to be some kind of magic?

Answer 28:

No, ACIM uses the expression *magic* in a much broader sense. Anything is considered magic that is happening in this known world. We, having incarnated in bodies, which we have projected with our dreaming mind to hide and project guilt are *magical beings*. No matter if you are eating, drinking, taking medicine, go by car or have sex, it is all magic, since none of it exists in HEAVEN. There are no gas stations where you can fill up your car with gas so that you can move, there we don't have to plant vegetables to maintain our body, there is no oxygen that runs through a lung to feed the body etc.

Our magical world is a world of dependencies, where the motto "eat or be eaten" means war, the everyday craziness. We are experiencing this world *because we want to experience it*, because we believe in it and we are seeing its value. We have more or less forgotten about the mental state of HEAVEN. The magical world is a thing; it is a substitute for LOVE. It is a dream, a pure illusion aiming to obscure all our problems with love, so that our mind is not aware of the original conflict of guilt with all its pain. Accordingly to the motto "But all runs well, we'll make it..... somehow".

What is generally understood as *white or black magic* or *Cosmic Ordering Service* is just a sub-division and just as important or unimportant as a walk at the Ocean or a symphony in Boston or a bank robbery in Munich. It is all just a dream.

The world that we are experiencing is *an order* that we actually made to ourselves or to a God who we have projected (the one of the ego, even if we may call him Universe). The only real GOD doesn't know anything about any of this because HE does not dream, HE does not miss anything, HE is in PEACE.

HE doesn't have a need for self-realization in dreams or to EXPERIENCE HIMSELF, as some New Agers believe.

Now the task is to not fear those magical dances that we are experiencing daily, starting with our morning cereal. It all doesn't matter because it is just an illusion. The SON of GOD is allowed to dream. It doesn't matter for the FATHER because in reality nothing is happening. Insofar there is no guilt, no dramatic conflict of origin – *from the point of view of the TRUTH.*

However, subjectively we do experience feelings of guilt and we want to become somehow happy in our way (on our terms). For this goal we are using magical movements and contorted maneuvers to get control over the problem somehow.

JESUS or the HOLY SPIRIT wants to gently teach us that any form of magic is meaningless and won't make us happy. Instead we could choose LOVE respectively HIM as our number one. Then HE can slowly guide us from our dreams of magic into the PEACE of GOD where we actually already are and always have been. The world of magic can't make us happy, even though we (want to) believe in it again and again. Thus we may experiment here till we get tired and frustrated and finally call out for the LOVE of GOD and choose the other TEACHER in our mind.

Question 29:

I am very intensively working with the Course and I am listening to your explanations on the CD's, which helps me to go a little further. I have an easy time accepting the things. They are conclusive and helpful. BUT! Since I've started my spiritual journey three years ago, I've been experiencing reoccurring ups and downs. My mood changes from a buoyant spirit to times of desperation, sadness and depression. It feels like I am inwardly torn, as if there was an enormous hole, as if there is a bomb ticking ready to explode any minute. I am just feeling miserable.

I even have the feeling that these periods are getting worse, the deeper I immerse into the topic. Sometimes it is almost unbearable. You are insistently explaining that we are not supposed to let GOD just a little bit into our lives. May this be the reason? I am sure this isn't happening in a day for anyone. On the other hand the willingness to let GOD into your life and to forgive is already sufficient – this is absolutely given! Is it the battle of the ego, which doesn't want to lose? Sometimes I am thinking I am just crazy and it is all

senseless anyway. And then when I look at my boundaries, in silence and together with JESUS, I do feel good. But as soon as a problem arises I am lost again. How long takes the process of looking?

I remember very clearly that I was sitting in the car as a child thinking: "Who tells you that all the things that you are experiencing here are *real and not a dream*, like the ones you are having at night?" Maybe that is the reason why I am so fascinated by the Course and maybe I am only trying to make myself believe that I want GOD coming into my life and that I want to forgive.

You are basically telling us that we don't have our own will and that everything is predestinated. On the other hand we do have our observer who observes all of it and makes a decision. Is there a plausible explanation? I've been dealing with this question for quite a while and I can't find a conclusive explanation since actually it is contradictable even when imagining a red and a green film. When everything is predetermined then any effort is to be questioned. On the one side this takes away the burden of responsibility on the other side you cannot create anything in your life yourself – two sides of one coin.

Answer 29:

What you are experiencing is a part of the path and a logical consequence of our egomaniac resistance against LOVE. I am also familiar with such conditions and feelings but they get less and less with time. This feeling of despair shows us how deeply we are caught in the ego thought-system. Actually mostly we still want the PEACE of GOD on our terms. It is the struggle of the decision maker to choose between the ego and the SELF.

There is still one part in us that thinks that the ego's gifts are precious and can bring peace. To really understand the madness and realize its meaningless completely, takes many years, even though it can all just happen in a single moment; healing, awakening! But we are experiencing it as a process in time and space because we are desperately holding on to these dimensions. The comprehensiveness and timelessness of GOD scares us because we still believe in our sin and the basic conflict. Deep understanding goes far beyond intellectual apprehension. To fully recognize TRUTH when we are spiritually open for it is the key and essential step. Like I said before, it seems for us that we are in a timely process, although everything has actually already happened and is completed.

The only thing that you can do now is to decide for JESUS or rather for the true teacher, the rest will be HIS work. How this is all going to work out is too much for us to comprehend with our limited hard disc and we don't have to. Here we are called for trust! And perseverance that we want to look with him again and again. Be quiet and don't stand in HIS way. Avoid unnecessary spiritual and mental movements and focus your mind on HIM. Feel your desire for PEACE and HEALING. Then the question about how long the process will take becomes unnecessary. It is a wrong, unnecessary question since there is no time – what we cannot comprehend.

The only question that counts is: Do I really want to return to HIM? As a child you were touched by the TRUTH in the described moment, because only through this "touch" you could question the imaginary world. Your mind had been expanded...

Predetermined is only the end: The dream will end for all of us. It is our decision when we are choosing the end of the dream or rather to wake up. Freedom exists only in one point: to choose illusion or LOVE now. In the daily practice: attack or forgiveness. That is all there is. What appears to be freedom of will in the world of illusion, to choose between forms and paths, is actually no freedom. We are only choosing one fraud or the other. Some call this creating: the furniture on the sinking ship Titanic is quickly moved once more, since it is so beautiful on the ship.....

LOVE is the only thing that counts in the MIND because nothing exists besides her. There no more decisions have to be made because LOVE is the only THRUTH. Please stay with JESUS in reliance; HE stays with us, too. He sees us the way we are: innocent and free.

Question 30:

I don't understand yet what I am supposed to do so that JESUS guides or the HOLY SPIRIT guides me. I have an easier time to work with the image of the HOLY SPIRIT. How do I accept this guidance? And sometimes something lights up and I sense something.

I am having a very difficult time with the lessons. In lesson 45 I am supposed to leave the unreal behind and look for the real I am supposed to look for my real thoughts in my mind. Unfortunately I haven't understood what I am supposed to do and I will move on to another lesson, though I haven't really

learned it. But otherwise I would still be at lesson 4 or 5 and that for the last three years. Shall I continue anyhow?

I will follow your advice and do whatever I can, to embrace the HOLY SPIRIT, there is no other way for me anymore.

Answer 30:

To want GOD'S guidance and to take it as given is a very still process. Concentration is always a good base for such movements in the mind, distraction leads to illusion. Of course in the realms of the dream this is a very strange sentence: *GOD is the MIND with which I think*. For GOD there is only unity with HIS SON, who we, you and me and all people are. We are not just all equal in the eyes of GOD, we are one.

All thoughts manifesting this UNITY or LOVE are thoughts of GOD. We shall go after them, be open for them in our MIND since only the MIND is real and our MIND is resting in the MIND of GOD. This thinking of GOD, all HIS THOUGHTS are still within the SOURCE, like we are, too. We are the THOUGHTS of GOD, that is the MIND, only that *is* eternity.

No matter which images you are using, maybe JESUS, the HOLY SPIRIT, the LIGHT or the HIGHEST or an angel. The HOLY SPIRIT sees exactly what you are meaning and how serious you are about it. The symbols are always interpreted in a right way, they are only aids to help starting a "spiritual attitude or movement" within us. This "movement" is in its core our YES to LOVE. To mean and want LOVE is all it is about. When taking this step you already have the guidance of the HOLY SPIRIT. Now trust since with trust you are strengthening your inner connection to the SOURCE.

Complete all the lessons as good as you can. That's all you have to do. You can repeat them, but not for days, only if you really get a lot out of it. Our exercises are not about perfection. So you just go on with trust in the guidance through the HOLY SPIRIT.

Once we get to realize in our mental derangement (in the dream) that there is just this one good and true path, which is to accept the guidance from the HOLY SPIRIT, then we have already made an important step. The recognition of this need gives a strong thrust on the path to awakening.

Question 31:

What does this mean in ACIM: " To the ego, the body is to attack with." What does *attack* mean in everyday life?

Answer 31:

The ego is the **idea of separation**. To make this real it has created bodies. The idea of *separation is the original sin*, which lets us experience unbearable feelings of guilt. Everything the ego does is meant to maintain its game of *separation-guilt-fear and hatred (attack!)*. This is the only way to secure our individuality and particularity against others. It wants to sell us a value that is actually of no value since in the ego mode we are only experiencing stress in our eternal fight to survive and to be better.

Bodies are obviously the symbol of separation. Our aim is constantly to get rid of the torturing feeling of guilt. This is why there are bodies because (apparently) we can project our own guilt onto them. We are attacking other people (blaming them) to make them carry our guilt. Then they are responsible for our misery, which gives us a certain satisfaction and relief. Unfortunately, this feeling doesn't stay long because at the deepest part of us we then also feel guilty for this attack and this again reinforces our feeling of guilt. The ego comes always up with solutions that are none. It says: "Seek but don't find".

Question 32:

What does that mean: "The body is only a means of communication". What can this communication look like?

Answer 32:

Bodies can only serve *two purposes*: Either the idea of separation or the liberating path to forgiveness. They have no meaning just for themselves because they are just a projection of the dreaming SON of GOD. He should see bodies as a means for communication, which can be entrusted to the HOLY SPIRIT in order to be able to wake up. The idea to see the body as a means for

pleasure is a typical strategy of the ego because it makes us mindless. It makes us focus entirely on our physical being and we forget who we actually are: a creation of GOD, MIND out of GOD's MIND.

Communication means to choose the connection to the MIND of GOD so that we become all one with HIS WILL again. However, communication is always a matter of *the mind* since only the mind is real. PEACE is only within HIM. In the dream-world of bodies it is always only about our *spiritual intention*: Do we want to be bodies (believe we are) or do we want to remember who we actually are: pure MIND. The dream-bodies can be used for the one or the other purpose. The power of decision in this issue always stays ours!

Question 33:

The mind is also (only) part of the pure MIND, isn't it?

Answer 33:

The part of the split (dreaming) mind, which is real (the SELF, the HOLY SPIRIT, which is the VOICE of GOD within us) is definitely part of **the pure MIND**. In reality, we are still *within* GOD and are only dreaming of exile and actually nothing is happening. Our ego-mind (the so called human consciousness) cannot believe this just like that because it wants to see something else: a world of separation (bodies) in which the attack of LOVE has become real. We want to experience the ego, which we are in terms of a personality in a body, with all its crazy world of thought, otherwise we would not be here and would not believe to be here as a person. Actually we are as a SELF outside of the dream-theatre and decide that we want to experience a person with a body. This **decision** would have to be corrected and we would right away return to LOVE, which we had actually never left. The path to this new decision takes us over the experience and insight that the dream world that we created is of no real value. The mills of misery which have been seemingly grinding for thousands of years are only producing senseless misery: pleasure and pain as two sides of the same coin.

Question 34:

The course says: "When helping others and bring healing to them, we will be healed, also." What can our help look like?

Answer 34:

The help that I offer other people is basically the *spiritual path* that I am following consistently. When asking for the miracle of healing in my mind and receiving it this healing power in me will spread and reach the other people, who seem to be separated from me ("No mind learns by himself!" ACIM). When experiencing PEACE within me I can make it attractive for others: they are slowly remembering that they have access to this PEACE too and that they can choose HIM too.

Forgiveness is the key for *healing in the mind*. When realizing that there is just one SON of GOD I will see myself in the other people. When I have accepted forgiveness for myself I will treat the others kindly, too. I won't have to project guilt anymore because I realize that I am actually innocent. Nevertheless the movie about guilt, fear and hatred keeps running because I am still experiencing myself as a person within the dream scenario. But I don't take it that seriously (personally) anymore and I *overlook* apparent mistakes of the other by looking at him with the HOLY SPIRIT.

I also look at what seems to be *my* guilt with the HOLY SPIRIT (this step should not be skipped and the world and my own actions shouldn't be whitewashed) because this is the only way that it can be annulled in my mind. We ought to be honest concerning this learning process. The HOLY SPIRIT needs only our honesty and openness, the so called willingness and then HE can lead us out of the dream, step by step. This appears to be a process because we still believe in space and time and are very afraid of the eternity of LOVE. But we may trust HIM because HE knows what and when and why things need to happen so that we can experience healing.

My healing is in this deepest sense actually the healing of all people since we are in reality all one. I tell myself often when looking at my partners that I am having problems with: in CHRIST we are healed. The willpower for the decision to want to believe in this exactly is sufficient.

Question 35:

At one point in your script you are mentioning that you are not supporting the condemnation of parents by your clients, when facilitating Family Constellations. That doesn't seem quite right for me because I have made different experiences. I found out for myself that it is important to let long suppressed feelings, like anger, fear and grief come up without judging myself

for them because only afterwards I will be able to show empathy for my parents without neglecting my own feelings.

Answer 35:

I think I've been misunderstood concerning this matter. Some clients expect that I am condemning their parents and with that exclude them (the parents). That is exactly what should not happen. If I, as the facilitator, don't make room for the parents in myself – despite the certainly existing grievances, it will be even harder for the client to find reconciliation.

Heavy emotions like anger, grief and pain should not be denied since they are expressing our original conflict of the belief in guilt and separation from love. Of course, those phases of emotions must not be skipped and whitewashed.

For me it is always important to find compassion for both sides: children and parents, victims and perpetrators in the broader sense. Only then peace can be created and only then we can *choose* peace.

Recently a woman showed me a picture of her uncle and her mother with her standing in front of them. She had been sexually abused by this uncle for years. She said I should have a look at the picture. Then she wanted to hear my opinion and I was tempted to condemn the uncle. I only asked her: What do you want? *What do you choose? Accusation or healing for both of you?*

Often we don't want to see that all "justified" feelings are emotionally based on our decision. It is always our decision that is the basis for our emotion and we often want to ignore that concerning all our "justified" feelings. Metaphysically speaking we all have a "little problem with LOVE". It is thus normal that the victim is usually looking for revenge.

To recognize these destructive impulses of the ego and to look at them in a *loving way with JESUS/ the HOLY SPIRIT* is what true forgiveness and healing is all about. Only then peace can spread within us. This is not easy but HELP is always available but most of the time we don't want to believe it since we are thinking that we know what is good for us and others. Our ego-share is the force that always denies and can't take love (since it would be the death of the ego and we would realize that we have always been LOVE).

Question 36:

Thank you again for your immediate help with our daughter Anne. We can tell that Anne has an easier time getting up in the morning and that she had a good rest. Also she is communicative again and open. Unfortunately she is still having a hard time to concentrate when studying and her mind is wandering. I was wondering if you could help us to solve this problem, since her grades are between 2-3 (we live in Switzerland and the best grade there is 6). Anne hasn't found the angel for learning, yet.

Answer 36:

First of all I'll stay with you mentally. Secondly, I'd ask you as parents for an attitude of releasing respect (which may be not all that easy for caring parents). What does that mean? It means that you are respecting Anna's way of dealing with things and how she is experiencing things and trust that she will find the right solution for herself. She has the full potential in her mind and it is her turn to use it. It is her decision to experience a problem and only she can make the decision to allow the solution. So please don't focus on the lack or the problem within her but on the *existence of the solution* in her mind. You will help Anne more that way than when constantly worrying about her.

Please look for your peace with GOD in this situation, then it will be easier for her to find the resolution within herself. She feels exactly how you are acting and aligning on the level of her soul. We are all in a constant exchange of information and therefore we may go ahead as a good example and allow peace into our mind.

So your attitude should be: you are silently connecting with GOD/with LOVE/with peace and once you feel this peace within you can pass on this strength. This is spiritual healing. Please keep going. Everything serves the revelation of LOVE when we choose LOVE and allow LOVE.

Question 37

I downloaded your lecture from *A Course in Miracles* from the internet and listened to it. The result: I was thrilled and ran into the bookstore and bought the book. Despite some difficulties with clerical language in the beginning, I managed to get through the textbook and I am now in the exercise book at exercise 92.

For me this book is at the end of a chain of numerous diverse esoteric, psychological and humanities book that I've been reading over the last 13 years (among others of course the Bible).

To explain the following I have to tell a little about myself: I am an alcoholic and I've been sober for the last 13 years (with one week "break"). I have been attending the support group for Alcoholics Anonymous regularly. As you mention in one of your lectures the Alcoholic Anonymous and also myself are considering Alcoholism as *an incurable disease*.

However you are saying that there is no disease that the HOLY SPIRIT or rather GOD would not be able to heal. This confuses me because I am asking myself how I would realize that I am not an Alcoholic anymore. The last time when I thought I was healed and allowed myself the treat of a few drinks (this relapse lasted pretty much about a week) the result was a disaster and I ended up drinking almost like in the "old days". Fortunately I went back to the group right away and I've been sober for quite a while now.

How can I find out whether I am cured, without drinking and how can I drink without becoming addicted again? I will not make my decision depending on your reply to this email because I believe that I can't drink or rather must not drink again. Still I'd very much appreciate your answer since I find you to be very competent in the field of Spiritual Healing.

Answer 37:

Thank you for writing so honestly! When we are dealing with the issue of real healing we have to have understood the actual problem in our dreaming mind: in this world of illusion it is always about **guilt, fear and punishment**. All of us believe that we are guilty, which is commonly *an unconscious* conflict which is split of or rather repressed by the mind. Insofar we are desperately seeking to make painful experiences in order to deal with this conflict through self-punishment so that the final judgment of the punishing God, who we are creating with our projections, won't be as bad (this terrifying God is of course a projection of the ego and has nothing to do with the REALITY of LOVE).

Of course all of this is insane, like any kind of fear or addiction. We are living in a world of addiction and addiction is always also an expression of our search for the replacement of LOVE. The split mind is desperate and is having a hard time to make the decision for healing, for the HOLY SPIRIT.

First of all it is **good and the right thing that you are not drinking alcohol anymore**. The actual conflict is not healed, yet otherwise the relapse wouldn't have been possible. It is called for a "sober minded" estimation of the overall situation. A rapturous enthusiasm towards JESUS or the HOLY SPIRIT will not help in this case; it is rather one of the ego's traps.

On the one hand it is important to really understand the original conflict and on the other hand to accept the guidance of the HOLY SPIRIT/JESUS. HIS curriculum is a process in time and space since we still believe in time and space on this earth. The theoretical knowledge that it is just an illusion alone doesn't help. It has to be anchored in our dreaming mind through the way of forgiveness. Like said before, this is a process, at least that is how we are experiencing it.

Whatever it is that helps you right now, like the AA group, is good for you and makes sense. The belief that the actual problem cannot be solved in the mind (and illness is only an expression of this belief!) is crazy and a blockade. However this belief is an *expression of our fixation on guilt* because the ego told us that we actually did sin and killed LOVE (but what has been made unconscious because we would not be able to bear this "fact") . *A Course in Miracles* may light up these connections and initiate healing. This is what I wish for all of us.

Question 38:

Can the ego create dreams? How do I know the difference when a dream was sent by the HOLY SPIRIT? Furthermore: on your CD you are talking about an example, the possibility to go into the light. The door stays open for 3 minutes... and then you are giving a detailed description why we are quite likely to not go through the door into the LIGHT but then unfortunately you are not talking about the possibility to choose the LIGHT anyhow. When choosing the LIGHT does this mean to die? Since then there is no physical being, no form anymore? On the other hand aren't there also enlightened living people? When I decide to go into the light right away, does this also mean that the earth passes away right then? What I haven't understood yet: On your CD you are mentioning several times that after death we will continue in the same situation that we were in before we did. We are sitting in front of the same TV only with a different DVD in it...

Answer 38:

Due to our guilt and fear, dreams are the result of our repressions. The subconscious is dealing with this process and it is an expression of the ego-dynamic. In the dream situation we are still having the I that makes decisions and acts. It meets difficult situations just like in normal life. The *film* in the dream is thus not really different than the film when we are awake in the illusionary world. It is always about guilt, fear and hatred. Of course, the HOLY SPIRIT can usurp the dream language and reveal the connections, in a way that we will decide for LOVE meaning for its reflection in the world of illusion, namely forgiveness. The nightly dream has to be looked at in detail and we have to learn to read its content in order to be able to distinguish egomaniac impulses from healing impulses of the HOLY SPIRIT.

To choose the light does not mean that I have to die physically, since there is actually nothing in reality that could die. The key is actually to realize that that the physical world and stage is made of nothing that it has no "substance". Thus you can be awoken but at the same time still (seemingly) live in a physical world. Ascended Masters can appear and disappear in our dreams with no problem and it happens when it serves love and waking up.

Enlightenment or Awakening is of course our decision on the one hand and on the other hand practically a process. Like JESUS already tells us in the course, we will not be lifted into the REALITY of GOD in an instant. This would scare us way too much. Waking up has to happen slowly so that we won't be overwhelmed with fear and thus react with permanent resistance. The image that I created with the door is meant to say that we will very likely not choose going into the LIGHT because our fear is too strong or because our attachment to the familiar world is also strong. We do want to live in this world because subconsciously we believe in our guilt and the world is a defense mechanism that we believe to need against LOVE and against our unbearable feeling of guilt.

Since there is no death but only MIND the question if something is "different" after the death of the body is unnecessary, since the body actually doesn't exist. The MIND is always present and it is the mind that projects images of "life" and "dying of the body". The essential question is whether the MIND, when being in the mode of the decision-maker, will fuse with LOVE or with the illusionary world of the ego, meaning the belief in separation and guilt. When guilt and fear are ruling the mind, they will still do it after the dream of a physical death. Accordingly, we are sitting in front of the same TV but with a

different DVD (one of the "other world") in it. But we are still sitting in the movie theater of our dreams and not in the REALITY of LOVE.

Question 39:

I got to know Matrix-Energetic and I am thrilled. How do you feel about it, will it soon also be part of your seminars?

Answer 39:

Real PEACE can only be found in the MIND of GOD. Matrix-techniques are another way to worship the illusionary world pretty clearly to subtle. This is at least my impression. However anyone can do it the way he wants to. I have had it, I don't need any more painful disappointments. Only very few people do actually want to return to the MIND. They would rather take a little bit of heaven with them into hell but this won't work. The illusionary world cannot be fixed or healed.

Question 40:

Why is guilt so attractive to us, according to ACIM? You do say that sin = guilt, but it can't be quite the same. I do understand what the deal about sin is: sin = separation. This is what the SON of GOD supposedly decided for himself, isn't it? So why is he attracted by guilt and not by sin? I'm getting headaches for example from this example in the course (T-19.III.1:1-8):

III *The Unreality of SIN*

1. The attraction of guilt is found in sin, not error. Sin will be repeated because of this attraction. Fear can become so acute that the sin is denied the acting out. But while the guilt remains attractive the mind will suffer, and not let go of the idea of sin. For guilt still calls to it, and the mind hears it and yearns for it, making itself a willing captive to its sick appeal. Sin is an idea of evil that cannot be corrected, and yet it will be forever desirable. As an essential part of what the ego thinks you are, you will always want it. And only an avenger, with a mind unlike your own, could stamp it out through fear.

How is it possible that sin is repeated because of its attraction to guilt and not because of sin itself?

Answer 40:

It is only **through** the feeling of guilt that sin or the idea of separation (in our dream) appears to be **real**. Only the feeling of guilt creates a binding force in the sense of the (pseudo) reality. The idea of separation implies an attack against the unity/GOD because in GOD himself there is really no separation possible. But we are dreaming the nightmare of separation and for us, **the dreaming ones**, it seems to be real. The price that we pay for our individuality and our specialness is, in terms of the ego called: the attack on God (the vision in our dream that this attack happened), or the separation, **his murder!**

Sin (the "facts" of the attack on God) and guilt (the effect of this act in the mind of the dreamer) **has to be seen**, in this case, as **one and the same motion**. Sin (separation/segregation) has to result in guilt, namely to the questioning of God (the Father) through the son. The ego-thought system is based on either or: Either God is the first one or the Ego-Self is the first one. The ego has no understanding for the term love and thus there can be no unity in the ego. Either you survive or I do and this can be transferred to all levels of the illusory world. For us, the egomaniac dreamers this is all terribly real and that's why the term (mortal) sin applies. For us it doesn't appear as an error in the first place, like the regulating authority of the HOLY SPIRIT sees it. The HOLY SPIRIT reminds us that nothing happened in reality, that we are only dreaming and that we have to correct only one error in our mind.

You should not separate the term *sin and guilt*: They have to be seen as *one motion*. The adrenalin rush is given through the **idea of victory over God**, over fate, life, danger, you name it. This is the attraction: to believe in the actually impossibility of the destruction of GOD.

One more thought: the feeling **of guilt** is thus the motor of our **individuality/autonomy** from God. This is what makes it so attractive. The one who believes to be guilty also believes to be separated from God and the people. We don't see any benefit to be one with GOD or humans at first because we would all be the same and all our dreams about being special would come to an end. On the other hand we see a lot of benefit in the dream of separation and it shows in our world (nature) and culture. Our world is very attractive for us (my house, my car, my country....) but secretly this is all based on guilt, and so is our personality and our human consciousness. However this has to stay hidden from us since the price of guilt also includes the price of the **misery of death**. This is why we enjoy projecting guilt onto other people so that we release ourselves from this inner pressure. When it comes to war on all

levels of life our dream turns out to be very expensive. Only when we realize that it doesn't pay off we will be ready to let go of the dream and consequently unmask the idea of guilt as nonsense.

We should look at the subtle levels of the guilt issue from all different angles since the ego likes to camouflage the original conflict so that we won't look for it in our own mind. The quoted text from the course should be taken into consideration over and over again because here we hear the Voice of GOD talking to us – and that is a lot!

Question 41:

I am afraid that I will lose myself and my stability in life when thinking in terms of ACIM. I can't tell what is real anymore because there is nothing touchable anymore (since it is all just an illusion without content)! And at the same time I am feeling that I can't feel the HOLY SPIRIT (GOD) in me, yet because this truth is still too overwhelming for me to realize. To think that it is all only an illusion and at the same time losing all intermediate steps to GOD makes me almost faint. I would like to hear your point of view, which intermediate steps can I take?

Answer 41:

You are describing the not always easy intermediate stage on the path to security and certainty of LOVE. The old gets questioned and the NEW cannot be experienced, yet. An image may help here: In your MIND you are turning to your big BROTHER JESUS who knows the way for sure and who has promised *to show us the way* and help us along the way. Particularly when fear comes along the way, HE wants to help us. Fear is deeply connected with guilt and the original *conflict of sin and separation* from GOD in our mind. ACIM teaches us to question the seemingly securities in the world of illusion and this brings along fear. HIS hand becomes very helpful for us because the image of the big BROTHER makes it easier for us to get access, or rather to accept, HELP and HEALING. For some people *MARIA* or an *ANGEL* may be a symbol for HELP. The form is not essential, like always, it is the content that means HEALING and PEACE in the end.

Look for the connection with JESUS in your MIND and HE will unfold HIS LIGHT within you and make sure that as little fear as possible arises. Feel your desire for this helping hand and rest in your MIND with him, more and more often.

Another aspect is: On the way to awakening the world, the illusion gets a different purpose. Now it is not the ego substitute for the LOVE of GOD anymore but the *classroom* to clear up the error in your own mind with forgivingness. We had created the world for the purpose of wanting to experience our independence from GOD and to be able to project guilt. Now its purpose is awakening by not taking it all that seriously and rather looking at the mental content which is to be conveyed to us in the lessons of illusion.

We learn that bodies have no meaning that they are only neutral screens for projection and for guilt in the mind. Step by step we are moving our attention back to the mind so that the HOLY SPIRIT can correct the error. We might still need the *classroom* of space and time for a little while but we are also experiencing moments of timelessness, the HOLY INSTANT and devote ourselves more and more consciously and determinately to HEALING.

The feelings of futility that you are experiencing regarding the world and its doings are actually reactions and attacks of the ego on your decision that you want to wake up. Observe them kindly but don't believe they are you, don't identify yourself with them. It's only ego-salad/sauce, that is all it is. It is called for stillness and silence. The stillness that is wanted again and again, in which we are disclaiming all neurotic distractions and dive through feelings of fear and panic or rather let it all be shined away by JESUS. You may put everything on the altar and look with him because this is how healing is achieved: his LIGHT may shine in your MIND!

So: Hang in there! You are on the right track despite all turbulence or rather because all these turbulences and PEACE will be within you if you are consistently striving for the connection with JESUS.

Question 42:

How do you recognize the difference between trustworthy and naive? It sounds nice to be trustworthy. And to be guided by the HOLY SPIRIT. The line between being naive and being trustworthy is partially blurred. How do you see that?

Answer 42:

Naivety is an ego's trap. If I don't count on the ego and its influences within the world of illusion anymore, then I am having a naive, arrogant attitude. The ego is always running along like a shadow. But I can choose the HOLY SPIRIT

and leave the ego behind. Then I will still keep an eye on it in the very far corner but the goal is the guidance of the HOLY SPIRIT. And then when the ego raises its voice from time to time, I will recognize it immediately.

I invest trust into the guidance of the HOLY SPIRIT. I trust that HE is always with me (in me) and that I can choose HIS point of view. I trust love that it means all well for me and that it will take me in at any moment. This LOVE would never tempt me or test me to see if I was a good course student. IT can love only. Anything that is not in the way of LOVE I have invited into my dreaming mind when I am experiencing it.

Question 43:

How am I supposed to deal with friends, who I thought they did have some spiritual experience and are open to it but when listening to me talking about the course and giving some every day examples say: "And in a second you'll be floating above the ground" or similar statements. It tells me that the person is obviously not as open as I thought, but I am already marked as a smart alecks and "wanna be Jesus". Similar situations keep coming up – for example: "Jesus had done that differently!" I am aware that it is the ego that makes people say such things. Even though I really try to see the HOLY SPIRIT within them it doesn't make the situation better. Forgiving helps for a moment until I hear a similar comment.

The content of the course is teaching me a lot and I'd like to pass it on. And when I feel the moment is right I do pass it on. I prefer it when it turns into a dialog. I have had very good experiences with clients but not with friends. It might also be a matter of age: my girlfriend is 12 years older than me and might feel that I am trying to teach her. It's been the same with two other girlfriends already and I was hoping you could give me some advice.

Answer 43:

You want to pass on the content of the course; however this should be done in a guided way from the MIND. The content of the course is mental dynamite and we should always be aware of that. The one who is settled in the ego-mode will find the content frightening and will attack. It needs a good deal of openness to, namely willingness, to be able to realize the liberating and salutary of the message.

It's mostly the better choice to keep silent among the friends. The content is still effective when you embrace every person in a loving way without wanting to see the lack within him. First of all it is important that *you* are in PEACE with yourself and that you can accept other people's decisions. He might have made an unfortunate decision but it's not your place to respond as long as you are not asked to. You can only convince with your peaceful being, especially when the other one is complaining and attacking. Your *only task* is to recognize the cry for help (the cry for LOVE) and to pass it onto JESUS. Whatever impulse may follow as an external act will show and it can appear in various forms.

What is important is: as long as *you* see lack and deficiency in the others *you* need healing yourself. First of all this whole situation serves your awakening and thus also the other ones awakening. However, as we know there is nobody out there. We are all just mirror images of the one SON of GOD who is actually still only one (in the MIND!). And HE carries the HIGHEST within him – nothing is missing! To experience it as a truth that the attacker could choose the LIGHT within him in any moment, is your spiritual process that will help the others the most.

We are supposed to learn to look with JESUS. How does HE see the human being? He sees the human being as HIMSELF, as the one SON of GOD. With that JESUS activates our memory of the HIGHEST and this can light up (dissolve) the obstacle that we are all suffering from: guilt. This is HIS help that we can use any moment.

You are closer with your girl-friends and thus ego-impulses are more likely to pop up. The seeking client is mostly more open and doesn't want to get into a discussion with you. When the pain is strong enough we usually become more open for new inputs.

Question 44:

The issue of sexuality has been bothering me strongly lately. On the one hand my girlfriend and I have broken up for good three months ago. And she doesn't want any contact with me (not even on the phone). On the other hand I sometimes feel the desire to be touched or rather as an extension to have sex with a woman. Sometimes I am good for two weeks but then the desire pops up again. How are you (as a man) dealing with this issue and is there advice in ACIM?

Answer 44

Sex is an ego program designed to tie us mindlessly onto the body and to create new bodies. Bodies were created to shift the problem of guilt into a pseudo solution: one can project one's own guilt onto other bodies (people) and seemingly get rid of it. Of course this solution of the ego doesn't help any better than all other ego solutions.

When feeling a sexual desire you are experiencing a defense against the actual guilt which is rising in the depth. "Physical impulses are misdirected miracle impulses", is written in a passage in ACIM (P-1.VII.1:3) In Helen Schucman's Urtext it is even called *sexual impulses*. Unfortunately these impulses are not healing our original conflict of guilt but they are rather enforcing it. Performing sex only leads to a temporarily release, like a pain tablet, and increases the feeling of guilt even stronger afterwards. This guilt is at its core the belief that we have to live separated from LOVE, from GOD and can't go back to the PEACE of HEAVEN. It appears in various forms at the surface of our consciousness: unease, stress, fear, pain, jealousy, rage, grief, depression.

I like calling the defense motion neurotic motion since it doesn't solve the actual problem but rather contributes to its preservation. Here are some reflections from my training-script "Family Constellations and Spiritual Healing". The neurotic movement of the soul is a vicious circle of guilt which reinforces itself. The belief in our guilt, which is split of by the ego and thus the effects are hidden, has to be maintained if the ego's game, the existence of a world separated from LOVE ("outside" of HEAVEN), shall be continued.

An important step towards healing is first of all the insight that we want this game and participate in it. We are continuously giving the ego our power of decision and thus are ensuring our individuality and specialness. We stay trapped in the guilt-trap when we are trying to fight against guilt with neurotic movements. The characteristics of this neurosis are:

Compulsiveness (repetition compulsion, addiction), restlessness, indisposition, inner stress, rage, accusation (disputes of righteousness), anxiety, desperation, grief, depression. These conditions may be turned against others but are actually always aimed against our self. Everything happens in the own mind and nothing can ever really leave it because it is all there is. Insofar the concept of projection doesn't work because the idea can never leave its source ("There is no out there out there").

The neurotic movement presents a **pseudo solution** – a solution to keep up the actual problem of guilt. It is supposed to bring us ease and it seems to do

at first but then it makes our feeling of guilt even stronger. For example when I have "let off steam" by telling someone my opinion, I will feel even more guilty afterwards. When I am drinking alcohol and harming my body and my environment with that this failure will also enforce my feeling of guilt. Smoking is also led by the ego's strategy: it seemingly releases for an instant and harms the body's substance in the long run, which again increases the feeling of guilt.

Stress in men often leads to sexual activity (fantasies, affairs and even going to brothels) to release pressure in orgasm. It can be observed here too: The feeling of guilt increases. These actions will not lead to a peaceful mind.

The subconscious dynamic is: **guilt always demands penalty**. We are implementing this concept ourselves when following the neurotic movement and giving in to what the ego is offering. To resist and to silently observe the afflicting process with the invitation of the HOLY SPIRIT would be the beginning of healing. The original conflict of guilt has to be looked at mentally once so that we are then able to receive HEALING of the mind as a gift. We have to go all the way to the edge of the gulch to realize that there never was a throat to hell and guilt never really existed. Mind Training is the basis for this process.

In the sense of real Spiritual Healing it doesn't help to act out these stressful emotions by blindly throwing pillows and screaming. However there are various therapeutic methods like Primal Scream Therapy, bonding by Casriel, Quadrinity-process and many more. The instant relief can't be denied. But we have to take a closer look at the long term effect: Did the client really find PEACE within him? Did (self) accusation come to an end?

Actually because we are trying to fight the ego or rather the guilt conflict with aggressive methods, we are maintaining it in our mind. We are the firefighters who want to put out the fire with gasoline and it starts burning even more.

There is no way to fight against the ego, the idea of separation and the resulting guilt. Resistance will only increase it. We should only *resist* the pseudo solutions offered by the ego in the form of neurotic movements. The collected spiritual vision is an invaluable tool. Still, they have to be practiced and trained in the quiet hours of desperation when we do without pseudo solutions and have complete confidence in the HOLY SPIRIT.

This is where the school psychological therapy has its shortcomings: very often it is not even aware of the dimensions of spirituality or even denies it or makes fun about it. This leads us back to the old question which has to be asked correctly in order to find healing: it is not the question, "*What am I supposed*

to believe?" but *"What do I want to believe?"* The regulating authority of the will, of decision, hasn't been given enough attention by natural science (it would probably assign this question to Spiritual Science). Since perception is created by impulses of the will which are turns into a decision in the mind!

To believe in healing in the MIND is a very beneficial decision for the process of healing. To recognize LOVE as the HIGHEST is a very beneficial step towards salvation, even if we have only a faint idea of LOVE. In the end the question is always: Where do you want to go, what do you choose?

Question 45:

I would appreciate to get your reflections concerning my last session of Family Constellation that we started and hopefully a solution for me.

To remind you: I worked with the issue money and success and your question was who and what in my family was causing the shift. Since I have no clue who I could ask, this issue has to be put aside for now.

This leads to my question for you: If everything is within GOD and thus as his SON also within me then any family constellation and their destinies, just as much as my own that I am in right now and where I got entangled in, should be part of me, shouldn't it? Having this perception I have realized at the same time that the problematic issue of *money* has been created by me! By taking responsibility the energy towards the money issue changes. Opposite to the energy that is created when actively setting up the constellation the supposed higher energy is lacking when looking at the matter inwardly. I am aware that by writing these words I am also only creating another illusion and it doesn't really exist. But my ego is loudly screaming and thinks that it won't go right without the energy of the constellation. What can create the right way of thinking? Somehow I am going around in circles.

Answer 45:

You are looking at all of this in the right way: Everything, how and what you are experiencing is based on your **decision**. All our problems are based on the central guilt conflict with GOD that needs to be healed. **It is always about finding a solving "movement" in your Mind** and that is all we are doing with the images created when setting up the constellation. Active Constellation

work seems to be more impressive and sturdier; however it is also an event only happening in your (dreaming) mind.

So it is about dissolution of the idea of guilt, namely separation. It exists in the mind only because only the mind is real. Being a split (dreaming) mind it needs healing. When you connect with JESUS and let yourself be guided by him, the clutch of the ego becomes less and less till in the end the whole spell will fall from you and may dissolve. Your **desire** for the PEACE of GOD is helpful because **it is** stronger than the fear-guilt hypnosis of this world. This is how you are shifting your focus away from the world (form-level = effect) back to the mind (content = cause-level). A real change can only happen in the mind and is expressed in a decision with all the heart. If possible there shouldn't be any contradicting impulses of will in the way because that would lead to conflict and doubt. The basis for successful healing and resolution of all our problems is in the mind.

Question 46:

I am only asking you for a little, wise answer for my 7 year old daughter. She watched a movie about JESUS and his miracles and his end, last night. They told the whole story about how he healed, taught, prayed and how he was crucified. Very child-friendly. Then my daughter had the following question: *"Mom, one thing I can't understand. HE healed so many people and performed miracles, why didn't he rescue himself?"* I've heard this question before but I am having a hard time to find the right explanation for a seven year old.

Answer 46:

I would answer like this: JESUS knew that he was really an *ANGEL*. An *ANGEL* is like LIGHT and this LIGHT comes from GOD'S Light. This LIGHT is pure LOVE. JESUS knew that you can't attack nor kill LIGHT. Even in our world where we are familiar with the light of the sun or the light of a candle, darkness can't put out the sunlight or the candlelight. LIGHT cannot be attacked by this darkness.

Only a body, which is wrapped around the light like a dress, can be killed. Thus, JESUS didn't have to fear and most likely he didn't suffer because he had always been made out of LIGHT and in the LIGHT, even when it seemed that he appeared for us on earth with a body.

We humans have forgotten that we are also LIGHT, LIGHT out of GOD'S LIGHT, just like JESUS. HE wanted to remind us that we don't have to suffer anymore. There are people who walk with their body on very hot, glowing coals, they are called firewalkers. They are performing exercises before their fire walk to remind themselves that they are not body but pure LIGHT. Once they are really fusing with the LIGHT the glowing coals cannot burn them anymore. This needs a lot of caution because it does need a lot of practice till it really works!

JESUS didn't want to save HIS body ever because HE knew that HE was light and that this LIGHT shines eternally because it is GOD'S LIGHT and can't die. He only watched from his "LIGHT-body" how his normal fleshly body was crucified. HE didn't experience any pain but for the people it appeared like that since we can only see the fleshly body and have forgotten that we are actually also LIGHT like JESUS. LIGHT can never be threatened; it can never suffer nor die. Everybody here on earth has to die at some point. The body is just like a dress that we are wearing for some time to learn that only LIGHT, LOVE is real and lives eternally.

Question 47:

I am asking you because you are more experienced than me in ACIM. I've had some good time when I felt even a little "enlightened". Of course the ego would jump in from time to time but not really badly. But what is going on when suddenly out of the blue the blackest black, dark and dull suddenly becomes so attractive that it gives me the creeps? Is it resistance? Is it the phase that is described in the book where you are desperate but need to persevere and it will be better afterwards? Did you experience that, too?

Answer 47:

Yes, your **decision maker** (*you* and your power of decision) chooses resistance in these hard days because there is one part of us (the ego) that doesn't want to simply hand over the field to TRUTH without a fight. In this situation you have to hang in and look at resistance very consciously. At this point you identify yourself with the ego and the ego is 100% made out of fear. I do have my hard times too; everyone who is serious about the path experiences that. When people are telling me that everything is easy going and smooth I am asking myself whether they are being honest to themselves. The ego is smart and it doesn't want us to choose LOVE and PEACE. So stay tuned

for that! JESUS is with you, especially in such times, if you want HIM to be with YOU. Of course HE is always with us but we should choose HIM consciously and search for HIS nearness.

Question 48:

A mutual friend gave me one of your flyers. She said I should look into it. I've been Christian for four years. A newborn Christian and newly baptized. In your statements I found the following text: The course is a very successful synthesis of depth psychology, advanced Christianity and Indian Advaita-Vedanta teaching. When reading the words of God the bible warns me concerning an advanced Christianity. Is the word of God not enough for you? Could you please briefly explain why you are implying other elements besides JESUS into your communication?

Answer 48:

Let me ask you a few questions (I could not find a plausible answer for them for a long time): What kind of God of love is that, who is calling for battles and wants the evil to be extinct. Who is asking for sacrificing a child, even if he postpones the sacrifice last minute? Who creates a nature in which one being eats up the other being and everyone lives on the expenses of the other ones death? Who is chasing us revengefully and strivingly and shows very human characteristics but no unconditional love for *all* beings.... I feel that most parts of the bible are human projections, a projected image of God in accordance of the insanity of the human ego. Of course there is also some truth in it and the one who is looking for it will find some, especially in the New Testament.

Many bad actions have been made and based in the name of the bible; we should just look at it more closely. Nevertheless some parts of the bible do give consolation to the people, no doubt about that. But I went further and, if this is still possible, I found the "new Revelation" of *A Course in Miracles* for myself. The result is a good one: more mercy for me and other people, less fear of the world and GOD. Salvation is certain. In the end we will all succeed. What else could I want?

Question 49:

I am 62.5% blue blooded (high and low nobility). The bourgeois ancestors (mainly on my father's side) were "capitalists", so to speak, industrialists during the 19th and beginning of the 20th century. I was born in 1963. Due to my elder brothers and an opposing conservative father, I experienced the generation of 1968 very consciously. In the midst of the ideology dispute of the 1970's I developed an extreme guilt complex because of my ancestors. On the one hand I strongly sympathized with the ideals of the "1968's and the left wing party," on the other hand I felt like a scapegoat because my ancestors were these exploiters and criminals (e.g. officers in both World Wars) who the demonstrating crowd turned against. I identified myself with my ancestors and their "guilt". This guilt conflict led to developing a helper-syndrome similar to the one that you are describing in your own biography. This feeling of guilt culminated in the idea to talk to my few, relatively distant, relatives who are still rich into the idea of a foundation, meaning their money (I for my part live like Francis of Assisi) should provide the basis for a foundation with the following purpose:

Their money should equip Social Institutions with regenerative energy supply systems. The facility should then fully belong to the Social Institutions. The income from these facilities, which would feed the public power grid, would completely belong to the Social Institutions. This would promote the ecological restructuring on the one hand and on the other hand serve a social task. A third purpose of this foundation should have been to help people realizing their divine core. This means people like you would be paid to coach people without financial resources (people who are on welfare etc.).

Now my question: When the meaning of *A Course in Miracles* is to not change the world but to get connected with the own divine core and thus experience PEACE within oneself, does it still make sense to even care about such earthly things like the ecological reconstructing of energy, since we will all go into the world's soul (Braham) at some point anyway. So to say does Atman and Braham care whether earth is contaminated with radioactive nuclear radiation, since they are not affected by the radiance radiation anyway?

Or is it possible that we don't have to care about it at all since once our mind has come to a certain level things will increase (also an intact nature and environment) quasi on its own?

Answer 49:

You are experiencing the kind of guilt that we are all experiencing in our dreaming mind. Most of the time this guilt remains unconscious or expresses itself on the level of form in a context ("the capitalists" who are exploiting others) where it is not originally based. Exploitation is also "only" the consequence of the mental conflict that all people deal with: the belief that their PEACE was robbed and the other ones are to blame. It all just mirrors our conflict with LOVE, with GOD. Accordingly it is pointless to move the "furniture on the sinking ship Titanic" on the level of form and believe that this will bring *inner* PEACE. We ought to leave the sinking ship all the way or realize that we are only dreaming of this sinking ship and that we actually never left the secure "mainland" (heaven). There is the danger that you might create new feelings of guilt in your relatives in order to heal your own ones. And this would be insane and not beneficial.

The impulse to act is rooted in the unbearable feeling of mental guilt, which presents itself on the level of form like you described. Only the cause is in the mind and not in the world. Content and form (cause and effect) are the biggest issues that make many students of the course desperate. The ego is an old twister and wants to keep us caught in the world of illusion so that we won't have the cause in the mind nullified by the HOLY SPIRIT because this would mean death for the ego.

Therefore the helper syndrome actually presents a movement of desperation – a neurotic movement. The key to inner PEACE is to look at the putative guilt, the unbearable feeling silently with the help of the HOLY SPIRIT (JESUS) without wanting to get rid of it or wanting to fight it. When this happened and you are experiencing PEACE then you are welcome to act in this world and be inspired and guided by the HOLY SPIRIT. Since then you will be guided by LOVE and not by despair and the pressure of guilt. Then you will also be able to look at your dynasty with forgiving LOVE and won't have to fight a holy war against Capitalism. Of course we are allowed to act but the question is always which teacher leads us? The SELF (Christ) or the ego, the insane ideas of separation.

Win rich people for healing purposes, but with *wisdom*. We still believe in a world with suffering people. But we should see these people in the right way: They possess the HIGHEST, namely the POWER of deciding for LOVE in their mind. Don't ever look at these people as weak! Discover and use this POWER (the essence of your true BEING) first in yourself. You will then shine and be able to remind other people that they can also make this choice. Of course we cannot save a world with economic measures that is tied to space and time, so

to say illusionary variables and which had been created to hide our basic problem of guilt. The world does not actually exist. We are only seeing images of a world in our dreaming mind, that's all. But nothing stays. LIFE is only eternal in HEAVEN. This is where I want to go, this is where I already am and I want to realize that it is that way. Nevertheless it makes sense to use the world as a *classroom* for the process of awakening (healing of my mind). This is why I am here and why I am going to stay for a little longer. In REALITY we have never been here but have always been in GOD. This is really comforting, the best news that we can get. Invite PEACE and the rest, for example an action in the world, will result from that.

Film recommendations:

1. The Truman Show (Usually most people don't know the secret, here it is just one who doesn't: Truman!)
2. Groundhog Day (Maybe life is just a strange movie we can overcome...)
3. The Game (other titel: The gift of his life)
4. The Devil's Advocate (The „Ego-impulse“ at it`s best...)
5. Between Two Worlds (1944)
6. The White Ribbon (by Michael Haneke)
7. Life is Beautiful
8. Train of life (The cruel absurdity of life and the power to transcend it...)
9. Little Buddha
10. American Beauty (Psychologically well made movie: it is all a projection...)
11. There Will Be Blood (A study about the capitalistic dream)
12. Who 's Afraid of Virginia Wolf
13. The Merchant of Venice (with Al Pacino and Jeremy Irons)
14. The Hairdresser's husband (A beautiful erotic nightmare)
15. Bitter Moon (Roman Polanski)
16. Perfume (The story of a murderer: deprivation of scent = identity)
17. The Reader
18. Schindler's List
19. Homo Faber (The soul knows it all and combines all of us...)
20. The Tree of Life (Excellent movie about the dynamics of a family)
21. Searching for Sugarman (Sixto Rodrigues: A man at peace)

About the author

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