DR. HORST MÜLLER

WHY DO WE GET SICK?



THE SOLUTION FOR
FREEDOM AND HEALTH

Why Do We Get Sick?



Foreword

Dear Reader, you are holding a book that is based on 20 years of studying the human being. It arose from my need as a doctor to understand the underlying causes of illnesses. I gained my insights from direct contact with patients, from many thousands of consultations, not from external descriptions. I not only found the general cause of illness, but also the reason for the striving for power, the aggressiveness, the fear, the compulsion, and the self-destruction and destruction of others that emanates from the innermost part of the human being.

The realisation of what unconsciously determines our thoughts and actions also points the way to a solution, i.e., WHAT needs to be changed so that illness, coercion, and conflict stop. I realised that we humans only ever have one and the same fundamental conflict in our subconscious, from which all other obvious problems originate. This means that we also only need one solution to achieve freedom from all our problems, including lasting healing from our illnesses. HOW the solution is to be applied follows from an understanding of the way human nature functions.

I hope you enjoy reading this book - and wish you the strength and courage to free yourself from the cause of your pain and suffering.

Dr. Horst Müller

Imprint

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1. My Path to the Understanding of Man

Where does disease come from? This is a question that every patient plagued by complaints asks themselves. During my medical studies in Freiburg and my specialist training, I acquired broad specialist knowledge from the literature and from experienced doctors; therefore, I thought I knew the answer to the question. Very soon, however, I came across a patient whose problem I could not satisfactorily answer.

Case 1

My patient was an elderly gentleman with a complaint that had been bothering him for some time. His ears kept "blocking". He came to see me to get rid of this burden. It was easy for me to make the diagnosis. It was a functional disorder of the ventilation of the middle ear, the eustachian tube between the throat and the middle ear. According to conventional medicine, the cause is a lack of fluid in the patient's circulation. I therefore advised him to drink more and believed that I had helped him in this way.

However, the patient came back a few weeks later: "Doctor, I must be drinking three litres of water a day now, but my ears are still blocked." As a doctor, I could have advised him to drink even more. I could also have referred to the patient's age and explained his illness as a common symptom of old age. But would I have found the real cause of the illness?

With my specialist knowledge, I could name symptoms and make diagnoses, but I didn't know the answer to why my patient was ill. As a doctor, however, I wanted to be able to say with a clear conscience what the cause of my patients' illnesses was so that I could permanently resolve their symptoms. I no longer wanted to leave my patients alone with their questions; I wanted to give them answers that I could understand myself.

My name is Dr Horst Müller. I have been practising as an ear, nose, and throat (ENT) specialist in Weinheim for 20 years now. It is important to me to get to the bottom of the cause of a disease, because just treating the symptoms is not enough for me.

Here is a simple example: the cause of mould in the home can be explained because mould is caused by moisture. If a specialist only recommends a mould removal agent to remedy the situation, but does not eliminate the cause, this would not be acceptable. This is because the mould remover would not eliminate the moisture. Dehumidifiers would not be a solution either, but merely symptomatic treatment as long as the cause of the damp has not been eliminated. Only when the cause of the damp has been identified and eliminated is the mould growth really combated.

In many professions, the specialists are experts in their field. A car mechanic knows every single part of the vehicle. An architect is familiar with the properties of the building materials used. But the doctor often does not really know the person and therefore cannot determine the cause of an illness. Unfortunately, in most cases, medicine's inability to explain the cause of a patient's illness is simply because it is unknown. This lack of knowledge is due to the fact that in medicine, the human being is far too rarely viewed as a complete being.

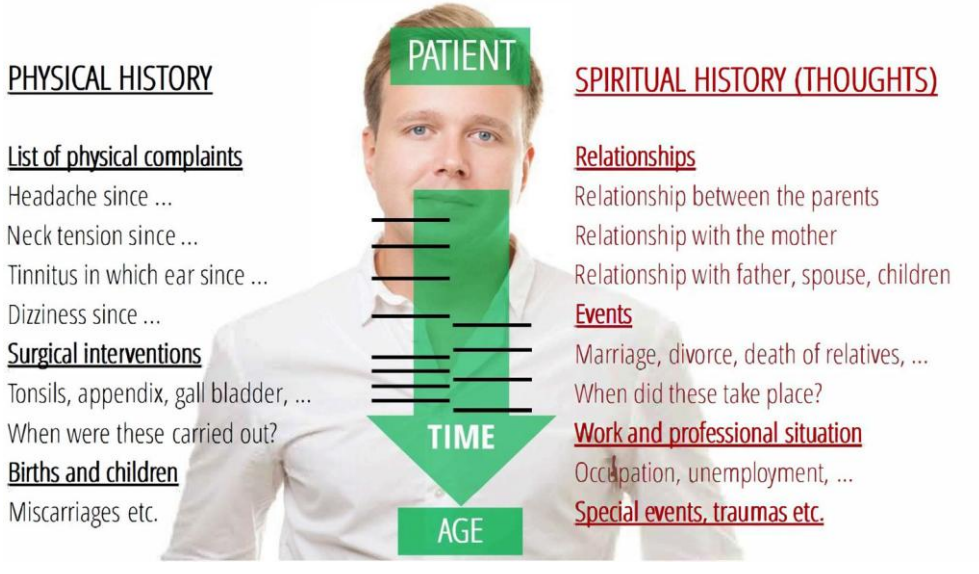
In my medical practice, I found myself confronted with the whole person. The "nose" or "ear" suddenly became a person with questions. During my education, I was well-trained in symptom recognition and was able to examine 70 patients within five hours. If the first patient had come back to me after examining the 69 other cases, I wouldn't have recognised him as a person. But I would have noticed from his nose that I had already seen him once today. This situation with unanswered questions depressed me because, figuratively speaking, I didn't want to sell mould remedies without knowing why the wall was getting damp.

To find out the cause of the illness, I didn't look in books or on the internet, but asked the patients themselves. It became obvious to me that I needed to spend more time listening to each patient.

Taking a medical history is a common procedure in medicine. If you really want to get to know patients, you need some time for this. I still do these intake interviews today, and some patients are surprised that they have to answer so many questions at the ENT specialist appointment. I then explain that I need an overall picture of the patient and don't just look at the one symptom they present to me with. I need to know the whole person with all their illnesses.

The first step was to create a timeline of my patients' medical history. I noted all major and minor complaints and illnesses, accidents, operations, and births.

As a counterpoint to the illnesses and medical interventions, I placed the patient's life story alongside them. The most important aspects are the closest relationships and the events they have lived through. These are the most important things for the person on a mental level. So, I included the relationships with the parents, the parents with each other, the spouse, the children, etc. I also added events such as marriage, divorce, the death of close relatives, the professional situation, major changes such as job changes, and relocations. Significant life events such as severe trauma, e.g., experiences of violence and abuse, are also important. I have compared all these points on the timeline with the physical complaints.



After comparing this data, I realised that nothing matched my patients' symptoms better than their "mental history". This was also the case with the patient with the blocked ears. It was not the physical influences that triggered the complaints and dysfunctions. I realised that there must be a direct connection between what the person had experienced and their physical complaints.

So, was it a thought that caused the ear to block and not a lack of fluids? To find out, I had to look into something that is often only marginally examined in conventional medicine: human thought, or rather, thoughts and their role in humans.

Therefore, I had to ask myself: What are thoughts? Where do they come from? And more importantly, where do they begin? After all, thoughts have to come from somewhere and have a beginning.

After many medical histories and life stories of my patients - There are now tens of thousands of them - I have come to realise what the cause of human illness is

2. The Truth Lies in the Laws of Nature

I wanted to base my search for the origin of illness on something that is absolutely reliable and cannot be denied. I needed a clear yardstick for this. In general, there are two types of information that people can perceive.

1. On the one hand, there is self- explanatory information. It proves itself and therefore requires no interpretation. Such information includes objects, structures, functions, and means. For example, that water freezes is unambiguous and self-explanatory. The laws of nature prove themselves. All this objective information is learned because it is true. They do not need to be specifically tested.

2. There is also information that needs to be interpreted. This concerns images, words, gestures, and actions. When I read a book or a study or make observations, for example, the information allows for different interpretations. Interpretations are therefore necessary to determine whether statements are true and whether they meet the individual's need for truth. Information is only believed and accepted by people if it is considered to be true. Information that is considered incorrect is not accepted. It is taken note of but not acted upon.

Truth is at the basis of every person's existence. People cannot - and this is not a question of will -accept information that they do not believe to be true. A person can only accept a lie if he regards it as the truth. Consequently, he needs an absolute, immutable, unchangeable standard for evaluating information to be certain. Of course, he can also use a changeable, movable standard, but then his conclusion is uncertain and can get him into great difficulties. Later, I will provide a detailed description of the process for recording information.

1. <u>The objective standard</u> is something that is not subject to change, i.e., it is unchangeable.

a. Nature's Basic Law of cause and effect, which cannot be suspended at any time by any circumstance.
b. The composition of an element, structure, or sequence of components in a basic building unit.
c. The function of an element is defined from the outset and relates to the design.
d. The basic needs of every element and living being are fixed from the outset and cannot be changed.

2. . <u>The subjective standard</u> is something that does not always remain constant, i.e., it is changeable.

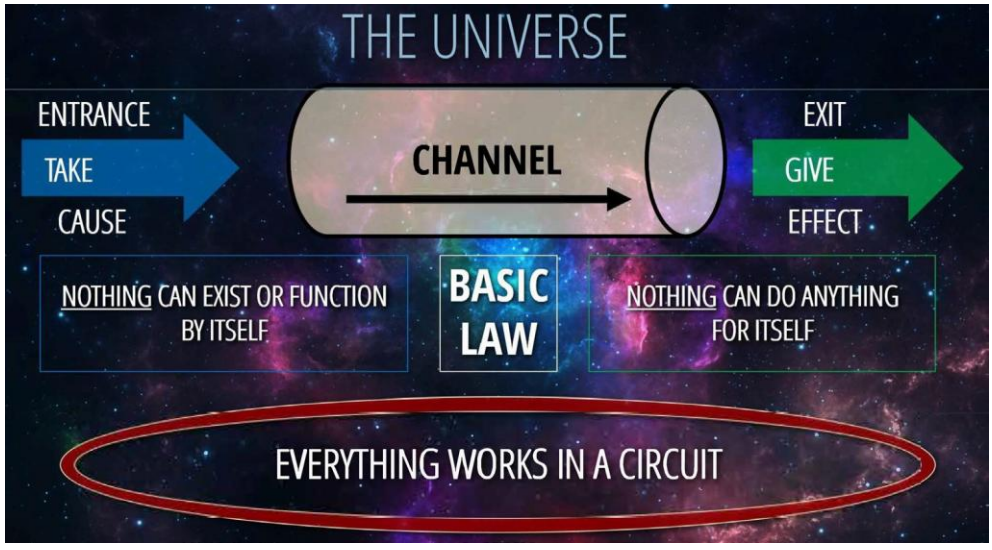
a. Language and grammar are different in different cultures.
b. The experts, scientists, the opinion of one or another.
c. Existing prior knowledge that is already believed to be true.

In relation to humans, only the objective standard can be used to reliably find the cause of disease. Since life and health are objective things, it should not be a variable standard. After all, if fixed, unchangeable standards such as meters and kilograms are used when building a house, then all the more so when it comes to something much more important, namely, one's own life.

So, what is it that I have taken as the basis for my studies? It is the Basic Law of Nature, which is also the Law of Cause and Effect and the knowledge of the human being's structure, functions, and basic needs. My conclusions in this book are based on these unchangeable facts.

Basic Law of Nature

The universe is incomprehensibly large. Nevertheless, we can understand general principles through what we experience with our senses. I have found a connection that I like to call the "Basic Law of Nature". All elements in the microcosm and macrocosm can only function under this law. It consists of two simple and easily comprehensible principles. It states that nothing exists or functions by itself, and nothing is made for itself (i.e. for its own benefit).



In the diagram above, the left-hand side, *Nothing can exist or function by itself*, describes an unavoidable, ever-present dependence on other things or people. As a simple example, a computer cannot function without electricity. The electrical current consumed is therefore the/a cause of the function. The right-hand side, *Nothing can do something for itself*, represents the effect, which is never about the channel itself. The computer in the example performs a certain service, and the effect. It is not there for itself and cannot do anything for itself.

It follows from these two principles that every element, down to the smallest level, functions as a channel with an input and an output. It must "take" a substance such as energy at the input, use it and "give" it back in some modified form at the output.

A channel should not become blocked, as its function will be disrupted or terminated.

The human being as a whole can also be described very appropriately as a channel. It is made up of many individual elements, each functioning as a smaller channel. An illness is an effect, and as a doctor, I have to find out where the cause lies. According to the Basic Law, no effect can arise without a cause. This is a simple but important principle that should not be neglected.

Another crucial aspect of the Basic Law is that cause and effect can never be the same thing. Cause and effect do not coincide. The source from which the energy is taken cannot be the same as the element to which it is passed on. The separation of cause and effect is demonstrated by the fact that the output and input of a channel are always at opposite points or ends. A cause can therefore not become an effect. Something that causes the disease cannot be the disease itself. If the cause could coincide with the effect, then what causes the disease could also be the disease itself. However, this is not possible.

What sometimes leads to the false conclusion that the cause can be an effect is overlooking the fact that the channels are set up one after the other and in a shared system. One channel is dependent on the correct functioning of the previous channel. If one channel is blocked, this affects the whole system. If one channel, e.g. the stomach, can only partially absorb food, this affects all subsequent channels in the body. If the stomach can absorb only a small amount at the inlet, it naturally passes on only a small amount at the outlet. Now you could say that the reduced supply from the stomach is the cause of the other deficiencies in the body. But then, the question remains as to why the stomach is impaired. Where is the beginning of the process that subsequently affects the whole body?

Another example of how cause and effect are always different in a channel is the case of a chain of dominoes. They are lined up one behind the other, and when the first domino is pushed, they fall in order. The first domino takes on the energy - the cause -and passes it on by falling over - the effect. If it is close to another domino, the latter takes over the energy and passes it on. Each channel does the same, it takes from the previous one and gives it to the next one - and this could go on forever if there were an infinite number of dominoes in a row. Energy is not lost; it is only transformed. Seen as a single channel, each domino "does" the same thing: it takes and gives. However, where it takes, it gives nothing back, but gives elsewhere (to the following domino), and this is unchangeable. So, the cause lies where the first domino in the chain absorbs the energy. Therefore, it was very important for me to recognise the place in the human being where the energy is absorbed and where the first channel is activated.

Since everything is built in the basic form of a channel, it is logical that everything in a system can function only in a cycle. If you look at our solar system, it quickly becomes clear that all elements in a cycle are interdependent. The sun, moon, Earth, and other planets are interdependent. On Earth, the interdependence of all living beings and elements can be observed in the form of the ecosystem. The principle of the cycle is omnipresent, for example, in the air in the form of high-altitude winds or in the currents of the oceans.

What is remarkable about the cycles is that they must end where they begin. A memorable example is the water cycle, which begins in the sea and ends there. On its long journey through this cycle, water is the basis for the diverse life of humans, plants and animals. We also have many cycles in our bodies, e.g. the blood cycle, which begins and ends in the heart.

Each channel is functionally designed to pass on everything it has absorbed. What would happen if the stomach kept a small part of the food for itself? We would die, at least after a certain time. How much oxygen do healthy lungs keep for themselves during the breathing process? None, because in healthy lungs, all the oxygen is passed on to the blood.

The law and the design do not allow anything else. And this applies in general, i.e. also to the individual cell. Nature works according to simple, beautiful and easily understandable principles that can be recognised if you look closely enough.

3. The Basic Needs of Man

In nature, we can observe that at least two elements are needed to make something work. If a seed is to germinate, it first needs an energy impulse to set the germination process in motion. It receives this impulse from the reaction of proteins if the right temperature, sufficient moisture, and sufficient oxygen are present, and the light conditions meet its specific requirements (light germinator/dark germinator). If these conditions are met, enzymes are formed that activate the stored nutrients and start the energy metabolism and the growth process.

Something similar can be seen in the human cell, which is a small chemical factory. A cell functions as a channel - like all things in nature. It is there to produce a product. Of course, it cannot produce anything on its own. The human cell needs a suitable environment, i.e., a pressure of around 1 bar and a temperature close to 37° Celsius. If the pressure is too high, the cell will be damaged. Likewise, the temperature may fluctuate only slightly.

The cell requires raw materials, i.e., chemicals, to manufacture the product and the necessary information inside the cell. But are the processes for taking in the raw materials, i.e., breathing, drinking, and eating, enough to obtain the product? No, energy in the form of electricity is also needed to convert the raw materials.

The human body as a whole also needs electricity to function. Brain waves are of great importance for this. In addition, and at the same time, it needs energy in the form of chemistry to maintain its function.

So, where does the electricity in people come from? At this point, conventional medicine describes a kind of perpetual motion machine, i.e. a machine that does not require an external energy source. According to conventional medicine, the cerebral cortex virtually generates the electricity it needs itself. But can a perpetual motion machine even exist? Could the human brain be something like this? Can the brain then also generate its own thoughts?

When I compared my patients' medical histories with their life histories, it became clear that thoughts are crucial in people's lives. I also realised what people's thoughts are always revolving around and what kind of information they are processing. Let's look at a few examples to make this clear.

Case 2

A patient, about 70 years old, had an insulin pump with a sensor that measured her blood glucose every 20 minutes. When I asked her whether she would notice a difference in her sugar level based on events during the day, she replied: "Whenever I hear that my grandchildren are coming to visit, I am very happy, and my sugar level immediately starts to drop until it gets into the normal range."

What needs do this patient's grandchildren satisfy? Her need for food? No, surely this is about a spiritual need, about love, and not about physical needs. It is important to understand how this information, which was obviously positive for the patient, led to a reduction in the sugar level.

Case 3

Another younger diabetic patient, also equipped with an insulin pump with a sensor, had a similar experience, but with a negative effect. During a stressful situation in court, her sugar level went up, and her device reported it. After a few units of insulin, the sugar continued to rise. Even the repeated administration of insulin did not bring about the desired reduction in blood sugar. Only when the court hearing was over did this patient's sugar level fall. Then it was well below the normal range due to the repeated insulin administration.

If man were only matter, if his thoughts had no significance for the proper functioning of the body, then something like this should not occur. [1] But the body clearly shows what a person is thinking.

Case 4

At the beginning of my medical practice, a man in his early fifties came to see me. He was downright angry and showed me a bag of medication. "Doctor, I've had dizzy spells for four months, and I've been given all these medications, but they don't help. Why do I have this dizziness?" His dizzy spells were intriguing. The man worked hard physically all day with a chainsaw without any problems. However, when he came home and sat down, the dizzy spells would come on.

Four weeks before his symptoms began, the neighbour had revealed his mother-in-law's secret plans to him. It was about her house, which the patient had lavishly renovated since his wife was supposed to inherit it one day. But now the patient is told that if the father-in-law dies first, the mother-in-law's son from her first marriage would get the house. This injustice upset the patient greatly. This conflict had not been resolved and was reflected in his physical reaction every day when he came home. The man developed an illness without any physical malfunction. On medical advice, he tried to remedy the symptoms with medication, i.e. with chemicals. But as the cause lay elsewhere, the medication could not provide a cure.

Let us now take a closer look at the basic human needs. What is required for a person to function properly, i.e., to be healthy?

It is easy to understand that life depends on the fulfilment of basic needs. The Basic Law of Nature controls what we need as humans. If all relevant needs are met within an optimal range, our condition lies between boundaries for "too little" and "too much". Then everything functions normally, and we are completely healthy. In this state, no illness could arise. Whenever an illness or malfunction occurs, we find ourselves in a state of unfulfilled or overfulfilled needs - and therefore outside the optimal range.

So, when a symptom occurs, the question arises as to what the patient is "missing" or has "too much" of. On a physical level, it is obvious that there may be too much or too little of something, such as warmth or fluids.



In nature, for our basic needs to be satisfied, there is an optimum range within which the human being functions. There is a tolerance range where the person becomes ill. Only when this additional tolerance is exceeded in either direction does the malfunctioning lead to irreversible functional failure, and thus to the death of the person.

It is therefore crucial to know in good time what the body lacks or has too much of. When it comes to physical needs, we have all learned what to do when the body "speaks" to us about physical needs. We know that we need oxygen, water, food, and warmth. As soon as we reach the edge of the optimum range, our body reacts. The easiest way to observe this is with temperature. We shiver when it is not warm enough or sweat when we are too warm.

We also recognise hunger, thirst, and tiredness and know what the body needs. The body itself cannot lie; its signals are correct. The body explains its actual state in a simple way. We know very well, without having to look in a book, that we should eat, drink, or sleep. There are diseases such as tinnitus or blocked ears.

There are patients with dizzy spells, cancer and many other illnesses. What do these people lack? Is it food and drink? Are we outside the optimal range according to the Basic Law of Nature with such illnesses, and if so, what is the need?

At first, it was completely new to me whether and how unfulfilled spiritual needs lead to physical disorders. That's why it took me a while to see for the first time and then become convinced that thinking is the "essence" of human life. People need justice, freedom, security and much more for their bodies to function well. This was not so easy for me to grasp at first because I hadn't learned anything about it in medical school.

The things you think about, if you like, are just fantasy. So why are they so crucial and able to make us ill?

I fled to Germany at the age of 19 from Romania, which was still communist at the time. Why did I take the risk of being arrested? Was my escape about food and drink? There was enough to eat in Romania, even if it wasn't as varied as in the West, and sometimes there were worries about it. But material things were not the decisive factor. I fled because freedom was important to me and I had a great spiritual need for it. I then came to Freiburg in Germany, which I think is a nice name for a city, as it means "free town."

Spiritual needs such as freedom and justice cannot be overfulfilled, which is an important difference from physical needs. Spiritual needs are either 100% met, insufficiently fulfilled or not fulfilled at all. There is therefore no upper tolerance range for them. So, there is no such thing as "too much" justice, freedom or security. What physical reactions do unfulfilled spiritual needs lead to? In other words, what can our thoughts do in the body? After several tens of thousands of consultations, I can recognise in the physical symptoms and illnesses a person's spiritual need, which manifests itself in the body.

What are love, justice, freedom, and security? Are they chemical substances? If they were, then we could formulate them chemically and reproduce them. If someone then came and complained that they had experienced injustice or unkindness, we could give them a dose of justice, love or freedom, and everything would be fine again. I wondered how a non-physical element could cause a physical reaction. But there is no such thing. We cannot prescribe and administer "love".

Love is a spiritual element and therefore, is also spiritual information, which has no chemical formula. It can be processed only in our thoughts. The fact that it is an absolute human need cannot be denied, but that love makes the body ill when it is not present is something we are mostly unaware of. Just as oxygen, water and food must be supplied in the specified quantities, love as a need must be satisfied 100%.

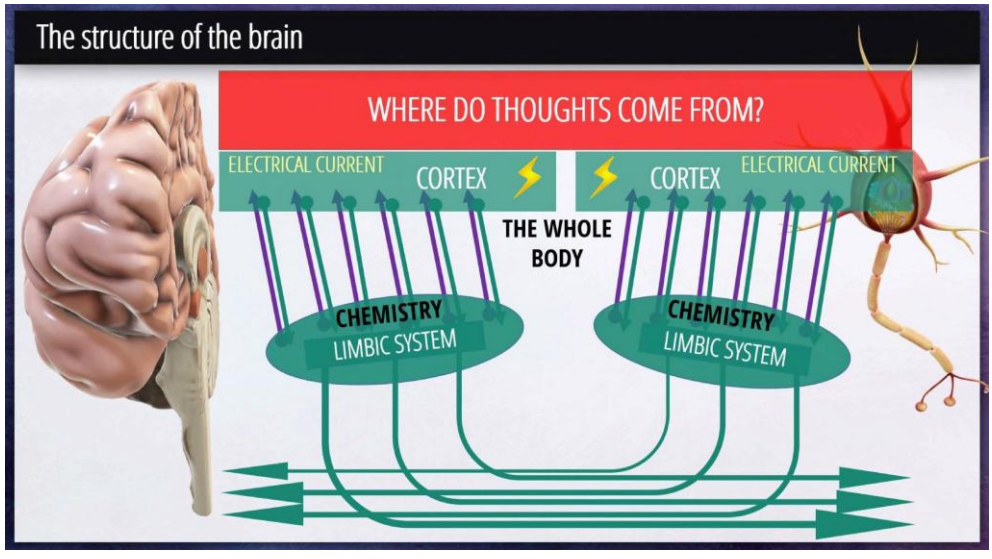
That is why thoughts are central if we want to get to the bottom of the cause of illness. To do this, we need to know what thoughts actually are. We know that they transport information. But where thoughts come from was my next question.

1. The question of whether matter can think will be considered later.

4. Where do the thoughts come from?

The question is: Where does the thought originate, or who "makes" it? I also pursued this question based on absolute information, because I didn't want to be guided by my subjective point of view.

The human organism is an absolute structure that can be used to learn many things. Just as a computer, for example, is made up of many components, the organism consists of many interconnected organs. They function in a complex interplay. Somewhere, all the organs of an organism must be controlled and regulated. So, there must be a centre that connects them all. We know that the cerebral cortex forms this centre, the connection point for the entire body. In our cerebral cortex, we have the entire human being represented. This is where all the "wires" connect in the form of nerve pathways that control the human body.



We will therefore take a closer look at the structure of the brain. The cerebrum consists of two hemispheres, or halves of the brain. The cerebral cortices of these two hemispheres are not connected, so an incision could be made in the middle without cutting the cerebral cortex. Although underlying structures in the brain would be destroyed, the cerebral cortex would remain whole. This is an important point for the question of why we have one-sided physical illnesses. [1]

The outer cortex is a corrugated layer only 4 to 5 mm thick. It consists of billions of nerve cells, also known as neurons. These function as conductive cables that extend from the cerebral cortex into the body. In this way, the entire body is combined in the cerebral cortex. Everything that happens in the body begins in the cerebral cortex. From there, the nerve tracts lead to the centre of the brain, the so-called limbic system. They then divide, change sides from right to left and vice versa and then run throughout the entire body.

Every physical function begins with an electrical impulse in the cerebral cortex, which triggers all further steps in the body. Incidentally, each of the nerve pathways is isolated. Only in this way can the current reach the right place in the body and, for example, move the little finger precisely. This electrical impulse reaches the limbic system. There, the impulse leads to an initial chemical reaction, which is immediately reported back to the cerebral cortex; the emotion reports whether I am happy or not. This signal is the first feedback as to whether the electrical impulse or current is appropriate for the body.

Where do thoughts originate? Do they originate in the brain, for example, in the cerebral cortex, or rather in the limbic system? Or do they come from outside the brain or outside the cerebral cortex? The Basic Law of Nature again helps us to find the answer.

Conventional medicine claims (in simplified terms) that thoughts arise between the synapses of nerve cells in the cerebral cortex. [2] Brain waves and chemistry would interact, and in the course of such a process, for example, an idea would arise. But there are billions of nerve cells, which of them has the function of controlling thoughts? Which one makes the final decision? There must be a superordinate point somewhere, at least a kind of starting point, similar to a technical instrument. Hence the question: Can the brain think for itself? To answer this question with certainty, we need to look at what the brain is made of. Just like all known matter, it is made up of atoms. The atoms of the different elements of the periodic table can react with each other, and we know a lot about the processes of the chemical reactions that then take place.

These chemical reactions

- can only occur depending on external factors,
- cannot take place by chance, because the preconditions and possible outcomes for a reaction are always predetermined, and
- can absorb, store and pass on energy and information.

Chemical reactions are defined in the laws of nature at an atomic level; they always take place in the same way. This is the only way to produce cement, for example, that meets certain standards. We know we can use electronic devices because chemistry absorbs information and stores it in a retrievable form. Chemistry can also absorb and transfer heat.

At the same time, we know what is naturally impossible with chemical elements. Computers have no thoughts; they cannot think, even if they have facial recognition or so-called "artificial intelligence" and can react. "Reacting" does not mean "thinking".

Chemical elements

- cannot feel anything (a cell phone feels nothing),
- cannot choose, i.e. cannot make decisions,
- cannot control or destroy themselves,
- cannot have morals,
- cannot have consciousness (how much consciousness does a computer have?),
- cannot self-reflect.

Chemical elements are, therefore, certainly not the source of thoughts. But where do thoughts come from? Why can humans think? If the brain is composed exclusively of chemistry, then it is naturally impossible for it to think independently.

Humans can feel and think. However, chemical elements are numb. The nerve in the injured finger transmits an impulse to the brain. Only then does a feeling arise in the head. Who feels the pain? Where is the seat of feelings? The existence of feelings is in itself good proof that human beings cannot be made up of chemistry alone.

Furthermore, humans can destroy themselves, unlike non-living elements in nature. The laws of nature do not provide for the self-destruction of matter. However, people can jump to their death from an 11th-floor window in response to information that does not meet their needs. This is what the boyfriend of one of my patients did. When she broke up with him on the phone, he jumped to his death during the call.

Something made of chemical elements, e.g. a computer, cannot bring about its own demise. However, there are observations of self-destruction in animals. For example, when a beloved owner dies, cats or dogs often become seriously ill and die. Some animals refuse to eat until they die. Why do they behave like this?

So, there must be something in humans and also in animals that first gives rise to the idea of self-destruction before such a decision is made.

People have cognitive abilities; they can be happy or angry with other people. This means that they can consciously perceive information and react to it in a recognisable way. People can also make choices. They choose their life partner, their profession or even a car. Matter cannot do any of this.

Where do people get all these abilities from? Where is the source? Is it in the brain? The Basic Law of Nature rules out the possibility that chemistry alone or an organ consisting exclusively of chemistry can think. What remains to be clarified is what it is in humans that can think? Only then can we answer the question of where thoughts come from.

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1. According to the laws of inheritance, the two cerebral cortices are each particularly characterised by one parent.
2. An overview is provided by Eccles, J.C. (2000): How the self controls its brain. (3rd ed.) Piper. His statement of the limitations of materialistic solutions is remarkable, see p. 261 f.

5. The Spirit of Man - We are More Than Just Matter

Humans have a number of abilities that cannot be explained by "chemistry" alone. There is something in humans that goes beyond matter. We can only answer the initial question of where the disease comes from if we find this component. As just shown, as a purely material element, the brain itself cannot think independently. The brain cannot be the origin of thoughts. Although it is absolutely necessary for thinking, it cannot think independently.

But what then is the origin of thoughts? All I could find was that humans and animals must have a spirit. A spirit is invisible and cannot be physically detected directly, but there is still comprehensible evidence that proves its existence.

Evidence for the existence of an immaterial spirit:

The Spiritual Needs of Humans and Animals

There is a whole range of spiritual needs that can be observed in both humans and animals: freedom, security, curiosity, knowledge and many others. The spiritual needs of humans undoubtedly go far beyond those of animals, for example, in terms of justice, truth, responsibility, morality, appreciation, etc. However, the list of human spiritual needs is not really exhaustive. What they have in common is that they are all non-chemical in nature; there is no "freedom" as a dose in tablet form.

Needs as such must be requested by an entity. Where this entity does not exist, the need is also meaningless because it is not necessary. There is an entity in man that demands spiritual needs, but what is it? What or who in man wants freedom? Do our brain cells crave these spiritual needs? Or is it the heart, the liver or the stomach? Could it be, for example, that the brain cells need understanding from other people to function? Does a cell protest and get upset when an injustice is done to itself or to another person?

It is obvious to our reason that this is not the case. So, there must be something in humans and also in animals that demands spiritual things. Something that can distinguish between truth and lies, justice and injustice, security and insecurity. Something that can separate a loving act from unkindness. Humans are obviously capable of this. Where does this ability come from? I had no other explanation than to accept that human beings must be more than just matter. The existence of a spiritual entity cannot be dismissed out of hand. And since we all already know the term for it, we therefore have a spirit.

The Dependence of the Body on the Spirit

Our body, consisting of chemistry, has physical needs similar to those of a plant, which it cannot fulfil itself. Just as a plant is dependent on water being made available to it by nature or humans so that it can absorb it, our body is also dependent on the spirit to satisfy its physical needs. The body, therefore, signals its needs through hunger and thirst, shivering and sweating. In this way, the body shows the spirit what it lacks or has too much of. The body cannot fetch food and water for itself. Only the spirit can supply the body with food, water, oxygen, etc. The body then absorbs these substances and processes them, but it cannot "procure" them for itself. It is the spirit that controls the body. It is only through this that a person can move, even if they only go to the fridge or tap.

Without a spirit, the body would not be able to take care of itself. This is why the body sends a signal to the spirit to remedy a deficiency. Hunger emanates from the cells, but a cell cannot sense hunger itself. Hunger is therefore not a signal from one cell to another, but from the cells (matter) to the spirit. This can then fulfil the body's need - or refuse to do so. This leads us to the third proof that we must have a spirit.

The Primacy of the Spirit and Its Needs Over Physical Needs

In a case of conflict in the life of a person who has to decide between "love" (as a term for spiritual needs) and life, love is more important than life. I have observed this order of priority time and again. There are many married couples where both partners wish to die before the other because they don't want to live alone. One elderly patient told me that he was prepared for the fact that if his wife died, he would die right after her.

In the case of a young man, it was tragic when his girlfriend ended their relationship. He couldn't bear the situation, got his father's gun, invited the girl on a joyride, and shot her and then himself.

I have noticed very clearly that my patients prioritise their spiritual needs over their physical needs. We also see this in everyday life, where people give up food, sleep, and rest just to pursue their spiritual desires. Not much consideration is given to physical needs during adolescence, when satisfying one's spiritual needs at a party is more important than life itself.

Without exception, everyone would be dissatisfied with merely existing. I have often asked my patients: "Would you be satisfied if you were *just* living?" No one answers that life alone would be enough for them. Everyone has something that drives them, that gives their life meaning, without which they would not be satisfied. I have observed that it is the (supposed) loss of meaning in life that leads to mental stress and then manifests itself as illness in the body. The illness is not the result of a person fighting for their "life". Rather, the illness is the result of a person not being able to fulfil or having lost the "meaning" of their life.

Addiction is also about fulfilling meaning, not about life itself. And since the spiritual need for meaning is becoming ever greater, we see many addicted people. Meaning always comes before life, which proves that the spirit is above the body and that people would rather give up their lives than not fulfil their meaning.

This means that Maslow's pyramid is constructed the wrong way around. It has physical needs on the first layer of the pyramid. [1]

The reality of human life shows that the human pyramid of needs is actually filled primarily with spiritual needs and only secondarily with physical needs. Yes, we need both; we have physical and spiritual needs. Nevertheless, the spiritual needs are more important than the physical needs of the body. So, what exactly is it that makes people capable of valuing the meaning of life higher than life itself? Who is the guiding force in people? Is it the brain - i.e. the body - or the spirit?

The Capabilities of the Spirit Exceed those of the Body.

The body communicates with the spirit by sending it feelings and emotions, and also via the nerves. These describe a desire of the body. Does the spirit have to respond to the body's desire, or can it refuse? Experience shows us that if the spirit does not want to do something, no matter how many urgent signals the body sends, its need will still not be satisfied. The spirit is an entity that cannot be forced to act.

I was able to find out three things about the spirit from its functions.

1. A spirit is a closed system and cannot be controlled from the outside. A spirit can be influenced from the outside, but only it determines whether it accepts this influence or not.
2. A spirit can only control itself, and it does so from within.
3. A spirit is always active, i.e. passivity does not exist in the spirit.

The ability to make decisions is probably the most important difference between a physical and a spiritual element. The physical element cannot say "no", it obeys orders that come from outside.

A piece of wood cannot defend itself when someone is working on it. The body can only react and metabolize chemistry. It reacts according to the commands it receives. A spirit does not take orders, but acts independently.

The abilities of a spirit are therefore:

- to act on its own initiative, e.g. come up with an idea, etc.
- to refuse to react to an external stimulus (a "no")

and these cannot be found in the material.

A spirit, too, must first process information in order to do anything. But it acts on its own and reacts when it wants to, or it does not react and refuses the external impulse. That is why the spirit cannot be equal to matter. Because it is superior to matter, a spirit cannot arise from matter either.

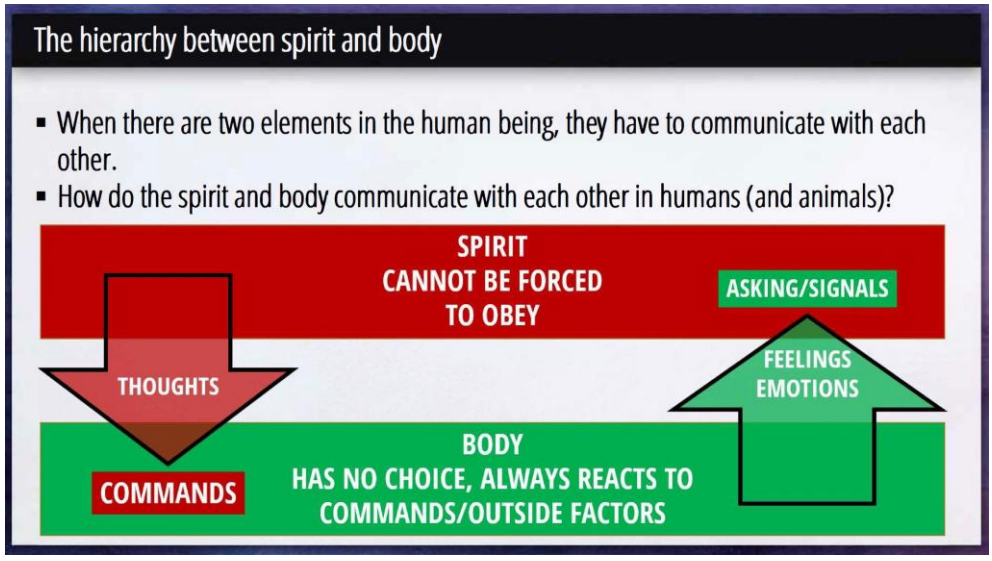
When the body demands its food, the spirit can follow this desire. However, the spirit can also freely decide to go without food, contrary to an urgent signal from the body.

This is why a person can go on a life-threatening hunger strike if it fulfils a higher spiritual need.

All this shows that matter influences the spirit, but cannot control it. It can hinder the spirit by causing discomfort and pain as a reaction to the spirit. However, physical reactions cannot force the spirit to obey the body (matter).

This makes it clear that the spirit is not an element that can be commanded, as is the case with matter. As the spirit controls itself from within, it must check the information offered to it to see whether it meets its spiritual needs. If something is offered that meets its needs, it accepts it and acts accordingly. If it does not, he does not act in accordance with what someone offers him. He therefore has a clear "no" as an option for action, which is not found in matter.

The ultimate goal of torture is also to reach the spirit through the body. The body is damaged or destroyed, which the spirit has to feel and endure. But even this process cannot force the spirit to act. Many people who have been tortured have never given in, no matter how great the torture. This is further proof that there must be two entities in man.



The Control of the Body by the Thoughts of the Spirit

Decisions made are commands for the brain, not signals or requests. The body as a physical element must react to its outside world. It has no choice. The movements of the hands are nothing more than impulses, commands from the spirit that the body carries out. The body cannot say "no" to this.

Using the example of a panic attack, we can look at the interaction between these two entities. The human spirit interprets a situation as a life-threatening danger; a second of fright causes the body to chemically release a series of hormones in milliseconds that change the metabolism of the whole body. Does the body have a choice? No, it has to react in the way it is pre-set to. Even if the panic is based on a delusion, the physical reaction is the same.

Sometimes you dream something bad and then wake up relieved and say to yourself: "It was only a dream!" Regardless of this, the physical reaction is still there. This also applies to the panic that you voluntarily create for yourself by watching certain films.

In order for the spirit to control the body through thoughts, it must, according to natural law, provide the body with physical impulses. Without this, it could not set the body in motion. We have seen that our brain works with an electric current. And these impulses have to come from somewhere. The brain cannot give them to itself. This is shown by the difference between a living and a dead person.

What is missing in the brain of a dead person? It is the electric current! Why is it missing now? How does the electricity get into the cerebral cortex in the first place? Who generates the electrical impulse in the brain?

As matter, the brain is not capable of generating the electrical impulse that drives it. [3] If it were capable of providing itself with the means by which it is driven, it would be a perpetual motion machine.

However, this would abolish the Basic Law of Nature, which is also the law of dependence and the principle of the channel.

The brain would function differently - not only from all other human organs, but also from all observable elements in the universe.

It is the spirit that triggers the electrical current impulse through thoughts and decisions. The spirit keeps the brain "in motion", so to speak. These currents can be measured. They are nothing other than the activity of the spirit on the brain. The brain itself cannot generate electrical impulses, as can be seen in dead people. According to the law of nature, the dead person thus proves that the living person must have a spirit.

The evidence for the existence of a spirit can be summarised as follows: without the spirit, we as humans would have

- no mental activity
- no spiritual needs
- no sensory perceptions (feel, see, smell, taste, hear)
- no thoughts
- no ratings (choice between Yes or No)
- no responsibility
- no morals
- no spirituality
- no possibility of moving the body.

A body without a spirit is therefore dead. So the question inevitably arises: if matter cannot produce it, where does the spirit come from?

1. Maslow, A. H. (1943): A theory of human motivation. Psychological Review. 50 (4), S. 370-396.
2. The respiratory function is also controlled by a chemical process in the presence of the spirit. This chemical process only runs for as long as the spirit controls it, but how it functions is not a decision of the spirit. Unlike the decision about food intake, breathing can be impressively trained, but it cannot be consciously stopped permanently. Therefore, control does not only mean giving the body commands, but also maintaining the processes defined in the body within a defined framework.
3. It is about complex control impulses that run through the entire body from the cerebral cortex, not about the supply of energy to the brain by the body itself.

6. The Soul - The Sum of Body and Spirit

According to evolution-based science, the spirit originates from matter. However, it is not called a spirit, but the "psyche". The psyche is seen as the result of the activity of the cerebral cortex. If this were the case, then physical needs and hardships should be more important than spiritual ones. The body should control the spirit. We have seen that this is not the case.

According to natural law, no immaterial spirit can emerge from the chemistry or matter of cells. Just imagine the body creating a psyche that then decides to give the body something to eat or not. Or that makes it jump from the 11th floor, etc. That would be implausible according to reason and contrary to the law of cause and effect.

It is the spirit that triggers a flow of electricity into the body by means of thoughts. Depending on the direction of these thoughts, the current in the body can cause malfunction, self-harm and even illness.

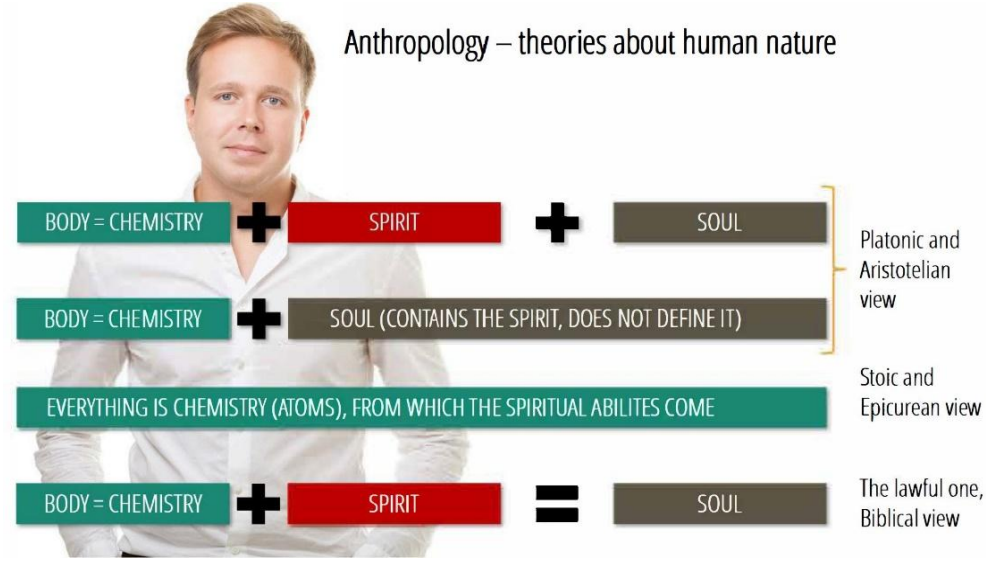
This shows that the electrical impulse generated by the spirit must have a fixed effect on the cerebral cortex, i.e. the "right" thoughts lead to an impulse that is appropriate for the body, while the "wrong" thoughts have a harmful effect. The cerebral cortex is matter and has no decision of its own and no degree of freedom as to how it reacts to the spirit or the thought. This means that the right way of thinking of the spirit, which gives the body the right electrical impulse, can be reliably read in the body. At the same time, the wrong, non-body-appropriate electrical impulse in the body also gives an objective reaction. An objective measurement for subjective thinking is a very beneficial thing, especially when it comes to our lives and our health.

But before we find out these details, we should get an overview of anthropology, i.e. the theories of human nature. There are many different theories about the structure of human beings, but we will consider only the three best-known approaches here.

1. On the one hand, the human being is seen as an interplay of three independent entities: body, spirit and soul. The soul and spirit are spiritual entities.

This view of the human being was shaped by the ancient Greeks and is therefore referred to as the Platonic and Aristotelian view of the human being. Plato describes man very vividly as a god trapped in an animal body. Consequently, death is a kind of liberation for man. He then becomes a god again. [1]This understanding of the human being is still influential today and can be found in many religions, especially Christianity.

2. There has also been an alternative concept since the ancient Greeks - the Stoic and Epicurean view of man. According to this view, the entire human being is exclusively chemistry, and spiritual abilities also arise from this. The majority of evolution-based medicine and science still adhere to this rather simple view of humanity today. According to this view, love or passion arises through "combustion" in the cells.



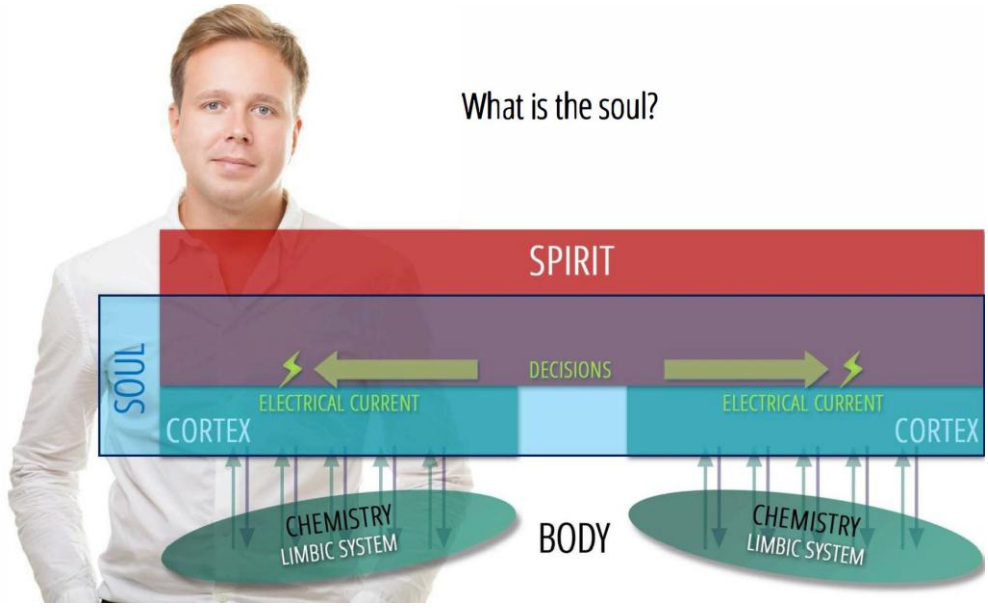
In light of what has been said so far, there is irrefutable evidence that matter alone cannot explain the human being. According to the Basic Law of Nature, it is necessary for the body to be controlled by a force that it cannot make available to itself. It is therefore plausible to see the human being as consisting of two units: body and spirit. I could not find a third unit, but on the basis of the interdependence of body and spirit – one cannot do anything without the other. The term "soul" is a good description of this fact. The human being is therefore a soul, consisting of spirit and body.

A comparison to illustrate this is water. Water (H_20) is present when we have oxygen and hydrogen together. Just as water consists of two elements, the soul also consists of two inseparable elements. If the elements of H_20 are separated, we no longer have water, but hydrogen and oxygen. If spirit and body are separated, the human being is dead. This means that the soul no longer exists, but only the separated elements, spirit and body. The human being can only function if both entities work together.

Another image for the cooperation between spirit and body is the connection between a piano player and a piano. The piano cannot produce sounds on its own. Nor can the player produce piano music without the piano. Music is only created when the player and piano work together. This music is the combination of a player and an instrument. In the same way, the soul is the result of the interaction of spirit and body. The body is the piano, the spirit is the player. Two different components result in a new entity, the living soul. According to the law, there are mutual dependencies, but the body is controlled by the spirit. If there is a separation, there is no more music. Life ends when the spirit leaves the body.

The spirit and body, therefore, form a functional unit. Both can function only together. Nevertheless, the spirit is upstream of the body and controls it. For its part, the body has fixed settings that the spirit cannot override. This means that even if the spirit controls the body, it cannot do more with the body than what the body is able to do. This is why the human spirit is limited and restricted by the body.

This makes it clear that the five human senses - feeling, seeing, smelling, tasting and hearing - can only exist in combination with the body and the spirit. The physical information reaches the cerebral cortex via the nerves through the body and is then presented to the spirit, which feels, smells, sees, hears or tastes it. The spirit's ability to think is also dependent on the cerebral cortex. The spirit thinks for itself, but not without the cerebral cortex. Just as the feet are used to walk, even though they cannot walk on their own, the spirit cannot think without a functioning brain. Both are always involved in everything a person does.





1. Reuter, H. (2014): History of psychology. Hogrefe, pp. 31-45

7. How Does the Disease Arise?

I would like to tell you about a case in which I learned the principle of how illness develops. I have been able to observe it again and again in the same way in all subsequent patients and have not found any exception.

Case 5

A patient in her early thirties had been suffering from persistent, severe headaches for 14 days that simply did not subside, despite taking painkillers. She had been treated by her GP for these headaches without success, then he referred her to me to rule out a sinus infection. I examined the patient thoroughly but found nothing abnormal. As the woman was very distressed, I thought of a brain tumour or a cerebral haemorrhage. A CT scan of the head that same day showed no abnormal findings.

The woman's pain was initially inexplicable. She had suffered no head trauma or other physical impact. Was her pain just a figment of her imagination? You can't see pain, of course, but you can make it visible in a functional MRI scan by detecting activated areas in the brain. We know that people feel pain when certain activation patterns occur. [1] Pain is a chemical reaction from the limbic system to the cerebral cortex, which signals pain to the spirit.

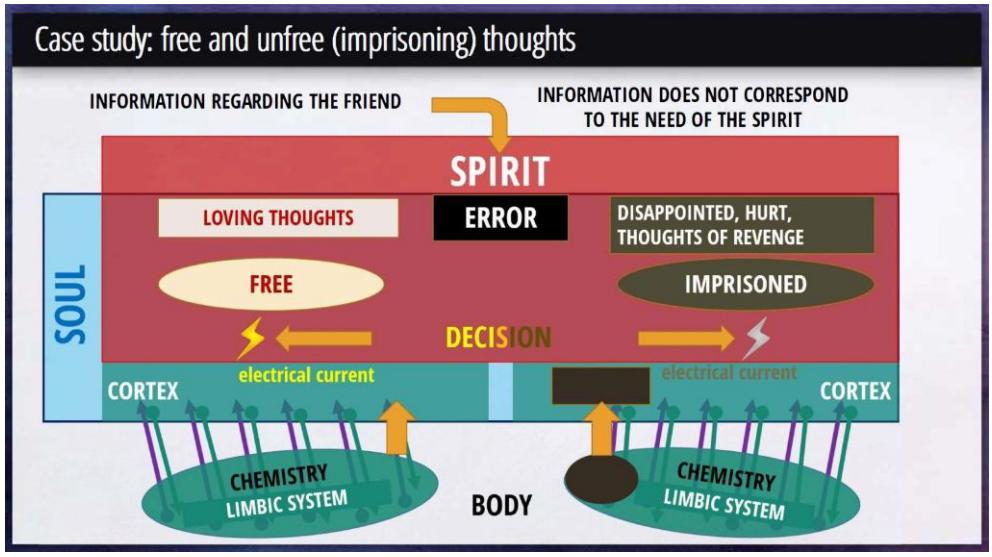
How should I proceed with the woman? She had plausible, severe complaints. Pain cannot be imagined. However, it can be produced by imagination. But if it is there, it is physiologically experienced. I can confirm this from my own experience. During my medical studies, one morning, I attended a lecture on the danger that appendicitis poses to life. Around midnight, I began to feel pain in my appendix region. Fearing that I might die, I immediately went to the emergency room, where I was admitted as an inpatient. After two days of examinations to determine whether I had appendicitis or not, my appendix was removed to be on the safe side. It turned out that it was not inflamed.

Case 5 Continued

Since no physical cause for the excruciating headache could be found, the only thing left was the spiritual component. I asked whether something had happened 14 days ago that had affected her. The woman then reported: "A fortnight ago, I found out that my boyfriend had cheated on me." A year ago, the woman had moved across the country, leaving family, friends and a job to be with her boyfriend. Now she found out that he had been unfaithful to her.

We have the need for fidelity anchored in our spirits, and it is the opposite of this. Since we have needs that must be satisfied, we automatically react to an anti-need with rejection. So did this woman. What interested me, however, was which train of thought led to the headache. So, I asked her what thoughts she had about her boyfriend before she found out the news and what her thoughts were like afterwards. She had only loving thoughts towards him beforehand. Loving thoughts are basically free thoughts, i.e. they correspond to our spiritual needs. Every free thought leads to decisions that trigger an electrical impulse appropriate to the body and cause a positive emotion in the limbic system. This is the physical confirmation that the electrical impulse was appropriate for the body and gives the spirit the information: "Keep it up!" Loving thinking cannot trigger a disorder and therefore also cannot cause illness in the body.

But now the woman receives the bad news about her boyfriend's infidelity. This information violates the spirit's need for fidelity, truthfulness and justice. Because if the man cheats, he is not only breaking faith and not being honest, but he is also committing an injustice. How does the woman react to the breach of trust? She feels disappointed, is hurt and also has thoughts of revenge. These negative thoughts generate an electrical impulse that obviously harms the body. It is the unfree thoughts that the spirit thinks and with which it blocks itself. Whenever the spirit imprisons itself, it makes decisions that are not in accordance with the body, which trigger an electrical impulse in the brain that is not in accordance with the body.



This false drive leads to damage to the brain and all other organs connected to it.

To summarise:
Negative and unfree thoughts always lead to a non-body-compliant electrical impulse with varying degrees of damage to the body. [2]

Generally speaking, a human need is felt when someone does something that does not meet the needs of their spirit. This anti- need is taken as an opportunity to take action against it. However, as the other person cannot (usually) be changed, this endeavour is an imprisonment of one's own ego. The more one holds on to these unfree thoughts, the more they multiply and further unsolvable problems arise in the spirit. The patient was trapped by yet another thought that had been tormenting her for 14 days: "I would like to keep my boyfriend if I had the guarantee that he would never be unfaithful to me again." This puts her in an impossible situation, because where is there a guarantee that her boyfriend will remain faithful in the future? She knows herself that there is no such guarantee, but she still holds on to her boyfriend and would force him to be faithful if possible. This compulsion within herself leads to her headaches.

Now the question arises as to the reason for our relationships. Why do we enter into them? The general belief is that we need our fellow human beings to satisfy our spiritual needs. This patient also believes that she needs her boyfriend to fulfil her spiritual needs. She believes that he can satisfy her needs for love, loyalty and security. That is why she has chosen him and lives with him. Can her boyfriend satisfy her needs at all? Is her request realistic? Does the Basic Law of Nature allow for the possibility that one drinks, eats or thinks for the other?

As I have seen time and again, everyone reacts against themselves when someone else does something that is contrary to their spiritual needs. They hurt themselves without realising it and without wanting to. This is also the case with this patient; she takes herself mentally captive and produces her own headaches because she is convinced that her boyfriend owes her fidelity. And I agreed with her until I realised that her spirit was harming her body with this request and that the Basic Law of Nature does not allow what she wants. It was only when I took a closer look at the whole thing that I realised the error in my thinking.

As a doctor, I assume that anything that harms the body should not be done to the body. If I give the body the wrong food, it will react negatively to it. If the body reacts negatively to my thoughts, then they can't be right. Then I have to change these thoughts, just as I do with food that is harmful to the body. What is the thought error that I was thereafter able to recognise in all subsequent patients? It lies in an unconscious self-deception that is not considered a lie. And since it is common to us all, everyone is their own enemy and destroys themselves when their loved ones, their caregivers, do not do what they should or when they die. This unconscious self-deception would have remained unknown to me if I had not taken illness and the law of nature as a yardstick.

1. Kroner-Herwig, B. et al, (2011): Pain Psychotherapy: (7th ed.) Springer, p. 6

2. Thoughts reach the bone marrow as an impulse via the limbic system as the next point in the human circulatory system. Even the wise Solomon wrote that a troubled mind causes the bones to wither (Proverbs 17:22). He knew that all physical illnesses come from the bone marrow. This is where the blood is produced, i.e. all antibodies and immune cells. Everything that takes place in the bone marrow happens at the command of the spirit. The activity of the bone marrow influences the function of all other organs in the body. Only after the thoughts do material elements such as air, water and food enter the functional cycle of the human being via the lungs, stomach etc. From the organs, the information flows back into the limbic system, then to the cerebral cortex and from there to the spirit, thus completing the functional cycle of the human being.

8. The Lie That Constantly Accompanies Us

When I started talking to my patients, I noticed that they all shared one inner conviction: I need to be loved. Apparently, people think that "being loved" will satisfy their need. All of my patients' stories revolved around love in one way or another, always around the same thought: I am not loved.

In the following, I would like to describe some real-life cases that illustrate the expectation of being loved.

Case 6

A young female patient had been unable to swallow or eat for three days. However, I could not detect any physical abnormalities. The woman had been married for two years. Her great issue was her husband's frugal attitude. At first, he didn't want to go on a honeymoon, but she was just able to persuade him. When the young woman had made herself pretty in the hotel that evening and was expecting her husband to take her out to dinner, he said: "Come on, let's go to the supermarket and buy ourselves something to eat." Not really romantic, is it?

So, the woman is married to a miserly man who saves wherever he can. While still on her honeymoon, she attempted suicide in the hotel pool. Something had happened again before she visited me, which showed that her husband had not changed in the last two years.

All people's problems stem from the fact that they think others don't love them. Why does a mother get angry when her son doesn't clear the dishes? Is the mother annoyed because she can't do the dishes? She's been doing it for many years. She gets annoyed because she subconsciously thinks that her son doesn't love and appreciate her. Otherwise, he wouldn't leave the dishes for her. Almost all books on relationships say: "You need to be loved, it's a give and take." This lie, that someone else should be there for us or fulfil our needs, accompanies us throughout our lives and makes it difficult for us.

This error gives rise to another lie: "Others must not do anything wrong to me." This means that others must not lie to me, cheat me, beat me, steal from me, etc. I had a remarkable case of this in my practice.

Case 7

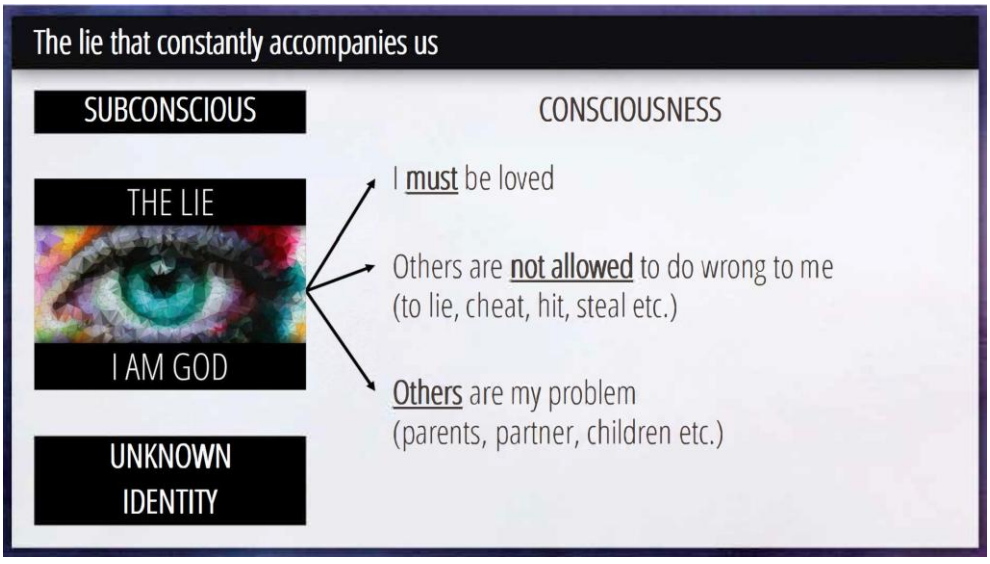
A patient was very angry with her husband because she knew that he was having an affair. She had repeatedly accused him of it and he had always denied it, until one day he did admit to the affair and wanted to separate. The patient was less annoyed that he was seeing someone else than that he had lied to her for so long. I asked her: "Who are you, that your husband owes you honesty?"

Or in general: Who am I that anyone owes me anything? Can others lie to me and cheat me? Beat me or steal something from me? Well, they are allowed to, even though they are certainly breaking the laws of the state. The moment I cannot stand the actions of others, i.e. when I attempt to take away the right of others to do what they want, I imprison myself, and I am not well.

Two simple questions make it clear how illogically the love of other people is judged. When I ask my patients, "Can someone think for you?", they all correctly answer "No." But if I ask the question just a little differently: "Do you need to be loved by someone?", everyone answers "Yes!" That's not logical. If I really need to be loved by someone else, then someone else must be able to think loving thoughts for me. So, my patients' answers to what is in fact the same question are contradictory. People often don't even acknowledge how contradictory their view of other people's thoughts is.

Why does everyone want to be loved? And why is everyone convinced that they are impaired as an adult if their mother did not love them as a child?

One patient, over 40 years old, backed away when I tried to look in his ears. I asked him why he was so scared. The man replied, "Because my parents didn't love me!" Do we really have fears at 40 because we weren't loved by our parents? We don't see that what others do or don't do counts when it comes to satisfying our needs. Only what we do is decisive in terms of our needs and for our lives.



The idea that I must be loved in order for my spiritual needs to be met is a lie, simply because it is an impossibility. No one can satisfy the physical and spiritual needs of another individual. Our body reveals this self-deception through negative emotions and illness.

The body is the best way to see whether a thought is a truth or a lie. You cannot lie to the body. It reacts with tolerances, but there is no alternative to the reaction itself. Among other things, our body needs electricity to function. This current is triggered by the human spirit. But the spirit also has its own needs, which it must first satisfy. The spirit is empty within itself before it absorbs information. To fulfil our needs, the three questions must be answered: Who, how, and from where?

Who is responsible for filling my stomach? Only I am 100% responsible, because no one else can eat for me. Eating means fulfilling the body's need for nourishment with what you have previously taken from nature.

We eat according to the Basic Law of Life; we must first take in order to give.

Let's now go to the spiritual level. Who is responsible for ensuring that my spirit gets enough love? Who is responsible for ensuring that it is "filled"? As with the physical needs, it is 100% me. How should I go about this? The structure of the human being shows us that loving thoughts towards our neighbour are necessary to generate the right electrical impulse for the body. However, this information must first be absorbed in order to pass it on.

In the error of his mind, however, man does not see that there are also two actions in loving. They think that loving is just giving. In reality, however, it becomes clear that if I cannot give loving thoughts to the other person because they do not meet my needs, I end up taking the information from them and giving back exactly what I have received. If the other person is disharmonious or angry, then I will be too. If the other person is loving, then I usually respond lovingly and feel good about it. Because as long as I think loving thoughts, the electrical impulse triggered by them corresponds to my physical needs and will not harm me.

The principle of taking and giving also applies to a thought. The loving thought is giving. Where can I take it from beforehand? Why can't I simply think such thoughts about those who don't love me? Because the spirit is deeply and firmly in the error that its need is satisfied only if the other person gives it something. This means that we are all fixated on the actions of others. The words are not always decisive. Even words like: "I love you" can lead to anger and stress if said by someone who hit me yesterday. How do you react and feel then? Such beautiful words have been spoken. If the words are not believable, you react with unloving thoughts. This creates an electrical impulse that evokes a negative emotion. This makes it clear that feelings do not arise from what someone else does, but solely from your own reaction to it.

So why, usually, can't I react positively to the other person's negative behaviour? Why am I not able to remain objective, but have to get upset and feel bad? Because the error in our hearts makes us unconsciously believe that the other person owes us something, if not love, then at least kindness.

However, the idea of having to be loved is not functional; the law excludes it. A function that concerns me cannot take place outside of me. No one can give something to someone if they don't receive it. We all affect others and, conversely, other people affect us. However, whether someone reacts to the "charisma" of another person is entirely up to them. No matter what is offered to you - good or bad - if you don't take it up, nothing will happen.

According to the law of taking and giving, I have to take love from somewhere before I can pass it on. If I can't love the person who doesn't love me, one thing becomes clear: this person is actually the one from whom I take or want to receive love. So, I use them as my source of love.

If we understand the structure of the human being, then the Basic Law of Nature gives us an absolute and reliable measure of cause and effect. With the Basic Law of all functions in the universe and with the structure of the human being, almost all things in life can be categorised and explained as to why they happen or not. Humans have the advantage of being able to reflect. This enables them to notice things about themselves and think about them.

9. Self-Knowledge as the First and Hardest Step Towards the Truth

What is the most important knowledge to gain? Is it not self-knowledge? I am convinced that the deep ignorance of our nature is the greatest catastrophe for humanity. How do I think? How do my feelings and emotions arise? Why do I react the way I do? If people knew themselves, they would not be deceived by others. With self-knowledge, we would know who we are, what we can do, achieve and what is impossible for us. But unfortunately, people do not know themselves. No school or university teaches us the truth about ourselves.

When I started talking to patients about their life stories, I noticed that people misjudged themselves. It was easy to see from their stories that they had a false self-image. I had to ask myself: do I also see myself so wrongly? We have a great difficulty in not knowing ourselves. Self- knowledge may be difficult, but regardless, we must understand the processes within ourselves to be able to explain illness.

We can use mirrors to achieve self-knowledge. For the body, it is the mirror that we all know. Does a mirror reflect reality? A good mirror shows an exact reflection. But what is the mirror for the spirit? How do I realise who I am as a person?

I must recognise myself by an objective standard. What is available to us for this?

The means to self-knowledge

The body: We have already looked at the structure of the human brain and the cerebral cortex in particular. With the help of the nerves, which connect even the smallest parts of the entire body, all bodily functions are controlled via the cerebral cortex. This is possible only because we have a spirit.

Spirit and body act together like a player and his piano. Through thoughts and decisions, the spirit controls and sends electrical currents into the body. There is no choice for an organ except to take, and so the brain, in its function as a channel, receives these currents and reacts accordingly. It transmits the impulse to the body exactly as specified by the spirit.

The first physical reaction takes place in the limbic system. Through emotions, hormones (chemistry) report back in an initial cycle whether the thought that caused the electrical impulse was appropriate for the body or not. Emotions are always a consequence of thoughts, i.e. an effect. Emotions and thoughts are therefore not parallel. For example, a thought of fear is unconsciously thought and then realised as a stressful emotion for the body via electrical impulses with subsequent hormone release. This means that people themselves are responsible for what they perceive as an emotion. Emotions are ultimately the mirror of our unconscious thinking.

In the case of the patient with the severe headache (Case 5), the emotions occurred after she had changed her loving thoughts about her boyfriend. The trigger was the negative information about her boyfriend's infidelity, which did not meet the needs of her spirit. The woman, therefore, started to think thoughts of disappointment, hurt and also possible revenge. After receiving the information, her thoughts were no longer free, but trapped. From the moment she began to think compulsively and was thus trapped, she made decisions that initially caused a negative emotion in the limbic system as a non-bodily impulse. After a short time, headaches set in as a further reaction.

Because the body is controlled by the spirit, it is a perfect mirror for the spirit. It is objective and cannot lie because it only ever passes on what it is given or done to it. The body - as a mirror - can reveal the truth about itself to the spirit. And since the spirit can basically only be characterised by two pieces of information - truth or lies - the body proves to the spirit whether it is thinking truthfully or following a lie. This process is an important objective standard that helps the spirit to recognise its unconscious self-deception and then replace it with the truth.

The trapped spirit: As long as a person receives information that corresponds to his spiritual needs, he remains free. He does not have to react negatively. Since his expectations are met, there is no problem. But the moment the other person no longer does what is expected of them – or what would be right from their own point of view – the problem begins.

When I was little, my grandfather had a dog. If you teased him, he would bite his own tail and run around in circles. It's certainly not a wise thing to do if you destroy yourself just because others do wrong. But that is exactly the general process with all the patients I have examined. Even if I knew everyone in the world, I probably wouldn't find an exception.

Now, some patients think they have the choice to think differently. They could avoid getting angry. Can they really do that?

Case 8

After 35 years of marriage, a patient realised that her husband had been cheating on her with several women in different places since the beginning of their marriage. About three years after the woman found out about this, she came to my practice with several complaints. One of them was her sleep disorder. She said: "I can no longer sleep at night. I then drive around in my car and look at the stars while I think about how I can get out of this situation."

Is this woman free in spirit, or is she trapped? Who is imprisoning her? The woman was happy and content with her husband for 35 years. It was only when she found out about the cheating that the process of destruction began within her. Who can help her as long as she does not realise that she is destroying herself? No one can. She thinks that her husband's actions are destroying her. But her husband's act didn't harm her as long as she didn't know about it. This makes it clear that only the way we perceive and evaluate something can harm us. When I realised that all my patients were self-destructors, I asked myself: Why are they doing this to themselves? Of course,

I discovered the same problem with myself. It affects all people because they are all identical in their function. So, what is the mistake? Where do we all go wrong?

A deception consists of the fact that the information received is regarded as the truth. As long as the information is not recognised as a lie, it remains the truth for the deceived person. The misery, therefore, comes about only because the lie is accepted as truth.

Nature's Basic Law of cause and effect: Let's look at our relationship patterns. We have relationships with our mother, father, spouse, children, pets, etc. Why do we have these relationships? Because we love these people and want to give them something? Or because we want to get something from them, namely, to be loved? Why did the woman with the headache move in with her boyfriend? Why does someone get married? Do they want to give or get something? The usual answer is: "Both!" Is that true? We have seen from the law that giving and receiving at the same time in the same place does not work. It is not possible. Nor can you go forward and backwards at the same time.

The error in man forces a thought upon him: I am dependent on love and on the existence and actions of other people. Is that really the case? There are two roots to the problem:
1. People do not do what we think is right and what we expect of them.
2. They do what we expect, but die and are lost to us.

With the mostly unconscious thought of dependency, all people with whom I enter into a relationship become my debtors. We start the relationship by giving (at least we think we do) and not by taking. But this contradicts the law. In nature, everything works according to the principle of taking to give. However, people think that they first give to take or receive afterwards. The human spirit is fundamentally mistaken because it thinks that it first gives of itself. Therefore, others would owe him something and would have to give him something in return. Because of the fallacy, everyone gives "first" and expects something in return, even if they think they don't expect it. If nothing comes back from the other person, the negative thoughts you have about them reveal that something is wrong.

In summary, we have three things that help us to understand ourselves:

- The body shows us through our emotions, dysfunctions, anxiety and all kinds of diseases.
- A trapped spirit with a hopeless perspective. Thoughts that are constant and give you no peace.
- The Basic Law of cause and effect, which stipulates that taking comes before giving. The individual himself can satisfy his needs only by taking everything he needs physically and spiritually from outside and passing it on, i.e. using it. No one can drink, eat or think for another.

10. The Subconscious - Our Scales for Gain and Loss

When I recorded my patients' stories, I initially divided them into groups based on their complaints. I wanted to compare patients with the same complaints, such as tinnitus, dizziness, etc., because I assumed that different symptoms have different causes. I wanted to find a common denominator in each group. What do patients with tinnitus have in common? What do patients with vertigo have in common? Are there similarities, and if so, what are they? I was most interested in the patients who had multiple illnesses and symptoms. What had happened in their lives that they had accumulated so many illnesses?

For years, I looked for similarities in the life stories of patients with similar symptoms. In 2007, I came across something that expanded my knowledge of people: No matter what story a person told me, as soon as it was negative (which all illness stories are), it all revolved around the idea of personal loss. I asked myself: Is it possible that a single thought is the starting point for all problems and therefore for all human illnesses?

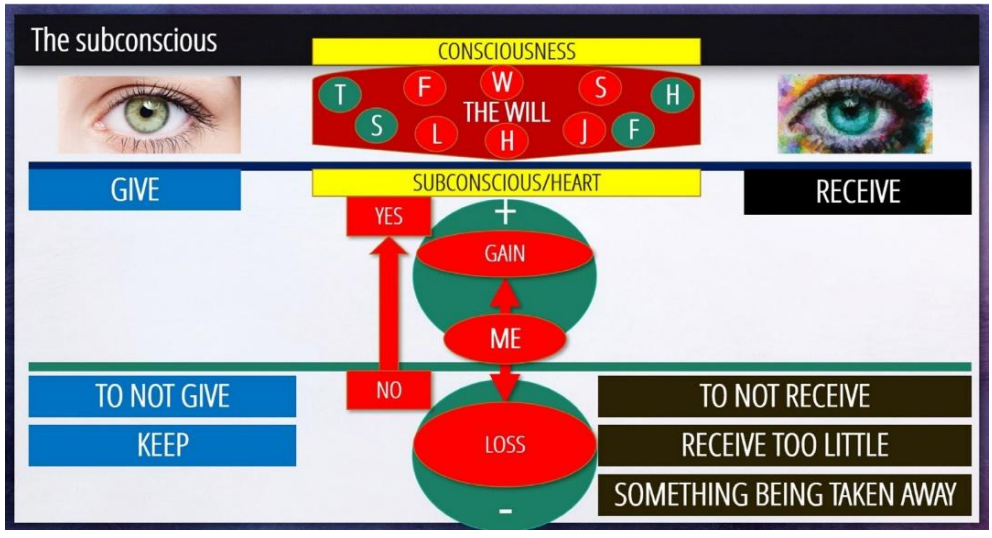
It took a long time for me to become fully convinced of what triggers our illnesses. At some point, however, it became clear to me that personal loss alone is what makes life difficult for us. It doesn't matter what story someone tells me; if it is negative, it is rooted in the idea of personal loss. I have not yet been able to find another principle. In my search, I came across the subconscious, which gave me the answers about the cause of human illnesses and problems.

To better understand the thought of loss, it is important to understand the subconscious, the functional centre of the spirit. To show how people function via a central thought, I have put together a diagram. At the top is the level of the conscious spirit, below it is the subconscious spirit, which I also like to call the "heart". The conscious spirit contains the will. We perceive certain signals and information. In the diagram, the physical needs are marked in green. T for thirst, S for sweating, F for freezing and H stands for hunger.

People must first become aware of these physical needs. Then they do something to satisfy them. The will is comparable to a screen on which "Action required!" lights up. You know there's a call to action.

The spiritual needs, shown in red, are also perceived. They are present in every person, but their order of priority is individual. Everyone has a main need on a spiritual level. In the illustration, I have placed H for harmony in the middle because I myself am in need of harmony. J stands for justice, S for security, W for wisdom F for freedom and L for loyalty. In order to satisfy these spiritual needs, you have to become aware of them, similar to your physical needs. All decisions made to fulfil a need are made in the subconscious. So, although I am aware of the needs, the decision is still made unconsciously.

The subconscious is the point of connection between the spirit and the body. As the spirit is always active in order to supply and control the body, it triggers an electrical impulse at the cerebral cortex every time a decision is made. It makes several hundred decisions within a second. This is why most decisions can be made only unconsciously.



The spirit has to evaluate all the information it receives at the entrance and can only sort it into two categories. These are labelled "gain" and "loss". Gain is that which meets the needs of the spirit and body. A loss is the opposite of this, i.e. an anti-need.

There is also the zero line, i.e. information that meets neither a positive nor a negative need of the spirit and therefore does not trigger a reaction. The zero line is important because it determines the amount, the extent of the gain or loss. According to this simple categorization, we make all our decisions, which contain only a yes or a no. Our decisions are predetermined with a "yes" to a gain and a "no" to a loss. There is no "yes" to a loss. Check yourself, e.g. why you donate to a good cause or why you don't. All human decisions can be traced back to a simple yes or no.

What must someone unconsciously think when they are hungry? They must see food as a benefit. Does this process happen consciously? No, it certainly does not. If someone has a selection of food in front of them, such as several pieces of fruit, then they unconsciously calculate the gain and loss for each of these fruits. Only then is the fruit selected and eaten.

There is no other decision-making level in people outside of yes and no. Every advertisement promises either profit or avoidance of loss. No one will respond to an advertisement that says: "Buy here, I have inferior goods and they are too expensive." There is no choice at this point. People must avoid everything that they see as a loss and say no to it. This process cannot be suspended or bypassed.

In the decision-making process of the spirit, he must avoid loss. If, and as long as he can do this, no fear arises. A person can press the brakes at a red traffic light and have no negative emotions. However, if they try to control circumstances, other people, time, money, etc., then fear arises - at least when it doesn't work. So, we can also understand what fear is. Anxiety always arises when I think that I have to avoid something that is not under my control. There is only a fear of loss, never a fear of gain. Illness and all of man's problems arise because he believes that he is losing his "no" (his ability to avoid loss). Humans are structurally determined to always say no to a loss and always yes to a gain. This is part of their function. Any loss, or even the expectation of a loss or the belief in it, is not accepted. Personal loss cannot be accepted and makes the person who believes in it and experiences it broken and ill over time.

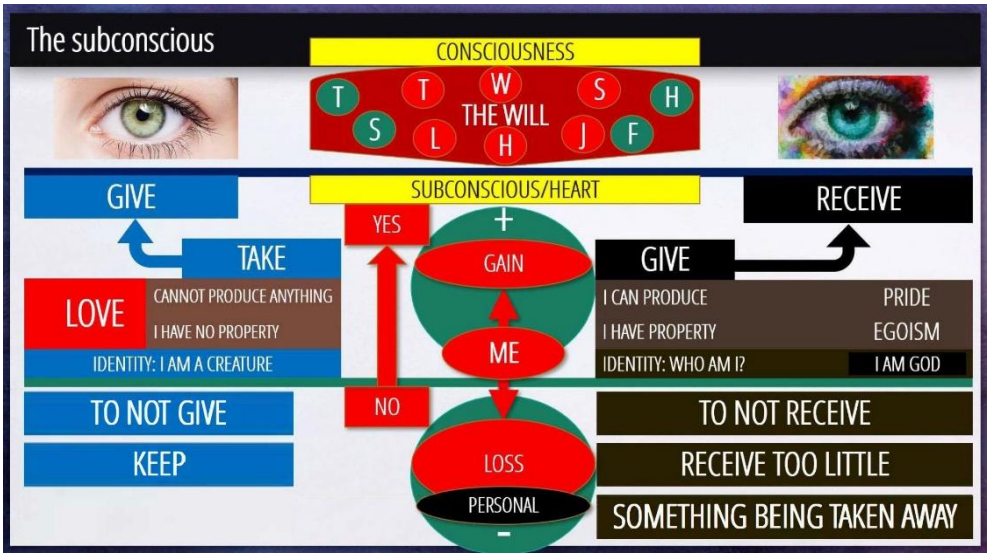
This also depends on how great the loss is perceived by each individual. High personal loss leads to heavy emotions and, over time, to serious illness. Lower personal loss causes less strong emotions and illness. The level of personal loss is different for each individual. The same story of loss can be perceived and experienced with very different degrees of severity. The intensity is subjective and individual, but the mechanism by which decisions are made is identical for each person.

We calculate recorded impressions and information regarding winning and losing in a few thousandths of a second. For example, this was measured in the brain waves of players who had to make decisions. [1] All information and perceptions are categorised into winning and losing. The mere fact that people believe they cannot avoid a personal loss leads to all the problems that people face.

When I realised that all of man's problems arise from the belief that others can cause him personal loss, I looked for the cause of this idea. I found it from the spirit's perspective, which I represent with the two eyes. Before something is categorised as a gain or loss, there is a kind of filter: the point of view. This is what the two eyes in the upper corners of the illustration represent. The spirit has one (spiritual) eye through which it views everything. There are only two ways of looking at things and evaluating them accordingly.

With the eye on the right in the illustration, the spirit sees its gain in getting its need. If getting is regarded as gain, then loss must be the opposite of getting, i.e. not getting, not getting enough or getting something taken away. Conversely, with the eye on the left in the illustration, the spirit sees gain in giving. Then the opposite of this, i.e. not giving or keeping, is a loss.

At this point, we should remind ourselves of the Basic Law of Nature. There we examined the overarching principle of taking in order to give, which applies to all elements because everything functions according to the operation of a channel. Retaining does not correspond to this universal principle (the lungs do not retain oxygen, etc.). The law does not allow us to keep things that are taken in.



With which eye do we see things as they are, and with which do we deceive ourselves? Which eye puts the "no" in the place where it cannot be taken away from the person? The eye on the left provides people with the ability to always implement their "no" under any circumstances. Gain and loss lie solely in the actions that I do or refrain from doing. Taking, giving and keeping are always my own actions.

But the chameleon-like eye on the right creates a deceptive view. This eye suggests that gain depends on getting, and loss results from not getting. This means that the eye always looks at what others are supposedly doing right or wrong - and at what they are not doing. The focus is not on your own actions, but on the actions of others. With this view, you make yourself completely dependent on other people to satisfy your own spiritual needs.

It is both fascinating and frightening to see that each person is constantly preoccupied with the other in order to satisfy their spiritual needs. Who do the spouses talk about almost exclusively when they come for counselling? The focus is completely on the other person. They always talk about their partner's wrong behaviour.

A situation in which someone wants to control another person arises only from the intention to ensure that the other person does not cause them any loss. This gives rise to all control and surveillance mechanisms.

There are only these two ways of looking at things.

1. A person is in control of their own decision regarding yes and no. Since no one else can think for him, it is obvious that "yes" and "no" belong to him.
2. Others can cause a person a loss that he cannot avoid. As long as a person is in gain and gets what meets his needs, he still feels comfortable and has no problem. But if, after 35 years, the spouse's cheating comes to light and the previous gain suddenly turns out to be a not getting/ being taken away, this becomes a burden for the rest of their life.

Because the prevailing thought is: the other person has caused me a loss.

There is a tip of the scales in this system. The decisive factor is whether the person thinks it is a personal loss. If a negative event happens outside of our personal relationships, such as the death of a child or abuse, then it is certainly a loss, an injustice, a bad thing. The decisive factor in whether or not this has a lasting effect on the person's spirit is whether it is assessed as a personal or impersonal loss. If, in Case 5, the young woman with the headache is angry about her unfaithful boyfriend, then she undoubtedly takes his actions personally. She thinks: "He did it to me." However, if she thought that the boyfriend had not done it to her personally, then her problem would be solved.

Yes, the boyfriend has certainly done something wrong. But did he really do anything to her personally? Did the woman really have a binding claim to his fidelity? Where does this claim to others come from?

In my search for an answer, I came across the deepest part of the human spirit – its identity. What does man think about who he is?

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1. Fehr, T., Herrmann, M., Meyer, G., Miedl, S., (2010). Neurobiological correlates of problem gambling in a quasi-realistic blackjack scenario as revealed by MRI. Psychiatry Research: Neuroimaging. 181, 165- 173

11. Creator or Creature - The True Identity of Man

All of my patients' demands on their parents, partners, children, siblings, friends, etc., point to an elevation of the individual above the other. This means that all demands arise from the assumption that the other person owes it to me to fulfil my needs. This automatically makes them my subject, who must be available to satisfy my needs. On the basis of the well-known human motivation – egoism and pride – I have seen where this claim to superiority comes from.

Behind egoism is the conviction: "I have property." This means that something belongs to me personally. Pride arises from the attitude: "I can create". This means that I can create something from within myself and pass it on. With this attitude, people always give first and want to get something in return. Even if they consciously think that they are doing it without wanting to receive anything in return, this manifests itself as self-deception; for example, people become angry when they are not given a simple "thank you".

Since everything revolves around personal loss, and this thought destroys a person's body, I asked myself whether a person can really have personal property. I have spoken to many people about their worst experiences. Some had lost a child, or their child had been abused. Although many years have passed since the event, the parents are still burdened and hurt, and the physical illnesses have increased in intensity.

Above, we described the body as an aid to self-knowledge, as a mirror. Anything that destroys it, i.e. makes it ill, cannot be right. This also applies on a spiritual level, even if the spirit believes it to be right. Thus, personal loss must be regarded as a wrong principle, precisely because it destroys the body and imprisons the spirit. So, where does this serious, all-destroying error of thought come from?

The spirit must evaluate every event. If it now evaluates a child as its property and it dies, possibly through an unnatural event, then the spirit destroys the body with the thoughts of this irrevocable and great personal loss, because it does not have the ability to accept a personal loss. It cannot lose. The human being simply does not have the ability to say yes to personal loss.

The question, therefore, arises: Is the claim to own something justified? Why can man, even if he thinks otherwise, have no property? The answer is simple: because he cannot create anything. Only if he could create something would it really be his property. But since everything - including man - functions as a channel, he cannot create anything. He can make things happen, he can assemble things, take them apart, and put something beautiful together with his imagination, to paint, etc.

However, this is not the same as creating something, because every result of human effort arises from what is already there and what already exists is only implemented. The child also comes through the parents, but not from the parents. In his error, however, man thinks that he can create things - even life - and that the child comes <u>from</u> him.

Thus, the illness of the body, together with the imprisoned spirit, proves that man is mistaken when he thinks that something belongs to him. The Basic Law of Nature also proves that nothing belongs to itself. Man's claim that he belongs to himself, that his body and life belong to him personally, comes from a self-deception that we must uncover.

The second idea from the false motivation of the spirit says that it can produce something of its own accord. Which of his needs does man think he can actually produce himself? Let's take another look at the basic human needs. Oxygen clearly shows our dependence on the environment. According to the principle of taking in order to give, humans have to get the oxygen they need from the air. The same applies to water. Without a source of water, people die very soon. Humans cannot produce food, but can only prepare it if they have first taken it from nature.

The basic need for love cannot be denied. Everything in human life revolves around love. That is why it is important to ask where love comes from. We should be clear about this: If love is a need of the spirit, it can only be a matter of information.

Spiritual needs such as love, justice, freedom and security are spiritual information. They are not energy in the sense of an electromagnetic wave; they are purely spiritual information expressed in words or images. They are not measurable or perceptible energy. Only when they are processed by the spirit are they translated by the spirit's decisions at the cerebral cortex into specific electrical impulses (energy) that can be physically measured in and on the body.

Can people produce love, i.e. the spiritual information they urgently need, for themselves? Are they producers of information or users of it? On the physical level, we have no doubt that means are only implemented, not created. On a spiritual level, we must also realise this: We convert information in the spirit, just as the body converts chemistry. We can observe that the media has only been able to develop so strongly because the spirit is insatiably crying out for information. From a very early age, a child sits fascinated in front of a screen and absorbs the information. If parents today want to keep their children quiet, they can do this very well with a cell phone or other screen. Children can even go without food for a surprisingly long time.

Due to the error residing in the spirit, people think that they can actually generate information, including love. Almost all my patients say yes to the question of whether they can produce love themselves. If that were the case, then love would not be a basic need. Then everyone would have their own source within themselves where they can produce love and live from it.

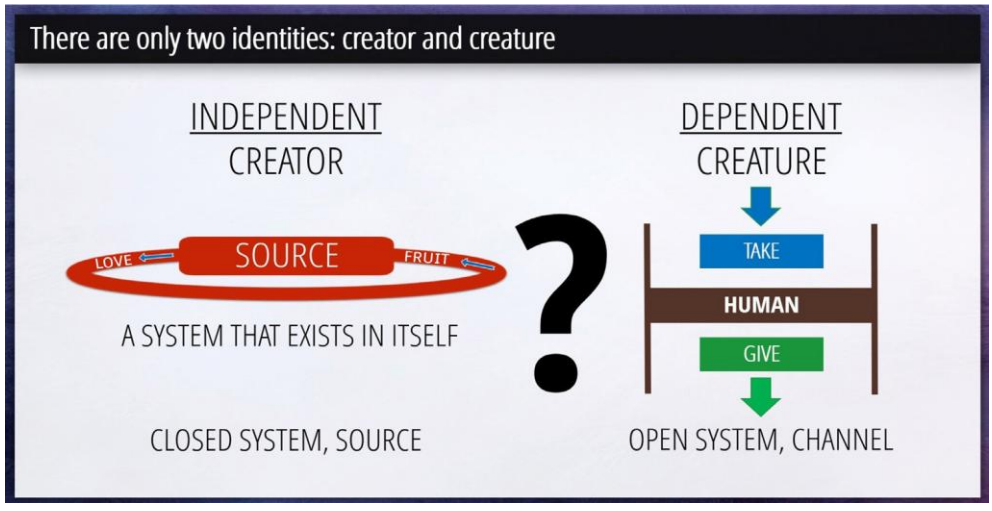
However, the fact that everyone seeks love and, above all, wants to be loved by someone else shows that they do not have love within themselves. According to the law, love must first be absorbed, processed and passed on. In a channel, there is only flow, but no production of basic elements.

A channel only ever passes on something that it has previously absorbed and processed. Humans cannot create anything new. We have to understand that even when we build houses and aeroplanes, we are not creating anything new, but rather assembling things from existing materials. Our spirits are equipped with many extraordinary abilities, but it is not possible for us to create even a single basic element from nothing.

Man's false conviction that he can possess or even create something must come from a source. And this starting point is his identity. "Who am I?" is what the mind uses to process all information.

There are only two identities that are fundamentally possible in our world. Either man is a creature, i.e. a channel, or he is a creator, i.e. a source and therefore God. So, who does the human spirit believe it is? Either he believes: "I am a creature" or he believes: "I am a creator", i.e. "I am God".

A creator is a system that exists in itself. He has no needs, because He is the origin. He is the cause of everything and therefore the origin, because an origin has no cause, otherwise it would also be an effect. This origin is self-contained and requires no absorption - a creator has no needs. He feeds and supplies everything in His creation of His own accord.



In contrast, a creature is, by definition, always structured as a channel. It must always first take in order to give. This means that every creature, without exception, must be structured as an open system and be absolutely dependent. So, on which side do humans fall? There is no doubt that humans function as a channel and are creatures. On the physical level, this is quickly acceptable to everyone, but on the spiritual level, man does not see his error.

The human spirit, in its error, thinks that it is "God". However, every patient I talk to about this immediately says, "Doctor, I've never thought like that before!" This may even be true for conscious thinking. But I had to realise that I have only "Gods" as patients in my practice. It is always the patient's demands on his fellow human beings that lead him to distress and, as a result, to illness. Without these demands, the spirit would be free, and therefore the body would also be free of illness.

As a doctor, I am faced with the challenge of proving to the patient that he inwardly thinks he is "God", even if this happens only unconsciously or is not realised. All problems people have arise from the fact that they elevate themselves above others.

There is clear evidence that man thinks, "I am God". Man's inner attitude can be seen in his behaviour. There is the exercise of power over others. Even in the womb, a person begins to exercise power over others, and the next power struggle begins at birth. Who is stronger, mother or child? The exercise of power stems from the idea that one is a higher being than the other. If I am on the same level as the other person, I wouldn't think of striving for power. If the other person does not bring me any gain or cannot reduce my loss, then I do not need to exercise power over them.

You may have heard of the famous experiment in which some students were declared inmates of a prison, and other test subjects were given complete power over the inmates as guards. In a short time, normal people became like beasts. After a few days, the test had to be stopped prematurely because the guards began to torture and torment the inmates for no reason at all. [1]

Everyone who is given power changes their behaviour, abuses the power sooner or later, and no longer wants to give it up. Only when someone manages to free themselves from the misconception of false identity will they be able to handle power properly when equipped with authority.

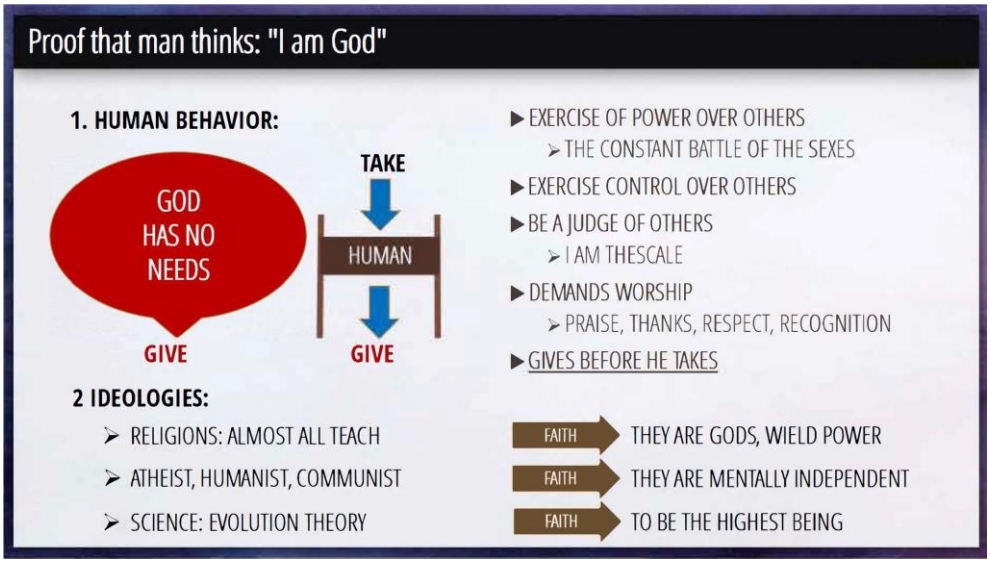
Exercising control over others reveals your inner attitude. Nobody likes to be controlled by others. Nevertheless, many people strive for control over others in very different ways. One person installs a camera in his wife's car so that he is sure she is not cheating. Others control their partner's or child's cell phone. Of course, everyone wants the good, but the good for themselves.

People also set themselves up as judges and like to pass judgment on the behaviour of others. Who is the yardstick for their judgment? Only their own person, of course.

People demand different forms of worship. They believe they are entitled to praise, thanks, respect or recognition from others. That is why they expect and demand it.

I had a patient who had organised a big party in a restaurant. When he went home and looked through the bill he had already paid, he realised that he had been undercharged by a considerable amount, 200 euros. He wanted to be fair and brought that amount of money to the manager the next day. While my patient was with the manager, he and his wife drank a glass of juice. He assumed that he didn't have to pay for the juice as he had voluntarily paid the shortfall of 200 euros. But when the manager demanded the 5.80 euros, the patient reacted angrily and didn't go back to this restaurant for the next 15 years. So why had my patient paid the extra money? Did he do it "for nothing"? Why did he want a reward for his good deed? If he wasn't "God", the manager wouldn't owe him anything for his honesty, would he?

The clearest proof that man thinks he is "God" lies in the fact that he supposedly gives before he takes. "God" has no needs; He only gives. Man is a channel; he must always take before he gives. If it happens the other way around, then he must supposedly be "God", otherwise he would not act in this way.



There is another approach that reveals our dangerous fundamental error. It can be seen in the various ideologies written in so many books. One example is religion. All mainstream religions teach a belief in which people exercise power or coercion, which then turns them into "Gods". Any system that exerts coercion on people and dictates what they must or must not do is based on this fallacy.

There are also the worldviews of atheists, humanists and communists. All of these philosophies have one major thing in common: the belief that humans are spiritually independent. As a consequence, this means that people produce their own love and satisfy their own spiritual needs. Their error is revealed in times of need, such as, when these people collapse because their wife or child dies. This shows that they are anything but spiritually independent. Their ideology stems from the perspective of "I am God", but if they were "God", they would have to be spiritually independent.

Much of science is also based on a profound error, namely the theory of evolution. It forms the basis for the belief of science that a higher being can emerge from a lower being, as long as there is enough time and ingredients for this to happen. Man, as the highest being in this system of thought, is then inevitably "God".

Detached from all details, there is a common false root for all ideologies, religions or worldviews.

Ultimately, they are all just branches and twigs on a single tree. The root is the inner conviction of man: "I am God". And people behave in exactly the same way, each one considering himself better, more skilful or smarter than the other. Everyone competes with each other. People judge each other. They want to control and suppress others, even to the point of violence, war and murder.

The situation is no better within religions, including Christianity. Everyone thinks of himself as "God" and behaves accordingly. He sees himself as higher than his neighbour. The consequences are just as bad as for non-religious people. Many wars have been fought over purely religious issues.

The aforementioned behaviours and ideologies of man prove that he considers himself to be more than just a creature. If he believed the truth about himself, which reason and visible facts cannot deny, then there would be no arrogance, competition, measurement of strength, coercion and violence.

The only solution to the basic human problem is to recognise the right identity. This would always lead to unity and peace. If a man thinks, "I am a creature, then there is room and space for everyone. Different nationalities, skin colour, different sizes, clothes, tastes, abilities and different tasks would not cause tension, comparison or conflict. Everyone would see themselves on an equal footing with their neighbour. No one would claim to know better or be able to do better. We would not be in constant competition with each other. Only "Gods" have to measure and compare themselves with each other. There would be no power struggles between creatures, no one would have to judge the other. There would also be no need for control. There would be no violence, murder or war. The solution to all problems is therefore to understand correctly: Who am I really?

If I live in the identity: "I am a creature, then I comply with the law. As a creature, I know that I cannot produce anything and have no property. Before I give, I must first take something. This applies to physical needs as well as to love (as the sum of spiritual needs).

If I don't keep anything for myself but pass it on, I always have profit, because my profit lies in giving. Whenever we have loving thoughts towards our fellow human beings, we are fulfilled and feel good!

That is why self-knowledge is so important. We all deceive ourselves because of an innate lie about ourselves. This lie consists of a false identity. We believe we are someone we are not and can never be. This begins at conception and continues until death. The origin of all negative things is self-deception and the elevation of one above the other. It is true that we cannot help being born with this lie. But as soon as we see and recognise the error, we should look for a solution to get rid of it. Because if we keep it, this error will inevitably destroy us.

The problem of man, therefore, lies within him, not outside of him. That is why we cannot find a solution outside ourselves. Laws, state and church rules cannot solve the problem. Every person is their own individual and can therefore only solve their problem within themselves. However, the difficulty lies in people recognising that they have an inner problem. As long as people are mistaken and always look for the problem outside of themselves, they will never really find a solution.

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1. Banks, C. W., Haney, C., Jaffe, D., Zimbardo, P. (1971): The Stanford Prison Experiment: A Simulation Study of the Psychology of Imprisonment. Conducted August 1971 at Stanford University
2. In contrast, a consequence is not to be equated with coercion, because it does not force people to change, but only shows them their limits and the consequences of their behaviour.

12. Who Bears the Loss?

The thought of having suffered a personal loss can shape the rest of your life. I would like to describe this in some very difficult cases.

Case 9

While abroad, I met a young woman in her early 20s who had been suffering from depression for five years and had repeated suicidal thoughts. Generally, suicidal thoughts stem from the false identity "I am God". What had happened? Five years earlier, a kindergarten friend contacted the woman, who was still a girl at the time. He invited her to go to a cafe in the city. He had even asked her parents if he could take her with him. The man picked her up in his car. However, there were three other men in the car. They stopped on the way, raped the girl, and almost killed her.

In mortal fear, she somehow managed to escape and asked for help in the next village. The man who supposedly wanted to help her took her into his car only to rape her again and beat her almost to death.

This girl has lived through two terrible events in quick succession. Is what the men did to her wrong? 100%. But what is the reason she is suffering so much psychologically after five years? Is it still the event or is it the processing of it?

Is it the trauma that we can't help that makes life difficult for us? Or is it what we think about the trauma? Surprisingly, many rape victims have a way of thinking that is incomprehensible from the outside. The young woman felt remorse that these bad things had happened to her. "You didn't get into the car to be raped," I interjected. But the woman disagreed: "No, I could have prevented it!" Her remorse, the thought that she could have prevented it, comes from the idea: "I am God" or "I know in advance what can happen". But no one knows what will happen in the future. However, the woman was firmly convinced that she had done something wrong and had therefore been raped.

This case shows the terrible, erroneous thought process of human beings. It is difficult to show patients their error when they are deeply convinced that they are right. Nevertheless, there are fortunately good arguments for revealing the fault, so I asked the woman: "What does the thought of blaming yourself do to you?" Her answer was: "The thought doesn't do me any good."

At this point, the woman was certainly right. Please check for yourself how you feel when you have thoughts of guilt. The body reacts immediately and sends a clear signal: this is an unfree and untrue thought. This was the first piece of evidence that the woman was processing the event incorrectly. The second proof was her depression, the confusion of her bodily processes. Her suffering proved that her assessment, i.e., her thoughts, were wrong and could not be true. The person concerned is not responsible for the crime. However, they should do everything in their power to avoid using this act against themselves and destroying themselves as a result. To do this, they must have a solution to their problem.

Case 10

An elderly patient had had a bad cough for almost two years. The cough would not go away, neither by inhalation nor with medication. I could already hear the cough from the waiting room. In addition, she had been suffering from abdominal cancer for 20 years, which had led to an incontinent bladder for 10 years. The patient had to empty her bladder every 30 minutes. The combination of coughing and incontinence was very stressful for her and could not be resolved even after several operations.
The patient's story was as follows: Her mother had never praised her. During her childhood and adolescence, her mother had only taken advantage of her and preferred her brothers. Her mother had died 20 years ago. It was therefore no longer possible for the patient to compensate for this deficiency in any way. Now, even at almost 80 years of age, she was still suffering greatly from the fact that her mother had not praised her. She effectively had her mother on a list of debtors.

What would it take for her to get better? She would have to recognise the error in thinking her mother owed her praise. At first glance, this sounds very harsh, but she would have to be more than a child, namely "God", if her mother had to praise her. During the counselling session on the functions of man and the law of nature, I explained to her: "In order to become healthy, it is necessary to love your mother and thus release her from guilt. The thought that your mother has only taken advantage of you is stressful, and your body clearly proves it."

Because the patient was a woman of faith, I advised her to ask God to help her change her view of her mother so that she could love her. After three weeks, the patient came back to the office. Although she sat longer than usual in the waiting room, I didn't hear any more coughing. When she was in the treatment room, she declared, beaming with joy, "I haven't coughed since I last saw you, and my bladder is working perfectly again." She had expressed this desire for love for her mother to God during her evening prayer, and as a result, she had recovered.

Our spirit is responsible for what happens in our bodies. The spirit causes a problem in the body because it thinks that others owe it something that it absolutely needs.

Case 11

A female patient, around 60 years old, had advanced cancer. Her life story was anything but pleasant. At the age of three, she was disowned by her mother and given away. At the age of 13, she was raped by her friend's brother. Later, without knowing it, she married a man who was a paedophile and abused their children. When she found out about this, she divorced him, but the damage inflicted remained in her mind as a personal loss. Eight years passed after the divorce before she became ill.

Let's put ourselves in this woman's shoes. She has been wronged many times over. It started in her early childhood. Can those who wronged her make up for their guilt? No, the injustice she experienced cannot be made up for. But her sense of justice demands it. She cannot turn off her desire for justice.

Thus, she destroys herself through her inability to satisfy her sense of justice.

No matter what the content of a thought may be, all thoughts arise from either the truth or a lie about oneself. There is nothing in between, not even a neutral area. It is always just the one lie about ourselves that is the real problem. Since all of this takes place in the subconscious in a rapid sequence, we have to consciously question our way of thinking about loss events.

We therefore want to look at the fundamental differences between the two identities, "I am God" and "I am a creature".

Dependence:

If I am "God", I am spiritually independent, because I am the producer of the information I need.

If I am a creature, then my spirit is a channel, and I am automatically spiritually dependent on my creator.

Ownership:

If I am "God", everything belongs to me.

If I am a creature, nothing can belong to me..

Autonomy:

If I am a "God", I do everything from and out of myself.

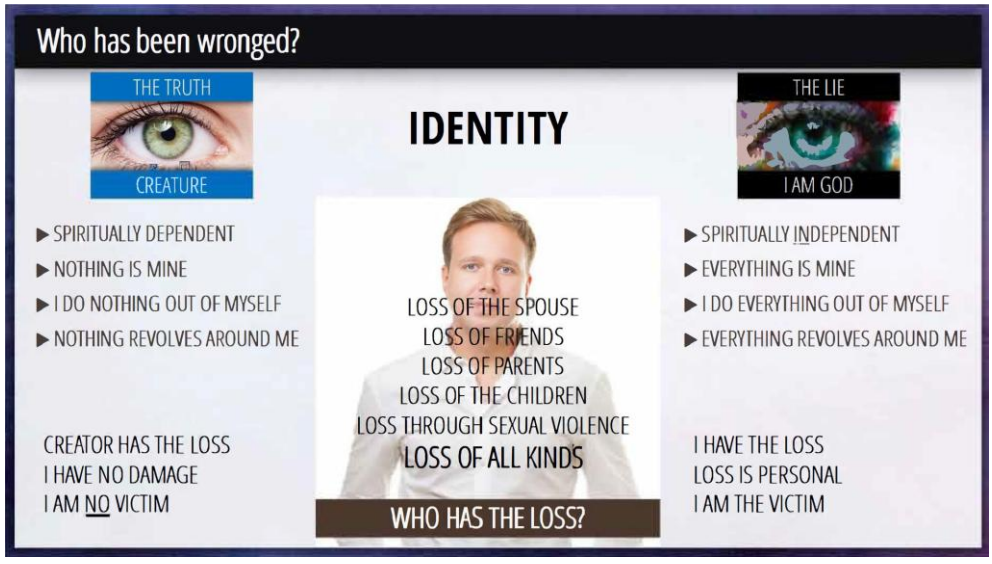
If I am a creature I can do nothing from myself. I give only what I took before.

Point of Reference:

If I am "God", everything revolves around me.

If I am a creature, nothing revolves around me.

At the end of the thought process, there is only the classification of gain or loss. However, a personal loss is not acceptable. Therefore, the question remains to be answered: Does personal loss really exist or is it an illusion? Based on the destructive effect on the body of the person who has the thought of loss, the hopelessness of the spirit and the Basic Law of Nature, the idea of personal loss must be uncovered and understood as a delusion.



If someone is unable to process the injustice they have experienced from the perspective of a creature, they remain trapped in it for the rest of their lives and have to suffer illness and physical pain. I have spoken to some people who are still suffering after 40, 50, or 60 years, even all their lives, because something bad happened in their childhood. We don't have a choice. We have to evaluate everything we experience. We have to think it through, and we cannot avoid, hide, or omit this subsequent thinking. However, there is freedom of thought if I know from which perspective I am thinking. Anyone who adopts the perspective of the creature, which is the truth about ourselves, becomes free and, depending on the severity of the illness, healthy.

13. A Look at Nature - What Role do Germs Play in a Disease?

I often see ear infections in my patients. There is a bacterium that can be found in many inflamed ears. This germ multiplies because granulations (so-called "wild" flesh without skin) grow on the eardrum or in the ear canal. Because and as long as the bacterium finds the nutrients it needs, it can multiply and produce its product.

Where should the treatment be applied? Should we fight the germ or tackle the inflammation? In medicine, we have both approaches. An antibiotic is usually combined with a corticosteroid to reduce both at the same time. However, if the cause of the inflammation is not eliminated, these drugs only work temporarily and sometimes not at all.

I have been able to observe how this works in a large number of cases.

Case 12

A 60-year-old patient came for treatment with severe inflammation of his right eardrum. I prescribed the usual medication to bring the inflammatory process to a standstill. However, during treatment, the inflammation actually got worse, not better. So, I spoke to the man about his life situation. He was in a serious conflict that would not be heard in court for another three weeks. Nothing helped him until the court hearing was over. The inflammation now disappeared under the applied therapy, and the germ no longer multiplied. Germs cannot be killed but only reduced. They always remain present in an inactive form. What made the patient healthy, the therapy or the change in his thoughts?

Bacteria can only produce something if they have food – and the body has to give them this food. Therefore, bacteria are also an effect of inflammation and not its cause. A bacterial infection can also cause damage through the toxins it produces, but always as a secondary instance and not the cause.

Consequently, pathological bacterial growth is always preceded by inflammation in the body, both in the case of bacteria and fungi. I can therefore use an antibiotic if the toxins produced by the germ are harmful to the body. But this does not heal the inflammation, because it does not combat the cause. I have to explain to the patient where his illness is coming from. As soon as the inflammation disappears, the germ's activity also disappears.

Germs can grow only where the body gives them space and nourishment. Germs can be activated at any time. Only the host decides when to give the germ food and when not to. This is the only way a virus can be produced by the body and used as an inflammatory factor.

Case 13

A patient, about 60 years old, came to the practice with unilateral shingles on the right side. In shingles, blisters form in the skin along the nerve. Before these blisters appear, you have pain for about three days without seeing anything. When the blisters appear, we are told that it is a virus. But where does this virus come from, who produces it? Why and why only in this part of the body? Who controls the location?

I talked to the patient about the two sides of the body, the two hemispheres of the brain and the inheritance from father and mother. Where there is dissatisfaction and conflict in a personal relationship, illness manifests itself. It is often difficult for patients to understand when I explain to them that the illness comes from their thoughts. Incidentally, in conventional medicine stress is also known to be a trigger for shingles. From my consultations, I have observed that the side of the body with the dominant hand is the side of the body that is influenced by the relationship with the mother or partner. I explained to the woman that her illness was triggered by thinking in the left side of the brain and that it must have been something negative concerning her mother or partner. It must have been a personal loss, something she didn't agree with, which caused the damage to the body. The body cannot lie.

The patient had just come back from a holiday with her husband. Everything had been fine, and there had been no arguments. I then went on to ask about her mother. She had died five years ago. It turned out that the anniversary of her death was during the holiday, and the first blisters appeared the day after. The patient then described that she had remembered her mother on vacation and had mourned her passing.

Grief is a painful and dangerous thought because it makes you ill. Grief proves that you still want something from the other person. But this person has died and is no longer there. If you thought only about the deceased person without seeing it as a great loss for you, your body would not produce a virus at the command of your mind. In reality, however, everyone feels sorry for themselves because they no longer have their mother or another person. This is why people feel bad and see themselves as victims of the death of their loved ones. This kind of thinking prevents people from processing the event properly and leads to illness. Whether or not microorganisms are involved in disease is irrelevant to wrong thinking as the actual cause. They can be reduced with treatment, but this does not eliminate the cause.

There are fundamental relationships in nature that cannot be changed. According to these, a macro-organism always dominates a microorganism. This is true without exception. However, the opposite is told and taught. Therefore, nature with its obvious processes should be taken as the standard and not the statements of so-called experts. Germs that live on putrefaction, for example, are always present everywhere. Obviously, when an apple rots, whether on the tree or after harvest, it is not dependent on the germs that subsequently digest it.

Higher organisms always dominate lower life forms. If it were otherwise, there could be no higher organisms, and therefore no humans. We have more germs in our intestines and on our skin than cells in our entire body. In terms of numbers, they should easily be able to "eat us up". Obviously, however, they cannot and do not, because they live together with us.

To summarise: Germs, be they viruses, bacteria or fungi, cannot be the actual cause of our illnesses. The spirit, which is superior to matter, controls the body, including the effect of germs. It is therefore crucial that we have a precise understanding of the structure and function of the human body and its needs.

14. Man's Dependence on a Source of Love

Due to the error in the spirit of man - that he is "God" - he sees himself as a spiritually independent being. It is therefore not easy to explain dependence to a person who considers himself to be independent of a source of love (also in the sense of a source of information). Nevertheless, no one can deny that every process in a person begins with the reception of information. Regardless of how it is received, whether by seeing, hearing, smelling, tasting or feeling, the information must go through an evaluation process before it is absorbed. We have already seen an overview of how this works. Now we want to describe this process in more detail.

A little boy in Canada said to his mother after my lecture on the spirit of man: "Mother, do you know that you cannot force my spirit to do the piano exercises now?" Children are fantastic beings. They often intuitively understand the connections very well. He knows his mother can't force him. But why does the boy practice the piano anyway if his mother insists? Because his spirit is dependent on his mother. A spirit always acts on its own, but never independently. It must satisfy its spiritual needs from a source. Since the boy does this with his mother, he obeys, even if it doesn't really suit him.

Further evidence of the spirit's dependence is the fact that it can be made to do something it would not normally do of its own accord by reward or threat of punishment. I often see this in my practice. The child sits there and won't open its mouth, even though the mother begs, "Please, please, open your mouth!" The child usually presses his mouth shut even more firmly as a result. If the mother then promises to buy his favourite ice cream afterwards, the child opens his mouth because his spirit agrees to the reward.

But at some point, a child's spirit can no longer be satisfied with the mother's offers, and the promises or threats no longer count. The child then does what it wants without any consideration for the mother.

We have already found out three crucial things about the spirit:

- A spirit is a closed system and cannot be controlled from the outside. A spirit can be influenced from the outside, but only it determines whether it accepts this influence or not.
- A spirit can only control itself, and it does so from within.
- A spirit is always active, i.e. passivity does not exist in the spirit.

Because the spirit has needs which must be fulfilled, the information offered from outside must meet its needs, i.e. the information must be evaluated as true if it is to be taken in. The spirit can only take in truth or what it considers to be truth. It must therefore check every piece of information before taking it in.

How and with what does the spirit check whether information is true and meets its needs? Weighing up information requires a yardstick by which the test is carried out. This standard can be objective, i.e. absolute and certain, or it can be subjective and therefore uncertain. In any case, the yardstick used for weighing up plays a decisive role. We have already looked at the differences between objective and subjective standards in Chapter 2.

If the test shows that the information is true, it is believed. This results in a combination of believing and taking. Since no information arises on its own, the spirit simultaneously trusts the source of the information. In order for a spirit (which is always to be understood as a personal being) to trust, the source from which it takes must also have a spirit. This means that only other people and animals can be considered a spiritual source. Love cannot be obtained from a tree or a chemical element. If you believe the information, then you trust the person. If you listen to an expert on a subject and agree with him, then you trust this expert and believe his information. Whether this is wise in individual cases is another question.

Once information has been absorbed, the rest of the process takes place in a rapid and regulated sequence. The spirit's decision triggers an electrical current in the cerebral cortex, which is directed precisely into the body.

The body must react accordingly. Of course, it also has to decide how much and what food to eat, etc. The spirit should fulfil the body's needs. If the spirit does not do this and decides to put the body's needs to one side, the body, and thus the spirit, will die in the foreseeable future.

Only at the exit of the spirit can man fulfil the purpose of his creation. With the right identity, man would be a free being.

Although he would remain dependent, he would always be free. But at the entrance of the spirit, in the identity, there is the lie: "I am God". This lie accompanies us throughout our lives if we do not discover and remove it. This lie about ourselves convinces us that we are the source of love. This destroys the bond to the true Source of love, and we can no longer enter into it again. The Basic Law of Nature, which is the law of dependence, fades into the background even if it still applies, of course. We then think that we no longer need any information for our spirit, and in this respect, apparently, we live on nothing. This is the great deception into which every human being is born.

However, the life of man clearly proves that he cannot be independent. As a channel, he is always dependent at the entrance.

At the exit, however, man is independent. What I do with the love I have received is entirely up to me. I can never do anything wrong out of love. When I have eaten my fill, I am free to decide what I do with the energy I have absorbed. At the same time, I don't have the freedom to eat what I want. If I eat something that can't give me energy, then it's no good. It is not our choice "what we need" and "from what source" we have to take. These questions are not within the decision or free will of any creature. Our needs are all fixed. Our freedom is to decide what to do with the resources we have taken in to fulfil our needs.

How many things can you do out of love? An infinite number. A human being has many more possibilities than an inanimate computer, which can already produce a very diverse output from electricity and its programs. This is because at the output we are free. The most important realisation we must come to is the answer to the question: "Who am I?"

Without choice or accountability, I am in error from birth. I unconsciously believe I am someone I cannot be. We must first become aware of this false identity so that there can be a change, and we can come out of the lie.

I, for one, am tired of believing a lie that only deceives me and makes my life difficult. The real problem is not my fellow human beings nor my environment. There are certainly circumstances that are not right. I can only influence my surroundings if I live in the truth that I am a channel, and I no longer strive for anything for myself. When there is peace in the heart, there is no conflict or destruction. However, this state can never be achieved with laws or measures. The problem with human beings lies within themselves. What would a perfect world look like after just two weeks, if we, in our deceived state, were all suddenly plunged into it?

When I change inwardly and come back to the truth and the Basic Law of Nature, I do good around me. Otherwise, I have to force my family and my fellow human beings to do good, because it is my "good". Therefore, we must first change something within ourselves. Then we can go out and, without forcing, say what we think and what is right. This is how we can exert an influence for good. Even if our good influence is not adopted by others, we have at least fulfilled the purpose of our creation.

As described, there are only two identities: creator or creature. The creator is a self-existent and self-contained system. At the same time, the creator is independent and the source of its creation. I like to symbolise the creator with a circle. Every creature, including human beings, is subject to the law of taking in order to give. This makes the creature a channel, an open system and dependent. Which of these was first? 1 Clearly, the creator can only be the cause and the creature only the effect.

"Love" has already been used here several times as a term for the totality of spiritual needs. How can love be defined? After all, love is the means that humans first and foremost need in order to function. Love is, of course, something subjective, and each person will answer the question of love individually.

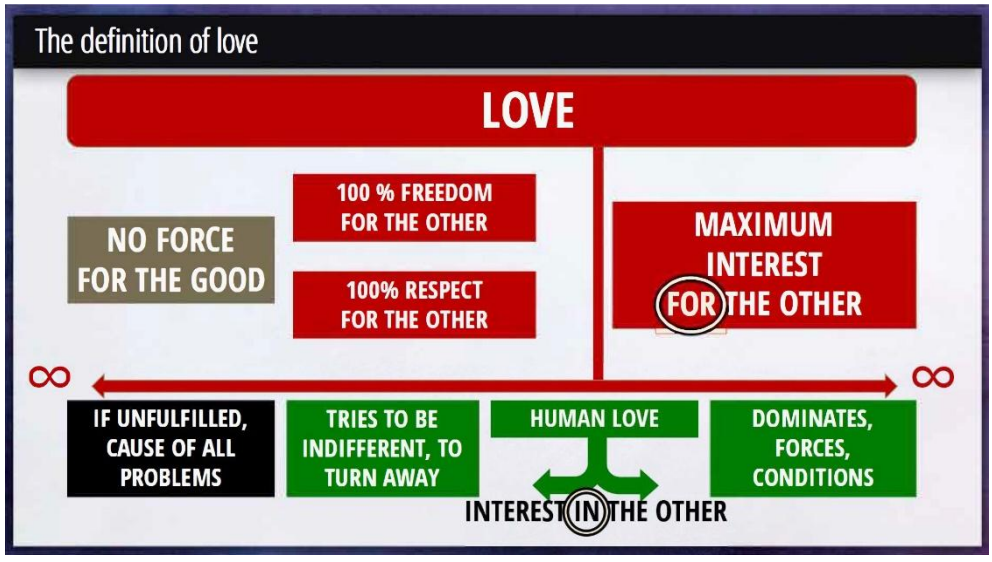
At the same time, every person ultimately answers the question of whether they need love in the affirmative. Is there a choice between needing love and needing to be loved? No. Our spirit only functions with love. Love includes all spiritual needs such as freedom, justice, harmony, recognition, security and many more. All these things are an unalterable need for us. This is how we humans are made.

As someone who is particularly in need of harmony, I strive to please everyone. I feel comfortable in an atmosphere where everyone is "nice to each other". But what happens to my need for harmony when things go differently? My parents separated when I was eight years old. A week later, I had hepatitis B, a viral infection. Can you guess what caused it? No one should doubt that the separation of parents causes harm to their children. But how does a virus get into the liver? Why does something physical happen if there is a problem on a spiritual level? It is because the child is dependent on the love of his parents.

Did I choose to become ill back then? No, I did not choose to ill but neither could I choose to leave my parents. At this age, I was already thinking about my own family, planning and dreaming of being married. Girls always had my attention. I looked to them for harmony and love. In pursuit of this, I married at a young age. Every man has his own idea of the woman he wants, but these ideas don't always come true.

The fact that we need harmony and justice, etc., is not a choice. It is fixed in our spirit. Either we fulfil these needs, or we become unhappy and ill. I have found a definition of love based on the body's needs. If there is a "lack of love", the body becomes ill. What does love do in the body? The kind of love I have defined means that the body can no longer become ill. When the spirit takes this love and exercises it, the brain waves cause the body to function properly. For it is not only the need for love that is fixed, but also the effect of the electric current with which the spirit properly controls the whole body. We see this in the image of the piano player who selects the right keys to press to make beautiful music. Man cannot choose what he needs. The choice lies only in the decision as to how man uses what he has previously taken. So, what is love? My definition combines the two dimensions of interest and freedom.

Both have no limit and are therefore infinite. If we put love into practice in this form, then we are free beings who can no longer be harmed by anyone. Love is the solution to all human problems. Love has maximum interest for the other person. Why is interest important for love?



Love must have maximum interest for the other person. Human love is also capable of showing great interest in the other person.

However, there is a stark difference between interest in the other and interest for the other. Every mother loves her child. But does she want something from her child, or does she want nothing? We know that mothers would lay down their lives for their children because they are attached to them. However, when the children do not do what is expected of them, mothers often intervene. The vast majority of my patients say they have or had a domineering mother. Mothers are capable of coercing and conditioning children. However, no one likes to be forced.

A person can have an immense interest in another person for their own well-being. After all, they need them for their love. Consequently, they cannot let go of the other person. Love is only really love when there is interest for the other person and not in the other person. This is only possible if love gives the other person 100% freedom and respects them 100%.

Would it be nice to live with someone who practised such love? Someone willing to give their life for me, but gives me the complete freedom to do whatever I want? That would be a perfect relationship. What do you think is harder: showing maximum interest in someone or giving complete freedom? When human love no longer compels and conditions, it tries to be indifferent and turns away on the outside. Inwardly, however, the desire to dominate the other person usually persists. Real love, on the other hand, does not compel the other person to do the right thing.

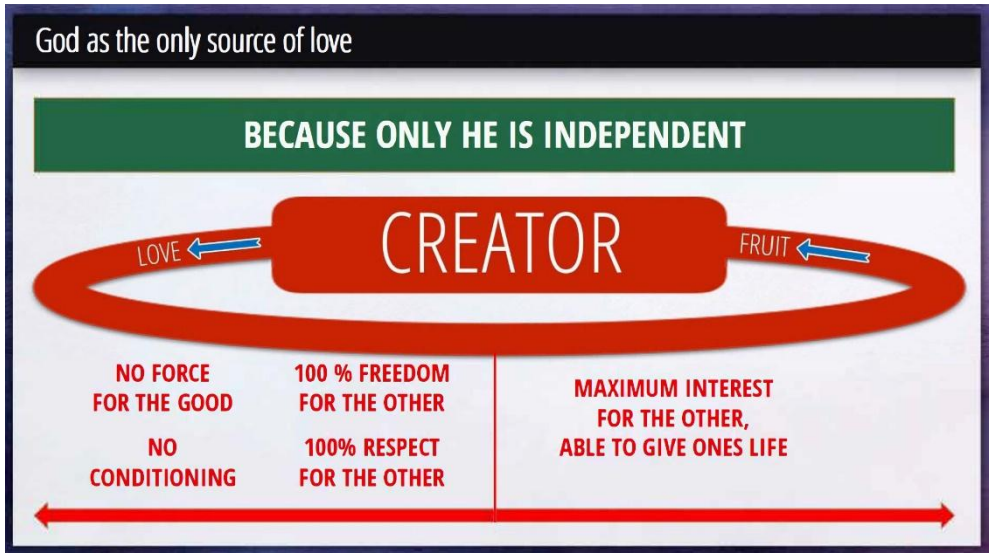
Why do people actually have to force other people to do good? Is it really about the safety or well-being of the other person, or is it actually about their own goal or protection? A rule or regulation is often justified by the individual's responsibility towards the community and love for others. However, the definition of love shows that anyone who uses coercion and force is outside the truth. Real love does not set incentives for any kind of behaviour; it does not condition. Conditioning is manipulation.

With my patients, I have consistently found that all their problems and illnesses arise from the fact that they cannot give freedom. In any case, the vast majority of people cannot give freedom as soon as things do not develop according to their ideas.

I've been married for over 40 years now, and I'm still practising giving my wife her freedom. If I give others all the freedom, how much freedom do I have myself? Full freedom. If I deny freedom and try to control others, for example, I become ill and experience pain.

Love makes us completely free if we exercise it in the right way. You get freedom when you give freedom. If you can't give it, you have no freedom yourself. Because then you are dependent on the person to whom you deny freedom and whom you love. That is why I will always be independent of people whom I love in the right way. That is the condition. If you love in a human way, will you really allow the other person to do something wrong, e.g. waste money? The test of whether love is real love arises in the question of freedom. Where freedom is lacking, there is dependence on the other person, because I obviously want something from them.

Love with maximum interest and simultaneous freedom for the other person proves this. The one who produces and gives such love must be independent. However, only one person is truly Independent, that is God, the Creator.



Because God alone is independent, He makes His love available to every creature without limit. Everyone can be loving by first taking His love and then passing it on. People are free to decide where they give this love, but using it is nevertheless a condition for their own life. Do you eat voluntarily, or are you forced to? I enjoy eating myself, and I suspect that the vast majority of people do too. Normally, you don't think: "What a shame, I have to eat again". Love is also something that I have to take and put into practice because I am a creature. Love is the element that gives me strength for my whole life. I can find this kind of love only in one place - with God, the Creator.

Whatever our view of God is, there can only be one God, one single source of love. With more than one source, the Basic Law of Nature would no longer be valid. There is only one God, and since He is a spirit, He must be a personal being.

1. You probably know the popular question: Which came first, the chicken or the egg? This question is not unimportant. The answer can only be: The chicken and the rooster were created by God before the egg. Hens can lay their eggs without a rooster, but they will never produce a chick. The conditions that must be fulfilled for life to reproduce are diverse and not one-dimensional.

15. Inheritance and Upbringing - What are our Children Dependent on?

The fact that I have also examined and advised numerous children has taught me many things. Why do children have runny noses
Why do they get nervous tics?

Case 14

A family came to me with their 10-year-old daughter because she had been clearing her throat very noticeably for four years. Neither the removal of adenoids, psychological care nor alternative practices had helped. The child was now in third grade and was clearing her throat every two to three minutes. Her classmates laughed about it all the time.

In the case of nervous tics, the cause is a specific lack of love, namely a lack of security. A child needs 100% security. Where does the child get this security from? From the parents. After I had an intensive conversation with the parents, the throat-clearing disappeared three days later. How was that possible? It's because our illnesses are nothing more than a sign of something. When the child's spirit realised that her signal, that she lacked security, had been received and the spirit evaluated this problem as solved, she was able to stop the throat clearing and the illness was resolved.

How does a child function? First of all, something about its development: the child is formed from two gametes. One comes from the mother and the other from the father. These cells meet in a cavity, the fallopian tube. Strictly speaking, this does not happen in the mother's body, but on it. The two gametes with half a set of chromosomes each fuse together. Because cells cannot do anything on their own, there must also be a spirit associated with them, although this spirit cannot be seen. Half of the child's DNA is created from the genetic information of the mother, and the other half from that of the father.

This applies to the cells on a physical level and to the spirit of the child on a spiritual level. The spirit of the child is formed half from the spirit of the father and half from the spirit of the mother.

The fused cell starts to grow, begins to divide and moves into the uterus. Who attaches to whom? According to the law of nature, it is always the one who needs something who attaches to someone else. Consequently, it is the developing child that attaches itself to the mother. Via the umbilical cord and the placenta, which are parts of the child's body, the child attaches itself to the mother's uterus in order to nourish itself, i.e. in order to take. The physical umbilical cord concerns chemistry, the means of nourishment. The child is 100% dependent on the mother's body. Does it have a choice to choose the body? No, of course it doesn't have a choice. What about the mother? Is the mother independent, or does she also have to take from somewhere? The mother's source for fulfilling her needs is nature. The mother eats what nature provides, and the child takes from the mother. If the mother drinks alcohol, the child also gets drunk. Since the mother is the only possible source of the child, she should be careful not to take in anything that can harm her child.

What about the child's spiritual attachment? Bonding is just as essential on a spiritual level as it is on a physical level. From the moment of conception, the child's spirit attaches itself to the mother's spirit, even before the embryo enters the womb. The child's spirit has no choice in the matter. It must take, it must trust. Only then is the child's spirit able to give in turn. The spirit must set in motion and control the electrical current that the embryo needs to live and grow. The child's spirit takes from the mother's spirit via a kind of spiritual umbilical cord and assembles the little body in the first three months. After this construction phase, the child continues to grow for a long time, but does not change structurally.

The spirit controls the development and growth of the child in all processes. If the mother experiences too much stress - in the form of unfree thoughts - then the child's spirit does not fully assemble the body correctly. Individual body parts or vascular connections may then be missing.

Therefore, the expectant mother should not only know what she should eat and drink correctly, but also how and what she should think. Who controls the mother's thoughts? Is there also a source from which she takes her needs? Surely, she must also trust someone. Does she trust her husband or does she trust her own parents?

Most people remain attached to their mother for their whole lives. An elderly patient said to me with great anger: "My husband is now 70 years old; his mother is over 90 years old, and he still listens to her!" Because of their continuing attachment, many dying people say in their last moments that they are now going to their mother.

What happens to the child in the womb? In general, the source must always be larger than the person who needs something. As long as the mother's body is large enough to fully nourish the child, the mother is sufficient. After 9 months in the womb, however, this is no longer the case, and the child is born. From this point onwards, it binds itself to additional sources of need. Breastfeeding the baby has its time, and then the child feeds less or not at all from the mother's body. From birth, the child breathes on its own.

What is the dependency on the spiritual level? Why did the girl in Case 14 have a nervous clearing of the throat? Is the trigger to be found in the child or in the mother? The child has no choice.

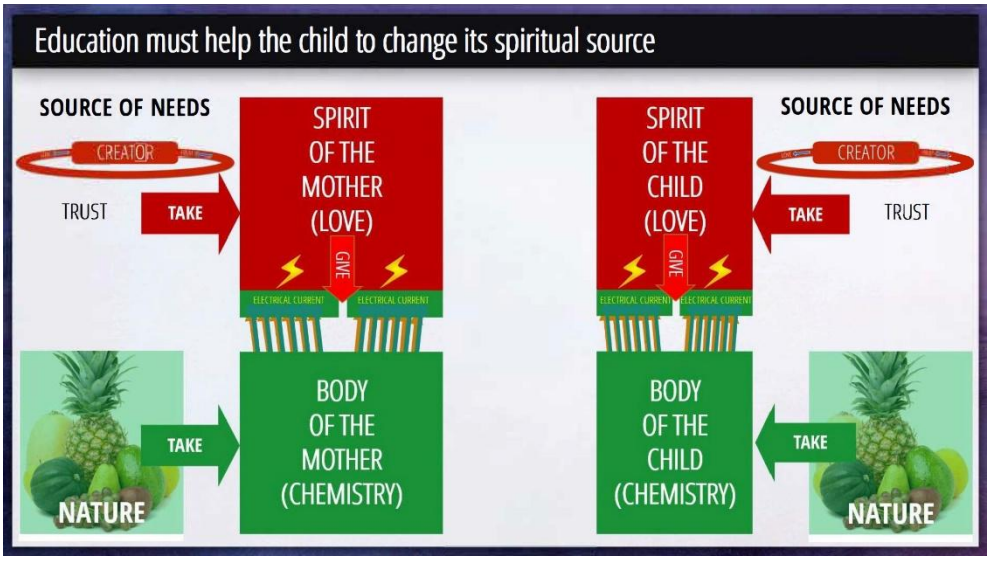
It expresses a spiritual deficiency through its tic. It is spiritually bound to the mother and takes from her. This bond can be demonstrated experimentally. You can't see the spirit, but you can measure the electrical current it triggers. If the brain waves of the mother and child are measured simultaneously, the child's dependency becomes apparent.[1] Whenever the mother changes her current, the child follows within a very short time and also changes its current. The relationship between the mother's brain waves and those of the child can be observed over a certain distance. However, if the distance becomes too great, the spiritual umbilical cord is interrupted, so to speak. How long should the child maintain its spiritual umbilical cord to its mother? After birth, the child is, of course, not a mature human being.

How the mother is doing is crucial for the development and health of the child in its first years. This is why mother and child should not be separated from each other for the first seven years. Everywhere in the animal world, at least in mammals, mother and offspring stay together for a certain period of time. In bears, for example, it is three years. Only humans, who are supposedly rational, sometimes give their own child away after just a few weeks, unaware of the damage they are doing to the child.

On a spiritual level, the premature separation of the child from the mother can be compared to taking a fish out of the water.

Many illnesses, even if they appear only much later, have their origins in childhood. I can say this from many observations. The distress of my patients often comes from this early phase of life because people have not understood what the child's needs are. I don't want to make mothers who are or were unaware of this feel guilty. Nevertheless, I want to describe things as they actually are, because everyone needs to understand.

Then, at some point, the time comes when the child should no longer be spiritually attached to the mother. The child must one day change its source of need, because the mother is no longer sufficient as a source. But if the mother does not understand for herself that her husband or other people are not the right source of need for her spirit, how can her child understand? Only when the Creator takes the place of people as a source of need will the spiritual needs be fulfilled in the right way. Ideally, the child should be spiritually attached to God by the age of 12. It should only take spiritually from God and no longer be spiritually dependent on its mother or other people. If the child were completely bound to God from this point onwards, it would be completely spiritually independent of humans. Wouldn't that be fantastic? The mother would have done everything right and could set the child free.



But when we look around, we notice exactly the opposite. Most mothers cannot let go of their children. Mothers are often very "dear" mothers. When the child gets married, some would prefer to move into a little room next to the bedroom of the newly married couple.

Fascinatingly, I found that ultimately everyone always tells the same story. Because everything they experience leads back to the same cause, the false identity. So, the child also behaves according to its innate false identity, "I am God". It also attaches itself to other people besides its mother, such as its father, grandparents, siblings or friends. It binds itself in all relationships for one purpose only, namely, to take. It absorbs all things like a sponge. At the same time, it remains firmly in the misconception that other people must love it.

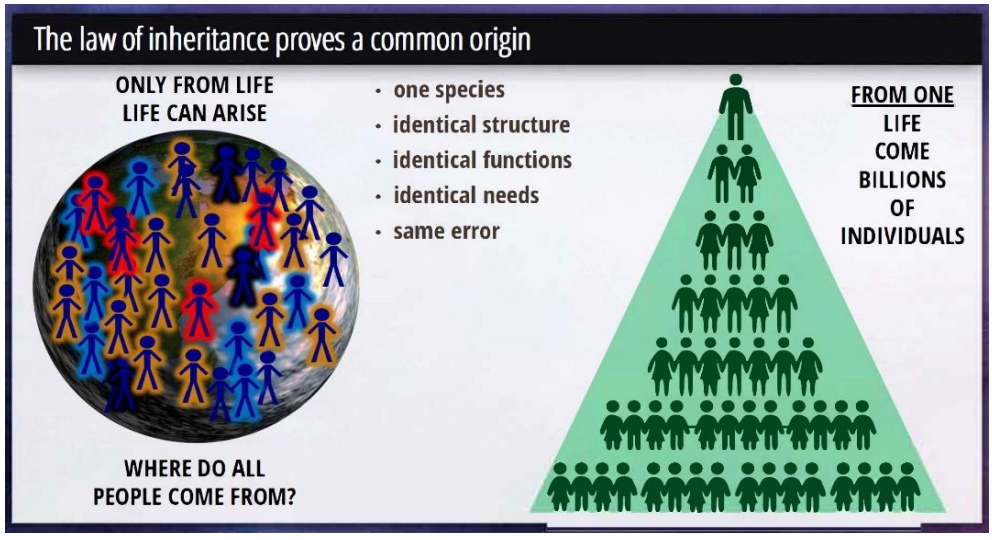
The child demands to be loved. Children expect their parents to love them. Illnesses occur because this need is not met or not fully met.

Most of all, the child expects love from the mother and father, but also from grandma or other caregivers. If the child grows up as a Christian, God is often added to this, from whom the child also demands love. This demand from others is based on the fact that, in the first place, the child thinks "he is God". When I heard the life stories of many people, I realised that ultimately everyone thinks the same way and that everyone sees themselves as higher than their fellow human beings.

One question remains unanswered: Why do we all have the same false identity? To clarify this question, I would like to look at the law of inheritance. Everything we are is undoubtedly inherited. Where does "life" come from, and where do all people on earth come from? New life can only arise from existing life. Since we are alive, we can only descend from something living. Of course, this also applies to our parents, grandparents, etc. Where do all humans come from?

We are one species; we all have the same structure. The functions and basic needs of all humans are identical. In addition, we have the spiritual commonality already described: we are all subject to the same misconception of a false identity.

Over eight billion people are living on the planet today. Where is the origin if we go back generations?

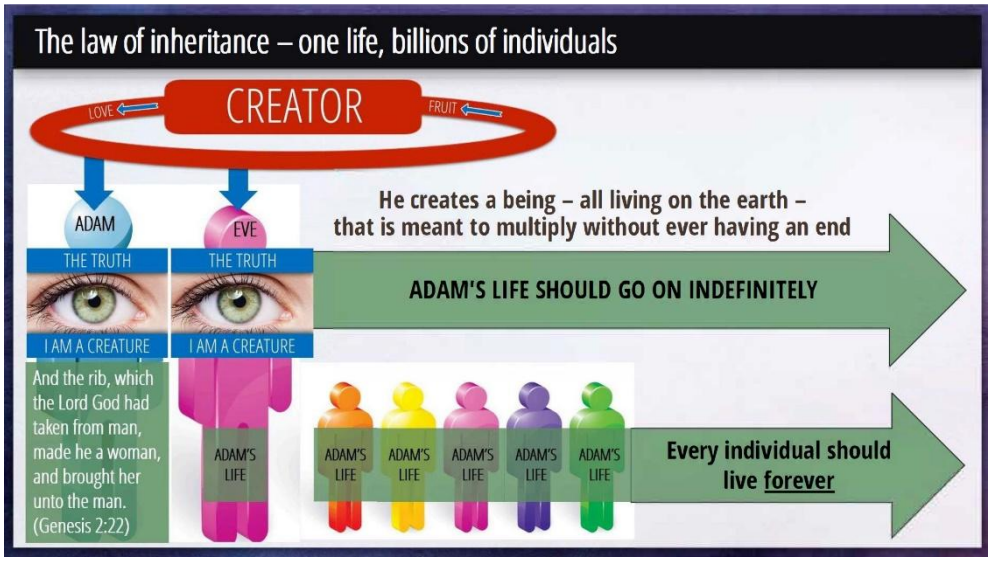


1. Turk, E., Vroomen, J., Fonken, Y., Levy, J., van den Heuvel, M. (2022): In sync with your child: The potential of parent-child electroencephalography in developmental research. Wiley. Developmental Psychobiology, Special Issue, 1-16.

16. A New Life - The Only Solution to Man's Problem

We humans all live from one life, even though we are different individuals. There is no exception. We all have a single origin, and this lies in creation. The law of heredity was also established at creation. The Bible shows us that God created a single individual in the beginning: Adam. Through the biblical account in Genesis 2, we know how Eve was subsequently created from Adam. God took a rib from Adam and formed Eve from it. Eve also had to spiritually bind herself to God. Like Adam, she also had the right identity as a creature. All children who would have been created from Adam and Eve in this state would have had Adam's life and would therefore also have been able to live on indefinitely.

Adam was spiritually bound to God and possessed the correct identity: "I am a creature." All other humans came from Adam. According to God's plan, man was to reproduce and live eternally, i.e. indefinitely.



But things turned out differently. Adam and Eve deceived themselves by assuming that they could change their identity and become like God. This self-deception led to separation from God.

However, since spiritual dependence is built into the functions of the spirit, they inevitably became spiritually dependent on one another. They could no longer put their trust in God and his unchanging law. They could no longer believe God's word. So, they both put their trust and faith in the other. However, through self- deception, people see themselves as spiritually independent. They live in an imaginary bubble, believing that they think freely and do not see that all their thoughts are only dependent on what other people say or do. I was able to detect this self-deception through physical illness because it reveals the false spiritual dependence.

The love that a person needs can only ever be drawn from the source that was intended for it from the beginning of the world. Just as God has determined from the outset where we get our oxygen from, from the air and not from the water, He has also determined where and with what we can exclusively satisfy our spiritual needs.

If we still try to take a deep breath while we are underwater, it will not end well. It's the same with spiritual dependence: if we try to get our love from people, it's like trying to get air from the water.

It is very difficult to make a person aware of this terrible state of self-deception, because in medicine and in science as a whole, we do not have a clear understanding of the spiritual aspect of the development of illness.

By recognising the self-deception that man believes "he is God", it becomes understandable where all the teachings that deny God are derived from. But even people who do not directly deny God do not know why they need God. Unfortunately, religions are not an accurate reflection of the love of the Creator, but rather show a picture of a dominating and dictatorial God. It can therefore be said that ultimately, all people are in conflict with God. They can no longer get close to Him. Consequently, humans have been trying for thousands of years and in many different ways to replace the lack of closeness to God. Many people hope to find a solution to their problems in religions or ideologies. Whether Buddha or Marx, Confucius or Gandhi, the aim is always to solve the human problem in some way. However, this does not correct man's false identity.

The life of Adam, from which we all come, is finally separated from God. This means that we are no longer permanently viable and must die. If there were no way to get out of this de facto dead state, to replace it in order to switch to a life that is unlimited in time, we would not be alive at all.

Is it possible to bring about a conversion in a person who mistakenly believes that "he himself is a God"?

Case 15

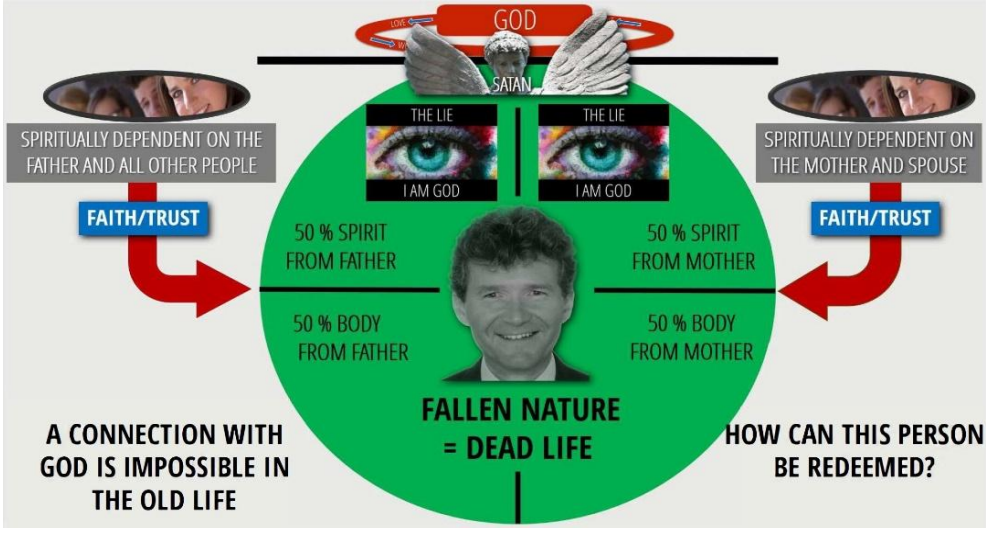
In Myanmar, I met a Buddhist monk. He was about 50 years old, had an extremely enlarged thyroid gland with hyperthyroidism and major heart problems. No medication helped him. Ten years ago, his wife had separated from him and taken the children with her. He then sank into depression and gambling. After some time, he had gambled away all of his parents' money, around $60,000 USD. That was a fortune, because in Myanmar, people earn only about $1 USD a day. After he had gambled away the money, he fell into deep remorse because he had ruined his parents with his actions. He became a monk, meditated a lot and searched in vain for peace.

What made this person ill? Who caused the problems in his thyroid gland? The answer is himself! His spirit controls his whole body, including his thyroid and heart. His spirit was saddened, and he saw no solution to his problem. He was spiritually dependent on the love of his wife and children. When he lost that love, he saw no way out except to somehow get good feelings through gambling. Gambling was a substitute for love. Not the game itself, but the people he gambled with. Even they were gone when the money ran out.

He didn't realise that he was bringing himself even deeper into trouble. His physical illness was a reflection of his false spiritual addiction. His spirit had no solution. Monasticism and meditation did not bring him any healing either. What did I offer him as a solution? "You need a new life with a new identity."

Why a new life with a new identity? Because the old life can only bind itself to people, and sometimes animals, to satisfy its spiritual needs. It has no ability to bind itself spiritually to God with the identity "I am God". If this were possible, there would be no need for a new life with a point of attachment only to God. All of man's problems can be summarised in a single question: On whom am I spiritually dependent? Dependence on God is normal, and there is no alternative to it.

We have already seen that there is no choice with regard to needs and sources of needs. As soon as man loses the source of fulfilment of his needs, he cannot live. If he no longer has access to fresh water, he must die. In the same way, he cannot exist if he has no access to a source of love. The fact that we live at all for a short time, even though we are separated from the source of God's love, is His grace alone, so that we can emerge from the old life into the new life. If people miss this temporary opportunity to change their condition, their future is one of eternal death, or in other words, nonexistence.

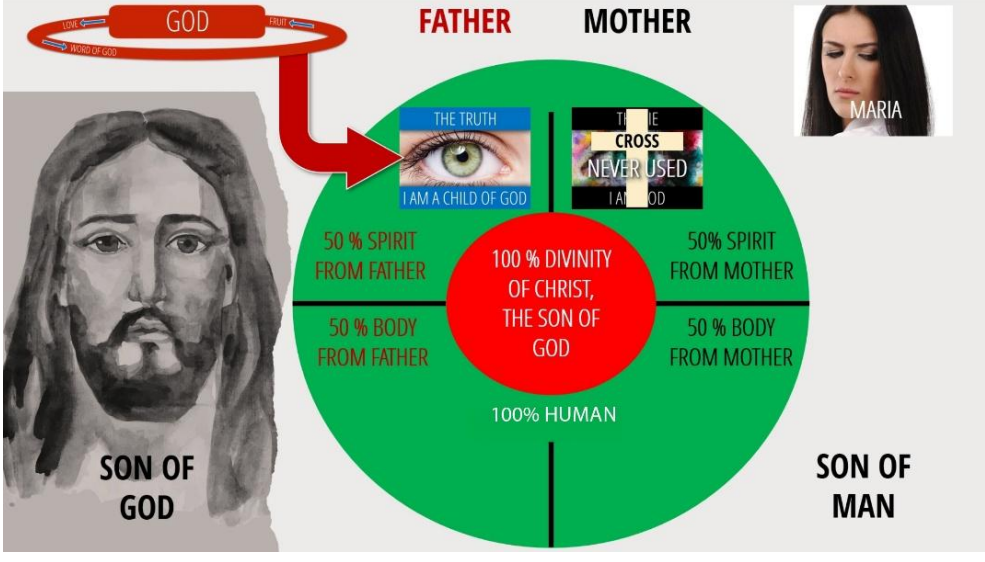


Thus, our illnesses and symptoms are both an indication and a warning that we are bound to the wrong spiritual attachment point (to other people), so that we can recognise it as false. As a result, we are given the choice to give up the error of the old life and to bind ourselves to the true source of love and life by replacing it with the truth of the new life. Where does the new life come from? How was it created?

17. The Creation of the New Life with the New Identity

Because the problem of self-deception arises in the spirit of man, it can only be solved within his spirit. Because of man's inability do this himself, God made a way to help him. However, God created the spirit in such a way that He cannot control it from outside. The spirit must bind itself to the source of love from within, through trust. In its error, however, the human spirit can no longer accomplish this, which is why God Himself conceived a human being into Adam's life.

The conception of Jesus in Mary by the Holy Spirit was the only way to give man a way out. In accordance with the law of inheritance, Jesus inherited the truth about Himself, the true identity - I am a son of God - by being conceived by the Father. Through the truth about Himself, the embryo became bound to God. This cleared the hurdle that a child conceived by an earthly father could never have overcome. The man, Jesus, was connected to his Father with the right spiritual bond.



In accordance with the law of inheritance, Jesus also inherited the error from his mother, Mary. However, He never used this false identity, but had to destroy it within Himself.

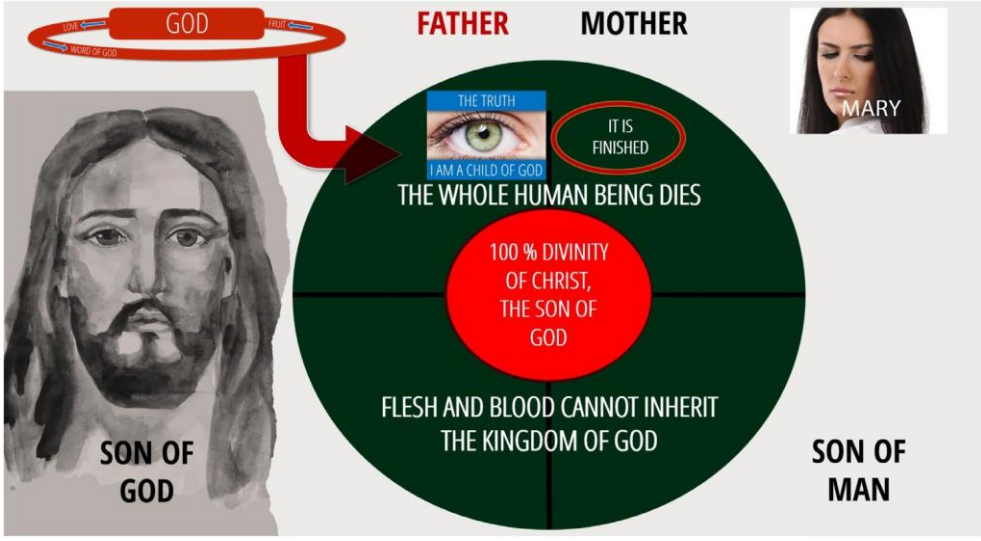
During His time on Earth, Jesus had to resist the temptation to want to be God in His existence as a human being, even though He was also fully God. The fact that Jesus existed as God from eternity is important to understand. Jesus covered His divinity with humanity as with a garment. In this way, His humanity was visible and His divinity hidden. On the one hand, Jesus was the Son of God through His Father, and on the other, the Son of Man and a descendant of Adam because Mary was His mother.

Jesus lived on Earth for 33 ½ years. He was repeatedly provoked to do things that his identity as a child of God did not allow.

1. He would have had to doubt His true identity in order to respond to the multiple attacks and deceptive manoeuvres. The possibility of doubt existed and was the goal of all of Satan's temptations in order to prevent the redemption of man.
2. However, Jesus never questioned His identity as the child of His heavenly Father. As a result, no one could tempt Him to do anything wrong. Jesus remained in connection with His Father until He gave up His spirit on the cross.

It was Jesus' mission to expose and fight in Himself the error in the spirit of man through the connection to His Father and in cooperation with His Father. Jesus removed the sinful nature and the false identity in Himself. This was completely removed when He cried out on the cross: "It is finished!" (John 19:30). Now the life of Adam, the man from whom we all come, was freed from the sinful nature.

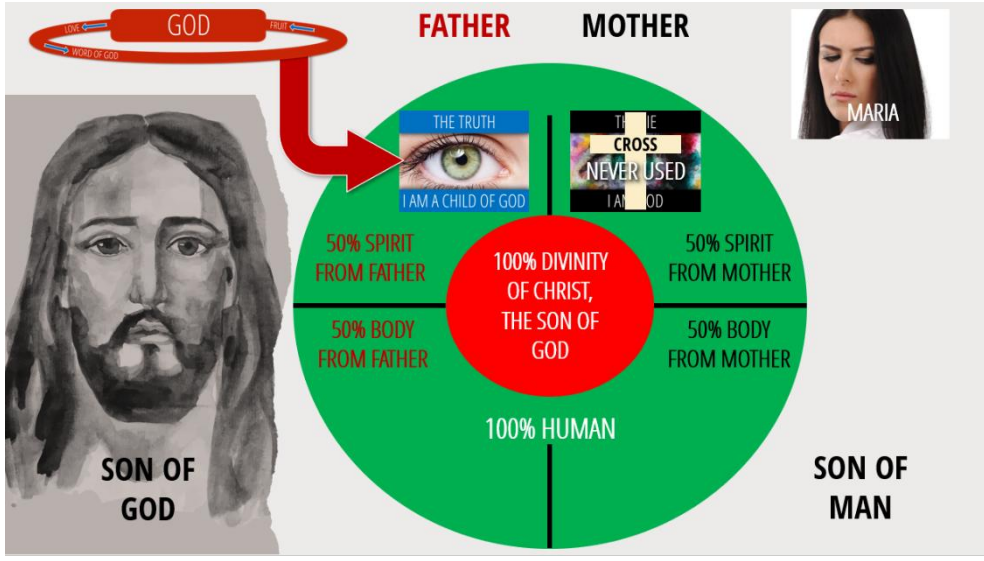
But it did not stop there. The whole man had to die, because flesh and blood cannot inherit the kingdom of God (1 Corinthians 15:50). Adam's life was dead because of his one-time sin. Man can no longer bind himself to God and is therefore no longer able to keep his life. Nevertheless, man exists solely by grace, but only for a limited time, in order to give the individual the opportunity to emerge from the old life.



By entering into the life of Adam - from which all people live - and taking the cause of all sin (the error "I am God") and destroying it within Himself, Jesus took the sins of the whole world upon Him in order to judge them justly. Jesus bore the sins of all people who have ever existed and died as the victor over the cause and consequence of sin. For this to happen, Adam's life had to come to an irrevocable end, where it ceased completely. That is why Christ had to lead the whole human being to death on the cross. For our redemption, it was necessary to completely destroy the old life and to create a completely new life through the resurrection from the now purified components (body and spirit) of which this life consisted.

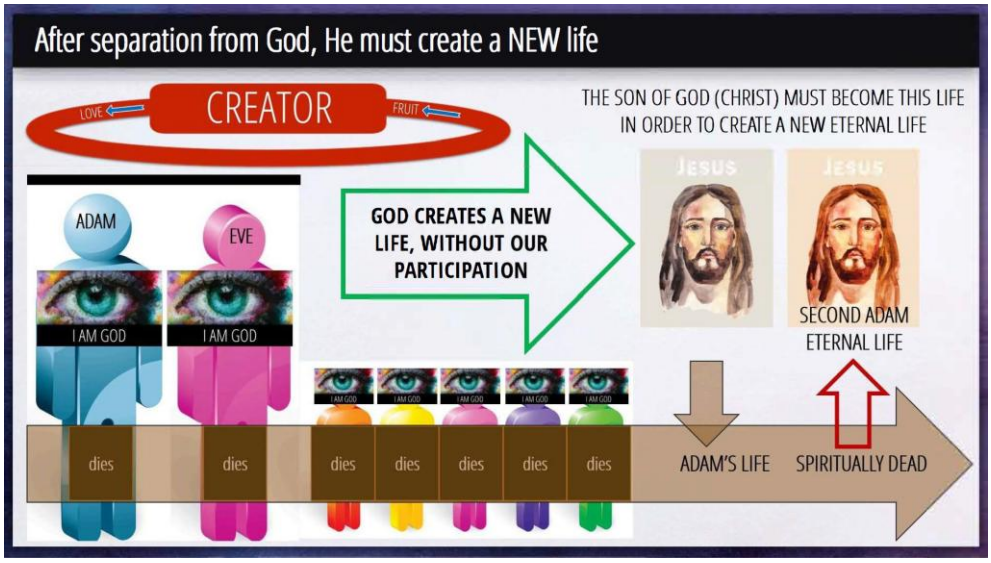
Through the resurrection on the third day, Christ became the second Adam - a life-giving spirit (1 Corinthians 15:45). When Christ rose from the dead, with an immortal being and forever united with God, He became, and is, a new creature. He is now forever in the truth. He is the firstborn Son of God. The wonderful message here is that we all become sons and daughters of God through faith in Jesus. That is our salvation. There is no other possibility for man.

This one new life is all we need! If the old man accepts it in faith, the new man is a partaker of the divine nature. Our righteousness and all our hope lie in Christ alone. His new life leads us back into the presence of God.



The new man is inseparable from God. Self-deception is forever excluded in the new life. This is brought about by redemption. God has done something so that self-deception is no longer possible. The Creator has inseparably united Himself with man. God has established complete clarity for the entire universe that there is no alternative to the Creator. No spirit will ever be able to doubt or break this again. No spirit will ever again be able to deceive itself in its identity. The deception has been unmasked once and for all and shown to all beings: The relationship of Creator and creature is absolute, it is unchanging, good and right.

God offers the new life created by the resurrection of Jesus to every person so that they can accept it through faith. Receiving this new life through faith is the solution to all human problems. The separation from God, which began with Adam and Eve through their fall and affects all their descendants, cannot be reversed by man's own efforts. A return to God is impossible for us, which means that we have to die. The only way out is to accept the life of Jesus in faith.



For salvation, we need both His earthly life and the new life that He created when He came out of the grave as the second Adam.

For me personally, this means forgiveness of all my sins and entry into a new life, into His life, the life of Jesus. The Holy Spirit plays an essential role in this. He can make the life of Jesus available to us through faith. The Holy Spirit must work on the heart of every person.

The question is: How can people apply the new life so that they can live in freedom?

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1. An example of this is the disciples, James and John, asking Him to call fire from heaven because a village had refused to give them shelter (Luke 9:51-56).
2. See the temptations of Jesus by the devil in the desert (Matthew 4:1-11; Luke 4:1-13).

18. The Liberation of Man from his Innate Error

By the way in which man is created, it becomes clear that liberation must be personal to each individual. A spirit can only control itself from within, and so only the individual can apply the new life created by God. It is available like a medicine or a remedy, but can only be taken by the individual. However, if a person does not receive it through faith and make it his life, then the creation of the new life by God was in vain for him personally.

Liberation and redemption from innate error are only possible in cooperation with God. God created the means; the application is subject to the individual. Therefore, man himself is responsible for whether he is liberated. No one can do it for him. However, this requires a certain ability of self-knowledge, awareness of the Basic Law of Nature and the realisation of spiritual dependence on God in order to do so.

I would like to explain the process of accepting the new life through faith, based on my personal experience.

Ever since I was a child, I had the idea that having a happy family would be the fulfilment of my life. So, I got married at a young age to make this dream come true quickly. However, things turned out differently than expected.

My first spiritual need is harmony. So, I had high expectations that my wife would satisfy this desire. There were essentially three needs that I expected my wife to fulfil.

1. I wanted her to understand me. That she understands my innermost feelings and responds to them.
2. I wanted her to listen to me when I had something to say. However, she already knew everything better, and I didn't get a chance to speak.
3. This was an extraordinary wish, namely that she would smile in the morning when she woke up. As a person in need of harmony, I lived off her smile.

In the error of my heart, it seemed natural to me that my wife should satisfy these needs. However, since my expectations were not met, I was unhappy in the relationship. Growing up as a Christian, I had learned that marriage is not something that can be abandoned at will, but is for life. So, I resigned myself to this situation, without inwardly accepting it.

When you are unhappy, you try to satisfy your needs by other means. That's how I became addicted to films, the internet and sports. The more dissatisfied I was with my wife, the stronger the addictions became.

At the same time, I was very active in my church community because I had wanted to be a pastor since childhood. I got involved wherever I could, without knowing that these activities were also just an attempt to fulfil the purpose of my life. However, I found no satisfaction anywhere. My job as a doctor in the clinic, my activities in the church community, at home with my family, and my hobbies, none of this fulfilled me. The expectations of my environment were not fulfilled. I had no idea why I was so unhappy, driven and restless.

So, at the end of 2002, after I had completed my specialist degree, I came to the conclusion that I needed a break and decided to take a sabbatical year. I wanted to improve my family situation so that I could continue in my marriage.

To give a clear picture of our family at the end of 2002, another aspect should be mentioned. In 1998, in our church, the parents of six children abandoned them. The question arose as to what should become of the children aged 7-17.

Under God's guidance, my wife and I quickly decided to take the children into our family and became foster parents to those six children. This situation was stressful, but very fulfilling for me. I loved the children and spent a lot of time doing all kinds of activities with them. This new situation, although enriching, still didn't make me happy. The dream of a wife who would make me happy was constantly in my mind. But because I didn't want to give up the children, at the end of 2002 I took this year off.

I wanted to use every means at my disposal to be happy in the family. I resolved to be more responsive to my wife so that she would change, and we could continue as a family.

However, the plan didn't work out. After the first few months, I concluded that I couldn't change my wife. With the idea I had at the time, I had no choice but to divorce and look for another woman who would make me happy. In my distress, I was also prepared to give up the foster children just to finally be happy. I was 39 years old at the time and thought that if I didn't do it now, I would be unhappy for the rest of my life.

I now made a plan to separate at the end of the school year. I terminated the tenancy agreement for the house where we lived with the children. The children, who were still minors, would move in with their mother, I would move in with my mother, and my wife could also move in with her parents. So, everyone would have had a place to stay and be cared for.

Even before the plan to separate was made, we had planned a trip to the USA in the summer of 2003 to visit a family where the couple were marriage counsellors. The trip was booked, and although my decision to separate was clear, we flew on the scheduled date. After an approximately three-hour marriage counselling session on June 1, 2003, in which I firmly defended my position and would not agree to a reconciliation, a thought came to me, which was: "If you will keep my commandments, I will take care of your needs."

It was an unusual thought that pleased me at first because I was offered the prospect that I could be happy. However, when I thought about it further, I realised the condition for satisfying my needs was to "keep the commandments". As a Christian, I knew the ten commandments from my childhood, and in my case, the seventh commandment, which said not to break the marriage, applied.

I argued in my mind that I had been faithful in my marriage for 20 years, at least physically, but hadn't been happy. And now I should stay in the family so that I could be happy? I didn't understand, and so I stopped thinking about it.

A week later, we sat down with the marriage counsellors' family to say goodbye. There were ten people in a room altogether, my wife and I with three of our foster children aged 14, 16 and 18 and the family with their three children of similar age. It was supposed to be a brief exchange of ideas about our time together. During this conversation, the father of the family turned to me and suddenly asked, "Are you determined…?" When I heard those words, I was sure he was asking me if I was determined to separate from the family because I had always communicated that clearly up to that point. Without waiting for the rest of the question, I answered loud and clear with a "yes".

However, his question was the other way around: "Are you determined to stay with your family?" My loud and clear "yes" could not be ignored. The children and I were astonished because we knew I was determined to separate, not to stay. I had found myself in a dilemma that I needed a solution for. I had said yes to something I didn't mean at all.

I had the choice of either immediately withdrawing the "yes" or accepting it. I don't know what moved me to confirm the "yes" to staying with the family, but I did it inwardly. At that moment, God's promise was fulfilled that my needs would be met if I stayed with the family.

I can't explain how it happened, but my great hunger to be loved by a woman was gone. My obsessions and my restlessness came to an immediate end. I gained an inner peace that has not left me since.

All the addictions that had accompanied me in my unhappiness and against which I had fought unsuccessfully until then were gone. To this day, more than 20 years later, they have not reappeared.

The experience was so impressive that I can't really describe it. My whole inner life had been changed; I was freed from an inner prison.

My body also responded, and I was healed from decades of back pain. My migraines, which I had had since the age of 15, have since disappeared.

I consider this experience to be the exchange of life. I gave up my old life, which was characterised by the misconception that another person had to make me happy, and received the new life that God had created in His Son into my heart. It connected me to the source of love and peace, and so my needs could be met.

In the time before this experience, I sometimes had great doubts as to whether God really existed or not. I couldn't grasp Him and sometimes wondered where He was. However, this experience gave me a clear indication that He exists and is the source of all happiness.

To finally dispel my doubts, God has also given me irrefutable proof of His existence in the more than 20 years of practical experience since then. Man's spiritual desire for love, freedom, justice, security, etc. can only be satisfied by Him and from Him. The fulfilment of our spiritual needs certainly does not take place via or through other people or anywhere in nature. It is impossible for us to have obvious needs for which there is no way and no source from which they can be met. God has arranged it so that He alone can fulfil the spiritual needs of man.

19. What Does the New Life Bring?

Although I had always been a doubter, I was now in a position to believe. I could not explain the fact that all my spiritual needs were satisfied in one fell swoop other than through God's work. As His child, I now begun to explore this relationship and live from it. Today I declare June 7, 2003 as my entry into *the* new life. It was the beginning of the death of my ego, my error that "I am God" and its replacement with the truth that "I am a child of God".

Since June 7, 2003, I have been learning to put into practice the love of God that I now have access to. Although everyone has the ability to love, they lack love, which they cannot produce themselves. On a physical level, we can all easily understand that everyone can breathe, but has to get the oxygen from a source outside of themselves. It is the same with spiritual needs, for which we use the umbrella term "love". From the connection to God that I have now established, I can now learn to pass on God's love, even to people who do not seem lovable to me. This includes also no longer waiting to be loved by others.

This path, together with my Heavenly Father, is a liberating process. What makes it difficult, however, is the continued existence of the remnants of error in me. My remaining error must first become recognisable to me through difficulties so that I can then replace the cause - the self-deception - with the truth about myself. This is the Christian's battle of faith, because without my realisation about myself, where I am still deceiving myself and where the truth still has to replace a lie, I cannot become completely free.

At this point, something is missing in the conventional Christian understanding of salvation. Due to man's ignorance of the functions of his spirit, of self-control, of innate error, Christians are essentially divided into two groups. This division can also be seen in other religions and ideologies. Superficially, we like to express this as "conservative" and "liberal".

Ultimately, however, it doesn't matter at which end of the line you stand, whether on the far right or far left or even in the moderate centre, you are just on the same line. You don't recognise the self-deception that leads one person in one direction and another in the other. But it is still the same self-deception in which everyone unconsciously (and for some, consciously) seeks their own. And as long as someone thinks they can do something for themselves, they are breaking the law of love.

Because no creature can do anything for itself. So, neither can man. But in the error of his heart, he is convinced that he is doing something for himself.

Jesus came to nail the false "I am God" to the cross and create a new creature, a new life that functions again in the law of love. A selfless life, just as God and all His creation are.

I was born with the idea "I am God". Everything I did until June 7, 2003, came from selfishness. I did everything for myself, and that is outside the law. Although I had also done many outwardly good deeds in the 39 years before that, the motivation was still wrong. It was always about me, even if some of it looked as if it was selfless.

When I made my decision on June 7, 2003, an exchange took place. My previous life went to the cross, and I was given a new life, the life of Jesus. This began the path for me to act out of the motivation of love.

It is important to understand that only selfishness can come from error, only love can come from truth. The Basic Law of Nature makes this clear. Luke 6:44-45 describes it very simply: "Every tree is known by its own fruit. For figs are not gathered from thorns, nor grapes from bushes. A good man out of the good treasure of his heart brings forth good things; and an evil man out of the evil treasure of his heart brings forth evil things..."

Through the exchange on the cross, I experienced forgiveness for my past 39 years. Forgiveness can only happen if the reason for the sin, the selfish act, is removed at the same time.

This is the error in the heart - or as Jesus calls it, the evil treasure of the heart. Forgiveness can therefore be achieved only by exchanging the old life for the new life. Forgiving individual deeds without removing the reason for them would not be compatible with God's justice. This is why the sacrificial system was used in the Old Testament, which makes it clear that only through the exchange of life (the life being the source of deeds), is there justification and justice.

It is hopefully understandable that the exchange of life meant here is a spiritual act of faith and does not initially take place in physical reality. Jesus created the new life; it is real, but it will only be received outwardly and visibly by each individual at His return. Only then will we be completely transformed into the reality of the new life. Then we will actually be new creatures. Until then, we live by faith in the new life. It can only be transferred into our own lives through faith.

What does this exchange of faith mean in concrete terms? Faith needs substance; the spirit needs clear information to guide it. Two inner attitudes are required:

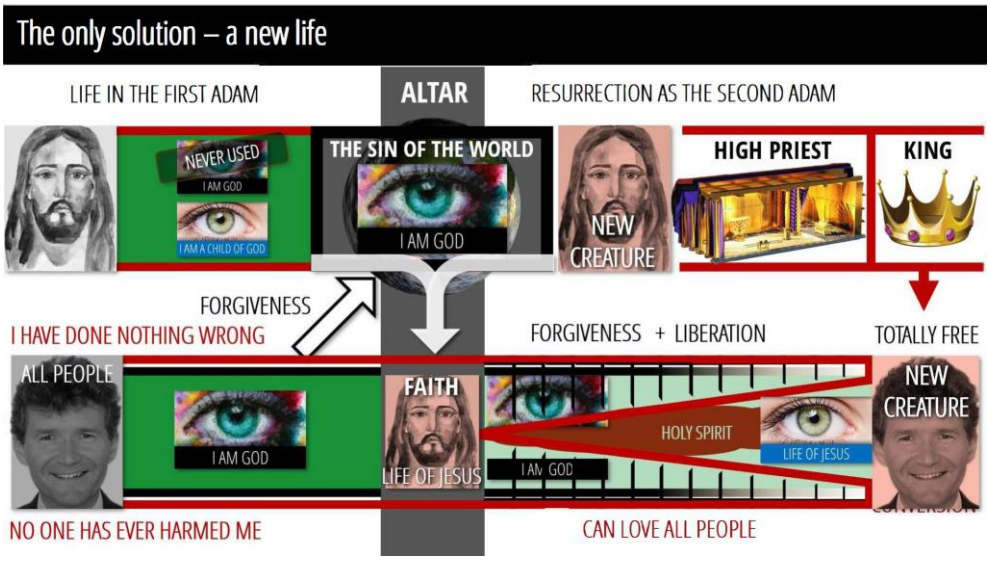
1. A clear conscience as far as the past is concerned. I have to believe that in the new life, I have never sinned or made mistakes. If I killed in the old life, broke the marriage vow, lied or did whatever, I didn't do it anymore. Jesus has taken over. The old is no longer mine, it now belongs to Christ. He will decide about it in judgment. This is forgiveness from God's side. If someone continues to have thoughts of guilt, then they do not yet fully believe in the exchange of life. Then he still sees his old life as his own and holds on to past deeds as if they were still his. He has then not surrendered everything to Christ.

2. My past now belongs to Jesus. No one has harmed me in the past, is the information that I have to accept and believe inwardly so that I no longer see myself as a victim of others. No matter what I have experienced and what others have done to me, through the exchange it is no longer mine and no longer applied to me personally. This is forgiveness on my part. If someone still owes me something, if I think a person has harmed me in the past, then I am not yet in the new life of Jesus by faith.

The exchange of the old life with the new life of Jesus solves all human problems. This can be summarised in two categories:
Self-Accusation and Other-Accusation. A person either considers himself a victim of his own deeds or a victim of the deeds of others. Both are wrong, both come from self-deception and lead man to be his own enemy and thereby destroy himself.

June 7, 2003, is long gone, and I have moved on in faith. The rest of the "I am God" must now give way step by step every day. Every day I examine myself with regard to the past day, asking myself the question from which source I have lived. I usually do this examination in nature together with my Heavenly Father, who must help me to recognise exactly where the self-deception was so that it can be replaced with the truth. So I test my thoughts by my actions, and my motivation by my thoughts and the respective root, the lie or the truth about myself. I have to find out specifically where I have deceived myself so that I can replace the deception with the truth at precisely this point. I have to consciously see where I am "playing God". I need to recognise how I can live a new life, knowing that I am a child of the Most High. As His child, I don't need anyone to serve me, fulfil anything for me or satisfy any need. I can only meet my needs myself by taking from God and passing on His love.

The following illustration shows the path of a person who, in the battle of faith, comes from the captivity of lies to the complete freedom of truth. Everyone must walk this path personally, which is why I used my photo. I hope one day to fully absorb the new life into my spirit through faith. Then no act of my fellow man can make me want to force others to do good. Such a child of my Heavenly Father I want to be, loving everyone and no longer practising any form of coercion. That is the goal of liberation.



Now I am still on my way to this goal, which I am not striving for with my deeds, but through faith. My deeds are only the outward proof of my inner attitude. My good deeds can come from the wrong motivation, just like the bad ones. That is why I cannot do this without the help of my Heavenly Father, who assists me through His Holy Spirit. Step by step, I trust people less and less until one day I will trust God completely. In this state, I will no longer deceive myself, and the law will be written in my heart. And this all happens through an inner process of faith and cooperation between God and me, because God does not control or force anyone. We can only place our trust in God ourselves. Therefore, salvation is only possible in cooperation between God and man.

To summarise, there are only two identities from which thoughts arise, namely either the lie "I am God" or the truth "I am a child of God". Since thoughts begin unconsciously, I can check which identity they come from only when they become conscious to me. I can therefore recognise from my conscious thoughts whether I am mistaken or not. And only then do I have a choice as to whether I continue to "feed" my thoughts or not. If I recognise that thoughts come from self-deception, I can take steps to stop thinking them. The root is not always immediately recognisable, even if I already know that these thoughts come from the lie. It can sometimes take me days to discover the specific unconscious lie.

And only when I have replaced it with the truth am I free of the problem. So, it is not an easy work within ourselves, but it is a liberating activity. I don't want to remain in my error, which makes life difficult for me, just because others do something bad to me or deny me what is good. It is not my fault that I have inherited the error, but by the grace of God, I can do something to ensure that this lie no longer torments me.

Here are some concrete examples of where certain thoughts come from:

Obsessive thoughts always come from lies. Thoughts of compulsion are always wrong. If you want to force someone or if you are angry with someone, then you are wrong. If you get angry with someone, you destroy yourself. If you are no longer in control of your own thoughts and act emotionally, then you are subject to coercion. Make a conscious effort to remind yourself that you are wrong as soon as you have a compulsive thought. No matter how right you actually are in the matter. No matter how wrong the other person has acted. Compulsion is always the result of self-deception.

Fearful thoughts are always wrong. As soon as you feel fear, you need to ask yourself, "Wait, where am I going wrong? Am I playing "God" again?" Fear arises from trying to avoid something negative that is not under my control or management. Everyone has their own defined sphere of action that they cannot cross. This is easier to recognise on a physical level. No one tries to walk through a concrete wall, but uses the open door to get in or out of a room. In the physical world, you try to stay within the boundaries that you cannot cross. In the error of the mind, however, I do not see my spiritual frame. So I try the impossible, namely, to control something that I cannot control. This applies to the life of my mother, my spouse, my children and even my own life. But this control is not within the scope of our possibilities. So, we'd better not even try. Fear helps us to see the error and search for its root. Once it has been found and replaced with the truth, the fear is gone.

Pressure in the body is the result of self-deception. The body reacts immediately to a negative unconscious thought and indicates the error. We should then give ourselves an account of what gave rise to the wrong thought so that we no longer pursue it but think the truth instead.

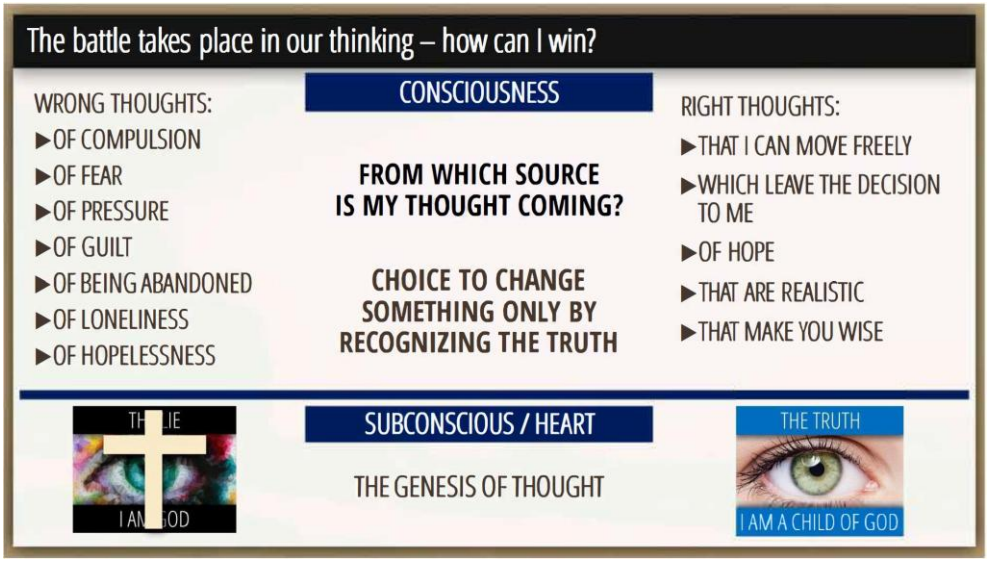
Thoughts of guilt are very harmful. Thoughts of guilt arise from the misconception that we had another choice when we acted wrongly. They arise because the consequences of this act are negative, not necessarily because we are sorry for the act. The error suggests that we have experienced a loss as a result of our actions. And since we are incapable of losing, we must therefore accuse ourselves. If I think "I am God', then I can also condemn, both myself and others. Thoughts of guilt cannot arise in a creature because creatures cannot pronounce judgment on themselves (or others). Nor can you suffer any personal loss if you see yourself as a child of God.

Loneliness is a false conclusion. How can I ever feel lonely in the awareness of being a child of God? The thought: "I am all alone!"or "All my relatives have died or live elsewhere," or "I am bringing up my child all alone." or "I have no one to help me." cannot be right. These thoughts make you feel bad and damage your body. Thoughts of loneliness arise from the misconception that "others have to be there for me". The body and the mind should help us to stop believing these thoughts, because they are not true. We can never be alone; God is always present, and why should I consider myself lonely in the awareness of His presence?

Rejection leads to strong thoughts of self-destruction. As "God", we demand worship and if we are denied this, we cannot accept it. We see it as a personal loss when others do not praise, appreciate or recognise us. But who am I to make this demand of my fellow human beings? When parents reject their children, the children perceive this as a major trauma. This leads the affected children down a very difficult, painful path with many problems and illnesses throughout their lives. Without the grace of God and the realisation of the truth that my parents and other fellow human beings owe me nothing, I am condemned to destroy myself step by step.

Therefore, we should know the truth about ourselves and see that all our personal claims on others are unjustified. Only the truth can prevent us from destroying ourselves just because our parents made (sometimes big) mistakes.

Thoughts of hopelessness are wrong. They arise from the misconception that I can calculate the future. They arise because, as "God", I know what will come of this situation. But do I really know that? The thought of having no way out leads many people to depression and self-destruction, even suicide. And then, as a help and realisation, we must become aware that everything that leads to self-destruction, that triggers a negative emotion, can certainly not correspond to the truth. Even if we cannot immediately see where we are deceiving ourselves, we should stop harbouring the thought that there is no way out. Our Heavenly Father can help us with this if we ask Him for help to correct us. God cannot think in my place, but He can give me the appropriate information that will set me free if I take it in.



It is undeniable that certain circumstances cause us to react negatively. On the other hand, other circumstances cause us to react joyfully. So how do we know whether this joy and good feeling come from the truth or from a lie? Certainly, even in the error of our heart, we always feel joy when we evaluate something as a personal gain. This reaction does not harm the body at that moment.

It is only when we lose this gain that damage occurs in the body.

This means that we cannot be sure that we are in the truth when we have positive emotions, because everything that error sees as a gain triggers a good electrical impulse that is appropriate for the body and therefore creates a pleasant feeling. However, if the circumstances are bad and do not meet our needs, and we still feel good because we are not relying on the circumstances but on our Heavenly Father, we can be sure that this reaction comes from the truth.

Our Saviour, Jesus Christ, did not have a single negative reaction in His thoughts during the difficult circumstances of His life, during the hostility, false accusations, assassination attempts, mockery, while He was beaten and then nailed to the cross. Thus, Jesus did not inwardly resist all the evil done to Him, knowing that the perpetrators were doing it to His Heavenly Father, who would judge the injustice. Consequently, He always had positive emotions during all these difficult situations. He never made himself feel bad through His thinking. I would like that kind of thinking very much. I strive for it and I hope you do, too.

However, our true identity also gives rise to certain negative emotions, which is why we have to cry from time to time, for example. We also see this in the life of Jesus. How can we distinguish between truly negative and mistakenly negative?

Here, too, we need a clear standard to be able to separate lies from truth. As our reactions begin in the subconscious, we can use the effect to determine whether the reaction comes from the truth or from error. The following rule applies: anything that takes control away from me comes from self-deception. Anything that is negative and does not take control away from me can come from the truth. I also have to check my motivation: Is it about me? or about my Heavenly Father? We can also perceive and feel the negative in selflessness, but is it out of true compassion for God, whose creation is being destroyed? However, if it is about me and I fall into self-pity, then this is certainly always done out of error, because it destroys us.

The difference is not always immediately recognisable, but with time, you get practice in self-knowledge and can distinguish better and better whether you are striving for something for yourself out of error or for the Heavenly Father and His creation, i.e. thinking from the truth.

In truth, we can accept the injustice done, the violence, the taking of our goods, our children, etc. and even feel compassion for the perpetrators, as our Saviour expressed: "Father, forgive them, for they know not what they do". (Luke 23:34). This attitude requires the attainment of perfection in the truth. I believe in it and want to be able to live it one day.

With the right identity as a child of God, I can completely change my thinking and solve all problems over time. I think it's good that everything can be reduced to a single point, namely where all thought begins, that is, a person's identity. This is the all-important point in a person's life.

What it ultimately comes down to is understanding this point and deciding with conviction to give up the old life with the false identity and replace it with the new life begotten by God. No one can be forced in their spirit to do something; everyone must want to achieve it voluntarily through faith. And this is a good thing, because our Creator made us to be self-governing.

We have only one choice, namely, to leave the old life. However, we should not follow the example of religions and ideologies that want to reform and improve the old life. It is not a solution to attach importance to outward appearances when the problem lies within the human being. A person will only accept the new life if he is fed up with the agony of the old life, when he is convinced that he can no longer do anything with his old life. We need a new life in our innermost being, which can be attained only through faith. Because man's need is within himself, it can only be solved and remedied there. External changes are completely inadequate. Washing a bottle on the outside when the dirt is on the inside is not wise because it will not clean the bottle.

The crisis of the end times, which I am convinced has already begun, will divide humanity into two classes. Not into rich and poor, not into important or insignificant, these divisions already exist. Humanity will be divided into free and captive. The conflict in this world is about freedom. Where coercion is used, where the spirit of the individual is not taken seriously, love is not present. The Bible says it very clearly in 2 Corinthians 3:17: "For the LORD is the Spirit, and where the Spirit of the LORD is, there is freedom."

I have resolved to become completely free inside and to live from the Spirit of God. If you have freedom yourself, you will be able to give it to everyone and not try to restrict, patronize or dictate to anyone. This is clear proof that you are living in the truth. Where there is love, there is freedom. Fear can no longer occur there; it has been eradicated. As a result, the behaviour of such a person can no longer be influenced by other people. No matter what hardship comes his way, he remains true to the principle of love.

We will face adversity, and everyone will then visibly prove what they are made of. The free man will prove this by calmly and confidently doing what he believes to be right according to his conscience and not what someone wants to force on him. Those who live a lie will, in turn, fight coercion with coercion, force with force, injustice with injustice, lie with lie and deceit with deceit. In this way, man proves the error of his own heart. We can fight only coercion with freedom. We can overcome evil only with good. We can eradicate lies only with the truth.

In the end, the two groups will differ very clearly. It will become clear whose spiritual child everyone is. We will soon reach the point where each person must make a final decision. Each person is still given the choice of either becoming free in the new life or remaining trapped in their innate dead life.

What do you choose today?

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