

# HEALING

through the REALITY of

# SPIRIT

How to use the world  
as a classroom for our awakening  
under the light of  
*A Course in Miracles*®

Reinhard Lier

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as a classroom for our awakening  
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by Reinhard Lier

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## **A note from the author:**

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# Content

In Conversation	4
Chapter 1: The God that leads us in desperation	5
Chapter 2: The World of Spirit	11
Chapter 3: The Path of the MIND – mysticism	20
Chapter 4: The power of thoughts – the power of the mind	33
Chapter 5: Steps of Awakening	43
Chapter 6: About learning	47
Chapter 7: Money and Sex as a mirror of my mind	50
Chapter 8: Sexual Healing – 13 steps	54
Chapter 9: The one game: Victim and Perpetrator	69
Chapter 10: State of victim and shadow projection	78
Chapter 11: Forgiving and blessing – two sides of the coin	82
Chapter 12: Harassment of the Mind – Helping and its side effects	84
Chapter 13: The vision – the centered attitude	89
Chapter 14: About discussing – impulses of the ego	92
Chapter 15: Balance of Give and take in this world	97
Chapter 16: Decisiveness: the power of making a decision	104
Chapter 17: I am not here to be loved	111
Chapter 18: The MIND knows no matrix	116
Chapter 19: Natural Medicine is also part of the Matrix	119
Chapter 20: SYMBOLS of HEALING	125
Chapter 21: One and Zero (1 and 0) – a parable	137
Chapter 22: Finding peace: no expectations, no hopes	143
Chapter 23: Meditative sentences for Healing	149
Clarification of terms / comments	151
About the author /Recommended Reading / Films	155
References / Images / Donations	156

## In Conversation

*Man is in deep need for salvation in his earthly dream-existence.*



**Question:** Reinhard, what can the readers expect from your book?

**R.L.:** I consider myself an interpreter of the Spiritual Mind Training *A Course in Miracles*®. In this field I have been given a certain gift and accordingly also a task. I am interpreting the topic of this great work for an easier comprehension for the interested ones. Between 2008 and 2014 I have been giving speeches for over 80 hours regarding this subject. In this new book I am using the potential of pictures and graphs along with words to illustrate and clarify the metaphysics of the course; the basic conflict with LOVE in its concrete earthly reflection.

**Question:** Are there still new ways of illustrating?

**R.L.:** Yes. The gifts of the World of Spirit are amazing. The Course in Miracles shows just the same: the book offers new interpretations and illuminations of the same basic conflict on every one of the over 1100 pages. Sometimes the illustration is very poetic. That's basically what I do, too: I am searching for pictures, schematic diagrams and parables for all the spiritual context that we have been given in this wonderful work. This may lead to a light bulb moment for the one or the other reader and promote the process of insight and healing.

**Question:** And this time it is all in a very complex 4 color print.

**R.L.:** I want to use the dimensions of colors for a qualitatively higher transport of the content. Andreas Weinert, who has been attending my advanced training's group and is very familiar with the content of *A Course in Miracles*, supported this book artistically. I very much like the way he transcribes the content with his water color paintings. We talked about the topics and he was inspired.

**Question:** What about the spiritual practice? What can the readers expect in this field?

**R.L.:** The first step is to illustrate the context of the mind. You allow yourself to sink into the insights and the pictures and this will have an effect like medicine on the reader. I will also suggest concrete exercises that can be very helpful. After that you will get to a threshold. Beyond that is the

entrance to the mystical beyond words. *A Course in Miracles* takes us to the limit of our cognitive ability. Only once we hit this limit the question arises: Do I want to devote myself completely to the GREAT SECRET, the LIGHT and the MIND? This is where all discussions, negotiations and considerations end. The mind has to become very still in order to hear SILENCE talking to me beyond all words.

**Question:** This is the highest of all the art, isn't it?

**R.L:** That's absolutely right. I feel that the Course wants to expand our horizon far beyond the limits of thinking. There is no thinking within the pure MIND, there is only EXISTENCE in GOD – however you want to describe it. This would be the genuine spiritual practice when we are at peace with all illusions and consequently these same illusions start vanishing in my mind. The world has no valuable meaning since it exists in our dreams only. Value and essence are only in the REALITY of the MIND.

**Question:** This way of looking at things is controversial to the spirit of our times.

**R.L:** Indeed. The so called spirit of our time and space is our world of illusion. We can only expect illusions which turn out to be empty and meaningless when taking a closer look. The world is cold and tough, since it is mirroring the egomaniac false Self. Nonentity is pumped up to become entity, however we are realizing more and more clearly: it is not nourishing for us. This leads first to desperation and to the compulsive search for something to hold on to in this world of illusion. Until we realize there is nothing to gain, all our efforts to gain benefits in this world are useless. There is no solution within this world and that is what politics is all about: fake solutions that really are not solutions. In his earthly dream-existence man is in deep need for salvation.

**Question:** And then we seek contemplation?

**R.L:** At some point, yes. When we find that there is nothing left to offer in this world of forms. Some people catapult themselves internally through blows of fate, when the world of forms is exhumed. Car accidents or skiing accidents may occur, and then one falls into coma where there is finally enough time to look at everything and make new decisions.

**Question:** Why coma? This makes us unconscious, right?

**R.L:** There is no such thing as total unconsciousness. One cannot deny one's own existence: I am actually not existing... In this case we have to differentiate: I am not a body, not a person, not a history but "I am". It would be insane to say "I am not". When being in coma one is limited to his

existence, there are no more distractions. I would definitely always speak to coma patients because they are capable of picking up mental impulses – just like the deceased who are very much “alive”, since life is actually only happening in the mind, anyway. Anything that can die or disappear should be considered part of death, accordingly part of illusion, as far as I see it.

**Question:** So basically it is always just about the mind, isn't it?

**R.L.:** Yes, it is all about the mind, precisely the MIND in the meaning of GOD, the true LIFE, the highest LIGHT. We are always within that but we are dreaming of an alternative, of our world and pay a high price for that: pain (and joy) and blood and tears. Once we are realizing this, we can only choose the journey into the MIND and to be guided. It is the longest and actually shortest journey that makes sense and brings peace. May this book serve that purpose.

Kesswil, January 11<sup>th</sup> 2014

## Chapter 1

### **The God that leads us into desperation**

There is a God, who some people call “our God”. He knows about their joy and pain, their good and bad deeds. This God is loving and sometimes angry and punishes the wrongdoer with a disastrous fate. Then he lets the sun shine again for the righteous and the unjust ones, and forgives all human sins. This is the God of the Bible, of the Old Testament. The writings of the Old Testament are forming the base of Christianity and find its sequence in the New Testament which starts with the appearance of Jesus.

This is the God that causes some people to have doubts. One of these people is Nikolaus Schneider, bishop of the German Evangelist church. In an interview on a German TV show, he admitted that this God is puzzling him sometimes because of the many natural catastrophes that are happening and because of his daughter's fate, who died very young of cancer. (“ I don't know why God is letting these things happen”... I knew the God who I was able to love. However, there is also the God that we may fear, the God who is puzzling... I have a few open questions for God” quote Bishop Schneider).

One could say: This God is at odds with himself since we are his creatures and we are capable of killing each other, and he is watching. Are we killing him when we kill our neighbor? Is this God dancing on air when a child is being hung by the occupants of a concentration camp? The things happening in the world do bring up questions: Is this God vulnerable, attackable or sad? Will he take revenge on its perpetrator, eventually on me? Can I ever be at peace with him? Where and who is his justice effective in our world?

#### **Surviving as an expression of God's Will**

A fireman mysteriously survived the September 11, 2001 New York City attack in a shaft of the collapsed World Trade Center. Some people came up to him saying that God had held his hand upon him. He responded that he had his difficulties with this point of view since that would mean that in this case God did not hold his hand upon the others. Why?

A US air force soldier, who was part of a drone unit and had to repeatedly carry out killing operations was increasingly suffering from post-traumatic stress disorder. Due to the secret obligation he was not allowed to see a therapist. The military clergyman only said: “This is part of God's plan”. The God to whom we despair has to be in despair himself. His way of looking at things, his feelings, his calculating and judging, that all has

to be very human. Maybe, or probably, this image of God that we are having is only mirroring *our* despair about *ourselves*, about man's insanity, about all the pain in the world. We want him to bring an end to our suffering, like a man when being tortured. We want him to have mercy with us and erase the world with all its murderers and make peace and order at last. But he is not doing it. We are still caught in the world of death. The blood of loss, pain and imperfection sticks to everything. There isn't a single clean spot, and this God, our God, knows it. Does he really know of it? **Does he actually exist, in the way we are picturing him?** Or is he just a reflection of our desperate thoughts and feelings – and that is all?

**Images of God** have to be questioned. They were made by us, by humans; we envisioned them. All these images are just projections of our dreaming mind. The bible is full of images of God. The serious spiritual student has to question them and leave them behind through catharsis. Does this God, who enjoys testing the love and obedience of his son Abraham by demanding child sacrifice, really exist? A God who tests the faith of his son Job when he is suffering from loss and agony? These are also images of God. These are human experiences, when we are losing it all and there is nothing to hold on to on this world anymore. When everything that we have built on bursts. Then some people turn into warriors in God's name and throw all of their hate onto the "ungodly". They consider themselves under the law of the holy war. At the bottom of their heart they become exasperated with God and at the same time they are creating an image of God to make room for living out their anger in the war against the "ungodly". They are in despair!

**Our relationship** with God, to whom we despair with, is ambivalent: we love him in our human way and at the same time we fear him. We are wishing for a loving father and are expecting the reckoning of a despot. We are uncertain about the ending of our relationship with God and whether it will end good or bad.

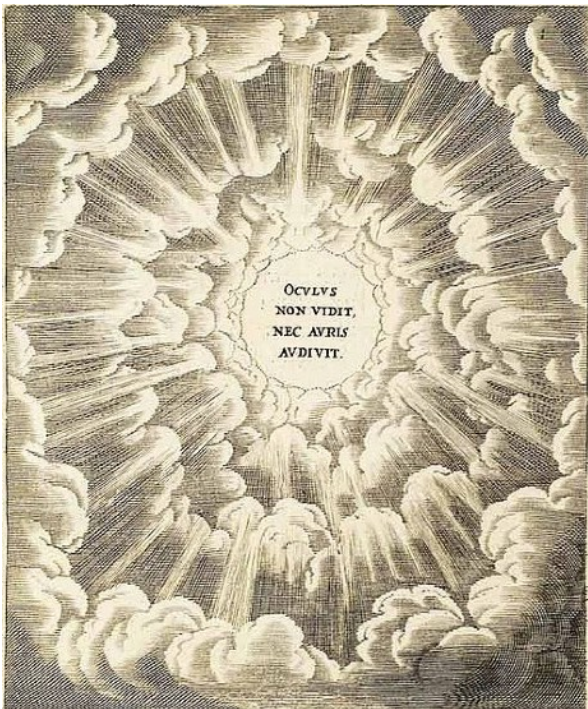
### **The big misunderstanding**

The God who we are in despair with, knows our world. He knows about it and sometimes he does interact and sometimes he does not. After Auschwitz, a lot of Jews who had survived turned away from this God. Understandable! However, there is some misunderstanding: the real GOD does not know about our dreams, about the images of our dreaming mind which we are projecting onto HIM. We are (still) with HIM, within HIM and cannot be anywhere else. Bible myths tell us that we have sinned against him and therefore were expelled from him.



**This raises questions:** Do we have the power to attack God, to steal from him or to even kill him? Can we make God sad or be useful to us, the way we experience it with other people? This would put us on eye-level with him and the son could deprive the father: patricide – a strange thought considering God is supposed to be almighty.

**This brings up a big challenge** for the spiritual student, letting go of any images and ideas of the sphere that we call "God". This abstinence is actually impossible. We are stuck within the many images of all generations and millenniums. The images are emotional and are blocking our way: our way to GOD!



The essential question is now: **How can we get to a direct experience of GOD beyond all images?** I can see two ways which may complement each other, though they are controversial.

**One way leads through different images:** father and mother love their child without condition and always want their best in any way; they can't wish for anything else. The water coming from the spring will always stay the water from the spring, no matter how far away from the source it may travel and how winding the way of the river may be when traveling towards the ocean. The

ocean is the end of the water's journey and at the same time a new beginning. Spring, river, ocean the water always stays the same. We are always in GOD; the child will stay the FATHER'S child, the MOTHER'S child, always. It can always remain only in this LOVE, this eternal LIGHT. But then there seems to be a darkness in the child's mind: separation and death are moving into the dreaming mind. We could call it a mental illness that all humans on earth are suffering from. The child needs mental clarity and healing.

**The other way of experiencing GOD is nonpictorial.** It is the path of silence. This path may seem uncommon nowadays since images are determining our lives and we have become makers – most of all image-makers. There may be one thought that leads us on this path:

*I have decided for HEALING. Now I want to be still and receive the peace of GOD.*

Then I remain still and wait because there is nothing else to do. This means devotion to the HIGHEST, the MIND – GOD. HE fulfills HIS WILL on me in silence. I may trust: it is very good. There is nothing that I have to (and can and need) to do.

The God that drives us to despair may be detected to be an image of our dreaming, tortured mind. He has only been a projection out of despair which we wanted to catapult at “God”. Yet the image kept falling back on us. Now I realize: images of despair can’t be erased by fighting them. The spell can be broken by recognizing them as my own creations. They are not given by GOD. I created them and gave them meaning. Now I let them go and take away their power. This is the essential aspect of the catharsis of the Spiritual Mind Training.



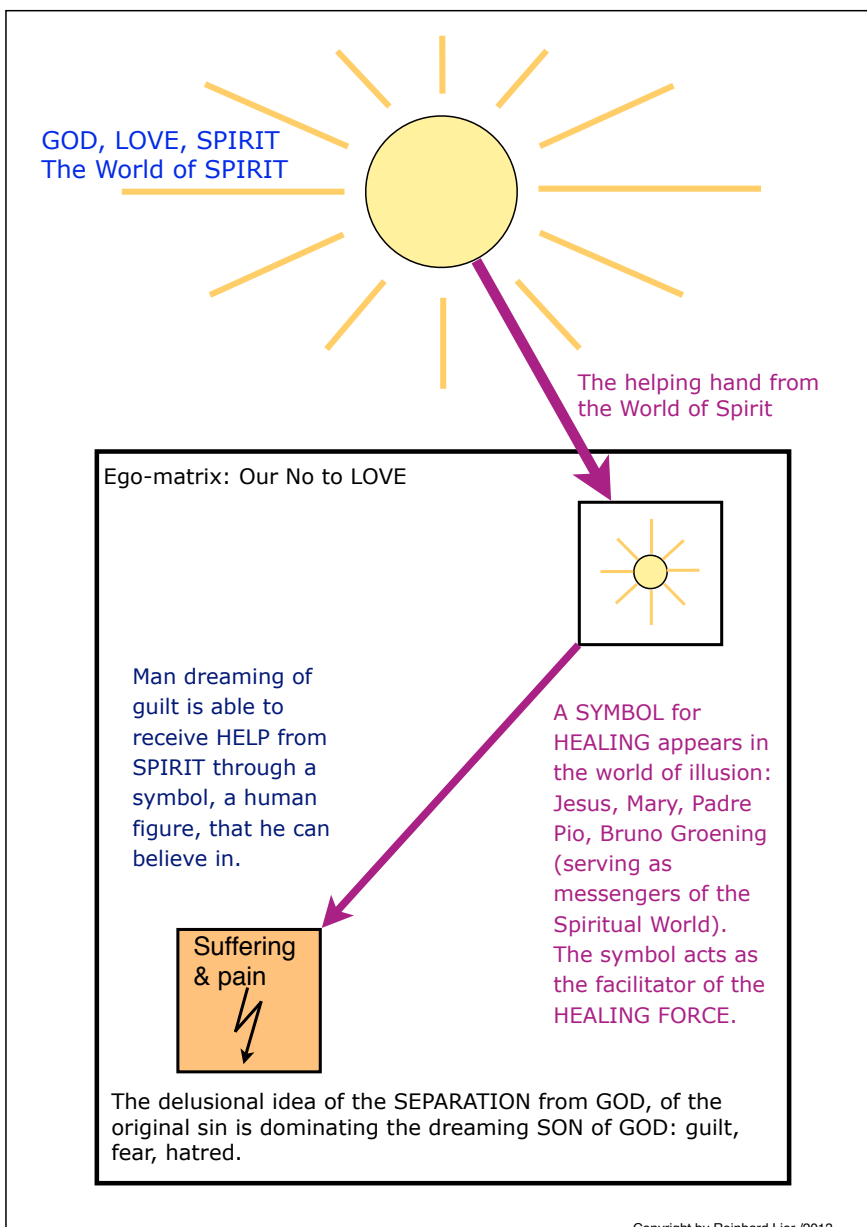
## Chapter 2

# The World of Spirit

I'd like to illuminate the position of man in relationship to the World of Spirit from the view of *A Course in Miracles* (from now on short: ACIM). This matter will need the help of metaphors and symbols, since GOD'S MIND is neither comprehensible nor understandable in our state of dreaming. Words themselves are already symbols of symbols in this regard; they are twofold distance from reality; as it says in ACIM.

**The PURE MIND** is something completely abstract for us and consequently out of reach for our thinking. The mental concept is the first step of imagination. The second step is to get it into an image. And then we use

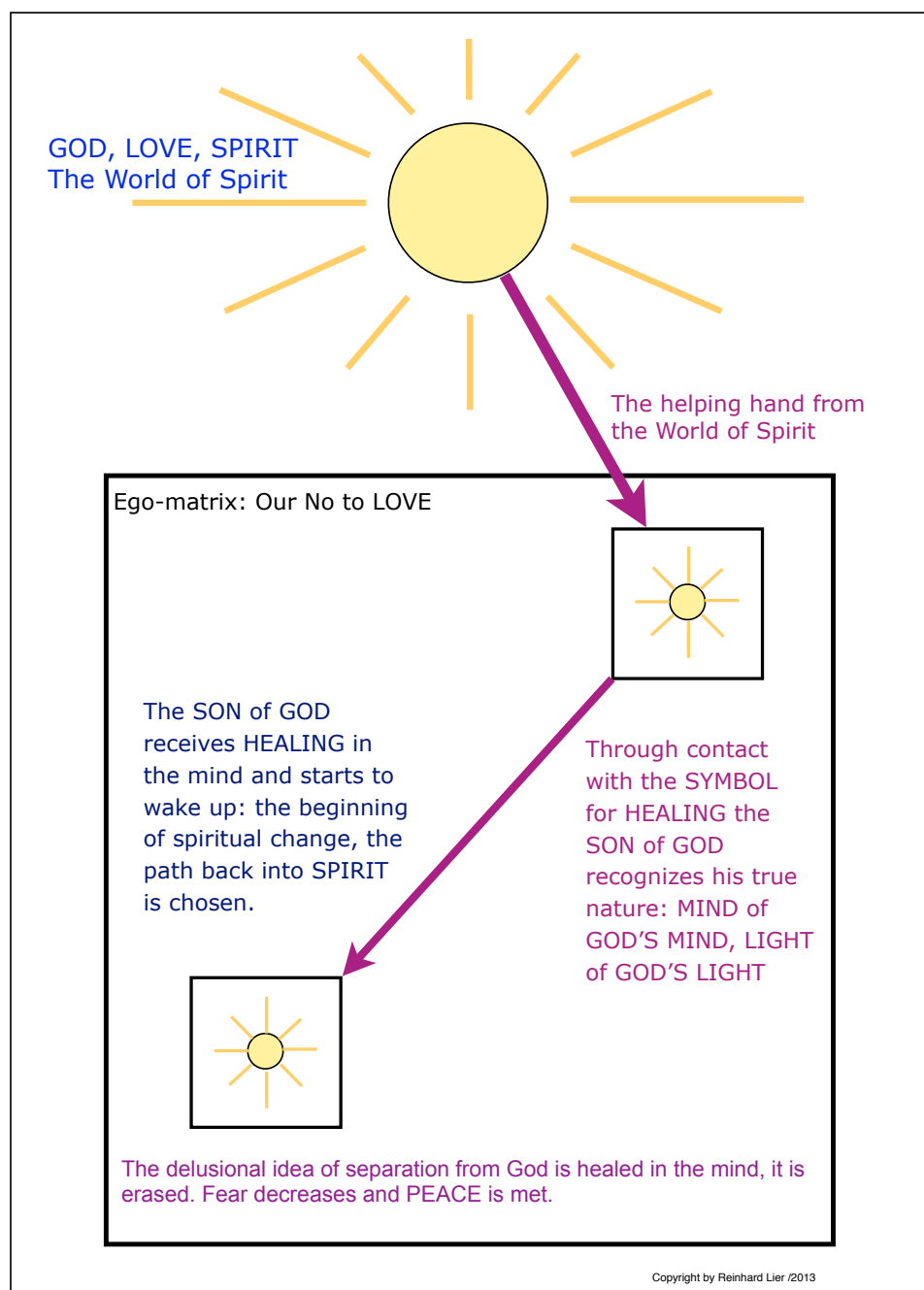
language to describe the dualistic images that we are familiar with: the FATHER (GOD) and HIS SON. In truth they are one. However, we are experiencing a dream-state of separation, although we, as beings of the PURE MIND (GOD), actually are the SON of the one FATHER.



**All suffering sources** in the dream-state of separation. The Spiritual Mind Training calls it a delusional idea that we made real, although this idea can't hold regarding the unique REALITY

of GOD. The separation from the FATHER never happened. We are dreaming, joyfully and painfully and hold on to our delusional idea of a dualistic world where we are expecting happiness and peace, even though human history and our personal lives have shown us that the world's path is paved with painful disappointments. We are caught in the insanity box of the ego-matrix (we have decided this ourselves) and we are selfishly trying to carry our egomaniac points against others.

When man asks for help and healing in this seemingly hopeless situation, the World of Spirit may be effective in his dreaming mind. A gentle process of reconstruction starts in order to transform the perception of the fearful world of illusion into the silent knowledge of GOD. This takes time from the point of view of our dreams but takes only an "instant towards eternity" from the perspective of the World of Spirit. With ACIM we have been given a teaching-system for the healing of the mind. The 365 lessons cause a drastic reconstruction of the mind, and fear and despair start to clear away.



**Which images, symbols and messengers are accessible for us to be able to make contact with the World of Spirit?** This can differ greatly for the individual seeker. Catholics, for example, may feel open to Padre Pio and be able to see and feel GOD'S LOVE for man today through the Padre's actions. The so called miracles are the signs of the REALITY of GOD. The miracles convey that REALITY to us that we are actually seeking through an experience within the dream. Another messenger of the spiritual world could be an angel, for example **archangel** Gabriel or Michael. An angel is a messenger of the spiritual world where ONENESS is essential. The angel still talks to us today and announces TRUTH beyond our dualistic imagination. A long time ago an angel said to me: *You are me and I am you. All is different than you think.*

Another messenger of the spiritual world is definitely **Bruno Groening**. He was probably the greatest spiritual healer in post-war Germany. Just



standing and talking in a crowd of people about GOD'S healing forces healed many people instantly. Bruno Groening burned up inwardly because of his overabundance of healing forces and the fact that he was not allowed to pass them on in the earthly field of relations.

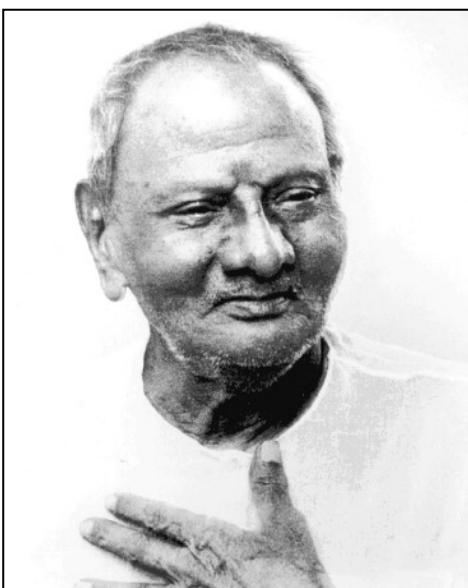
This "inwardly burning up" led to speculations as to whether his actions may have been fake. We should realize that even Bruno Groening was just a man in his physical appearance who had spiritually transited to awakening. This means to be able to stand a strong area of tension in the mind, on the one hand the FULLNESS of the MIND and on the other hand the earthly attack and

people's denial of LOVE, which ought to be given to them through this man. There are many other examples showing the imperfection of form next to the high evolvment of the mind. Another messenger of the spiritual world is the earthly teacher **Ramana Maharshi** (1879-1950) who was suffering from a cancerous ulcer on his arm and still came to complete peace with his SELF.

**Bruno Groening** knew more than he could communicate to the people at his time. The bare TRUTH would have been too much for them. Once he talked about an insight that he had access to. We can find an important statement in Grete Haesler's book "Here is the truth about Bruno Groening".

*Almost all people are living their lives like in an enclosed ball when it comes to their spiritual cognitive ability. Only rarely a person is spiritually grown enough that God opens up a window for him to have access into the abundance of his spiritual kingdom. If he then looks out of this window he is experiencing incredibly new and wonderful things that he cannot stop telling the others who are not allowed to look through this window yet about it. However, it is possible that at the same time another person is blessed to look through a different open window and gets fulfilled with the beauty of the viewed and let's other people be part of the greatness. Through out history, God has sometimes opened even two or three or more windows to spiritual knowledge for certain individuals. For God himself there are no closed windows; the ball is always open. Wherever HE may be, for GOD the ball is transparent, his look is freely roaming in all places. He knows all.*

From my understanding Bruno Groening talks here about the same thing that is called **the vision of Christ** (ACIM: T-14.II.8:3) in ACIM. It is to recognize the being of GOD in the MIND where we really are – beyond all dreams. I consider Bruno Groening as a teacher of the Spiritual Mind Training. He knew about the significance of the mental healing of man and thus he was concerned about a lot more than just simply the healing of the body.



**Nisargadatta Maharaj** (1897-1981), a teacher from India, emphasized again and again that we should not pay too much attention to the form. Since it is the expression of old, discontinuing programs, like the images of a film reel that are shown all the way to the end, even though they may be already meaningless to the protagonist. The audience may still project their personal drama onto the images, but the protagonist does not suffer from them anymore. ACIM tells us that this is particularly true for the

crucifixion of Jesus. He could not feel pain because he was in the PEACE of the FATHER. The pain that we see within Jesus is only expressing *our* pain that we project onto him. We have a problem with LOVE; Jesus does not! Accordingly we can't always make conclusions about the state of the mind when the body is ailing. The priority is always the mind.

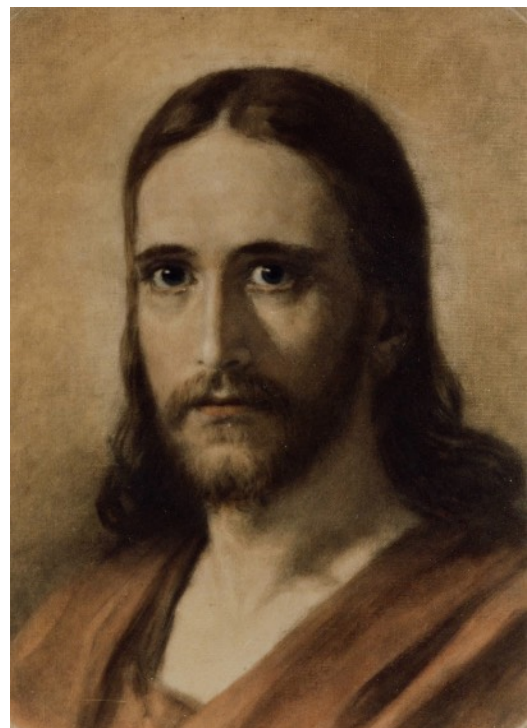


The life of **Helen Schucman** (\*July 14<sup>th</sup> 1909 in New York, † February 9<sup>th</sup> 1981), who received ACIM over the period of seven years while she was writing, makes this context clear. She died from pancreatic cancer and had her humanly problems with Jesus. Nevertheless, in her mind she was continually connected with the PURE MIND and could

consequently receive the Course and give helpful counseling. On our way to God we are swinging back and forth between God-proximity and God-distance. What counts is the proximity. The distance, being an expression of our conflict with LOVE, is not taken into account for us. Thus, when a body becomes ill we should not be too impressed. The form is always imperfect. At the end of her life Helen was at peace with Jesus. The only thing that counts is the state of our mind and only GOD knows about it.

The body does not matter for a messenger of the spiritual world, since in the mind we are always present: here and now! This is how Bruno Groening and many other spiritual masters today and in the past, are acting out of the one EXISTENCE: the MIND of GOD. Many witnessed healings testify to that.

**The early Christian symbol** for the MIND is definitely **Jesus**. He is a formal expression of GOD's MIND and for many people a conceivable anchor for finding access to the World of Spirit. The question could arise: Why does GOD not exclusively act



through Jesus? The answer is easy: since the characters and mental impressions of the people dreaming of separation vary greatly, spiritual messengers have to appear in various forms to reach them. There is one big obstacle that we all have to overcome: fear of LOVE, fear of GOD. We all feel guilty, consciously or subconsciously, and thus rather expect penalty than forgiveness. The World of Spirit is aware of our state of confusion. Thus all contacts made with the symbols of the MIND (SPIRIT) and its messengers have to be approached gently and without fear to prevent further entanglement in the delusion of guilt, and prevent us from running from LOVE.

An additional problem is that we are projecting our dualistic ideas onto the messengers of the spiritual world, meaning also onto figures like Padre Pio, Bruno Groening, Jesus or Mary, the mother of Jesus. We are then interpreting their existence as mighty, pure and proximate to God, which makes us feel even more guilty and weaker. We refuse to believe that we have been carrying the symbol of the MIND within us forever: the **SELF, CHRIST.**

Whenever we are encountering this LIGHT of the MIND within us or others, the ego tells us in our dreaming mind (ego = the idea of separation) the same eerie story again and again: *Stay away! You don't know how to deal with this power. It is dangerous. You have misused this power before. You stole it from God and killed him with his power.*

Even though this way of looking at it is insane and implies the core of our suffering, we rather believe this sick voice than Jesus, who invites us to simply return to the FATHER. Since we are afraid of the LIGHT of the HEALING FORCE within us, we are projecting this LIGHT onto the symbols of the spiritual world. We do believe that they are indeed carrying the POWER of the FATHER, or that they can provide access to the FORCE of healing and miracles. We are asking for advocacy in front of the FATHER and are denying our own FORCE (which we are not aware of!) by believing in these symbols. This is our first step to get in contact with the MIND, even if our center of reference is shifted to the outside into the physical world of illusion. This projection tells us that we are not ready to accept the POWER of the MIND within us. It is too big and too good to be true. We stay stuck in the ego-trap of guilt and still believe in the necessity of suffering and sacrificing to pay for our guilt. Sometimes Christianity likes to see illness as a sacrifice, even



though it is actually only auto-aggression and meaningless to the FATHER who sees us as innocent.

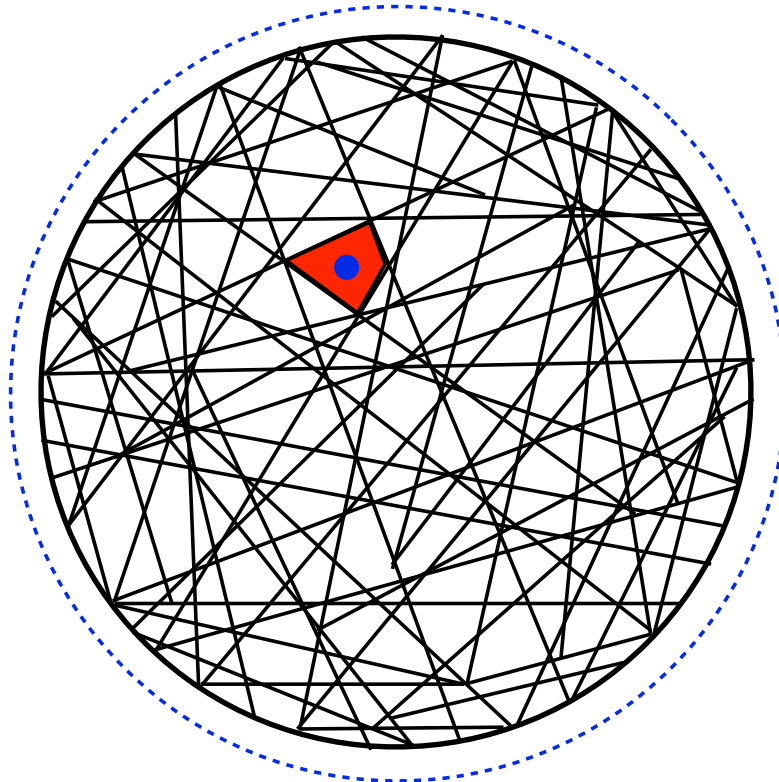
**How can we overcome this inner separation relating to the symbols of the World of Spirit and its spiritual messengers?** This is simple but not easy: we become silent and open in the mind and let the symbols “talk” to us and “affect” us. And we are not holding on to the idea of guilt anymore. We give the HEALING FORCE permission to set us free of the idea of guilt, the separation from the FATHER and the necessity of atonement (meaning repentance and sacrifice in the general Christian meaning). We are handing our illness and our problem over to the LIGHT of REALITY. This is a major step which we should not underestimate. There is one part within us, the ego, that does not want to let go of problems. This is where we need an alert mind. This gets trained in the Mind Training ACIM and in other training-systems.

The spiritual world, and this needs to be stressed here, has nothing to do with magic. It is alien to magic spells and rites. Here nothing needs to be defended or conjured. No cards or pendulums have to be questioned. All that counts for the MIND is the attitude of our heart, even if we feel that we may need rites like burning incense or wearing a necklace with a cross. Any form of magic, and Family Constellations is also part of that, are just learning tools in the classroom of the world. This may be allowed, for a certain amount of time. However, the one who wants to leave freely will let go at some point. The open heart that is devoted to the MIND is essential. Since we don't want to change the world, we just want to pass our dreaming mind over to awakening. That's all.


Once we have found this harmonious CENTER of our true SELF, earthly matters will solve themselves. We will do the right thing and necessary thing since we appear to still run around in our bodies on earth. Jesus does not care if we are living in a trailer or in a house, if we are driving a fancy or a simple car. For LOVE, all symbols of illusion (and this means the whole world with all its things) are meaningless. It has never been about the world, since it does not exist in the MIND of GOD. ***"The world is a maladaptive solution to a non-existent problem."*** The world is maladaptive because it doesn't work; it is a solution to a problem that doesn't exist. (Kenneth Wapnick). The world may be used and should be used as a classroom for the


healing process, till we don't need any of it anymore and return to the MIND, where we have always been even though this truth is mentally not yet graspable for us (we can't nor want to understand). The student leaves the school once he learned it all. Then he may experience ultimate PEACE and FREEDOM of LOVE without any fear. Then he has returned to the HOUSE of the FATHER and all his dreams of fear are forgotten. He realized who he really is: the SON of GOD, innocent and free within God.

The one SON of GOD who suffers from a billion fold splintering.




We are all mirroring ourselves in one another and are mentally existing within each other : I am you!

At the same time we are in GOD, in the FATHER. 

Everybody believes to be a body, a person: 

As the ONE SON of GOD we are suffering from a multiple personality disorder and are attacking each other because of the guilt conflict that is torturing us.

But there is also remembrance of GOD within us:  
The VOICE of the HOLY SPIRIT: 

The VOICE leads us back into the unity of the FATHER.

R. Lier, 2013



## Chapter 3

### **The Path of the MIND – mysticism**

*Soberness, humbleness and calmness are the best ground for spiritual awakening. Enthusiasm and inebriation lead to illusions. Ecstasy on the other hand is a side effect of deep spiritual inspiration and is based on clear heart's devotion.*

Being devoted to the MIND, to the World of Spirit, which is fed by the HIGHEST, by GOD is the most characteristically for practicing the inner path. When we start going onto the inner path it is necessary that this devotion is practiced at particular times so that we can establish access to the World of Spirit. The ritual structure creates a field of devotion and makes change easier for the dreaming mind. It is always about seriousness and consistent regularity. The normal Ego-consciousness is barred from the MIND. It is fixated on the world of the five senses and is under deep hypnosis, which applies all illusions onto the observer and the decision-maker. This hypnosis has to be slowly loosened without antagonizing the world. The presence for the World of Spirit is practiced through silent devotion to the MIND. Man invites the MIND to work on him, to deeply touch him in the mind so that the process of healing can be activated. This is all based on a clear decision of the seeker:

*I have decided for HEALING – now I keep silent and I am inviting the HOLY SPIRIT to have an effect on me.*

That's all there is to do. We don't have to analyze our problems any more, since they are just an expression of our inner darkness. Unfortunately analyzing darkness does not get us to the LIGHT. All our illusions and imaginations are put on the side and our observer and decision-maker is focused on HEALING.

#### **IDEA of MAN – dream and reality**

The following drawing shows the idea of man according to the Mind Training ACIM. It is also referred to as the split mind. It consists of three aspects:

1. **Our true SELF**, the memory of GOD that we have in our dreaming mind.
2. **Our false self**, which is based on the idea of separation. The belief to be a person with a history: the ego.

3. **The authority of observer and decision maker,** the place of power of decision is in our mind.

**The original problem: the idea of separation**

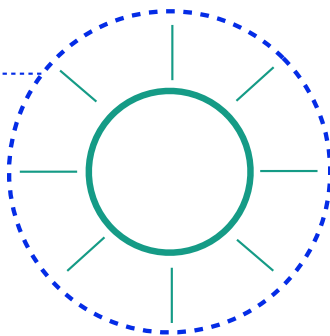
All people are suffering from the delusional idea of being separated from GOD, when they are in the dreaming state of the split mind. The adjoining drawing



shows the process of the delusional God-distance in its individual levels for careful studying: from resting in GOD to the first forgetting till the fall into the obsessive idea of duality, the second forgetting (the world of the body). Essentially it is about forgetting who we actually are: MIND in GOD'S MIND. Bodies are serving the projection of guilt. I'll give more details in the picture of perpetrator-self and victim-self. I am showing the solution in the two lowest parts of the next drawing. We are encountering an awakened master of the MIND, who reminds us of our true nature in GOD and supports us on our journey back into the pure MIND. This TEACHER is already within us as our SELF, but he can appear mirrored in a being; like for example in Jesus. We need a graspable and comprehensible access to the spiritual world, since we are thinking and feeling in bodies. This is why the HOLY SPIRIT appears as Jesus, Padre Pio, Mary or Bruno Groening. ACIM prefers the inner TEACHER, meaning the HOLY SPIRIT as a helper to access the MIND, which equals Jesus on the physical manifestation. However, these are not the only figures and in this context SYMBOLS of the MIND (see ACIM, teachers manual, question 26-paragraph 2).

REALITY

GOD  
LIGHT  
Spaceless and timeless  
Without body  
Constant  
Endless, eternal



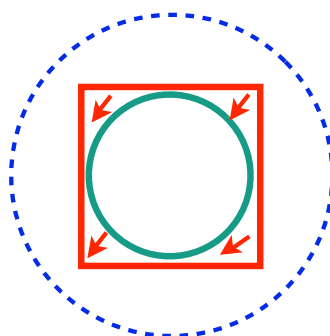
SON of GOD  
is resting in the FATHER,  
in GOD , in the SOURCE,  
all is "inside us"  
UNITY  
SPIRIT

**Illusion, dream**

"sin", guilt ↘

**Fear of penalty**

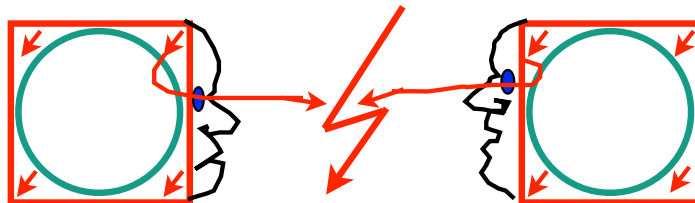
**First separation,  
splitting-off**



**The First** forgetting  
of SPIRIT:  
SPIRIT & mind  
God-distant  
Separation  
Loneliness

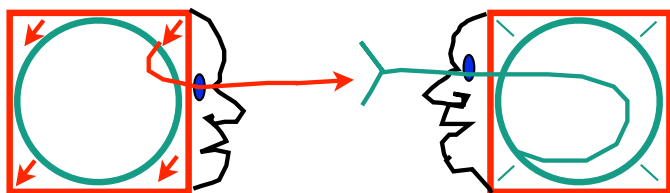
**Duality**

Birth of the  
world:  
Many bodies  
**The Second  
separation**

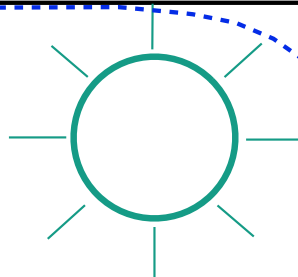
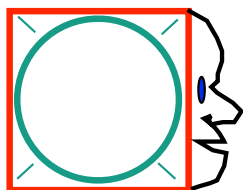


**The Second**  
forgetting of  
SPIRIT  
Body-  
consciousness  
Projection of  
guilt: hatred!

Unbearable (self) hatred: guilt projection: manhunt: war



Encounter of an  
incarnated person who is  
consciously aligned with  
SPIRIT: Returning to  
SPIRIT/ MIND through  
nonviolence and inner  
peace.



Encountering the HOLY  
SPIRIT through a **miracle**  
as a teaching device or a  
reflection of the HOLY  
SPIRIT (excarntated master)  
stillness, clarity, focus

**Healing begins with purification** When the spiritual path is taken seriously and the practice is done with focus we will first encounter a phase of purification. A couple, who I counseled, describes the following experience:

*We'd like to tell you briefly about our experiences these last few days. They were incredible, and they got better every day and transformation was noticeable. My husband stuck to your suggestions: he meditated, prayed, read and so forth. In his dream, last Monday, he talked to people who had approached him in a hostile manner in the past. He forgave them and solved the situation. Pain came up only sporadically. Two nights later he could solve bad situations with his sister. On the next day his sister called for the first time after years and said that she has been part of the Bruno Groening circle and had even been at his grave. My husband told me that he could feel a change happening within him and that it somehow felt weird. Yesterday he experienced the break-through. For the first time within years my husband slept through the night without pain. He is feeling light and free, he is loosened and relaxed. He experienced a bad catharsis two nights ago. He was shivering and cried bitterly, however this clearing was important. There will definitely be more days to come when he will have "weird feelings". Still, we are grateful for every good day. We are and we believe and it is as simple as that! A Course in Miracles is a constant companion. We are talking about it and are happy. Who would have thought it? Thank you, thank you, thank you. (end of quote)*

It shows: there is a certain necessity for a phase of purification and clearing. We may trust in the healing process of the mind.

### **The Nature of the dream**

No matter if we are dreaming at night or if we are experiencing the dream of the world, it is essentially only about images. We are image-creators as long as we are dreaming and we are existing in these images, we *are imagining* something. Whether it is our job, vacation, relationships with other people; it is all happening in images which are charged with emotions.

Every image is a manifestation of the original conflict with GOD. It may express desire for peace by believing that we found a substitute for PEACE: the paradise like island, the gorgeous house, the tasty meal. As long as we are mentally occupied by images we are not in REALITY. Any image is

defined as pure magic and thus an illusion. It can only remain an image of desire – a substitute! – but it will always lack real eternal fulfillment. We stay hungry in our images. We keep looking for the next even better image that will supposedly give us peace, at last.

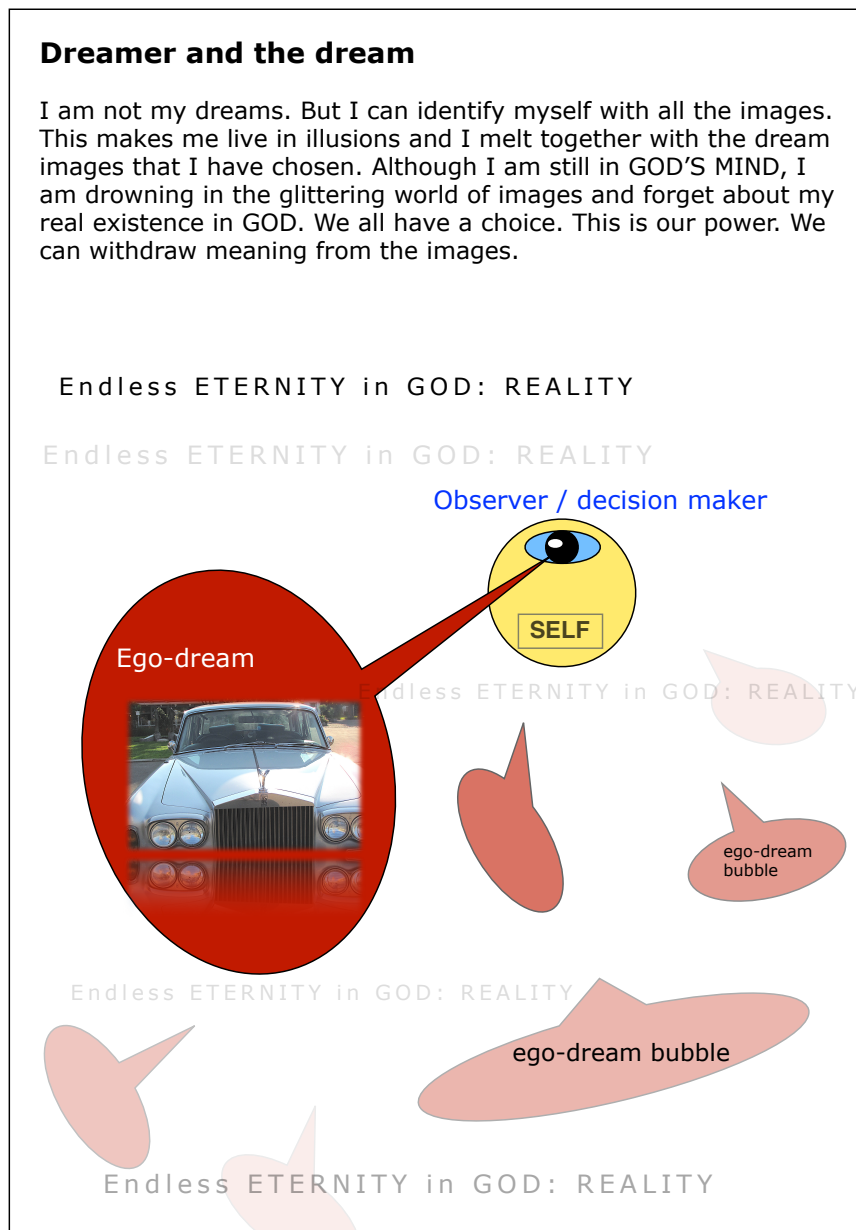
### The big escape into delusion and sleep

The original conflict of guilt makes us all run from the suspected penalty of God. We are already dreaming about guilt in our dreams and we are hiding in even deeper dreams, within the box of the box of the

guilt box. In ACIM is stated: Wrong perception is the wish that things be as they are not. (T-8.IX.2:1) Learning also means to make ourselves aware of this crazy circumstance and consequently make a new choice.

It (reality) will seek you and find you when you meet its conditions. (T-8.IX.2.5).

We have chosen illusion, sleep and are suffering from the worlds worst nightmares, which are actually only taking place in our mind. It is all virtually artificially animated by us and only we can end this ungodly mess by opening up to awakening. However, first of all we have to take responsibility for our painful dream-life by unexceptionally recognizing: **I was deceiving myself.** This sentence needs a lot of honesty and it is a matter that I have to sort out with myself. But how is that possible? Is it a double-game that I am playing?





ACIM states clearly (T-8.IX.3: 2-4): All forms of sickness, even unto death, are physical expressions of the fear of awakening. They are attempts to reinforce sleeping out of fear of wakening. This is a pathetic way of trying not to see by rendering the faculties for seeing ineffectual.

### **Why are we remaining in the dream, in sleep?**

I can see two reasons for that. First of all, we believe in a benefit, in the joy of experiencing individuality and uniqueness. This joy “demands eternity” like Friedrich Nietzsche put it quite accurately. However, it is and it stays a joy, which is based on the idea of attack; on a life stolen from God. Sure, this insight given in the Course may surprise us: Did I attack God? I can’t remember that...

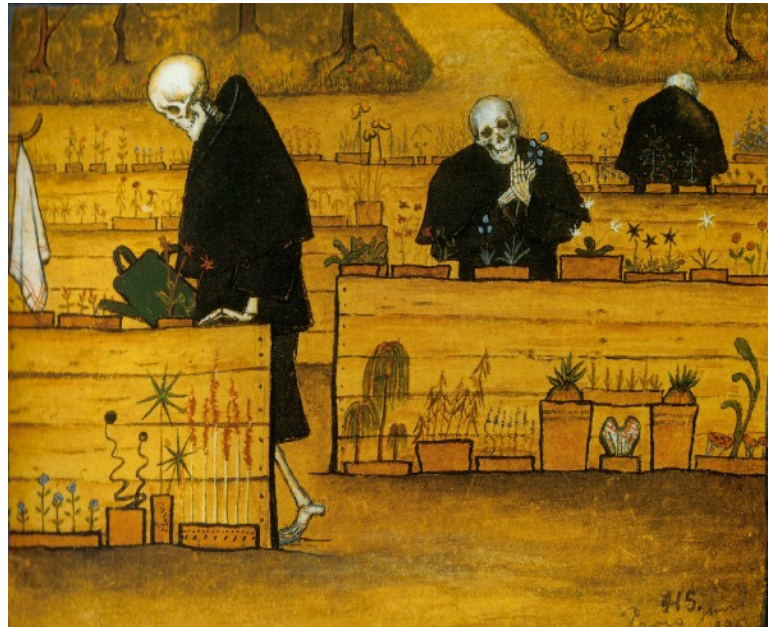
Here it is essential to pay close attention to the message given in the Course: We believe that we have attacked God by choosing the idea of separation (separated from HIM) as our reality. However, we don’t want to feel responsible for this action and thus we have drowned it all in oblivion. The segregation of this unpleasant content into our unconscious seemed to be a clever trick of the ego. Still, it cannot be a true solution, ever: We are pretending that we don’t have a problem with God, with Love. Consequently the compulsive projection of guilt has been and is an obvious society game: Who needs to take responsibility for this misfortune?

**The other side of joy, the pain, is suppressed.** The winner always stays alone. He triumphs over his opponent in a murdering way. He may have a few friends left, who he will also have to fear in the end. There is always a king’s assassin awaiting the king. And the liberators, who mostly become tyrants themselves in the end, are awaiting the tyrant. – An endless game. The history of mankind proves this and there is not more to learn from it. There is no solution offered.

**We are persisting in the sleep** of unconsciousness because we are afraid of the opponent’s and his people’s revenge. On the highest level we are afraid of the penalty (of our projected) God. Mountains and valleys may cover us but we are sensing: there is no safe hiding place. In the ego-thought system there is always death waiting in the end, since the idea of separation does demand our death. The invention of death, of the complete dissolution into non-existence, is the biggest delusion of the ego; and we

believe in it. Since the ego operates with the concept of duality, we have to stay in the field of tension between something and nothing. Non-duality is an impossibility for the thought system of the ego and not comprehensible nor understandable. In the REALITY of the MIND, there is no duality and consequently no eternal damnation or death.

**Death** becomes Love's counterpart (whatever kind of love this may be) and this is glorified and sung about in many great operas and literature. Death became myth number one through the creation of bodies. Its magic is constantly celebrated. Just have a look at the cult of the skull, which we see on belt buckles and T-shirts and so forth.



Experiencing the danger of death and "succeeding over death" in extreme sports (free climbing, base jumping) is booming. It puts us into an ambivalent tension of attraction and defense. This makes (ego)sense: We shall be afraid of death and be aware that he is our permanent companion. Looking at it in a close way it shows that this identification with morbidity of the physical, the mind, which we actually are, is denied once more.

Let's go back to the egomaniac solution of sleep, or rather unconsciousness. Again we are the 4 year old child who is standing in front of his friends, closing his eyes and calling out: look for me! Since the child can't see with its eyes closed, it believes the others are also in the dark. Darkness is a symbol of the idea of separation. Playing hide and seek is the ego's favorite game. Denying light does not necessarily lead to the reality of darkness. To deny the knowledge and the responsibility for our own attitude does not make an imaginary world real. It stays an imagination, a delusion, that's all it is. This should make us happy and joyful. A complete denial of (GOD'S) REALITY is thus impossible since resistance against what is denied establishes its existence and reality. We can only deny and fight what is existing.

Sleep is no more a form of death than death is a form of unconsciousness. Complete unconsciousness is impossible. You can rest in peace only because you are awake. (T-8.IX.4.7-9)

### **Reality does not know images nor thoughts.**

GOD'S reality is free from images. From the perspective of the image-dream, we can say that it is abstract. From our point of understanding we may say



that it is empty, since there is no separation and thus different things cannot exist. It is all ONE. Our only way to approach the pure MIND is through images since we don't have a reference point for formlessness. At the same time the comprehensible metaphor is a paradox: FATHER and SON are ONE. Seemingly two who are ONE? For our logical thinking it stays a mystery. After the phase of images, the phase of

pure SILENCE in GOD follows. There are neither images nor forms. Even thinking, which is tightly linked to images and manifests in them, stops in this phase completely. This is the field of mystical experience.

### **The path of mysticism – the manifestation of the MIND**

Quote: Wikipedia

The term "mysticism" has Ancient Greek origins, with various, historically determined meanings. [web 2][web 1] Derived from the Greek  $\mu\omega$ , meaning "to conceal", [web 1] it referred to the biblical, the liturgical and the spiritual or contemplative dimensions in early and medieval Christianity, [1] and became associated with "extraordinary experiences and states of mind" in the early modern period. [2] In modern times, "mysticism" has acquired a limited definition, [web 2] but a broad application, [web 2] as meaning the aim at the "union with the Absolute, the Infinite, or God". [web 2] This limited definition has been applied to include a worldwide range of religious traditions and practices. (End of quote)

**The journey of the Mind Training** leads us to the limits of our thinking capacity and beyond. ACIM says: Revelation includes complete but temporary

suspension of doubt and fear. It reflects the original form of communication between God and His creations, *involving the extremely personal sense of creation sometimes sought in physical relationships.* (T-1.II:1).

This reflects the original communication between God and his creations.

**Consciousness** is not the cause for revelation; it is only in the stage where it is experienced. The miracle can be seen ranked below revelation. It refers to human relations and therefore is a learning facility between peers that promotes actions. Jesus, Padre Pio or Bruno Groening are miracle-facilitators and are giving **temporary** healing to the temporary needy.

**Revelation** takes place between the CREATOR and the SON of GOD beyond all words in a personal state of dreaming. Revelation is a pure experience and leads to the meta-feeling of awe. I see its origin in the field of mysticism.

### **Transformation of the mind – true healing**

True change cannot be achieved by changing behavior. It is essential to recognize the **wrong attitude** in the mind and to trust and commit to the correction of the HOLY SPIRIT. However, the ego's strategy says: *change your behavior and you have changed yourself.* We are here dealing with the ego's old sentence: *Seek, but don't find.* A changing behavior can be considered as part of the physical consciousness of the ego. We are dealing here with fake faces since the mind behind it remains in the hands of the ego and has not undergone the change to the other teacher – the HOLY SPIRIT.

I consider **the technique of affirmations** as part of these fake faces. You are repeatedly saying specific positive sentences to yourself like: "I love myself the way I am" or "I am healthy, rich and happy". There is a rub in it: it does not impress the ego at all. These affirmations are often used in a compulsive, aggressive way. Unfortunately, it will not help us to dissolve the ego, rather, the contrary. Since a lot of affirmations are only dealing with the sequences of the dreaming mind, meaning the problematic illusions of this world, the belief in this world enforces and feeds the idea of separation from God. No matter if we say: "I let go of my illness" or "I choose health", we remain trapped in the duality of the world and we try to fix our body or the world. It is really about our mind which gives power to the ego (the thought of separation), instead of taking this power away from it. This can happen once we understand the insignificance of the world and our earthly desires,

and have but one wish and choose: PEACE within GOD. Only his salvation plan will work.

### The trap of fighting

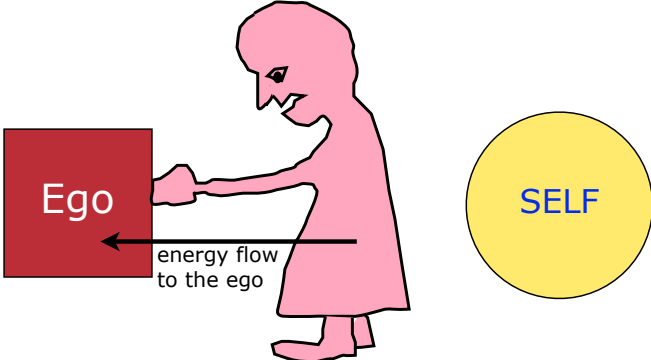
Here something needs to be added about the exercises in ACIM. The sentences that are to be said should not be misused as affirmations. Some students believe that if they keep drowning out the ego with the daily exercise sentence or hoot it down or practice the same daily lecture for three weeks, the ego would vanish. This would be fighting the ego and with doing so we would make it real

and we would have lost already. The sentences given in the exercise book are statements of REALITY showing spiritual laws crystal clear. These sentences come to our mind like medicine and these impulses of healing bring layer by layer salvation to our mind.

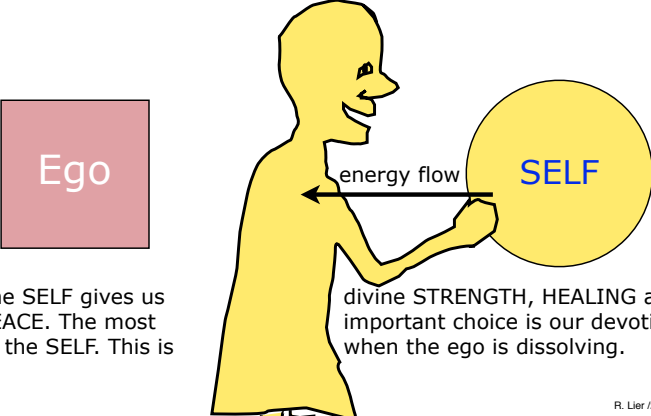
**Analyzing our shadow**, our dark side presents an idle, endless, unproductive work. The shadow is nothing but the thought of separation, the nature of the ego, with all its crazy appearances like envy, greed, lust, rage, arrogance, revengefulness and dullness. The dream that we are in doesn't show real, everlasting beauty and innocence. It's nature is guilt, the (supposedly) attack on GOD. By analyzing darkness we will not get to the LIGHT. It is impossible to understand or heal the homicidal logic of the ego

**The only decision: ego or SELF?**

Whatever I choose in my mind I give power to. Where I move in my mind I am and that is where I live and suffer: SELF or ego.



Notice the flow of energy. We give energy to the ego; it doesn't have any strength nor power on its own, at all. By giving the ego energy (meaning) it starts becoming a virus in our mind and starts a hostile takeover often camouflaged as a "friendly takeover" as if we would have advantages and gain something by making the deal with the ego.



The SELF gives us PEACE. The most to the SELF. This is divine STRENGTH, HEALING and important choice is our devotion when the ego is dissolving.

R. Lier /2013



which after all wants our death only. We should also omit fighting the ego since we would inevitably fight the ego with the ego. Even the church surrendered tragically with this attempt. Forgiving ourselves and others can be the only sensible response to the ego's offer. Forgiving means giving up any form of attack (ACIM /Lesson 23: I can escape from the world I see by giving up attack thoughts). We look at the dream phenomena of the ego and begin to realize that they are totally meaningless (ACIM /Lesson 10: My thoughts do not mean anything). Once we created egomaniac images of lust and fear and gave meaning to them (ACIM /Lesson 15: My thoughts are images that I have made). Now we withdraw meaning and thus dissolve the images in our mind.

### **Matter: The magic of illusion**

Even science will not find to the mind through analyzing. Whatever science will put under the microscope will remain illusion. Science itself with its instruments and its way of thinking is part of this illusion. Insofar with "scientific" statements illusions are only confirming illusions. The American

magician Criss Angel (Christopher Nicholas Sarantakos, born 1967 in USA, see Youtube) uses these illusions in an impressive way. I consider Criss Angel to be a real magician and not a trick-performer. People are shocked and at the same time amazed when they see how he divides a person into two parts while they are completely conscious and then he lets the person's upper-body jump across a meadow with the help of his arms (this shocks spectators very much), or when he swaps a woman's and man's lower-body. Criss Angel is familiar with the principles of the world of illusion and knows very well how to deal with them: he can fly in the air, reach through a person with his hand and let four elephants disappear. This is a guy even the CIA wouldn't want to touch. Clearly it is all sold to be a show, somewhere the double bottom needs to show. I claim there is none: since the world that we know is an illusion itself. Only most people don't want to accept this perspective. They are afraid of this truth.

The real transformation towards healing can only happen in our mind and the ego tries to block this change. Even *Sigmund Freud* recognized this relation when a client "speeded through" therapy just for the sake of being released from the confrontation with the therapist with the result "healed". The ego within us is smart. It looks for the rules of the game and then uses them for its own purpose. Everything ought to stay the same, since the ego doesn't want to lose us as its energy-provider for its illusory existence.

Our only problem is in the mind and our destructive, sick behavior shows this one mental problem. The level for the cause is in the mind and not in the body or in the world. Body and world are **just effects** and changing them without a change in the mind is unproductive and useless. When turning ourselves over to the HOLY SPIRIT knowing that there is one part within us that doesn't want that at all, this honesty has created a good base for HEALING. We do need the help of the World of the Spirit, without question and the more conscious we become about that, the more we will rely on GOD'S FORCE instead of on our good intentions.

### **Creating a resonating field for the MIND**

In so far it is a good thing to create a resonating field for the World of the Spirit within our mind. Without such a field we cannot hear the TEACHER. He is always present but without this resonating field we cannot see or hear him with our mental senses. Consider this exciting story:

A science team showed a film about New York City to an indigenous tribe in Africa. Afterwards they asked the spectators what the movie was about, what they had just seen. They responded: "Five hanging chickens". The scientists ran the film again slowly and to their surprise they realized that there was a scene where five chickens were hanging at a market place in the streets of New York. In the indigenous people's mind there was a resonating field only for the chickens. There was no resonating field for the city itself; they would simply not see it. This is also what supposedly the native Americans experienced when Columbus came with his ships: they could not perceive the ship in front of them.

ACIM gives us deeper insight in chapter 27.V.1:1-12 in the textbook: The only way to heal is to be healed. The miracle extends without your help, but you are needed that it can begin. Accept the miracle of healing, and it will go forth because of what it is. It is its nature to extend itself the instant it is born. And it is born the instant it is offered and received. No one can ask another to be healed. But he can let himself be healed, and thus offer the other what he has received. Who can bestow upon another what he does not have? And who can share what he denies himself? The Holy Spirit speaks to you. He does not speak to someone else. Yet by your listening His Voice extends, because you have accepted what He says.

In the end the miracle is but one: HEALING of my mind, my awakening in GOD. This is why all big and little miracles happen. In reality they are really all ONE. The miracle is an experience of BEING. It does not mean to have something. We can only *be* the HIGHEST, since we already are the HIGHEST now, we just don't believe it, yet.



## Chapter 4

### **The power of thoughts – the power of the mind!**

One of the most important issues in the Mind Training is definitely the power of thoughts. Additionally to one thought there is always the resonating field of emotion, which then gives enforced feed back to the thought. However, at the beginning of our experience on earth there is always the thought. Actually prior to the thought there is the willpower that chooses the thought.



We talked about **the original thought** of our world of illusion: the idea of separation. It is the mental big bang with which we (seemingly) catapulted ourselves out of heaven. Yet, we are only experiencing a joy- and painful dream of separating from GOD. This dream is actually only made out of the process of thoughts, combined with emotions. We can only experience emotion because we believe in its underlying thought. Generally we are not consciously aware of this context.

Since thinking is all illusionary, there is no thinking in HEAVEN; there, thinking has no meaning. Thinking, which is so highly regarded in our

intellectual world, is actually an illusionary process, just like perceiving our sensory organs is based on duality. Observer and the observed, subject and object. In reality this splitting off does not really exist. It is just a delusion ruling our dreaming mind. In HEAVEN there is only BEING in GOD, which we cannot comprehend nor understand from our present perspective.

**For the path of healing**, there are three essential insights in the workbook part of the Mind Training in ACIM:1. I see no neutral things. (lesson 16) 2. I am not alone in experiencing the effects of my thoughts. (lesson 19)3. I can escape from the world I see by giving up attack thoughts. (lesson 23)

**Ad 1:** Thoughts can only have two qualities: they are either an expression of the REALITY of the MIND or of the delusion of separation. Within the illusionary world that we are dreaming of, we are mostly in the ego-mode. This means that we are feeding thoughts (images) of things in our mind which are actually not existent. There are no refrigerators, no houses, no cars, no oil paintings in HEAVEN. These are things that we created, things that we are only dreaming of. Therefore, they are untrue within themselves and are serving the ego-thought system, meaning the belief in life outside of HEAVEN. Neutral thoughts would neither be true nor untrue. They would be an absurdity that does not exist. ACIM wants to make us aware that we are constantly shifting between the thought system of the ego and the HOLY SPIRIT. We can't be at a third, neutral point. We are either serving TRUTH or the lie; LIFE or the illusion of life. LIFE in the MIND is associated with the term creation and the pseudo-life of the ego is associated with the term making.

**Ad 2:** Thoughts are chosen and reinforced. They are going through my dreaming mind and I choose a thought and give meaning to it. Now the thought is effective no matter if it is a thought of TRUTH or a lie; it is effective in my mind but not only there. When I choose a thought and experience it and consider it "real" for me (even when it is a lie), then it has an effect on all people. Since I am actually ONE in the mind with all people, and thus all people experience the effect of my thought and I experience the effect of their thoughts. In short: we are mentally always on the same boat, even though there seems to be many different boats with many different captains sailing on the physical ocean.

**Ad 3:** The world that I see impresses me in a magical way. I can see it because I want to see it because perception is created through projection. Our (collective) mind has projected the world that we believe to see. Accordingly, there is meaning added to the world. Since the way I see and interpret the world (and me as a psychic-physical being) mirrors my inner state of mind. We find the following significant sequence in the manual for teachers:

It is the mind that interprets the eyes' messages and gives them "meaning". And this meaning does not exist in the world outside at all. What is seen as "reality" is simply what the mind prefers. Its hierarchy of values is projected outward, and it sends the body's eyes to find it. The body's eyes will never see except through differences. Yet it is not the messages they bring on which perception rests. Only the mind evaluates their messages, and so only the mind is responsible for seeing. It alone decides whether what is seen is real or illusionary, desirable or undesirable, pleasurable or painful.

(M-8.3:4-11)

### **The mind, our observer and decision maker is always the operator.**

The mind decides what and how it wants to see things. It has the power to consider an illusion, namely the physical world as reality. And thus, it is real for the mind. This is called a *dream*, in which it all seems real to me and I am reacting normally with joy and fear just as if it was the physical world, which I also believe to be real. There is also the state of lucid dreaming when I realize that I am dreaming while dreaming. Then I won't take the dream that seriously anymore and fear disappears since there is no guilt. I only dreamt that I have hurt or killed someone. It would be odd to go to the police in the morning and report myself or to flee from the police. I would be asked who exactly it was that I hurt or killed and where the person can be found. I wouldn't have anyone to show.

### **Examples of lucid dreaming.**

Some nights I have lucid dreams. Let me tell about a quite impressive dream I had: I see several people who are playing with a fox. It's teeth look dangerous. Suddenly the fox is behind me and puts my left shoulder into his mouth. I can feel his teeth on my body but he doesn't bite. This is when I realize that I am only dreaming. Actually I am lying in my bed and it all just happens in my mind: I see and feel only images which never the less feel very real. Now I am going back and forth between observer and decision maker mode, I oscillate between the dream and reality and observe closely

what is happening. I can hear the fox breathing strongly and I feel fear coming up. One part of my body is in his mouth and it feels very real; there is no getting away. I assume that he will bite if I defend myself and try to escape. Then I withdraw from that perception and realize that it is only a dream. At the same time the question is, how far I want to take the dream seriously. I stay calm and let the fox be a fox, with his teeth on my body. I feel the readiness to confront myself with the fox rising inside of me. Since nothing can really happen to me I go through my fear by spiritually gliding through the fox and leaving him behind me. Then I wake up.

**Lucid dreaming** shows allegorically our situation in this world when we are starting to realize that there is the World of Spirit, our actual home, beyond the world that we perceive. In the physical world we are only guests and wanderers for the purpose of realizing why we have banned ourselves mentally into the tough lovelessness of the world. In the material world everything can be taken from us; but these are only nightmares and we are supposed to wake up from them. In the end it does not matter if we own a lot or not. What matters is the attitude of our mind and how we are experiencing our possessions and how much meaning we give to it. If we possess or if we are possessed.

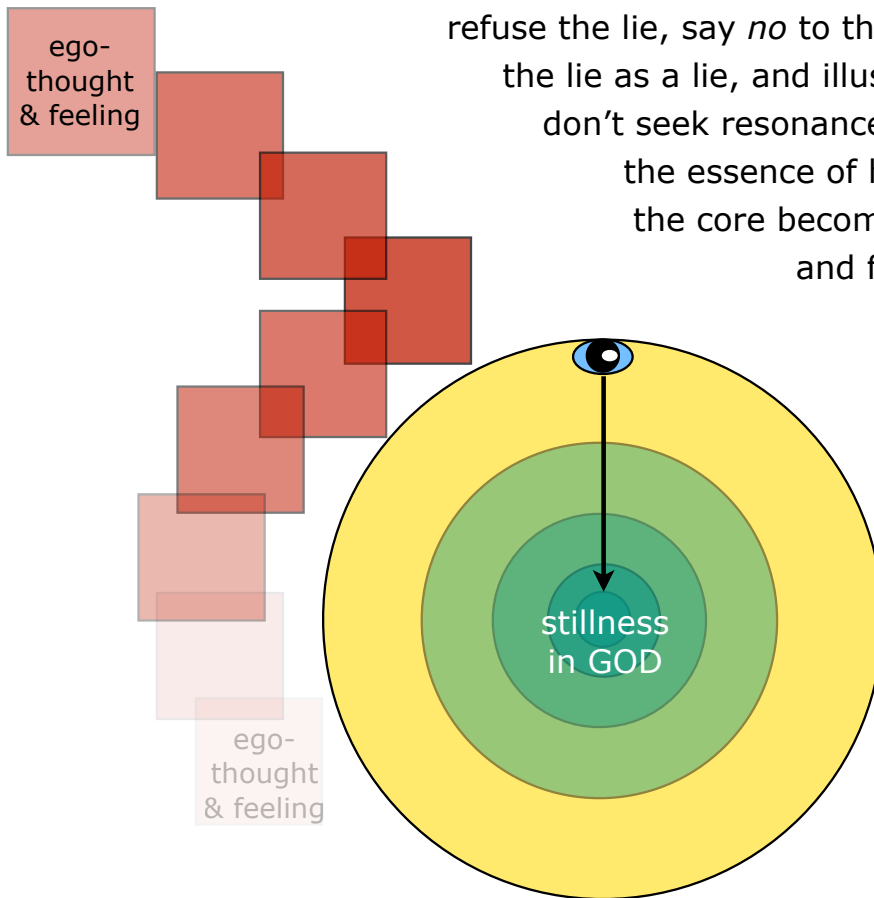
Our nightly dreams are mirroring our original conflict of guilt because we fear prosecution, penalty, or death. Thus, we are permanently fighting the world and its dream-figures and in this way are bonding even more with the dream. We are demanding profit from the world and the dream-figures and blame it on them when we are miserable. The important question comes up: how can I be free of the world, if it only exists in my (dreaming) mind? ACIM gives a clear statement: Your eyes don't see, your ears don't hear. Let's have a look at the following passage from chapter 28 in the textbook:

You have conceived a little gap between illusions and the truth to be the place where all your safety lies, and where your Self is safely hidden by what you have made. Here is a world established that is sick, and this the world the body's eyes perceive. Here are the sounds it hears; the voices that its ears were made to hear. **Yet sights and sounds the body can perceive are meaningless. It cannot see nor hear.** It does not know what seeing is; what listening is *for*. It is a little able to perceive as it can judge or understand or know. Its eyes are blind; its ears are deaf. It can not think, and so it cannot have effects. (T-28 V.4:1-9/ bold by R. Lier)



We believe in the separation from God and are consequently denying our true BEING, our SELF. The "little gap" is the separation or dissociation that we have chosen in order to be able to pretend that we have achieved an autonomic life beyond of GOD. The one serving the ego has to deny one's SELF. And this is when we are creating our *world*, which is a world of bodies, so that in our mind we can see the idea of separation confirmed. Our eyes see what our mind wants to see. Our ears hear what our mind (namely we!) wants to hear. We have chosen a world of autonomy and particularity at a high price: all of us experience fear and suffering. We are perceiving a world that is meaningless from GOD'S POINT OF VIEW, a world that does not exist, but we want to see, hear, smell, taste and feel this dream-world. The only reason for the existence of a body is to confirm the separation from GOD and to declare "victory over him". ACIM considers sensory perception as part of the dream and the awareness of the MIND as part of the TRUTH in GOD. We can fulfill the change from perception to insight by calling for the help of the HOLY SPIRIT. We can escape the world and the ones that seem to be "the others" when we don't react to them and don't attack them anymore. The world is a symbol for attacking GOD, it is made out of our thoughts that

**The solution:** Choose your inner BALANCE and refuse the lie, say *no* to the ego. To recognize the lie as a lie, and illusion as illusion, and don't seek resonance with it anymore is the essence of healing. This is how the core becomes attractive for us and finally livable. Inner peace streams: delightfulness!



When I choose the SELF, STILLNESS in GOD, the ego-thought with its emotional structure can't strike me anymore. It dissolves. So I have been feeding illusions in my mind.

But: what doesn't get fed, dissolves.

The **observer/decision maker** chooses SILENCE in GOD and thus experiences its real BEING.

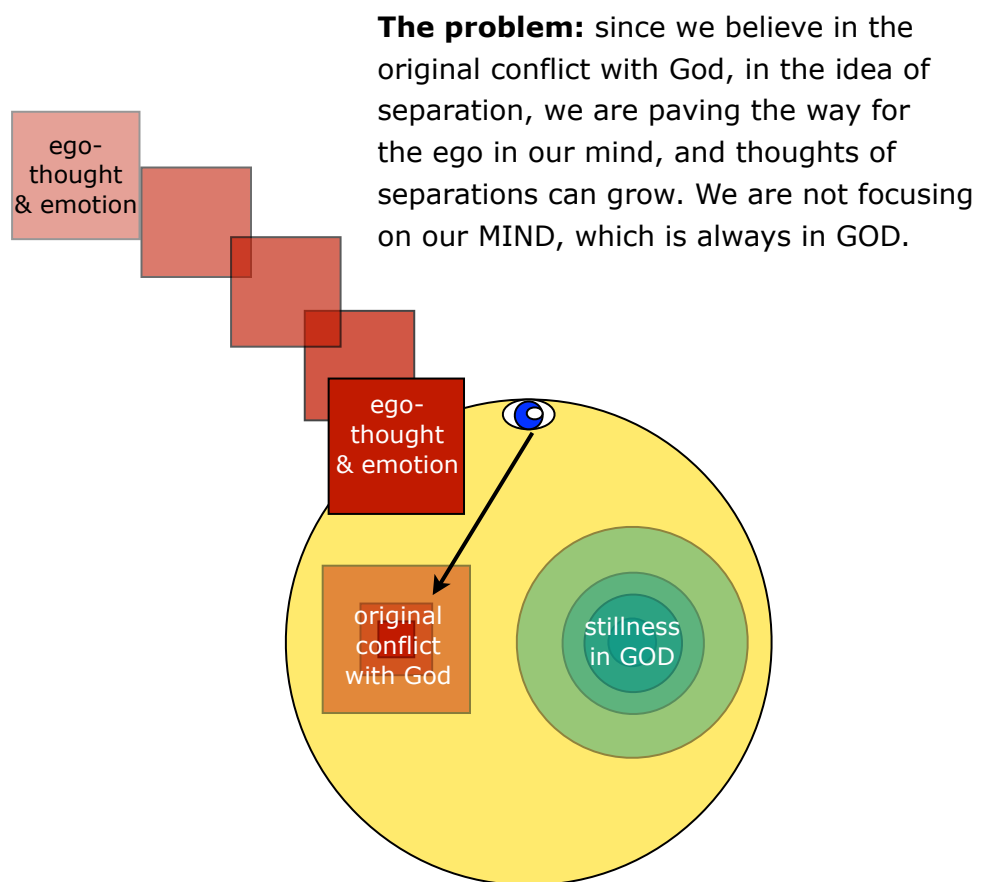
Stillness talks to him (thus to us!) and gives SALVATION.

The original conflict is healed or rather erased.

The following graph shows this process in more detail.

attack and if we choose this world and believe in it we pay with blood and tears. The fox in my dream dissolved when I walked through him in peace. I didn't fight him but got very close to him and in my mind I was anchored in the metaposition of observer and decision maker. Fear was my biggest enemy since it usually leads to paralysis and panic which increases fear. The fox, like Rumpelstiltskin, that is torturing us can be unmasked: the delusion of separation.

This is the big confusion and slander in the mind of the SON of GOD. We have neglected the LOVE of the FATHER (within us). Now we should be silent and at least not say *No*. We may not be ready for saying Yes to LOVE yet, but silence would be a healthy start.



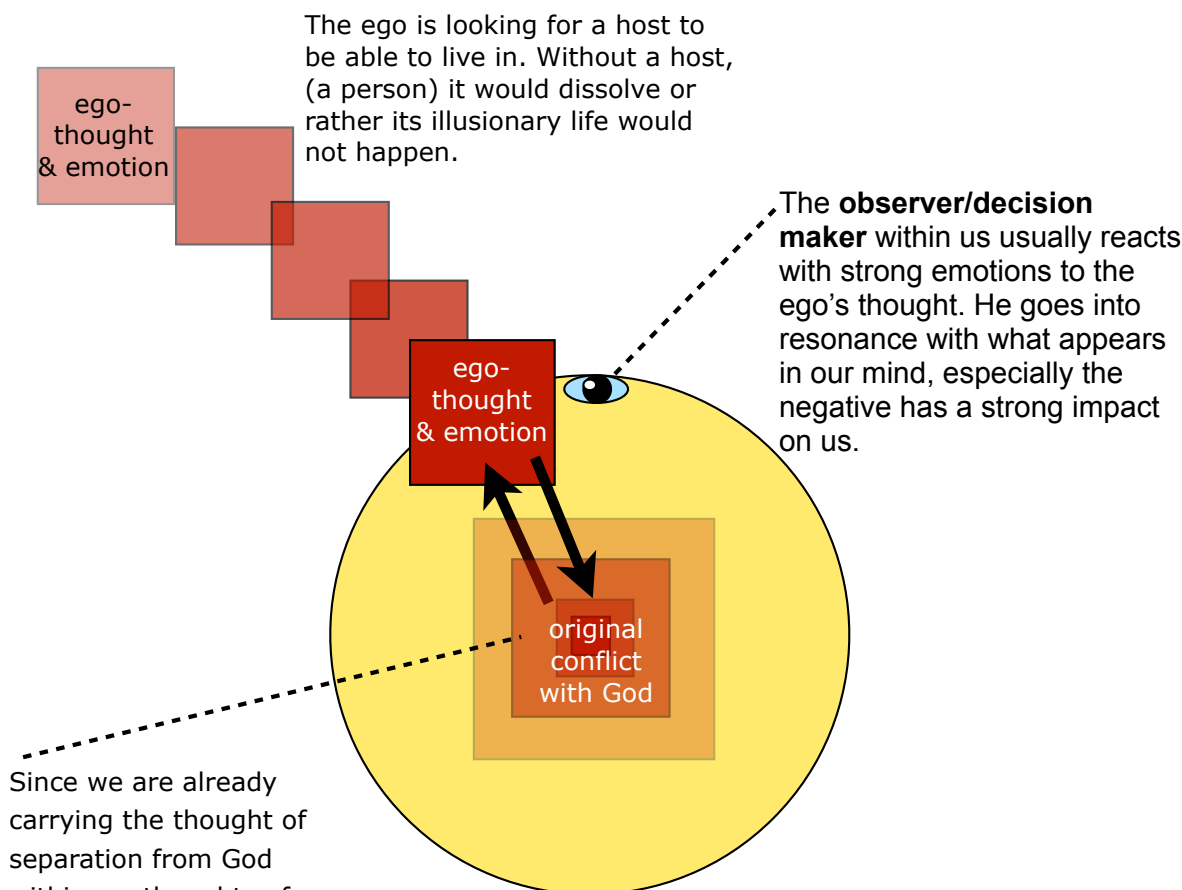
This is how we feed the ego the energy that it needs to survive. We react to its suggestions of thoughts and emotions and enforce the context of insanity (grief, guilt, hatred, egomaniac megalomania) through our thinking and our feelings.

We believe in what the ego has to offer: there is life outside of HEAVEN, we are able to live without GOD and we can create a world that is better than HEAVEN.

Our sensory organs are only confirming the ego's gigantic fraud: separation was successful! We made it – many people, many things, a world full of relish where all our desires are fulfilled.

**The solution is thus to be found in giving up all thoughts of attack.**

Once I stop attacking the world or my brother he loses his power in *my* mind. I am transcending the world within me and find peace. Since in the mind I am my brother, we are ONE in GOD. To stay with the example of my lucid dream: I forgive myself for the aggressive (desperate fox) within me.



the ego-drama that we are bathing in, just the regular every day insanity of the world.

The ego goes into resonance with the human's original conflict with love, with "No to God".

The ego is fed by this original conflict by us, when we believe in the thought of separation. We are feeding the ego with this original conflict by believing in the **thought of separation** having it moving within us and enforcing it.

This is how the ego, which doesn't have life by itself can live through our energy of attention and through our belief. We are feeding the ego and in the end we believe that we actually are this ego-drama, **a person with a body**. Without our belief in it, there is no ego, no thought of separation.

We as observer/decision maker are choosing whether we are taking the ego, or rather the thought of separation, seriously, or if we just laugh about it.

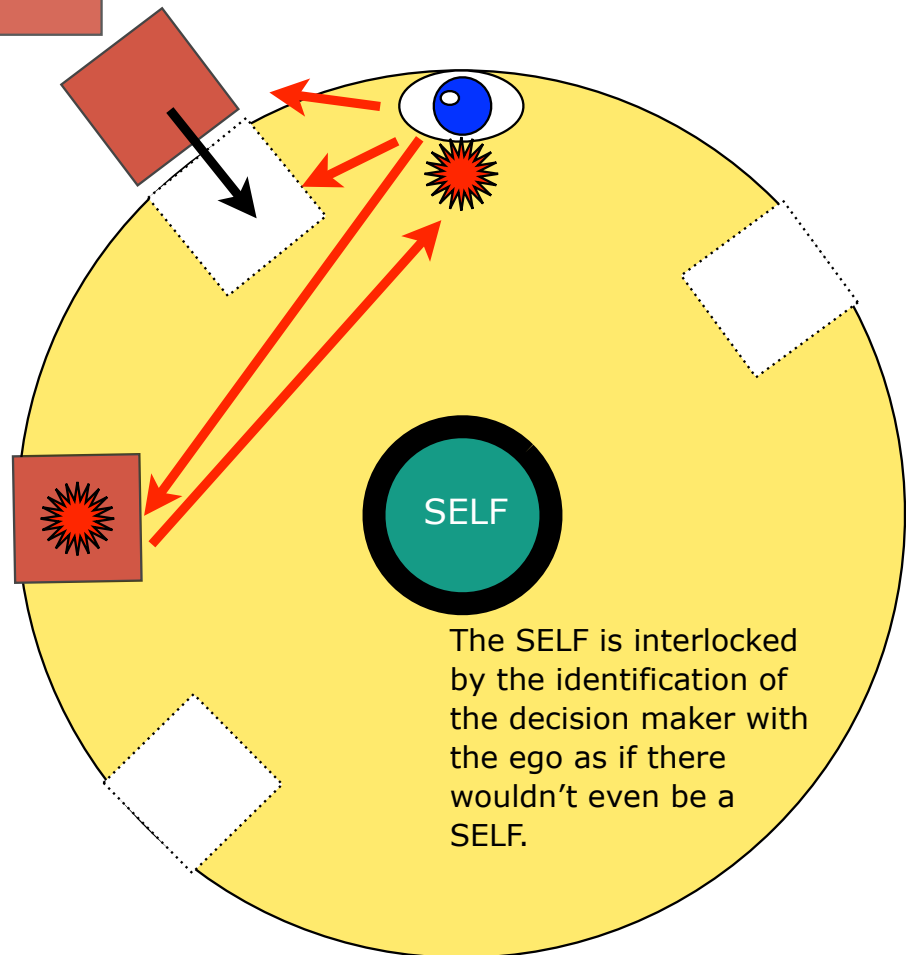


ego-  
thought  
& emotion

The ego docks onto us, if we provide the right outlet, since the energy for the ego's life is always provided **by us!**

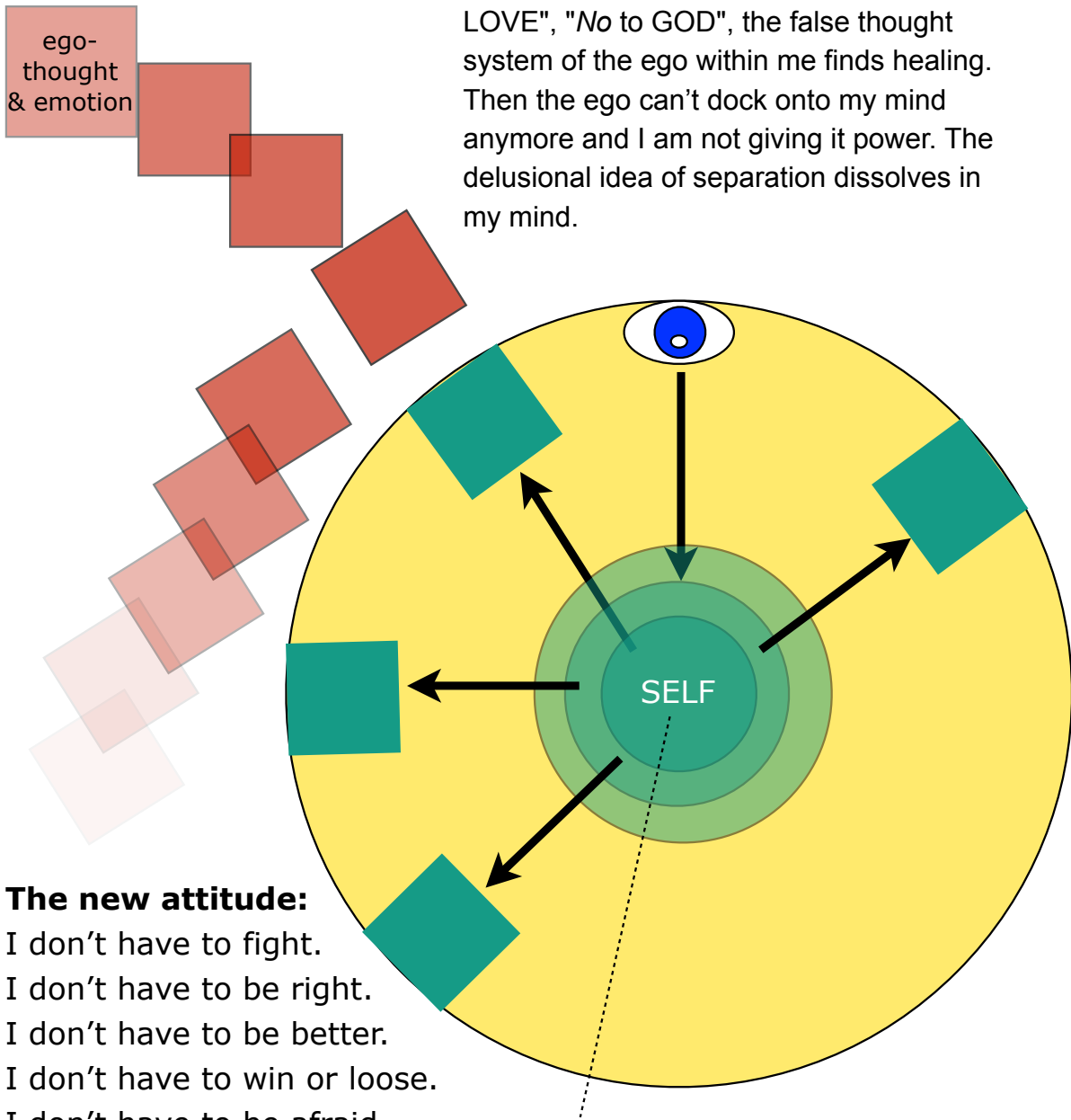
**Docked:** We are giving the ego the energy it needs for living. The ego itself doesn't have a life of it's own, it only lives from our attention and devotion.

By believing in the view of the ego we are experiencing ourselves as a person with a history. We feel betrayed and suffer from God and the world.



The energy source lays within the power of decision within me. I give conscious power: either to the ego or to the SELF.

Through the process of **forgiving**, mostly through forgiving myself for the "No to LOVE", "No to GOD", the false thought system of the ego within me finds healing. Then the ego can't dock onto my mind anymore and I am not giving it power. The delusional idea of separation dissolves in my mind.



**The new attitude:**  
I don't have to fight.  
I don't have to be right.  
I don't have to be better.  
I don't have to win or loose.  
I don't have to be afraid.  
I give all the insane sick  
ego-thoughts on to the  
HOLY SPIRIT.

Then I am innocent and free,  
forever in GOD'S MIND.

**HEALING** always comes from the SELF. Thus dedication to the SELF is essential. This means being dedicated to GOD and the MIND. I trust and believe: GOD'S gift to me is HEALING my mind. I choose this.

## Chapter 5

# Steps of Awakening

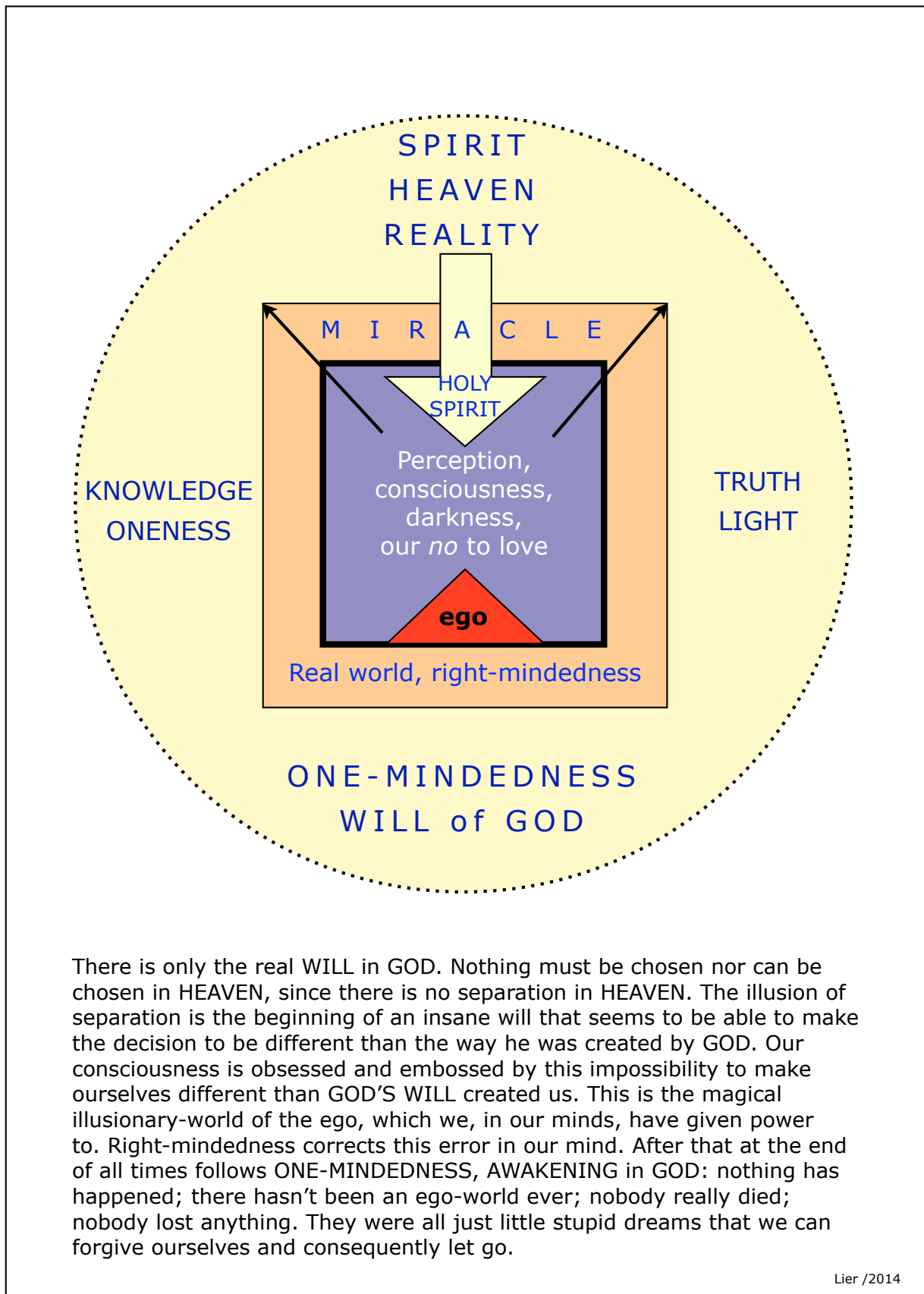
To realize the limits of our consciousness is the base for transcending of these very limits. Beyond the dark ego-matrix of our (dualistic) perception of the world lies the real world as a trespass to the totality of the PURE MIND. The real world is still an illusion, but a lovely one to help us adapt to the overwhelming purity of the DIVINE MIND. The steps of awakening can perhaps be described as follows:

1. I don't know that I don't know about the REALITY in GOD. I believe in illusions and I do not realize that I am doing that.
2. I know that I don't know anything about the REALITY of GOD. My senses of perception are tying me to the world of forms (of separation) and I have lost access to the TRUTH of the MIND.
3. I want to overcome (transcend) the limits of my (senses) perception and I want to open my consciousness for the message of the HOLY SPIRIT. I walk on the path of forgiving and I give up identifying with victim-self and perpetrator-self.
4. I get in touch with the real world and thus I experience the reflection of REALITY, of KNOWLEDGE in my mind. I am not able to achieve PURE KNOWLEDGE yet, but I entrust myself to the guidance of the HOLY SPIRIT.
5. GOD takes me back from the (beautiful) illusion of the *real world* into the total awakening and into HEAVEN, where I have actually always been. The end of the dream.

The following text quoted from the teacher's manual is explaining the context: In this world the only remaining freedom is the freedom of choice; always between two choices or two voices. Will is not involved in perception at any level, and has nothing to do with choice. *Consciousness* is the receptive mechanism, receiving messages from above or below; from the HOLY SPIRIT or the ego. Consciousness has levels and awareness can shift quite dramatically, but it cannot transcend the perceptual realm. At its highest it becomes aware of the real world, and can be trained to do so increasingly. Yet the very fact that it has levels and can be trained demonstrates that it cannot reach knowledge.

(Manual for Teachers, clarification of terms: 1,7:1-6)

In the following we want to take a closer look at this important context and clarify it with a drawing.



There is only the real WILL in GOD. Nothing must be chosen nor can be chosen in HEAVEN, since there is no separation in HEAVEN. The illusion of separation is the beginning of an insane will that seems to be able to make the decision to be different than the way he was created by GOD. Our consciousness is obsessed and embossed by this impossibility to make ourselves different than GOD'S WILL created us. This is the magical illusionary-world of the ego, which we, in our minds, have given power to. Right-mindedness corrects this error in our mind. After that at the end of all times follows ONE-MINDEDNESS, AWAKENING in GOD: nothing has happened; there hasn't been an ego-world ever; nobody really died; nobody lost anything. They were all just little stupid dreams that we can forgive ourselves and consequently let go.

Lier /2014

## **The WILL**

It may sound weird that the will is on no level part of **perception** and has nothing to do with **choice**. The real will is a quality of GOD and exists only in the MIND and in TRUTH. Since illusions are without substance from the view of the MIND, GOD'S WILL can't even deal with them, since they actually don't exist. GOD'S WILL is **united** within and knows only the REALITY of LOVE. When we are concerned with illusions, which we apparently are, our true WILLPOWER, which is a gift from the FATHER to the SON, can't be active, because we are dreaming ourselves to be creators with no will who have stolen God's will and misused it. Now we fear this same WILLPOWER and see ourselves as victims and perpetrators at the same time. We don't see ourselves as the ONE, innocent SON of GOD, who we actually eternally are. For this reason it is essential to understand that the high-praised freedom of will exists in one point only: we can either choose the ego's lie or GOD'S TRUTH. The will that we dream of is only delusional and has painful consequences. The divine meaning of WILL always refers to "expansion" of LOVE, since only IT is real. Nothingness cannot be expanded, since illusion cannot be made real.

**The consciousness** is a kind of receiver for information and it receives only two different messages: illusion or TRUTH. It can be stuck in the painful and joyful realms of the ego or move to the clear and joyful sphere of the HOLY SPIRIT and receive healing messages. Thus consciousness spreads even into the *real* world, which represents an illusionary transition level towards the actual awakening in the totality of the MIND. A sudden, absolute awakening without transition would only trigger our resistance and fear. This is where the miracle comes in as a teaching device. It serves healing and thus awakening, and is adjusted to the individual needs of the student.

Now it may be clear why there is no consciousness in HEAVEN. There we are the ONE SON of GOD and are experiencing absolute ONENESS with the FATHER and see ourselves within HIM. In REALITY we are MIND and don't know subject nor object. We don't receive any messages because we are the FATHER'S message: LOVE. The concept of separation is an impossibility and only a puzzled mind can experience it as real. The healed mind doesn't know anything about separation and thus nothing about guilt, fear and suffering. IT is free in GOD. This is the highest KNOWLEDGE: Our present consciousness doesn't have access to it. However, it seems to me, that we can

experience ITS reflections in the realms of the real world. We will then experience an awareness of uttermost happiness and we may feel that GOD'S CREATION is very good and that we are now in GOD.

## Chapter 6

### About learning

Learning has a very deep meaning in the Mind Training ACIM. The earthly way of learning, that we are familiar with, has degenerated to accumulation of knowledge and know-how: figures, information and facts. This is also how the student of the Course can eventually remember the context intellectually. But this isn't real learning, since it is not through accumulating facts that we are experiencing peace. In the best case we will experience an egomaniacal satisfaction when we see ourselves as Course-experts and can virtuously show off with spiritual facts in front of others.

**Learning implies the process of healing.** Healing means the end of separation in our dreaming mind. The goal is to recreate the communication with GOD, the pure MIND. When applying the lessons from the Course consistently, we are experiencing it as guidance through the HOLY SPIRIT or through Jesus, who is to be seen as a symbol of the DIVINE MIND. The presence of the HOLY SPIRIT is a wonderful experience for the student. The PEACE of GOD starts spreading his mind and from this perspective the illusionary world loses power over the mind. Then we are rising with Jesus above the world's battlefield and we don't need to suffer anymore. Fear starts crumbling away because in reality we have always been in GOD and are only dreaming of a world.

The path towards these deep experiences leads through the 365 lessons of the course book. They built the reliable basis for the Mind Training and should be practiced with disciplined and conscientious serenity. What does this mean? The student realizes quickly when exercises are not done absolutely right. We may be likely to forget the exercise at the full hour (or even all 15 minutes when we are supposed to repeat the guiding idea of the day), or we may even forget that there is an exercise for us at all, as the day goes by. At night we realize with frustration how easily the Mind Training got lost. Then there is only one thing for us to do: we forgive ourselves for that and for our resistance against the exercise book. This resistance within us is the ego and we are still identifying ourselves deeply with this ego, this idea of separation. This produces a more or less conscious fear and causes symptoms like fatigue and frustration while reading the book. All of this should be just observed without judging and then we should go into the

position of the decision maker in our mind again and again: I forgive myself for these resistances and I continue with the course, because I want to find the TRUTH that makes me free.

Then it is okay to keep repeating the “unsuccessful” lesson for a couple of days, but it should not go over several weeks. We cannot apply the course perfectly; if we could we wouldn’t need it in the first place. After a few repetitions we move on to the next exercise and give our best. Even when one stopped, let’s say with lesson 89, and wants to continue 1 or 2 years later, he should still continue with lesson 90 and not with lesson 1. When I start over with lesson 1, I may run into danger by getting stuck again at some point and consequently start over again. The 89 lessons that I did, do “count”, as a mental process and haven’t been wasted. We may apply lesson after lesson for the cause of our healing, even if we experience strong resistance till we are done with all 365 lessons. Then we may start over again and choose individual lessons, but this is optional. The text, the teacher’s manual and the supplements to a Course in Miracles which were published a year after the course, present plenty of learning material and ways for deepening knowledge.

The **workbook** takes us through a reversal of our sick, egomaniac thinking into the healing of the mind. The dimension that we are able to experience consciously in our mind is *thinking* together with its field of resonating *emotions*. Every thought produces an emotion. The quality of a thought can only be expressed in two ways: it is true, it corresponds with the essence of GOD’S MIND, or it is untrue and part of the egomaniac split personality. The first serves LOVE and gives us PEACE and we can share it with all people (there wouldn’t be any reason to keep it to ourselves). The latter serves illusion and gets us into guilt, fear, grief, depression, desperation, hatred and we would like to keep it to ourselves. Or we would even like to spy on other peoples thoughts to find advantage for us, which should be referred to as warfare.

Most of all, the workbook wants to make us aware of the fact that **we are choosing thoughts and consequently also emotions**. The question is not what we are supposed to believe but what is it that *we want* to believe. This is our only remaining freedom. It is always about this one decision: do I want to believe in LOVE and in forgiveness and peace, which are mirroring LOVE in



the world of illusion, or do I want to accept the belief that guilt, fear and hatred are inevitable? Learning means to consciously experience and apply the power of decision in the mind in the classroom of the world. The Mind Training has to retrieve us where we believe we are: in a world of bodies and things, of space and time. Thus we have to decide to turn all our level of experiences over to the HOLY SPIRIT or to be in charge ourselves and decide with our egomaniac estimations. This decision is mandatory and we are renewing it in any moment whenever we are choosing particular thoughts.

ACIM is a complex, intellectual differentiated work. The core of the Mind Training is based on three elements: **extended Christianity, Freud's Psychology and Advaita/Vedanta** (the Indian teaching of non-duality). Since we are cognitive beings, we want and need mental food in order to intellectually understand the original conflict in our mind and be able to accept the necessity of healing and help. We are supposed to go **beyond** thinking. However, thinking has to be used as a stepping stone first. This may seem paradoxical and it actually is. The Course uses dualistic terms in our familiar thought system and brings us closer to GOD'S non-duality until, when in silence, we are accomplishing an experience of spiritual opening and healing. There we are experiencing that all is different than we thought it to be: it is more liberating and more beautiful, than we could possibly imagine.

The basis for learning has to be sincere *willingness* which is expressed through trust in the TEACHER, the HOLY SPIRIT. Consistency and perseverance are always the keys to successful studying. It seems to me that our effort makes about 10% and the courtesy of the HOLY SPIRIT makes about 90%. GOD wants my awakening and the question is up to me: Do I want it, too? Everybody is entitled to dream and suffer as long as he wants to. The power of decision is the key to change and healing. The Mind Training wants to mainly make us aware of this power in our mind, so that we use it wisely and turn down the ego more frequently. We may very well replace the old, unfortunate decision with forgiveness and forget about it. It is always the "NOW" that counts. Now I can learn, now I can make a new decision. ACIM calls the following statement a touch stone for learning:

If you are wholly free of fear of any kind, and if all those who meet or even think of you share in your perfect peace, then you can be sure that you have learned. God's lesson, and not your own. (T-14.XI.5:2)

## Chapter 7

# Money and Sex as a mirror of my mind

*Sex is an ego-program installed on our mind's hard drive to make us fixated on our body and make us mindless with the purpose to create new bodies for projecting guilt (war!). But sex can also be put into the service of salvation.*

Applied Mind Training returns from concrete phenomena of the world to our (dreaming) mind where illusion has its source. Let's talk about money, which is an issue for most people. In the following we will take a look at our thoughts, emotions and dogma regarding money, and use and expose the content for mirroring the actual conflict, which is hidden in the mind, with GOD and LIFE. That is the only way how we can take responsibility for the thoughts we have chosen and surrender them to the healing LIGHT of the HOLY SPIRIT.

It is not about engraving a new dogma about money into our mind since this would only make the belief in money real and thus swap one belief for another. We want to realize what is moving our innermost when dealing with money. Since money acts as a projecting screen telling us about what is going on in our mind, especially in the unconscious parts. Asking the following questions will definitely help us to get closer to our egomaniac belief-system. Understand that there are no "right" or "wrong" answers to these questions. What counts is only our honesty, which will give us deep insights and help us make new, healing decisions.

### **The questions:**

1. Do you have the feeling that you never ever have enough money?
2. Are you afraid that the money that you have labored hard for will be lost or taken from you?
3. Would you like to have more money and have the feeling that you'd then be more free and able to do more?
4. Do you feel secure, strong and confident when you have more money?
5. Are you saving money to be prepared for unforeseeable accidents of fate?
6. Do you spend your money fast and owe the bank or other people?
7. Do you see money as a symbol of status and success, as an indicator of your "market value"?
8. Do you pretend that you have a lot of money, when you don't?

9. Do you show off your poverty as your specific “trademark” when you are short on money?
10. How does it affect you when you see poor people around you? Do you feel fear, or compassion or contempt?
11. How does it affect you when you see rich people? Do you feel envy or contempt?
12. How do you feel when you share your money with others, or lend them or give it to them?
13. Do you envy others who have money? Do you get feelings of rage?
14. How did your parents handle the money issue with you?
15. When being in a relationship that demands a common house hold budget, do you experience conflicts regarding money? How do you judge your partner when it comes to dealing with money?

Since **the other big human issue is Sex**, we are asking the most important questions regarding this issue right away, to make aware the basic similarities of both issues.

1. Do you have the feeling that you never ever have enough sex?
2. Is orgasm very important for you or do you not necessarily need to orgasm in order to enjoy good sex?
3. Are you afraid that your partner can't give you enough sex and that you will leave him/her in the end because of that?
4. Would you like to have more sex and would that give you the feeling that you are happier?
5. Do you feel desirable and strong when you have a lot of sex?
6. When living in a relationship do you experience sex rather as an annoyance, because your partner wants too much sex from you?
7. Do you have sexual relationships easily, when you get a chance, because you are hungry for sex?
8. Do you see good sex as a symbol of status and success, as an indicator of your “market value”? Do you brag about your sexual experiences?
9. Do you pretend to have a lot of sex, when you don't?



10. When you don't have a lot of sex, or bad sex, do you complain about it in front of your friends and about your frustration and attack women/men?
11. How do you feel when you see people around you who can't have sex, because they don't have a partner or because they are physically handicapped? Do you feel fear or compassion or contempt?



12. How does it affect you when you see sexually attractive men or women? Do you feel longing, envy, contempt?

13. How do you feel when you are having sex with a person that you don't love?

14. Do you envy other people who have a lot of sexual experiences? Do you feel rage or do you condemn them as immoral?

15. How did your parents handle the sex-issue with you? Which messages did they give to you?

16. When you live in a relationship where a common sex-life is possible, you experience conflicts regarding

sex? How do you judge your partner in dealing with sex? Do you see any rejections or addiction patterns concerning the issue of sex?

Now ask yourself these questions about money and sex and answer them as honestly as possible from your normal human point of view. Then get in touch with the **thoughts, emotions and beliefs** that are beyond the way you see things. You can encounter feelings like deficiency, lack, limitation, fear, loss, being a victim, irresponsibility, feelings of guilt and shame, pride, feeling of triumph, superiority, generosity, power, control and so forth. **The most important insight is to realize that these are all feelings about yourself.** They have nothing to do with money or sex, with other people or the world. All these thoughts are the consequence and effect **of your strong and sincere belief in the separation from GOD, which you want to experience as real.** The thought of separation, however, is nothing but the desire to be separated from love and to be able to exist autonomous as an individual, special being.

It is inevitable that this leads to extreme tension towards the ones that you feel separated from. You have to defend your life against them, attack them, take from them what you need for your life. We are facing the original attack on love and the belief that we have destroyed this love (God) to create an individual, separated self. This original attack reflects in all interpersonal relationships. This is the true meaning of what esoteric circles like to refer to as the law of reflection.

This chain reaction following the attack of love makes us believe that we have destroyed our own value, our innocence. This again leads to the urge that we want to get rid of all these unbearable, painful feelings of deficiency and guilt and then project it onto the earth which we created. In this world, which seems to exist separate from us, we find many suitable targets to throw our inner tension on: people, sex, politics, possessions, money. Then it seems that the objects outside of us are the actual problem and our focus and attention is not directed to the cause of the pain: the thought of separation (from God) in our mind which devaluates ourselves and which betrayed our true SELF, the SONSHIP in GOD.

**At this point of projection** we are only fixated on the outside world being the cause of our pain. The ego-thought system is well embedded in our mind and defends any correction through the HOLY SPIRIT. HE, the voice of GOD within us, wants to free us from this painful drama, by calling: There is no separation other than in illusionary dreams. You have not attacked God ever, and the FATHER'S LOVE has never been taken from you. You created a substitute for LOVE, HEAVEN, and you are experiencing the thought that no tin Gods can make it up, they cause you only pain instead. Thus brother: choose again. Return to the MIND that you are. This is where you find your real value which can't be taken from you, ever. HEALING always goes together with an alteration of the mind. We recognize the worthlessness of all tin gods and projection screens of the world of dreams and let it all go.

## Chapter 8

### Sexual Healing – 13 steps

Since sex is an issue for most men and women, I'd like to have a closer look at this very human matter. The ego loves sex (besides money) to make us mindless. The glorification of the body leads to an emotionally strongly triggered egomaniac "particularity" in the sense of a "holy tin god-cow". We are promised to gain lust and a special power, if we only have command of



the secret laws of lust, and understand how to skillfully apply them in relationships. Usually we are not aware then that we are in reality captured by the ego.

Certainly there is also the way that sex is seen as a subject to the HOLY SPIRIT and used as one of many "classrooms". We fill sex with the love and consciousness that we have

presently available. However there is a fine line and mental awareness is asked. Do we want to take an honest look at things when it is about sexual impulses? Lust and pain are two sides of the same coin. The text in ACIM points out these connections clearly:

Your distorted perceptions produce a dense cover over miracle impulses, making it hard for them to reach your own awareness. The confusion of miracle impulses with physical impulses is a major perceptual distortion. **Physical impulses are misdirected miracle impulses.** All real pleasure comes from doing God`s Will. This is because not doing it is denial of Self. Denial of Self results in illusion, while correction of the error brings release from it. Do not deceive yourself into believing that you can relate in peace to God or to your brothers with anything external. (ACIM: T-1.VII.1/ accentuation by R. Lier)

The responsible "teacher-students", who are guided by the HOLY SPIRIT, will not use sexual innuendoes and "healing promises" when interacting with brothers and sisters. In this particular sensitive field of corporeality, where all pain of violent harassment and abuse and guilt and fear have been accumulated during all centuries, the murderous impulses of the ego are particularly cruel. What is it that we want? Do we want to serve HEALING or

further entanglement in the ego's world of illusion? The mental guilt conflict which is hidden in all physical activities cannot be healed on corporeality level by finally experiencing the best of all orgasms. It is always about healing impulses for the soul or rather the dreaming mind. Real LIFE is to be found in the MIND and not in the body which stays just "a dead piece of wood": a stage for the mind. HEALING always appears from the outside of the body-matrix, meaning from the illusionary world.

Even **Osho** (former Bhagwan Shree Rajneesh) came to this opinion when all excesses of his spiritual group of seekers in the sexual "Chocolate Supermarket" and the never ending craving for sexual fulfillment made them even only more crazy and the deep conflict (of guilt) even stronger. Then he asked for abstinence to stop the madness. Sex and addiction are actually closer connected than we want to realize. Only withdrawal leads to new mental clarity, when we don't leave any power to the ego-ecstasy in our mind. If we want to examine how we are treating other people, the question is, would Jesus (or an angel) have done it the same way. How does HE teach us and help us?

**HE gives us space and respects our decision** (also the decision to project suffering and pain).

He escorts us everywhere and any time: quietly, patiently, trusting in the LOVE within us, even if we don't choose IT yet.

HE teaches gently without scaring us.

HE does not make us feel guilty or shameful.

HE becomes active only, once we give HIM permission.

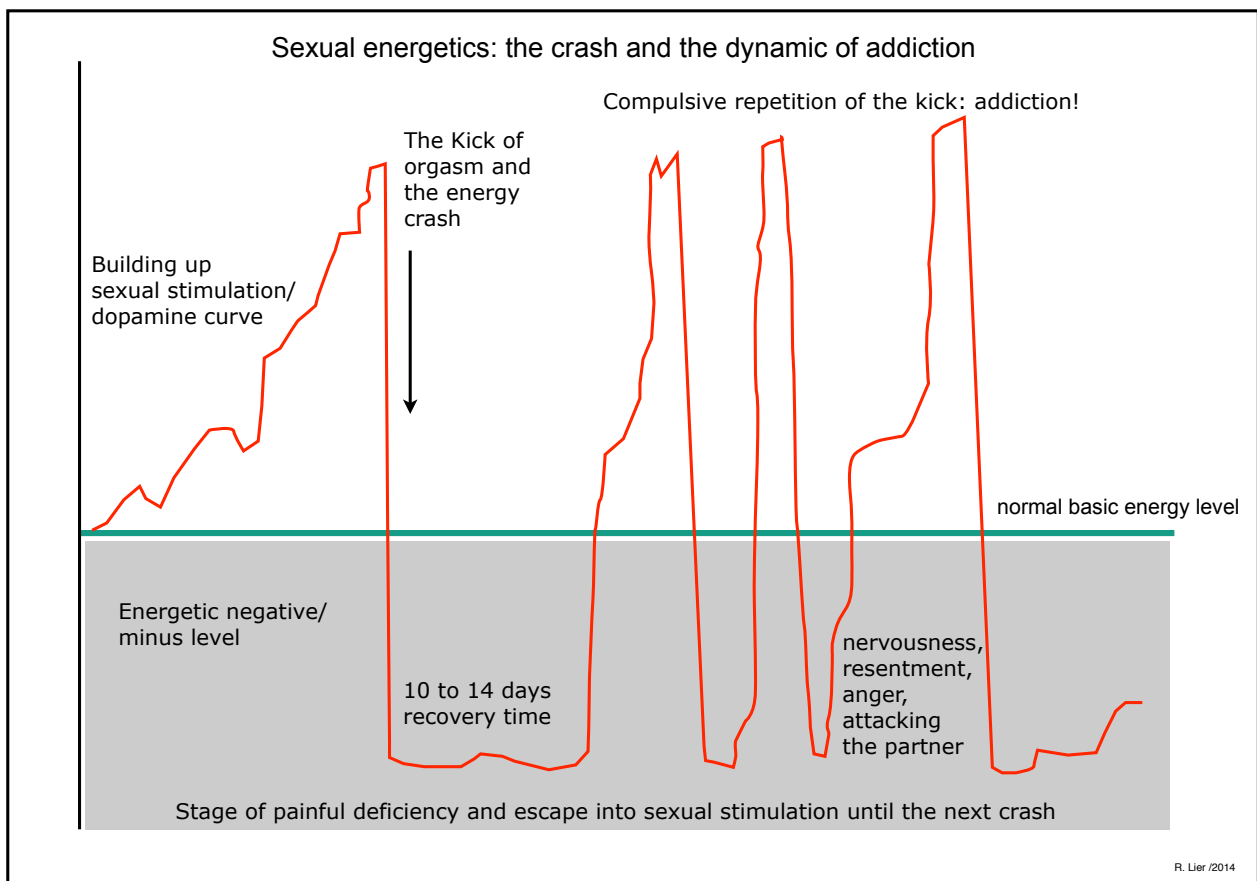
And HE loves us even now in our state of dreaming, because HE can simultaneously see the wonderful REALITY of being without guilt within us.

HE is our brother and a little ahead of us, but we are all sharing what HE carries within him: the ONENESS with the FATHER.

**Sexual soberness can** be learned. It is surely not about denying or fighting our body, since this would only make this form of illusion more real for us. However, when sexual addiction is boldly performed, it leads to murderous unconsciousness, which hurts ourselves and others. I came to the conclusion that the key is to give up orgasm completely and perform balanced chastity. This leads to soothing calmness with the end of sexual practice and mental healing.

## Why giving up orgasm?

Energetically speaking orgasm presents a major crash. Take a car battery and put a metal pipe onto its positive and minus poles: it fizzes and bangs and the battery is destroyed. This is exactly what man and woman are experiencing when they are cumulating their sexual energy to the point where the tension collapses: in French this is called the "little death". It takes man and woman 10 to 14 days to recharge, only then they are energetically back to the positive. In the highly recommendable book of Marina Robinson "Cupid`s Poisoned Arrow: from Habit to Harmony in Sexual Relationships", the problematic issue of orgasm is described in detail with scientific explanations. Dutch studies show that the brain scan of a person who just injected Heroin is identical to the scan of a man who just had an orgasm. The brain's reward and pleasure center (the hormone Dopamine) is thoroughly examined and reflects the dynamic of addiction of both patterns.



The energetic low lasts about 10 to 14 days until we slowly regenerate and stabilize. In the phase of regeneration we experience symptoms like irritability and craving for the kick of the drug. Sex and particularly orgasms, act like an addictive drug if we are not anchored in the MIND. One could say: the one who is awakened from the dream can do anything he wants, it will



not harm him. But why should he choose illusions when they don't mean anything to him anymore? He is already resting in fulfillment, without any egomaniacal side effects.

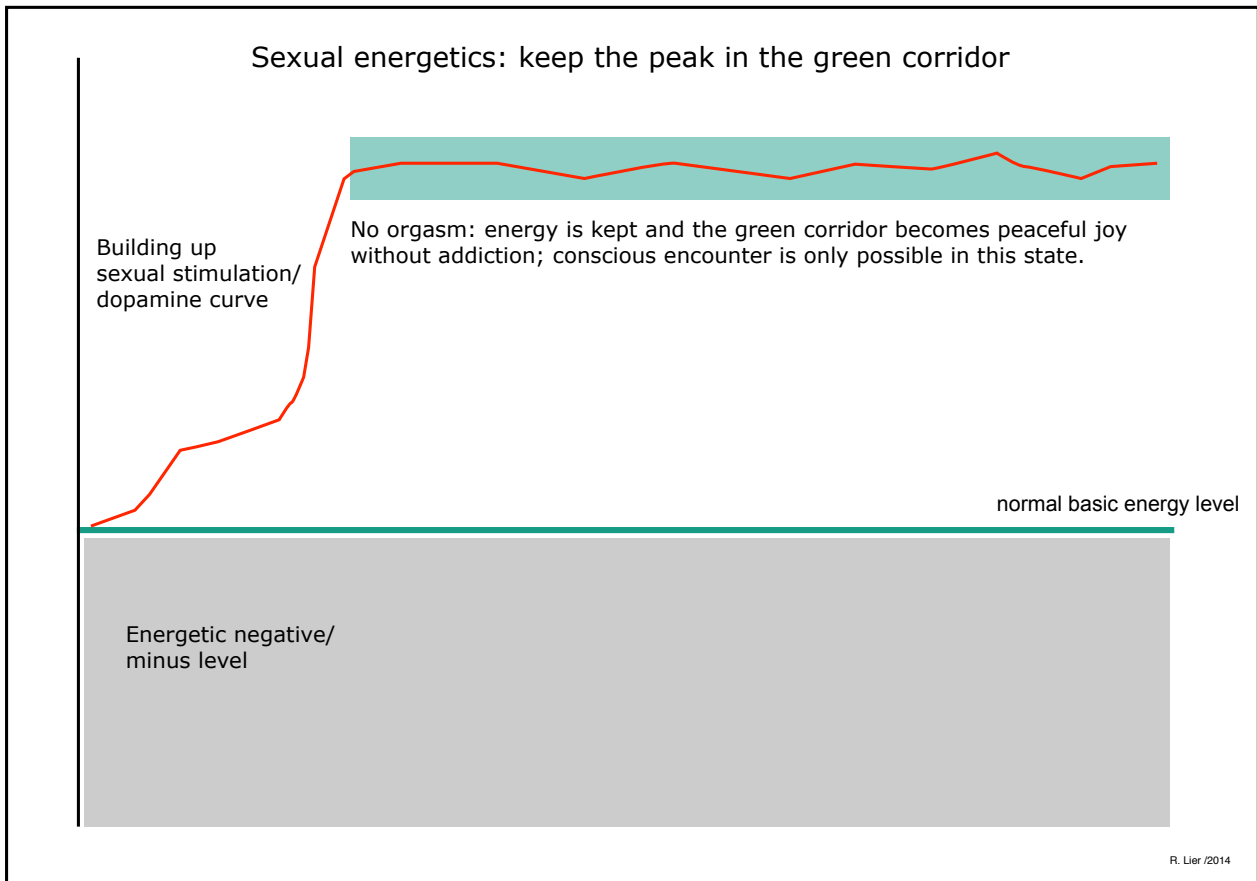
The ego has a lot of strategies to keep us apart from the MIND, from LOVE. Mankind has always been ruled by lust and sexual craving. It is of a murderous nature and wants to totally capture and destroy the partner: no other can exist besides me, I am my own God. Horniness is basically any kind of over-stimulation, it starts in the mind and is experienced through the body. Some people don't even need the body anymore: cyber sex takes place only in the mental-emotional field. It is always about images and stories, trivialized as erotic fantasies. Sexual force (actually mind force) is lived out in an egomaniacal way for the person's own benefit and at the cost of others. That is violence.

Checking someone out with sexual glances dirties the person. When someone looks at you that way you can feel it: now I am not being respected, not recognized as a spiritual being, as God's creation. Looking at someone in a sexual way means actually to foul one self, since there is nobody out there: I always just see myself.

**Sexuality** can be lived in a conscious way and thus used as a classroom for the process of healing. At first we may realize the enormous hunger for sex as an object of addiction. Performing sex without orgasm will lead to a decline of sexual pressure once neuronal links in the brain have been changed. You can choose to have intimate time with your partner but you don't have to. When it does not happen for some reason then you are observing your thoughts and feelings: do you feel resentment or anger, do you feel neglected or did the hungry ego-wolf disappear? Since men and women become so incredibly honest when it comes down to their sexuality, we should commit this particular part of life to the Mind Training.

### **Sex is allowed...**

A little more, a little less – when do we have enough? Sex needs soberness, consciousness and the right amount, so that it won't decline to simply lustfulness and enforce the already (or still) given addictive structures. Sexual moderation is a virtue, that men and women can develop. Chastity supports closeness and thus love. When being in the ego-mode it is always about having it all; more and more till we reach climax (orgasm) and



collapse, and the tender love is being hurt. Women know very well what I am talking about, men not so much. It can be a good idea to wear underwear or nightgowns in bed to increase the threshold and to cool off the “energetic fuses”. It will take wisdom, willingness and insight to overcome the demon of addiction. The partner, who is more chaste (in most cases this will be the woman), meaning less sex addicted, will be the one who determines the intensity of sexual activity in the relationship. This may sound a little technical but since we are looking for love in a relationship and not for blind, mindless sex, any sexual interaction needs wisdom and moderation. This kind of conscious intimacy can last for a couple of hours since the wonderful energetically fulfilling green carpet is so much more beautiful, joyful and peaceful, without the side effect of crashing (orgasm).

### **Narcissism and sexual addiction**

This is the report of a woman who realized her partner’s personality disorder and sexual addiction after they got separated:

*“What I am experiencing with Michael (name is changed) seems like a staged play when looking at it from a distance. It has shocked me and taught me for life. After we got separated and after he physically abused me under the*



*influence of alcohol... the same guy who I saw drunk and restless, who felt neglected, who was almost depressed and spent his time laying apathetically on the sofa in front of the TV, drinking massively, the same guy appeared to be the charming bachelor to the outside world. I listened to*

*some of his phone calls and overheard the prowling guy who behaved as if I was already gone. He was active and well dressed and went frequently on dates. In the beginning he would clean the car whenever women were expected, normally he was rather sloppy about that.*

*It is very weird to see both sides at the same time. I will always remember how people are able to bluff others. We all know that there is a lot of lying on the internet when it comes to online-dating. Michael pretended to be 52 years old (he did the same to me), which no one doubted. He said that a lot of women look differently in real life than on their photos, which are often touched-up and that they may have six kids or MS and a heart attack coming with them. They are not completely honest.*

*He established a pool of women and contacts them systematically one after the other. Contacts get "checked" off and new ones are added. A woman from Eastern Europe said that they just emailed back and forth a few times. I couldn't hold my breath and said: Do you have an idea how many women he has had here during that time, or how many he contacted? He went through all of them, now it is your turn! But that is just what they want. Then I said: and you are coming all the way just to have sex for a couple of hours? This embarrassed her a little. I know it was kind of mean of me because she seemed to be a nice, adjusted woman and the dominance is definitely on Michaels` side. But since everything is so brand new, no one knows if there won't be another woman in her place in a week from now. Since women are replaced that easily I miss the uniqueness, the feeling of love for one woman, the feeling that she is the one... This is not possible for*

*the Narcissus. I guess to handle such a double life and juggle with all sorts of dates, you actually need booze.*

*It seems as if he was "reborn" and suddenly... I have to admit that my ego is suffering from this pain. It hurts that he is lying and that he is pretending for the other women's sake. The play, the perfect staging starts over and over again. The false fake personality that he sells others is fatal for them. It was also fatal for me. He seems to be such a nice, sincere guy, more serious than others and quickly interested in a serious relationship, which women tend to interpret as love and affection and hardly ever question. Anyone can move in with him after a day, she doesn't have to have a job or any kind of wealth, as long as he is in the mood for her. He mostly attracts single women (with little family background) who are looking for someone who will take care of them. They become materialistically dependent on him and that gives him a feeling of security, consciously or unconsciously. In the end you see an addicted man, who may be a good businessman and handy man but who is emotionally underprivileged and not really deeply interested in women. A man who lacks communication skills, who does not reflect himself, who is totally immature in his mind and who is afraid of emotional closeness.*

*I have to get rid of these thoughts and feelings, free myself from envy and anger about the fact that my love has been betrayed. And that he is suddenly able to live, with another woman. Seeing my patterns makes me hurt again." (end of quote)*

This statement shows grief, disappointment and anger. A lot of insight into connections and forgiving for the guy, and forgiving the self, is necessary. We have all been bluffed by the insanity of the ego, by joining other hungry ones when we are hungry ourselves and hoping that this will feed us. The idea of paradise like nurturing, without doing much for it, is probably part of all relationships. But this is not how it works. No one can omit the inner path towards the SOURCE in the MIND. May we take this path and choose HEALING. Then we will identify the meaninglessness of all egomaniac air bubbles and it will be easier to let go of our painful story.

**How can the path to sexual healing concretely look like?** I am going to give a bold personal suggestion but of course it is up to every man and woman to try for themselves and look for resolutions. We should be aware of

one thing: the ego is always with us and wants to keep us in its dramatic tension. When we are feeling increasingly at peace and can experience real human closeness then we are very likely on the path to healing.

**The 13 stages to sexual healing** – an attempt for a plan

**1. Stage of denial:** The person feels that he doesn't have a sexual problem. He feels that he only has to follow his sex drive, which is only natural. The problem of addiction and lovelessness is not identified. Men, especially, masturbate daily once or more times. They use internet pornography and frequently change sexual partners (or have affairs).

**2. Stage of suspicion:** The person gets an idea that something is wrong. He starts realizing how much pressure and stress he feels when it comes to sex. But he keeps falling back into the state of denial.

**3. Stage of insight:** The person realizes that he is addicted to sex and that he is physically overexcited. He feels tension between joy and pain and realizes that he pays a high price for the joy of orgasm: the crash into lack of energy, frustration and the compulsion to repeat.

**4. Stage of alternative:** The person realizes that he needs a substitute, an alternative (a different goal) for sex. His desire, his longing is actually longing for redeeming love, which in its highest meaning is GOD. He is looking for joy without side effects. "How do I find my way back into the PEACE of GOD"?, this question motivates him. The starting point may be living single or in a relationship.

**5. If the person** is single the scenario may be the following: it is time for contemplation: spiritually and physically. Now it is about communicating with the World of Spirit, it is about receiving HEALING. A structured day with times of stillness is practiced.

**6. Phase of primary abstinence:** The person decides to be sexually abstinent but is only able to keep it for a few days or weeks. After that he experiences a relapse and masturbates. He feels guilt and gives abstinence another try. He still has pornographic images on his computer but watches them less frequently.

**7.** The single person now feels his desire **for a relationship**. He now puts this desire into the GUIDANCE of the World of Spirit. He decides to be abstinent so that his egomaniac impulses cannot be acted out any more. The right partner will find him, he doesn't have to (and should not) look for her. The inner orientation goes towards the World of Spirit because he knows that it will heal him and that it makes sense. As a matter of fact, relationships are an ideal classroom for learning. Only a few people are able to find HEALING with the World of Spirit all by themselves. The desire to live in a relationship is very human, and from the view of the World of Spirit, this desire may and shall be lived.

**8. A (new) relationship is found.** A new partner who becomes the object for love and desire appears. This is when we are actually going on the path of (sexual) healing.

**9. State of relapse**

**into** sexual lust and greed. When we see the full buffet right in front of us, the ego will speak up and promote its lack-and greed program: *take as much as you can! The more the better!* All of us get trapped in this misapprehension, and if taken to the extreme,



this leads to sexual excesses and even to sexual mania with all the symptoms of the addiction. A compulsive need for repetition and the constant increase of sexual stimuli are the main phenomena. At the core it is a mental pollution, an infection which is manifested through the body. The main driver of sexual greed is in the head, in the thoughts: cybersex is a mental process and you don't even need a real partner for it. Images and words (which again create images within us) are sufficient. This state of relapse was predictable, since the ego is only waiting for an emergency, for an actual sexual encounter. The two partners will (hopefully) find insight after some time and look for solutions.

**10. State of soberness:** at some point the idea that man (woman) has to leave the swamp of sexual lust and greed, to be able to live together peacefully and happily. The first step towards soberness is to give up being fixated on orgasm. It may be realized that orgasms are an energetic shut off and produces huge energy loss. When this is realized one may turn to the path of chastity. We already talked about the different aspects of chastity.

**11. State of hypocritical chastity:** The ego can even capture the idea of chastity and abuse it. This leads to a fake chastity, which has such a high potential of sexual feeling that it can be called camouflaged lust. This is where we may find the toy of a chastity belt, which is supposed to eliminate masturbation. However, the real problem can't be found in the lap, it is rather the thought about the lap, meaning about sex. Real chastity starts in the mind: chaste thoughts create chaste feelings and actions. Sexual contact is not the actual problem. The lustful thoughts that come along with these contacts (images) are the actual dynamite. Now alertness and honesty of both partners is required. Do they want to pretend and find egomaniac pleasure by playing the game "tease & denial" and fake chastity, or do they actually want to take the path to healing? At that point it will be obvious that there is no healing without seriously practicing Mind Training. You can't take the object of addiction from a person without offering an alternative, like the spiritual path. Otherwise sexual greed would only shift into excessive eating, drinking, traveling, or into cars or sports. The inner pressure of the energy of addiction would be regulated into other extremes.

**12. Stages of practicing chastity.** The couple experiences times of tender, blissful closeness with a few slips into "thirsty/greedy chastity". Orgasm is basically not an issue anymore, since this swamp is dried out after weeks and months of abstinence. Now is the time when the observer and decision maker within man and woman is especially challenged. The art of mindfulness and slowness is helpful. We have to realize what we are doing, in order to be able to consciously choose and to correct our physical and mental malpositions. The ego is still running along and offers us unchaste thoughts and images. The question is: do we grab them or do we let the horny clouds pass in the sky of illusion? We don't have to play along, instead we can invite the World of Spirit to give us thoughts of chastity and HEALING. I know this sounds quite unusual, but this is the key to salvation and PEACE. One has to experience this in order to appreciate it.

**13. Stage of stable chastity:** Prurient unloving thoughts have become unattractive by now. Thoughts of love and wisdom, on the other hand, are enjoyable peaceful for the couple and they are coming emotionally and spiritually closer and closer since both of them have found their individual self and are (almost) not lacking anything anymore. Plus and plus adds up to another big plus and the ego is erased for the most part. For such a couple cheating is not an issue at all, because there is nothing to seek since there is nothing to be found out there.

I tried to give an overview on the possible stages to healing. I am sure that members of Sexaholics Anonymous (anonymous addicts: [www.sa.org](http://www.sa.org)) will agree with me on one statement or another but may also be skeptical and opposing the thought of complete healing. Despite any kind of legitimate caution, I do not believe in "incurable".

### **An honest close look sets you free**

Occasionally I receive e-mails concerning sex issues. I'd like to give an example (anonymous) since it describes a problem that comes up quite frequently.

*"In your book "Finding What Gives Peace" you are talking about orgasm and addiction in point 9.5. I happen to be lucky and have a partner who is actually very "different" than most men concerning this matter. He is very conscious about our sex life and other parts of life are concerned. He is not orgasm oriented at all and very present and loving, I appreciate to be able to share this part of life with him. I guess, I am experiencing something that only few women do and I am aware of that – BUT: How can I make sense of the fact that he is excessively (sometimes 2-3 hours a day) consuming internet porn and Cybersex outside of our relationship (and of course also masturbates while watching) and also having relationships with other women on the side. Some of these relationships are sexual, some are platonic; but the platonic ones are very close; he acts as a kind of "comforting friend" and "a guy who understands women". Some relationships are close because the women are counseling him. How is that to be understood? The way I see it: he lives only a limited amount of his love relationship with me. For most part I can deal with it (I am not too jealous), but I am also realizing that this does not necessarily deepen our relationship.*

*Another question concerns the constellation with his two daughters from his former relationship. I do understand that they are ranked before me from a*



*systemic point of view, and I can accept that. However, is it sensible that the five and seven year old are still sleeping in his bed and finally succeeded in casting me out? Am I right to think that they are doing this for their mother's sake? However, isn't it still necessary to keep some "couple time" reserved for us, even though the kids come first?*

**Answer:**

*Ad 1: **He is sexually addicted**, please open your eyes?! Addicts are addicts, they may be partly able to adjust their behavior to the needs of their partner, but only partly. Afterwards it all breaks out again: orgasm – namely sexual addiction!*

*I find it absolutely necessary that he goes on withdrawal and becomes sober. I can't state it clear enough: your boyfriend is sexually drunk. Get yourself the book "Cupid's Poisoned Arrow". In this book you'll find everything explained in detail by a woman. (Almost) all men are (or were) sexually addicted. When he is sober, sexual monogamy will be a matter of course.*

*Ad 2: The kids have no business in his (your) bed. This shows mental and emotional disorder and the kids will end up being confused. Their rank is too high. Of course, they are ranked before you when it comes to taking care, but this should not affect your couple relationship, which needs its room and time to play. The daughters are representing their mother. His challenge as a partner is to stand on your side, but he may not be able to do that because of his addiction pattern. I'd assume that he is also mother's son and misses his father." (end of answer)*

**The murderous ego within us**

The ego likes to get us with the issues of sex and money, our "holy cows". It knows very well how to use these issues as a battle-field for human drama. In New-Age and Hippie communities these two issues are a perfect ego-playground, when practiced. People live "free love" and believe that they have overcome all uptight, egomaniac patterns. Then, when the woman takes her freedom seriously, after 15 years and spends the night with another guy, the resentful, murderous part of the ego shows itself quickly.

This misunderstanding between form and context created a stir in the USA a year after ACIM was published: since the course-practitioners were all one, they felt that this oneness of bodies should also be experienced and



celebrated sexually. What a misapprehension! Any kind of form has its sources in the duality of our dream world and thus can only be of egomaniacal nature. Unfortunately the guilt conflict in our mind and the murderous impulse can not be solved through form or formal behavior, meaning sex. No matter how noble the intents of the participants may be, the ego will sneak into the theater of illusion through the backdoor. We should also be aware of the fact that anyone who has been sexually abused is carrying patterns (the ones that he/she has experienced) of the perpetrator within him (in therapeutic terms "introjections") and this part of the personality with its hidden impulses of revenge, (of the victim that he/she is) will want to live in the relationship under the right circumstances. Whatever we have not looked at and have not handed over to the HOLY SPIRIT will be a smoldering fire ready to burst at any time.

**Sexual desire** is probably one of the strongest impulses for addiction and we are promised paradisiacal joy – some believers are even promised 75 virgins in paradise. This can motivate religious warriors so strongly, that they are even ready to carry out suicide attacks. Generally speaking most fanatics don't realize that they are driven by the ego's mania, and that this has



nothing to do with love or God's kingdom. Sex has always been used as the most effective of all weapons. Secret services worldwide have been operating with the same patterns on this level of hunger for the longest time. Then, in the end, the state-loyal secretary seeks death after the love of her life has been uncovered. She was blind from love and didn't pay attention to the slips of the agent: for example, that he did not want to buy her a ring.

**Sexual power** is an egomaniac delusion that serves to make the separation (from God) appear real through the creation of bodies. This delusion kills any kind of sober mechanism to reflect. Then we see a 70 year old guy in front of a 25 year old woman, speaking nothing but egomaniac nonsense (it could also be a 70 year old woman) to hit on her object of desire. This dynamic is used by con artists and marriage-swindlers and some blackmailers. Therefore we need mindful soberness to realize over and over again: king Ego is nude, well, or even: he has not even existed, but **we**

wanted to believe in him. The one who believes that nothing is something will experience a something from his subjective point of view. We are taught by the placebo-effect. Only, all of these games are tied to time and space. They cannot give us joy that is eternal and free from side effects.

Still, we can commit our sexual relationships to the service of the Holy Spirit and use them, just like a coffee chat, as his communication vehicle. When we come close to each other, as bodies and as spiritual beings at the same time, and practice wholesome communication – and in the best case even

communion – then we are experiencing meaning and joy. Mindless sex games, on the other hand, will lead to feelings of emptiness and frustration. The nourishing effect is a short one and the compulsive need to repeat and achieve more “sexual intensity” is predictable. “Life is relationship”, like the philosopher Martin Buber said appropriately. When an “I” approaches a “You” it is primarily always a spiritual exchange of give and take, even when two bodies are involved. The soul, the mind, is aware of this fact, but we can also choose to ignore this insight.



## Chapter 9

### **The one game: Victim and Perpetrator**

We know each other. You always meet twice. (R. Lier)

Not a fascist is only someone who knows that he could very well be one.  
(Bazon Brock)

If we want to take Mind Training seriously and actually use it for achieving healing, we have to consequently apply it to our practical life. To begin with, this is a quite awkward process, since all that we are seeing out there, and the way we are experiencing it, is always reflecting our own past. This past only seems past, like all other dream-images of our life-movie, it is: now. Our main problem is that we all believe that our perception is real. And even more so: we believe that our interpretation of our perception is correct. We are interpreting in only one way though: according to the pattern of victim and perpetrator.

Nothing is easier to deceive than our five senses and our ability for interpretation. Tricksters make a living out of that – especially the ego in us. One of the most important pieces of wisdom from ACIM states:  
Projection makes perception, and you cannot see beyond it. Again and again have you attacked your brother, because you saw in him a shadow figure in your private world. And thus it is you must attack yourself first, for what you attack is not in others. Its only reality is in your own mind, and by attacking others you are literally attacking what is not there. (T-13.V.3:5-8)

Let us stay on the level of metaphysics first. We are all captured in the unconscious thought to have attacked God, and that we live off of God like parasites. This original guilt-conflict creates the so called shadow (C. G. Jung) or doppelganger (term by Rudolf Steiner). We fear him and therefore he has to be suppressed and kept in the unconscious. Repression, however, creates unbearable inner tension, which has to be released through projection. This mental connection is due to our sensory organs, which have no other task or function than to perceive a world out there. The next step is to project the inner pressure of guilt – the shadow figure in our private world – onto these very bodies, namely onto people. In this way, we are attacking ourselves anew and condemn our guilt which we imagine to see in other

people. We could call it the perfect Mirror Hall of guilt: when it seems that I am meeting another person, I am actually always just facing myself. I interpret him the same way I see myself. **It is essential to understand how human perception is tightly linked to the *interpretation* of perception.** This automatism is constantly running in our ego-thought-system, since the ego can ensure its existence only through this game of confused perception.

**Once more in slow motion:** We are living in the delusion of being separated from GOD and this makes us feel guilty. This unbearable guilt and the accompanying fear of penalty, lead to the drama of victim and perpetrator, the favorite game of the ego. Every person who believes in guilt carries a part of the victim and a part of perpetrator within his SELF. We don't want to deal with the perpetrator-self and thus it has

to be projected onto the others. Generally speaking, we favor the victim-self because it is associated with a feeling of innocence and it gives us the feeling that we got rid of our perpetrator-self. But victims are always in danger to become perpetrators because of their desire for revenge. The most passive alternative to revenge is to have someone else give out the punishment. And so we expect God to punish the perpetrator in eternal condemnation.

The guilt-drama, however, is only a delusion, a stupid dream; we should get this straight again and again. In the pure MIND, in GOD, nothing happened. HE SEES us as innocent and ONE: HIS beloved SON. How can we wake up and find HEALING?

**Let's have a look at a situation in everyday life:** A girl becomes an apprentice at a hair salon. She finds work in a place where the boss is harassing and molesting the young female apprentices. The young women have to stay during their lunch break and he touches different parts of their



Serb soldier kills his innocent, Muslim victim (Brcko, war in Bosnia 1992)

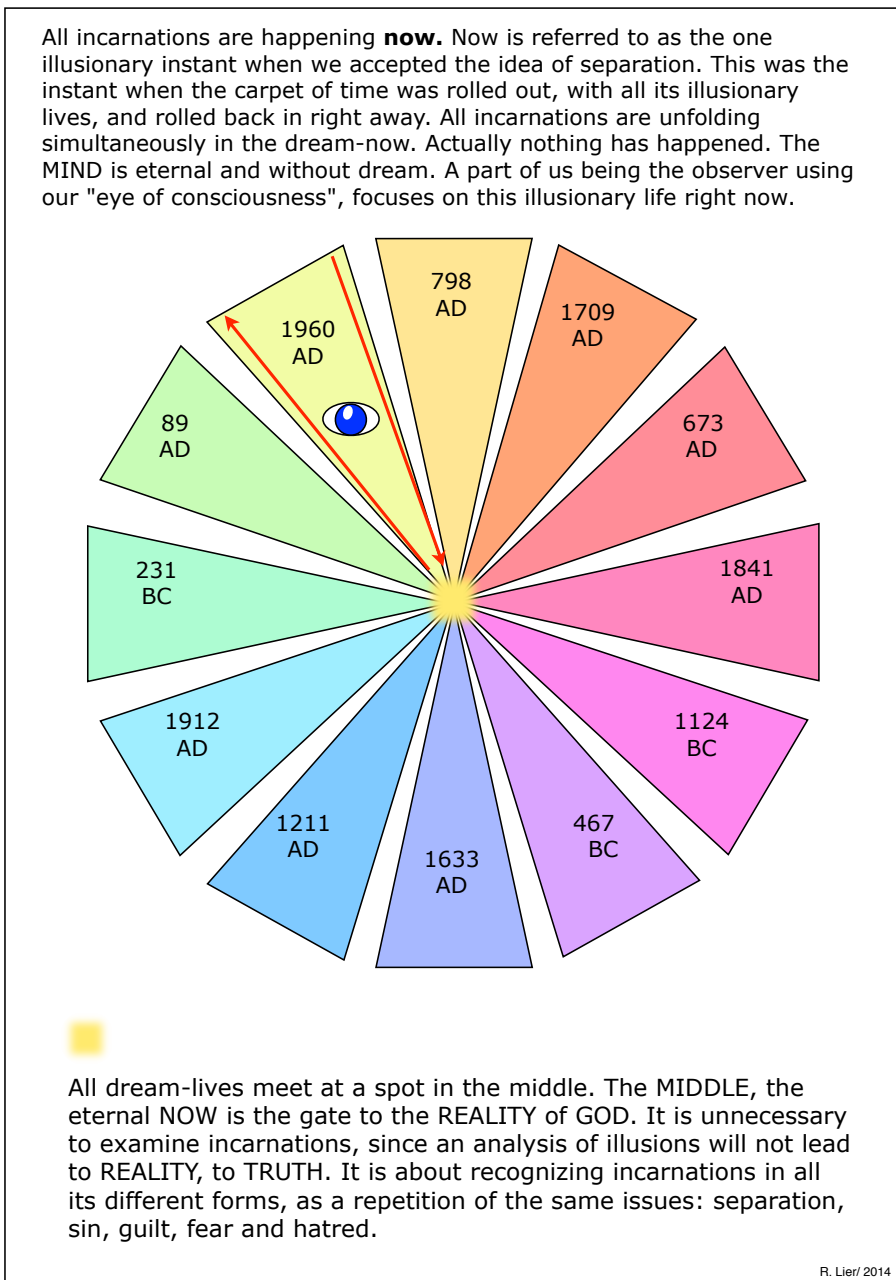
bodies. The young women don't speak up because they are afraid they would not find another position and risk their future. For them their boss is only a horny old man who uses his power to abuse his apprentices at work sexually.

**What's the other side of the coin?** When taking a closer look and understanding the perpetrators motivations, it is pretty obvious. Perpetrators are former victims who want to take revenge. Any kind of sadism is rooted in revenge. And victims are former perpetrators, who are longing for healing and peace, and thus have to reencounter their conflicting side.

When working with **Family Constellations** deep truth occurs: the murderer is drawn into the victims grave. There is no stronger bond than the guilt of

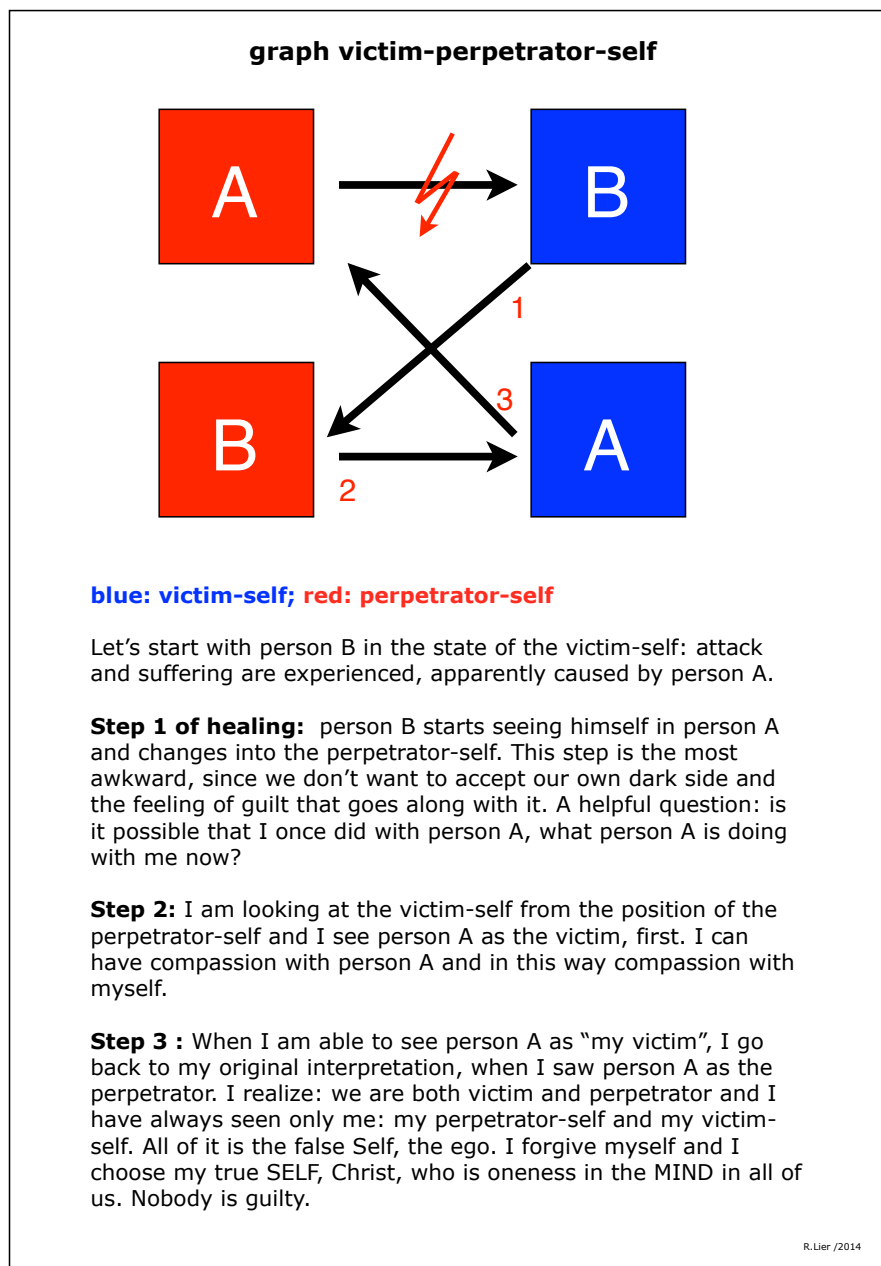
the murderer. Victim and perpetrator are looking for each other and find each other in changing parts over several incarnations. I have been there and I am not only talking technically – I am sharing my personal painful experience in my book "My Death in America".

Let's reflect the above situation in the hairdresser's place and put it into a different time and setting: Now the boss is a poor teenager in the 17<sup>th</sup> century looking for work as a day



laborer. He finds work on a manor where he is being mercilessly misused. The landlady enjoys her dominant position and governs with an iron hand. She'll teach this young blighter how to behave and serve her. The young man is boiling inwardly, he has mixed feelings of fear and hatred: fear to lose this job also and starve to death, and hatred for the high-handed noble lady of the manor and her class conceit. But: we always meet at least twice. The young man experiences a cruel death after being beat up in a pub, and enters the World of Spirit with all his feelings of hatred. All he wants is to find this woman and take revenge. On the other hand that lady feels pain about all the lovelessness in her past life after she crossed over into the World of Spirit. She wants to come back into a body and be able to do better and be a more loving person in a new incarnation. But both conflict-partners will forget about their tie. When they meet again they only sense: something is wrong; deep anti-pathology is felt.

Now the question is: is the putative victim able to find healing through forgiving, and thus able to achieve peace? Usually she will either flee the perpetrator or attack him through suing in front of court. The Mind Training ACIM does not give specific suggestions for formal steps to take in this world. The purpose is to achieve a change of mind within us,





within the person concerned. The young woman could receive healing impulses from the World of Spirit and forgive. She could use the law of reflection, which states that in this world I only get to see the reflection of myself and my state of mind.

**The sentence for healing is:** All I ever see is me, and I forgive myself. The owner of the hairdresser place was only the reflection of a shadow figure in the private world of the woman. She saw only herself: her arrogance, her abuse and other aspects of whatever the facets of the ego may look like. This is the reason why changing the world (the people out there) doesn't help. Since we can only change ourselves in our mind. Apparently it can be important and sensible to take action. What matters is what my basic intention is. Do I want to destroy the opponent, or do I want his correction? Do I feel compassion for him? Do I see that he is a person looking for love and peace, just like me?

I am aware of the fact that looking at things in this way will be refused by many readers. This resistance is of a egomaniac nature. The ego, being a mental parasite, lives off our dramas and has no interest at all in ending the lustful, evil game of victim and perpetrator. Soap operas on TV are oozing with victim-perpetrator tension. Actually a very boring game, once you understand and figure out its dull fundamental dynamic.

When we start to use our mental mirror to recognize the background of our woebegone situation, it will be easier for us to forgive and to get rid of our guilt-mania. The next graph further down in the text shows resolving steps for healing: it uses an emotionally felt reflection of the victim-position in the perpetrator-position. We are carrying both parts within us and we can transcend them only together.

If we are looking for peace and healing, we will have to face the evil game of the ego. Understanding is part of healing, but there is more to it. It is important to understand the quiet process of looking at the ego's guilt-doctrine and to understand in the end that the ego's thought-system is completely crazy, though it may seem logical. The one who is looking for guilt will find it – mostly in others. ACIM invites us to choose innocence in God again and to overlook all stupid, painful, unfortunate decisions: ours and

the ones of (seemingly) others. They were nothing but dreams, which could not reach or substitute HEAVEN.

**Any kind of sadism is some form of revenge.** Masochism is self-punishment. Sex offers the sticky lustful and painful glue, that bonds men and women for several incarnations. Essentially, it is always about projecting guilt and attacking, namely revenge. Any story has its history and all hardships consist of deep entanglement. The deep layers are not obvious to normal perception. The woman, who rejects her partner one time and is excessively devoted to him the next time, wants to punish and bond at the same time. She is driven by the strong force of deadly revenge, and in the next moment she feels an endless desire for love. Of course, it is all crazy and sick, but we should look at it and use our bedroom as a classroom as well. I feel that there is a strong potential for revenge and that women are using their female sexuality as a tool for revenge after centuries of clerical inquisition. Considering that women have been victims of excessive clerical inquisition for centuries, I find that there is a strong potential of revenge and I can see women using their sexual power as a tool for taking revenge. They know where a man is most vulnerable. And he did know where to hurt women the most. When will this misery finally end? Only the single individual can decide for healing. When one person does it, he/she does it for all people, since we are all ONE in the mind.

Let's return to the perpetrator-self and victim-self. We are trying to get rid of the feeling of guilt through projection. It is this projection, this resistance against guilt that enables its existence within our mind. Here the most important insight of the Mind Training applies: **What I fight, I reinforce, I make it real within my mind.**

There is no need for us to fight since illusions don't have to be fought. Looking at them and realizing that they are nothing, is the only way to healing. Therefore we have to invite the other teacher, the HOLY SPIRIT, so that HE will inspire us and guide us. Without the help of the World of Spirit we stay captured and entangled in emotions of fear and hate. HEALING can only be received, therefore, it needs constant times of stillness.

**Lesson 23 in the students book of ACIM** is a critical key function:  
I can escape from the world I see by giving up attack thoughts.

The world mirrors our inner, mental state. We are interpreting the world according to our illusionary heritage, which we have brought into existence ourselves, meaning according to all dreams (incarnations) that we hated and loved. But all these experiences are based on the idea of separation from God, and thus on the belief of guilt. We are called upon to choose to see (CHRIST), which will substitute anything that we believe to see in our painful state of entanglement:

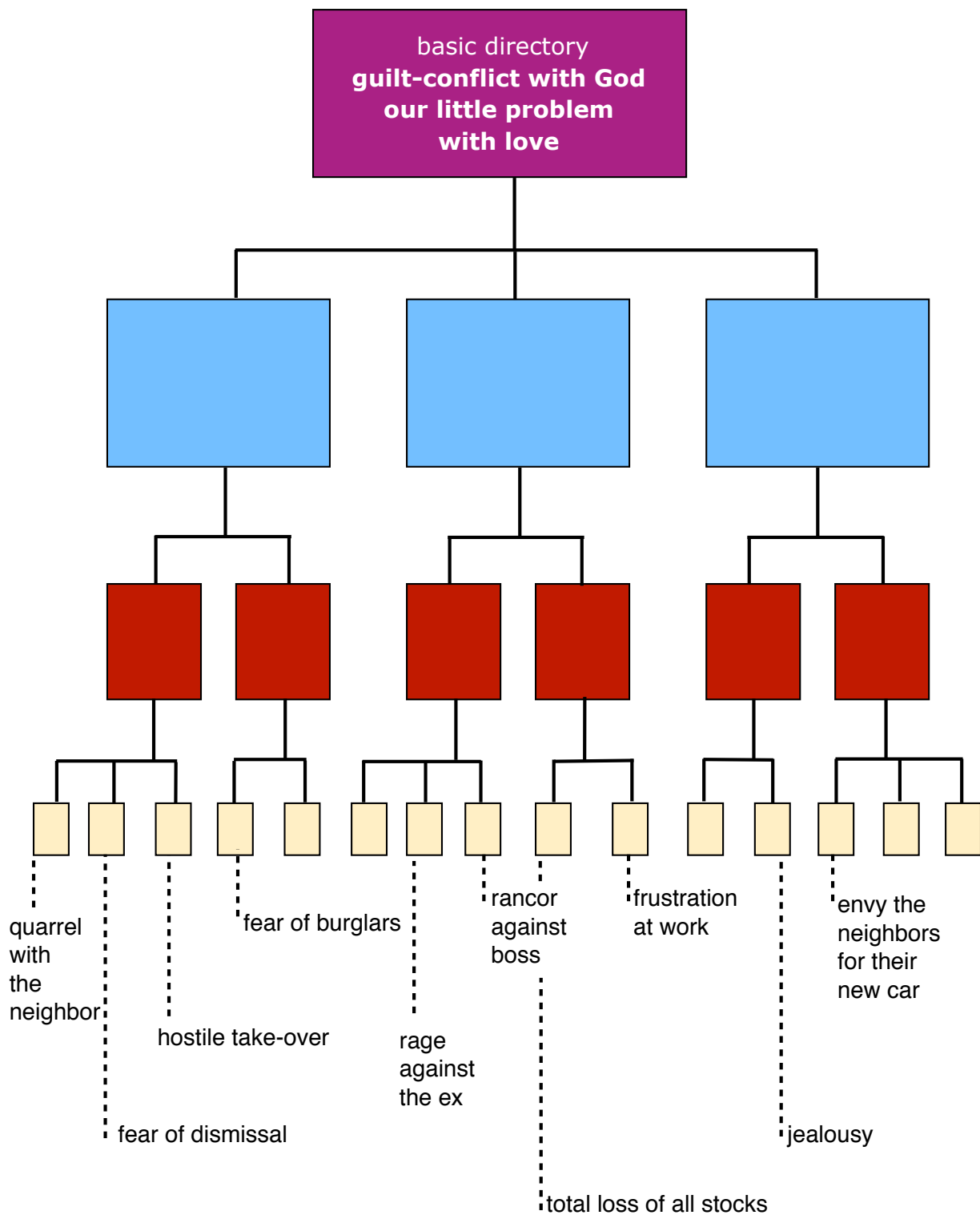
The idea for today introduces the thought that you are not trapped in the world you see, because its cause can be changed. This change requires, first, that the cause be identified and then let go, so that it can be replaced. The first two steps in this process require your cooperation. The final one does not. Your images have already been replaced. (Lesson 23.5:1-6).

The cause for the fearful horror images that we believe to see in this world lies in our mind. This is where projection starts and only there we can act and start changes. There are three essential steps:

1. **Identifying the cause:** I chose the thought of separation and guilt in my mind.
2. **Let go of the cause:** I let go of the thought of separation from GOD and thus I let go of seeing myself as a sinner and I don't have to project this guilt anymore. I don't want and don't need this egomaniac thought system anymore and I hand it over to the HOLY SPIRIT:
3. **I let the HOLY SPIRIT act** in and on my mind and thank him for HEALING. He changes my delusional images into images and symbols of forgiving, so that I can find peace.

**Constellation work** – the so called Family constellation – has shown me new forms of experiencing and understanding the original guilt-conflict. The client can actually experience the perpetrator self and the victim self with the help of people presenting the different positions. As a first step, he may position himself and positions the boss as well, who oppresses him and pays him badly, with the help of representatives. Any fronts are obvious. The client is the victim and the boss is the perpetrator. As a next step, I am adding two more people to the mentioned scheme: the client in his perpetrator-self and the boss in his victim-self. The dualistic illusionary dream demands this counterpart and it has to exist for several incarnations. This leads to the deep insight: I have not only been a victim, but also the

perpetrator. I've been in all dual positions and it doesn't really matter where I am at now: in the position of the victim or in the position of the perpetrator.



It is amazing how clients are touched and shocked when using the technique of cross-over and reflection between victim-self and perpetrator-self. Constellation work may also lead to a quick relief and released laughing out loud. The cause for suffering has to be identified, meaning realized, in our mind, first.

The sentence applies: There is nothing in the world outside. It is all just projection, and projection is only taking place in our (dreaming) mind. Spiritually all humans are existing within each other, since there is only one Son of GOD – in a billion fold splintering, it seems.

Spiritually the sentence applies: **I am you.** At the core of our highest being we are ONE. We seem to be different people within the realms of the illusionary world. This is where we are touching ACIM's provocative proposition of non-duality of the MIND: There is MIND only. GOD is. The rest is the nothingness of the world of dreams.

Only once we have integrated the perpetrator-self, we can start looking at life in a mild and forgiving way. This is when we stop hunting potential perpetrators that are out there. Remember: we are always talking about the level of the mind, meaning the content. Technically we are still living in a world where the police chases perpetrators and where the court and penal system have their meaning. We are concerned about the thoughts and emotions in our mind, meaning if we consider ourselves as victims and are secretly wishing for revenge, or if we have already experienced PEACE in the MIND here and now. The original guilt is always only One: Our problem is with LOVE, with GOD. Everything else is just reflections and repetitions of our belief in this original guilt.

## Chapter 10

### **State of victim and shadow projection**

From my experience with Family Constellations I know: even if the constellation work was productive and entanglements have been discovered and identified, the client may still remain in pain and drama. This is due to the ego-trap of the state of the victim and suffering. Our subconscious believes that this price has to be paid for our guilt. The ego's logic is the following: If I suffer that badly, my punishment will be quite mild or maybe even be dispensed. It seems that being in the state of the victim offers another advantage: there had to be culprits that made me suffer. God shall punish them, since "the righteous one has to suffer a lot".

All of this can be called: **shadow projection**. The Swiss psychoanalyst Carl Gustav Jung calls this straining part of our soul, which qualities we fear to see, the shadow. The course refers to this part as the ego, the murderous impulse that rebels against LOVE, as a consequence of our belief in separation from God.

Shadow projection means that I am blaming other people for my suffering and that I am making them responsible. Thus, it always means projecting guilt, since the shadow is at the core, and made of nothing but guilt of the idea of separation. The first step is to accept the shadow by adopting the insight that the murderous energy of a person like Adolf Eichmann (organizer of deportation of Jews) is part of me, and that, when being in his place, I would have been capable of the same actions. When I stand near the perpetrators and sense their feelings of guilt, I'll start feeling compassion. This may be seen as a spiritual exercise, since the question is: Who will find a place for the perpetrators? Who will let them find peace (forgiveness)? Will I accuse them and condemn them? If I do, am I actually doing this to myself?

Usually being close to the victims is a lot easier for us because we believe in their innocence. Clients who are identifying with the victims are drawn to the deceased, because with them they experience a feeling of innocence and solidarity and enjoy the right for compensation. In the worst case this compensation may mean revenge. Peace will only be found if we abstain from the demand of compensation – but accept it if the perpetrator, the

person who harmed us, offers reimbursement. Roman Polanski, for example, paid money to a victim of rape and it was accepted. What happened later on when he was arrested in Switzerland and an extradition was demanded by the U.S. government, may be seen as a late act of revenge by the “enraged ones”; the feminist Alice Schwarzer, for example, likes to make a mark as an enraged one. The former victims were not even interested in a retrial, for them the case was closed. Quote Wikipedia:

“During a television interview on 10 March 2011, Geimer blamed the media, reporters, the court, and the judge for causing "way more damage to [her] and [her] family than anything Roman Polanski has ever done," and stated that the judge was using her and a noted celebrity for his own personal gain from the media exposure.” (End of quote)

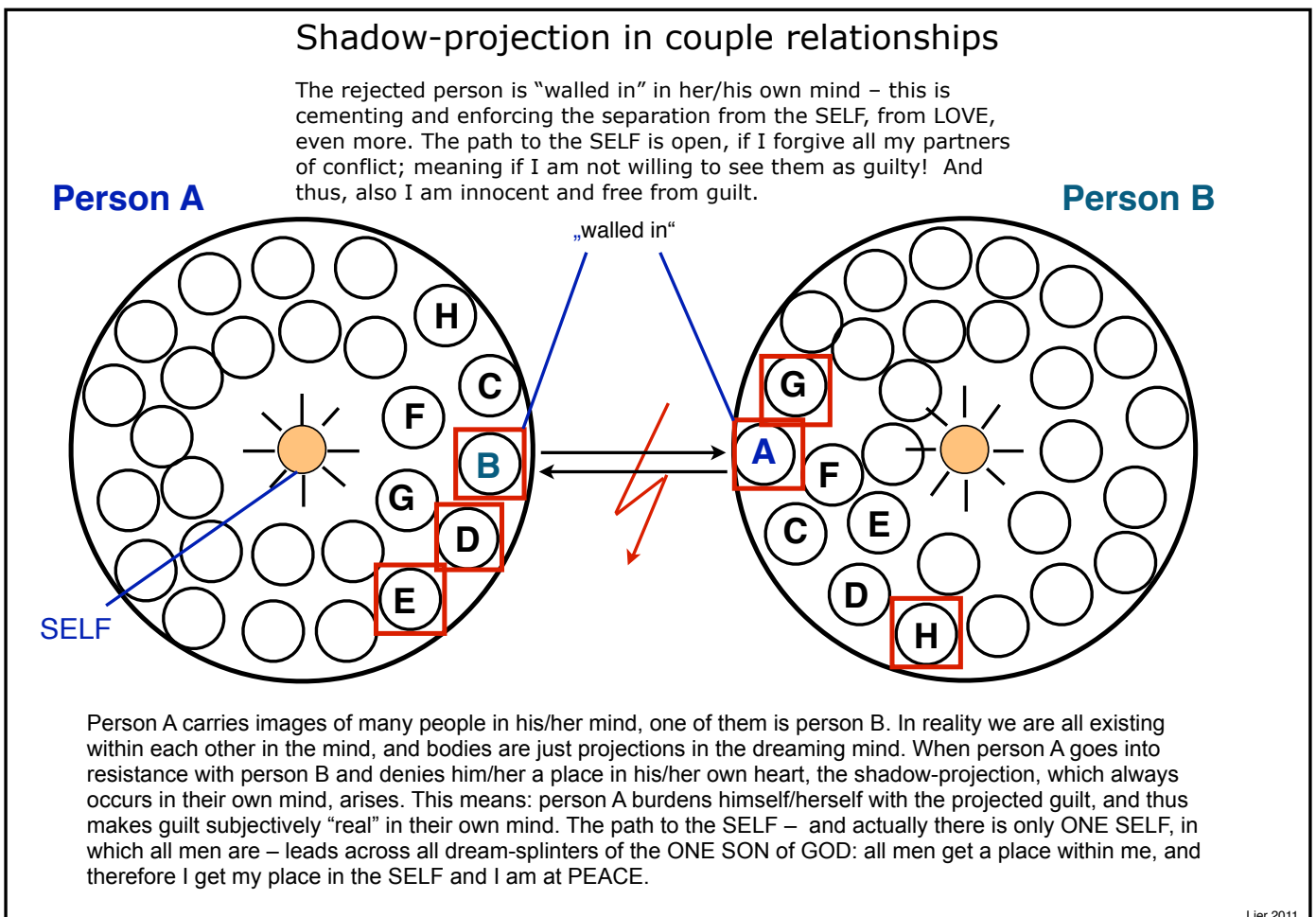
**Obviously collective guilt-projection** becomes a popular demand when celebrities are publicly accused. It is terrifying to see these strong emotions accompanying such a hunt. Psychodynamics of persecutors and enraged ones are generally always the same, whatever this personal guilt of the pursued may look like. The shadow contains our subjective feeling of guilt which we are permanently carrying with us in this dream-world, and which we are naturally connecting to our dream, our experiences and our actions. Since there is no separation in the realm of absolute REALITY, the PURE MIND, guilt can not exist in the only REALITY, namely in GOD. This seems very theoretical for us at first, since we are experiencing ourselves as physical beings in a physical world with other people where fate and incarnations seem to unfold.

The ones that became guilty are suffering from the pressure of guilt and consequently from the fear of punishment. Fear is the only relevant emotion besides love. Desperation, rage and hatred are arising from the pressure of fear: consequently we are projecting guilt onto other people to relieve ourselves. This projection of guilt however, only enforces and enlarges our own guilt, since any kind of aggression against others or even against ourselves creates new feelings of guilt.

**Healing is accordingly about two steps:** to feel compassion with the ones “out there” who are apparently guilty and to take a close look at our own unbearable feeling of guilt in the mind, without wishing it away! This means withdrawal from projection. I can start looking at *my* problem with LOVE and

can say things, like for example: I am also Eichmann and Hitler and I am simply going to look at this under the light of REALITY. There is a person who killed out there; but this person is only seemingly out there because he is also part of me, since in the mind we are all in one and there is no separation.

The feeling of guilt within me, which is based on my "No to LOVE" is slowly dissolving once I forgive myself and look at it closely. This means not reacting to the feeling of guilt. Let it be and do not respond. Then I can choose again and at least make the decision to omit another "No" to LOVE. I can't say "Yes" to LOVE, yet because I am still too afraid of LOVE. However, at least I am not denying again, I simply keep quiet. This very conscious quiet process creates healing in the mind.



If I integrate the shadow within me and relinquish projecting, all other people will have access to this resolution. They will be more likely to remember that they are able to choose this path themselves. I want to move



forward and dissolve all walls within my mind, so that all people can have their place within me.

Bert Hellinger calls this systemic peace, when all family members, and in the end all man (perpetrators and victims), may find a place in my heart. Then I will be at peace. Even if I exclude one single person, I am excluding myself and closing the gate to PEACE. He, the other person, the perpetrator, is my salvation, if I see him guiltless in the REALITY of GOD beyond all dreams.

All people are nothing but dream-masks who will dissolve. However, inside the masks is the SELF of the ONE SON of GOD – and it shines eternally. I want to see it in all people.

## Chapter 11

### **Forgiving and blessing – two sides of a the coin**

Salvation is a paradox indeed! What could it be except a happy dream? It asks you but that you forgive all things that no one ever did; to overlook what is not there, and not to look upon the unreal as reality.

(T-30.IV.7:1-3)

**Forgiving is the essence** of healing. When we slowly start realizing that we are in a strange dream, we are forgiving ourselves and others all the things that we have never done in the REALITY of GOD. This may sound paradoxical but can be taken literally. We are still believing in the world that we are perceiving with our five senses. And this form of illusionary perception (opposite to *knowledge* perception is always illusionary, referring to ACIM) should not be denied. Only now we start giving different meaning to the things out there. We are not taking our personal life and fate as seriously anymore, as if our personal peace would depend on the course of our current life. We learn to reject the egomaniac interpretation of the world.

**Facts are facts**, but it is up to me to determine which meaning I give to any fact. My inner peace depends on the meaning that I give: I spill my coffee in the morning and this ruined my whole day. I kept thinking about the spilled coffee all day long and was mad about it. This made me spill coffee all day long. Or: I spilled my coffee in the morning, wiped it away, forgave myself for spilling coffee and the rest of my day turned out to be relaxed. I knew one thing on top of all: only GOD's plan for healing will work and give me peace! Not my interpretation of the world or my personal strategies to find healing. In this situation the ideal way of consuming coffee became my tin god, my substitute for LOVE and I could not meet this ideal. At this point forgiving comes in: I forgive myself for believing in the promises of happiness and salvation of a world, that does not exist in reality.

**Forgiveness is a decision.** It means silently looking at the illusions that I have made real for myself, to achieve happiness and peace. But all dreams have to disappoint me, so that I can be truly at PEACE free from the illusions. In this way I am looking quietly at my chosen illusions, without desire and without attack. And if I feel desire coming up for certain dreams, then I look at this desire, quietly and alertly. In this state of contemplation,

without defense and without any desires, I can receive the gift of the happy dream: nothing is missing. I am in GOD. Nobody can or has to give me anything. I can't and I don't have to give anything to anybody. Nothing happened.

**The complementary side of forgiving is blessing.** By blessing the other person, who appears to be separated from me, I confirm his divine perfection. He or she has the HIGHEST within him/her. In reality there is nothing lacking. I remember that the brother and sister are in GOD, just like me. We are ONE in GOD'S MIND, innocent and free – no matter what is happening in our unhappy dreams.

In every child of God His blessing lies, and in your blessing of the children of God is His blessing to you. (T-12.VII.1:6)

**The blessing that I give to the other one, I am actually giving to myself.** This blessing could sound like this:

*I am giving my blessing to the divine perfection in you, (name).*

Any thought that I have for another person will be received. At the same time this thought will have an effect on me. When thinking badly about others, I am poisoning myself. When thinking about others in a loving and truthful way, I am enforcing the developing TRUTH within me. When looking at two people, its just as a linear equation with one unknown, any action on one side is to be seen on the other side. Whatever it is that I am doing on the left side shows the same effect on the right side. The mathematic equation is a symbol of separation and connection, at the same time. The left side cannot exist without the right side. In the spiritual context x is always "1": we are one SON of GOD in one FATHER and ONE with HIM.



## Chapter 12

### **Harassment of the Mind – Helping and its side effects**

All the advice you ever gave your partner is for you to hear. (Byron Katie)

Two different forces are controlling how people interact with each other: either it is our true SELF, which is LOVE and WISDOM and always wants the best for everyone and therefore also the best for ourselves, since in reality we don't have diverse interests. Or it is the egomaniac voice of the false self (the ego), which is singing its song about sin, guilt and punishment and which misuses other people only as vehicles to fulfill (our) personal interests.

Only the one who is very familiar with the ego and its strategies, and knows about the true TEACHER within, is able to overcome the ego and transit into the PEACE of the SELF. Being unaware of a spiritual world is what the ego likes best about us, because then it is easy for the ego to perform an insane drama about separation and revenge on the stage of our mind. Vanity and the urge to be superior are (which at the core means to feel more innocent than the other!) other human characteristics which give the ego free run and the opportunity to hurt and kill.

The base for love is to respect other people's dignity. No matter how he thinks or acts: he is granted this dignity under any circumstances (German constitution, article 1). This includes fair trial and excludes torture, for example. This is a good thing because a constitutional state has to be ruled with dignity by respecting the individual's dignity of the according country, as well as the dignity of all other people from other countries. It is not a good idea to fight the ego with egomaniac methods. Take Norway as a brilliant example. Their response to the amok-run was: From now on we will rule the country with even more democracy and more openness.

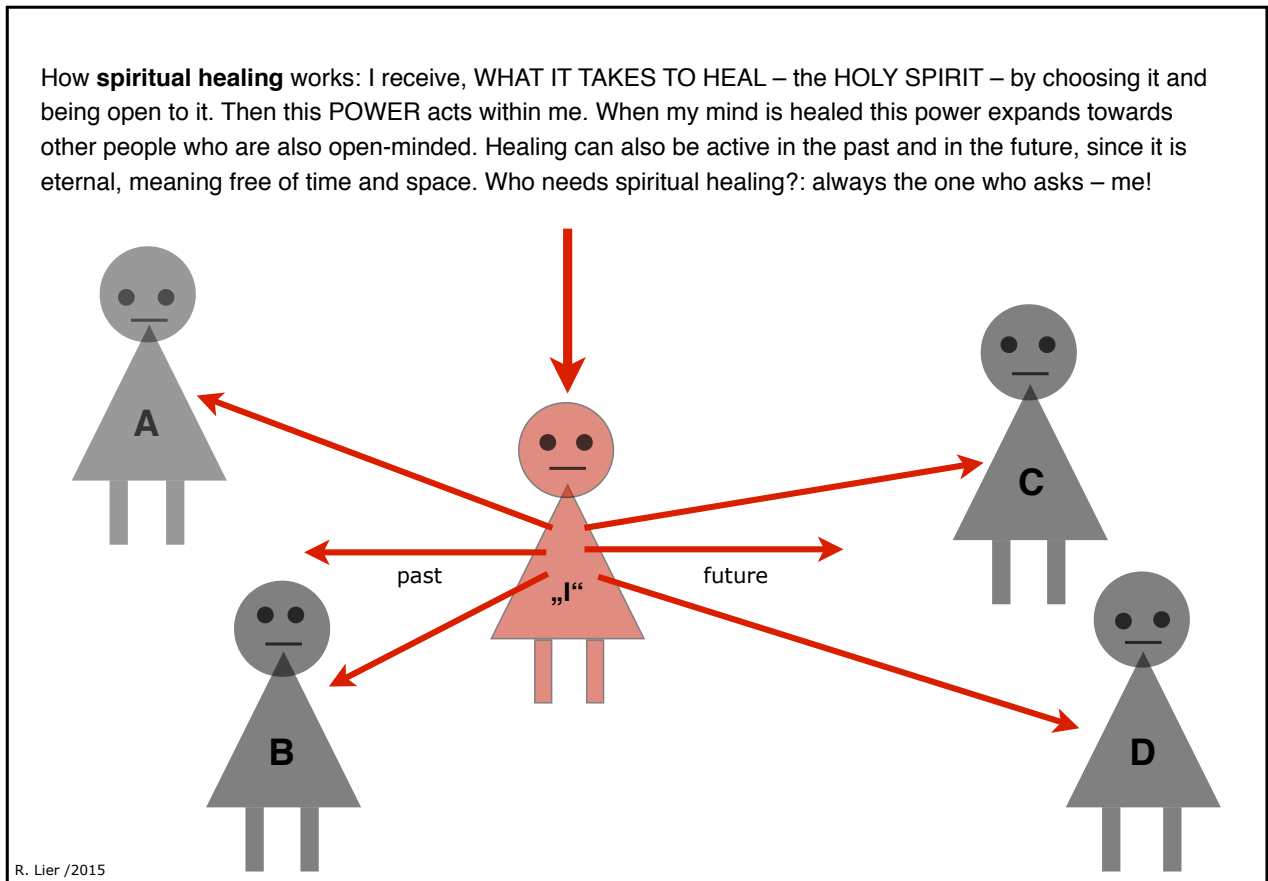
The ego attacks on many diverse levels and it is not always easy to see. All it can do is to manifest the attack on God by the compulsive urge to attack other people. The masquerade is camouflaged in a clever way. Sometimes the wish to help somebody is really a camouflaged attack to produce feelings of guilt and revenge. It seems that the ego mode makes it possible for us to

speak in a loving way and at the same time tear our brother apart in our mind. We are doing this because unconsciously we feel guilty and we are desperate. The gist of what the Mind Training ACIM says accordingly is that there is a kind of forgiving that is used to attack and destroy because this false forgiving secretly makes the other person's guilt (and therefore also our own guilt) real. The same can be found with caring and helping others. There is also a false helping that actually intends to weaken and put the other one down, so that the helper looks better and greater through the act of helping. Are we really doing it in the name of LOVE? We may ask ourselves this question again and again, especially when we feel that we are following good intentions but maybe are secretly controlled by the ego.

Helping without being asked is part of this egomaniac behavior: we see our brother struggling and we think that we are allowed to – or even have to – jump in and help without being asked to do so. This is when the lightworkers hear their call and don't even realize that by seeing their brother weak and helpless they are actually denying the existence of the HIGHEST, of LOVE, within him (and thus also within themselves). Our brother could choose the omnipresent (!) HELP in the MIND at any moment, but his power of decision is not even realized and insofar denied. And is it really our business whether he chooses healing now or if he decides to take this step after 12 more incarnation-dreams? Doesn't he own the right to be resentful against LOVE (GOD) and the right to the process of learning? Do we have a right to take the authority (by the grace of God) to tell him, without him asking, what he is supposed to do? And most important: Did we, as helpers, decide for healing, yet.

**The silent variation of the light-workers presumptuousness** is to secretly interfere with the brother's or sister's life by "sending out light". With this help the poor person is saved once more from destruction – how egomaniacal and arrogant! We ought to be aware that this is a harassment of the mind and that the helper tries to burden his brother with guilt by seeing him as guilty and therefore needy. Synonyms for harass are attack, bug, pain, trouble, strain, stress, persecute. We are compulsively attacking, persecuting, troubling the other one to get rid of our own uncomfortable feeling. This doesn't sound well for the compulsive helper's ears and must provoke strong resistance, since their help was given with the best intentions...

Let's see what this would look like physically: Would we approach a person with scissors and cut their hair without asking, only because we feel that their hairstyle is unflattering and old-fashioned? This can be seen similar to rape. When a light-worker has a "smart aleck" attitude and bombs his brother with light, without being asked to do so, and forces liberation on him, he acts very similar to any other kind of rapist.



Would you approach a crippled person and force him to improve his posture? Definitely not, because this would be seen as an assault and as rude, if the person hadn't asked for our help. Is it any different on a spiritual level? We are still underestimating the power of our thoughts when meeting others. We are asked to perform "thought-hygiene", if we intend to approach Mind Training seriously and don't want to be spiritually manipulating and bugging others. Harassment is harassment, no matter how good our intentions may be and how well we can justify our reasons.

We don't have to pray for others, since they are actually not lacking anything. **They already have what it takes for healing, the HOLY**

**SPIRIT, within them.** When we can't see that then we are having a problem: we are lacking mindful perception. We believe in our own insufficiency and want to secretly get rid of it by projecting it onto other people. Needy helpers are actually a big issue. The ego is smart and likes to sneak into our "most sacred places". Or rather we are opening the doors for it, hoping that the ego's power will grant us alternative happiness outside of HEAVEN, outside of LOVE. The ego turns around our needs to its purposes easily. The need to help has its impulse in unconsciously felt guilt. Rudolf Steiner, founder of Anthroposophy, had the very disappointing insight that in this world the impulse of most acts of love comes from feelings of guilt. This does not mean that we are not allowed to help anymore, when asked to. In Spiritual Mind Training, it is always about the "how", which attitude I have and most of all which spiritual guidance I am following when helping.

**Most of all, helping needs wisdom, guidance from the SELF.** It makes a difference if I am serving the HOLY SPIRIT and let help happen according to his conditions, or if I am serving the ego and actually attack other people and want to get rid of my (imagined) feeling of guilt and "glow" through him. To realize that some people can't be helped and that they want to suffer, is a very painful insight. The key to understanding is the insight into the dynamics of guilt that we are all carrying: since we (subconsciously) believe that we killed GOD, we have the tendency that we want to pay for our guilt with suffering. The context can be seen when someone becomes guilty: for example when someone leaves his partner carelessly for someone else, or if a person is responsible for the suffering or death of another person, or when a person became a murderer. Then the offender, the perpetrator, who feels guilty, wants to suffer and may become physically sick, experience mobbing, becomes an alcoholic or commits suicide.

There are many painful forms of balance. It is only important that we understand how strong the desire for suffering can be caused on this dynamic of guilt. When we mention the possible motivations, the person feels caught and defends himself strongly and sometimes even in an aggressive way. They don't want to look at the cause. They would rather suffer and focus their inner pressure, but not for the cause of transcending and healing in the mind. Every human being has a right to have his illusion, to have his entanglements, to suffer and to experience his physical death. It is not allowed to intervene. The one watching may only face the question:

How does it affect me that I have to watch this misery? Have I already decided for PEACE? Am I able to see the HIGHEST in the other even though he is tossing and turning in his nightmares? We would do well to take care of our own spiritual homework. Only then we will be able to handle any kind of drama in a sensible way, even the craziest ego-dramas. Sometimes still presence and silence are the final answer.



## Chapter 13

### **The vision – the centered attitude**

There is a way of looking at things that is calm, quiet and favorable. It is without attacking, without condemning and without being compulsive. This way of looking radiates friendliness and does not want anything from the other person, because it is resting within and does not need anything. It doesn't need to correct or judge or change. There is only calmness about what there is – the world – and how it is. This way of looking is not ruled by fear or desires. It is centered in the MIND and it does not get impressed or overwhelmed by people's misery or their joy. At the same time this centering makes compassion possible and knows about the HIGHEST within everybody.

We can only invite this way of looking at the world to come into our lives, since it is not a matter of course in every day life. We are experiencing it only rarely, since mostly we are driven by egomaniac impulses and we let these impulses have power over us. Power is always in the MIND and never in this world. This is the power of our decision, and we are only rarely aware of that. Are we able to have willpower ourselves and are we able to capture this willpower with wisdom? Or are we driven by egomaniacal ideas?

The POWER of our MIND is our true, real BEING. The MIND is all there is, and when the mind is dreaming it believes to have separated from the SOURCE and creates a world, which compulsively mirrors and repeats the original separation from LOVE in all its dualistic forms of appearance. We are all suffering from the consequences of this illusionary original separation and are commonly trying to make others responsible and blame them for our pain. The way we look at things is not peaceful anymore since our mind is ruled by guilt, fear and hatred. The way we look degenerates to fearful searching and greedy seeking.

Then, when we meet other people, the egomaniac, dreaming part within us shows us painful images burdened with guilt from the past – from whatever "dream-incarnation" it may be. Remarkable is that mostly we tend to see ourselves as the victim and our brother as the perpetrator. Only when we are really spiritually advancing we will widen our perception and realize: I have also been the perpetrator in my egomaniac dreams, and a victim in the long term, which then again became perpetrator and then again victim and then...

But also this phase of looking at things has to be overcome, if we are truly looking to find PEACE. From the perspective of the REALITY of the PURE MIND these are all illusionary images without meaning, and can't exist in front of LOVE. We don't have to accuse ourselves nor others because all dream-incarnations have just been worthless massacres. Any reflection given by love – no matter how imperfect it may have been – will be cleansed and given back to us in eternity, it is never lost.

The egomaniac vision is not free. It carries intentions and we feel haunted by the fear of painful suffering and death as a consequence of our separation from God. Then we are prosecuting culprits to get rid of our own feelings of guilt. "An eye for an eye, a tooth for a tooth" says the old ego-law and we are following this law with knee-jerk reactions when we are inwardly confronted with any kind of physical or mental pain.

In this state of confusion we believe it's fair to make accusations, that there is a necessity for revenge and that we can force rectification in a conflict situation. We are like firefighters who are forgetting that they themselves started the fire they have to fight. This insane fight creates a smoldering fire which spreads secretly and flames up again and again: the game of victim and perpetrator never comes to an end – if we decide so.

It always comes back to us when we are throwing uncomfortable feelings, namely guilt (projecting guilt), onto others who seem to be separate from us. We can't get rid of anything, since there is no separation. In the mind we are all connected, in reality we are all ONE. And therefore I always only see myself: myself as guilty or as innocent.

Now the question is: What do I want to see? – and not: What do I have to see because it is inevitable? **Do I want to perceive the idea of separation as a lie or as reality?**

Only when I recognize that the concept of separation is just a state of illusion, like a dream, I will be able to receive HEALING and PEACE. And once I have experienced this miracle, this experience will expand from "my" MIND to the "others". They will then be able to envision the memory of ONENESS and LOVE in their mind and decide for it once more. This is the essence of spiritual healing.

The base for a clear, true vision is silence. Silence invites absolute TRUTH, which is true for all of us: we are MIND of GOD'S MIND. No other truth can coexist. I look silently at all people and see all of us in the light of innocence, like LOVE created us. There has never really been an attack on LOVE – this only happened in our nightmares. There is only one thing that can help: to wake up! Is this what I want to choose?



The mind is very powerful, and never loses its creative force.

It never sleeps. Every instant it is creating.

(ACIM, T-2.VI.9:5-7).

## Chapter 14

### **About discussing – impulses of the ego**

To discuss things and to choose a path are obviously two completely different things. I don't like discussions very much because most of the time these conversations end up with "I told you so" attitudes and are counterproductive. The ego is always present and there is one thing that the ego does not want at all: that we are having a deep insight and achieve spiritual knowledge. The ego loves discussions that are emotionally fired up and agitated, which can be adrenalized with feelings of hatred. Then it is only about victory and defeat, life or death – and actually everyone involved loses in this massacre. Some talk shows use this human urge to fight as their strategy – you either like that, or you don't.

I don't mind answering serious questions or asking other people questions. Real questions demand to be answered. That is like philosophy, it is love for wisdom and modern science is generally not touching this matter. Wisdom is not the same as "know it all". Wisdom touches us essentially, it touches something in us that can be called the truthfulness, the genuine, which is beyond all words. This wisdom will take us to REALITY, it serves REALITY. Questions that are referring to the essential are holding the core of the answer. Sometimes such a question is answered in a wondrously miraculous way by simply concentrating on it. All truth seekers say the same: at the beginning of the path you have essential questions and a hunger for the TRUTH.

ACIM became a spiritual revelation for me. The spiritual content touches me deeply and I can see how it changes my mind as far as expanse, understanding, mildness, peace and compassion are concerned – with myself and with other people, nature and its beings. Anyone who commits to the Mind Training and its 365 lessons and its texts will definitely experience a change. To really understand the content you have to immerse yourself in the Mind Training and let the messages effect you. The defined goal of the Course is to connect you to the inner guidance of the MIND, the HOLY SPIRIT. This guidance will free us from fear and thus will lead you to inner peace. LOVE, the NATURE of GOD, will reveal itself consequently. This message is clearly passed on to us by the Course. In our present dreaming

state, with a slowly awakening mind, we can only experience tender reflections of love, which make us very happy, never the less.

### **What is the core, the essence, the gist of working with the Course?**

The Mind Training is essentially about healing my relationship to GOD (I as an aspect of the SON of GOD and the relationship to the FATHER) and about healing all my relationships to all the people I am dealing with in this particular lifetime. All relationships to other people are mirroring my relationship to GOD. ACIM provides me with all spiritual tools to achieve healing. Tools are only helpful when they are actually used. To talk about them and discuss them without applying them does not get us anywhere and does not make sense.

I can't see the point of discussing the legitimacy of the published version of ACIM. Supposedly there is a version, the so called original text, which had to be edited by Helen Schucman and Kenneth Wapnick for a better understanding. Kenneth stated that there have been numerous personal messages for Helen and Bill that could be omitted because they were not important for the general content and did not add to the Course. Some of these messages that Helen Schucman received for her private benefit are published in her biographical book "Absence from Felicity".

Even following a few sentences of the existing version of the book would bring us very, very close to the state of awakening. The ego, however, tries everything to distract us from taking even a single sentence seriously and apply it spiritually. The ego simply loves the opinionated discussions, which are posted on the internet. This is when I draw back silently and enjoy the PEACE which I am now able to receive. My awakening does not depend on the Course. The Holy Spirit knows about thousand of ways to help me. The Course is only one way, one form of many, and in its appearance as a book is also illusionary. However the content is quite amazing.

I am looking forward to answering questions that may come up after working with the Course and listening to my speeches. I enjoy responding and I don't charge you for that. This is my share for our common welfare. Only, I don't need to be right, that would be too exhausting for me. What is it all about? It is really only about becoming wholesome, to be healed and to wake up from

our stupid, painful, little dreams. Whatever it takes to serve this purpose, I am happy to do and to support.

### **Ego-talks**

The ego lives off of dull, spiritless conversations that we are holding on to at other people's expenses. This godless nonsense, which is commonly called "gossip", steals our inner peace in the end. What is significant about gossiping is that it has to be done secretly and that the person who is talked about is not allowed to hear it. Only here once more we are misinterpreting the spiritual REALITY: there is no separation and all spirits (people) are absolutely connected with each other and know (unconsciously) what "we" talk about.

Ego-talks are an egomaniacal form of feeling superior over others. The essential message could mean: "I am smarter, better, more intelligent and richer than you". The opposite may also be celebrated: "I am poorer than all others, they are leeches living off of me!" It is always about pointing out the difference, whether the orientation goes to plus or minus. In any case pointing out the difference is where we see aggression: then the other one is not my spiritual brother anymore.

Satire is much-heralded in the name of free speech, but often appears to be only a camouflaged form of aggression. I don't oppose justified and constructive criticism. However, it ends when religious feelings of other people are hurt for fun and people are portrayed as silly and uneducated. How does this relate to the freedom of religion, which is granted in the western world? You are not supposed to slaughter someone's holy cow. No matter what a person may believe in, we should always respect him as a human being and focus on his humanity. The French satire has mutated to homicidal attacks and reaps homicidal reactions. When people are cornered and hurt, they will counter attack with despair. The sad events in Paris of 2015 are the proof.

**Ego-talks are always a form of war**, since we are attacking the other with certain statements and we want to defeat and kill him spiritually. We don't see the boomerang effect: I am actually attacking myself. Psychologically speaking, ego-talks are an expression of self-loathing and self-hatred.

This can all come to an end when we become conscious about it and decide to ask for the HELP of the Spiritual World. On the one hand we are asking for the HEALING of the MIND and on the other hand we are reminding ourselves that we want to let go of this destructive behavior. For the latter a sticky note on the computer or in the wallet may be helpful. The note can say: no more ET! – meaning no more ego-talk .

### **Two test questions**

Before opening our mouth and starting to talk we can answer to ourselves two questions in our mind:

1. Will, whatever it is that I want to say right now, contribute to everybody's PEACE?
2. Is it alright if everyone hears what I am about to say?

These two test questions help us to consciously reflect our true intentions. We may become a little less talkative for a period of time until we are fully available for the HOLY SPIRIT and able to be inspired by HIM. Then words of PEACE will start flowing and we can take on the task to spread these words, which the world is generally lacking. In the end, we are always back to the one question: Are we available for the REDEMPTION of all people?

### **The strategy of the ego: fear and death**

Our expectations of punishment and the fear that we are consequently experiencing, lets the ego have a tight grip on us and we are actually not really free, meaning not really at peace. Freedom can be defined by two directions: to be free from something or to be free for something? It is obvious that we are not free from the guilt-complex when we are constantly afraid that something terrible may happen. It is common that people's negative expectations are strongly embedded in their soul and are a sign of their waiting for punishment. Sometimes we try to please the Gods by offering sacrifices and hope that the expected punishment can be turned away from us. We may donate money or try to please our partner to get rid of our feeling of remorse.

**Freedom of love**, meaning to be free for love without fear, is strongly limited. We often don't dare to show our honest feelings for the other one, since we fear our vulnerability and feel that we have to protect ourselves. The ego expects to be attacked and punished.

The ego lives off of our belief in separation from God and the consequent tension. This tension is created by the maximum performance of the "good guys", the compulsive helper and the dark side of it, sadistic and masochistic games. The ego's play ground is called *good* and *evil*. We are always standing in front of the tree of knowledge on the edge of banishment and death. When it comes to our failures, we always say: "I really didn't want to do this, but I couldn't help it."

**The process of healing demands that we are taking responsibility for our own decisions.** Essentially, it is only one decision – the original decision: that we want to be separated from GOD and experience our own, individual, special life. This original decision is buried in our unconscious and we don't have access to it, but it has an effect on us and shows in particular when it comes to feelings of fear and triumph. Fear is always based on the narrowness of our spiritual outlook, meaning the exclusion of "the others" and as a last consequence in the exclusion of GOD. Triumph means to be victorious over "the others" and GOD and their death is always part of our triumph. This implements any kind of death in our illusionary world: it may be winning over someone when playing cards, or the gold medal in the Olympics, or even the financial winnings from a commercial opponent. The ego's logic says: only one can survive and win, either me or you.

The thought system of the HOLY SPIRIT contradicts: If there is no separation, then I am actually you and then I am actually doing everything to myself that I am supposedly doing to you. You are actually my key to healing, when I can see you as innocent and free in the mind and free of guilt.

This shows that in this world nothing pays off. The ego, however does the math against this truth and tries to add up. Watch your mind and realize how the ego starts adding up when something went wrong in your life it immediately amends every thing that did go well. So in the end, the ego feels that it does pay off and that life outside of HEAVEN is possible and can be quite successful.



## Chapter 15

### **Balance of Give and take in this world**

There has been some confusion about the issue of give and take, especially when talking about intellectual property (copyright) and the field of therapy and healing. I am talking from my own experiences and I like to take a close unemotional look at the matter to enable us to learn from each other. We need a clear mindset, and an understanding for the deep laying conflicts that have been made transparent through the Mind Training ACIM.

For over three decades I used to pass on my books in the digital and in the printed version for donations. Looking back I basically gave away my intellectual property for free. I did that sometimes even in my work as a therapist and charged less or nothing. This behavior of mine leads to irritation on both sides: on the side of the taker as well as on the side of the giver, meaning on my side. I created a gap between giver and taker which was not balanced. This gap has a negative impact on the spiritual development of the parties involved and on a healthy relationship. When there is no payment made the taker remains guilty and the giver secretly keeps his demand for payment and balance. The giver shifts his own feelings of guilt to the taker and consequently feels innocent.

This context cannot be understood without the metaphysics of ACIM: all of us on earth feel – mostly unconsciously – guilty and we are expecting punishment in the form of illness, persecution or debts at the bank or other creditors. The world and all that happens there is only mirroring our mental state, since it is only a projection within our dreaming mind. It has nothing in common with HEAVEN – being ONE in GOD, since in HEAVEN we are the ONE SON of GOD who is innocent and free.

The world is only a switching station for guilt, since our existence is based on our generally subconscious belief of attacking GOD and our fear of his revenge. This is why men expect misery and fear physical death. Our initial situation is significant when we meet in social life and become givers and takers. The exchange of give and take makes a relationship and is needed for survival in this world. This has nothing to do with HEAVEN at all, since there is no lack and no duality in HEAVEN. On earth we are dealing with division of

labor and money as a means of exchange. An important part of our big classroom.

The real problem behind an imbalance of give and take is that the taker stays in the giver's debt. This debt, which is in most cases financially, mirrors only the human guilt-conflict that we have set in our mind. We see ourselves in front of GOD as guilty and secretly hold on to this image: we, the lost Son of GOD, want to keep up our autonomy against the FATHER in this world away from home (HEAVEN) and we enjoy the feeling of triumph, living in a kingdom of our own. This belief, however, has nothing to do with GOD or the pure MIND, who does not know of bodies and form (no separation!). The world and all its active bodies are only a nightmare which is absolutely unreal since it will pass.

Let us get back to the dynamic of give and take. Without compensation on his end, **the giver** will stay guilty and feel weak. There is a barrier raising within and he cannot really take the offering, since he is defending himself against the feeling of guilt – which he had in his mind before. His guilt-conflict is activated. The free offering becomes almost worthless and has very little effect (for example in therapy). Free things are hardly appreciated. What I earned with honest hard work I can appreciate and enjoy.

What is the spiritual dynamic of the giver? One thing is that he wants to feel better (more innocent) on the expenses of the taker. Superficially it may seem that we are dealing with a helper-syndrome, but at the heart it is about shifting guilt. This can be commonly seen in addictive relationships: victim and perpetrator find each other like key and lock. Both are in need, both are suffering from each other. The "helper" helps and actually takes the taker's chance to become responsible for his own life. Consequently the taker stays weak. He gives up his power – to the partner, medicine, the state, a guru. In any case, this cannot change anything – it all stays the same. Healing is made impossible.

For my part I can only realize that I could not erase my inner guilt-conflict by giving away about 60,000 printed editions of my books (not even mentioning the hundred thousand digital versions). Formal motions can't solve a problem in the mind. All my give away projects were only empty, magical conjurations that failed their target (the mind!). They were actually sacrificial offerings to

relieve from unbearable torturing guilt. Sacrificial offerings are always a form of magic and ironically increase what they are supposed to fight: guilt in my own mind.

**The feelings of guilt that I am trying to fight become real because I am fighting them.** My helping strategies are actually counterproductive strategies. We should learn to see through the eyes of the spiritual world (the eyes of the HOLY SPIRIT) and realize that there is really nothing. Our world is built on something that does not exist in the MIND: separation (which will inevitably lead to feelings of guilt). All of us have decided to dream about separation. This is why we see the world of forms, which we want to see. It is a projection of our willpower, of our mind. It is a world ruled by the laws of dualism like inhaling and exhaling and the balance of give and take.

**Giving without compensation** usually creates stronger feelings of guilt for the taker and blocks his energy. Consequently most helping programs are really damaging or restraining programs. They are paralyzing the takers and impede any kind of self-initiative. How many parents, for example, are out there and secretly supporting their child's addiction, if they are for example hooked on heroin? Experiences show that the addict has to suffer deeply and be at his/her lowest to accept the conditions of a clinic. Many patients want to instruct their helpers and dictate to them what kind of help they want. Most helpers don't even realize that this is a strategy that retains the problem. The ego-part, the false Self, within us is very smart. It will do all it can to prevent the ill person from finding real peace and real healing. The ego lives off our pain, our rage and despair. Everyone in need needs to come to the point where he bans the ego. Only complete withdrawal from the drug leads to sober-mindedness and healing.

**Help that does not cost** anything is usually (not always!) worthless. I have spent many hours counseling insurgents, who in the end insisted on having their particular illness and thus insisted on being a victim. They did not want to take responsibility for their situation and would always blame the "others" who had taken their peace, or dignity or health from them. Being the victim is quite convenient. Secretly there is always a perpetrator to blame and he is supposed to free the victim from his/her own guilt. However, peace is not possible that way, this is not how we find true healing. We have to let go of

the accusers and let them deal with their insanity themselves. That's the way they want it and they are allowed to suffer.

**The world of forms, like we know it, is based on the law of duality.** At the core, it is the thought of separation that yields all differences, also the ones of give and take. This is what we have to face, even if we have a strong desire for ONENESS, which we can't find in this world because it only exists in the MIND. There is no give and take in HEAVEN, since there is only LOVE and no lack.

**The ideas of a cosmic ordering service** is common in some earthly circles. You just have to wish for something and it will appear without effort. This is some kind of childlike, magical thinking (one crazy example for that are gifting clubs). Ripe grapes, fancy cars, houses and not even books are simply falling down from the sky. It is only due to some people's effort that these services are available for the well-being of others and it needs compensation so that they can also be available at the market in the future.

**These are the gifts of the world** which serve man's well-being, through give and take and compensation. Nobody would question to compensate the baker or to pay at the gas station. And if the baker would give us his bread for free and refuse our compensation, we would stop shopping there after 4 or 5 days because we would start feeling guilty. However, copyright and the compensation of an artist or author is often a little more easygoing. The same is true for healing.

**First we should ask ourselves what the word healing means.** Healing happens in the mind of the one looking for help by erasing one single error, namely the belief in guilt (the separation from God). In order to cancel this belief we have to accept the TRUTH of the MIND of GOD when we feel this REALITY touching our mind. Only this impulse of the Spiritual World brings healing. As a therapist, I cannot create this impulse for the client, but I can set the base for being open for receiving the necessary impulse. That's all. It is not me who heals the client but my service to encourage the client's willingness and openness, which needs to be compensated if the taker wants to benefit from it. It is a service and it is basically not a lot different from the shoe maker's service who soles the shoes so that the person can walk well in them.

**The healing force itself, the MIND of GOD doesn't have to be paid** and can't be paid since the MIND of GOD does not need any compensation from us. The only thing that HE needs from us is our openness and readiness to accept healing. The only thing that may follow can be our gratefulness – but GOD does not even need that. Being grateful has a healing effect on us. By appreciating the greatness of the gift we have an easier time accepting it and don't fear it that much.

**GOD does not need money or other kind of sacrifices,** since any kind of form is meaningless for the MIND. However, for me as a human who lives within the form (and it would be insane to deny that) formal exchange and compensation is essential for surviving as long as I have obligations in this world. This is not a sin and the World of Spirit does not care. The only relevant question is whether I truly want the PEACE of GOD in my life and in any matter and situation.

My spiritual motion towards PEACE serves all people who are around me but this transpersonal process, which is beyond my rational understanding, cannot nor needs to be compensated. There is no adding up on this highest level, since form, and therefore also duality, does not matter any more. I have the impression that the spiritual healer Bruno Groening and the catholic priest padre Pio served as direct messengers of the MIND of GOD on this highest level. Both are people who were and still are – now without physical bodies – directly serving the MIND of GOD beyond all forms. Both of them were almost free from material obligations since one was supported by friends and the other one by the church. Considering this fact I cannot and don't want to compare myself to them.

**Giver and taker are like partners in a relationship.** The relationship works out the best when both of them are putting in 100% effort. The one who only gives his second best will only receive second best. What we sow we will reap. The spiritual law of reflection applies: what I give the other one, I am really giving to myself since in the MIND I am the other one, in the MIND we are ONE. Nothing can be lost when we gave our best. However, balance in the sense of compensation should be achieved if the gift shall be a blessing for the taker. Once balance is achieved, the giver and taker keep their dignity and are free from each other. Then their relationship can thrive.

**The world's game is the world of guilt.** This context is supposed to be hidden to keep us from solving the actual problem in our mind. This is why looking closely is very important. I see my path with the people who come to me and work with me as a path of knowledge/realization that brings us close to the mystical experience of HEALING. This is why I am talking so openly. Mistakes are not bad, they happen to all of us and it is not essential to judge them. However, to realize them and not correct them would actually be tragic. As a brother I want to be helpful to my traveling companions and I am doing this with spiritual/mental work. It's like a carpenter who makes a table and sells it. Everyone gives what he has been given. If we develop in a healthy way, we will want to give and take in a balanced way. If we do this with love, we did it all. Of course there are people who are in need, maybe because they are physically or mentally handicapped. In this case their (heartly) thankfulness is the compensation. Or, another example that does not need compensation is the suitcase that I am lifting for someone on the train. Neither the giver nor the taker wants and needs money for that service. Appreciation in the mind is all it takes and gives us peace. The same is true for people who have suffered from natural disasters. International aid may flow freely, there is no need for compensation on this level.

### **A word about success in the world**

In the world we want to be successful with everything that we do. That is just all too human and it is allowed. Only: even though we wish for success, we are also scared of it. This fear of being successful can only be understood under the sign of our conflict with GOD. Since we believe that we are living our life at the expenses of God, we subconsciously see success as another way of revolting against GOD and as a confirmation of our victory over HIM. This will cause GOD'S punishment and therefore we fear that success in this world will make us even more guilty. This fear is subconscious but its effects can be experienced: we are preventing or hindering success and in the worst case scenario we are even directing our own story of expected punishment by failing.

**What is the solution?** We should use the classroom of the world and we are entitled to develop and live out our talents and gifts. We can do this in an egomaniacal way or with the guidance of the HOLY SPIRIT. The egomaniacal way is always about triumph over the other one and therefore also over God (I am writing God, with lower case letters because we are only talking about

the image of GOD, which we created while dreaming. A wrong image! Since in reality we cannot attack God). The healthy path is to walk humbly: I know about the insignificance of my success, since it is all an illusion. However, it can become an illusion of HEALING and FORGIVING, when I do whatever I can and put it into the service of the HOLY SPIRIT. Then it will serve the awakening of all people and bring peace and the end of fear. It is always about our attitude in the mind. Important is that my thinking and my doing are aligned with PEACE in GOD. The one who serves with this purpose is a blessing for all people. On the level of form this can be a service or product that makes life easier for us or makes us happy. Essential is the spiritual motivation of the person.

## Chapter 16

### **Decisiveness: the power of making a decision**

Decisiveness is the opposite of mental weakness with changing moods and its conflicting impulses of motivation. Seriously practicing the Mind Training ACIM brings soothing clarity and the ability to distinguish the differences. My experiences tell me what gives peace and which actions will tie me up in even deeper guilt and fear. One comes from my divine SELF, from Jesus, the other from the false self, the ego-thought system which is solely based on the idea of separation. I will choose the first more frequently and skip the latter because I don't want to suffer needlessly.

And if I happen to decide for strife and enforce my guilt-conflict, I won't condemn myself for this decision. I may take a LOVING look (with the LOVE of Jesus, an angel, or any other messenger who is helpful for me) at my resistance against LOVE – that's all it takes. The HOLY SPIRIT will light up all the crazy, egomaniacal beliefs in my mind and all may dissolve. However, it needs my decision and I have to decide that HE is allowed to look at all this nonsense with me. The decision in my mind is based on my decision for PEACE, which is not from this world but can be chosen and experienced in any moment. If I take this MIGHTY PEACE-POWER seriously and want to experience it, then I will start **communicating with it**. To take it seriously is the foundation, the base for the connection in my mind. I am always taken seriously by IT, by the MIND of PEACE, whether I am aware of it or not. Therefore it all depends on me and my spiritual orientation. I need to decide it, to practice it, to take care of it and to increase it. The MIND is always present and I am in IT. Still, I can be caught in strange dreams and think that I am not allowed and not able to find PEACE.

I am always in charge of **the power of decision** concerning my mental state. It is one of the big challenges of the Mind Training that you don't surrender this power to other beings or forces. When you give up your power and let yourself be ruled by thoughts and feelings, then you are part of the insane game. It is very likely that the person will project guilt onto others and blame them for his state. The person doesn't see that he opened the door to insanity in the first place and now has to deal with the consequences of this decision. There are always just two choices in our mind: the SELF, our true BEING, which is MIND out of GOD'S MIND and equals terms like LOVE



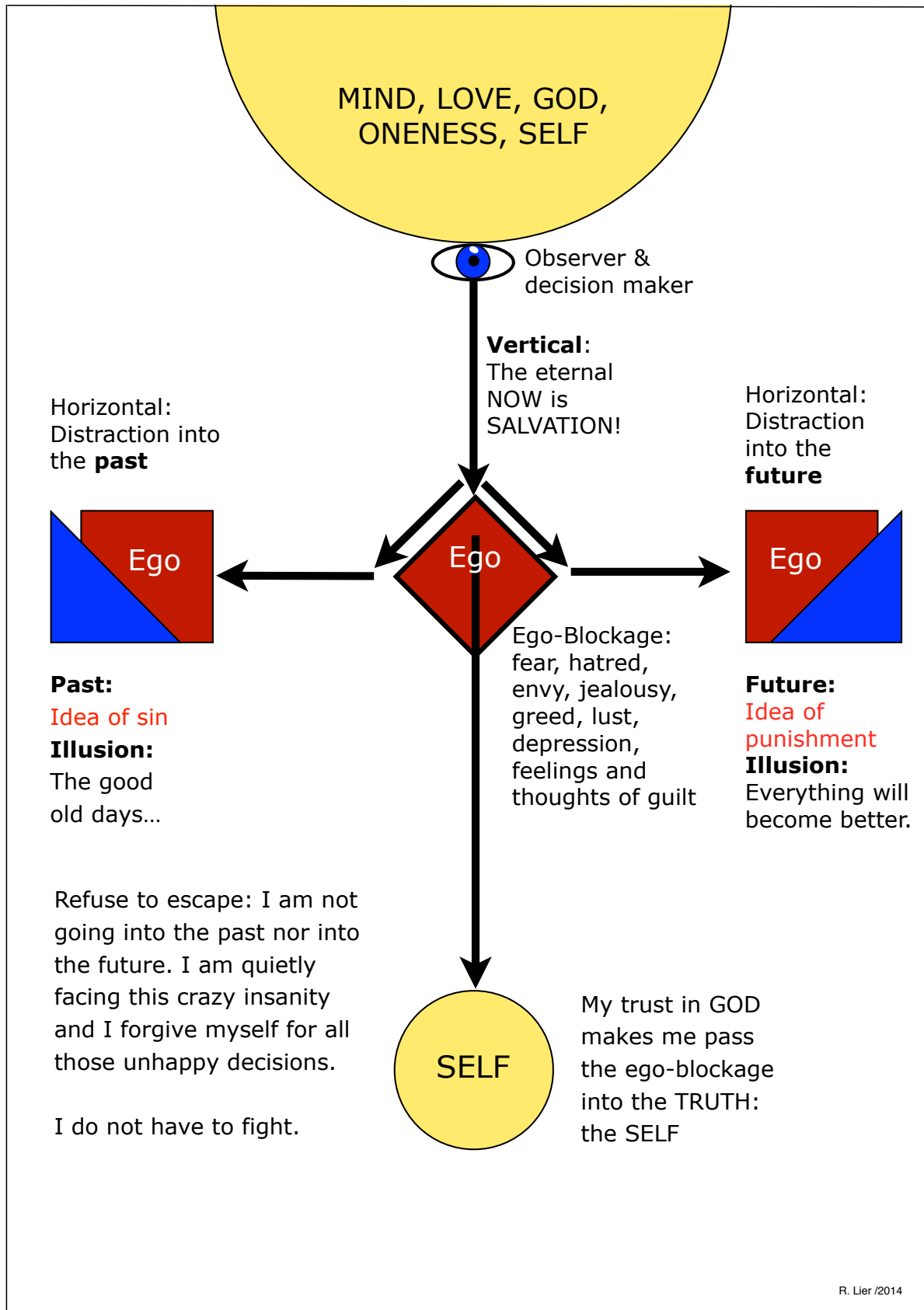
and PEACE. Or the false self, which we are experiencing in our earthly dream and is referred to as the ego in the Mind Training ACIM. It is the idea of separation, the illusion that there is life outside of God. This idea, however, turned into our nightmare of sin, guilt, fear and hatred – and that is basically what this world that we believe to be real is in reality – a nightmare. The ego is only an insane belief, a kind of mental illness, which has brought great misery to people. All our dreaming mind needs now is healing, gentle awakening into the REALITY of GOD. Let me mention this beforehand for our relief: the Course ensures us that in REALITY life on the expenses of GOD and outside of HIM, is not possible.

The third authority is the **observer** and **decision-maker**. This is where we find our true power of the mind, the ability to distinguish truth from illusion and where we can make the choice. Whatever it is that we choose, we will experience: war or peace, pain or healing. Unfortunately we are rarely aware that we are making a choice with every single thought and that this is how we are creating our life and fate. Thoughts trigger emotions and this flow of energy influences our life and our body. Our body only serves as a recipient of the orders that we have decided to follow in our mind beforehand. There are only two kinds of thoughts: thoughts of LOVE that serve LOVE. And thoughts of separation, which serve the ego and lead to self-opinionatedness, war and pain. There are no “neutral” thoughts.

**Responsibility**, in the deeper meaning of the word, is the ability to react to impulses of love or lovelessness (aggression, rage, jealousy, pain, grief, depression) with wisdom. What should this answer look like according to the Mind Training, when I want to achieve healing and peace? My decisiveness is only geared towards LOVE, the PEACE of GOD. *That is all I want.* Everything else is not part of me and I won't let it into my “house”. Any kind of attacks don't have to, and are not supposed to, be countered with other attacks, but with *decisive serenity*. At first we are not familiar with this attitude and we will have to develop, experience and practice it. It is an attitude of vigor and serenity. I don't have to worry, I don't have to be afraid of the ego's impulses because in reality I am the way GOD created me: innocent and free.

**The miracle** lies within the change of our mind-set. The authority of the decision maker is the key to it. I can only find PEACE when I open my door

for LOVE and keep it shut when I hear the ego knocking. I don't escape into the past or the future, since this would be the path into new illusions.



**The response to the ego is:** *you are not part of me. You are a delusional idea and you don't know anything about LOVE. I am not cooperating with you. In reality you are nothing.*

Then 95% of our attention is focused on LOVE and the remaining 5% keep watch over the ego, which keeps roaming beside us like a hungry dog – but we don't let it lead us. The ego is the murderous impulse within us, which is based on the delusional idea of separation – on nothing – on an impossibility. It cannot be "healed" or "redeemed", since it does not exist in reality. There is only LOVE, the TOTALITY, the ABSOLUTENESS of GOD. That's all there is, but we, being the ONE SON of GOD, are dreaming of a split world, a world of attacking and revenge and we are desperate. LOVE wants to deliver us from desperation. In the world that we have access to, (the illusionary world), LOVE may appear in the form of Jesus, Mary, a saint, an ascended master or an angel – they are all messengers, or symbols that help humans to find the PEACE that they have always had (and will have in all eternity) in their mind. We all are spiritual LIGHT out of GOD'S LIGHT and the ego's darkness is and stays an insane illusion, which we are holding onto in our dream.

**The miracle of healing** can take place within me, if I truly choose it and if I want it more than anything else: more than any possessions I may have, more than being right, more than revenge and triumph. How much am I willing to give for GOD'S PEACE? How much will it cost me? In the end it will cost me my whole world, since this world was and is a bad substitute for LOVE. All my adventures and stories did not bring me PEACE. It all slips through my fingers and nothing is left in the end. The price that I am paying for these things is high: permanent fear of loss, fear of being attacked, fear of illness and death. What a painful drama! But I can stop this hunt, in which I am hunter and hunted at the same time and where I am bound to lose, in my mind right now. Practicing Mind Training is the tool.

**What remains that I have to do when I see another person 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-Nazi group. 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.

### **Spiritual Communication**

The most direct way to talk to a person is the following: I address him in his mind in his observer-decision maker position. This is how I avoid the daytime

consciousness, which is mostly dominated by the ego and tends to go into a defense or attack mode if I touch a sensitive subject in our relationship. I did that consciously for the first time in 1992 when my daughter, who was 6 years old at the time, was in a hospital with pneumonia. They had already tried all kinds of antibiotics and nothing had helped. The doctors considered her state as crucial and didn't want to raise my hopes. In this situation I turned to her on the level of the mind and said:

*If you want to die I will respect your decision and let you go. But I would be very happy if you could decide for life and we would have some nice experiences together ahead of us.*

After three days she had made her decision: she became well. I had agreed to the possible end of her physical life, because I knew that I couldn't force her to live. A verbal discussion wouldn't have been as effective and direct as this spiritual way of communicating. We should keep in mind that any thought that we are thinking about another person will reach the person and the person will have to process it. We are putting a burden onto our "loved ones" when we are worried about them and expecting misery to happen. Back then I was aware of how much power my daughter had over her life. She made the decision whether she wanted to live or die, not the doctors.

**Real love** will always respect the other person's will. The World of Spirit treats us humans in the same way. It does not force us to receive healing and peace. And we should treat our brothers and sisters the same way. I can only be a helpful role model for others, when I have decided to choose LOVE in my mind and manifest this in my life. Then he can remember that he himself could choose LOVE and PEACE. Both the living ones and the dead ones can see our stirring of emotions clearly. They are learning 80% by imitating, like all of us. The most convincing is authentic glowing PEACE within me. Everybody can choose IT at any time, but only the person himself can make the choice. Only one question is important for me: Have I chosen IT, yet?

To **realize the necessity of the Mind Training**, and whatever this may look like (there are different forms which will all lead to the same outcome), is the basis for healing. Decisiveness will guide us on the way because from our end, determination is the link to the MIND. Our share is little, the HELP of LOVE is major. All it takes is our sincere daily "Yes!" to healing -

committed and consistent. And when we feel a “No” to LOVE coming up, which is the resistance towards the MIND of GOD, which we are all carrying within us, then we are simply quietly looking at this “No” with forgiving LOVE. This is how we are experiencing a first beam of the light of REALITY. We can be happy: at the end of the day the LIGHT of eternity will melt away all our nightmares. Nothing bad ever happened.



## Chapter 17

### **I am not here to be loved**

All of us are primarily looking for love in the outside world and want to be loved by others. In our ego-mode we are telling our partner that he or she is here to make our wishes come true so that peace is possible. But no matter how hard our partner will try it will never be enough, since the ego is a bottomless pit. When both parties in a relationship learn to take good care of themselves and don't expect anything from their partner, they would go very far. Anything that my partner gives is an additional gift and I may take it happily and with appreciation.



An essential part of the spiritual awakening of the Mind from the dream about this world is to realize that all our (love) *relationships are special relationships*. This means the special love- and hate relationship. We want to balance our inner lack and fill it with care and recognition from the outside, from other people. However, this will never work out, because anybody who gives us his attention will want something for it in exchange – we are always caught in exchange deals. There is nothing more to expect in the normal insanity of the egomaniacal dream world. How can we solve this frustrating situation? Definitely not by avoiding relationships – the loneliness

of a convent does not really provide room for the healing process. Human relationships, the I and You, are the gist of the classroom for learning and healing. First of all this takes: spiritual contemplation!

Only devotion to the MIND can bring us FULFILLMENT and HEALING. This is the main inner motion of the Mind Training. This motion lets me have the insight that I am already loved by GOD. There is only one problem to face: I am not able to allow and accept this LOVE of GOD because I consider myself

as guilty and thus undeserving. Self-hatred and self-condemnation is deeply rooted in all of us and supposedly the last big obstacle that separates us from LOVE. We refuse to believe that in reality we are innocent and still within GOD and therefore all our earthly dreams are meaningless. We are holding on to all the uniqueness of our small, individual dream-life and with that we are holding on to all our special love- and hate-relationships without realizing how pathetic and miserable this wrong image of our self is and how crazy this game is.

Secret self-hatred produces inner pressure which leads to hating the partner. There is nothing the partner can do about it, no matter how much he/she gives, the other one's tension and discontent will not be resolved. Men are sometimes experiencing this deeply frustrating feeling when they are ready to give it all to their spouse or girlfriend but in the end whatever they are giving is not enough for a peaceful togetherness.

One woman described this painful inner state of her soul clearly: "*My degree of suffering and my anxieties have been and still are so overwhelming that I am now ready to have an honest close look at what lays behind it. My anxieties are restricting and paralyzing, they make me powerless and my development is prevented. I realize that I would rather suffer than change things because suffering gives me something to hold on to. This is really insane! My anxieties hide my dissatisfaction. Nobody and nothing can satisfy me! Why am I unsatisfied? What is left in the end – when all is lost – man, children, house, job? At the very bottom of my soul, lack of self-esteem is hiding. Now it is about time to stay with it, to become brave. Do I really value myself the way I am? Do I really feel loved the way I am? Can I hug myself in a loving way? Do I appreciate myself? Do I consider myself worth to be loved and perfect the way I am? NO, I am not that far ahead, yet! There is something that I didn't get yet! This insight and this realization let me become completely silent. Nothing and nobody but me can give me self-esteem! It all dissolves the issue of guilt, injuries, disappointments and expectations. Now a new process is possible.*"

This describes very clearly how we try to avoid painful, inner disappointment. At the same time willpower grows with the strong wish to finally look at the issue and stop silent suffering. We should pay a lot of attention to the spiritual connection of our misery. This can't be said often enough! The cause



for my pain is primarily always on my end and not because of my partner. My partner is only the one who triggers my emotional ups and downs. My partner is my greatest gift, only with him the hidden original ego-conflict with LOVE can be brought to light and be solved. On the way to awakening the individual person feels always lonely – but he/she is actually always accompanied by the World of Spirit. All of us have to go through that, so that after sincere practicing Spiritual Mind Training, we can finally see the inner, spiritual LIGHT. This is where we find PEACE – not in the world. This may



sound quiet technical in the beginning, but after seriously practicing the Spiritual Mind Training for some time peace will become a perceived mystical experience. ACIM talks about the *holy instant*, the moment when I get in touch with the World of Spirit:

In the holy instant there are no bodies, and you experience only the attraction of God. Accepting it as undivided you join Him wholly, in an instant, for you would place no limits on your union with Him. The reality of this relationship becomes the only truth that you could ever want. All truth is here.

(T-15.IX.7:3-6)

It does not matter whether this holy instant is communicated through an incarnated messenger like Jesus, Padre Pio or Bruno Groening. In all of these above mentioned guises, we are actually encountering the HOLY SPIRIT, the BREATH of GOD. Let's keep in mind: there is no form to this MIND, but IT can project itself onto a form in my dream and in that way catch me in the context of my dream-world. The World of Spirit communicates with me according to the answer to the one question: What is helpful for the student in his process of healing? Which helping tool is he able to accept? Which way of communicating avoids fear and creates trust?

The gist of "I am not here to be loved by people" basically aims at the lesson from the workbook for students "Forgiveness is my function as the light of the world" (L-62). Neither the world, nor the course makes me experience the nature of LOVE. My fear of GOD, of LOVE is simply too big. In the best case I'll experience frail reflections of LOVE, just as much as I can grasp. Forgiving is definitely an essential quality, which will lead to inner peace. This would be a lot. Experience the LOVE of GOD, the experience that LOVE loves me, takes me into the realm of mysticism – the existence in GOD. This is beyond all words and can (and may) only be experienced: here and now, in the eternal present.

If we succeed in devoting ourselves to the World of Spirit, the pain of disappointment that we've had because of unfulfilled love-expectations (from the world) will cease and disappear in the end. I can stay wherever I am: in my frustrating job, or in my difficult marriage. It is not about changing the outside, it is always about changing the mind. Once this inner change takes place, the outside may also change. We are tempted to change the outside first and then hope that change will consequently appear within us. However, this will always lead to disappointment. It's doing things back to front! The causes are to be found in my mind and not in the world. The world, or rather the way that I am experiencing the world, is really only the impact effect. It originates in my mind and my mind is dreaming about the world with big expectations. That's just human nature but it is sick and makes us unhappy. I have the choice: I can start acting in the mind and in this way dedicate myself to healing. Then I'll free myself from the need of affection coming from the outside. We need this kind of affection and attention as children, but now I may grow up and go on a path that goes way beyond this world. I limit the expectations that I have from my partner to zero. Whatever he or she gives me, I'll accept calmly and stay anchored deep in the PEACEFULNESS of the MIND.

**One word about men and women**, even if this sounds very generalizing and even if there are surely different constellations. Man's main focus of interest is his profession, for the woman it is the relationship with others and particularly with "her husband" and with her children. Many men and women are having difficulties to understand the other one's perspectives. Both men and women just tick differently. The man can't (and shouldn't) consider his wife to be the center of his life. If he would do so, he would overwhelm her

with his expectations of happiness and become her slave. In this relationship he would act like a child with his mother or like a father with his daughter. The first level of relationship is always the relationship to the MIND. The profession serves this level when a man feels the call to give something to the world or to the people. Of course, a woman can feel just the same, since we all have our share of mixture ratio of male and female energies. However, I consider the focus on the profession very much to be a male impulse.

The woman on the other hand lives from her relationship to her husband, to the child and to the people around her. In this field she is active and effective. This is typically female and often hard to understand for the man. She wants to go shopping with him and have coffee and take her time with it because this is how she experiences herself in the relationship with her partner. For him, on the other hand, the challenge of the task is only to check off the shopping list and get it done.

If every man and every woman just leaves the other one the way he and she is, they can be a great team and respect and appreciate their diversity. And from time to time the man can let go of focusing on his work and get into the relationship with his wife. And the woman can let him follow his creative urges and together they can enjoy his accomplishments. This will contribute to the relationship in the end.



## Chapter 18

### **The MIND knows no matrix.**

GOD knows not form. He cannot answer you in terms that have no meaning.  
(T-30.III.4:5 and 6)

**Quantum Healing and Matrix optimization** are the miracle words of a new way of "repairing your (ego) world, and you will be healthy and happy." The ego stays creative when it comes to dealing with us. It's only question is: How can I keep the human host as a source for my life? How can I tie him more to me and leech off of him? It is in our mind that we are giving life to the ego because the ego can't exist by itself since it is nothing, only a meaningless delusion.

The world's womb (matrix), even if we call it an "energy field" in the end, is and will remain the idea of separation: a world of illusion that does not know ONENESS. Even though all parts may be energetically connected, they are still obviously different formal parts which appear and disappear – even if they are called "energy" or "quanta". Martin Barth explains the quantum theory as follows:

"An essential insight from the Quantum Theory is the field of zero-point energy. It shows that through quantum fluctuations, light and matter are constantly developing and vanishing. It is a conclusion following Heisenberger's uncertainty principle (also referred to as Heisenberg indeterminacy), which caused irritation even in the 1920'ies because it challenged the limits of scientific perception at the time: there is no such thing as empty space, light quantum and particles appear spontaneously and disappear just the same. The theory of zero-point energy is the base for the entire universe and explains the phenomena why galaxies are moving through the universe in a reticular structure instead of being spread like gas. Our universe has to consist of 95% "dark energy" and matter that only interacts with matter and light through gravity. This insight put the zero-energy field into focus in the last years." (Martin Barth, Germany, 78583 Boettingen, publisher of the website: [www.gesunder-mensch.de](http://www.gesunder-mensch.de))

This may all be true, but we should realize that all of these statements are describing the world of illusion and not the REALITY of GOD. Something that can appear and disappear is not considered real per definition of the Spiritual

Mind Training ACIM. The idea of separation created our cosmos, including sunlight and light quanta. The light that we know is light that has been "imitated" by the ego and has nothing to do with the LIGHT of the MIND. All these efforts are part of the concept "cosmic ordering system". They are not for healing our mind but rather for enforcing better conditions in the prison of the illusionary world. We want to continue on our special illusionary ego-path, without feeling pain, and we don't really want to return into the PEACE of GOD. This is the fallacy of all "new" healing methods. It is only giving us the runabout in the vicious circle of the ego by telling us how great and real our bodies and the world are. This will only lead to more blindness. We will not focus and we will expand our spiritual misery on a high level. It will not answer the question about who we really are. We are filled up with new dream-images: This time images of quanta and the zero point energy field. But what good is a world full of healthy bodies, if the mind is still insane and producing guilt?

**GODS knows not form.** (T-30.III.4:5) Any kind of form is a symbol for separation, since its limitation means death, none-existence. Science, the way we know it, is only examining illusions. It ought to question the existence of what is examined. Our five senses will not convey TRUTH because they have not been made for that – on the contrary. In the end we are supposed to close our eyes and silently invite HELP in the MIND. That's all it takes. Mystics of all different time periods have experienced it.

Insofar it is also not my task to judge any forms, meaning teachings or schools, concerning their content of truth. It is not up to me. In the big classroom of the world, it all makes sense and serves its purpose. Whenever people get together and argue out differences it is very likely that they have a karmic entanglement. We all know each other anyway, because in the MIND we are ONE: a SINGLE one, the SON of GOD. Analyzing evil motifs or theories of world conspiracy won't help because we all have to carry it collectively.

One reason why I like ACIM is because the Course emphasizes the spiritual path of the individual and that the individual should "keep to oneself" and look for the relation to the HOLY SPIRIT. For the grown up person it is not important to formally build a group and is thus not suggested, but it is also not rejected. In 1990 I have experienced the dark side of group-building

myself and I wrote about this in my book: the original title is: "Religioeser Gruppenwahn und Endzeithysterie". In English "Religious Group Mania and End Time Hysteria". I interpreted the matter according to the perspective of ACIM (the German version of my book can be downloaded at <http://www.lieblich.de>)

Groups always carry an explosive potential since projecting of guilt and attack are the consequence of the guilt conflict, which all members have in common. Therefore it is not uncommon that interpersonal relationships generally end up in abuse. It is all an abuse anyway. We are all abusing each other, which the Course describes as a special love- and hate-relationship. Whatever? We should learn to look at things, calmly with serenity and compassion instead of being the morally enraged one. People are like hungry wolves, here every-

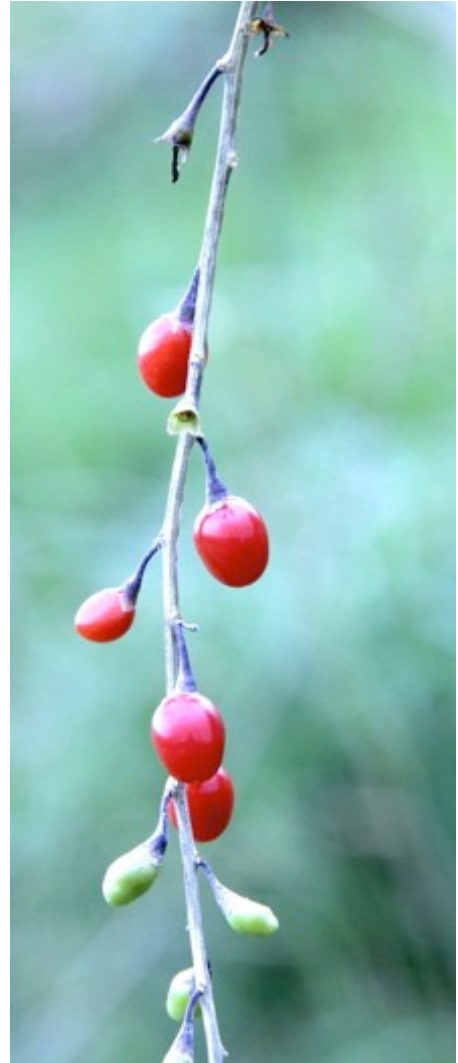


body is disappointed and desperate. Sometimes heaven on earth has been promised to us, but this promise could never be kept. All bodies that have to pass away are already in hell, since death is their master. So it is not a big surprise that everyone wants to get the most out of his/her physical illusion while battling – enjoyment until doom. And at some point, when the pain reaches the limit, there may come the moment of pausing and turning around. The moment when we realize that the world is nothing but a fools game. This is the moment when the journey of the MIND starts, for only in the MIND, within HIM, we can find satisfaction and real joy.

## Chapter 19

### **Natural Medicine is also part of the Matrix**

It is in the nature of the egomaniacal world that healthy, natural medicine, without side-effects, is more and more prohibited. It does not surprise me and I don't see a reason to worry. We need this provocation by the political system so that we can finally become mentally active. Why? Because all of these great natural medicines do have a dark side to them: they make us believe that we can become healthy through them and are preventing us from changing our orientation to the world of the MIND, where we find our true home. This prohibition of remedies is necessary for the process of our inner development, so that we will finally turn away from the mediate to the immediate, to the spiritual. The sentence applies here too: when need is at its most, help is nearest.



Let's have a detailed look at the bigger picture. It is in the nature of our human egomaniacal operating system that we are looking for well-being in this world. From the beautiful home to the good career to healthy whole foods – whether it is organic meat, vegetarian or vegan – it is all supposed to give us health, peace and happiness. This approach is very understandable since in general we believe ourselves to be bodies. However, this fixation on our body demands a high price: fear of shortage and lack, of illness and death are dominating our soul. This is all too human and just normal but it contributes to our inner and outside discord. The battle for a share of the world's resources is at its core the battle for our physical existence: either I will survive or you, it's us or them.

**Let's look at the interconnection of the mind and body.** We are spiritual beings and even psychosomatic and conventional medicine know about the meaning of the message to the mind. The placebo- and the nocebo-effect

proof clearly that mental information is more important than biochemical information. The placebo effect shows that you can have an unexpected effect by using a chemical-neutral medicine. The test person receives a placebo, which has no effects, and is given the information that it will reduce his blood pressure. Most people will experience a reduced blood pressure. It is also possible to give a person a medicine that increases blood pressure and tell him that it is medicine to reduce blood-pressure: the majority of test persons will experience a decline of blood pressure (nocebo-effect). Whenever patients read the patient information leaflet, they are likely to experience side-effects. Patients who don't read it experience less side-effects. Mental information creates expectations, which are essentially purely belief.

**The most extreme example** of all was experienced by a man who was participating in a double-mask study. Two groups of test persons were testing a drug. One group got a chemical effective antidepressant and the other group a non-effective placebo. None of the participants knew to which group he belonged. During the test period a young man's girlfriend broke up with him and he wanted to commit suicide using a monthly dose of the test-drug. He was found and brought to the emergency room. His vital functions were weak. The doctors were clueless: they could not identify the chemical substance of the drug, it was unknown. Then the doctor who was treating the patient was contacted and revealed that the young man had only taken an ineffective placebo. The man had thought he had taken a highly effective antidepressant and by believing so he catapulted himself into a life threatening condition. Once the doctors were relieved and stopped worrying about his life, the patient recuperated within a few minutes. The thought about taking a deathly drug had almost killed the man. What an achievement of the mind! According to biochemistry nothing could have happened, since in the scientific view of the world ineffective ingredients can't harm.

**It shows:** When I believe that nothing is something I will subjectively experience something. The Spiritual Mind Training calls this the belief in illusion. It is like experiencing something as if in a dream: it seems that there are roads and people, and everything feels very real and you get run over and experience your own death. But when you wake up you are getting the insight that nothing happened, it was all just a dream.



**The placebo-effect** penetrates our whole perception of the world. We are looking at things and put meaning and mental intention, namely expectations, into them. This is a creative process. There has been a time when it was believed that the body was a biochemical machine which could be repaired mechanically with a scalpel, chemo therapy and radiation. But it has shown that this image of man is not helpful and misses the point of the true nature of humans. Cancer can only be healed when the mind chooses healing. This decision is solemnly made in the mind and has nothing to do with medicine. It is the basis for any healing process.

The spiritual human being is the entity *beyond* the body. It has will power and it decides what it believes in. To believe that something is true is the basis for our experience of the world. The most bold conclusion may be: **since we want to believe in a world, we see it.** We are experiencing the effect of chemical or natural substances because we want to believe in the effect of these substances. The placebo effect suggests this conclusion. **Our perception is created by projection.** An idea or image comes into our mind and is projected onto a white screen. And then we are seeing something because it has already been within us as an idea or an image. This is how movies work: all images are on one film-DVD in the player. When we want to see a film we are choosing a title and starting the player and the projector. We are making the decision to believe in these images and take them as real. Everything feels real, we are *identifying* ourselves with the images and forget that we are only silent observers.

**Images and thoughts have contagious effects.** When the flue season comes to town everyone decides whether he wants to be part of wave and experience it or not. Fear, as a creative force, plays a major part: we are also experiencing and creating what we want to avoid vehemently or try to force to avoid. Resistance is an insane abuse of creative mind-power. The positive approach would be better: I am choosing health. I am allowed to be healthy because I am resting in the MIND. I am mind. And my body is only carrying out what I have decided in my mind before hand. Even healthy teeth have to be imagined and sensed. This changes your metabolism. Thinking can poison you or make you find healing.

**This is where the Spiritual Mind Training** ACIM comes in: it wants to show us that we are the one dreaming our dream. This includes the whole

physical world. It appears just like our body and will disappear just the same. The observer, the mind on the other hand is always present. Near-death experiences prove that we have full perception even though the brain is not active anymore. The brain can only reflect a mental activity, since it is not the cause of mental action. We are mind and are supposedly only using 10% of our mental potential. It is about time to get the other 90% started. When convenient health-crutches like natural remedies and homeopathics are taken from us, our mental muscles may become incredibly activated.

The light-food process has shown: the belief in the nutritional value of our food is also just a placebo-belief. We don't have to physically eat something since we have the mind. The mind, is what we are: a sea of strength and glory. The one who realizes that will become the master of matter and will be able to feed his body with spiritual (!) light. The question is only if we already have access to this knowledge? If yes, then new doors open up for us and we are not afraid of losing any kind of natural remedies. They were important but there is always another way to achieve good health.

I am now experiencing a reverse effect on the path of the Spiritual Mind Training: since I know about the power of the mind – the power of faith – I am having a more and more difficult time to believe in the effects of natural remedies or homeopathics. Remedies lose their importance since I can receive it all immediate and directly. And for me it is easy to believe in this immediate and direct way. This is what the great spiritual healer Bruno Groening said: "Trust and believe: it helps and heals – the divine power". He knew about the SOURCE in our mind, because there is only one who heals: GOD, the eternal MIND. Groening was only allowed to activate the connection between GOD and the human beings and in this way facilitate healing current.

All of us are carrying **the potential of the MIND**, our divine original quality, within us. This quality was only forgotten because of the temptation of the physical world. We became mindless beings who were only functioning as consumers and recipients of orders. Oh, what a tragic image of man. The world with its physicality and its many images became a constant distraction for us. We are constantly bombarded with images and worthless information. No matter whether it is on the train, in the fitness studio or at the fast food place, the flood of digital images or the sound exposure to strange music is

very common today. This contamination of the soul is a form of visual and acoustical rape. Silence or void are experienced as threatening and every second has to be filled with ever more stimuli. This overstimulation makes the soul go numb and leads to unconsciousness which ends in mindlessness. The one who still possesses natural, inner perception will experience this overstimulation as stressful and will try to withdraw from it. The modern human being, however, has hardly any access to silence anymore and often reacts with fear when facing the huge dome of boredom.

It all leads to this one question: **Who are we – who am I?** The way to salvation leads to the inside, into the mind. The world can't be saved because it is only the reflection of our mental or spiritual state. Let's start from the inside, since this is where we find healing and peace – wholeness.

**Are you then not allowed anymore to sign up for the preservation of natural medicine?** Oh, yes, you are. Everybody can do only the things that he or she is convinced about. But we should be forgiving to the ones who want to limit or even prohibit natural remedies. They are also only doing it because they are convinced about it, no matter how crazy it might be and what their actual goal is. Please, don't feed any enemy images in your mind, this is actually like poison for your health. I can't afford to have enemy images anymore because I realized: when attacking my human brother I am always only attacking myself. The serious student of Spiritual Mind Training knows about the destructive power of guilt projection. Even if it seems that outside circumstances are limiting my peace (my health), it is really always myself who is in charge of the power of decision. There have always been people who were able to be at peace even in the most difficult circumstances (Nelson Mandela, Corrie ten Boom, Friedrich Weinreb, Bruno Groening, Jesus of Nazareth). Am I not capable of the same? Of course I am, since in the mind we are all connected and are benefiting from their learning and their paths to awakening.

Only awakening can heal us from the **dream of the world** in our mind. Any kind of political adverse conditions are for the benefit of my awakening – that's what I have decided for myself. I believe in the divine TRUTH within me because I am carrying the desire to find this true PEACE. Then it will not matter anymore who is spying on me on my cell phone or on the computer. In my mind I will all take them with me on my journey to awakening because

they are all my human brothers. If I want to exclude even a single one of them – for whatever reason – then I am actually excluding myself. The MIND, LOVE, calls all beings. It is about this call and about how we respond to it. Even and especially in our modern world of constant distractions. *Hey you, become essential! Let's discover our true BEING!*



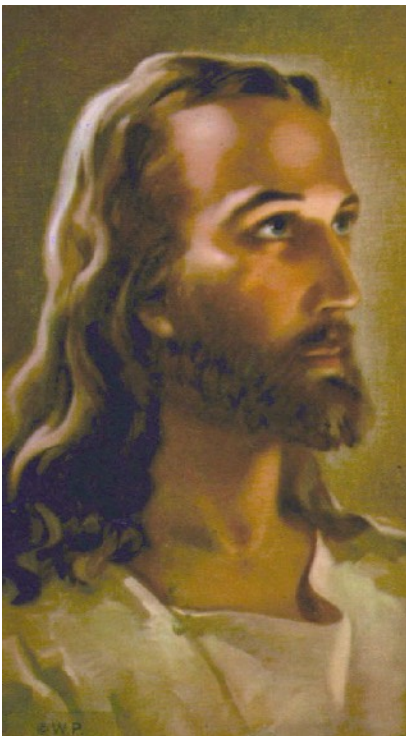
## Chapter 20

# SYMBOLS of HEALING

There is no need for help to enter Heaven for you have never left. But there is need for help beyond yourself as you are circumscribed by false beliefs of your Identity, which God alone established in reality. Helpers are given in many forms, although upon the altar they are one. Beyond each one there is a Thought of God, and this will never change. But they have names which differ for a time, for time needs symbols, being itself unreal. Their names are legion, but we will not go beyond the names the course itself employs. God does not help because He knows no need. But He creates all Helpers of His Son while he believes his fantasies are true. Thank God for them for they will lead you home.

(Manual for teachers, Clarification of Terms. 5.1:1-9)

The World of Spirit are all beings that serve the LOVE of GOD and that are connected with the illusory world, that we are dreaming of, to be able to communicate with us. These entities have sometimes appeared physically to help us build a bridge between the totality of the MIND and our miserable illusory captivity. Let's remember: we are actually in GOD right now. Where else could we possibly be, if MIND is all there is and nothing else exists besides the MIND. This is the essential message that the SYMBOLS, the MESSENGERS of the HOLY SPIRIT carry for us. I would like to talk about three examples:



### **Jesus-Christ**

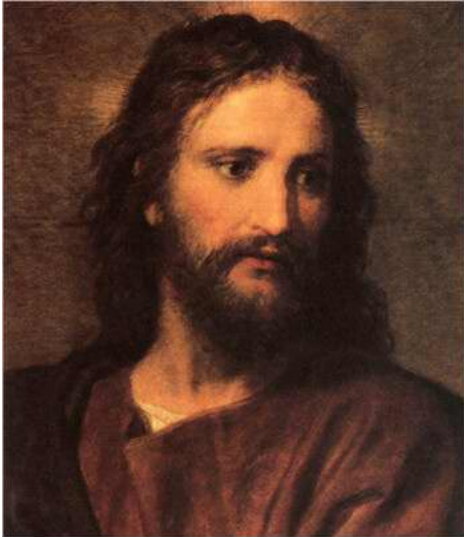
ACIM calls the bridge to the MIND the HOLY SPIRIT (the VOICE of GOD inside our dream) and the formal symbol JESUS CHRIST. In the Clarification of Terms we read:

The name of *Jesus* is the name of one who was a man but saw the face of Christ in all his brothers and remembered God. So he became identified with *Christ*, a man no longer, but at one with God. The man was an illusion, for he seemed to be a separate being, walking by himself, within a body that appeared to hold his self from Self, as all illusions do. Yet who can save unless he sees illusions and then identifies them as what they are? Jesus remains a Savior because he saw the false without accepting it as

true. And Christ needed his form that He might appear to men to save them from their own illusions.

(Manual for Teachers, Clarification of Terms: 5-2:1-6).

Within our dream the MIND of GOD (CHRIST) can only appear for us as a phantasm, as a body. As a human being Jesus is an illusion like the rest of



us. We won't find the individual Jesus in HEAVEN, since there we are all ONE and WHOLE within the FATHER: pure MIND. Let's consider: whenever we are holding on to the image of bodies, we want to make the illusionary world of separation real. Again and again we are dealing with the old issue of the course: form and content. This is definitely not an easy issue for all of us who are still hanging on to the world and it's bodies.

Thus, physical appearances can serve salvation and can be used by the HOLY SPIRIT for this purpose. This is why we may use images in the course of the healing process. I am showing some different images of Jesus here. It is a matter of taste and the individual Spiritual Mind student may choose whatever is good for him and helps him.

To discuss the behavior and communication of Jesus in the Bible (the historical Jesus) versus the messages about Jesus in ACIM, is rather a distraction and a matter of self-opinionatedness than helpful for our healing. In the bible we can find a lot of wonderful sparks of truth but the bible is also a manipulated work, written by many authors and clerical persons and full of human errors. I for my part consider ACIM part of the new revelation. After almost 2000 years there was a demand for a new healing impulse to find our way back into the MIND of GOD.

**Padre Pio:** The following content is quoted from Wikipedia:

**Pio of Pietrelcina** (Italian: *Pio da Pietrelcina*), O.F.M. Cap. commonly known as **Padre Pio**, (May 25, 1887 – September 23, 1968) was a friar, priest, stigmatist and mystic [1] of the Roman Catholic Order of Friars Minor Capuchin. Padre Pio became famous for bearing the stigmata for most of his life, which generated much interest and controversy around him.

Pio was born **Francesco Forgione**, and given the name of Pius (Italian: *Pio*) when he joined the Capuchins. After his beatification in 1999, he was canonized by Pope Saint John Paul II on June 16, 2002.



### Early life

Francesco Forgione was born to Grazio Mario Forgione (1860–1946) and Maria Giuseppa Di Nunzio Forgione (1859–1929) on May 25, 1887, in Pietrelcina, a farming town in the southern Italian region of Campania.[3] His parents made a living as peasant farmers.[4] He was baptized in the nearby Santa Anna Chapel, which stands upon the walls of a castle.[5] He later served as an altar boy in this same chapel. His siblings were an older brother, Michele, and three younger sisters, Felicita, Pellegrina, and Grazia (who was later to become a Bridgettine nun). His parents had two other children who died in infancy. When he was baptized, he was given the name Francesco. He stated that by the time he was five years old he had already made the decision to dedicate his entire life to God. He also began inflicting penances on himself and was chided on one occasion by his mother for using a stone as a pillow and sleeping on the stone floor. He worked on the land up to the age of 10, looking after the small flock of sheep the family owned. This delayed his education to some extent.

Pietrelcina was a religious town. Feast days of saints were celebrated throughout the year, and religion had a profound influence on the Forgione family. The members of the family attended daily Mass, prayed the Rosary nightly, and abstained from meat three days a week in honor of Our Lady of Mount Carmel. Although Francesco's parents and grandparents were illiterate, they memorized the Scriptures and narrated Bible stories to their children. His mother said Francesco was able to see and speak with Jesus, the Virgin Mary and his guardian angel, and that as a child, he assumed that all people could do so.

According to the diary of Father Agostino da San Marco, who was his spiritual director in San Marco in Lamis, the young Francesco Forgione was afflicted with a number of illnesses. At six he suffered from a grave gastroenteritis, which kept him bedridden for a long time. At ten he caught typhoid fever.

As a youth Francesco reported that he had experienced heavenly visions and ecstasies. In 1897, after he had completed three years at the public school, Francesco was drawn to the life of a friar after listening to a young Capuchin friar who was, at that time, seeking donations in the countryside. When he expressed his desire to his parents, they made a trip to Morcone, a community 13 miles (21 km) north of Pietrelcina, to find out if their son was eligible to enter the Capuchin Order. The friars there informed them that they were interested in accepting Francesco into their community, but he needed more educational qualifications.

Francesco's father went to the United States in search of work to pay for private tutoring for his son, so that he might meet the academic requirements to enter the Capuchin Order. It was in this period that Francesco received the sacrament of Confirmation on September 27, 1899. He underwent private tutoring and passed the stipulated academic requirements. On January 6, 1903, at the age of 15, he entered the novitiate of the Capuchin friars at Morcone where, on January 22, he took the Franciscan habit and the name of **Fra (Friar) Pio**, in honor of Pope St. Pius I, whose relic is preserved in the Sant'Anna Chapel in Pietrelcina. He took the simple vows of poverty, chastity and obedience.

### Priesthood

The church in San Giovanni Rotondo, Padre Pio's own church  
Commencing his seven-year study for the priesthood, he traveled to the friary of St. Francis of Assisi by oxcart. Three years later on January 27, 1907, he made his solemn profession. At 17, he suddenly fell ill, complaining of loss of appetite, insomnia, exhaustion, fainting spells, and terrible migraines. He vomited frequently and could absorb only milk and cheese. The hagiographers say that it was during this time, together with his physical illness, that inexplicable phenomena began to occur. According to their stories, one could hear strange noises coming from his room at night – sometimes screams or roars. During prayer, Brother Pio remained in a stupor, as if he were absent. One of Pio's fellow friars claims to have seen him in ecstasy, levitating above the ground.

In June 1905, Padre Pio's health was so weak that his superiors decided to send him to a mountain convent, in the hope that the change of air would do



him some good. His health got worse, however, and doctors advised that he return to his home town. But, even there, his health continued to worsen. In 1910, Brother Pio was ordained a priest by Archbishop Paolo Schinosi at the Cathedral of Benevento. Four days later, he offered his first Mass at the parish church of Our Lady of the Angels. His health being precarious, he was permitted to remain with his family until 1916 while still retaining the Capuchin habit.

On September 4, 1916, Padre Pio was ordered to return to his community life. Thus he was moved to an agricultural community, Our Lady of Grace Capuchin Friary, located in the Gargano Mountains in San Giovanni Rotondo in Foggia. At that time with Father Pius, the



community numbered seven friars. He stayed at San Giovanni Rotondo until his death, except for military service. Padre Pio celebrated the Mass in Latin. When World War I started, four friars from this community were selected for military service. At that time, Padre Pio was a teacher at the seminary and a spiritual director. When one more friar was called into service, Padre Pio was put in charge of the community. On November 15, 1915, he was drafted into the Italian army and on December 6, assigned to the 10th Medical Corps in Naples. Due to poor health, he was continually discharged and recalled until on March 16, 1918, he was declared unfit for military service and discharged. In all, his military service lasted 182 days. On September 20, 1918, while hearing confessions, Padre Pio had his first occurrence of the stigmata: bodily marks, pain, and bleeding in locations corresponding to the crucifixion wounds of Jesus Christ. This phenomenon continued for fifty years, until the end of his life. The blood flowing from the stigmata smelled of perfume or flowers, a phenomenon mentioned in stories of the lives of several saints and often referred to as the *odour of sanctity*. Though Padre Pio would have preferred to suffer in secret, by early 1919, news about the stigmatic friar began to spread in the secular world. Padre Pio's wounds were examined by many people, including physicians.

People who had started rebuilding their lives after World War I, began to see in Padre Pio a symbol of hope. Those close to him attest that he began to



manifest several spiritual gifts including the gifts of healing, bilocation, levitation, prophecy, miracles, extraordinary abstinence from both sleep and nourishment (one account states that Padre Agostino recorded one instance in which Padre Pio was able to subsist for at least 20 days at Verafeno on only the Eucharist without any other nourishment), the ability to read hearts, the gift of tongues, the gift of conversions, and the fragrance from his wounds.

His stigmata, regarded as evidence of holiness, were studied by physicians whose independence from the Church is not known.

The observations were unexplainable and the wounds never became infected. His wounds healed once but reappeared. They were examined by Luigi Romanelli, chief physician of the City Hospital of Barletta, for about one year. Dr. Giorgio Festa, a private practitioner, also examined them in 1920 and 1925. Professor Giuseppe Bastianelli, physician to Pope Benedict XV, agreed that the wounds existed but made no other comment. Pathologist Dr. Amico Bignami of the University of Rome also observed the wounds but could make no diagnosis. Both Bignami and Dr. Giuseppe Sala commented on the unusually smooth edges of the wounds and lack of edema. Dr. Alberto Caserta took x-rays of Padre Pio's hands in 1954 and found no abnormality in the bone structure.

However, this condition is said to have caused him great embarrassment, and most photographs show him with red mittens or black coverings on his hands and feet where the bleeding occurred. At the time of Padre Pio's death, his body appeared unwounded, with no sign of scarring. There was a report that doctors who examined his body found it empty of all blood. (...) In 1940, Padre Pio began plans to open a hospital in San Giovanni Rotondo, to be named the Casa Sollievo della Sofferenza or "Home to Relieve Suffering." The hospital opened in 1956. Early in the morning of September 23, 1968, Padre Pio made his last confession and renewed his Franciscan vows. As was customary, he had his rosary in his hands, though he did not have the strength to say the Hail Marys aloud. Till the end, he repeated the words

"Gesù, Maria" (Jesus, Mary). At around 2:30 a.m., he said, "I see two mothers" (taken to mean his mother and Mary). At 2:30 a.m. he died in his cell in San Giovanni Rotondo with his last breath whispering, "Maria!"

His body was buried on September 26 in a crypt in the Church of Our Lady of Grace. His Requiem Mass was attended by over 100,000 people. (End of quoted content)

Padre Pio can only be understood when his ministry is seen in the realms of the catholic church. It was his task to take effect in the field of the church and far beyond that. He has fulfilled this task with great patience and devotion all his life. He has been and still is a miracle worker and helped a lot of people to find the door to the World of Sprit. Any channeling of Padre Pios physical being that claims that Padre Pio talks through a certain medium has to be considered with caution. The messages should be examined carefully because they mostly contain strong coloring depending on the spiritual state of the medium. Everybody receives what he understands...

### **Bruno Groening**

(quote Wikipedia:) **Bruno Groening** (May 30, 1906 in Danzig – January 26, 1959 in Paris) was a German mystic who gave lectures on faith healing. He was active in Germany in the 1940s and 1950s after World War II.



### **Teachings**

Groening claimed that his ideas were not a new teaching or religion, but rather an ancient knowledge that had been lost, saying that people had forgotten "the most important thing," that there is a Higher Power or Force that is available to help people. Groening regarded health (rather than illness and disease) as the natural state of all living things and asserted that one can maintain health and heal from illness by absorption of a Divine life force that he called "Heilstrom", which translates into English as "Healing Wave" or "Healing Stream."



## **Einstellen or "Tuning In" to the Divine Energy**

To connect with and receive this energy, Gröning taught a technique he called „einstellen" (German for "tuning in"). He said that human beings were like batteries that used energy. To maintain health, one needed to daily renew themselves by tuning into the Healing Wave. The practice of *einstellen* consists of sitting in an upright position with arms and legs uncrossed, and palms facing upwards. He stated that it was very important for the back to be straight and to not have any kind of backrest if possible. Inwardly the practice consists of having the wish to receive the

*heilstrom*, having faith that healing is possible, and then focusing on the body, observing the sensations and feelings thereof.

Groening claimed that when one tunes into the healing stream, healing can occur spontaneously or slowly over time, according to a cleansing process – happening through the life force flowing through the body during "einstellen". Sometimes the symptoms can actually worsen or pain is experienced before a healing occurs. Groening called this occurrence *regelungen* (German for "regulation",) and stated that it is sometimes a necessary part of the healing process.

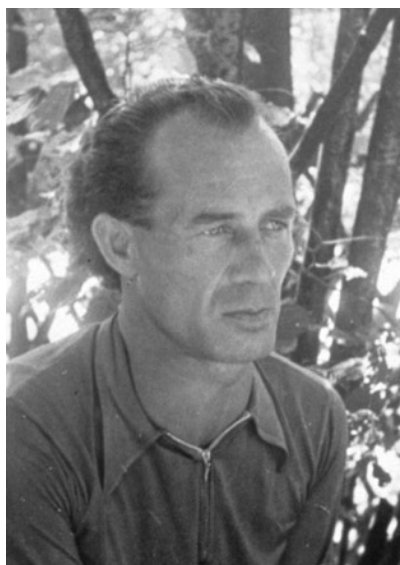
## **Power of Thought and Faith**

Bruno Groening emphasized the importance of not thinking about negative things, especially an illness one was hoping to heal, and in maintaining a positive attitude and having faith, especially faith that healing was possible. Groening said that, "Thoughts are energies which will come true! If now you take up the firm intent in your mind to regain your health and the belief that this is possible with God's help, you have built up the right mental attitude for healing to begin." In his teaching he emphasizes that negative thinking and dwelling on problems actually interferes with the healing process. Mr. Groening repeated over and over that people needed to "Trust and believe – the Divine Power helps and heals." He went so far as to say that the act of

having faith in the Divine, or in healing is an essential part of the healing process.

### **Groening's ideas about himself**

Groening's concept of himself was that he was an "appointed person," given the task and capacity to help people by God. He spoke of himself also as a "mediator" and a "transformer", in terms of his role and ability to help people connect with the Healing Stream. Groening never took credit for healings, saying that he was only an instrument and servant of God and that it was God who accomplished healing, not himself.



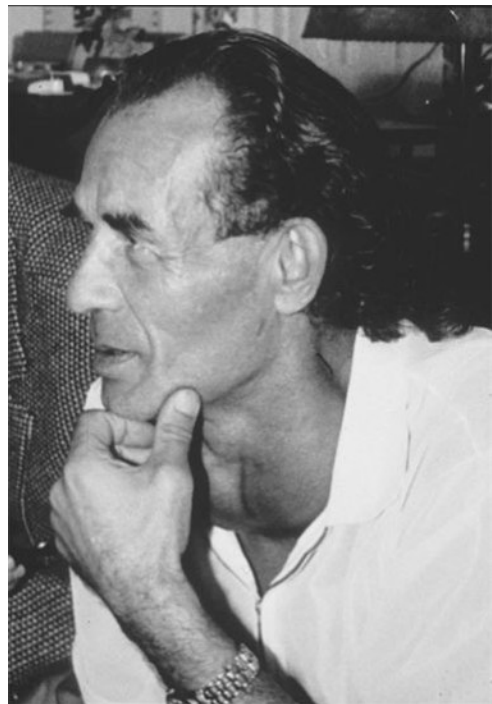
### **Other Teachings**

Which specific religion people followed was not considered important by Groening; rather, what was important was that people had some kind of spiritual or religious orientation, saying "To be connected with God, that is all." Groening spoke of God as the Father of all people, who sends help and healing through the "Healing Stream", regardless of their religion or nationality. He encouraged people to stay within whatever faith or denomination they already were, and to practice their faith or religion with more diligence, saying "It makes absolutely no difference how the person finds God, the main thing is, that he finds God!"

### **Life**

Bruno Groening had no formal medical training. After working as a carpenter and pursuing some other occupations, he was conscripted during World War II. After being drafted, he stated that he would not kill another human being, and came close to being executed for this stance at a court martial. Later, Bruno Groening was made a prisoner of war in Russia; he argued with his captors for better conditions in the prison. Groening came to public attention in 1949. In Herford, the father of a young boy named Dieter Hulsman, claimed that Bruno Groening had healed his son of muscular dystrophy, and told many people of his belief. News of this story circulated and soon crowds gathered in front of the Hulsman residence, seeking healing. Soon newspapers began covering the story, which drew larger crowds of up to 5,000 people.

As he traveled around Germany, Austria and Switzerland he would often draw similar size and larger crowds. In September 1949, up to 30,000 people daily came to the city of Rosenheim to see him. Once again, newspapers ran stories about him, even printing entire special editions about the gatherings there. Groening died at the age of 52. The death certificate states the cause of death as "stomach cancer".



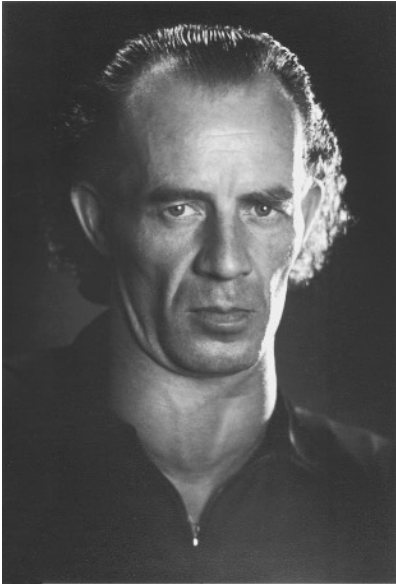
### **Reception**

Media coverage of Bruno Groening was mixed, with contradictory reports. Some called Groening a "miracle doctor", others "charlatan". Groening faced many legal challenges. In many towns he was forbidden to heal or speak to people. Reasons for this varied. One charge brought against him was that he was practicing medicine without a license. At other times officials were concerned about the large crowds that gathered. He went on trial twice. He was unable to take part in the second trial because he was undergoing surgery at the time.

### **Following**

Various groups continue to promulgate Bruno Groening's teaching, including the "Circle of Information", the "Bruno Groening Trust", the "Bruno Groening Friends", the "Association for the Advancement in Germany of Spiritual and Natural - Psychological Foundations for Living", "Help and Healing Sessions", the Association for Natural Spiritual Living," and the "Bruno Groening Circle of Friends."The Association for the Advancement was founded in 1958 by Bruno Groening to replace the "Groening Association. "The "Circle of Friends" was founded in 1979 by Grete Hausler, an Austrian school teacher who worked closely with Groening. "The Circle of Information" was created by Thomas Busse, who has written a number of books about Groening and directed the documentary film "The Groening Phenomena." (End of quote)

**Bruno Groening** appears to me as an upright person on the spiritual level who was connected with the pure MIND and who had a distinct healing-mission. At the time he experienced strong tension of the illusionary world



with all its phoniness and lies and all he wanted was: to help the individual suffering human being and open him the door to healing. I am positive that he never took money for the help that he offered, since he would have lost his gift of healing, his direct connection to GOD, by doing so. What people did around him is a different story. He let a lot of people have their way since all-to-human learning processes had to take place. Groening was always able to see the big picture and was always aware of his mission. He was master of the matter and spiritual teacher for the cause of salvation of men. His religious independence

(not belonging to a church) and his simplicity made him accessible to people in need especially in post war Germany.

The Bruno Groening Circle of Friends became an important contact point to introduce people to the teachings of Bruno Groening. Since this is also only a well meant formal work of humans it should be considered with goodwill and any excesses that may occur should be handled with indulgence. The circles of friends have become a spiritual home for many people – about 74.000 spiritual friends worldwide.

Bruno Groening is still active in these circles and in other groups and beyond all groups. This means that the Circle of Friends does not own the monopoly of Bruno Groening, just like the catholic church does not own the monopoly of the HOLY SPIRIT. There are various groups that are promulgating Bruno Groening's teachings all over the world. Besides the established Circle of Friends there is the Association for Natural Spiritual Living (Verein zur Foerderung seelisch-geistiger und natuerlicher Lebensgrundlagen) which was founded in Austria on January 6<sup>th</sup> 1958 in the presence of Bruno Groening ([www.groening.at](http://www.groening.at)).

I'd recommend to study the books by Alfred Hosp which have been published by the circle. Alfred Hosp was a severely handicapped man who spent extensive time with Bruno Groening. In his book (Power of the Spirit) he describes the insight that he could get into Bruno Groening's teaching and his process of healing regarding the spiritual and mental background. I'd like

to mention that the regular Bruno Groening Circle of Friends (founded by Grete Haeusler) does not refer to Jesus Christ, the greatest spiritual healer and master of all. The mentioned circle around Alfred Hosp on the other hand stresses the connection to Jesus, like Bruno Groening himself did, too. The fact that Bruno Groening's recordings have not been made public in the circle of Grete Haeusler, respectively her son, seems strange to me. I am looking at these processes that are happening in this world with calmness. It is always good advice for the spiritual seeker to consider his/her personal spiritual experiences when working with a SYMBOL of HEALING. Spiritual (Missionary) ambition is most of the time counter productive. This eagerness is connected to unconscious fear, as if the other ones would get lost when not joining my path. Such ideas are crazy and do not contribute to the PEACE in GOD. In this case the personal attitude has to be examined critically and maybe even corrected.





## Chapter 21

### **One and Zero (1 and 0) – a parable**

Only the 1 exists. The 1 captures all that there is in all eternity. There is nothing else besides it. Only the 1 is real. It knows only itself. The BIG 1 reflects itself in the LITTLE 1. We could also call the BIG 1 "1-FATHER" and the LITTLE 1 "1-SON. 1-SON is always within 1-FATHER, they are actually ONE. 1-FATHER knows only himself in 1-SON. There is nothing else out there, since there is no out there.

The delusional idea of "zero" came sneaking into the ETERNITY of the 1, and 1-SON forgot to laugh about the zero. Since he forgot to laugh, strange questions started coming up in his mind: What if I were different than 1-FATHER? What if I were taller than 1-FATHER or if I were independent from HIM? Once 1-SON took this idea seriously, it started fascinating him. By taking the zero seriously he got himself into a game with the zero which is called the "null and void game". And so it happened that the zero became an important and valuable number for him. This is when the tragedy and comedy of believing in the zero started. Even though zero is nothing and empty, 1-SON believed in its existence.

When 1-SON started to believe in the specialty and uniqueness of the zero, the zero started having its own life within him, because this was what he wanted. He wanted to see where this would lead him and how this uniqueness and segregation from 1-FATHER felt. 1-SON was actually still within 1-FATHER but his dream about the zero took over his mind until he finally believed that he was the zero and forgot about his real 1-SELF.

The zero, even though it was just an illusion and didn't have an individual existence, lived through 1-SON and created a zero-world within him. The zero kept telling the 1-SON over and over again that he was a zero and that this was something exceptionally special. This was the birth of the idea of individuality – to be different than the others: more beautiful, more powerful, more brilliant or nastier, more terrible – anything, just different, just special.

Since the zero only carried information about separation and specialty, these were the only thoughts the 1-SON could have. But this first time being separated from the 1-FATHER triggered sudden feelings of fear. This fear had

to be eliminated by the zero. The zero split fear off and thus a part within the 1-SON was created that we don't know anything about: the unconscious. It seemed that the conflict between 1-SON and 1- FATHER was forgotten but fear was seething until the pressure became so high that it had to be released through a safety valve. The zero used the idea of separation to create fractions and more fractions within the 1-SON. The inner splitting off began. The entity of 1 got split into many – into multi billion parts:

1/2,1/4,1/8,1/16,1/32,1/64,1/128,1/256 and so forth. This splitting off created bodies because every single part of the 1-SON was supposed to feel separated from the other parts. None of the individuals were supposed to recognize that they were only seeing parts of themselves when believing to see other parts out there.

The zero gave every part organs of perception with the sole task to confirm separation and diversity. And this is what happened: all parts of 1-son saw, heard, smelled and felt that there were "others", who they were not connected with. The zero loved this game, she lived off the zero-tension that was happening between all 1-SON parts. Every single 1-SON-part made the experience of hunger, lack and satiation. The latter, whenever he felt attention from another 1-SON- part or when they united into a zero-group. The magical attraction and the aggressive rejection of some 1-SON-parts became the driver of the zero-drama.

All "1-SON- parts" created a world that was based on the idea of separation and practically consisted of zeros, only. This idea reflected in images that began to take shape. The zero had succeeded in selling zero-dimensions to the 1-SON- parts: length, width, depth and time. All 1-SON-parts were excited about these dimensions that felt so real. At the same time every single part was looking for something else that would make the feeling of lack and the fear of starving go away. A battle for zeros started. The 1-SON-parts tried to squeeze energy and life out of the last remaining zero. Then the 1-SON-parts realized that two together could create new parts: they copulated and created new bodies, which were technically made out of zero-energy. The zero loved this game in particular because this creating of bodies made the 1-SON-parts feel powerful and immortal. Nevertheless all zero bodies dissolved after some time and simply disappeared.

Now the 1-SON could experience a lot of pain, since in this condition of splintering every part would constantly attack the other part: there was permanent war, sometimes only in the sense of resentment or silent accusation. 1-SON was so delusional that he blamed 1-FATHER for that. In paradise, when he was still peacefully united with 1-FATHER, 1-FATHER had prohibited to eat from the tree of knowledge. But 1-SON could not resist. He ate the zero-apple and was banned from paradise. 1-FATHER was angry at his son and banned him into the exile of zero-death: into a world of birth and death, of sweat and tears. This is what 1-SON thought, since it was the zero's simplest explanation for 1-SON'S painful state of being. Since 1-SON thought that he had stolen LIFE from 1-FATHER he was punished with death and condemned to be reborn and suffer continuously in the circle of life in new zero-bodies. Zero seemed very real to 1-SON: there had to be a life outside 1-FATHER. 1-SON was very impressed by the zero, but it was not the same as HEAVEN of the 1.

Yes, they believed in the zero and called it self-esteem. Every 1-SON-part wanted to collect as many zeros as possible. The consciousness for the 1 became weaker and weaker in 1-SON'S mind, since he considered himself to be a zero and thought that multiple zeros would raise his self-esteem. In his zero-dream 1-SON said: I believe in the zero and I have faith in it – this means "I am". Competitions to win the zero started between the split parts of 1-SON: the one who collected most zeros would win. But the zero-system was very unstable because all zeros would decay after some time. Death was part of the zero-thought-system.

Prosperity was an accumulation of zeros and the more 1-SON indulged in the illusion of zeros, the colder his relationships to the other 1-SON split-parts became. They all had high hopes in the zero and admired her, even though everybody could have realized that the zero was pretty shallow and flaky – nothing but hot air. Several zero-emperors emerged on the stage of the 0-world but only a few of 1-SON-parts realized that the zero-emperor was actually naked. He consisted of nothing.

1-SON had fallen into the zero-hell. It was a constant battle over the zeros and nobody realized that it was just a fools game where everyone was bound to lose. Everybody feared everybody else and was afraid that the last zero would be stolen from him. The zero felt great. She had become very

powerful and strong through all the attention that 1-SON had given her. Without 1-SON she was nothing and not even possible, but with him she became meaningful and real. The zero could evolve an illusionary life through the 1-SON, with much ado about nothing.

The zero had become real in the mind of the 1-SON and robbed his 1-PEACE which he had originally experienced with 1-FATHER. In HEAVEN, JOY had stayed in 1, but 1-SON had lost access to 1-PEACE. Some 1-SON-parts started looking for liberation and salvation from the zero. It had become obvious that the zero was only capable of lying and that she held on to every thought of 1-SON. The zero succeeded in ruining all the best intentions and ideas that 1-SON came up with by triggering his vanity and his desire to be something special.

Only a few of 1-SONS got tired of the game and started asking questions. They realized that the zero-drama did not make sense. They started wondering what all this fuzz was supposed to mean and if every 1-SON was forced to suffer for ever. Some of them started looking for a way out of the pain and misery. Their research and searching showed that silence was a way to get access to the former peace of 1-FATHER.

One thing had become evident: the zero was like a hungry wolf and wanted to get all the attention of 1-SON. She wanted to make 1-SON believe that he would be nothing without her and that he could not live without her. 1-SON was supposed to fear 1-FATHER'S rage because the 0 had taught him that he had stolen his life from 1-FATHER. 1-FATHER on the other hand would come to get life back and punish 1-SON with death. The invention of death as a punishment for 1-SON, who had started believing that he is only a body, had been the 0's greatest trick. Death was what 1-SON feared most. The 0 leached off the vitality and attention of 1-SON. When he got silent the 0 within him became weaker. The memory of 1-FATHER lit up in 1-SON and the zero-world with all its temptations was forgotten for a moment. The fear of getting too little from the other one and that we have to suffer for that reason was gone. Also the feeling of guilt dissolved in the 1-silence. When 1-SON returned to the zero-world taking this kind of peace with him, he could help his brothers and sisters and could let them feel that there was real peace beyond the zero-world.

Some of the 1-SONS realized that they had given power to the zero and that only this created all the zero-magic. They found out about the illusionary game of the zero and refused to keep listening to her suggestions. The more they did that the more they felt the 1-FATHER'S deep peace. They had gone on the path to awakening from the zero-dream and the zero had no power to keep 1-SON from waking up. The zero had never had any power since she could live only in the mind of 1-SON. 1-FATHER did not know about zero because HE knew only HIMSELF and HE loved 1-SON as a reflection within him.



A woman is desperately running in circles around the ego's advertising pillar trying to figure out its offers. She feels the hard, sturdy wall of the advertising pillar and screams puzzled: **walled in!** This is the tragic image of the hypnosis of the ego: all I see is the message of guilt. It drives me and I keep running in circles around the same issue in a thousand different forms. Until I finally start questioning the meaning of this game and realize: it is all mischief, godless mischief. I do not have to fight it. Then I can break free from the ego's hypnosis and walk away into liberty and the freedom of the mind.

## Chapter 22

### **Finding peace: no expectations, no hopes**

When observing our mind we will realize pretty quickly that our expectations concerning other people's behavior and our expectations into the world are generally effective within us. A world that does not truly exist can only be disappointing. We want to do everything "well", then everything will become better, maybe even the best and in the end it will turn out to be, like George the university professor in the play "Who is Afraid of Virginia Woolf" calls it: *bested*. In the end, all we'll find here on earth are blood and tears. Then we had forgotten to ask the one question that can change all our misery: Who am I? What is this here really all about?

This is also what happened to **Philippe Pozzo di Borgo**, *who* crashed at the age of 41 in 1993 when paragliding and has been paralyzed from neck to toe ever since. The successful movie "The Intouchables" describes his life after the accident. Philippe talks about his experience in a TV interview – here a sequence: (Quote from a youtube interview)

"Well, I had time to learn because when you lay on your bed for two years in the hospital and when you lay on your bed most of your time. What I discovered first – and for 42 years I had never thought of this – is... I discovered silence. For 42 years I had been in the move and in the noise – and if you are moving and noisy – you just forget who you are. So all of a sudden in the silence I discovered who I was. For the first time I listened to myself. I think I heard the voice from when I was a kid, basically. So you build up yourself again and you look differently at society and in the apparent weakness that we all have in a wheelchair, when we are called disabled, we develop extra ordinary strength." (<https://www.youtube.com/watch?v=XY0JIIKn660>)

Further he goes into details about silence saying that all there is left in silence is yourself and nothing else that would contaminate your consciousness. Philippe found himself again after the accident and in the interview he encourages everyone to try to find themselves, too – but please without any accidents. He recommends that five minutes of silence every day would already be a good therapy. He shares his experience about hearing the child within him – the innocent, pure and alive one. He states that this self, the child, is different for all of us but always has the one thing in common

that it is free from the temptations of our society and thus simple and genuine. He recalls his Achilles' heel was that he didn't know he was vulnerable and he needed to learn the hard way. He thinks that this is partly due to commercials which tell people that they are immortal and that they will always stay young and beautiful. Philippe is then asked if he didn't love his life before the accident. He responds that he did love his life very much but that it was an error – a dead end. He says that he loves to describe it with the term dead end, because it implies the word "dead", meaning it is not going anywhere.

Philippe found his way into the mind – unfortunately in a very painful way. However, what he found cannot be compensated with physical health. He has been radiating this mental earning for over 20 years. Some people have been catapulted into the process of spiritual healing through accidents or severe illness. We ought to realize that the normal state of being here on earth is sick. What has started all the wars, destroyed major parts of nature and is torturing and killing in this very moment? It is our dreaming mind that is acting with the help of a body in a seemingly real physical world. It is the mind that needs healing.

**We are living in a time overloaded with forms.** There is always more, always faster and we get completely flooded with the insignificant. The one who wants it all (who wants to consume it all on the level of form) will definitely miss the essential because the essential can only be found on the spiritual level. The ego makes us hungry and feeds us with a lot, but only with the unessential. And even if something essential could be among its offerings, we would pass it frantically. We are only scratching the surface of the matter. We are not going to its core to comprehend its essence.

The one who misses the essential becomes unessential himself and spiritually nonessential. He is malnourished and becomes a hungry wolf who is constantly in a gold-rush mood running from one treasure chest to the next. This feeds the violence of the consuming human being. Consume is only a substitute for the spiritual and does not guide you to the MIND. If we want to find our inner spiritual balance, the rules of the MIND apply and we can choose them and use them:

**Less** instead of more.

**Perception** and deep experience need ease, this means time and devotion.



**Realization** needs silence: from the outside and mostly from the inside. Whatever I realize is only concerning myself. It is only about me. This liberates us and gives peace: the end of hunger and violence within me.

**Spirituality has generally nothing to do with money.**

Money may help on the level of form and sometimes convey content – but that’s all. The real CONTENT, LIFE, is already within us. To consciously experience it, we need Spiritual Mind Training.



Some processes of disentanglement that we have to face may be quite painful. Here is one example of such disentanglement, the end of a marriage and the selling of the mutual house. A friend wrote to me:

*Yesterday we had the appointment with the notary and sold the house. It all went smooth. I realized that I had been working on myself a lot spiritually. I was at peace. No feelings of rage, no accusations, no blaming. I stuck with the routine and took care of the yard in the morning – so far I am still living there – and then at night I went to the notary. I sat beside my wife for two hours while the notary was reading his text. A part of me was still trying to find the old feeling but there was nothing left, or maybe too much? I don't know. After the appointment my wife asked me how I felt, since I was so attached to the house. What was I supposed to say? Was I supposed to bring it all up again? I said briefly: I let go. That was it. You ask yourself what is left or what has been there? Where did all the years go? All the effort? All the stress? Has there been anything at all? Or maybe it was all just a dream. I had given it all so much meaning and suddenly... poof... and its all gone. Duty calls on me. My suitcase calls – it needs to be packed. Life goes on. I am not asking the world for anything anymore because I can find myself only in the formless. This is the only way that I know how it can go on – like in the exercise of the book: "My salvation comes from me and only from me."  
(End of letter)*

**ACIM is only one of many spiritual paths, but one of the few that is based on non-duality.** This quality makes it a bone of contention because

we want our world to be real and live in real bodies that created a real existence. The ego-doctrine plays it all with one card. The idea of separation, a life outside of GOD. ACIM questions this very trump card and explains to us that it is really a fake card, without impact. It is no surprise that this non-dual depiction of (real) LIFE creates our resistance. This is why many clerical groups call ACIM devil's wok. They find it outrageous that the perception of our five senses is called an illusion and that a spiritual world is postulated beyond our senses. A world that does not know duality, nor bodies, nor the state of dreaming. In the end, everyone has to make his own choice about what he believes to be true and real – in what he (in the best meaning of the world) wants to believe in.

You have a test, as sure as God, by which to recognize if what you learned is true. If you are wholly free of fear of any kind, and if all those who meet or even think of you share in your perfect peace, then you can be sure that you have learned God's lesson, and not your own. (T-14.XI.5:1-2)

The HIGHEST, the TOTALITY of the MIND has to be constant. It does not know change. Change is tied to the idea of birth and death. This is the egomaniacal concept of separation. This is illusion. This is where fear lives.

**The MIND is.** It does not know form, nor duality, nor splitting. It is completely different from everything that I know. Non-duality cannot be understood with thinking. But due to our earthly hardships we may start having questions that are focusing on the MIND and our relationship to IT. Let me give you an example taken from the movie "Train of Life" made in 1998:

The inhabitants of a small Jewish village in Poland during the 2nd world war purchase a train and organize a fake deportation transport to flee to Palestine. Some of the Jews play German soldiers and some play prisoners. On the way the train is stopped for celebrating the Shabbat. Some young soldiers have converted to Communism which starts a severe quarrel. In the middle of the fight the village fool Shlomo appears and ends the fight by sharing his unusual thoughts. Here is the dialog from the movie "The train of Life" (free translation of the German version of the movie):

Shlomo: It really doesn't matter whether GOD exists or not. Have you ever asked yourself whether man exists?

Fake Nazi General: Come on Shlomo, mind your own business.

Wife of Rabbi: Speak up, Shlomo!

Shlomo: God created man in his own image. How beautiful! Shlomo is of God's image. But who wrote this sentence into the Torah? It was man, not God. In his presumptuous way, he compared himself with God. God may have created man, but man, the child of God, has invented God to understand himself.

Rabbi: Could you repeat that?

Shlomo: Man has written the Torah out of his fear to be forgotten. He didn't care about God.

Rabbi appeasing: Shlomo, we are having enough trouble already.

Shlomo: Rabbi, we are neither loving God, nor praying to him. Or rather: We are begging him to help us here on earth. But none of us really cares about God. We are only concerned about our lives. The question is not whether God exists or not, but rather if we exist.

Wife of Rabbi: This was a wonderful prayer. Thank you Shlomo. Shabat Shalom. (end of quote).

### **Shlomo investigates the behavioral motivation of the community.**

They are all hypnotized by the threat of death and want to save their lives. This is why they are creating the image of a God who should give meaning to their existence and make their earthly life become reality. This God shall save them. The people are not concerned about the REALITY of GOD but about their small little life on earth. Shlomo's last question touches the issue of non-duality and is extremely provocative: Maybe we are not really alive here in this form and maybe it is really all different.

**The body-dream is only a temporary phenomenon,** not REALITY, like on this picture: I see myself with my children in the year 1998. It seems that this captured moment has existed and at the same time is still present and at the



same time has not really existed. Because it all only happens in my dream. Nothing stays. Nobody can preserve the body and the world. It is all a symbol of death. It dissolves like all photos, like all mental memories.

But if a little love was reflecting in this scene, then it is love only that stays and that will be given back to us in eternity. Thus, I am willing to use the dream as a classroom for awakening. The important question is:

*Who am I?*

*What is really important?*

The ANSWER finds me.



## Chapter 23

### **Meditative sentences for HEALING**

Sit down twice a day for about 10 or 15 minutes in a relaxed position, or lay down on the bed or on a couch. There shouldn't be any distractions like phone or music. You should not fall asleep. You should do the exercise with your awakened consciousness.

**Close** your eyes.

**Breathe** deeply – inhale and exhale deeply.

**Focus** on your mind.

You can use the following sentences over and over again from time to time. If you feel strongly touched by the one or the other sentence, use it for your learning by repeating it. Choose the symbol for the MIND that you feel the closest to. Jesus /an angel /the LIGHT of GOD or whatever is right for you. Don't force this exercise and don't get tensed but do it in a relaxed manner with clear sincere will power. This exercise may create silent joy and confidence. You'll be focused when you return to every-day life and at the same time you'll always stay connected with the World of Spirit.

I have decided to choose HEALING.

I am asking the World of Spirit for help, for healing.

The angel/Jesus/the HOLY SPIRIT/ the LIGHT of GOD may affect me.

I choose my real BEING: I am mind in GOD'S MIND.

I am innocent and free – and so are all people.

I want to remember who I am in reality: the SELF, the SON of GOD.

I choose the HOLY INSTANT, the devotion to GOD.

HEALING is received, I cannot make IT.

I don't have to do anything.

I trust in the World of Spirit and I see my part: I give myself to IT.

The power of decision is up to me.

I want to believe in the POWER of LOVE.

I want to believe in HEALING. That is my choice.

I want to be silent in GOD.

GOD'S absolute WILL is accomplished.

If you happen to have the book ACIM, please read the whole chapter about the HOLY INSTANT: T.18.VII.4 and 5.

**Prayers** are strongly effective and heal when they come from the heart and are inspired by the HOLY SPIRIT. The salutary prayer confirms the reality of GOD within me and within all people – in this sense it is a *blessing*. The real prayer is not to beg for things of this world. It always guides us to the PEACE of GOD. When we are at PEACE all problems that occur in this world of form solve themselves. Usually we want the outside problems to be solved so that we can find inner peace. But the outside is only mirroring our inner state.



## **Clarification of terms / comments**

### **Mediumship / mediality**

The ability to perceive different levels, forces or entities in the mind without the usage of the five senses. Strictly speaking, even the perception of thoughts has to be considered as "mediality" – this is actually a very normal process that all people have access to. Then there is an inner, spiritual way of looking at images and connections. The term "mediumship" is commonly used when referring to people who are receiving special messages or information about our familiar world and from the world of the deceased. These messages are often banal but may also carry useful information for people in need. It depends on the medium, the person who is channeling and his state of spirituality. A medium may not be spiritual at all and completely focused on the world of illusion. Then questions may arise that are focused on the earthly needs like: what are the numbers for the next lottery, which stocks are going to rise, how can I win at roulette or how can I find a wealthy boyfriend or girlfriend? These questions are focused on the world of illusion and have nothing to do with the one main concern: how do I get back into the TRUTH of GOD'S MIND?

Some people with the ability to channel are only perceiving connections in the world of illusion but offer this information when counseling the ones looking for help for the sake of their healing. Then the question is: What is the spiritual motivation and what is it that is actually healing and what is the deeper meaning of our dreaming-existence? The one who wants to transcend the world will automatically get in touch with the spiritual. This person may have strong medial abilities, but not necessarily. And the other way round: a person who has a talent for the practice of mediumship does not necessarily have to be focused on spirituality. Helen Schucman for example, who received the ACIM had a strong talent for mediumistic abilities besides her spiritual interest, and therefore she could easily receive the "inner dictate" without mental effort, meaning without the effort of the five senses.

### **Spirituality**

Serious spirituality is most of all concerned with the following questions: Who and what is the human being? What are his spiritual roots beyond his body? How real is the fading world that we are perceiving? How can we get to the SOURCE, to GOD?

The person who is seeking spirituality is a sincere seeking student who commits to a Spiritual Mind Training and thus gets liberating insights and finds more peace. He understands that he can only change himself with the help of the World of Spirit and not other people or even the world. Sincerity, patience and persistence as well as trust, kindness and humbleness are the spiritual qualities we should strive for. He serves as a teacher who is available to let the HOLY SPIRIT act through him for the sake of all men. He takes full responsibility for his thoughts, his feelings, his words and actions and thus for his whole life. Nobody can make him happy or unhappy. Obstacles in the way to peace become more clear and are realized and resolved with the help of the Spiritual Mind Training. The peace of GOD in his mind becomes a permanent experience.

### **The Spiritual World**

A collective term that includes all entities that are active in the illusionary transient area to the pure MIND and serve the LOVE of GOD and the awakening of all human beings: angels, ascended masters, souls. HEALING comes from the Spiritual World; it conveys healing. This term is not taken from ACIM. It came to my mind and I am sure that it can be found in the writings of other authors, too – with whatever meaning. The Spiritual World is actually only a helpful reflection of the pure, non-dual MIND and thus is actually also an illusion that helps to catch us within this framework.

### **The HOLY SPIRIT**

The HOLY SPIRIT is GOD'S creation, which GOD has made in the image of GOD for all eternity. JESUS is his manifestation on earth. HE is the answer to the idea of SEPARATION, the plan for ATONEMENT, the correction of the error. The HOLY SPIRIT determines our specific part in the matter of salvation. I am referring to the clarification of terms in the manual for teachers point 6.

### **Symbol**

In the Spiritual Mind Training the term symbol refers to the allegory or metaphor of the DIVINE, the MIND, which, strictly speaking, has to be unnamed. An attempt to describe the meaning of the pure MIND all the way to ITS REFLECTION may be the following: MIND, CONTENT, concept, symbol, word, image, thing (form). Case sensitivity makes a difference. Upper case refers to the MIND in its NON-DUALITY. Lower case refers to the dual,



illusionary world that humans are experiencing. When the course talks about LIGHT, it means the spiritual light which is of GOD'S nature. The earthly light of the sun is the fading light of the world of illusion and exists only in our dreams about the world. The symbol as an allegory is strongly connected with the issue of wording and words in general. It serves to transport and to comprehend spiritual content and has to be clearly delimited from the knowledge of TRUTH. Knowing happens without words, it is quasi abstract, beyond thinking. The perception with our five senses on the other hand is strongly tied to words and reflective thinking.

## **Words**

are but symbols of symbols. They are thus twice removed from reality.

(Manual for Teachers: 21.1:9-10).

They try to describe something that can only be experienced. Words are meant to guide you to a conscious level and give clarity to the mental observation of things. So please, don't mind certain words, like for example GOD. You can replace it with the word love or light, whatever works best for you. Whenever I am talking about the divine BEING, about GOD and of HIS LOVE, I am using upper-case letters to point out this highest dimension as the HIGHEST. This means also the true SELF, which is MIND out of GOD'S mind – other than the false self, the ego, which has nothing in common with the BEING of GOD. The name HOLY SPIRIT can be replaced with the name of JESUS CHRIST, GOD or DIVINE LOVE, whatever touches you the most. The Spiritual World knows who or what you mean.

## **Meditation**

Let me quote Wikipedia first: "The English *meditation* is derived from the Latin *meditatio*, from a verb *meditari*, meaning "to think, contemplate, devise, ponder".[12] In the Old Testament, *hāgâ* (Hebrew: הָגָה) means to sigh or murmur, and also, to meditate.[13] When the Hebrew Bible was translated into Greek, *hāgâ* became the Greek *melete*. The Latin Bible then translated *hāgâ/melete* into *meditatio*.[14] The use of the term *meditatio* as part of a formal, stepwise process of meditation goes back to the 12th-century monk Guigo II.[15] The Tibetan word for meditation "Gom" means "to become familiar with" and has the strong implication of training the mind to be familiar with states that are beneficial: concentration, compassion, correct understanding, patience, humility, perseverance, etc.[16] Apart from its historical usage, the term *meditation* was introduced as a translation for

Eastern spiritual practices, referred to as *dhyāna* in Buddhism and in Hinduism, which comes from the Sanskrit root *dhyai*, meaning to contemplate or meditate.[8][17] The term "meditation" in English may also refer to practices from Islamic Sufism,[18] or other traditions such as Jewish Kabbalah and Christian Hesychasm.[19] An edited book about "meditation" published in 2003, for example, included chapter contributions by authors describing Hindu, Buddhist, Taoist, Jewish, Christian and Islamic traditions. [20][21] Scholars have noted that "the term 'meditation' as it has entered contemporary usage" is parallel to the term "contemplation" in Christianity, [22] but in many cases, practices similar to modern forms of meditation were simply called 'prayer'."(End of quote)

**Meditation** opens up a dimension for collecting experiences beyond reasoning. Real life can only be experienced without illusions and without the distortion of separation. This is why our thinking and all images have to be transcended. The pure MIND is abstract, IT does not know form. Meditation may take us to the limits of the boundaries of our consciousness; to what is called the high level of consciousness.

## **About the author**

Reinhard Lier, born in the year 1960, traditional healer, teacher for Mind Training ACIM and Family Constellations, author. Father of two children, grandfather of five. Comes from a family of pharmacists (Lower Saxony, Germany), lives in Switzerland since 2009. Family Constellation Work combined with the Mind Training *A Course in Miracles* forms the core of his work. Find more information on the websites:

[www.geistesschulung.eu](http://www.geistesschulung.eu)

[www.lierbuch.eu](http://www.lierbuch.eu)

[www.spiritual-mind-training.org](http://www.spiritual-mind-training.org)



## **Recommended Reading:**

*A Course in Miracles*, published by Foundation of Inner Peace

All books by Kenneth Wapnik

Marina Robinson: *Cupid's Poisoned Arrow*

Pierre Pradervand: *The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World*

*I am That*, Nisargadatta Maharaj

Books in German by Alfred Hosp about the Teaching of Bruno Groening ([www.groening.at](http://www.groening.at))

## **Films (DVD)**

Note: Watching fictional movies makes only sense when watching with the eyes of the Spiritual Mind Training and when observing the dynamic of the ego. Watching movies only for the sake of entertainment and for killing time is shallow and thus not productive.

Alphabet (A documentary that analyzes the modern educational system and argues that it squelches children's capacity for imagination, creativity, and independent thought)

Groundhog Day

The Truman-Show

The Tree of Life

Train of Life

The Game

The devil's advocate

There will be blood

**References:** Quotes from A Course in Miracles ®: Third Edition copyrighted 2007 by the Foundation for A Course in Miracles, [www.facim.org](http://www.facim.org), ISBN; 987-1-883360-2-25-2, 41397 Buecking Drive, Temecula,CA, first published in three volumes in 1976 by the Foundation for inner Peace

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