

What is our
common responsibility
in order to create
a truly caring,
loving world?



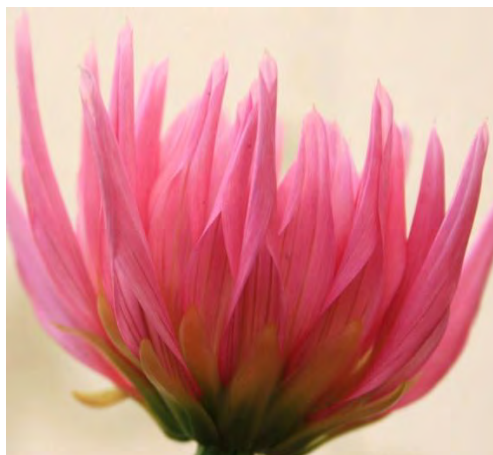
Text for the back cover of the book

The existence of a Creator of the earth on which we find ourselves is obvious in view of the fact that the highly complex human body with all its finely tuned organs and the wonderful natural world with its countless very specific species of plants and animals could not possibly have been created by random changes. The more closely we study the wonders of nature, the more obvious it becomes that the perfection we find in the elements and the harmonious beauty we marvel at everywhere in pristine natural landscapes and the animals that live there cannot be the result of chance.

This raises the question of the purpose of creation. This can be clearly recognized as soon as we realize that for people throughout history, loving relationships have ultimately been the most important thing in their lives, starting with the birth of every baby, which cannot survive without loving care. The centrality of love also points us to the correct answer to the basic question of the meaning of life, which is to realize the ideal of true love that underlies the creation of man. Recognizing what this looks like in concrete terms is a personal responsibility to which we must dedicate ourselves wholeheartedly, because only when we behave in accordance with the natural laws laid down by our magnificent Creator will we experience true happiness.

The more we invest in this task, the more clearly we will recognize the difference between right and wrong in all areas, and the more real the realization of God's ideal of a loving world will be for us, as we will be able to distinguish clearly between good and evil and know exactly how we can best develop the potential inherent in us.

The explanations in this book are intended to support the task of acquiring a definitive certainty with regard to the best possible realization of the good, the true and the beautiful, which will enable us to achieve complete clarity on an intellectual level and true inner unity on an emotional level, based on the correct answers to all the fundamental questions relevant to a happy life.



This book is dedicated above all to those
who long for profound experiences of True Love



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Foreword

Dear reader,

In a world of information overload, it is decisive to recognize the core truths that are significant for our own lives and making them our own by aligning ourselves with them and thereby becoming completely healthy within. This is possible for everyone, no matter how you may feel at the moment. What is crucial is the willingness to focus on what is important and to do everything possible to achieve complete clarity, which brings with it deep inner peace.

It's about finding peace of mind and opening ourselves up to experience the depth and quality of life that we can all ideally enjoy. The first step is to pause and listen to what your heart is trying to tell you. Until we take this challenge seriously, we will continue to live more or less on the surface, not finding true satisfaction, because we have been given an incredible amount of potential by our Creator, and only when we unleash it will we feel that we are where we long to be at our core.

In other words, only when we are willing to clean up inside and set our priorities in the right way will we have the quality of life that makes us truly happy, because we can be 100% sure that we are on the right path, getting closer to the goal of unity with God day by day.

Honesty with ourselves and with others is a basic prerequisite for making real progress in our spiritual growth. That is why it is so important not to sweep anything under the carpet, but to focus on those areas where we do not yet have complete clarity. In this respect, no one is spared the task of addressing any inner contradictions and finding out why I am not behaving as I would consider right in certain situations.

Taking the time each day to briefly review what went well for me that day and where I did not act as I would ideally expect of myself is helpful in making good progress in personal heart development. Of course, everyone can decide for themselves whether to choose a direct path to the goal or to postpone problems, but no one is spared from tackling every unresolved area sooner or later, if not during life on earth, then in the spiritual world, which we enter after our physical death.

This book contains the essence of the truth that I have recognized as correct during the past six decades of consciously searching for deeper knowledge. So far, I have shared some 16 thousand pages of my convictions on essential issues with friends who care about a deeper understanding of God's desire and work in the hearts of His children. Most of the content I have written is in English, whereby some of it is freely available for those interested on the following (1) website <https://www.trulyhealthy.live/>. If, after reading this book, you would like to delve deeper into the topics addressed here, you are welcome to do so via the homepage mentioned here.

My greatest concern is that everyone learns to love themselves and others wholeheartedly. There are countless problems in the world for precisely this reason, because most people are only able to do this to a very limited extent. For this reason, we need to pay our utmost attention to this subject area, which I explain in my book *"To embody True Love is the purpose of all Creation and Existence."*



In the following pages I would like to point out the aspects that I am sure are relevant for every human being who strives for a way of life centered on the eternal and unchanging truth, especially with regard to our common challenge to become a loving person who is able to meet others with a caring heart.

With regard to my language, I would like to emphasize that mutual respect is important to me. In this book I address fundamental issues that affect every human being, based on the understanding that we are all God's children and therefore brothers and sisters as members of the human family. Based on this understanding I am addressing you as my sister or brother as we have a common origin and Eternal Parent in our loving Creator. I hope that is okay with you, and you welcome such a form of direct expression.

Above all, I would like to begin this book by thanking you for your willingness to engage seriously with the fundamental questions of life. I can promise you that in these pages you will get to know new perspectives that you were not aware of before, and I would like to ask you to always think along with me and not simply believe what you read, as I am interested in fundamental knowledge that is coherent for everyone.

In this sense, my comments represent a certain challenge to rethink the content that you have believed up to now. It is important to me that each person acts from their own conviction and knows exactly why they do certain things, and is always willing to be accountable for their own actions on the basis of living with a clear conscience, striving to be completely honest with themselves and others.

This book is my invitation to you to consider issues and questions that you may never have seriously asked yourself before, especially with the willingness to scrutinize even those points of view where you are already sure that you have found the correct answers.

The truth certainly does not shy away from critical examination. In this respect, I hope that you will succeed in taking decisive steps forward in essential aspects of your understanding of God and the world in the direction of complete clarity and secure knowledge based on your own reflections and experiences, and not on what someone else has said or done.

I hope you will enjoy reading the following pages, especially because of new insights and gaining a deeper understanding. I also have still a lot to learn and therefore welcome any constructive feedback. You can reach me at the email address nikolaus21b@gmail.com.

With my best wishes for your personal journey to become an ever more loving child of God who cares for the future of all people,

Nikolaus Beutl

Aspects that need to be internalized

The nature of God can be recognized through His creation

His ideal consists in the realization of loving relationships

The experience of true love means the most beautiful joy in the heart

The quality of love must be given our greatest attention

The love of our Creator underlies all visible and invisible existence

Feeling it and manifesting it ourselves leads to the deepest fulfillment

Every person is a unique image and beloved child of God

Recognizing the truth is my personal responsibility

Goodness consists in the realization of the ideal of true love

All our efforts should be directed towards this goal

Evil must be completely overcome here on earth

Your quality of life is determined by the ability to love

Lasting happiness is possible on the basis of selfless love

Lifelong health is our natural destiny

The body's self-healing powers make any healing possible

Any kind of inner difficulty can be completely resolved

Harmony is the basis for profound joy and fulfillment

Cultivating and strengthening it is our central challenge

Bringing joy to others is the key to our own happiness

Acting in harmony with the principles of creation is the path

that leads to a heavenly life on earth and in eternity.

My wish for you as a reader of this book

What do I wish for you as someone who is interested in the content of my explanations? Of course, that you benefit from it by finding it a source of inspiration to think about it further and come to your own conclusions that will help you on your personal path in life.



You will find some statements in the following pages that will not be easy for you to digest at first. On the one hand, because you are hearing them for the first time and have not yet given them any thought, and on the other hand, because they represent a great challenge for you, as they can shake your own world view as soon as you take a closer look at the facts mentioned.

The crucial question is therefore whether you are prepared to take on this task and open up a new horizon of consciousness that you may not have previously thought possible. I very much hope that you are prepared to do this and, above all, that you do

not make any hasty judgments knowing that I, too, have thought the same way as you in the past. I only came to this understanding, which is probably challenging for you, in the course of decades of searching and experience in more than 50 countries around the world.

I certainly stand by all my statements, but it is not an easy task to convey them to a readership with very different backgrounds. For everyone, other points are already taken for granted, while some aspects are completely new territory. I would therefore ask you to be patient and not to pass judgment before you have finished reading this book, i.e. to let me finish my sharing before you make a final assessment. I am not saying this for my own sake, because no one does themselves any good by having prejudices.

My understanding is very different in some respects from what most people believe because I've spent my life trying to get to the bottom of things, and therefore could come to know many contradictions in the religious as well as scientific fields.

It is important to me that you read these pages with a keen eye to spot any errors immediately and let me know where I may be wrong, while I would also ask for your indulgence if I express something too directly or do not include enough explanation. I only do this to a limited extent because it is important to me that you do your own research and find out the full truth for yourself, so that in the end you can be sure of what life is all about and not depend on what one or the other says.

In this sense, you can see this book of sharing core contents that I have learned during my life as a challenge and workbook by checking what you already know yourself, which contents are familiar to you and which are new, and above all, how you stand by them, because most of all it is about attitudes, how we see things, with the ultimate goal being to be able to live a truly happy life based on the correct understanding.

I wish this for you from the bottom of my heart, but this can only become a reality if you yourself give your 100% commitment and use all your thoughts and feelings, your ability to think logically and your intuition to gain clarity on the most essential questions.

What is the basis for forming your opinion?

Being honest with yourself is a basic prerequisite for maintaining the integrity of your personality. If you delude yourself, you will certainly cut your own finger. The question is therefore whether I am prepared to be completely sincere about my personal reality.

In this book, you will learn about aspects of reality that you are probably not yet aware of and that are contrary to the prevailing opinion of the vast majority. This is certainly a challenge, and it is crucial to examine how I react when my own world view is questioned. In such a situation, there are two options for the time being: Close your eyes and ears and turn away with the attitude: *"I don't want to hear about that ... I don't want to have anything to do with that ... I'm not interested ... Leave me alone..."* On the other hand are those who want to know exactly and are prepared to turn over every stone, so to speak, to get to the bottom of the truth. It is not about opinions, but about absolute certainty with regard to the complete truth.



As soon as you are certain that God exists as the creator of the cosmos, it is also clear that there is only one eternally valid truth on which our existence is based. If we

want to develop our potential in the best possible way, the first step is to get to know the principles underlying creation.

No one can escape the truth with regard to the essential questions. It remains unchanging and therefore everyone will be confronted with it sooner or later. It is therefore advisable to be open to it now, to move from the state of having an opinion on various issues to being completely sure of the facts. The explanations in this book are dedicated to this goal. To be successful on the way there, the first task is to realize that truth is not determined by the majority. Even if almost all scientists claim something, this does not mean that it is actually what they say it is. The truth is independent of who believes what, but exists timelessly. It is the personal responsibility of each individual to recognize it and act in accordance with it in order to experience the greatest possible joy and fulfillment.

So if you find out something completely new in this book, the most sensible attitude is to take a close look at the relevant statements and check whether they are really true. The "fact checkers" of all kinds and other established options are certainly not useful for this, because they are all based on the opinion of the establishment, on the narrative that certain people present so that everyone believes it, based on a materialistic world view that cannot be correct from the outset, as the spiritual realm is disregarded and it is therefore impossible to arrive at the correct view.

The solution, therefore, is to search for ourselves, for a personal relationship with our Creator, and the willingness to look at all questions from the point of view of God's reality in order to come to the right conclusions that are in harmony with our innermost being, i.e. fully in line with how things look from the point of view of the heart, the true center of every person.

I wish you great progress in this fundamental task of gaining absolute clarity on all the essential questions of life by finding out for yourself what the irrefutably logical and emotionally confirmed truth is.

God's existence as the origin of the cosmos is obvious

If we look at our surroundings, we will realize that everything we see not only has a name, but was also made for a specific purpose. However, if someone were to say that the car was created by chance and that the computer is also the result of thousands of years of random events, then everyone would ask themselves: *"What is wrong with this person? It's impossible that such highly complicated things could have come about without any plan or conscious development."*

If you look carefully at nature, you will find a wide variety of animals and plants, all of which have a specific character and special characteristics or abilities, especially humans, whose brains can do more than the best computer. To say that this diversity of beings that we find on earth has come about by chance makes no sense at all, and yet countless people do this. Why? Because they were taught at school that everything came into existence through random mutations, and they don't question this assertion but simply believe it without giving it any serious thought.

What about you, the reader of these lines? What do you think about the origin of the universe? Do you also believe that everything was created by a primordial explosion? The official explanation: *"The best explanation for the origin of the universe is provided by the Big Bang theory. It states that at the beginning, an unimaginable 13.8 billion years ago, the universe was a tiny little hot spot that expanded extremely quickly after a huge explosion, the Big Bang."* Does it make logical sense that a tiny little dot explodes and creates matter? Such a thing has never been observed by humans. How is that the best explanation, something exploding for no reason? What was this tiny dot made of that it could create billions of solar systems? There are no logically comprehensible answers to these and so many other questions, only hypotheses and theories that can never be tested or confirmed.

This is what people who call themselves scientists believe, while other people who call themselves believers have come to completely different conclusions. There is zero reason to assume that those who know nothing are right, but only assume something as it might have been. The testimony of people who are ignorant and only believe something about how a fact might have happened is of no significance in court. The judge makes his decisions on the basis of proven facts if he is serious about his task.

From the point of view of logical thinking, it makes no sense to believe that a Big Bang took place, for which there is absolutely nothing comparable in the real world, since it has never been observed that a tiny point explodes and thereby produces vast amounts of matter. The crucial question for you and for me is therefore: Am I a person who uses the mind consistently or not?

If all meaningful things created by humans are based on the use of ideas, creativity, mental and physical effort, etc., then it is obvious that the glorious nature with all its diverse creatures also came into being through such concrete effort, i.e. that it has a concrete Creator who expressed His idea of beauty in the cosmos. This word 'cosmos' from the Greek and includes the following meanings: 'order', 'world order', 'adornment', 'splendor', 'glory', etc. Why was such a word chosen? Because in ancient times a wonderful order was recognized in the heavens and on earth, something magnificent and splendid. To claim that all this order emerged from nothing without any organizing force certainly makes no logical sense.

Let me ask you: if a very significant event has taken place and you want to know more about it, do you go to a person who knows nothing about it, but only suspects something, or to someone who was directly involved in the action? The answer is obvious? And yet most people simply trust those who have made something up, i.e. who don't really deserve the name scientist, because they haven't created or developed any new knowledge, but simply put forward hypotheses that usually have little or nothing in common with phenomena observed on earth.

Again, the crucial question is? How do you behave? Do you blindly believe those who have come up with a theory or those who have a personal relationship with God? There are billions of people who pray to God, Allah, Jehovah, etc. What logical reason is there to reject their understanding of a concrete Creator of the world and believe the theories invented by people? The answer is clear: none at all.

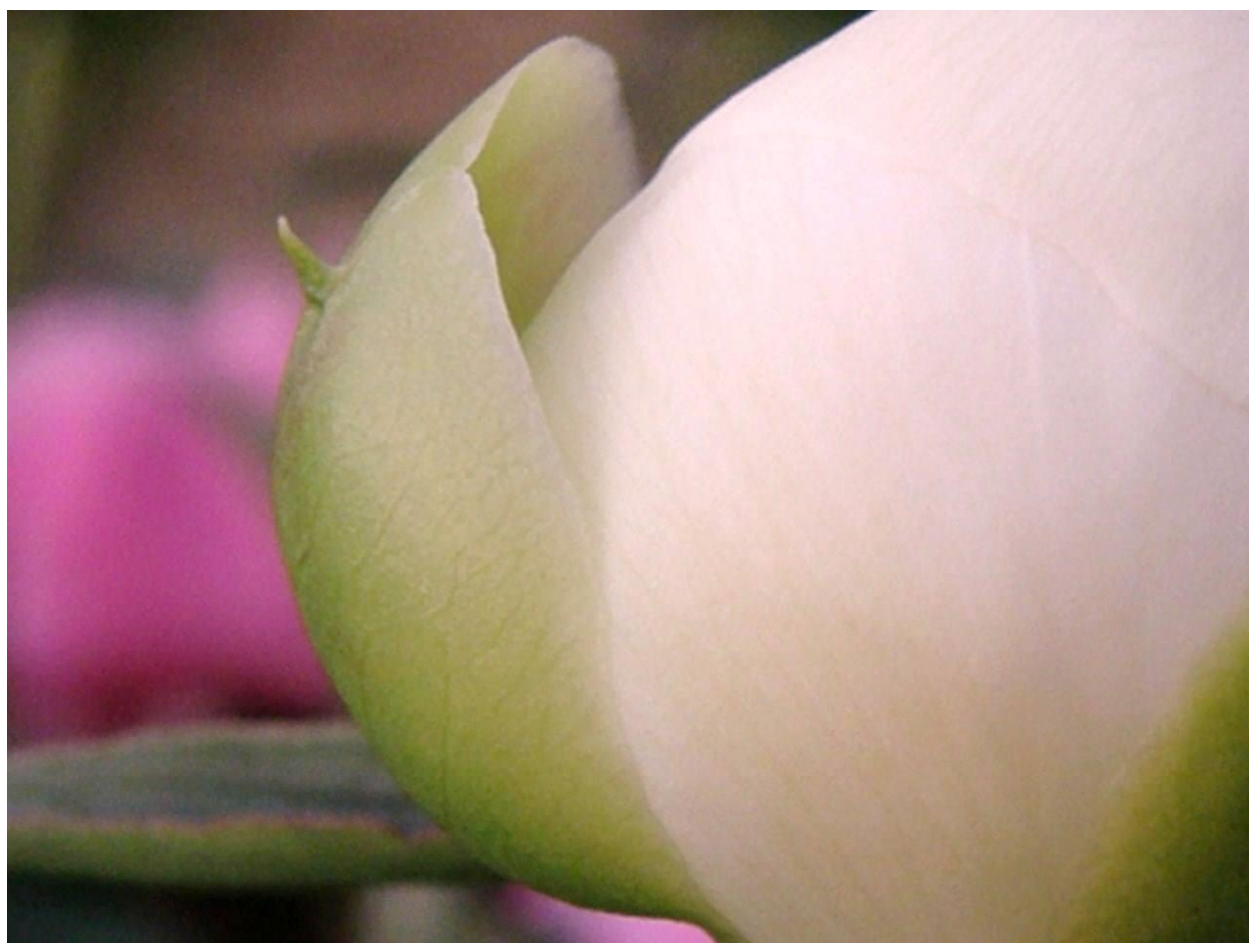
The more you think about this question, the more reasons you realize why there must definitely be a being who created the cosmos. Ultimately, there is only one honest conclusion for any intellectually honest person: There are countless indications that the universe could not have come into being by chance. For this reason, it is not possible that God does not exist as our very first origin.

I have mentioned the words 'honestly' and 'sincerely' here. It is precisely this kind of attitude that is at stake. As soon as I apply it, I can no longer say with a clear conscience that I don't know whether there is a Creator of the universe or not. Because I always apply the cause and effect principle in my way of thinking. We have asked countless times in all kinds of situations: *"Why did this happen? For what reason could this or that become a reality?"* We always want to know why something is happening or has happened. Therefore, there is no valid reason to claim that the question of the origin of the cosmos is irrelevant. On the contrary, it is the most crucial point at which we set the course for how we see the world and our own lives.

Consequently, we must give this essential challenge our utmost attention in order to be absolutely certain that there is a clear cause for all existence, above all for the so perfectly functioning heavenly and earthly order that has impressed people throughout

history. Ultimately, we owe it to our own integrity to give this subject our serious attention in order to arrive at the right answer, of which we can be certain once and for all.

"Know thyself," was the inscription above the first entrance to the Oracle of Delphi. The next entrance reads: *"Then you will know God."* This is exactly what it is all about: looking deep into our own soul and listening to the voice of the heart. In this context, I would also like to mention the Nobel Prize winner Werner Heisenberg, who said: *"The first drink from the cup of science makes you atheistic. But God is waiting at the bottom of the cup."* It is science itself that brings us closer to the reality of God's existence, if we search seriously, using all our reason and logical thinking skills as well as our basic emotions and capacity for intuition. In this regard, I wish you more than anything that you succeed in building a living relationship with God in order to be able to receive the essential answers from Him directly.



Feelings and longings confirm a wonderful Creator

I assume that from time to time you have watched videos with beautiful nature footage accompanied by calm music. Tim Janis has done a great job in this regard, with his presentations having many millions of views. Here [\(2\)](#) is an example of this. Please take the time to watch this presentation of inspiring melodies and uplifting images in peace. Observe your own reaction to these glimpses of nature's beauty. What influence do they have on your mind, on your mood?

I am sure you will agree that it is a positive experience that makes you feel good inside. Why is it like that? Because everything is harmonious. Nature was created to bring us joy, and if we pay attention to it, we will feel this as a wonderful reality, and this applies to all people, wherever they may live.

What conclusion does this lead to? That there is a Creator who has created something meaningful where everything fits together: The desire of humans, the instinct of animals, and what plants need, everything is in accordance with what is available for their existence. We are therefore in a habitat in which everything is originally coordinated with each other, provided it has not been destroyed, and the processes follow certain cycles that have been constant for thousands of years.

So everything makes sense and we feel comfortable experiencing this. On the other hand, there is the reality that people get into all kinds of crises when they can't make sense of their lives because there is so much chaos and unresolved problems. The natural and right state is the one where everything is in order and connected in a meaningful way, thus enabling clear orientation. Every human being desires such a reality in their soul, as we were created to act in harmony. Moreover, all people want to be good, so even those who do something bad usually have an excuse for their actions, namely that they wanted to achieve something positive. We always try to put ourselves in a good light. Why do we do that? Because we were born to be good. It's as simple as that. However, this means that we must prioritize goodness and beauty first by striving to be a positive influence on others.

It is therefore not only the intellect and a logical way of thinking that lead us to the conclusion that God must exist as the creator of the universe, but also our feelings and desires. Our feelings, thoughts and desires therefore definitely point us to God as a reality. This makes it clear that we can know without the slightest doubt that all existence has a clear origin, with a meaningful connection between Creator and creature.

A life without higher goals and ideals has little meaning for the individual. Accordingly, most people do not feel truly happy as they do not know exactly what to strive for, especially when their hopes are not fulfilled.



Faced with this reality, the correct conclusion is that we must prioritize fundamental aspects, and in a person's life this is first and foremost the question of what they want to work for. For me it is absolutely certain that there is nothing more valuable and precious to acquire here on earth than to develop a loving heart, because only in the realm of loving relationships can we find true fulfillment.

Lasting happiness is only possible on the basis of true love

Now that we know for certain that God, as the ultimate source of the cosmos, is a proven reality on the intellectual and emotional level, the next question that arises is: Why did He create the universe? There is also a clear answer to this question, which everyone should be aware of. It arises from our characteristics as a being who wants to be loved more than anything else and wants to be able to do something for others, as there is no real joy in living only for myself and exploiting others for my own benefit.

The first stage of important realizations lies in becoming absolutely certain that a life that puts the satisfaction of one's own needs above the well-being of others is totally wrong, because it cannot lead to harmonious relationships, which are only possible if you live for each other. This leads to the fundamental conclusion that our existence should serve the overall purpose, i.e. the well-being of all creatures.

This is where opinions differ: you either exist for yourself or you live for others. We need to take a closer look at this. As a baby, we are dependent on someone taking care of us in a selfless way. As we grow up, we learn to be there for others more and more, so that by the time we reach adulthood, we have ideally learned to live for others wholeheartedly and contribute to their happiness.

This is the point at which the tragedy of human history began, in that even our first ancestors did not achieve this personal maturity. Because of this, the wonderful tradition of selfless love for one another was not established, and we live in a world full of problems that are all due to the selfishness of individuals. The only solution in such a situation is for everyone to learn to love others in the right way and in this way contribute to their joy and fulfillment.

Just as a true artist expresses through his work of art what is inwardly present in that person, the idea of what is beautiful and will please others, so God as Creator has expressed His understanding of what is good and right in the cosmos. Accordingly, we also read in the creation account in the first book of the Bible that God saw that it was good what became reality after the respective period from evening to morning. However, there is a seventh day of creation on which God rested, because it is the period in which the crown of creation, man, was to reach personal perfection.

This can easily be understood from the point of view of the realization of the ideal of true love, because if you really love someone, you always give that person the freedom to decide for themselves and to develop of their own free will. You don't want to dominate those you love, to impose your will on them. That is out of the question. It is the wish of good parents that their children become even better than they are, achieve more and ultimately become more loving than their dad and mom.

Such a longing is alive in the heart of every loving mother and every loving father, wherever they may live on this earth. Why is this the case? Because God has this desire within Himself, and He created us in His image. Accordingly, it should be natural for us to strive for the highest ideals and make them our own by practicing those things that we know in our souls are our destiny as beloved sons and daughters of God. Please take the time to reflect on this essential point of creation.



The correct understanding of good and evil, and right and wrong

Once you have deeply understood what I have briefly pointed out on the previous topic, it will also be clear to you where the origin of evil in the world lies. Not in a duality, as many believe, comparable to light and darkness, because on closer inspection it is obvious that these are just more or less photons that are currently active.

When it comes to the question of what is good and right compared to what is evil and wrong, it is obvious that these are real opposites, with the former promoting people's happiness and the latter opposing it. It is therefore also clear that God did not create evil, but He could not prevent us, as His children, from getting stuck in our spiritual development and performing evil deeds. It was more important for Him to give us the freedom to decide for ourselves how we develop instead of turning us into robots that automatically do what He wants. God's ideal is the realization of true love, and this is only possible if people are free to choose.

Freedom is inevitably linked to responsibility. This leads to the fact that every person is responsible for their own development. No matter how bad the personal circumstances may be, everyone decides for themselves how to deal with them. Self-responsibility is a very important aspect of the principle of true love, which we must familiarize ourselves with in order to be able to acquire the correct understanding of the world and put it into practice.

So everything that is in harmony with God's ideal of creation is true and correct, while everything else is only a half-truth or even a lie. Recognizing the truth and practicing it in the right way is entirely the responsibility of every soul that has ever been born on earth or will see the light of day in the future. Good parents and educators will of course do their best to assist in this process, but the ultimate responsibility always lies with the individual as to how one chooses to practice the truth, goodness and beauty that all people long for in their innermost being.

However, we live in a world in which there is a great deal of evil, lies and deceit that we must first see through in order to be able to separate ourselves completely from it. This is a great challenge, as evil people always try to conceal their intentions. There are many wolves in sheep's clothing and that is why it is so important to get to the bottom of things and test the spirits of who is doing what and why.

All humans have been given a conscience by our Creator to guide us in the right direction. However, it is up to the individual to listen to this inner voice and align themselves accordingly. Everything is designed in us to do well if we act in accordance with the values on which creation is based. We were born into a world in which there are countless unresolved problems, whereby we did not receive the quality of love from our parents that we would have needed to reach personal maturity in the unity of heart with

our ultimate origin when we came of age. We are therefore in a situation in which we first have to get rid of a lot of negative things in order to be able to approach the good.

This may be a lengthy process, but there is no alternative to tackling one problem at a time and overcoming any disharmony within ourselves in order to resonate with the wonderful harmony of nature and come into full bloom as a son or daughter of God.



The practice of true love in the form of the good, the true and the beautiful

It is a universal fact that everyone wants a happy life. Why is that? The answer to this question is simple: because this is what God wants. He longs more than anyone else for each of His children to feel good and to be able to realize their personal dreams and ideals, because He created us as His sons and daughters to reach full bloom during our days here on earth and to be able to reap the fruits of the commitment of our heart to pursue the path of caring love.

The reality that most people have hardly ever experienced this is not because God did anything wrong in creating His image. The reason is rather that personal maturity was not achieved in a situation in which our parents usually failed to impart the quality of love that would be necessary for healthy growth. However, this does not mean that we cannot learn from the mistakes of the past in order to do better than our ancestors. In fact, this is what it is all about: clearly and unambiguously recognizing what humanity's mistakes are and how we can correct them in our own lives.

For this reason, we need to ask exactly what the good, true and beautiful that people have longed for throughout history entails. In this regard, I would like to refer German speakers to the book by Dr. Raphael Bonelli: "*Die Weisheit des Herzens: Wie wir werden, was wir sein wollen*" (The wisdom of the heart: How we become what we want to be). This is what it is about for all of us: listening carefully to our own heart in order to become the kind of person that God hopes for us and that we too long for in our innermost being.

The challenge that every sincere seeker faces lies in the immaturity of our own personality, so that we cannot simply do what we think is right at the moment, because even our feelings are generally not pure enough to always respond to our original disposition in the correct way. We may want to do what is best, but we only succeed to the extent that we have managed to align our heart with that of our Creator. I realize that for many it is more of a theory that as children of God we can manifest the same qualities as our Creator, even though Christianity has known for 2000 years that Jesus said we should be perfect as our Father in heaven is perfect. (Matthew 5:14)

We find precious insights in the Bible and in other wisdom teachings of various cultures. The problem, however, is for all believers to put these contents into practice. Countless sincere saints have endeavored to do so, and yet hardly anyone has succeeded in attaining true maturity, and accordingly we have no tradition that could lead to the realization of an ideal world. In this situation, it is urgently necessary to embark on a serious search to find out why the good, the true and the beautiful have still not blossomed on earth, even though humanity longs to experience such content.

The answer to this question is again to be found in the immaturity in the development of people's hearts. For this reason, it is imperative that we pay special

attention to the original qualities of the heart and find out how we can bring them from the realm of theory to experienced reality. In this regard, I wish you with all my heart that your dreams in connection with the aspects of truth, goodness and beauty that are particularly important to you will come true by building the necessary foundations to reap the fruits your soul longs for.



Realizing God's original ideal is the natural way of life

The truth at its core is quite simple and easy to understand. What prevents us from seeing it clearly are our entrenched concepts and beliefs that most people cling to, be they religious or scientific dogmas. In essence, it is not about having a belief in this or that, but knowing clearly what is right and what is wrong.

Let's start with birth. Every child that sees the light of day is a unique being, as it has never existed before and will never be born in the future. There is no rebirth, as the doctrine of reincarnation cannot be reconciled with the principle of true love. Every being is unique and therefore cannot simply claim the body of another person after having lived on earth. In the same way, there is no life before birth, as some people believe. I know that certain experiences of people are used as justification for such doctrines, but these are just interpretations of events, while the full truth can only be found when the core is understood, and that love is irrefutable in the realization of true love. That through a love relationship between a man and a woman a child is born that has the spirit of a previously lived soul definitely contradicts the principle of the uniqueness of true love.

From the point of view that there should never have been any evil, it is equally clear that the theory of reincarnation cannot be true. Even the first humans were supposed to follow the path of goodness and teach their children only good habits. We should all have been born in a wonderful world. The problem of one's own immaturity when entering the eternal world cannot be solved by being reborn in another body and trying again, but there is only the possibility of supporting people here on earth from the spiritual world and learning together with them how real love can best be practiced.

Once we have understood this essential task, we also realize that we cannot be freed from our own problems by a messiah, whatever we may understand by that. Everyone has to do this themselves, consistently, until all weaknesses have been overcome. A savior like Jesus Christ can deliver us from our ignorance by helping us to step out of the darkness of ignorance into the light of truth, but he can never solve personal problems instead of us. It is the task of every human being to do this.

Originally I wanted to become a Catholic priest, and have therefore studied the teachings of Christianity and other religions intensively, and appreciate their positive aspects very much. We can learn a lot from the teachers, but ultimately you can only experience paradise, heaven, nirvana, or whatever the ideal state is called, by eliminating any inner disunity yourself and becoming one with the heart of our loving Creator. The more one succeeds in practicing the contents of the (religious) teachings, the less we are dependent on them or their teachers, until finally no one needs a religion anymore, because everyone learns to behave correctly from an early age and then does so throughout his or her life, because one has made the greatest treasure, the practice

of selfless love, one's own and experiences it day by day as the most beautiful enrichment in the exchange with others.

I am aware that these explanations are a great challenge for many, but before you react emotionally to the perhaps surprising statements, I would like to ask you to take the time to think deeply and logically about the questions raised here.



How much is the development of your divine being worth to you?

What do we see when we look at the human body? That it does indeed represent the crown of creation, as it is the most highly developed organism. In terms of external aspects, there are many similarities with the animal world, but what about the inner capabilities of humans? As images of God, it is our destiny to unfold our divine potential so that God's presence becomes visible through us here on earth by expressing the same qualities as our Father in heaven, so we are perfect He, a task that Jesus Christ drew people's attention to 2000 years ago. Jesus did not say: *"Become perfect one day..."* He emphasized: *"But you must be perfect, just as your Father in heaven is perfect."* The task is not to become a fully developed human being in the distant future, but to focus not on maturing in the ability to love to be expressed day by day in all situations. This is our common challenge. How do we deal with it? Do we say, *"That's impossible, I can never do that..."* or, *"Yes, of course, as God's son or daughter, our Creator certainly wants to be proud of me and therefor will try my very best to be a channel for His love."*

When we observe young children, we see how they imitate what they see. They would like to do the same as mom and dad. In the same way, we should feel towards God that we bring the harmony He has placed in nature and in us to perfection wherever we can. We can hear the sound of the sea or the leaves in the wind, the birds chirping and the babbling brook. We can perceive many different sounds, but the most beautiful sounds come from musicians and singers. We can convey our mood to others through song and touch their hearts. It is therefore possible for us to produce more wonderful melodies than we can perceive in nature and thus bring God's creation to new perfection, so that our Father in heaven can be truly proud of us.

Even if we spend days and weeks studying the structure and various functions of our body, we will always discover something new. The closer we look, the more wonderful things we will notice and be amazed at how everything fits together so wonderfully down to the smallest detail. And the beauty of nature inspires us to create works of art, in other words, to be creative ourselves.

The existence of God as the creator of the cosmos has been proven in so many ways, and I recommend the book by Jim Stephens *"101 Proofs for God: Eye-Opening New Information Showing There Has To Be God"*, which can be purchased here [\(3\)](#).

No one who is seriously concerned with himself and the natural world around us can in good conscience say that he does not know whether a creative being exists as the source of all things. The question of the existence of God has therefore long been scientifically confirmed. What is missing, however, is the willingness to deal with this fact. This attitude has to do above all with the individual's attitude towards themselves, as it boils down to the question: How do I deal with the fact that God really exists?

The majority of people do not invest very much in a personal relationship with the source of all forms of existence, and accordingly most also have many unresolved problems that they carry around with them and which greatly reduce their quality of life, as they are not really free inside to rejoice wholeheartedly and experience true happiness.

In essence, it is about completely resolving inner discord and transforming it into harmony, which is certainly possible for everyone and is also expressed in complete health.



Unfortunately, established medicine is mainly concerned with the external symptoms and largely ignores the actual inner causes because it is based on a materialistic view of the world. For this reason, it cannot really help most patients in the long term. In such a situation, it is particularly important to take an interest in what is going on in your own body.

In this regard, I would like to point out the great importance of cerebrospinal fluid (CSF), which circulates in the cavities of the central nervous system and plays an important role in homeostasis, i.e. maintaining the balance of physiological bodily functions such as the stability of blood pressure, body temperature, blood pH, etc. The entire CSF is exchanged about three times a day. During the night, it supports the cleansing of the brain while sleeping. About half a liter of this fluid is produced every day. Disruptions in the outflow and reabsorption are of clinical importance and therefore have an impact on our state of health.

Homeostasis refers to a state of equilibrium in an open dynamic system that is maintained by an internal regulatory process. It is therefore a special case of the self-regulation of systems. In other words, the diverse processes and functions are finely tuned to each other, so that even after decades of research, scientists still do not fully understand many interrelationships. All these extremely complicated processes cannot possibly have arisen by chance. For this reason, it is absolutely certain that the human body did not evolve through random mutations.

At the end of the day, the question is: How much am I worth to myself? What am I prepared to do to realize the highest ideals I have ever longed for? What commitment am I determined to make to come completely clean with myself and fulfill my divine potential by bringing my unique qualities as a true son or daughter of God to full bloom and manifesting them in every situation?

The real challenge is to build a living relationship with our Creator and to radiate His love in this world. In order to do this, it is first of all necessary to intensively engage with the nature of our Creator, ideally by building a genuine heart connection with Him as His image. Attentive observation of nature is certainly helpful for this.

In this regard, I would like to suggest that you watch this meditation video [\(4\)](#) with many different animals in the awareness that God has created each species so harmoniously. If you do this mindfully, can you have any doubts about what a great creator God is? Once you have internalized this fact, you also know that He surely only wants the very best for us as His much-loved children.

Health from birth to the transition to the spiritual world

The most frequently expressed wish is probably for health and happiness, which people wish for in all cultures. It is easy to understand why this is the case: Because this is the state that everyone should be able to enjoy in accordance with God's ideal of creation. That this is not the case for most people is due to wrong concepts and mistakes being made in diet, among all the other negative man-made influences that are detrimental to physical well-being.

From the point of view of our Creator's parental love for us as His much-loved children, it is clear that He has prepared the best possible conditions for us to have a healthy body throughout our lives until, after about 100 years or more, we decide for ourselves when we want to cross over into the eternal world. This understanding may be new to many, but it is fully in line with the principle of true love, which is geared towards the greatest possible joy and fulfillment of every human being.

Accordingly it is also clear that there are no fatal illnesses of which a patient can become a victim, because just like every concerned father and every compassionate mother, God as our eternal Parent does not want us to suffer from any serious illnesses. This means that these are not even intended in the ideal of creation and would never occur if people were always striving to quickly eliminate mental problems.

What is referred to as illness is in reality a natural reaction of the body to an internal problem, although it would be going too far to go into this in detail here. In this regard, I would like to encourage every reader of these lines to study the five biological laws discovered by Dr. Ryke Geerd Hamer. You can find out more about them on this website [\(5\)](#).

What is your reaction after reading these lines? *"That can't be right! There are so many diseases..."* Whatever you may feel or think, you are expressing what you were told, but that doesn't mean it's right. You now have the choice to close your eyes, put the book down and say: *"I don't believe this ..."* Or you can stop and ask yourself what is really true now. If you are willing to do this, you will definitely get to the point where you no longer simply believe what others have said, but know for yourself through your own research what the truth is.

Please realize that the argument, *"Everyone knows that there are many deadly diseases,"* does not prove anything, because what if the medical doctors have learned the wrong concepts at university and therefore do not have the right basic understanding? The truth is not determined by the doctrine of the majority, but can only be found out when we deal with the world from the point of view of our Creator. This brings us back to the question: Why did God create us? If we listen to the voice of our heart, then we are aware of the correct answer: so that we can enjoy a beautiful life.

Serious illnesses are simply not part of this. They are the result of unresolved inner tensions and disharmony, which are then reflected or expressed in the body. Once mental health is restored, the physical body will also return to a normal state of health.

I understand that it may take some time to internalize this view, which is new to most people, but once you let go of the false concepts, you realize that there can be no such thing as cancer leading to death. As unimaginable as this may be to many, it has been proven many times that any serious physical condition, even if doctors have already given up hope of a cure, can be completely resolved and perfect health restored once the right conditions have been created in a patient's mental and emotional state.

This is not a belief that I have one opinion and you perhaps have another, but clear laws of nature that apply to all people, namely that where there is no cause, there is no effect. If you eat right throughout your life and look after your body, you will enjoy lifelong health. However, if you make mistakes, this leads to negative consequences, which are regarded as illness. However, this painful condition will disappear naturally without any special external intervention once the underlying internal problem has been resolved and the body has completed the process of regeneration or healing.

Everyone has heard of people being "miraculously" cured of serious illnesses. In such a situation, doctors speak of a "spontaneous remission", i.e. the reduction of symptoms or overcoming of an illness or mental disorder without any medical or therapeutic intervention. The official explanation states: "Spontaneous remission is the healing of an illness without therapeutic measures. In principle, any acute illness can heal spontaneously, whereas chronic illnesses almost never disappear without external intervention. Even malignant tumors can heal themselves."

This means that it is possible to completely get rid of even serious health problems without medical help, simply by giving the body the time and rest it needs to allow its self-healing powers to take effect. Opinions differ on this point: some want a quick solution by taking pills or using other pharmaceutical products, while others allow the body to recover naturally from "overexertion" of whatever kind. The difference is that the former method is symptomatic and always has negative side effects, whereas the latter is not.

I realize that for most people it is quite a disillusionment to deal with the objective facts with regard to the medical establishment. However, no one who cares about the truth and proven facts is spared from doing so. In this regard, I would like you to consider that according to a recent Cochrane study merely some 6% of conventional medicine has a proven benefit. Cochrane Reviews are systematic reviews in which research results are summarized. These reviews are internationally recognized as the quality standard in evidence-based healthcare. This means that 94% of conventional medical interventions have NO proven benefit!

The vast majority of people are completely unaware of the facts presented here and therefore place their trust in the medical profession without questioning the basis of their supposedly vast knowledge. To do this, we need to take a closer look at historical developments and how natural medicine was deliberately suppressed by conventional medicine without there being any reason for this. The emerging pharmaceutical industry has exerted more and more influence on medical schools and has allowed its interests to flow into them. Again, it is up to the individual to look into the details, but it is irrefutably clear that the vast majority of medical interventions are not necessary and that every patient will naturally recover once the healing processes, which sometimes involve painful aspects, are complete and the original state of health has been restored.

As this is such a crucial question, I would strongly recommend that you take a closer look at this issue of mostly unconscious deception in the medical field and take it seriously, as your life may depend on it. While cancer diagnoses were still relatively rare 100 years ago, today on average every second person receives such a diagnosis and then undergoes chemotherapy, surgery or radiotherapy, some of which have very serious side effects and lead to death. Thus, most patients do not die from the "disease cancer", which is a misinterpretation of the true problem of patients, but from the treatment. This is a proven fact that very few people are aware of because they are deliberately trying to conceal it. However, this is increasingly difficult to do in today's information age, and so on the one hand more truth is coming to light, but there is also even more censorship and propaganda, with those with an understanding that does not suit the establishment being ostracized and belittled in one way or another. It is very important to be aware of this spiritual battle between the truth and all forms of deception.

In such a situation, you can only get closer to the truth if you are prepared to go the extra mile and do your own research and critically question conventional wisdom, especially in the knowledge that money rules the world, i.e. the financial interests of the pharmaceutical industry play a major role in practice, as it has indeed become a widespread reality that healing is a minor matter and that only symptoms are deliberately treated in order to ensure the flow of money to the pharmaceutical industry.

I have written 3 books in this context, the contents of which can be downloaded from the website already mentioned (<https://www.trulyhealthy.live/>).

"The Natural End of the Pharmaceutical Industry and the Beginning of a New Age Without Disease." The Kindle version can be purchased here ([6](#)).

"Living with a truly Happy Heart and inner Freedom in good Health"

"The Task of finding the Solution to Health Issues."

To conclude this topic, I would like to point out that the real cause of most illnesses is not even known, because people have a false concept of what so-called illnesses really are and how they can be resolved naturally. It is therefore worth making every effort to pay 100% attention to your own health.

Endless theories versus one fully confirmed truth

During the six decades of consciously searching for the correct answers, I have come across many different religious and materialistic doctrines that have been much debated or vehemently argued over the centuries. In the worst cases, the law of the jungle was simply applied and dissenters were silenced by force. This attitude is unfortunately still very widespread today, with all kinds of obstacles being placed in the way of those who do not subscribe to the mainstream narrative. Censorship and exclusion are the order of the day, with one's position of power being exploited to limit the reach of those who do not support the agenda of the powerful.

In such a situation, it is very important to focus on the fundamental issues in order to clarify what life is ultimately about. As soon as a person receives a diagnosis from the doctor that they do not have long to live, they no longer care about arguing with others about an issue, but want to leave this world in peace if possible. In other words, towards the end of their physical life, most people reflect on what is really important, and that is good relationships in which love and mutual understanding can flow freely. Once you apply this standard, the correct answers automatically follow, because then you see the world through the eyes of love, ideally from God's loving heart, who only wants the very best for us as His much-loved children.

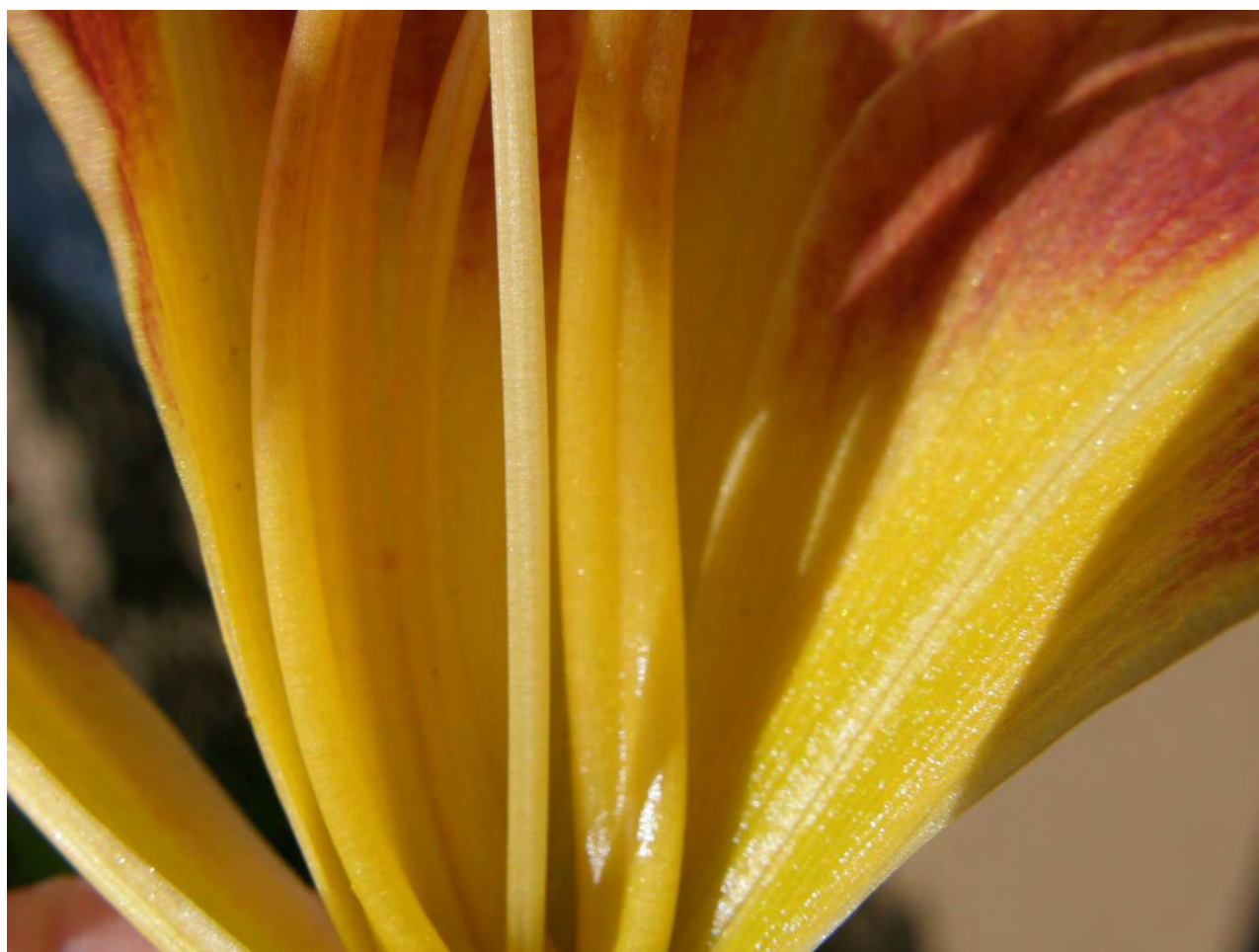
What place do deadly viruses have in such a situation? They are not present at all, because it is impossible for parents to place their children in a situation in which they could innocently lose their lives at any time. So there are no invisible disease-causing viruses. They are just one of many theories. This is why we also speak of germ theory, because it is nothing more than one way of explaining phenomena. You read *"The proof of the germ theory of disease was the crowning achievement of the French scientist Louis Pasteur..."* and everyone believes it because it is repeated endlessly, whereas in reality it is not true. The germ theory has never been scientifically proven by carrying out control experiments to make sure they are not wrong. However, this fact is only known to those who have carefully studied the reality, and here I would like to draw particular attention to Dr. Stefan Lanka. You can find out more about his work on this site [\(7\)](#).

In view of the facts briefly mentioned here, it is clear that not a single vaccination is necessary; on the contrary, each of them has harmful side effects and there is no reason in the first place to have an artificially produced liquid injected into the body against something that does not exist, namely the alleged disease-causing viruses. As much as people have tried, the transmission of diseases from one person to another has also never been scientifically proven.

I can well imagine that some readers of these lines are speechless and feel: *"That can't be true, otherwise the medical specialists who have spent their lives dealing with such questions would know."* However, this argument carries little weight because it represents a circular argument: *"The specialists have the correct understanding and*

therefore they can't be wrong." You assume from the outset that they must know, and therefore you trust them.

But what about taking your car to a mechanic for repairs whose proven track record is 6%, while the other 94% of the cars he has repaired have had no proven success? Hardly anyone would take their car to such a garage, while almost everyone is happy to turn to the medical establishment, which has an equally abysmal real track record. How can such a contradictory situation be explained? Only through decades of propaganda work by the pharmaceutical industry, which has exerted a very great influence on professors in medical schools, so that now, at the end of a century of deliberate propaganda in the spirit of Big Pharma, everyone believes in the great achievements of medicine, while these are limited to a very small area where effective help is provided, such as after traffic accidents, etc.



Today, people are more ill in old age than ever before. There are tons of pills being swallowed and chemicals being used, all of which only treat symptoms but not the cause of health problems, so we now have more chronically ill patients than ever before

in history. People are becoming more and more dependent on products from the pharmaceutical industry, while their coffers are filling up. This process is being deliberately driven forward, with deliberately induced plandemics being a huge source of revenue, as vaccinations generate billions in sales and corresponding profits, with the pharmaceutical lobby also exerting a major influence on politics, as confirmed, for example, by the former German Federal Minister of Health Horst Seehofer.

It may be a painful process of disillusionment when you realize that the healthcare system really is in a very bad state, but there is no alternative to facing up to reality and drawing the appropriate consequences if you are serious about maintaining your own health. Of course, this involves a necessary process of inner awareness in which we recognize that our Creator has indeed placed wonderful self-healing powers in our bodies, which are automatically activated when we have health problems. We must not hinder these powers in their work with artificially produced pharmaceutical products, but should support them with a spiritual "clean-up", as every physical problem that becomes visible is an expression of inner unresolved situations. It is up to each individual to take a serious look at the issues raised here and get to the bottom of the matter in order to gain final clarity about the wonderful self-healing powers with which the human body has been endowed by our Creator. We must not be satisfied with theories but know for ourselves exactly what causes us to fall ill and how we need to behave in order to become completely healthy again.

We live in a world of certain interdependence, in which love is ultimately the decisive factor and our personal situation is determined more than anything else by the decisions we make in our hearts. Our common challenge is to leave the old ways and concepts behind and make a new beginning as people who understand reality on a new level that enables us to create a loving and caring world.

The challenge is to combine the good sides of the different traditional ways of thinking on a higher level. The new understanding gained on such a foundation leads to a deeper compassion for each other and gives us the strength to connect with each other in our hearts and benefit from each other's unique qualities. Promoting this valuable lifestyle of putting the wellbeing of others first has been the focus of my life so far, and that is why I have chosen to share my thoughts on this in this book.

Invisible matter has been confirmed with the help of high-precision scales

It is now possible to scientifically prove the existence of subtle matter with the help of the latest high-tech scales that measure weight differences of just one millionth of a gram. This discovery has revolutionary consequences, because traditional physics has only dealt with the outer form of matter, with visible or measurable particles, but not with the subtle matter that is the basis for the behavior of electrons. Through the method developed by Dr. Klaus Volkamer, it is now possible to weigh even thoughts, and the way is open to understand clearly what traditional science could not explain, e.g. the basis of human consciousness and many other functions for which science could not offer explanations in the past.

The "life energy" or "life force" exists in the form of measurable subtle matter that can store and transmit information. In this way, it determines the functions that exist in the human body and all other life forms as well as in the entire universe. These scientific discoveries have laid the foundation for a new physics, biology and medicine that incorporates the *realm of subtle matter and offers very concrete explanations for questions that cannot be answered using conventional methods and knowledge that are limited to the material realm alone.

For example, people are diagnosed with chronic illnesses for which doctors have no solution, while the discovery of subtle matter opens the way to a clear understanding of the deeper causes of illness and thus to new healing possibilities. Methods such as homeopathy can now be explained on the basis of these scientific discoveries.

Our thoughts and feelings take place at the level of subtle matter, which controls the functions of all the organs of the body, especially the heart and brain, so that we can have consciousness and feelings. The attraction between man and woman can be understood on much deeper levels than just the activities of hormones, because the subtle level is the level where the actual connections are made that find their physical expression in the behavior of people and other life forms. The phenomenon of resonance is based on the realm of subtle matter, which contains and transmits an indescribable amount of information.

Subtle matter is invisible because it has no electromagnetic structure like physical matter, and it forms far more extensive fields that appear in the same way as we have learned from the findings of quantum physics. The "signature" of subtle matter is either positive or negative. This effect is manifested in people feeling a sense of lightness in their hearts and bodies based on the corresponding influence of subtle matter.

Traditional science could only give some explanations about the behavior of matter, but not about what tells the electrons how to behave. Until the discovery of subtle matter, it was impossible to explain the behavior of electrons. By confirming the existence of subtle matter on a scientific level, it becomes clear that many previous

explanations of science only consider a part of reality. This fact will become very clear in the coming years as these discoveries are further explored.

We cannot perceive subtle matter because our senses work on the basis of electromagnetic fields, but it can be well observed or recognized when a person has telepathic or other intuitive abilities that cannot be explained by traditional science. With the scientific proof of the existence of subtle matter, the door is wide open for a complete reformation in the field of science to include the primary aspect of subtle matter, which has a causal position with respect to the sciences dealing with visible reality. Based on the expansion of knowledge about subtle matter and its utilization in centrally important areas such as medicine to cure diseases that could not be treated properly before, fundamental changes are now possible in many areas of life.



Above all, the existence of the so-called spiritual world and the spiritual body, the aura, the mental body, etc. can now be explained scientifically. As soon as the inner causal realm of subtle matter is recognized as the decisive factor, the way is clear for restoring the visible world by bringing all areas of our environment into order. Through

the work of Dr. Klaus Volkamer, many valuable insights can be gained, including the scientifically well-confirmed fact that a person loses about 600 grams of weight during sleep at night (not through sweating or other external factors), which is immediately regained when the person wakes up. This has everything to do with the body's energy field. Under this link [\(8\)](#) you will find a series of videos in German language, all of which can be helpful in deepening the understanding of the existence of the spiritual world as a substantial reality.

Subtle matter is an alternative form of matter and energy and it is invisible. Only ordinary matter can be perceived by our senses; it consists of elementary particles that make up our bodies. Subtle matter, on the other hand, builds up pulsating fields, similar to the magnetic fields we are all familiar with. However, magnetic fields are electromagnetic, whereas subtle fields are not. These large, non-electromagnetic fields have a real macroscopic mass and can therefore be weighed.

Klaus Volkamer explains that the human body is surrounded by a large non-electromagnetic, bioactive field. This field is not magnetic, but a kind of life field, often referred to as an "aura". It surrounds and permeates the body so that the entire gross body structure is controlled by it and interacts dynamically with it. All living things, every single cell of animals and plants have such fields, even minerals and common metals, although they are not alive in conventional terms.

The fact that our five human senses work on the basis of electromagnetism precludes us from perceiving anything other than electromagnetic phenomena. They do exist, but cannot be perceived by sight, hearing, touch, taste or smell, although they have a deeper meaning than the body itself. The actual phenomenon of life is located in these fields, perhaps also consciousness. The physical body ages and eventually dies, but the information stored in the fields during a lifetime survives death without problems. There must be a bridge between this kind of matter and standard physics, between space-time geometry as regular physics and these life and consciousness bearing fields. Subtle matter recognizes geometric forms. Being aware of this fact is relevant for all of us, combined with the task of expanding our own understanding.

Insights into invisible realms help us to solve problems

Each person is unique and has their own personal view of the world, depending on the experiences and education they have received, which also shapes the type of understanding someone has about life. We need to look at the world from two different angles and draw conclusions that will enable us to solve problems that humanity has not yet been able to resolve. The door to a fundamentally new way of looking at the world has been opened by discoveries in the field of quantum physics. They show that the previous understanding of matter is, and therefore our concepts of the physical universe must be re-evaluated on the basis of these new findings.



It may not be easy to leave a traditional understanding behind, but it is crucial to go beyond outdated ideas and concepts and be willing to engage with new insights in order to advance to higher levels that open up new possibilities for a profound knowledge of the world we live in and the role we play in it. New scientific discoveries have enabled us to make great strides in many areas of life, helping us to say with confidence that the world is our common home, as we are more connected than ever

before through modern forms of global communication and transportation. What remains to be realized concerns building heartfelt connections among people at deeper levels so that we become a global family, an understanding that has been promoted by religions and spiritual teachings throughout the ages, with many speaking of a brotherhood and sisterhood of man. Although religions have been able to bring people together and create certain cultural circles, true unification at deeper levels has not been achieved; therefore, the history of wars has continued to this day.

An important gateway to the realization of world peace has been opened by scientific discoveries, but the task of drawing the right conclusions is still pending. The way is now open for science and religion to connect on a higher level and together provide the truly correct answers to the origin and purpose of life. On the science side, billions of dollars are being invested to find the ultimate so-called Higgs or God particle, which is held responsible for various phenomena for which scientists have so far been unable to find an explanation. This particle, if it exists, should provide particle physicists with many answers, but as with every other new discovery in the world of quantum physics, new questions arise that can ultimately only be answered by using not only our reason, but above all our intuition and the inner knowing that has been emphasized for millennia by the various spiritual traditions in order to experience true fulfillment in life.

It is important to renew our worldview by incorporating both the answers of science and the insights of wise men and women who have listened carefully to their heart and intuition. Such a new approach will help us find the essential answers to life's ultimate questions based on the realization that our capacity to love is the most central quality to develop in order to experience the fulfillment we all desire.

A new, bright future lies ahead of us if we are willing to combine the previous findings of scientists and philosophers, as well as people who have walked the path of inner searching for answers to life's fundamental questions, in order to build on this to continue our search and take it to a deeper level, always keeping the ideal of loving relationships at the center of our efforts to ensure the attainment of lasting happiness.

Focusing on the heart as the center of our personality

At the beginning of the 21st century, the existence of invisible subtle matter was confirmed by the use of state-of-the-art scales that can measure weight differences of up to a millionth of a gram. This makes it obvious that the invisible realm also exists in a substantial form that can be perceived and measured with the help of high-tech instruments, just as it is shown that every human being has an electromagnetic field that can be measured even outside the physical body. This field is mainly generated by the human heart, which is about 60 times stronger than the electromagnetic field generated by the brain. For this and many other reasons, we need to take a closer look at our heart as the center of the human body in order to gain a clear understanding of our potential as loving men and women who are able to work together to build a harmonious world in which all people can live happily in peace. It is our common challenge to gather the necessary answers that will help us to gain a deeper awareness of our dignity as human beings and our great potential to love selflessly, based on the insights that people have gained throughout history until now, regardless of their scientific or religious affiliation.

Because we are all unique, each person has something valuable to offer to the common goal of creating a world in which all people can reach their full potential, starting with the most basic ability to express our love and care for others, which in turn enables us to experience the deepest levels of fulfillment. The invisible but very real fundamental aspects and qualities of our heart are expressed at the highest level in our ability to love in a completely selfless way. Based on a renewed understanding of the centrality of the heart and true love, and the valuable insights of modern science, we can welcome a new worldview that encompasses both the invisible and visible realms that science and religions have taught about for millennia. The answers we need are already here. All that remains is for us to make them our own by internalizing them and using them as the basis for a fulfilled life. Then we will be well in the long term, both internally and externally, especially if we work together responsibly for the well-being of all people on this earth and for the protection and proper treatment of nature as a prerequisite for prosperity. Most people have had the experience of turning around on a sudden impulse and realizing that they are being watched from behind. In such a case, subtle signals are transmitted to you from the person watching you. If you cultivate this ability, you can experience telepathic communication. You have a thought, and the field body sends out vibrations that others can receive, just as your ear picks up air pressure vibrations created by spoken words. I mention these aspects because I think they are essential and I am sure everyone should be aware of them.

We may not be able to explain many things scientifically, but what we need to know for sure concerns the fact that we as humans have an invisible spiritual body that exists beyond time and space for eternity, and therefore should be very well cared for: Above all, this concerns the soul or inner heart along with our unique expression of love.

We find the correct answers in the invisible realm

In the last century it became clear that the smallest particles with a concrete form are merely an unproven theory. Our visible world consists of atoms with an enormous distance between the nucleus and the orbiting electrons, which have no concrete form, but appear and disappear only to reappear elsewhere, the particles existing for less than nanoseconds, unimaginably short periods of time. You don't have to be a particle physicist or study the theory of quantum mechanics to learn more about the origin of the universe, because the central answers are easy to understand. It is obvious that based on the traditional concepts of physics, an accurate and complete understanding of our universe and its origin cannot be achieved.

Any person who uses not only their mind but also their heart knows that the theory of evolution is just one of the many theories that have been proven invalid in the face of practical experience. Whatever area of life one may look at, it is not possible to explain human qualities such as empathy and unconditional love on the basis of the concept of evolution in which the law of survival of the fittest prevails. The time of mere belief in an invisible reality is over, because its existence is now confirmed by science. The world of science has reached its limits, and it is clear that the laws established by scientists are theories, much like the dogmas established by religious leaders. Both sides have failed to sufficiently prove the validity of their claims in practice. For this reason, we must not continue to live in the realm of faith and cling to either science or religion. We must move to a higher and deeper understanding of life and the universe based on the realization that we need an integrated approach of these two views that reflects the reality of the universe in which we live, consisting of the invisible substantial world, which is causal, and the resultant outer visible realm.

Behind the matter that we can perceive with our five physical senses is the inner reality of the spirit and the heart, which can only be deeply understood on the basis of the development of our capacity to love. Ultimately, life does not have its origin in an external form, but in an invisible causal being that expresses itself in the beauty of creation.

Throughout the ages, people have sought to understand the world by listening to their hearts and learning from what their personal experiences have shown them and from observing the natural world. Man's search for truth and deeper understanding has led to the development of science and the emergence of various religious traditions, culminating in today's modern science and firmly established religions. When comparing the two viewpoints of acknowledging and denying the existence of God, it is obvious that on the scientific basis of acknowledging the existence of an invisible creative force behind the visible world, overwhelmingly clearer answers can be given to all the fundamental questions of life and phenomena we observe than by denying an all-encompassing source of love.

I firmly believe that the solutions are already there and everyone can make good use of them. We just need to focus on studying them in depth and applying them in our own lives. Accepting this challenge gladly is the prerequisite for having the quality of life that we long for in our hearts and that leads to lasting joy and fulfillment.



Religious and scientific knowledge on a new level

Over the years, the explanations offered by scientists have become more and more complicated, although on closer inspection it becomes clear that they are hiding their ignorance behind sophisticated theories. Doctors are trained based on a very narrow-minded view rooted in a materialistic worldview. In the field of virology, which has emerged as the "church" of the 21st century, we see how unproven theories are defended by zealous apostles by any means necessary. In this regard, Gunnar Kaiser's book *"The Cult: On the Virality of Evil"* is highly recommended. On closer inspection, it is obvious that such developments are the result of people not caring enough about their inner lives to develop a strong personality rooted in a deep relationship with our Creator.

It is still true today: "What we know is just a drop, what we don't know is an ocean." The crucial question for all of us is clear: why do we rely on science, which in reality only has valid explanations for a tiny part of the existing world we live in? Why do we ask scientists for answers to fundamental questions about the universe when they can't even explain the existence of 95% of the matter and energy in the cosmos?

What is the alternative? To believe in the answers offered by established religions? Even if they provide valuable insights, there is a lack of actual practice in the lives of many people of faith. This means that neither science nor traditional religions have been able to provide satisfactory answers to the fundamental questions of life, the origin of the universe and its laws. We were unable to build a peaceful world because we lacked reliable insight into the essential aspects of life, especially the task of placing the heart and true love at the center of our interest.

The ancient Greeks founded a natural philosophy. Aristotle taught that the world consists of four elements: Water, Earth, Air and Fire. Throughout history, people have developed countless world views, both on the side of those who seek knowledge in the Holy Scriptures and on the side of those who cling to the material world as the only source of knowledge. The centuries-long confrontation between religion and science can only be overcome if we place the realm of the heart and true love at the center of our considerations. Is it not high time that we made greater progress not only in building a technologically advanced but above all a truly loving world in which we are there for each other?

Rolf Dieter Heuer says: *"I would like to understand how physics and religion can work together. They are not competing forces. Religion recognizes science and science could also recognize religion. You need people who are able to listen to other people's opinions. That is the real art we need. Asking the right questions and respecting the boundaries of your own discipline when answering them is an important point. Scientists must be open and willing to be questioned by theologians and philosophers about the principle behind all existence, about God and the invisible material world."* Many new discoveries have been made, but the core questions of matter remain unanswered by

scientists, who can only give partial answers based on theories that have proved invalid in many cases, while religions have also proved incapable of solving the problems we face in this world. Can there be any doubt that we need to move to a new level to understand our reality based on the realization that nothing is more valuable than the heart and true love?



Connection with God is the key to lasting solutions

It is essential to realize that behind this physically visible world there is an invisible being as Creator, a fact that becomes more apparent the deeper we explore nature. The reason why many people find it difficult to establish a personal relationship with the ultimate source of the cosmos lies in the lack of development of one's own heart, especially the ability to love others with a selfless attitude. However, the more we are able to use our intuition and look at the world from the point of view of true love, the more obvious it becomes that God exists. Everything only makes sense when you look at it from such a higher perspective and see the heart of God as the original cause and reason for existence.

Whichever way you look at existing evils, the core problem is always the same. A lack of inner fulfillment leads to outer problems. Lasting solutions must be based on placing the heart and true love at the center of our efforts.

You can search all the knowledge available on the internet and all the libraries in the world. However, one will not find truly satisfying answers to the fundamental questions of life, because the final answers and proof of the existence of a Creator of the universe are not found in books, but primarily in our own hearts. The soul is able to connect deeply with the source of all life as soon as we enter the realm of true love.

People are willing to sacrifice their own lives to preserve the life of a loved one when selfless love is the deciding factor for their actions. On the other hand, the majority of people still live in a realm of a poorly developed heart, a limited capacity to love, which has led to the countless problems we see in human societies. Only by focusing on developing our capacity to love sincerely and selflessly will we come closer to experiencing a living connection and inner unity with our Creator. To achieve this goal, it is a prerequisite to deepen our love for others and to show our good will also to our enemies, because only a heartfelt forgiving love will bring true reconciliation.

According to the Bible, we were created in the image of God. This is not simply a religious belief, but a fact that also arises from the principle of true love. Because if I myself am a loving being, then I also want an object of my love that has the same qualities, that expresses love on the basis of initiative, i.e. a counterpart that is on the same level. God did not create us to look down on us, but so that we can resonate with His heart and thereby share overflowing love with us.

It is very important to internalize this fundamental fact of creation. To do this, it is certainly helpful to ask yourself: *"What would I do if I were an all-powerful God? Would I create a world for myself in which I could rule over people?"* Doing this is out of the question for any person who has matured in heart, because such a mindset does not correspond to the attitude of our Creator, in whose image we were made.

Whatever inner problems we may face, long-term solutions are only possible if we strive to live in harmony with the principles of creation. Doing this is our daily challenge, requiring all our efforts to achieve the desired results.



Science and religion are only tools and not ends in themselves

History has shown that neither science nor religion has succeeded in creating a peaceful world. When the two fields are joined together, based on the realization that neither has been able to solve the problems and sincerely acknowledge their limitations, we will see the realization of a bright future that can only be achieved when science and religion join hands to jointly build a loving world where sophisticated technology and the deepest expression of love are used to support all people.

The centrality of the heart and the primacy of the inner spiritual world over the physical world has been demonstrated in many ways and is well known to those who live a conscious life by making plans and putting them into action, always listening to their intuition. Our mind and heart, our attitude determine the outcome, how much joy and fulfillment or disappointment we experience, and not the external conditions.

The last few decades have brought certain scientific developments, but the area of inner knowledge is still lacking. The solution is to bring together the insights of the various spiritually oriented disciplines and schools of thought to unite them on a higher level, not by mixing them, but by affirming that heart and true love are the supreme values. This fact may not yet be obvious to those who have not purposefully invested in heart development as the core of their being, but once a person is willing to look at the world from the standpoint of our innermost core, the heart and soul, it becomes obvious: only through the eyes of love can we truly understand the meaning and purpose of life and find the deepest fulfillment.

For this reason, it is important to leave behind intellectual discussions where we cling to theories and dogmas in order to focus on the experiential realm of true joy that we can only experience when we live with a heart of true love as our highest core value that we focus on in our daily lives.

For me, it is clear that the inner must always take the leading role in relation to the world that results from it. For this reason, I have spent my life focusing on gaining a deeper understanding of this inner world, where the relevant decisions are made that determine a person's well-being or misery. I do this because of my belief that the internal realm must be the most important priority to deal with first and foremost in the course of one's life.

The search for a living relationship with our Creator has been the defining core of my life over the years, along with the desire to help others progress on this path and come closer to the right view of life and true fulfillment. Although I am certain of many fundamental truths, I continue to learn day by day, both by studying valuable information and by sharing with people interested in new insights, especially through heart connection with others who are also pursuing the quest for complete knowledge.



I very much hope that such an attitude is also close to you, and that practicing values is more important to you than clinging to this or that belief. It is crucial for both scientifically and religiously oriented people to adopt such an attitude.

The enormity of evil must be clearly recognized

God created us in His image and therefore we have a very great potential to be used for both good and evil. Tragically, this led to what the Bible calls the Fall of Man. For this reason, we have an extremely miserable history of evil behind us, during which Heaven has been trying to find people who are committed to the revelation of truth and the realization of good. Unfortunately, to this day, the devilish side has continuously been able to make great progress, which always means more bondage and oppression for mankind.

The Divine Principle [\(9\)](#) explains God's ideal and the root of the Fall, as well as the history of restoration in order to return to the original state. This has not yet been achieved because even spiritually oriented people have not sufficiently understood the workings of evil. We must make a clear distinction between right and wrong and proceed wisely in order to recognize and successfully combat any satanic agenda on both personal and wider levels. First and foremost, truth and genuine love has been lost through the fall of the first human ancestors and therefore its restoration must be the first priority for all of us.

This is so important as there is only one truth and the evil side is twisting and changing it in all sorts of ways, fooling most people as something good is always being faked while diabolical plans are being carried out. Knowing these precisely is truly decisive in order to be victorious. Most people cannot even imagine how extremely evil some people are who pursue their selfish goals regardless of the consequences. In this respect, KlaTV [\(10\)](#), for example, has done valuable educational work over the years. Their presentation are available in several languages.

To name a few examples of deception: The lie of disease-causing viruses is used to make billions in profits through the vaccination industry. In this context, I would like to recommend this refutation-of-genetics-virology-and-cell-theory lecture [\(11\)](#) by Dr. Stefan Lanka.

The climate scam and hysteria are robbing people of a lot of money and, in many cases, even their lives through toxic treatments such as chemotherapy due to false medical dogma. In so many areas, we are not being told the truth because certain elites are using fear-mongering among the population to pursue their own goals. Over the past decades, threat scenarios have been inflated to intimidate people in order to exert more control over them.

God's ideal is for our lives to be defined by relationships of true love, while the satanic agenda is to control and rule over people more and more. This confrontation between the forces of good and the forces of evil takes place on all levels and must be fought out victoriously in each individual by deciding 100% for the good and then consistently following this path and not allowing anyone or anything to dissuade you.



I wish you with all my heart the strength to walk this path victoriously day by day, to free yourself completely from the realm of deception and to help others to recognize it and to come closer to God's truth in order to experience His wonderful love in daily life by putting it into practice.

Who do we trust when it comes to gaining deeper insights?

Most people believe in science without realizing that what they are doing is similar to what religious believers practice, namely believing in something that is largely unproven. Realizing that we live in a world where the majority merely believe in something, be it religion or science, is the first step to gaining true knowledge that encompasses both the inner and outer realms.

Instead of clinging to one's own belief system, be it religious or scientific, we need to take an honest look at our own thinking and attitude towards others and be willing to have an open heart and an open mind to new concepts for a deeper understanding of reality.

Actually, we have to say that our knowledge of the world is still very small and insufficient. This applies to both science and religion, which has become particularly clear through the discoveries in the field of quantum physics. The humility to accept criticism and to accept that I am wrong on one point or another is sadly lacking in the hearts of both religious believers and those who adhere to science.

Basically, the question is: Who do I believe? The one who offers me an explanation based on scientific laws, or the one who answers my questions based on his own experiences that have led him to a deep belief in a Creator of the universe? Those who say they don't believe something because there is no scientific explanation for it are "believers", just like those who have a particular religious belief, be it in one of the existing religions or their own belief system. This reality may not be easy to accept for those who cling to science, but it is no less a reality for them than it is for those who follow particular religious traditions.

The core problem is that the principles of science are based on hypotheses that are held to be true until they are shown to be invalid. It is not pleasant to realize that one has been wrong all along, but this is the real situation facing modern science today: there are countless phenomena that cannot be explained by conventional science, which largely excludes the spiritual realm, even though this causal sphere is as much a reality as the physical world. We need to examine what evidence is offered from each side. Science-minded people can point to achievements of modern technology that have enabled us to enjoy a high standard of living, while religious or spiritual teachings help people to develop their potential to love and thereby enjoy deeper happiness.

Those who say that they do not believe something because there is no scientific explanation for it are "believers", just like those who have a particular religious belief, be it in one of the existing religions or their own belief system. This fact may not be easy to digest for those who cling to science, but it is no less relevant to them than it is to those who follow certain religious traditions.

Despite the many advances, our knowledge is still relatively limited and inadequate. This applies to both science and religion, which has become particularly clear with the discoveries in the field of quantum physics. The humility to accept criticism and to accept that I am wrong on one point or another is sadly lacking in the hearts of both religious believers and those who adhere to science.

In general, people who follow the path of science don't have too much respect for religious people, while people of faith may not see the point of believing in science alone. Shouldn't one really try to understand both points of view with an open heart and mind, since neither side is able to fully explain everything?

Instead of clinging to one's own belief system, be it religious or scientific, we need to take an honest look at our own thinking and attitude towards others and be willing to have an open heart and a searching mind for new concepts regarding the understanding of reality.

In the end, it's all about who I believe. The one who offers me an explanation based on scientific laws, or the one who answers my questions based on personal experiences that have led one to a deep belief in a Creator of the universe? We need to examine what tangible evidence is offered by each side. Science-oriented people can point to the achievements of modern technology that allow us to improve our external quality of life, while religious people can be most convincing through the love in their hearts and the quality of relationships they enjoy.

Since, on closer inspection, there are major flaws in both the religious and scientific fields, it is crucial to set out on a quest for deeper knowledge and strive for new insights, regardless of what the majority of people believe. Dedicating oneself to this task may not be easy at first, but in the long run such an attitude is really worth the effort, because the higher we set the bar in our efforts to get closer to the truth, the more successful we will be.

In this process, we have to get rid of many misconceptions and concepts and adopt the correct view that has not yet been disseminated. It is therefore pioneering work that we should dedicate ourselves to if we are serious about finding the truth. We must strive to merge old knowledge with new discoveries and take it to a higher level, because only by going beyond established views can we get closer to the ultimate truth.

For me, it is clear that the inner always plays the main role in relation to the world that emerges from it. For this reason, I have focused my entire life on gaining a deeper understanding of this inner world, where the relevant decisions are made that determine a person's well-being or misery.



I hope that my testimony can inspire others to also delve deeply into this crucial inner realm that literally determines our destiny depending on how we set our course in this regard. In doing so, it is imperative that we seek the perspective of our Creator, for He knows the correct answers to all the various questions that may interest us in the course of our lives.

How much are we investing to understand the immaterial world?

One of the most expensive experiments ever conceived in the search for the Higgs boson or "God particle" to unravel the mysteries of the so-called Big Bang and the fundamental structure of the universe is the Hadron Collider in Cern, Switzerland, which can also be considered the largest search engine to learn about the spiritual reality behind matter, beyond photons, elementary particles, nuclear particles and atoms, which are considered the basic building blocks of the universe. This complex was built to confirm or disprove what is commonly referred to as the standard model of how our universe works. It is believed that "bosons" give each molecule the mass that allows it to combine to form matter. By observing billions of collisions, scientists hope to be able to observe the elusive Higgs boson.

Former Director General of the Cern Research Council Rolf Dieter Heuer confirms that we only know about 5% of the matter and energy density of the universe. He therefore actively participates in interdisciplinary symposia to talk to theologians and philosophers in order to deepen mutual understanding. How many scientists have such an attitude? The answer to this question is certainly not a happy one.

Billions of dollars have been allocated to scientists for such research projects, but how much money has been allocated to research the deeper aspects of the human heart, which generates by far the strongest electromagnetic field in the body, 60 times more powerful than the brain's magnetic field? Should we not invest as much time and money as we do on scientific research into understanding the physical world to help humanity gain deeper insights into the workings of the invisible world of the heart and its interaction with the visible world of action?

What do we know about the immaterial sphere of spirit that is everywhere? It is in everything and determines our existence; it connects the invisible with the visible on an invisible level, perhaps comparable to light, which exists as an information carrier. We really need to rethink our understanding of how the universe works. Given that both religion and science can only provide limited answers, we need to combine the best of both fields and gain a profound understanding of reality by incorporating the crucial realm of the heart and true love as the central basis for our considerations.

Based on the understanding outlined here, I have dedicated my life not only to developing my relationship with God as the ultimate Parent of humankind, and with His children as my brothers and sisters, but also to expanding my knowledge of what science has discovered regarding the fundamental issues of life and the material world, especially the human body. Unfortunately, their understanding is still very incomplete and therefore it is important that this area is also thoroughly reformed.



It is obvious to me that we as human beings, who only live here on earth for a certain period of time, where we maintain an exchange with nature and the things around us, live primarily as social beings in families and other communities, in which we should give our greatest attention to the area of the heart and our ability to give and receive love. This forms the basis for experiencing ever greater joy and fulfillment in eternal life.

The right yardstick for assessing any situation

We make small and somewhat larger decisions every day. From morning to night, we find ourselves in situations in which we decide how to express something, even if it is only how we speak about a matter. Given this fact, it is very important to think more deeply about the standard we use to evaluate an issue, relationships, etc.

The answer to this challenge is basically simple: in the cosmos, everything is structured in such a way that the overall situation is at the center and the individual parts are aligned with the big picture or the overall purpose. In the body, this means that the various organs work together harmoniously to ensure the well-being of the individual. In a family or other healthy community, everyone is concerned that each family member is loved and doing well. This natural concern for others is inherent in children from an early age and is also clearly visible, especially when mutual care is cultivated in a family.

This fundamental quality of being there for each other is designed by our Creator so that every newborn develops in the right direction. When a baby is born into a loving family, a caring new member of the human family develops naturally. It is also an inherent quality of God to respond to the care we receive and to be there for others to ensure their well-being.

Unfortunately, it is a sad reality that most children grow up without the much-needed inner support because parents are too busy with their own problems and therefore fail to give their sons and daughters the attention they need for healthy heart development. This lack of love results in all kinds of problems, especially a lack of orientation as to what is most important in life. Accordingly, everyone has their own understanding of what is important, a personal scale of values that reveals the extent to which the well-being of others is important to a person.

In practice, this general situation leads to more or less selfishness in people's hearts, a situation in which everyone is their own neighbor, which then also bears the corresponding evil fruits of discord and quarrels, up to and including violent confrontations. All these confrontations have their origin in the lack of love in one's own heart, and therefore true peace can only become a reality in the world when all people have learned to love themselves and others.

The standard we apply when judging situations must therefore always be love: What does right behavior look like from the perspective of the principle of true love? This question must underlie all decisions. The more consistently we apply this attitude, the more fruit we will reap from a life borne by love.



Since this is not an easy task, it is all the more important to constantly deepen our understanding of the nature of selfless love and to cultivate our own capacity for love, whereby we can support each other very well in this respect if only we are prepared to really look at the world from the point of view of a loving heart. Shouldn't we wholeheartedly welcome such an understanding and ask deeper questions to gain true wisdom? Such a task is important to me, and that is why I am focusing on it, and I very much hope that more and more people will be willing to do so.

The goal of self-discovery and personal development

Every young person asks themselves at some point: Who am I? Why am I alive? The sad reality of the rising suicide rate shows that many despair and give up on such questions because they cannot find the satisfying answers that motivate them to commit to a life goal. Given the situation that such an attitude is widespread, we should be all the more motivated to give ourselves deeper thought as to why we have ended up in this miserable overall situation.

When we observe the inner state of people, we see that most of them are more or less revolving around themselves in their thoughts and feelings and are unhappy. Why? Because we were created to live for others. The core truth of life is as simple and clear as that. It is not easy to maintain this attitude in a selfish world and to implement it consistently. However, there is no alternative to doing so, and the various religious and spiritual teachings can provide valuable guidance.



We must not get stuck with a belief in any dogmas, but must go further in our search to get to where the precious contents that we embody in our daily lives come

first. The core teaching of Christianity is that God is love and that we should therefore love one another in order to make this wonderful love a reality. In doing so, we ourselves benefit the most, for the more we strive to express pure love, the more we ourselves become a completely pure being in which there is only clarity and unity, as all our striving is focused on the practice of love in the light of God's eternal truth.

This alignment of all our thinking, feeling and willing with the ideal of true love naturally leads to inner unity, as all our sensations harmonize and fit together, just as we can feel 24 hours a day in our physical body, where all processes work together harmoniously as soon as we eat and take care of ourselves in a healthy way. We need to be physically fit, for which, in addition to sport and other activities, targeted yoga and other meditation exercises are particularly helpful, because true healing starts from our inner situation and is determined by it, as are, on the negative side, the health problems with which the individual may be confronted. In such cases, the right solution is certainly not to run to the doctor and pick up a few pills, but to be prepared to look for the root causes of current complaints and solve them at their real origin which lies always in the human heart and soul.

The goal of self-discovery is therefore to discover the special aspects of God's love that are unique to me and to develop them by perfecting my unique capacity for love step by step. Once we set out on the path with this understanding, we will not hesitate for a moment to continue on this path for all eternity, because we will realize that there are no limits to the unfolding of our hearts. From this perspective alone, it is obvious that there must be an eternal life, because otherwise we would be confronted with boundaries that our soul certainly cannot agree with.

No matter how difficult and complicated our personal circumstances may be, everyone decides for themselves how to react to the situation they find themselves in. For this reason, we must also say goodbye to any excuses and take 100% responsibility for our own situation, and even turn tragedies into victorious experiences, so that in the end there is only the love for which we were born and which should and will be our shining star from birth to the transition into the spiritual world, as soon as we decide to do so with all our heart.

The healing of the world begins with the healing of one's own soul

The deeper we look into a person's heart, the more unresolved issues we will find, which are usually not really visible in daily life. People like to show their best side and so many have two faces, so to speak: one that they show in public and the other that expresses how they actually feel in their heart. This is an issue we need to take a sincere interest in if we want to become a happy person.

How much time do we invest in taking care of the soul? Do we give it the space it needs to develop freely? Going out into nature and observing the animals and plants there is a wonderful way to unwind. It's about having time to yourself. We can perhaps listen attentively to music or simply take a break to enjoy the sunshine or whatever pleasant sensations the situation may offer.

Allowing ourselves time to relax is just as important as making a concerted effort. What do we focus on in our daily lives? What is our personal list of priorities? How much time do we spend on what? Answering these questions correctly is crucial to how much quality of life we can enjoy. If we set the right course in this respect, our general well-being is already assured.

Just as we don't usually forget to eat because our stomach tells us to, it should be completely normal for us to pay attention to the voice of our heart, because our soul also wants to be well nourished. All the inspiration we receive through in-depth reading, guided meditations or inspiring video presentations, of which there are now countless variations on the internet, can serve as spiritual nourishment. Spiritual nourishment is therefore available in abundance, and everyone is free to choose which content is particularly relevant to them personally.

However, putting what we have learned into practice is problematic, as we come up against our own limits and, above all, do not have enough exchange with other people on a deeper level because there is simply not enough time or such a contact person has not yet been found for fundamental questions. However, this reality should by no means prevent us from giving this area top priority, because only if we practice what we consider to be right will we be true to ourselves and be able to go to sleep in the evening with a clear conscience.

Taking care of our own inner state must be the most important thing for each of us, as we exist eternally as spiritual beings and take with us into the next world what we have built up in ourselves during our life on earth. In this regard, I would like to remind you of the words of Jesus: *"Whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."* (Matthew 18:18)

So we decide by our behavior which realm of the eternal world we will enter, whether we arrive there with a mountain of problems or with a free soul that feels

comfortable in the heaven of loving relationships. In view of this fact, it should be worthwhile for everyone to pay 100% attention to their personal spiritual development and to work consistently on their own perfection in the ability to love. So it is not about some kind of mental enlightenment or spiritual expansion of consciousness, but about the concrete ability to be there for others with a caring heart and to contribute to their happiness.



Above all, we should strive for loving relationships

Whatever the various scientific theories that attempt to explain the origin and fundamental laws of the universe may be called, they remain theories that may or may not be believed in, much like philosophies and religious dogmas that were formulated in the minds of those who sought a deeper understanding of the world of spirit. When we realize this clearly, then we can take a mature approach and understand that what we need is not more scientific theories or yet another religious doctrine, but a correct understanding of human nature from the point of view that heart and love are the crucial core of every human being's being.

This fact has been proven in many ways, including a documented experiment conducted in a communist country in which newborn children were given only food and no personal attention. They all died within a very short time, proving that we cannot truly exist and function properly if the realm of feelings is excluded.

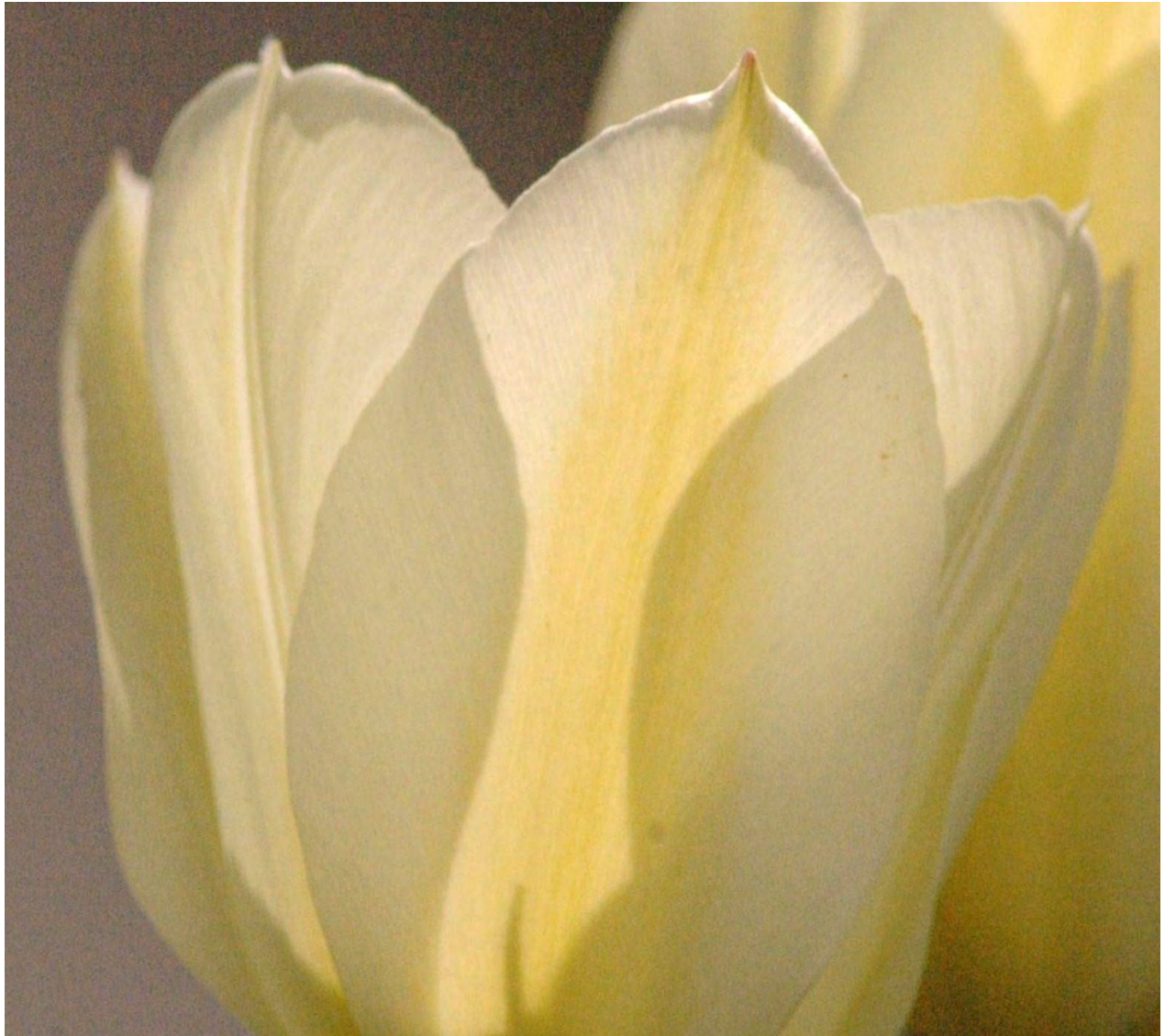
Feelings are an even more fundamental part of the human being than the ability to have thoughts and make some theories about the world and its origin. If we reflect on this point, we will realize how things look from the point of view of true love. The realm of the heart must be the basis for our view of life and all existence. Accordingly, our priority should be to deepen our personal understanding of the realm of selfless love and its practical application so that all human beings can live in an environment where they are loved and cared for from the very beginning of their lives, starting in the womb.

Our common challenge is to understand these fundamental aspects well, because then we will gladly shift our focus beyond intellectual considerations to action, based on the logic of love. From the point of view of the heart, there is an overriding understanding that enables people to sacrifice themselves for others out of love. Once we realize this, we will want to ensure that in every home, the loving care of parents touches the hearts of children and encourages them to become loving members of the human family.

Every child is destined from birth to go through the necessary stages of growth to mature in heart and mind by experiencing loving relationships and learning to live for others, beginning as a brother or sister and then as a friend among peers. Subsequently, we learn to be there for each other as husband and wife, and finally as father or mother, giving unconditional love to our children. In general, we do not succeed well in this growth process because we do not receive sufficient inner education and there is a lack of effort in this respect in general education. However, if we want to lead a happy life, we must be able to develop our own potential to the full.

We will succeed in this best if we give our primary devotion to building loving relationships, because doing so corresponds to our very nature as children of God who have seen the light of day in order to be a shining example of selfless love themselves.

In this is to be found our true identity as those created in the image of God to manifest and radiate all His wonderful qualities to those around us.



I wish you with all my heart that you may make good daily progress in this fundamental task and challenge, and feel your own divine worth.

Any physical complaints must be resolved from within

I studied Latin at school, so I am familiar with the saying "*Mens sana in corpore sano*", meaning "*a healthy mind in a healthy body*". We should therefore take care of both our mental and physical well-being, whereby these two aspects are in a cause-and-effect relationship, which unfortunately many people are not aware of. Although attention is paid to the interaction, the fact that the mind always plays the decisive role is neglected. This is particularly true in the medical field, where all kinds of external measures are taken without doing justice to the patient's inner state. It is of the utmost importance that we are aware that every state of illness has its starting point in a person's soul and must be resolved there first and foremost.

We were created as free beings who can decide for ourselves how we shape our lives, whether we adopt values and ideals or simply live aimlessly and haphazardly. Consequently, our physical condition also shows in the long term whether we are healthy and vital or whether we are suffering from all kinds of ailments because we are not working things out properly internally.

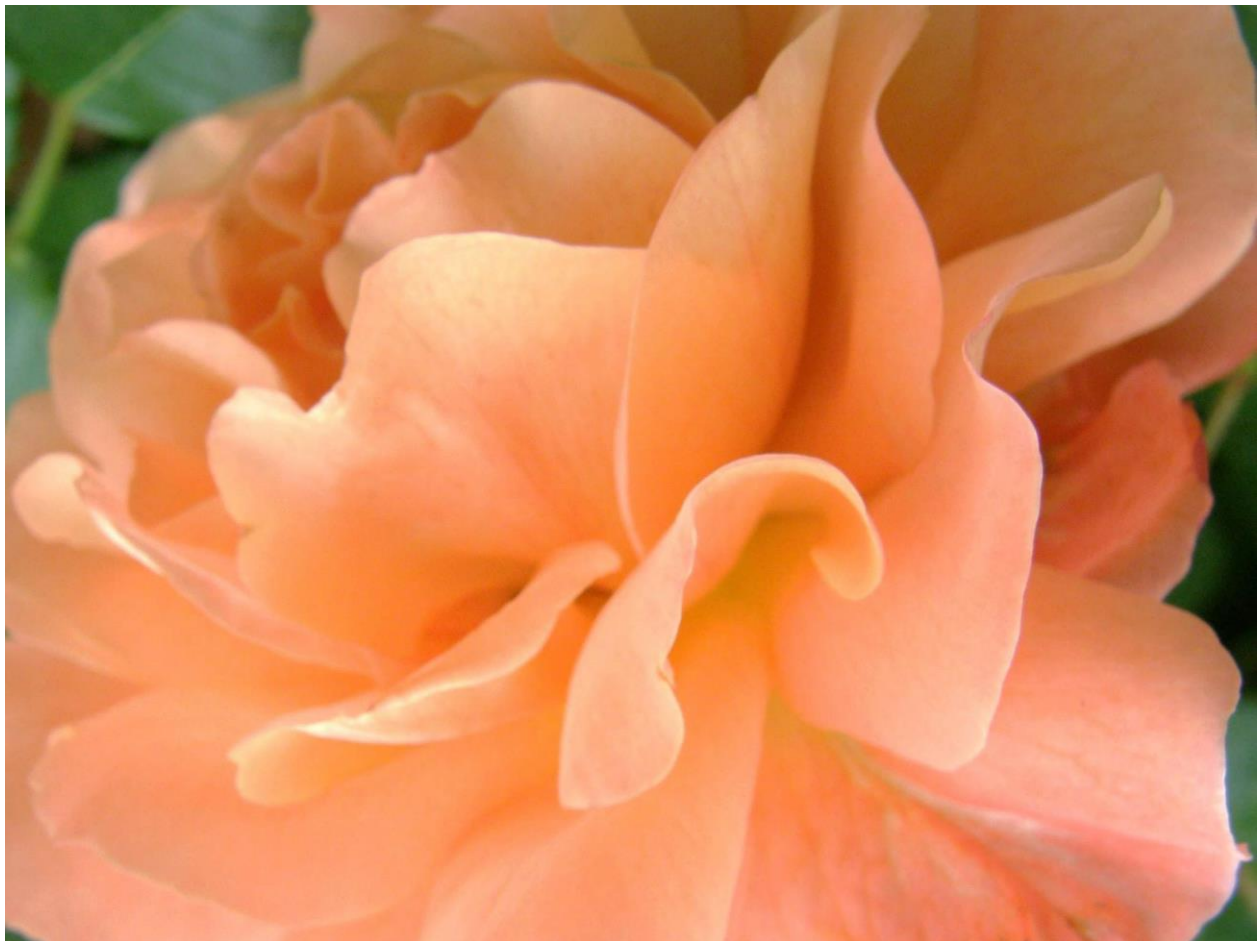
In the body, all the organs work together harmoniously to maintain the health and general well-being of the individual. If there are problems somewhere, then "everything" is set in motion to eliminate the respective problem as quickly as possible. For example, if we cut our finger, the blood cells help to heal the wound as quickly as possible.

I would like to refer here to an article [\(12\)](#) entitled "*The miracle of wound healing*". It states: "*After an injury, the body tries to close the wound and replace the destroyed tissue as quickly as possible and after only a few minutes. There are three different forms of wound healing: 1. epithelial wound healing: This only occurs with superficial injuries (abrasions) to the epidermis. The skin cells allow the wound to heal without scarring. The clotted blood covers the wound on the outside and scabs over to form a "natural plaster" as it dries out. Once new tissue has formed, the scab falls off.*" Then there is primary wound healing for smooth cuts without serious tissue loss: "*The narrow wound gap heals without infectious complications within a few days until only a fine scar remains.*" And secondary wound healing: "*The gap in the tissue is first filled with granulation tissue before new skin forms over the wound.*"

The 4 phases of wound healing are then explained: "*During wound healing, complex morphological processes usually take place in four phases: "1. shortly after the injury, the wound closes provisionally. The tissue gap fills with wound secretion. Blood platelets (thrombocytes), lymph (leukocytes) and fibrinogen form a plug in the wound gap. A stabilizing network of the protein fibrin forms between the platelets. The platelets activate immunoglobulins and growth factors for the formation of new tissue.*"

In the 2nd resorptive phase, white blood cells and phagocytes migrate into the wound to remove foreign bodies. In the 3rd phase of regrowth, the body begins to form

new cells, blood vessels and connective tissue in the area of the wound after around 3 days. In the case of smooth cuts, the edges of the wound simply grow back together. In the case of irregular wound edges, granular granulation tissue now forms. In the 4th phase of repair, a new skin surface is formed: *"New cells grow in from the edge of the wound. The wound gradually closes. The newly produced connective tissue fibers mature and the wound contracts. The result is a tear-resistant scar."* What do you think and feel when you look at these explanations? I would like to ask you a few questions about this: This is a complicated process in which it is important that the individual steps are carried out in the right order. Who is the director here? Who sets the tone here? Who decides what has to happen when to ensure the proper procedure and successful healing?



The author of this article gave his explanations under the title *"The Miracle..."* for him it is a miracle what happens here, because so many steps happen automatically in exactly the right way to achieve the best possible result, always from the point of view of the most effective process possible, where no energy is wasted and exactly what makes the most sense under the given circumstances is done.

Again, I would like to ask: who makes the decision as to what type of injury is involved and what healing method should be used? Who communicates the decision made to the appropriate blood cells, including instructions on how many elements of which type need to be mobilized in order to solve the problem as quickly and effectively as possible? How does the decision-maker receive feedback on how far the wound healing has progressed and what "measures" need to be taken next? Questions upon questions, all of which can never be answered due to the materialistic world view on which today's medicine is based. So we talk about the miracle of healing because we have no answers as to what actually controls this miraculous process. We only know the individual processes because we can observe them, but we know next to nothing about the underlying invisible aspects. If we were seriously looking for answers, then we would have to deal with subtle energies, ultimately with the invisible spiritual realm, but unfortunately this is out of the question for the establishment, which is only focused on the material.

I very much hope that you, as a reader of this article, realize that the magnificent wound healing process, which is only one example of so many other incredibly finely tuned processes in the human body, is only possible because we have received such a miracle from an "almighty" Creator, which will serve us faithfully for at least a century if we also take appropriate care to ensure that the dwelling place for our spirit receives what it needs to thrive, first and foremost a healthy spirit.

As shown in the example of wound healing, there is a sensible biological program for every problem that occurs in our body due to some wrong behaviours, which runs 100% reliably in every human being, as long as we allow this and do not disrupt these processes or make them impossible from the outset through completely wrong medical interventions or treatments that are ultimately not conducive to healing. There are only 50 to 100 major symptoms that a person can have, whereas there are now thousands of clinical pictures. In the past, there were only a small fraction of these. Another problem is the control mentality that dominates medicine. In practice, a phantom enemy is invented that has to be fought. It is given names such as cancer, etc. and poisons are used to overwhelm it. None of this has anything to do with healing, but ultimately only serves the coffers of the pharmaceutical industry, whereby money also rules the field of medicine. It is important to be aware of this fact and to turn our backs on this totally wrong approach in order to give the body the opportunity to carry out the natural processes in peace, which are all perfectly coordinated with each other, as was briefly shown here using the example of wound healing.

What do we do when there are disturbances in our bodies?

I assume that it is clear to you by now without any doubt - if this was not already clearly established from the outset - that our existence is not the result of random events, but that a magnificent Creator exists who has accomplished a wonderful work.

With regard to the crown of creation, it is the seed and the ovum that stand at the beginning of a new human life. After conception, a finely tuned process takes place between the mother and the growing child during pregnancy. From the beginning to the end, the birth, we see how the miracle of new life comes into being, whereby this is only possible through the one hundred percent cooperation of the mother. So at the beginning of human life is the sacrificial commitment of a mother, just as at the beginning of creation is the loving devotion of our eternal Parent. As parents for humanity, God has invested everything in His power to create the best possible conditions so that we can enjoy a happy life here on earth.

We see that most people suffer from an ailment, or even a bad condition, which is given a name by the medical profession and referred to as a disease. Actually, this term is a misnomer from the outset, as this word is defined in the following way: "disturbance of the normal function of an organ or part of the body, including mental and emotional well-being." In reality, the processes that take place during an "illness" are also a natural biological special program originally created in the body, which is activated when a person's state of health requires it, especially when mental harmony is out of balance and the patient finds it difficult to process things internally. To better understand these processes, it is important to familiarize oneself with the 5 biological laws discovered by Dr. Ryke Geerd Hamer, and to clearly understand that the prevailing medical establishment is a very strong belief system. It is so important to lose the fear of illness by paying attention to yourself and strengthening your own identity by observing and recognizing what message your body is trying to give you.

From the point of view of the principle of true love, there can be no inherited diseases, because then some children are disadvantaged from the outset and do not have a healthy body available in which they can develop well in the long term. The assertion of the existence of inherited diseases is one of the many hypotheses that have been put forward in order to have theories for phenomena that doctors cannot explain. In order to better understand this fact, it is of course necessary to take a closer look at this problem, which I have done in my books which can as I mentioned be freely downloaded at this link [\(1\)](#).

Both the visible and invisible areas must be examined

In homeopathy, substances are used that are diluted up to a ratio of 1:100,000,000, i.e. one drop of the mother tincture in 5 cubic meters of liquid. The dilution of a popular homeopathic flu remedy is D24, which stands for a dilution of 1:10 minus 24. The highest dilution level you can buy is D1000, which stands for a ratio of 1:10 minus 1000. From a scientific point of view, not a single molecule of the mother tincture is contained in this highly diluted medicine. It is not the actual content but the effectiveness that is more important. Why don't we apply this to all other areas and base our understanding of the world on experienced reality and not on scientific explanations?

Scientists who cling to certain unproven theories are themselves "strict believers" because they insist on an understanding without a verifiable basis. Many so-called scientific laws are based on a rather limited view that cannot explain the whole of reality and leaves many questions unanswered - similar to the situation of religious believers. Shouldn't we move from the traditional view of religion and science to a new level where we include both the world of science and the realm of religious belief and create a new, well-founded understanding of our reality based on the findings from both areas? This new level of knowledge must include the invisible realm that cannot be explained by traditional empirical methods, which is even more essential than what we can see with our eyes, because it is our thoughts and emotions, which are invisible, that more than anything else determine not only our own well-being, but also influence our environment.

Democritus (the chosen of the people) wrote about two kinds of worlds: the one that we can see and touch, with atoms as the smallest components, and the invisible world that creates feelings and consciousness. While the visible world has been the subject of scientific investigation for many centuries, the even more important invisible realm of subtle matter has been ignored by the majority of scientists. However, thanks to the knowledge gained by quantum physicists and other scientists, this realm can no longer be ignored. Based on the awareness that we live in two worlds simultaneously, the invisible realm that religions have pointed to for centuries and the visible realm defined by traditional science, we need to bring both realms into unity. This can only be achieved when we realize that heart and true love are the highest essential qualities of the human being and the cause of all existence, and accordingly form the core and center of the universe, in which each human being is a microcosm.

There are many things that cannot possibly be explained by conventional science, and yet they are observable, such as the many anomalies of water. The natural sciences have their place alongside philosophy and religion, which equally seek clear answers when a sincere interest in deeper understanding is the main concern.

Even if you don't know too much about religion and science, everyone has a heart that longs for loving care. What we therefore need is a new worldview based on scientific discoveries as well as spiritual insights, but above all on the clear realization

that the heart and true love are the highest values in the universe. We must work together to develop this inner foundation for the correct solution to the countless visible problems, which is why it is so important to be open to new perspectives and to apply them in all areas of life.



New scientific findings contradict conventional understanding

Quantum mechanics is the physical theory that describes the world of atoms and elementary particles, electrons, protons and "light particles", known as photons. When researchers measured various properties of photons sent to a distant location, they found that the particles could immediately perceive each other's behavior without any known communication. The EPR phenomenon (Einstein, Podolsky and Rosen) states that two particles that have been together are connected in a special way. If I have a particle A and a particle B and make a change to particle A, then particle B experiences this immediately, regardless of the distance. This phenomenon contradicts the classical understanding of physics, because these two distant particles are in a direct relationship beyond the concept of time and space as scientists have defined them so far according to the laws of physics.

Professor Lothar Schäfer of the University of Arkansas, USA, says: *"Experiments have shown that two particles that were together and then separated can remain connected and act as one, regardless of the distance between them. If reality is non-local, then the nature of the universe represents a non-divisible whole."* The fact that information is exchanged between particles at a speed at least 10,000 times faster than light was first demonstrated in 2008 by scientific experiments conducted by Professor Nicolas Gisin from the University of Geneva, who said of the EPR phenomenon: *"Something extraordinary is happening beyond space-time. I am convinced that we are at the gateway to a new era that will bring a new understanding of nature and the world."*

Professor Anton Zeilinger, former Dean of the University of Vienna, who has received numerous awards and was voted one of the 10 people who could change the world by the renowned British magazine New Statesman, was able to prove that phenomena of quantum mechanics can also be applied to biomolecular waves. Anyone can read about the discoveries of university professors Nicolas Gisin and Anton Zeilinger and other physicists whose work has nothing to do with esoteric claims, as their quantum mechanical experiments can be repeated at any time. What we observe is only the hardware of the universe, so to speak, but where is the software? We have no choice but to conclude that there is a transcendent reality. While the visible material world has been the subject of scientific investigation for many centuries, the invisible immaterial realm has been ignored by most scientists. Therefore, we must ask ourselves: are we ready to take up the challenge of seeking a deeper and more comprehensive understanding of the world of reality than science has been willing to do so far?

As for me, I am committed to advancing both the scientific and religious realms, not with an attitude of clinging to established dogma, but engaging in genuine science that always questions and tests what is generally believed to be true. Of course, this also applies to my endeavor to come closer to the full truth in light of the existence of God and the principles of creation created by Him. In this respect, every person can

make a valuable contribution, because we are all created in the image of God with the potential to experience the presence and work of our Creator in a unique way.



Ether, orgone, chi, soma, tachyon, and prana refer to the same energy

Based on theoretical and experimental studies that have proven the existence of subtle matter, it is clear that the materialistic worldview of science is absolutely dependent on recognizing and incorporating subtle matter as a substantial reality of our physical universe. In such a renewed and expanded scientific worldview, subtle matter must be the physically defined central basis of all visible forms of existence, including physiology, perception, mind, intelligence and human consciousness. On the basis of such a fundamental reform of the scientific worldview, it is possible to place the natural sciences and the humanities on a common, mutually complementary foundation, with the inner heart at the center of human development.

The ancient Indian Vedas (Sanskrit word for "knowledge") speak of soma, while other ancient traditions refer to subtle matter as ether, orgone, ether, chi, ki, tachyon, qi or prana in yogic terminology. Whatever name we use, the important thing is that invisible matter exists as a substantial reality and forms the basis for human consciousness and for the space-time dimension of the universe.

The existence of quanta or primordial particles can be scientifically proven as indivisible entities that have a positive or negative field signature. Two types of field quanta were discovered by Dr. Klaus Volkamer. The thermodynamic principle is based on scientific experiments that show that negentropic effects create order out of disorder and promote creativity and insight.

Subtle matter is characterized by various physical interactions: (1) Specific form of interaction between the phase boundaries of normal matter. In this way, subtle matter can be detected. (2) There is a specific interaction between the mass of subtle matter and normal matter. For this reason, changes in the mass of the detectors can be observed after the absorption or emission of subtle matter. (3) A slight electromagnetic interaction with normal matter, which causes the subtle matter to be invisible. (4) An interaction between quantum particles at the level of gravity or through the Planck force, resulting in significant weight differences manifesting as multiples of the Planck mass. (5) According to scientific experiments, subtle matter has the ability to store information. This information can be re-expressed at the level of normal matter, which can be observed through various testing methods in alternative medicine. Experiments have also proven that subtle matter exhibits two types of bio-activities with different effects depending on its signature.

The information outlined here may be somewhat difficult to understand, but the key point is the actual existence of an invisible life force as the inner basis for the diverse functions in the physical world. When disturbances occur in the form of health problems, they must always be considered and resolved from this point of view by looking first and foremost at a person's inner situation.



All the open questions of physics and other natural sciences can only be answered definitively if we start from the correct overall picture, which is that all existence is based on energy, which can be measured on both the invisible and visible levels and has a concrete influence on our lives. That is why it is so important that we are aware of this reality.

Subtle matter exists as a form-giving, biologically active invisible force

Quantum particles of subtle matter with a negative signature have properties that correspond to the "Vis vitalis" that people have been searching for for centuries, a force that Aristotle called entelechy. The principle of vitalism known as Vis Medicatrix Naturae (the healing power of nature) is at the heart of the work of alternative practitioners (vitalists) and supports the healing of the body by promoting the innate self-healing power. The concept of vitality is at the heart of natural medicine and can be found not only in herbalism, but also in other healing paradigms, e.g. as chi in traditional Chinese medicine. The work of the vitalists is based on the understanding that subtle matter exists as a form-giving, biologically active invisible force.

Although Dr. Klaus Volkamer, who holds more than 40 practically applied patents, has scientifically proven the existence of invisible subtle matter, his achievements are not yet widely recognized in the scientific world because it is all too human for scientists to admit their own error with great difficulty. There are many examples of how people with new knowledge have been treated unacceptably by the established church and conventional science. There is plenty of evidence available, but how many people are prepared to deal with findings that prove conventional understanding invalid? Although it is obvious that the scientific worldview is flawed in many ways, most scientists tend to cling to their view and ignore new discoveries because they are unwilling to question their own postulates, dogmas and beliefs. How many scientists are willing to stand up in public and proclaim that what they have taught is not correct?

The discovery of subtle matter leads to an enormous expansion of the worldview promulgated by traditional science. In this expansion, the secrets of quantum physics and "information medicine" can be clearly explained. Among the many different aspects that can be explained about subtle matter, the most important realization is that this form of higher energy allows our inner heart to perceive things that are not necessarily perceptible with our five physical senses. Furthermore, we can now understand the meaning and significance of what can be termed inner power in a scientific context, thus also confirming the centrality of true love expressed at the deepest levels in the realm of human relationships.

Today we are on the threshold of fundamental changes in the world of science that will greatly influence the future of humanity, based on the scientific proof of the existence of subtle matter and new findings in the field of quantum physics together with a deeper understanding of the properties of the heart and love as the most central elements of every human being. We no longer need to "believe" only in the existence of subtle energy, because modern technology has opened the way to confirm it as a proven reality.

Accordingly, should we not have an open heart and a curious mind to explore the invisible realms, for they are the inner cause of all visible matter? I am eager to

understand this causal realm more deeply and share my findings with others. However, it is crucial that everyone experiences for themselves in order to gain a personal understanding of the spiritual world, for this is the realm in which we live eternally. For this reason, we need to pay close attention to such essential content and study it intensely, taking time for meditation and other practices that help one to gain complete inner clarity and prioritize it so that true spiritual growth can be experienced.



Reality is determined by inner aspects more than anything else

The essence of the universe is invisible spirit expressing itself in physical form, as demonstrated, for example, in the various types of structures of ice crystals through the research of Dr. Masaru Emoto and other scientists, proving that the shape of water crystals is influenced by the human spirit. What all humans need to realize in this advanced high-tech age is that energy and matter express spiritual reality. We can see these manifestations because there is a higher order that expresses itself in the various forms and structures we find in the world. The fact that development depends on many factors, including invisible ones, can perhaps be better understood by looking at a pendulum with its weight perpendicular to its axis, a highly unstable position where a single photon can be enough to set it in motion. Even if the laws governing the movement of a pendulum in all other positions are relatively simple, in such a vertical position it is impossible to predict in which direction, to the right or to the left, the pendulum will move from this extremely unstable position in which the weight is exactly above the center of its axis. This is where quantum physics comes into play, because the external movement of the pendulum depends on invisible influences that cannot be measured with conventional scientific instruments. With the triple pendulum, it is impossible to say in advance in which direction the three pendulums will move. For this reason, it is also known as a chaos pendulum.

In the past, scientists considered some systems to be deterministic and thought that their future behavior was determined by the initial conditions, but modern physics tells us that such a determination by the initial conditions does not exist, since at any point of greatest instability, influences from the non-material world can also determine the outcome, e.g. in which direction the pendulum begins to swing. In modern physics, it is clear that there is not only the possibility of yes or no, but that under certain conditions both yes and no are applicable and valid. The new understanding of physics is that the world is both infinitely open and infinitely correlative. Our world is built on a coherent quantum field, which can be seen, for example, by placing several chaos pendulums next to each other and connecting them. In such a situation, there is no more chaos, as one would assume, but certain structures become visible, according to which the pendulums move. These structures are not strict, but leave a certain amount of creativity open, similar to the whole universe, which is visible in many different forms, while at the same time leaving room for creativity.

More than anything else, what we see in the outer world is determined by what happens on the inner level, especially in people's hearts and minds. This is where the relevant decisions are ultimately made, consciously or unconsciously, that lead to what a person experiences. The more we are aware of this fact, the more we will take care to maintain inner harmony to ensure our physical well-being.

Since the quality of our love is the determining factor in our destiny, we must never neglect it, but cultivate it well so that we can always be at peace with ourselves,

which is also the basis for peace in the world. Now is the time to understand the invisible structure of the cosmos well and align ourselves with it. In this way we can be sure that we are where we are meant to be as children of our loving Creator. This is not only my understanding, but I strive to live according to the principles that underlie all of creation because this is the only way to become one with God and experience overflowing joy.



The step from a materialistic to a value-oriented world view is absolutely necessary

Based on the findings of scientists, it is clear that matter as such does not exist, but that it is a matter of relationships and connections that exist in the background of visible reality, whereby electrons are, so to speak, omnipresent, as they are connected to many other electrons and are not limited to a specific space and time. In the past, the concept of the electron was based on the idea that it was a particle orbiting around the nucleus of the atom. Today, scientists know that this is not the case. When they search for the electron, they may get a certain measurement result at one point and another when the electron has moved on; in between, there can be no proof of its existence if the electron remains undetectable, a behavior that has led to Heisenberg's uncertainty or indeterminacy principle. Reality is not something static, because its essence consists of movement and relationships or connections. Werner Heisenberg recognized that what happens cannot be described with numbers and mathematics alone, as reality is essentially a movement of particles. Heisenberg showed that, even more than points, lines or mathematical structures, movement is the fundamental and decisive factor in describing reality. It may not be easy for some to grasp that it is not a point that is the most fundamental element, but motion and change, yet we must come to terms with the fact that particle physicists have discovered in their field of research.

Traditional physics dealt with so-called dead matter, and only now has it been confirmed that there is no such thing as dead matter. Everything in its essence is composed of movements and relationships. On the basis of this scientific knowledge, it is clear that the universe is indeed holistic and represents a unity, as everything is interconnected. We perceive another person in relation to us, and likewise the language of modern physics is no longer one of nouns (objective facts), but one of verbs, of movements. What traditional science has done can be compared to analyzing a picture by taking a razor blade and cutting out a part, putting it under a microscope to find its components and then drawing conclusions about the whole picture. Unfortunately, such an approach is still practiced in medicine today, focusing on individual analyses and laboratory values instead of primarily looking at the overall condition of the patient.

The term "worldview" refers to the framework of ideas and beliefs through which a person, group or culture interprets and interacts with the world. It is crucial for all of our futures to have an open mind to see the world with new eyes based on profound scientific discoveries by always prioritizing intrinsic values. Only if we do this can we leave our descendants a wonderful world that we would certainly like to live in ourselves.

A comprehensive worldview is "the basic cognitive orientation of an individual or society, encompassing the totality of the individual's or society's knowledge and outlook, including natural philosophy, fundamental, existential and normative postulates or themes, values, emotions and ethics." Our way of life is influenced by the way we see the world around us. So far, a materialistic view of things has dominated in most areas,

with very negative consequences, such as those that have become reality in the implementation of the corona pandemic. It is therefore imperative to leave wrong approaches behind for good and turn to a new way of looking at things that always focuses on inner aspects. This begins with each individual expressing their dignity as an image of God with a loving heart.



The invisible world and physical world should be one within us

The scriptures of the Vedas and many other ancient cultures speak of higher forms of existence, which have been confirmed by countless people throughout history through their personal experiences. Democritus wrote about the existence of an invisible world whose smallest particles are "ghostly atoms". Yet prevailing science focused only on the study of the external world, which can be explored through our five physical senses, while neglecting the insights people gain through their spiritual senses such as intuition.

Today's cognitive neuroscience speaks of consciousness having its origin in the activities of the brain, while religious and spiritual traditions recognize consciousness as something independent of the visible material world. Subtle matter, whose existence was scientifically proven by Dr. Klaus Volkamer as mentioned above, also refers to what is known as vis vitalis (life force) or entelechy, a term that originates from Aristotle's Metaphysics and is generally used to denote that which makes the difference between mere matter and a life form. Entelechy refers to a non-material, spirit-like entity that underlies the entire physical world as a metaphysical realm and is present in all living bodies. The term goes back to the ancient Greek word entelecheia, which is composed of the Greek words enteles (complete), telos (end, purpose, accomplishment) and echein (to have).

Many scientists, especially in the last century, have found anomalies that indicate the existence of invisible subtle matter, but only now has it become possible to prove its existence using the latest high-tech scales. Invisible matter can be absorbed, stored and released by plants and other living things, and this has now been confirmed by experiments that have shown, for example, that a seed of a living tree has less weight after it has lost its life force.

I would like to mention that Dr. Mauro Zappaterra [\(12\)](#) is doing valuable research on the great importance of brain water and other wonderful aspects regarding the concrete connection between the spiritual and physical realms. You can find an interview with him here, and I would also recommend listening to other talks by Alec Zeck on topics of interest to you, as he is eager to wholeheartedly support the path forward to a bright future.

If we really take the findings of modern science in the West and the ancient sciences of the East to heart, our view of the inner and outer world and our way of life will change fundamentally. Based on the valuable insights offered by spiritual leaders throughout history and the discoveries provided by scientists, we are challenged to review not only our worldview, but more importantly our understanding of human life at a higher level, as subtle matter affects our reality in very tangible ways. Above all, we must recognize that at the core of our being we have a substantial invisible soul or inner heart that resides in a realm of eternal existence.



Our very first concern should therefore be to expand our capacity to love our fellow human beings wholeheartedly by bringing together the invisible realm of energy and the visible world to vibrate in unity and harmony throughout our being.

The challenge of going beyond conventional understanding

We have sensory organs and certain measuring methods with which we perceive the world around us, but this does not mean that we already know the actual reality. What matters is the way we think and the values we uphold. Thinking is like virtual action. The rational thinking in our brain is generally a language that focuses on questions such as: What serves my body, what do I need to live, while our emotions search for answers to experience satisfaction.



It is important to realize that scientists see the world based on the standards they themselves have established. They cannot truly provide information about the inner (unseen) reality of things and offer a complete picture of what they represent. Science is a language of relationships among materials; it provides us with information in the form of numbers that express a relationship between a standard established by scientists and certain objects that describe reality. In the past, we used the term technique, whereas today the term technology prevails because it has become so complicated that we need someone to explain it to us. On the other hand, we are stuck in the time of centuries

gone by and speak of fixed objects, whereas such statements can be wrong because reality does not consist of immutable objects, as scientists have thought for millennia. Unfortunately, the new scientific view of the world has not yet taken hold. Although the field of technology has changed considerably, we still largely cling to the language and way of thinking of the 19th century, which stems from classical physics.

Let's take the example of our eyes. We only see a certain part of the electromagnetic spectrum, an octave. In reality, there are many octaves of electromagnetic frequencies. However, I don't realize that I only see a section of the entire spectrum. Many people think that they perceive the whole reality, that they are aware of the whole world, while they only see a certain part of it. The actual reality is much bigger than what we can perceive with our five senses. Being aware of this fact is crucial to being able to see reality clearly.

To speak of transcendental knowledge and transcendental experience is perhaps not entirely correct, because it is connected to our experience and represents a reality, even much more than the so-called objective reality that the world of science focuses on. Each person creates their own understanding of reality, a limited view of the world according to their basic attitude and feeling in life. Words such as hope, perception, sensation and love express content that can be understood but cannot be grasped with our hands or physical senses. The field of religion deals primarily with inner reality and can connect people more strongly than science, which focuses on the material.

Traditionally, physics was considered a reliable field of study, as it was assumed that reality could be understood on the basis of certain laws of nature. However, this attitude has been proven untenable by the discoveries of the last century in the field of quantum physics, which show, for example, that the whole is not really just the sum of the parts. People had hoped to find the right answers based on what were seen as the basic building blocks of the universe in the form of atoms. However, new discoveries at the end of the 19th century overturned the traditional understanding and led to a shift from a physics concerned with materials to a holistic view of physics. This historical shift began in the world of mechanics, the simplest form of physics dealing with clear physical laws, when scientists like Werner Heisenberg realized that there were phenomena that traditional mechanics could not explain. At that time, there should have been a major new beginning in the world of physics, but such a fundamental change in the world view on a broader basis has not yet taken place, as people usually find it very difficult to break away from a world view that has been maintained for centuries. A paradigm shift from outdated concepts to a new way of seeing things must take place as a basis for the urgently needed development towards a glorious future for humanity.

We live in a world where large sums of money are being invested in finding all the particles that make up this universe, although one has to be very careful when inferring the whole from the parts, because inductive reasoning is a problematic way of thinking. The discoveries in the field of quantum physics have been welcomed by some because

they show that the whole is indeed more than the sum of its parts and has new qualities. The fantastic thing about the new physics lies in its potential to serve as a bridge to many other sciences. The great divide between the natural sciences and the humanitarian sciences doesn't really exist if you look closely, but unfortunately it is artificially maintained or supported by narrow-minded people on both sides. The gap between dead and living matter can now be completely bridged by the findings of modern science.

On closer examination, one comes across a multitude of anomalies in today's physics that are scientifically known and can be described theoretically and proven experimentally. However, until now there was no idea how they could be explained. Scientific quantum paradoxes such as the famous quantum entanglement can be mathematically calculated and experimentally proven, but they do not explain how particles such as photons, which move apart at the speed of light, can communicate. This is where subtle matter comes into play with a valid answer. All classical coarse elementary particles have background fields that operate in a system that exceeds the speed of light. This system is unknown to modern physics. It knows neither the fields at the macroscopic level that permeate living beings nor the phenomenon of the subtle background fields associated with the elementary particles. Therefore, six or eight quantum paradoxes had to be introduced, including the entanglement paradox. They can be explained simply by introducing subtle background fields into classical physics.

We can all experience much more than what we can touch with our hands. It is possible for any honest seeker to learn about the existence of subtle invisible matter through scientific discoveries. Furthermore, everyone can find out for themselves through personal experience that we not only have five physical senses, but also inner eyes, which is commonly known as clairvoyance, just as we can intuitively perceive things. If we are willing to open our spirit and mind to this invisible reality, just as we relate to the aspects we can see, hear, feel, taste or smell with our physical senses, we will definitely learn first-hand of the existence of the invisible substantial world.

To study this world and know of its existence with absolute certainty requires an open heart and an open mind, along with a willingness to think logically and draw consistent conclusions. We can experience this unseen realm as our daily reality and use the spiritual energy present to fully heal our heart so that it can function freely, leading us to experience complete inner liberation on a personal level. On this basis, we will gladly commit ourselves to helping others to unfold their potential in the right way, above all the ability to love ourselves and other people in a completely selfless way, putting their happiness and fulfillment before our own wellbeing, which in reality we ensure with such an attitude.

We must not cling to outdated concepts

For thousands of years, the prevailing view in the world of science was that all matter consists of atoms as its smallest unchanging particles, until it became very clear in the last century that this is not the case. Added to this is the dimension of time and space, which leads to matter presenting itself in different forms and structures. The classical worldview put matter first and explained how it can present itself in different forms, which have been studied over centuries to find the laws of nature. These laws now need to be revised due to new discoveries in the field of quantum physics.

It is important to be aware of the limitations in the world of science because scientists can only give partial answers as they provide conditional knowledge depending on what they have established as a reference standard or law. The conclusion is that there is no objectivity because reality is not based on fixed objects, but on energy and waves that appear in a certain form at a certain time and can show themselves in a different structure under different conditions. Therefore, the interaction between the field of science and the humanities, especially the field of spiritual teachings or religion and philosophy, is essential to gain a deeper understanding of the basic building blocks and essence of the universe. In general, scientists have not welcomed such a dialog so far, but have tried to get a grip on the world by separating form from matter, thinking that if I have only matter without any form, I can explain everything. The concept is that matter exists eternally and everything we perceive represents certain structures or arrangements of matter. This is why so much is invested in the study of pure matter as it is understood and defined by scientists. The starting point was the idea that there are atoms that exist separately from each other. In the last century, it became very clear that this is not the case.

The mechanistic view of the world, which assumed atoms as unchanging smallest particles, proved to be wrong and therefore other elements had to be included in the factors to be researched. The models of the atom, such as the one presented by Bohr, proved to be wrong, as electrical and not gravitational forces are at work in the structure of atoms, which meant a puzzle that scientists were unable to solve. For many decades, scientists tried to find the smallest building blocks of the universe, but eventually it became clear that electron orbits and the electron itself do not exist. People tried to peel back all the layers to find the core of matter, but came to the conclusion that there is no such thing as matter, everything is made up of relationships. Relationships transcend the material level.

Today it is common knowledge in the scientific world that the earlier concept of atoms as the building blocks of the universe was incorrect. Now the electron is seen as the seat of an oscillating, bound electromagnetic field. It is assumed that each electron is connected to the whole and in this way exists in an infinitely extended field of energy waves. The conclusion: matter disappears because everything exists as form, shape or design. The forces at work in the background are not reality in the traditional

understanding of this term, which refers to so-called objective facts from the perspective of a mechanistic world view, but reality exists as potentiality, the potential to form certain structures and shapes.

An immersion in science and exploration of the natural world is indeed very helpful in developing a better awareness of the incredible potential of the human being. For this reason, it is important for me to continue studying about the natural world as a prerequisite to deepening my conviction regarding the core aspects of the reality we live in on this earth. I trust that my contribution will be a source of inspiration for further research to get closer to the full truth.



Ignorance at any level easily leads to misunderstandings and conflicts. Until now, we have lived in more or less self-centered societies where people insist on their own ways. Therefore, a key challenge is to grow beyond such an attitude and develop a public consciousness with a compassionate heart for others who are less fortunate. More and more people are realizing that we cannot continue with a self-centered

worldview because we are interconnected and will bring about our collective demise if we do not care for all of humanity. If we do, we will build a bright new future based on cooperation, compassion and love for each other.

The harmony heaven desires is based on mutual compassion. The task is to support each other and build our future together. Actually, only love is the right word to describe the background of what the universe is made of, as the former director of the Max Planck Institute for Physics in Munich, Hans-Peter Dürr, emphasized in his public lecture after five decades of scientific work. What spiritual traditions have repeatedly emphasized throughout history and what is the core doctrine of Christianity, namely that God as the creator of the universe is love, is now finally being confirmed by some progressive scientists.

Love is the only correct word to define the core of the universe, because when one hears the term "love", one thinks of a union and unity, which is the very reality of this universe in which all parts are connected in their existence. From this point of view, it is clear that our main attention must be focused on developing this precious field in order to build heart connections that allow love to flow freely. It is absolutely clear to me that this fundamental area is where we all need to succeed in order to enjoy the life we are meant to experience in harmony with true love, which is the root of the creation of the cosmos.

I am wholeheartedly committed to such an awareness so that more and more people realize that developing our capacity for love is the key factor to lasting happiness, along with the meaningful use of the benefits of modern technology. This is why I have taken on the challenge of writing a book about the centrality of the heart and true love, as I am absolutely certain that all problems and solutions start there. This area has unfortunately been severely neglected throughout history, as people have been mainly concerned with practical matters to secure their existence on this earth, whereas it is only the inner aspects that make our lives worth living and should therefore always come first.

It is important not to close our eyes in any respect and not to limit ourselves to only a materialistic or only a spiritual view of life, but to combine both areas, because we should experience fulfillment on both the inner and outer levels by enjoying physical well-being on a reliable inner foundation. Life is an ongoing adventure, with each day giving us the opportunity to take a fresh look at our surroundings with an expanded perspective. Let's take advantage of this potential and renew our perspective on what really matters and what we should focus on based on deep insights in different areas to create a broad foundation on which we can stand in our pursuit of happiness and lasting fulfillment.

From scientific reductionism to a comprehensive understanding

Throughout history, we have witnessed the rise of many religions and schools of thought. We have now reached a point where they can all be brought together at a higher level of understanding of our reality, which includes subtle matter, which can now even be measured with high-tech instruments. Modern technology also makes it possible to build sensitive devices to measure the electromagnetic field generated by the human heart, even several meters away from the body.

Scientific reductionism, i.e. the idea of reducing complex interactions and entities to the sum of their parts to make them easier to study, has become the standard that scientists use as a basic theory to describe the world. Reductionist thinking and reductionist methods form the basis for many of the well-developed fields of modern science, including much of physics, chemistry and cell biology. However, they are inadequate when it comes to dealing with subtle matter that can penetrate even through the glass of a vacuum container and change the weight of objects. The theory of reductionism is only helpful when it comes to the "gross" material world, but loses its validity when it comes to the influence of subtle matter, which has not been observed in the past using conventional methods of studying the material world. I would also like to mention isotropy, which refers to uniformity. Isotropic radiation has the same intensity regardless of the direction of measurement, and an isotropic field exerts the same effect regardless of the orientation of the test particle.

There are enough facts and phenomena to show that classical science only deals with a certain section or partial view of reality. From this point of view, the great achievement of classical science lies in having simplified reality to such an extent that we can understand it. On this basis, we have been able to achieve today's high level of technology with all its benefits for mankind, but this does not mean that science has dealt with the entire reality of our universe. In particular, the invisible realm, which cannot be easily measured and classified, has been rejected and even ignored as "non-existent" and labeled with terms such as "parascience", although there are enough facts and data to prove that there is a deeper and greater dimension than classical science has been able to measure so far.

The worldview espoused by science is based on a paradigm that describes certain concepts or ways of thinking, and is therefore actually grounded in certain beliefs, and accordingly, in many cases scientists react similarly to religious people when their assumptions or beliefs are challenged. If we try to get to the bottom of the classical mechanistic worldview and question it, it becomes clear that it is based on a certain paradigm that most scientists adhere to, while unfortunately only a few are ready to admit that there are things they cannot explain or understand and that they should therefore rethink their basic worldview.

Contrary to the old view that matter consists of particles that exist in a relationship with other particles, it has been shown that there is a relationship first and forms second. The final conclusion reached by scientists is that the relationship or connection comes first and matter comes later. This revolutionary new world view, developed on the basis of scientific discoveries, is unfortunately not yet known to all people and is not fully accepted by all scientists, as many still cling to old concepts that they have been working with for decades.

What is widely happening is nothing more than that many scientists confuse the models established by traditional science with reality, while simply ignoring many phenomena that have been proven by scientific methods. It is high time that we leave behind both the limited understanding of science and religion as the absolute source of our previous knowledge and belief. We need to move to a new level of understanding of reality that our mind can easily relate to once our inner heart is opened. This will enable us to enjoy the inner satisfaction and fulfillment that we all long for in our souls, based on a comprehensive view of life that excludes no realm, especially the subtle realms.

A closer look at the classical mechanistic worldview of the natural sciences, which seems to explain reality completely, reveals that the tacit assumption of its completeness is not true, which has led to serious consequences not only for our health, but for practically all areas of human life. The fundamental starting point of science with regard to the definition of matter must necessarily be reconsidered on the basis of the new scientific discoveries that have proven that subtle matter exists as a measurable reality.

Those who have neither the money nor the knowledge that would allow them to convince themselves through their own scientific experiments that subtle matter can be weighed, certainly have their own inner heart to know that there is the realm of invisible substantial matter. Once we sincerely listen to our inner heart, we will come to believe that invisible matter is indeed a substantial reality.

The realm of religion or spirituality has a direct impact on people's lives as a source of values that are upheld. This realm is real and important as it affects the lives of most people on earth in one way or another. For this reason, we must seriously address this inner realm of seeking deeper understanding. However, we must not get stuck in some religious dogma, but strive to deepen our understanding and practice it instead of clinging to certain organizations.

Let us therefore adopt such an attitude and reach out to people who have a different view of life, because we can certainly benefit from each other on the basis of mutual exchange. I feel blessed to have been able to learn from people in many countries in this respect.



I wish you to gain many valuable new insights based on your own efforts, which will help you to know with absolute certainty that the invisible realm of the spiritual world, in which we live eternally, is a substantial reality. Above all, it is important to me that you not only continue to expand your understanding of nature, which God has made with incredibly fine-tuned structures in our best interests, but that you succeed above all in acting in such a way that you can one day look back on a life rich in good experiences with the longing to share the content you have acquired with others. I try to do my best by writing about my conviction gained over decades of intense search for deeper understanding along with practical application in all kinds of situations. I do this to help others along the way, just as I have learned valuable content from so many people.

Behind every external form is information as the primary internal cause

There are many types of radiation that we use and experience in our daily lives. Light and heat radiation, through to radio, TV, cell phones, X-rays, gamma, etc. represent electromagnetic fields that do not consist of matter but of vacuum. Put simply, we can say that there is a "nothing" that vibrates. It can be compared to a light wave that has certain properties. On the basis of integral or holistic physics, it becomes clear that the greater whole is there from the beginning and gives the existing parts their purpose. It is not that the different particles, when they come together, create a new identity on their own, but the information is already there. It is clear that what is observed as external form existed as information or software before any development took place on an external level. An original plan emerges through natural processes, with mind or causal information being the determining factor in how energy and matter are structured.

We have the dual logic of 0 and 1, which stands for yes and no, but there is another level expressed by a circle rather than a dot. The infinite line of the circle represents the multiple forms that have an inner direction, represented by the center of the circle. When we "stretch" the circle, we get a wave. The frequency of waves is not only increased or decreased when two waves meet, but when, for example, two beams of light with exactly the same wavelength meet, they cancel each other out due to the principle of interference if they have opposite phases or anti-coherence.

There are probabilities of how processes will develop, but at the same time there is the factor of uncertainty because there are many influences that contribute to the final result but cannot be predicted. The fundamental laws of physics are laws that have been established on the basis of statistical results and deal with what has traditionally been understood as dead matter. One of them, the second law of thermodynamics, states that isolated systems spontaneously evolve towards a thermodynamic equilibrium - the state of maximum entropy. The second law of thermodynamics expresses that the differences in temperature, pressure and chemical potential in an isolated physical system decrease over time and eventually lead to a state of thermodynamic equilibrium, and never vice versa. This law is violated by the evolution we find in nature from lower to higher levels of existence, where a certain input or value creation is necessary, because higher forms of existence cannot emerge without additional input. If we look at the earth from the point of view of entropy and probability, it is obvious that it is impossible for life to have arisen by chance or mere evolution without a conscious concrete contribution from a higher level. Modern physics provides evidence that there must be an additional input to the existing conditions for the emergence of life.

The findings of modern science show that what the founder of quantum physics, Max Planck, said is true: "Matter as such does not exist; there is only the life-giving invisible and immortal spirit as the ultimate primordial basis of the universe." We need to adjust our thinking and understand that we definitely have a common origin and are interconnected, which also means that if parts of the whole suffer, this has negative

consequences for all of us. Based on such awareness, I have been committed to helping people realize that the invisible information we constantly produce through our thoughts and emotions is the main cause of what we experience on the outer level, so it is indeed in our hands what kind of destiny we create for ourselves and humanity.



Truth, beauty and goodness have their origin in our loving Creator

Let us compare the world to a poem. If I try to understand more about the universe by analyzing the letters and putting them into certain structures, it won't really help. I need to know something about the creator of this poem, at least speak the same language, to understand what is being expressed in the verses. Similarly, we are challenged to find out something about the creator of the universe in order to realize the meaning of life and fully develop our potential, allowing us to experience the greatest possible joy.

Modern science provides the theoretical basis for the ancient understanding that we are all interconnected because at the beginning of creation there is a unified being, an ultimate origin, regardless of what name one might use to describe the Creator of all existence. What we must personally discover is the nature of this absolute being, because we are created in his image and should behave accordingly.

In the development of life, we speak of the division of cells, whereas it would be much more correct to describe the process of installing cell membranes to allow for cell specialization. There is no division in the sense of separation, but the originally intended unity remains and ensures the development of a healthy body. As humanity, we are interconnected and responsible for each other, each of us called to act with respect for others while keeping the wellbeing of humanity in view.

When we think about the way we walk, it can be helpful to know that dynamic instability creates stability: if we stand with only one leg, it is unstable, but if we move forward and use one leg at a time, we create stability in our movement. In order to move, we have to make an effort, investing energy with every step. Life is only possible where we have a flow of energy. The world would end in chaos and death through gradual destruction according to the second law of entropy if energy were not constantly supplied to create order and stability and enable higher levels of development. What keeps life on earth alive are the invisible rays emanating from the sun and the energy invested by our Creator which maintains order and structure in all living things and enables the stability of the various biological functions.

In addition to the so-called scientific worldview, there is also another view of the world that is pursued by those who are interested in what lies behind the externally visible things and who ask questions such as: Why do we seek beauty and why do we seek truth? Other important questions are: Where does our sense of values come from? What is the meaning of true freedom? In what ways can harmony and unity be achieved?

There is a big difference between seeing only the external structure of the elements and looking deeper and realizing that it is ultimately love that holds the elements of the universe together, that life is sustained not only by the external light and

heat emitted by the sun, but even more by the true love that has been alive and active since the creation of the cosmos by our loving Creator. So let us recognize the immeasurable value of our heart and our capacity to love as the most precious inner binding force that enables us to live beyond the outer limit of physical death, which is in reality the birth into the realm of eternal life in an atmosphere of love.



More and more information only leads to more wisdom through sincere meditation

Scientists have tried to find out more about the world by looking at its parts and subdividing matter further and further, while religious or spiritually oriented people have generally taken a more holistic approach to understanding the world. Over the last century, it has become clear in the world of science that it is impossible to understand the world by looking at smaller and smaller particles. The universe is much larger than what our minds can perceive. This development began with discoveries made by Max Planck in 1900, which were explained 25 years later by Nobel Prize winner Werner Heisenberg, whose findings in quantum physics showed that matter cannot actually be measured, as scientists had thought for centuries. This meant that other ways of looking at the world had to be (re)introduced. However, this consistent conclusion was not welcomed by a large proportion of scientists and they tried to ignore this fact.

Religion and science have moved closer together, not because spiritually oriented people have become more like scientists, but because those who deal with the world of science behave like religious people by holding on to scientific dogmas and doctrines that must not be questioned. Both sides believe in something that cannot be fully explained and understood logically. The former director of the Max Planck Institute in Munich, Hans-Peter Dürr, noted on the relationship between religion and science that in the past religious leaders persecuted scientists, whereas today it is to a certain extent the other way around. Many scientists have adopted the arrogant attitude of seeing themselves as the ones who can say something reliable about the nature of this world, while displaying a hostile attitude towards people who follow the path of putting inner values before outer knowledge. Instead of adopting such an attitude, it is important that scientists face the fact that they cannot really explain the origin of matter and the laws that govern it, but only give very limited answers. If we are honest, we have to admit to ourselves that we cannot explain many fundamental questions related to matter, but only have theories from scientists that can be believed or not, because in many cases it is not possible to provide concrete evidence.

In our fast-paced world, we could benefit a lot from each other if we adopt the right attitude of true respect for others. What we are doing is gaining more and more knowledge, but all this content needs to be processed in the right way to make it our own so that we can use it as wisdom, but unfortunately this essential process is not common in our modern society. People are inundated with information that is not really processed, which leads to all sorts of problems that we find in our highly developed world. In order to know something, certain prerequisites are required. The widespread attitude that knowledge can only be gained by collecting data and facts is certainly not appropriate. In any case, we need to look deeper and always consider the causes.

In reality, we feel much more than what we can comprehend. A clear understanding of the world is essential to finding our place and experiencing not only our

worth, but deep fulfillment. Only we humans have the ability to process information and figure out what is ultimately important to us. We can make wise decisions based on deep insights we gain by thinking deeply about what we know. To this end, I wish everyone much wisdom based on the effort to constantly expand their knowledge of fundamental aspects of life and to always be open to new insights.



Our existence as an eternal being goes far beyond the visible world

The knowledge gained by traditional science is based on an analytical yes-or-no thinking when looking at the different parts, which are categorized according to the standards established by scientists. The discoveries of the last century have shown that what was considered the most reliable knowledge, the laws of mechanics, are not valid. The conventional view was that visible matter constituted reality. It was assumed that by studying the material world we could find out what happens under certain conditions and that by doing so we could control everything. Form was understood as matter existing in a certain structure. Therefore, scientists tried to separate matter from form in order to obtain pure matter. However, their research led them to the realization that form is more fundamental than matter.

The term "form" stands for a structure of relationships and connections at the most fundamental level of the universe. The idea was that two or more things have a certain relationship to each other. But science has shown that the relationship between forms is more essential and primary than matter. As it turned out, electrons cannot be defined as moving in certain places, but they exist everywhere in three dimensions and it is impossible to define them separately, which means nothing other than that ultimately the whole and not the parts exist and matter is only a visible form at certain points in space and time. If we think of electrons moving from one place to another, there is no linear form, but the electrons disappear and then reappear. We can only speak of probabilities where an electron exists. Since it is impossible to isolate electrons, they can only be represented in the form of a circle or cube showing the approximate places where they are connected.

Scientists have shown that reality is a visible form as an expression of the underlying potentiality of things, which can be expressed in many ways. Through discoveries in the field of quantum physics, we know that matter consists of particles and waves and that energy fields also appear in the form of both particles and waves. Both matter and the relationship between matter are the same thing, just two different concepts. There is a holistic structure in which fragmentation is no longer possible. The observer is part of the whole. On the basis of a holistic understanding of quantum physics, it is clear that the future is not predetermined. The future is open, it is created in the present through the decisions we make today which will determine what will manifest based on our collective endeavor.

The human spirit has infinite possibilities of re-creation on new levels that are expressed in the changes we undergo during our life on earth and beyond. The gap between life and death is naturally eliminated when we consider that existence in its ultimate essence manifests itself in an appearance and disappearance of particles, as physicists found out when studying the behavior of electrons. Eternity exists, and it is therefore important to make good use of our potential and keep developing it. God has

given us the freedom to decide how we spend our days and we will reap the rewards accordingly.



In this regard, it has been important to me since my childhood days to spend my time well and focus on what brings real joy to the heart and lasting positive results. For this reason, I have endeavored to steadily improve my inner situation by investing in research and study of not only the Scriptures, but also scientific discoveries to get a realistic idea of what kind of world God has created.

The invisible realm is the most important determining factor of reality

The universe exists as a whole that cannot be broken down into individual parts, but as a unified whole, an entity that is not made up of different parts, but is an all-encompassing existence. The invisible elements of the universe can be made visible indirectly when they encounter another element that is in a phase transition (between vapor and solid), which is a very unstable or labile state, as can be seen, for example, when water at a temperature between 100 and 99 degrees Celsius comes into contact with radiation that turns water vapor into tiny water droplets. The visible image does not show the radiation, but the footprints it has left on the water vapor. It shows where the radiation has turned the vapor into water droplets. Billions of water molecules form a tiny water droplet when they are influenced by electrons from a light source.

We can confidently say that there is no such thing as dead matter, but that everything exists as potentiality that cannot be clearly localized at the microscopic level of electrons. Matter as we see it can be influenced on an invisible level, with consequences that can be measured with high-tech instruments. It is important to be aware of this fact in order to know for sure that all existence is determined by what happens at the invisible level. For this reason, I have always focused on this area.

Indisputable evidence for the existence of God has been provided by scientists who have tried to understand the wonders of the universe in which we live. Physicists are discovering an inexplicable order in the cosmos; medical researchers are reporting the extraordinary healing powers of prayer and documenting credible accounts of near-death experiences; psychologists who once thought belief in God was a sign of neurosis are instead finding that religious faith greatly enhances mental health; and sociologists now recognize the destructive consequences of a value-free society, etc. There are many more examples of scientific research confirming the central importance of the invisible realm of the mind and the inner heart of every human being.

As mentioned, scientists have discovered that two electrons that are created together are entangled. If they are far apart and the state of one electron is changed, the other reacts immediately because they are still connected and information flows infinitely fast between them. The entanglement of electrons with each other confirms that there is no evolution by random mutation, but that everything is interconnected and influences each other, with specific scientifically confirmed reactions occurring based on specific information. The theory of chance has been clearly refuted by scientists who have studied the behavior of electrons, with the double-slit experiment being an example that shows the variety of states electrons can be in and how they can behave differently.

The idea of symbiosis has long been known, but it is only in recent years that scientists have begun to focus their attention on what it is that organizes complex structures from simple, otherwise autonomous components. Such work must also be

done in the spiritual realm by examining the common inner foundation that all humans share.



I have dedicated my life to gaining a deeper understanding in this regard and communicating it to others, focusing on fundamental themes and insights directly related to the most essential aspect of human beings, their capacity to love.

Using information correctly is a challenge that anyone can master

We live in an information age where there is more interesting material available than we are capable of reading, hearing or seeing, let alone digesting what we hear, see or read and coming to the right conclusions. In such a situation, it is crucial to take enough time to reflect and make wise decisions about how we spend our days, because it is all too easy to have special experiences or gain deep insights in one area or another, but then fail to reflect on them and internalize the content. It is therefore of great importance to pay sufficient attention to the question of what conclusions we draw from the diverse experiences we have in the course of our lives, especially from the point of view that the heart and true love are the most valuable areas we can develop.

As human beings, we are each at a different level of consciousness and our concerns may lie in very different areas, but there is a common ground for all of us: we have a heart at the center of our personality that longs to experience and share love with others. Our choices in this central area of what quality of love relationships we build throughout our lives may be very different, but the more we share with each other centered on this core area, the closer we come to each other based on mutual understanding of how others feel, why they have certain preferences, etc.

Within each person is such a wellspring of unique experiences. To the extent that our hearts and minds are open, we can learn and benefit from each other and enrich each other's lives. It would be very good to bring together the valuable insights gained by sincere people in various fields to create a strong, reliable foundation on which we can stand as we go through life striving to achieve our personal goals and desires. I hope that many people will contribute by sharing their insights and the conclusions they have come to in their lives.

Generally, we realize something small or big every day, but all too easily we forget it again in this "fleeting world" where more images reach our eyes and more noise reaches our ears than is healthy and useful for us. As we all know, meditation is a wonderful way to calm down and the basis for putting our thoughts into words in a journal. As we become calmer within, we become more open on deeper levels, because at our core, all people long to be clear in their hearts and minds about what is truly worth focusing on as we spend our years on this earth.

Life is short and meant to be lived well. We will succeed in this if we cultivate our inner standard, along with the aspects we focus on in our daily activities on the outer planes. It is important that we gain essential insights, especially in the area of a deeper understanding of our heart and its inner qualities, and that we develop a new perspective on life based on an honest examination of existing ways of looking at the world and coming to the right conclusions.



I hope that my comments will be a source of inspiration for you to do further personal research to find out how you can make the most of your time here on earth by recognizing deeper connections and drawing the consequences from them.

Thoughts and feelings have a direct demonstrable influence on matter

Contrary to the traditional understanding that religion and science are two separate fields that do not really go together, the two fields can now unite on the basis of new scientific discoveries that have bridged the gap by showing that the invisible realm of thoughts and feelings has a direct influence on matter, which is actually only made up of energy and not solid particles. Although the existence of invisible subtle matter has been proven with the help of high-tech instruments along with other epoch-making scientific discoveries in this 21st century, some of these valuable achievements are still not widely known because it is all too human not to welcome what does not fit into one's worldview.

Thanks to the discoveries of sincere scientists in various fields, proof of the existence of a Creator of the cosmos has already been provided, but one must look at the world holistically and include all realms to be sure that God, Allah, Jehovah or whatever one may call our Creator actually exists as a starting point. That our universe has a concrete origin in a loving Creator is crystal clear to those who are willing to look at the existing world with the eyes of love and draw conclusions based on the fact that the heart is at the center of our being as the highest authority where our most important decisions are made.

There are hundreds of religious denominations and traditions with the leaders usually emphasizing the differences rather than making an effort to focus on common beliefs and work together across religious dogma. Time and time again, it boils down to people being self-centered and insisting on their own point of view rather than looking for ways to work with others and find common solutions that benefit everyone. Whereas in the past religious leaders tried to impose their ideas of God on people of faith, today it is scientists who want people to believe that they have the correct understanding of how the world works. The core problem behind what is happening on the outer levels of the search for the best explanation for the origin of the universe is the fundamental question of whether God exists or not. If we take the findings of quantum physics seriously, there is no argument against the existence of a Creator who set in motion what we observe and discover in our cosmos. So it is no longer a question of whether God exists or not, but in a situation in which his existence cannot be denied, it is a question of whether we take this fact to heart, whereby everyone is of course free to deal with our common ultimate origin in the way they prefer.

Walking the path of true love is the original way of life that will naturally bring goodness into our home and environment. It certainly takes extra effort to cultivate relationships of selfless love. I am convinced that it is truly worthwhile to focus on this highest ethical value. The general conclusion that I hope we can all agree on is that nothing is more precious than our heart, and accordingly we need to invest in building loving relationships. Goodness is present in us as potential, but it only becomes visible when we make an effort to put it into practice. Unfortunately, many people are not yet

ready to follow the voice of their conscience, and therefore additional efforts must be made to bring about the victory of true love in this world where selfishness prevails. This goal is closer to my heart than any other task, and that is why I strive day after day to make a concrete contribution to achieving it as soon as possible.

Cosmology is full of completely false theories, all of which have been disproved

One of the strengths of a scientific theory lies in its ability to make predictions. This poses a problem for the Big Bang theory, as it cannot make valid predictions and leaves many questions unanswered. It also violates one of the well-tested laws of physics, the conservation of energy and matter, as it creates energy and matter out of nothing. Ignoring this fundamental law would not be acceptable in any other area of physics. In fact, a number of high redshift objects have been observed before low redshift objects. Such observations destroy the redshift as distance interpretation and thus the idea that the universe is expanding. Although the evidence is there that the Big Bang theory is wrong, its proponents dance around the problems by coming up with all sorts of far-fetched explanations and taking refuge in theoretical math that most people don't understand anyway.

If you look at the overall situation soberly, it is obvious that certain people are trying by all means to push through unreasonable concepts just to avoid having to admit that there is a creative energy behind the visible phenomena, ultimately a creator of the cosmos. In the past, people's money was used to build churches, and today cathedrals such as the Large Hadron Collider are built for scientists who embark on adventures such as the search for the Higgs or God particle and try to somehow become masters of the universe even on a theoretical level. It's a very primitive way of finding out the nature of matter by smashing it up. You build high-tech structures that allow scientists to shoot particles at each other to see if they can find something new that they haven't discovered yet.

Science starts with a certain way of thinking and reasoning, and in this respect it is obvious that many of today's mainstream cosmologists are following an irrational path by trying to explain something with an unrealistic hypothetical theory, while the observed phenomena could be much better and more realistically explained with an understanding based on observations here on Earth in very practical terms. Behind the irrational behavior of scientists is first and foremost egocentricity, an arrogant attitude that insists on its own concepts instead of being open to an honest interaction with those who have a different understanding. People try to hide their arrogance and lack of sincerity, but for those who look deeper, it is obvious what the real problems are. Once you consider the scientific discoveries of recent years, it is undeniable that the Big Bang theory cannot be true.

Unfortunately, people like to believe what is shown in the news or in scientific documentaries, even if the methods used are not scientific, which is certainly true for those who support the Big Bang theory, where the laws of nature and matter supposedly

came into existence from nothing. Scientists are also human beings who can be badly mistaken, and yet they widely insist that they are right by bending reality to fit their concepts. How worthless their hypotheses are is obvious when you consider that scientists can't even explain where 95 percent of the matter and energy in this universe is. Nevertheless, a large proportion of people believe in what scientists tell them, even if they have no concrete evidence for their claims. If you ask them, most people will probably say that there must have been something like the Big Bang because they have heard it over and over again. Whereas in the past churches dominated the realm of ideology or worldview by emphasizing certain religious dogmas, today it is science that has widely taken this place, with billions of dollars of public money being allocated to its work while little attention is paid to the spiritual realm.



Arrogance prevents many scientists from recognizing the real facts

Scientists observe the world and then draw their conclusions. When they supposedly succeeded in decoding the genes, they were faced with the fact that only a very small percentage of the claimed chromosome helix - this structure has never really been proven, but is merely a theory - consists of genetic material. From this they concluded that the rest was 'junk'. It has since been discovered that this so-called 'genetic junk' has a clear purpose. What does this example tell us? It speaks to the arrogant attitude of scientists who declare valuable content as junk just because they couldn't figure out its true purpose.

Cosmologists have come to the realization that 95% of the matter that is supposed to be out there is dark matter and dark energy, for which there is no concrete evidence. In recent years they have come up with all sorts of theories to justify their world view, even contradictory ones, such as talking about a parallel universe or the existence of multiple universes, even though the word "universe" already refers to everything that exists and therefore there cannot be another set of "everything". If we look at the situation with common sense, it becomes clear that the prevailing understanding in the field of cosmology is completely irrational because it is assumed that there is something, namely dark matter and dark energy, for which there is no scientific evidence. There are different concepts, but the underlying theory is completely wrong because it is based on a misunderstanding or misinterpretation of phenomena such as the redshift. To date, mainstream cosmologists have been happy to rely on obfuscation, mathematical abstraction and ad hoc hypotheses, with billions of dollars invested in scientific ideology to the extent that almost all people believe they are on a globe in the vast space of the cosmos, when in fact the Earth has a topographically flat surface. In view of these facts, it is important to be aware of the ideological struggle that revolves around the questions of how this universe came into being and where its center lies. The question of the existence of a Creator is the most important point, because it determines how a person sees the value and purpose of their life.

In general, the prevailing attitude is that another person who thinks like us is one of us. If not, then we draw a line, of which there are countless in this world. There are many examples of people working together, but if we look more closely, we always find the problem of a few people deciding for many what they should do and how they should behave, as expressed, for example, in some of the laws passed in the European Union. Throughout history, tiny minorities in the form of leaders, kings or monarchs, etc. have made decisions that the majority of the people have to obey, and this situation continues to this day. Although heads of state are elected in most countries, the reality of the few ruling over the many still exists. It is up to the individual whether they accept being controlled in one way or another, or whether they take full responsibility for their own lives and are willing to work to change the things that are not right.



The latter has certainly been my stance over the decades of reaching out to others to encourage them to feel responsible for what is going on and not be controlled by others pursuing self-centered interests. I have endeavored to provide a broad base of resources and inspiration for those who want to bring about positive change, based on the understanding that heart and love are the highest values we should focus on as eternal beings created to live in true freedom.

What do you do in a situation where the full truth is already known?

At the beginning of my remarks, I mentioned a few aspects that need to be internalized, one of which concerns the following fact: "Recognizing the truth is my personal responsibility." It is the task of each individual to search for the full truth and to recognize it clearly and unambiguously in the midst of all the distortions and partial truths that are offered at every turn.

In this book, I point to the truth that is established as absolute and unchangeable. The full truth has already come to light in many respects and everyone can get to know it. The crucial question is: What is my attitude towards it? Do I close my eyes to reality or do I take full responsibility for everything I know and am aware of? This is above all an emotional challenge, because it is not easy to come to terms with realizing how much I have been lied to so far. For this reason, it is very important to take the time to find out exactly why certain people deliberately lie and deceive. The better we understand the workings of evil, the clearer it will be for us where the truth is to be found.

Most people turn away immediately when they are confronted with facts that contradict their own world view. Since you have managed to read this far, you are certainly not part of this majority. The question is, however, how much of the content you have recognized have you internalized so far, so that you know with absolute certainty that God exists and that His motivation for creation is to be found in the realization of the ideal of true love?

Once you have reached the point that you have understood these fundamental facts, it is important to ask yourself honestly what conclusions you draw from what you have learned. For example, I have mentioned that there are no disease-causing viruses and that it is the original destiny of every human being to be healthy for life. This fact has been fully confirmed by science, which anyone can verify if they look into this topic in more detail. If you are not prepared to do this, you remain dependent on what others say. You simply believe it, even though you know hardly anything for sure.

I very much hope that you will not be satisfied with such a level, but on the contrary will make sure that you know the full truth and draw the right conclusions based on your own considerations. As an image of God, you know that your feelings ultimately have their origin in our loving Creator. Please ask yourself what kind of world you would create if you had the opportunity to do so like God? Would you not also prepare the best possible living space for people as your children? The answer is obvious. It should also be clear that the doctrine of deadly diseases that humans can fall victim to at any time cannot be true.

This also applies to the heliocentric model. Why would God create countless billions of planets in order to have a dwelling place for His children on just one of them? Logically, this makes no sense at all and no rational person would do such a thing. It

should therefore be clear to anyone who uses logical and reasonable thinking that Copernicus cannot be right with his theory. I have written a book on this subject entitled *"The Truth: Sun, Moon and Stars & the Earth beneath"*, which you can also download for free from the homepage mentioned at the beginning [\(1\)](#) or buy the Kindle version from Amazon [\(13\)](#). There is more than enough source material to find out the complete truth, so no one has an excuse for not knowing what the facts are in reality.



How do you recognize the truth amidst the many lies and deceptions?

I have already mentioned the answer to this question. Above all, it is important to achieve final clarity, which is only possible if I not only know the facts, but also know why something is right and which views do not correspond to the truth. This process of finding the truth may also be painful at times, as you become aware of many half-truths that you previously firmly believed in. For Christians, for example, this concerns the doctrine of Jesus Christ as part of a divine Trinity. Looking back in history, it is known that the doctrine of the Trinity was developed by various theologians and synods between 325 and 675. It is therefore nothing more than an opinion agreed upon at meetings of religious leaders.

In other words, Christians hold a creed based on what certain people have compiled as a doctrine of faith. The crucial question is therefore: am I content to believe in something that others have established as dogma, or do I make up my own mind in order to know clearly what is really true?

The key to success in this challenge is to ask why? From this, the correct answer emerges. In this case: Because God created us as his children, all people are sons and daughters of God. Jesus Christ managed to become a true son and could therefore rightly say: *"I am the way, the truth and the life."* However, each of us should also be able to say this: By aligning ourselves with God's truth and walking in the way of His will, we also embody true life, which is infused with God's love.

The correct logical and sensible answers to all relevant questions, both with regard to the spiritual or religious realm, as well as to the various scientific disciplines in which people engage, are available to us all. However, it is and remains the personal responsibility of each individual to find the correct view among the many variations of distortions of the truth, which also corresponds to that of our Creator. On the religious level, the study of the Divine Principles can be very helpful in this respect, but they too are only one expression of the truth, while the point is to align ourselves fully with them in every respect.

Once we have decided to do so, we will no longer cling to any religious organizations, as we realize that religions can only be an aid on the path of realizing the truth, which of course also applies to the sciences. The realization of God's longing means a wonderful world in which everyone feels at ease, because everyone has learned to love themselves and others with all their heart. This is what it is all about and nothing else. Therefore, all topics must be viewed from this perspective: What does God's ideal of creation look like, and how can it best become a reality. If we are prepared to take this God-centered view, we will find the clearly correct, irrefutable answers to all fundamental questions and know the full truth instead of just believing in something.



Our common task is to walk the path of 100% alignment with what is true, good and beautiful. This means we face the challenge of moving from believing in this or that into the realm where we can speak with the deepest conviction about God's truth and His view of things because we experience it day by day as we strive to act fully in alignment with it. In this way, it becomes obvious to each of us what the correct answers to the basic questions of life and the world are, and how we can best put them into practice.

What is your personal gift and legacy to humanity?

How do you feel about your presence here on earth? What would you like to leave behind when you pass on to the eternal world? What do you plan to address in your will? I don't know how you will answer these questions, but it is important to me to encourage you to take the time to get complete clarity in your soul about what you want to realize during your time in your physical body.

If you have thought deeply about the value of God-centered selfless love, then you will know that you cannot come back in another person after you die, but only have one human life in which we should evolve to full bloom. At the beginning of this book I spoke about my wish for you, and this mainly concerns your time here on earth, that you can manifest God's love to the fullest extent. Jesus said about himself: *"He who sees me sees the Father"* (John 14:9). As a child of God, every person should be able to say this about themselves: *"In my being, I express God's presence by embodying His wonderful qualities as His image."* When you have reached this point, where you realize that this is exactly what matters, then you will focus completely on this challenge to become one with the heart of our Creator, who has put all His love and His understanding of beauty into the creation of the world with all its glorious nature.

Once you have adopted this attitude, you will no longer ask: "What should I believe?" but you will know with absolute certainty that it is not about having this or that religious belief, but only about expressing the good in the sense of the principle of true love in every moment. Then you have already reached your goal, because you are not interested in a certain spiritual development of consciousness based on a spiritual teaching, but only in how you can best let your loving heart shine in all the different situations you encounter in your daily life.

The challenge is to become one with myself, with my divine core and original being, which would like to express itself by becoming a truly loving person who does everything out of love, just as our existence is based on God's infinite love. Oneness with God is not something theoretical, but a state that we all should and can experience 24 hours a day as our reality, if only we can bring ourselves to resonate with this ideal and practice it as best we can with all our personality by fully aligning our thoughts and feelings, as well as our longing, with it. In order to succeed in this, we need to purify ourselves internally and get rid of all false concepts that hinder us in our realization.

No one who takes themselves and the gift of life seriously is spared a spiritual confrontation with the truth. Once we have come to terms with this, we will focus on completely coming to terms with our own past and eliminating any inner conflicts based on the correct understanding that ultimately it is all about the embodiment of God's love, which everyone is capable of in a unique personal way. The gates are open for every honest seeker to experience heaven on earth and God's presence, and this will also be our daily experience if we focus 100% on transforming any inner discord into harmony

by leaving behind false perceptions and only looking at ourselves and others from the point of view of God's all-embracing love and behaving accordingly to express true love.



The correct conclusions from the understanding gained

In life, it is always important to learn from our experiences and to draw the right conclusions based on the knowledge we have acquired. Here I would like to make a few points that are valid for all people:

- (1) Because the existence of God is a living reality, everyone can establish a unique personal relationship with Him and live in harmony with His heart.
- (2) Since True Love is the most important thing, we must look at every situation in the light of the principle of True Love and base all our decisions on it.
- (3) There is only one absolute truth, and therefore there is ultimately only one right answer to questions. We should help each other to understand God's point of view.
- (4) Since our destiny is to embody goodness, we must use our feelings and reason to find out what is good and right for all.
- (5) Since beauty should be expressed in everything we do, everyone is called to contribute wholeheartedly to building a good and beautiful world.
- (6) Because the realization of God's ideal is the purpose of creation, we can find true happiness by acting in accordance with the principles of creation.
- (7) Because freedom involves responsibility, we must always conduct ourselves in such a way that we can have a clear conscience and gladly account for our actions.
- (8) Since we must know the difference between good and evil, it is crucial to recognize clearly in every respect what is right and what actions are certainly wrong.
- (9) Since achieving perfection is a personal responsibility, we must fully invest our hearts in it and help each other to achieve this goal.
- (10) Unity with God is the prerequisite for true happiness. Therefore, our common task is to focus on His heart and His desire.
- (11) Because problems need to be solved on every level, we are challenged to focus on this task in order to finish it as soon as possible.
- (12) Since we were created to enjoy a long life on earth in good health, we need to know the truth about our body, which is capable of dealing with health problems in a natural way. With this understanding, we can live a wonderful life and help others find true happiness.

There is only one absolute truth, and everyone is called to find and embody it, thereby becoming one with God and His children, because only through this can we feel the true love that everyone longs for at their core.



Our greatest attention must always be paid to internal aspects

In principle, all the problems facing humanity can be solved within a short time if people are willing to do so. For example, the astronomical sums spent on military purposes could be used to end hunger in the world - if only people were willing to stop fighting each other. The right solutions are there for us to embrace and together build a loving world where the basic needs of all people are well provided for. This new world of peace will become a reality if we decide to build it. Technology has reached a highly developed level that enables us to provide sufficient food and adequate living conditions for all people. The only question that remains is whether we care enough about each other to ensure adequate living conditions for all people on earth.

The final answer to all fundamental questions is directly related to the question of whether we accept or deny the existence of a Creator of the universe. The question is no longer whether a person believes in God or not, but whether we as created beings act rationally and responsibly. The existence of a creator of this universe is already firmly established by both science and religion and cannot be denied if one adheres to logic and reason, but when it comes to the question of the existence of God, many people unfortunately behave quite unreasonably. The crucial question for the future of humanity lies in whether or not we act out of a sense of responsibility for each other. It is rational to believe that human life, in which our desire to experience love is central, has a meaning that is connected to a Creator, while it is irrational to believe that the immensely complicated human body and the wonderful cosmos are the result of coincidences.

It is said that man comes into this world naked and can take nothing with him when he leaves it. Based on this fact, we are asked to act rationally and focus on what is really important in life, namely building loving relationships, because no money and no power can bring as much satisfaction to our soul as the connections between hearts. Unfortunately, there are many people who ignore this fact and act as if the inner realm does not exist or is not of primary importance. This state of denial is unfortunately a widespread inner disease whose roots clearly lie in hearts that have been hurt and have never built the necessary relationships of selfless love. People who can afford it usually invest heavily in external comfort and good living conditions for their bodies, while the more important area of the heart is severely neglected. Instead of dealing with what is important in the long run, most people are mainly preoccupied with external things. In a word, the majority of people on earth have not set their priorities right by caring about the inner aspects of life more than anything else, but are busy maintaining the outer conditions of life and going through life without being clear about its purpose. Such behavior means shirking the human responsibility to live a meaningful life, taking into account the fact that all people would like to live in good conditions.

We are living in a time of great change. In recent decades, we have created a modern world in which people are connected on external levels, but the challenge of

building warm relationships remains. That is why I am committed to bringing people together on the inner level, based on the realization that it is the heart and our desire for true love that connects us all, beyond external differences that might be a barrier to union.



Are you ready to gladly walk the path to true fulfillment?

Since so many unresolved problems have accumulated throughout history, it is not easy to work on the realization of God's ideal of a world of true love. There are many barriers which have to be overcome in order to reach the goal. That is why it is important to wholeheartedly decide to work on personal maturity and to help others along the way.

The question underlying this book is: *"What is our collective responsibility to realize a loving world?"* The answer can be expressed in a few words: To become one with the heart of our Creator and to take full responsibility for solving any problem.

This is exactly the point, but who is ready for it? Is your love in your heart big enough to feel personally responsible for the task of building a wonderful world?

Everyone wants to live in such an area where people genuinely care for each other. There is no one who does not want to be loved, but when it comes to establishing a worldwide family community in which all people treat each other as brothers and sisters then the ranks thin out. Hardly anyone is prepared to devote themselves to this task. Almost everyone has an excuse ready: *"I'm only a tiny part of humanity..."* If you are thinking: *"Who am I to do this...?"* the correct answer is clear: I am a son or daughter of God. All people are my brothers and sisters, and that is why I take care of them.

This is the core of the answer to the question that I set as the theme of this book: Because all people are my brothers and sisters I stand up for them. I invest everything I have and fulfill the timeless commandment; *"You shall love the Lord your God with all your heart, with all your soul, all your strength and with all your mind."* (Deuteronomy 6:5) and *"your neighbor as yourself."* (3. Exodus 19:18). Jesus reminded people of these two main commandments, as we read in the New Testament Luke 10:27. This is the essence of Judaism as well as Christianity, but there are only a few who welcome this challenge and strive to put it day after day into practice. Are you one of them? As the creator of mankind, God is our Father in heaven, as Jesus Christ described him. He is a parent for humanity. Loving Him with all my heart naturally means that I become one with His heart and, like Him, to love every person as my neighbor, as someone who is close to me. If you have decided on such an attitude, then you will not rest until all of God's children have succeeded in solving their problems and finding true happiness, which can only be experienced when the well-being of your loved ones is more important than your own.

Can you identify with such an attitude? It means sacrificing yourself out of love for others, a virtue that has been and is deeply valued in all cultures at all times. But where are these saints today who are inwardly whole and have learned to put the joy of others above their own fulfillment? People worry: *"What about me? If I live for the happiness of others, where is my own?"* The answer to such concerns is clear: as soon as you really do this, you will feel happier than ever before. So it's about turning away

from a self-centered to selfless love for others. Everyone wants to feel comfortable in a community where everyone is there for each other, but who is willing to bring such a family atmosphere wherever you are? This is what it is all about and nothing else. That is why the question is: do I live for myself or to make others happy?



What is your personal answer to the most important question?

I have just expressed what is important in life in a few paragraphs. The essence can be expressed in one sentence: I am happy because I bring joy to many people. These are 10 words that already say everything that matters in life: experiencing overflowing joy myself by helping others to be truly happy.

The main commandment to love God and our fellow human beings with all our heart is an ancient one. It was written down thousands of years ago. Many centuries have passed since then, and we still live in a world that is dominated by people's selfishness. Why do we not do what is right, but prefer to remain more or less trapped in our own problems, even though we are not happy about such a situation? The answer is clear: because we have not learned to love others with a genuinely selfless heart.

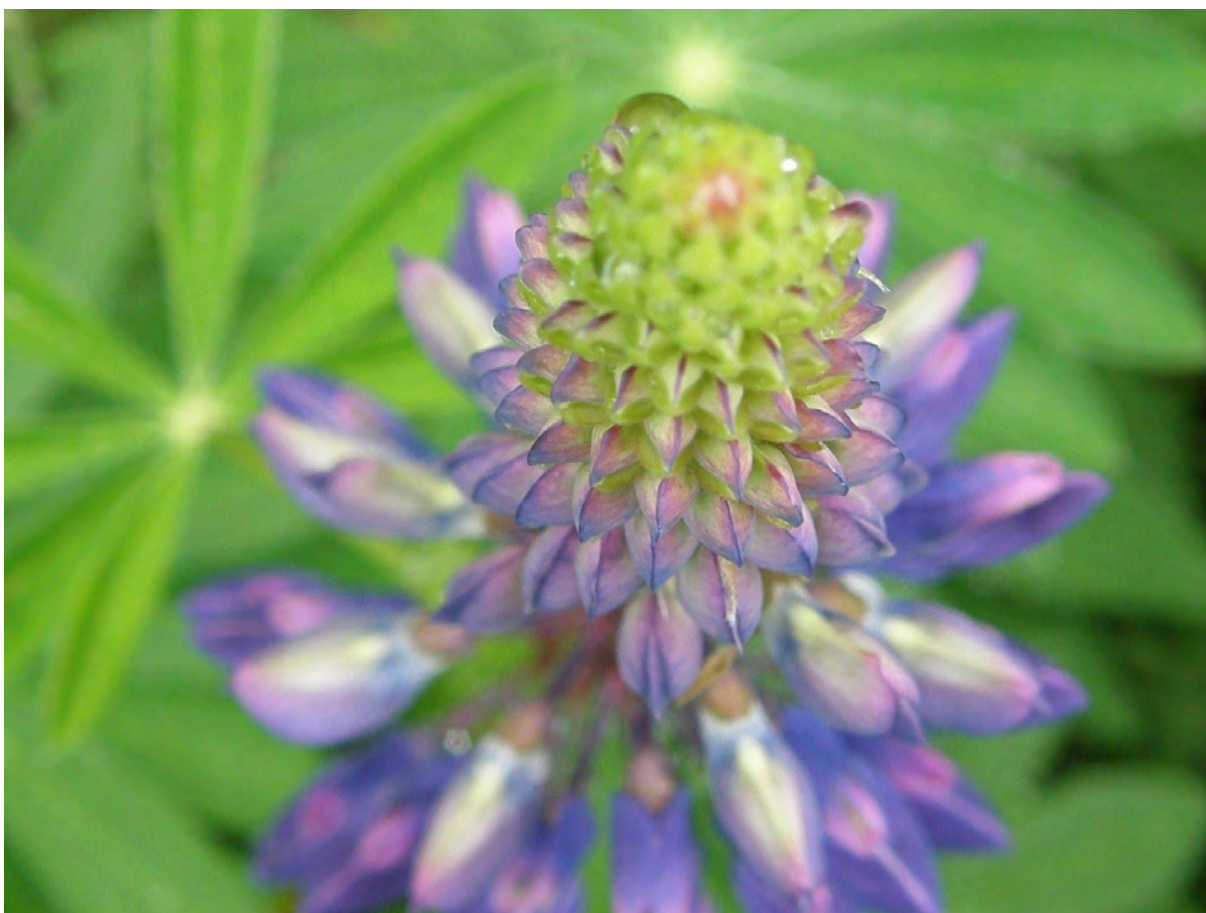
This answers the most important questions in just a few lines. The overall situation comes down to this: *"God is Love"*, as it says in the first letter of John in the Bible (1 John 4:16). He created the world out of love in order to have sons and daughters who mature in their ability to love, reach personal perfection and, as God's image, multiply His wonderful love.

Those who strive for loving relationships know from their own experience what is expressed in the saying: *"Love is the only thing that doubles when you share it."* You can also use the word happiness, and this statement is just as true. So why aren't all people happy? Because this basic truth is not practiced, but most people are more or less focused on themselves and are preoccupied with satisfying their own needs, i.e. they have never really gone beyond themselves to be there for others wholeheartedly, with a sacrificial love in which the well-being of others is more important to me than my own.

This is where opinions differ: the vast majority come up with all kinds of false excuses that it is not possible to realize this ideal, which they may intellectually recognize as right. The saying *"every man for himself"* becomes irrelevant for someone who genuinely loves others. Even though people generally tend to think of themselves and their own interests first, such an attitude is out of the question for a loving person. And this should be each individual as someone who is there for others with all their soul, with all their strength and with all their thinking.

Are you such a radiant daughter of God or a son filled with the energy of true love? Have you decided in your life to follow the path of 100% commitment of your entire personality in order to let the light of sacrificial love shine in the world? Are you striving to use all your mind to realize the full truth, so that you then practice true love and not some immature form of "love"?

No matter what your answers are with regard to your current inner situation, the goal is the same for everyone, and so is the center towards which we must align ourselves. When we do this, the purpose of religions is fulfilled as people learn to put God's love at the center of their lives and act completely in line with His heart. Once every religious or spiritual seeker does this, all discord among them will be over, as they will all have only one common goal: To embody the essence of the Creator of the cosmos and thereby being one with Him. It is therefore about unity in love with God and all His children.



The endless theological discussions will then be over once and for all, as everyone will only be interested in the only relevant question: How can I become a more loving person? The true meaning of the much-cited enlightenment is that you have finally understood: There is nothing more important in life than expressing selfless love. Jesus said to his disciples: "This is my commandment: Love one another as I have loved you. There is no greater love than to lay down one's life for one's friends." It is not about going to your death for others, but about living for them in concrete terms. Investing everything you have for the good of others is the key point that everyone should focus on.

But what is the reality? If you apply a scale between 0 and 100, on the one hand you have the attitude that you do something for yourself 99 times and for someone else once. The opposite: you are 100% committed to being there for others, while at the same time making sure that you are doing well yourself by keeping yourself mentally and physically fit.

Everyone is somewhere between these two ends, living more or less for themselves or for others. Where would you place yourself? Are you one of those people who do more for others than for themselves? Or do you definitely want to be one of them, but don't manage to maintain such an attitude in your daily life? Wherever you may be internally at the moment, what matters is what is going on in your heart? Whether you listen to the inner voice of your conscience and turn towards the path of goodness, truth and beauty, or whether you let such issues pass you by and ignore them in order to throw yourself back into life and carry on within your own rigid framework.

It is up to you whether you pause and weigh up this all-important question in your soul: How much is true happiness worth to you? What are you willing to invest in order to have final clarity regarding the essential questions of life? What is the purpose of my existence here on earth? Do I exist for myself, or am I fulfilling my childhood dreams or deepest desires by devoting myself to the most important task of all? How do I best learn to love in the right way in order to enjoy a life filled with love?

Everything in us is designed to be truly happy forever in harmony with God's ideal of creation by developing my heart indefinitely, which is certainly possible in the spiritual world into which I enter after the end of my life here on earth. However, we carry the spiritual legacy of immature relationships within us and see it manifested everywhere around us. However, we can leave this realm of self-centeredness for good by choosing to walk only on the path of divine love, which is to love all creatures as our Creator does.

In order to do this successfully, we must first see through all the evil in the world and work to eliminate it completely, while at the same time empowering our hearts to love ever more purely, which nothing can stop, but flows constantly from our souls from morning to night. I wish more than anything that this may become a reality for you, and I hope that the explanations in my books can help you with this. Whatever you engage in spiritually, please always do so in the awareness that it is basically about the realization of the ideal of selfless love. The more we are connected to this, the better off we will be.

Even if spiritual struggles are an inevitable part of this path, always be confident that you will come closer to the goal of true fulfillment if you keep the purity of your motives in mind and make sure that you only act in accordance with the principle of true love.

What frequencies do your electromagnetic fields vibrate at?

A speaker of the Heartmath Research Center says about heart-brain coherence: *"What we've found is that the electromechanical energy and frequencies of our heart's radiation change, and it changes depending on what we're feeling. Our emotional state causes a change in our electromagnetic signature. When we experience strong negative emotions such as anger or frustration, this creates what researchers call incoherent spectra in the electromagnetic field. Many different frequencies working against each other..."*

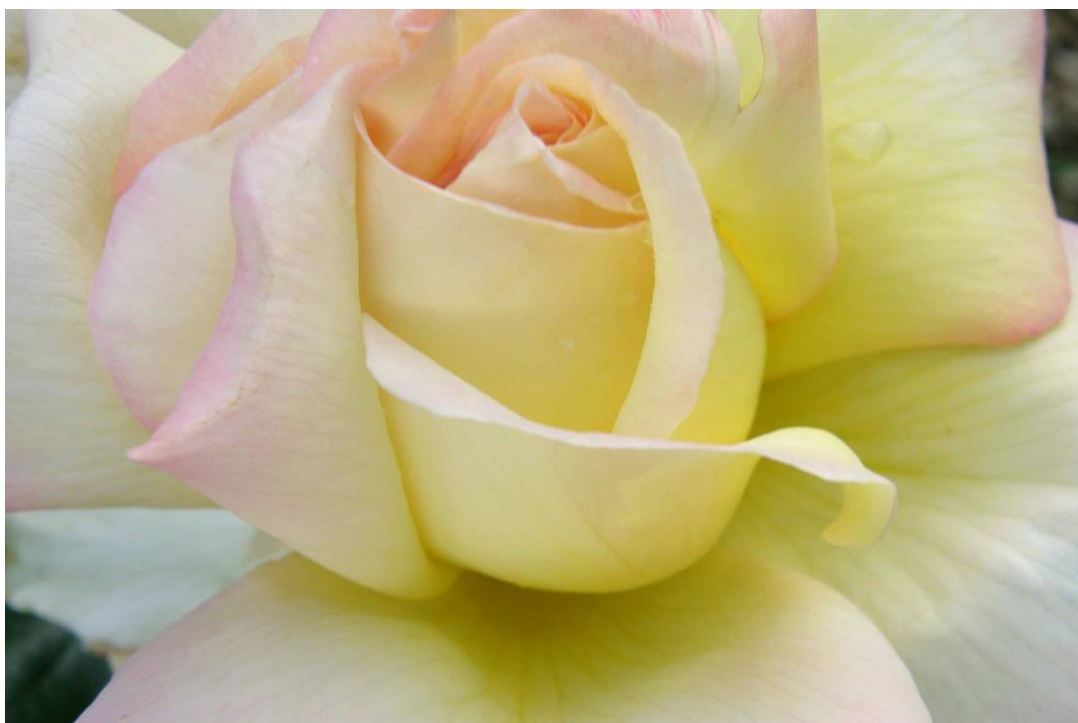
This means that the electromagnetic field that spreads from our heart to our environment is constantly changing depending on whether we are harboring positive or negative feelings. Of course, this primarily affects our own state, whether we feel good or miserable. These vibrations then also determine our physical state of health, whereby certain feelings are connected to certain organs in a particular way and make problematic inner tensions visible there in the form of symptoms. Unfortunately, conventional medicine hardly deals with such connections and therefore does not know the actual causes of physical complaints. As a result, its ability to contribute to healing is very limited.

When we experience genuine attention, appreciation and compassion, we see harmonious structures in the electromagnetic field that emanates from the heart. The frequencies work together and support each other. The emotional qualities we experience influence the vibrations that emanate from us. This is why it is so important to make sure that your own inner situation is as harmonious as possible. Any destructive tensions that arise must be resolved quickly and must never become permanent.

After 25 minutes in this presentation, it is pointed out that the strongest magnetic field emanates from the heart, and you can read the two words: "true love". That's what it's all about. The crucial question is always the same: how much genuine love do I show for my inner life and the emotional situation of my fellow human beings? The more we do this, the higher the frequencies we emit will be and the more we will receive in return, as we encourage those around us to resonate with us. Just as a smile can be contagious, we can be an uplifting influence on others in many ways, helping to expand the realm of wonderful heart relationships day by day.

Once we have internalized this basic truth of life, nothing will be able to stop us from walking the path of selfless love. No matter what we may be busy with from morning to night, nothing will then be more important to us than to act and react with a loving heart in every situation, making sure that we do everything out of sincere love for our fellow human beings, whoever they may be in any given circumstance. What will then be more important to us than anything else is the question: What is best for the well-being of all people? We will always keep an eye on the overall situation, just as good parents are concerned that all their children are doing well.

This is surely the attitude of our Father in heaven, who lets the sun shine on good and bad people, as the Bible says. We must consistently adopt this attitude and then we will vibrate in harmony with His heart. Doing this is our greatest challenge, but it is also the gateway that allows us to enter the realm of God's all-embracing love, where there is no fear or other negative emotions, because we know with 100% certainty what is important: that all people become truly happy by following the path of sacrificial love for others, which ensures the well-being of every single person.



True love is not a theoretical concept, but a concrete reality that allows people to sacrifice their own lives in order to preserve the lives of others - out of love. The fact that we live in a rather cold world does not mean that the capacity for love does not exist in the heart of every human being. It is just not developed. It is there as a potential that will one day blossom and flourish, here on earth or in the world beyond. We would certainly do well to focus on developing our hearts, as this will enable us to work successfully for unity on all levels, with ourselves of course benefiting most from our efforts, for with each loving relationship we build, we become a more radiant image of our magnificent Creator.

The essence of what we need to know from the standpoint of true love

Since there is only one ultimate source and creator of the cosmos, which in its entirety represents a wonderful unity, there is also only one eternal and unchanging truth. Recognizing this is the starting point for arriving at the goal of lasting fulfilment, a state in which we feel thoroughly at ease because we live in unity with the universal laws. This level of deepest happiness will one day become a reality for every human soul. It is up to each individual to decide when they arrive there. We only have one earthly life to do this, and the rest of the work must be done in the spiritual world, working together with people here on earth who are on the path to perfection and learning the lessons that we may still be missing.

However much we may suffer from our personal situation, God, as the parent of humanity, suffers more than anyone else because we are his children. There is no greater pain for a concerned father and a loving mother than to see their own sons and daughters suffer. Why is this so? Because we were created in God's image, we feel our Creator, to whom the happiness and well-being of humanity is the most important thing. He created us precisely so that we can enjoy the beauty of nature and, above all, the caring attentiveness of our fellow human beings. His ideal is that everyone will not only reach physical maturity in the first three times seven years, but will also have achieved complete unity with God by the time they come of age, so that from this point onwards they will only act in accordance with the principle of selfless love.

In practice, a man and a woman will then start a family on the basis that both are inseparably one with the ultimate source of all life. In such a situation, they will also be united with each other forever while raising their own children as mom and dad, thereby learning to understand the parental heart of God more deeply. Afterwards, they can further deepen their heartfelt unity with Him by turning to their grandchildren in love as grandparents. The transition to the eternal world is then made consciously after about one hundred or more years, as in this ideal state everyone has full control over their own body. This is not a theory, but a situation that has already become a reality in parts and will one day be a matter of course for everyone.

As I have already pointed out in previous comments, this point of view also leads to the fact that there are no infectious or inherited diseases and that all health challenges can be resolved in a completely natural way. It is also clear that we are not on a planet hurtling through a vacuum, but on a stationary earth.

What is prophesied at the end of the Bible as the future miraculous state, a new heaven and a new earth in which all tears will be wiped away and there will be no more suffering as we see it today, will quite realistically become a substantial reality step by step. How long this will take depends on how much time the individual needs to make up their mind to walk the path of true love. There is not the slightest reason to postpone this decision for even one day, because the facts as presented in this book and many other

publications are clear and logical for anyone who is prepared to look at the world from the point of view of God's love and His ideal.



By focusing on matters of the heart, everything can be completely resolved

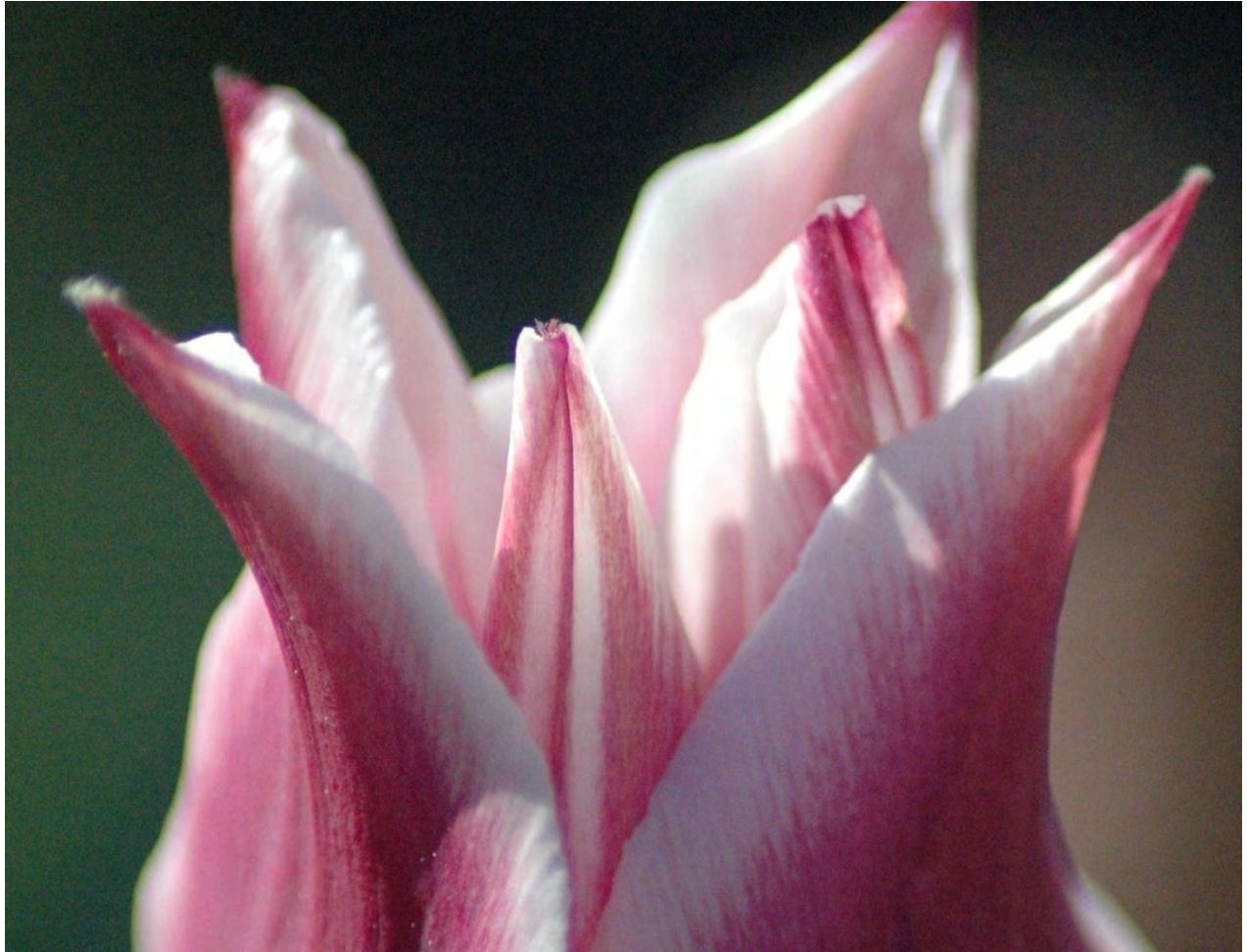
Irresponsible behavior is one of the core problems that need to be solved. People don't take things to heart that should be taken seriously, while people's hearts are generally filled with things that don't really matter. This reality leads to most people carrying around unnecessary problems, which outwardly leads to the number one cause of death being related to the human heart. Cardiovascular disease kills more people each year than any other health challenge. Are we ready to deal with the real reason for this fact? Problems with the cardiovascular system are the leading cause of death in the world because we have serious difficulties with the inner heart. Unfortunately, Western medicine focuses on treating the external symptoms rather than dealing primarily with the internal causes. However, we will only experience lasting health and well-being if the inner realm is properly treated.

We know that if we do something that harms our body, we will have to face the consequences. Even though people know that it is not good to eat more than necessary, they do it anyway, even though they have problems with obesity afterwards. They act irrationally. Unfortunately, irrational actions are widespread in society. The solution to the many problems we find in our world therefore starts with becoming people who act according to what is rational, and this starts with taking our basic situation seriously: We are spiritual beings whose center is our heart while we live in a physical body for a limited time of preparation for the eternal realm. Once we realize that our inner situation is the cause of what we experience on the outer level, we will look for solutions to problems primarily in our own heart instead of neglecting our spiritual reality and escaping into the material world to find external satisfaction.

In developed countries, comfortable living conditions are the rule, most people have everything they need in order not to starve, while on the spiritual level we still find a great lack of fulfillment, which is expressed in the manifold social problems. Even very wealthy people have serious difficulties, all of which can be traced back to a lack of cultivating a proper standard on the inner level, a lack of nurturing one's heart and a failure to invest in building deep relationships. Many people know the importance of cultivating a certain spiritual or inner life, but in most cases these efforts are centered on themselves. They are more concerned with their own needs than those of others. They remain in a realm of self-centered love, while on the other hand, more and more people are becoming aware of the importance of developing the capacity to love. This positive development needs to be supported in a very concrete way by conscious people connecting with each other on a broader level, which is now possible through the internet, by sharing across great external distances. What we need to focus on much more is talking to each other about our beliefs about positive attitudes and how to initiate good developments as a starting point that will continue to expand on many levels.

Good progress starts in people's hearts and minds. For this reason, we need to develop our ability to practice true love, which is the ultimate solution to every kind of

challenge we face. The origin of human life lies in a loving Creator, and therefore ultimate fulfillment can only be found when we focus on True Love. Only on the basis of experiencing this highest quality will we find the true fulfillment we long for deep within.



God's love will shine when we feel responsible for the overall situation

Everyone knows that it is necessary to invest in order to achieve something: you have to plant in order to reap. Unfortunately, this understanding is generally not well applied to the inner realms. All too easily people take things for granted, and in many cases they do not pay the "invisible price" for what they use, which has practical consequences that they may only become aware of later, when they are already in a situation of suffering. On the external level, such an attitude is clearly demonstrated by the fact that not only individuals are heavily indebted to others, but also many nations have huge debts because selfish leaders have governed their country in an irresponsible way. On an internal level, the same principle applies: if you take something without paying for it, you have to bear the consequences. It is normal for us that people who steal things are punished, but most people are not aware of the fact that we "steal" things when we take them without the right attitude. We live in a world where most things can be bought with money, but if we look closer, it is obvious that what really matters cannot be acquired by external means. True love, the highest value in the universe, the thing that all people ultimately want to experience, cannot be bought with money or gained by any other method centered on material things.



True love can only grow and become substantial where the heart is freely invested in others. Do we do this on a daily basis? To what extent do we give our hearts to others? To one or two people, or do we devote ourselves to loving people near and far? We live in a more or less heartless world where thousands of people die every day because we don't really care about each other. There would be enough food for them, but we do not take responsibility for the needs of these people, mostly children, because they are not our own sons and daughters. In other words, we are largely more or less self-centered people whose hearts are rather closed and cold. This is the objective conclusion when you analyze the situation of humanity with a sober mind.

Because it is not pleasant to face reality, most people are only concerned with their own little world without looking at the big picture. This is the sad reality of humanity even today in the 21st century. But there is definitely another way: we just need to listen to our hearts and start genuinely caring for each other. Then the face of the world will change completely, and the new world prophesied in the Holy Bible will become a substantial reality. A large proportion of religious people expect an ideal world to come about through supernatural intervention by God, but this will definitely not happen because the universe is built on fundamental laws, with the principle of freedom and responsibility occupying a central position.

God, or whatever name one may use for the ultimate source of our universe, will never interfere with human responsibility to live a good life and care for others. Being human is inextricably linked to freedom and responsibility. This fundamental principle is unfortunately not taken to heart by the majority of people, especially those in positions of power and leadership, a tragic fact that has led to the present miserable situation in which a large part of humanity finds itself on an internal or external level. The path to a bright future for humanity must necessarily be based on recognizing the heart as the core of our personality and true love as the most central value in life, which can only be experienced when we take full responsibility for ourselves and for others. This is what I strive for myself as I try to encourage others to follow this path, because I know with absolute certainty that only in this way can our innermost longings be fulfilled.

To what extent do I take responsibility for the well-being of all people?

As men and women born on this earth, we are spiritual beings with a concrete inner life in terms of what goes on in our hearts and minds, and a physical body that exists for up to about 100 years. That life is eternal beyond physical death is not a matter of faith, but a well-established fact based on scientific discoveries that have proven the reality of subtle matter, especially that all visible things are ultimately made of invisible energy.

According to the laws of physics, energy is not lost, it can only be transformed. From this point of view, it is absolutely clear that we continue to live beyond the boundary of leaving our bodies in the form of energy that cannot be extinguished. Many people think that they only live on in the minds of others, in their memories, but the very fact that some good memories can make us smile or the memory of a pain can make us cry shows that there is more to life than we are willing to admit. More than anything else, we are beings with a precious heart. This undeniable fact will penetrate the consciousness of every human being who is not yet fully aware that we are meant to live as manifestations of God's love.

We can study the essence of all religions and spiritual cultures as well as the findings of science centered on the human spirit and the inner structure of our bodies, and our conclusion will always be the same: Man is fundamentally a spiritual being and exists for a period of time in a human body, with life ultimately based on invisible energy. Intellectually inclined people or those who do not want to take full responsibility may come up with all kinds of explanations as to why this and that is not possible for them, while the heart speaks a completely different language: you can do it if you really want it with all your heart and soul.

Ultimately, the crucial question is: do I take full responsibility for my own life and at the same time take care of the well-being of all humanity? If my heart is small and only able to love those who are kind to me, then I live in a small world and my life will not have much influence on what happens in the present and what will happen in the future. Unfortunately, the majority of people so far have chosen to live in their own little universe and care only for their loved ones, and in many cases they fail at even this basic task in the long run.

On the other hand, we could live in a wonderful world where everyone is protected and cared for because there are enough people who will always stand up for others when something important is at stake. Each of us decides whether we act as part of a caring world or whether our concerns are more or less about ourselves, an attitude known as selfishness. Individually and collectively, we decide what our collective future looks like. Whereas in the past we could say "I don't know...", today we cannot come up with such excuses because the fundamental questions of life have already been answered by both science and the humanities, including the realm of religious teachings. The question today is no longer what I believe or not, but above all what I am prepared to practice: Am I determined to truly love myself and others, to take full responsibility for my own happiness and the well-being of humanity? In my life, I have come to the conclusion that a positive answer to this question is the best choice to arrive where we all should be.

Embodying a parental heart for the world is our true destiny

The world is undergoing profound change, and we have many challenges to overcome. However, if we work well together, we can turn difficulties into opportunities to create the wonderful world we dream of in our souls. This is certainly true. We will bring about positive change if we get our priorities right by putting the heart and practice of selfless love at the center of our attention. As unique sons and daughters of God, it is our destiny to dwell in the sphere of His love. We are only one step short of realizing a world where true love reigns: Those who understand the great potential of the human heart and the immeasurable value of true love as the foundation and purpose of creation must unite and take responsibility together to realize our innermost dreams.

The solution to the world's problems will not come from a religion or worldly organizations, but from the hearts of those who truly care, who are willing to take responsibility beyond their immediate surroundings because they have developed a parental heart. The heart of fathers and mothers who are willing to give sacrificial love to their children is the key that will open the door to the realization of the ideal that humanity has dreamed of: a world where all people can live in peace and harmony. Parental love is the solution in every respect, because a father and a mother dedicate themselves to the well-being of their children without leaving out any of their sons and daughters. Such an attitude is necessary for humanity. We are all destined to become citizens of the world who are not only concerned about their own situation, but who place the goal of the whole, the well-being of all people, at the center of their attention? Having a parental heart for all people is not a utopia that cannot be achieved, but it is a very natural attitude because we all have a common origin in our Creator who stands in a parental position before humanity. This can be understood when we read the Holy Scriptures with an open mind, especially when we look deep into our hearts.

No one wants those they love to suffer. From this point of view, it is clear that not a single soul should be in pain. Everyone is loved by at least one person and deserves to experience the precious feeling of being loved selflessly. The way is open to come together and ensure the well-being of all people. We can build a brotherhood and sisterhood of man, beyond existing boundaries based on nationality or religious affiliation. As people of conscience, we can unite and become one in heart with a willingness to share responsibility for the world's problems based on the true love that is deeply rooted in our souls. There is no need to repeat the mistakes of the past. We can learn from them and now build a world together in which we all feel at home. The crucial question is how many people will take responsibility as parents at a higher level than that of their own family. Every leader should ideally have a parental heart for the people in their area of responsibility. The more this understanding permeates our society, the faster positive changes will occur. Let us not wait for others, but have a parental heart, not just at the family or tribal level, but for our beloved people, our nation and ultimately for all inhabitants of the earth, for we are to act as responsible citizens. This is what I have been longing to see practiced and I will continue to work to help God's children

realize that we are indeed brothers and sisters of one global family, called to care for one another wholeheartedly and with a selflessly caring heart, just as our Father in heaven does for all of His children.



Everyone is called to inherit the loving heart of our eternal Parent

Very few people in history have stood up for an all-inclusive attitude that is willing to exclude no one, but to ensure that all people can find peace of mind and see the realization of their deepest dreams. This sad reality will change to one where every individual is willing to leave behind any narrow-minded view of the world and instead look at the bigger picture and take responsibility at a higher level. The outcome of current developments will determine whether our children will find a dark world or one in which harmony flourishes among people. We must learn from what we have achieved and expand our valuable efforts to include more and more of the inner realms of human existence.

If we accept the challenge posed by the tragic situation of humanity, we will gladly work for lasting change based on the understanding that True Love takes responsibility for all people, not just those who care for us. When we recognize that we have a common origin in our Creator, then we will naturally work together, beyond any differences in our religious beliefs or scientific understanding of the world. The question is not whether I believe in God or not, but whether I want to take responsibility. There are more than enough answers to solve the key questions to ensure a happy future for all people. To bring about a wonderful future, the ideological battle that has been waged for decades and ultimately centuries must be won in favor of a worldview that puts true love and personal responsibility first.

To what extent do I feel responsible for positive change in the world? This question is for each of us to decide and together we give the answer before history and our descendants. If we say that we sincerely believe in God or that we know that there is a loving Creator, then the natural consequence is that we feel responsible for the world because all people are essentially our brothers and sisters. Unfortunately, this attitude has not been practiced by most religious people in the past. Shouldn't we show that we are mature people who have learned to like not only those who treat us well, but every person with whom we communicate? It may be a great challenge to have a loving heart for all people and an attitude of respect for creation, but embodying such an attitude is a prerequisite for contributing to the realization of what is traditionally understood as the kingdom of heaven on earth. An ideal world will come if we really want it. On an external level, everything is ready, such as highly developed technology. What remains is for us to really invest together to bring about the longed-for good results that start with the love that should be present in our hearts.

Who will start? How many will join in and help find lasting solutions to the problems we face? What am I willing to take responsibility for and work with others on? The answer to such questions is the decisive factor in how quickly a good future can be built. History is written by those who act. Each of us decides whether to be a bystander or to feel fully responsible for the problems we see in the world, depending on the level of development we have reached in our hearts. It shows to what extent we are able to

love selflessly. Any challenges must be overcome in accordance with the principle of true love. That is why I have decided to write a book about true love based on what I have learned so far about this most powerful force that God has placed at the center so that all His children can experience the highest happiness.



It is worth learning the art of completely selfless love

Just as it is nonsensical to claim that a computer came into being by chance, it is completely unreasonable to claim that there is no creator behind the existence of this universe, whereas the human being is the best proof that such a perfectly sophisticated system as our body represents could not possibly have come into being without a creative investment of heart and energy. Similarly, it is completely unreasonable to claim that the perfect building blocks that underlie the creation of the universe and that have enabled us to create "microchips with terabytes of memory" came into being without the design and input of a creator. When we look at all the diverse functions that the human body performs autonomously and in a balanced way, we can only marvel. Scientists have only one explanation for most processes, but not for the underlying basis. A long list of facts points unmistakably to the existence of a Creator. Although a large amount of logical evidence is available, there is unfortunately a widespread lack of willingness to take these findings to heart.

We don't want to live a meaningless life, so of course we ask questions. Unfortunately, many people don't search for answers until they find them, but give up halfway to gaining a clear understanding and conviction about the ultimate origin of the universe and what makes life truly worthwhile, namely investing our love in others. For this reason, I have endeavored to help others move forward in this fundamental task, on the path of learning to love themselves and others at deeper levels of the heart.

Love is such an amazingly simple, elegant and universal expression of the nature of life itself. It is present in every life-giving heartbeat and inherent in all the countless expressions of the wonders of God's creation. It can be felt in the beauty of every sunrise and in the gentle embrace of a smile. True love knows no boundaries and sets no conditions, but always wants to give freely and unconditionally. It is the sublime connection that does more than just connect. It is the essence of all the beauty we experience and our noblest dreams. The desire for love is stronger than the desire for life. Throughout history, people have risked their lives in the hope of gaining love. For the love of their country, soldiers have given their lives to protect their loved ones and all the people in their homeland. The very fact that the power of love is stronger than the force of life is incontrovertible proof of the existence of God. Since love is ultimately the most powerful force in the cosmos, it is clear that a loving Creator is not only at the beginning, but his/her energy is present throughout the natural world.

Those who walk the path of true selfless care for others naturally find a heart connection to our Creator who created this universe out of love, while those who have a poorly developed ability to see things from the heart's point of view may find it difficult to connect with the ultimate source of all creation. The surest and most direct way to become absolutely clear about the existence of God as the parent of all humanity is to develop a parental heart and extend one's capacity for love to higher and higher levels.

The conclusion is clear: to the extent that we practice true unconditional love, we will experience the presence of God in our lives. For this reason, it is truly worth our absolute focus on perfecting the art of completely selfless loving, and helping each other to always make good progress in this most important area, so that one day all people can experience the love that should be ours as children of God.



The urgent task of discerning spirits

Dear brother, dear sister,

Are you surprised by this form of address? Actually, there is no reason for it, because before God we are all brothers and sisters and we should also express this in our attitude towards one another.

At the beginning of human history was the fall of our first ancestors, when Adam and Eve did not fulfill their responsibility to align themselves with the Word of God and to achieve personal perfection before starting a family, and thus gave life to children without being mature enough to fulfill the task of good parents for them. This is why we read in the Bible about the fratricide that took place in the first human family.

If you are now thinking: *"Adam and Eve didn't exist. That's just a story, and so is the story of Cain and Abel..."*, then it is obvious that you have not yet understood the most important core truth: The reality of God's existence as the parent of humanity, whereby He gave us the freedom to evolve as we choose, though of course this also means that we are fully responsible for our own actions.

If you are really not yet sure about this, then please start reading this book again from the beginning and read through these topics again, where you are not yet completely sure what the full truth is. No one is spared the task of finding this out. Of course, everyone has two options: One is to close your eyes and pretend that the whole truth is not crystal clear and logically understandable in front of you, or to deal with it in depth in order to know absolutely for certain what it consists of, in all essential points.

In today's information age, no one can say that they cannot know who is right and who is lying. All the necessary answers are on the table and anyone can pick them up. Everything that could be swept under the carpet in the past has now come out into the open. As an example, I would like to mention the situation of the Catholic Church. For devout Catholics, it may be unimaginable that the highest representative of Jesus Christ on earth supports a satanic agenda, and yet it is a bitter reality. Again, it is irrelevant if you say: *"I don't believe that..."*, because the facts speak for themselves. Therefore, the only two options left are to close your eyes to reality, or to deal with it and draw the appropriate consequences.

There was only one commandment in the Garden of Eden: *"And the Lord God commanded the man, saying, 'Of every tree of the garden you may eat as you please, but of the tree of the knowledge of good and evil you shall not eat'"* (Genesis 2:16-17). Our loving Creator wanted to exclude any encounter with evil for His much-loved children from the outset, just as all good parents do by trying their best to protect their sons and daughters from painful negative experiences. From this perspective, it should also be clear to everyone that the doctrine of the duality of good and evil is a false

doctrine, one of many that even spiritual leaders have fallen for because they have not thought deeply enough.

We live in a world where, as the Bible says, Satan is the god of this world who has blinded the minds of unbelievers. (2 Corinthians 4:4) This deception began in the Garden of Eden and is still in full bloom today in a situation where even exemplary followers of the most diverse religious and spiritual teachings are subject to all kinds of deceptions without being aware of this fact. On the contrary, they are firmly convinced that they have the true faith or that they are in possession of the best spiritual teachings. This false pride and arrogance alone prevents them from seeing through the falsehoods they have committed themselves to.

This is the reality that God is dealing with in this world. Almost everyone is stuck in one way or another in a certain fog of the mind in which they do not recognize the whole truth. For this reason, Jesus emphasized: *"Truly I tell you, unless you repent and become like children, you cannot enter the kingdom of heaven."* (Matthew 18:3) A child has a pure soul and knows no bias, but takes everything it sees and hears seriously. We all know the proverbial honesty of children.

In essence, it is about whether I align myself with God's truth, which is absolutely clear and unambiguous. In practice, everyone has their own truth that they cling to. In most cases, people believe that they see things correctly and it doesn't even occur to them that they have not been told the truth or that they are subject to all kinds of misinterpretations. This brings us to another extremely important point that we all need to be aware of: My understanding depends on how I answer the basic questions of life. For example, if I believe in a duality of good and evil, then I also look at everything from this perspective and judge situations from this point of view. We may feel: "This person has done wrong and therefore deserves to be punished..."

But what about from the point of view of truly loving parents? They will always defend their children and help them to recognize their wrong actions and learn from them. It does not occur to them to simply punish someone for misbehavior, as their only concern is that everyone grows up to be a good person. On the basis of such a mature understanding, it is clear that there can be no punishing God.

This is one of many facts that one is only aware of if I take the time to think deeply about essential questions and have reached a certain maturity with regard to the characteristics of true love. Knowing and internalizing these through and through is the key to realizing God's ideal, in which there is only good. It is about putting an end to human history, which is determined by the battle between good and evil, whereby the first step is to solve this problem within myself by focusing only on good, the principle of true love, and only acting with a loving heart.

I know from my own experience how difficult this may be in some situations, but we must never make any false compromises in this most important area. Instead, we must be concerned with genuine love from start to finish, with the realization of the good, the true and the beautiful in all areas of life. What is good and right automatically follows from the perspective of true love, which is God's focus, and therefore how He is concerned about the happiness of every single human soul. This is the standard we must strive for if we take ourselves seriously. Yes, that's what it's all about: Do I take myself seriously that I am a son or daughter of God, born to experience God's love to the fullest extent - every moment of my life. This is our common destiny, which we should take to heart.



The most fundamental question is therefore whether I carry the spirit of true love and timeless beauty and goodness within me, or whether I am content with some half-truths and contradictions. For me, the latter is out of the question under any circumstances, only the path of true love.

The end of every kind of evil

After God created the first humans Adam and Eve, they grew up in a wonderful environment, but they gave in to the temptation to eat of the fruit of the tree of the knowledge of good and evil, instead of symbolically speaking becoming true trees of life themselves, producing only fruits of good. The original ideal of a world in which everyone is happy has not been realized, but this should in no way prevent us from making this goal a reality now, as we can understand all the contexts in detail, what has gone wrong and how we should behave properly.

The answers to the fundamental questions clearly emerge from the point of view of the reality of God as an endlessly loving being who created us in his image so that we ourselves would also act only out of love, no matter what situations we may find ourselves in. An ideal world is therefore not a utopia, but a concrete realm that begins in each of us as soon as we decide to put into practice only what is good, true and beautiful. Such a wonderful world is referred to at the end of the Bible, just as the record of the story of creation is at the beginning, where it says every day that what God had made was good.

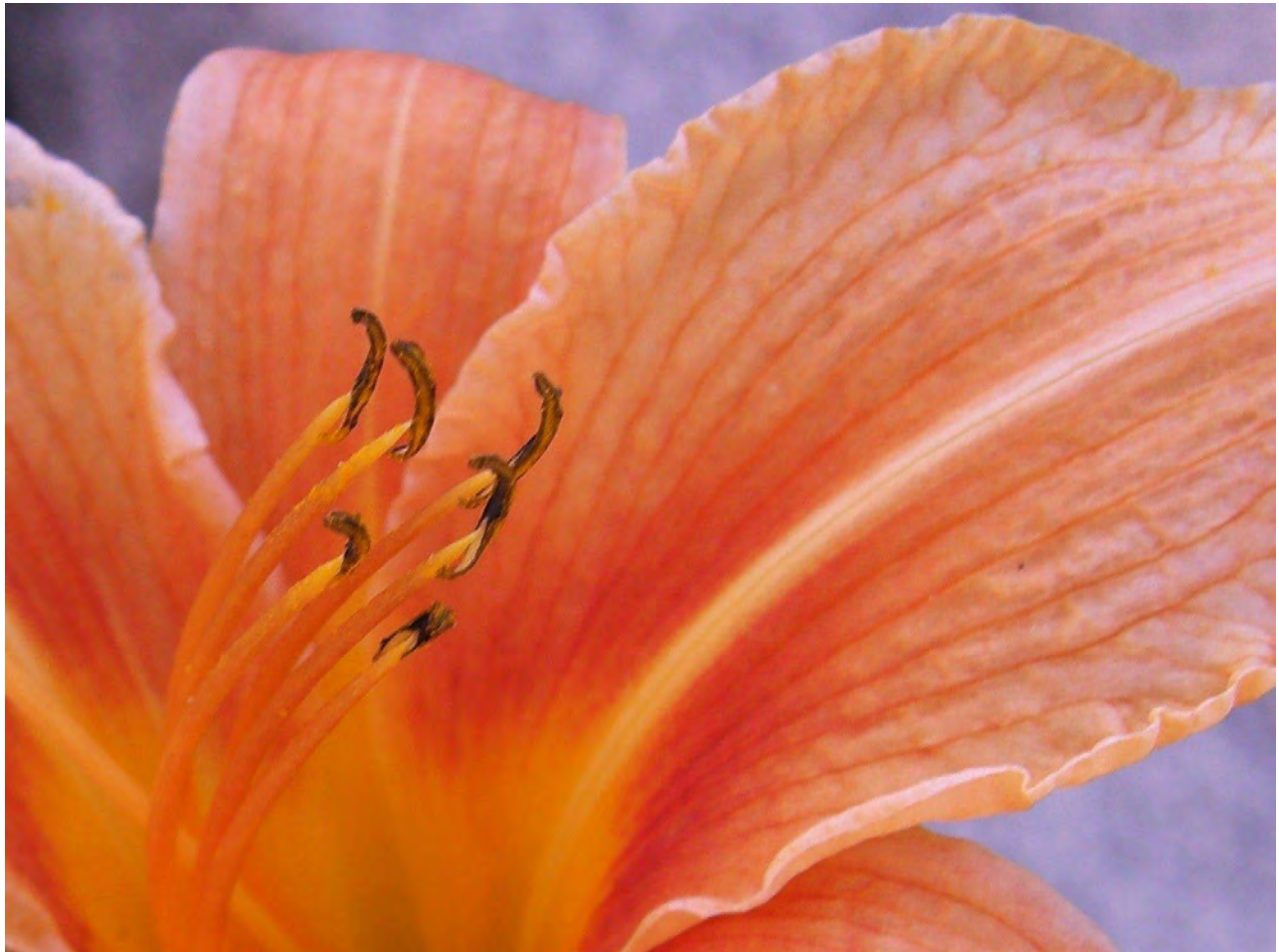
It is not a matter of believing the Bible or other sacred writings, but only of recognizing the full truth through our own study and putting it into practice. Once we do this, there will be no more evil in us, and when everyone does this, all evil will be eradicated forever. The critical phase was the beginning of human history, when the first humans were growing to personal maturity. On that 7th day of creation, where God rested, it was Adam and Eve's task to fulfill their share of responsibility and grow into a true image of God by choosing goodness in accordance with His commandment, knowing that it was not about obedience, but our Father in heaven wanted to protect His much-loved children so that they would not stray from the right path.

Once we have the big picture from God's perspective, which we should all have, we realize that He has been working throughout history to lead His children out of the darkness of ignorance into the light of truth so that we live in harmony with it and do only what is good. The complete breakthrough to absolute goodness has been achieved through the revelation of the full truth, so that it is only a matter of growing in the ability to love in order to have nothing more to do with evil as the complete image of God.

To get to this point, we need to question everything we have learned so far and scrutinize one aspect at a time to ensure that we take the viewpoint of God's infinite love and see things from His perspective.

This is the central task to which we must turn. The more willingly we accept this great challenge and invest all our minds and hearts, the faster we will make progress, especially if we are willing to learn from each other. If someone claims to have the correct understanding, then that person must also be able to answer every relevant

question logically. Once this happens, we no longer need to argue about anything because we know the correct view, whereby there is only ever one correct answer and approach from the standpoint of the centrality of God's absolutely selfless love. Finding this out with regard to any problem is our common task. This also answers the question on which this book is based, and it is only a matter of letting God's love shine in me and in this world.



The beginning of a loving world in my heart

True love is not a theoretical concept, but a concrete reality that allows people to sacrifice their own lives in order to preserve the lives of others - out of love. The fact that we live in a rather cold world does not mean that the ability to love does not exist in the heart of every human being. It is just not developed. It is there as a potential that will one day blossom and flourish, here on earth or in the world beyond.

We would certainly do well to focus on the unfolding of our hearts, for this will enable us to work successfully for unity on all levels, with ourselves of course benefiting most from our efforts, for with each loving relationship we build, we become an ever more radiant image of our magnificent Creator.

Important basic truths such as the Golden Rule have been known to people for many centuries, but their application is usually lacking due to a lack of personal maturity. "Do unto others as you would have them do unto you" means: treat all other people as you would like to be treated. This is the normal state and standard that every person should embody. However, the reality is very different because most people walk around with a ballast of unresolved inner problems. They want to be good, but then fail to follow through on their good intentions in practice while making false compromises.

The world of love, which everyone longs for deep in their soul, can therefore only become a reality if there is a willingness to completely tidy up inside and honestly work through all accumulated problems so that they are completely eliminated. This is certainly possible for everyone as soon as I make this goal my top priority. It may take some time to get there, as it is easy to fall back into old habits. However, everyone decides for themselves how seriously they take personal development, which is an area of responsibility that no one can take away from them.

The real challenge is therefore to concentrate fully on the realization of God's ideal by not allowing anything to deter me from acting consistently in every situation in accordance with the principle of true love. It is crucial to clearly recognize where I myself stand in my development, where my strengths and weaknesses lie, and which areas still need to be worked on in order to come to the point where I vibrate in harmony with God's heart and radiate this day after day in the form of loving gestures and a sacrificial commitment to building a wonderful future that begins here and now in my own heart. Since the ideal of true love requires all our efforts, it is crucial to become completely free inside in order to have the strength and concentration to finally get rid of any inner conflict so that only pure love dwells in our souls.

The task to which we should give our greatest attention lies in cultivating our own ability to love so that we can also be successful in difficult situations, whereby the greatest challenge is to love even those whom we experience as our enemies because they have hurt us greatly and whom we may hardly be able to forgive for their behavior.

However, there is certainly no alternative to following exactly this path and making peace with all people, as this is the prerequisite for enjoying an overwhelming feeling of peace and bliss in one's own heart.



Concerning the photos I would like to mention that in case you would like to see more of them, I have uploaded many of those which I took mainly on bicycle tours in my homeland at the Facebook site "*Beauty of Creation*" ([26](#)).

The decision to pursue the path of truth, beauty and goodness

We make small and somewhat larger decisions every day, depending on the mindset we have adopted and the values we are guided by. If your own momentary well-being is most important to you, then you will always ask yourself: *"What is most beneficial for me in this situation?"* Unfortunately, most people do not really get beyond this rather early childhood stage in their development, but spend their whole lives revolving around their own needs. As a result, we live in a selfish world where everyone is out for themselves.

What is the core of the problem? God created us to be happy through and through, but we only reach this state when we are willing to bring joy to others. The fulfillment that comes from being able to truly help someone is an uplifting feeling that we should all experience on a daily basis. However, this is usually not the case because we are too preoccupied with ourselves, with how we feel and what we want to experience, without thinking about how others might feel if we behave in a certain way.

In essence, it is a choice between self-centeredness - relating everything to oneself and reacting accordingly, especially in challenging situations - or an exemplary way of life in which the benefit of others is more important to me than what I would prefer for myself, based on a personal maturity that enables me to take the standpoint of true love, i.e. God's viewpoint, who wants the best for all His children.

I grew up as the sixth of ten children and was therefore confronted with many challenges that an only child does not have. This allowed me to have valuable sibling experiences from an early age, and these have been important to me throughout my life, expanding the horizon of consciousness I acquired in my family of origin to eventually include all people as my brothers and sisters based on the understanding that we are all children of God, no matter how good or bad someone may be. We all have the same destiny, and that is to become a truly loving human being, because that is the only way to be happy in the long run.

So simple is the essence of truth regarding each person's personal situation, yet so complicated and difficult to get to that state where our thoughts and feelings are concerned about the well-being of my fellow human beings from morning to night. Developing such a lovingly caring heart opens the way to an ever-growing fulfillment that touches and uplifts our souls so that we go through life with a deep peace of mind, knowing that we have made the best possible decision by striving for God's original ideal.

The crucial point is not whether I believe this or that, but to know with absolute certainty what the right understanding is and how to apply it in the best possible way in all kinds of situations. To get to this point, it is of course necessary to deal with the essential questions in depth so that you can also be sure that there is no better

alternative. Only when we embrace the heart of our Creator will we be able to experience the good, the true and the beautiful to the fullest extent as He has manifested it in the cosmos.



I wish everyone the determination to purposefully pursue the path of building loving relationships, never giving up one's dignity as a true son or beloved daughter of God, to be victorious in true love that overcomes all barriers to experience complete unity on all levels, because being one with oneself and others is the basis for being able to be truly happy, a state which we will then also sincerely want everyone else to experience too.

Arriving at your familiar home

Where do you feel most at home? Who do you most want to be with? Under what circumstances do you feel really safe? In which situations do you experience real peace of mind?

I would like to invite you to think about these and similar questions, because it is important to have clarity about what inner state we are striving for in order to make the right decisions about what we focus on in our daily lives.

As we have ultimately been given life by God as the parents of humanity, Christians in particular speak of death as going home in the sense that the deceased has gone "to the Father's home" or "home" to God in heaven. In this way, believers hope to enter the eternal home after their last hour in order to experience the happiness there that they could not achieve on earth.

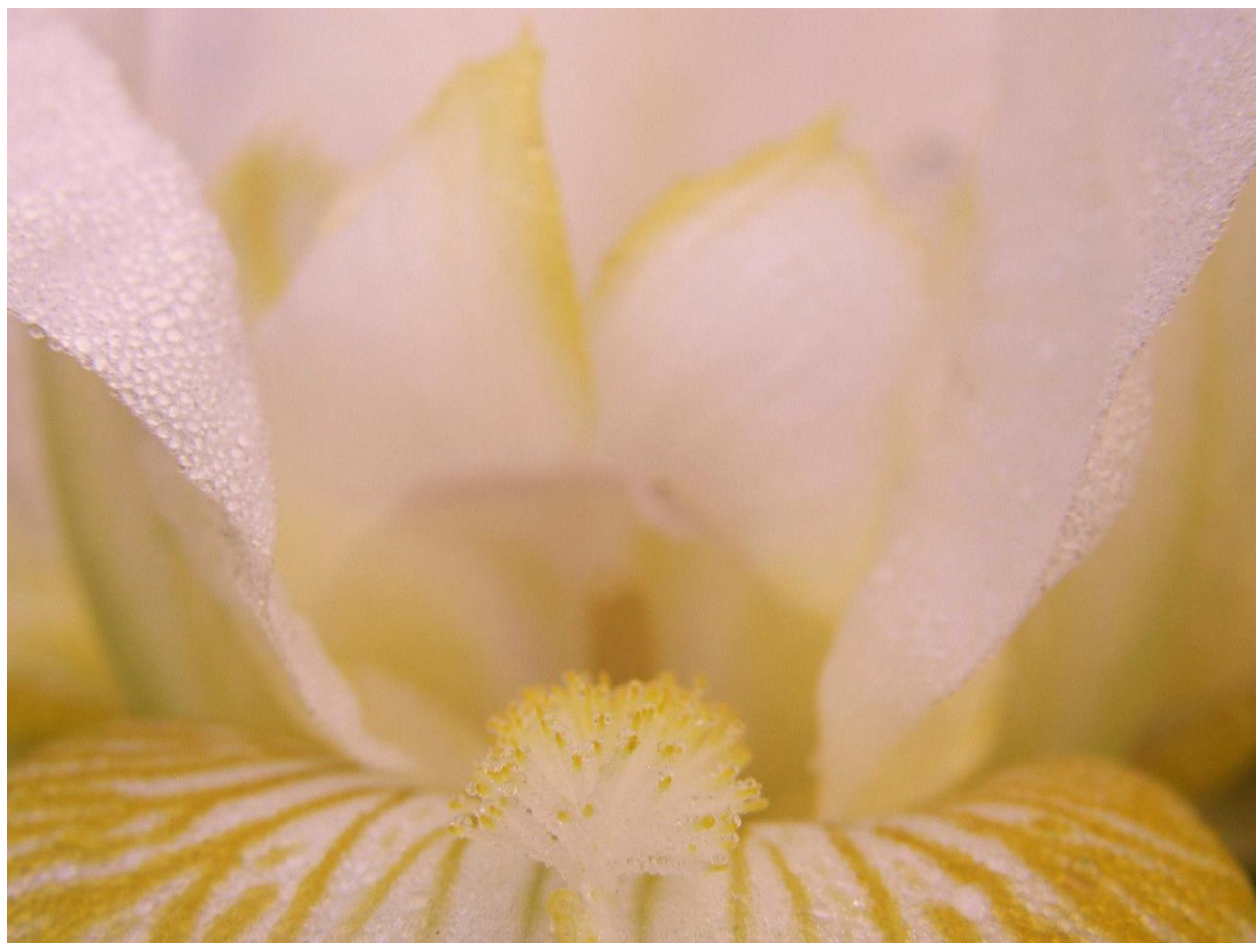
If you have read this book carefully - or even before - you will be aware that we were not created to be blessed at some point in eternity, but to enjoy the warmth of loving relationships from the first to the last moment of our days in the earthly world. So we should experience heaven to the fullest extent here on earth, and this is certainly possible if we create the conditions for it.

First, we must familiarize ourselves with the full truth about God and the cosmos in order to direct our thoughts and feelings in the right direction. If we focus on the realization of God's original ideal, we will experience the greatest possible fulfillment in loving relationships within our own family and kinship, through friends to the human family. In doing so, we can allow true love to blossom and enjoy the fruits of heartfelt relationships with all the wonderful qualities we develop personally and collectively.

Once we have embraced this understanding and way of life, it will also be natural for us to share the insights we have gained with others and help them to enjoy such glorious and inspiring experiences by becoming a more loving person themselves. We will then stop thinking about the negative and destructive and focus entirely on positive and constructive content in order to work purposefully towards the realization of a world in which all people are happy. Of course, any problems that have not yet been dealt with need to be looked at closely, but everything then happens in the knowledge of the right solution.

The way is clear for us to move together from where everyone is clinging to their own half-truth to where we know what has gone wrong so far and how we can achieve complete unity within ourselves and with each other through one hundred percent alignment with God's truth and His love. On this basis, we will experience His presence in our own hearts and no longer cling to any (religious) belief, but be free to live a life in

the image of our Creator, imbued with goodness, truth and beauty, leading to ever new creativity and deeper devotion.



In such a state, we will feel complete unity without even the slightest inner contradiction, knowing the full truth and aligning ourselves with it from the heart. This is certainly possible for everyone, and everyone will arrive at this goal. When this will be the case, however, is up to each person to decide.

May you succeed in vibrating in harmony with God's eternal Love.

Links mentioned in this book

- (1) <https://www.trulyhealthy.live/>
- (2) https://www.youtube.com/watch?v=bsaQQoPcHkA&ab_channel=TimJanis
- (3) <https://www.amazon.de/101-Proofs-God-Eye-Opening-Information-ebook/dp/B01N0SCUR0>
- (4) https://www.youtube.com/watch?v=4-c3lJP0z8w&ab_channel=PrayerPray
- (5) <https://learninggnm.com/home.html>
- (6) https://www.amazon.com/-/de/dp/B0BQNW8NK2/ref=sr_1_1?mk_de_DE=%C3%85M%C3%85%C5%BD%C3%95%C3%91&crd=CUXRVP9OS3ND&keywords=The+natural+end+of+the+drug+industry+and+the+beginning+of+a+new+era+without+any+illnesses&qid=1673213292&sprefix=the+natural+end+of+the+drug+industry+and+the+beginning+of+a+new+era+without+a+ny+illnesses%2Caps%2C559&sr=8-1
- (7) <https://wissenschaftplus.de/cms/de/wichtige-texte>
- (8) https://www.youtube.com/results?search_query=Dr.+Klaus+Volkamer
- (9) <https://www.tparents.org/Library/Unification/Books/DP06/0-Toc.htm>
- (10) <https://www.kla.tv/de>
- (11) <https://philosophers-stone.info/2022/08/24/stefan-lanka-biology-as-it-is-not-refutation-of-genetics-virology-and-cell-theory/>
- (12) <https://mein.sanofi.de/themen/haut/das-wunder-der-wundheilung>
- (11) https://www.youtube.com/watch?v=MVSOdPGgtGM&ab_channel=NuoViso
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- (13) <https://www.amazon.de/Truth-Stars-Earth-below-English-ebook/dp/B0CVJ3B8TM>
- (14) <https://www.kla.tv/28116?autoplay=true>
- (15) <https://www.facebook.com/profile.php?id=100064435875688>