

A large iceberg floating in the ocean. The tip of the iceberg is visible above the water surface, while the much larger, jagged base is submerged underwater. The sky is blue with some clouds, and the water is a deep blue. The text 'LIFE & LOVE' is overlaid on the left side of the image.

LIFE
&
LOVE

YOUR FREEDOM THROUGH PRINCIPLES

Korbinian Koller

To my wife - the love of my life

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About this book

There are three main problems on this planet that we are struggling with:

Relationships, health and finance.

Out of these three, relationships are the most important one...

The one thing we haven't been educated about in school that truly impacts us in life is principles about how to create healthy relationships. Healthy relationships require a good relationship with oneself first, but how to acquire such a confidence within oneself?

Much is attributed to feeling successful - feeling successful is vastly different for each of us based on our own values and beliefs.

We are faced with making anticipatory and reactionary choices in life, both intuitive and counter-intuitive ones, so the margin of error is high, and as such, solid knowledge in the form of real truths becomes what's beneficial along the way.

Principles (ultimate truths) provide such knowledge strength.

In this book you find a collection of such principles.

A cheat sheet if you may, of truths to lean against to make more proper decisions in life to gain the confidence needed to have a healthy relationship with yourself, and the building blocks to create healthy relationships.

Prologue

The title of this book, *Your Happiness through Principles*, is a direct reflection of its intent. You, the reader, may wonder how the author, unknown in the study of happiness in psychology or in the field of self-help can be so bold to choose this title. While some aspects of this book might seem from a novice, its content is of value.

Over 20 years ago, I gave up my career to become a trader. I had moved to Los Angeles from Germany and was looking to establish myself and begin a new life. I had several talents and had

tried myself in a few fields, bringing enough experience and unique skills to start a new career in a new country. My fate was decided when I attended a Tony Robbins seminar, where he introduced me to day trading, and I embarked on a new journey soon after. I expected to begin making money within the next six months.

Compassionate and empathetic, I have always been interested in the subject of human suffering as one of the most fundamental human experiences. While I have been fortunate enough to never have experienced physical suffering, my decision to become a trader has led me to experience intense emotional suffering throughout my journey. Many years into my trading career, I came close to giving up multiple times. I have been trying to master this craft for many years, and all I got in return was my own consistent punishment by losing money.

It is very difficult to compare the trading profession to other professions. While it is not an ideal comparison, traders are often compared to professional athletes. Even if a professional athlete doesn't make it to the Olympics or win a medal, athletes get rewarded by being in shape and reaching physical goals to measure growth. They start by competing in lower divisions and reap victories as they work their way to the top. Many are financially sponsored and don't need to worry about getting their bills paid. In an entrepreneurial world, there are guardrails one can set to feel accomplished. There's a paycheck regardless of the abuse you have to take, and often personal gain is attained even if the venture fails. For traders, there are no rewards along the way but only consistent pain. And with the right dosage of willingness to suffer, the path can be long and enduring. I find it astounding of how much hope can be created in the endless demise of one's efforts in trying to reach the top, and this in a society that praises persistency. Not to mention the lack of much needed reference points or even meeting peers. Plenty of bankers, and even more traders, come from the ranks of college athletes. And it takes a hell of a lot to compete at the collegiate level. So I know, there's a wide cross-section of Wall Street who has at least thought about what it would be like to be a professional athlete.

In my interest for suffering thereof, I found only one certainty: love is all there is, and everything else is an illusion. Since that realization, this has been the guiding principle of my life.

Isn't love what we all long for and cherish when we have it, and isn't this hard to explain energy force what holds everything together in this world?

Like any strong form of energy, love can result in the negative as much as the positive experience. Wars have been fought over it, endless hearts broken, and many other hardships caused by it. Similarly, money, another powerful form energy, can either be used as a force for good or in nefarious ways.

If love is the source of it all and the ultimate reason for our existence then truth comes very close to love and I shall call it her sister.

Do we not all feel embraced in the presence of the ultimate truth and doesn't truth reign over events, and isn't it refreshing how child's play is governed by a truthful intent-yes truth isn't always comforting or easy but in its essence when brought forward it has a power close to her sister love and is inherently good and worth thriving for.

I gave the book its title because as human beings we often are misguided by our feelings. As much as we might have good intuitions and a sensibility for truth when we see it, when it comes to love we already get a little bit rattled at times if we try to grasp that with logic. So, at times when in conflict we tend to find solutions in the mind and often fail to come up with solutions and that being said it seems that relationships are where most our problems seem to stem from. We focus mostly on financial problems or health issues but in my opinion, it is the emotional confusion in regards to relationships where we truly struggle to get ahead and have developed little progress over centuries.

Principles - I define them to be in their ideal form to be ultimate truths, and so can help one from an intellectual aspect to benchmark one's feelings against.

If you have a concept of a complex matter summarized in a simple sentence it can be a helper when emotionally distraught or otherwise confused. A principle can bring clarity in a difficult situation. Principle-based living can uncover complex situations to make one's way through uncertainties.

So, the goal of this book is to support our all thriving towards happiness, by shedding some light on a few principles that hopefully could be as useful to you as they have been to me in the daily challenges of life and in finding happiness both in the journey through life and its mysteries on a broader scale.

The Reward

As much as these last 17 years have been filled with struggle, there is also a grand reward. You get to know yourself. Border experiences shape you, make you aware of yourself and this daily looking into your own intestinal tract shapes you as a person and if wisely attempted you can extract principles, ultimate truths, knowledge that's worth attaining and you can look into the mirror each day and know you did something worthwhile. So as much as you expose yourself to constant suffering you truly live. And who is to say if obstacles that have been overcome provide such benefits, that seeking out a life in the direction to comfort and the easiest route through life is truly the road to happiness. Maybe a change in perception where happiness truly lies, is what's required.

In my case you don't take the abuse of a boss but only the self-abuse of trying to get to the core of meaning and to get to know yourself. And if you are lucky once in a while there is satori-instant awakening-a true gem creation of a small miracle where you bring forward something

that hasn't seen light yet on this earth or at least in your own perception-something that really helps to put the foot a step forward on the journey of a thousand steps.

Principles

Core principles, those you truly can rely on, those that will never change, are free of the planets dualistic system that everything else is governed by; they are indivisible and have no opposites. They can be chosen to be one's beliefs, convictions, dreams, hopes, fundamentally govern one's thriving force to be followed and nourished by. Examples would be love, truth, silence ...

The next tier can still be heavily relied on and bring great substance to principle- based living. In this category, one would find gravity and other laws of nature, but quickly we would get in a top down approach to levels acceptable to be questioned since after all we believed the earth to be a flat disc for a very long time until discovering its true nature.

The first to leave the circle of commonly known status quo knowledge, returning with fresh insights by risking venturing into the unknown, are the first to be ridiculed. Next, they are condemned and if lucky finally praised for their discoveries.

There is the thin borderline between insanity and genius and it is called results.

For the truth seeker, brave enough to stretch him/herself thin and walk the road less traveled by, there are two ways to expand to the outer rim of the circle that encompasses everything known.

From constant and never- ending work, or asking quality questions over and over and finding incredible passion and compassion to simply not accept the status quo and finding answers beyond the know, a process that can take a very long time where principles like 'the devil is in the details' rule the daily stretch.

Or by miracle creation processes that are more along the lines of what the Japanese's call satori; instant awakening; where the time component is irrelevant. The later requires an absence of self-inflicted filters and limitations, a true creativity and absence of scarcity and a willingness to allow the irrational and surrendering to larger energies and forces in play to be gifted by with the new insights. It is here where I can be of service as a mirror to the seeker of such expansions who wishes to reduce time (time being in principle, one of the very few scarce resources on this planet to the human individual, where we otherwise live in an absolute abundant never- ending to expand and changing universe). We are limited in principle to only perceive outside of us what we carry inside (like the Haitians literally not being able to see the arrival of the large Spanish ships by lack of ever having seen any large vessel prior at sea) and are fooled by a brain that functions on comparison while the true principle is that every moment is unique and we expand with every time increment into an absolutely new future.

One way of improvement through the jungle of confusions is true self-reflection.

"Sharing of goods is division while sharing of thoughts is multiplication." (Hans Albers)

"A moment of hatred destroys eons of good deeds." (Dalai Lama)

I have developed a skill of being a mirror to the truth seeker to hopefully support a shortened path and a slight lifting of the burden of a life lived with increased obstacles on the road less traveled by.

In trying to extract principles on a very rudimentary basis the “RED” system for critical thinking is one of the basic approaches—one recognizes assumptions, then evaluates arguments and draws conclusions. In my humble opinion, one should take the liberty to truly question everything including established principles if so desired.

This is very straight forward.

Truth most of the time is just that.

i Phone-the no communication device

Over a hundred years we have now contributed to the technical advancements of this century and yes, much has been achieved in health and advancement to the benefit of a more cumberless life but the one-sided way of focus and the vanity paired with its achievements have blinded us to principle violations. The extreme development that’s mostly fueled by greed and fear and other scarcity motivations has resulted in worshipping money as the God of this century and names like Steve Jobs (only an example) being recited in the same sentence as saints and life- altering thinkers who truly have helped mankind to advance while I see now people just hiding behind small screens and having lost their peripheral thinking and an overview of what matters to them, but rather like sheep following any advertisement that has been placed in front of their eyeballs. So you see just like decades ago the typical pair of girlfriends with one being a fashionable beauty and the other a ugly duckling paired up but while the one less blessed by looks had the chance when an attractive boy came across to still muster up her courage to shine through wit and charm, she now like all simply hides by a conditioned response of checking her iPhone and excusing herself to her non- reflected virtual shrink who always offers the choice of low resistance and reconditions the way of more insecurities and less communication (the boy and the beauty by the way, also just checked their phones). So, we find ourselves paying huge monthly fees to vendors pretending to connect us while truly we are all no matter what age are sucked into a world the size of a few square inches, and find there, a hiding place for all our shortcomings and unreflect inferiorities and no man, woman or child escapes this worship of technology any more since these devises supposedly make our world easier and more connected. This isn’t meant to criticize, even so harsh in tone for pure contrast, any of the magical advancements in our time which have relieved so much pain and suffering. It is merely being stated that there are so many various aspects of life in a balanced and equally- weighted system that have to be addressed to truly create music. The lack of even just one instrument in an orchestra cannot be later integrated to complete the magical balance, but all elements of life need to be looked at and worked hard at and not just those who offer prospects of creating profits and advancements of individuals hard- working or corporations exploitation.

In a view of the near future a united way rather than segregated one and a contemplative thinking that creates miracles for all humankind and not just the privileged few is the only chance for a survival of this planet and its inhabitants, and as such we would thrive if we joined in acknowledgements of our limiting beliefs and an embracement in overcoming them. Replacing the focus of the smaller focused view and rather gathering the minds who can offer solutions in the name of Hans Albers principle “sharing of goods is division, sharing of thoughts is multiplication”, is a step towards true prospects.

Reality distortion

One thing to keep in mind is that we as humans are not equipped to see what's real. In our limitation of only taking a brief snapshot of all the data coming towards us in one moment of time since it would be overwhelming to take in all the data presented from outside, we have a completely distorted perception of what's reality. This is paired with the filtering of this data by a perception that isn't capable of taking in anything that isn't already inside. We spoke earlier of large ships not being perceived by islanders, simply not ever having been confronted by large vessels approaching by the sea. We have a hard time comprehending anything new and instead of lining up our minds with the principle that every moment is unique and an expansion of prior reality in a universe constantly growing and expanding we are wired to compare data from the past, and are convinced a new event is actually being a reoccurring event from a past experience. Being driven by beliefs that stem and are formed by such distorted realities we harvest constant disappointments by expectations not being met; expectations that in principle can't be fulfilled by an ever- changing reality and an additional misperception by not having a sense that can measure time and its own unperceivable parameters. In summary, this should raise caution to what such an ill equipped make up in a single entity that hasn't overcome extreme behaviors, fueled by fear and anxiety, greed and vanity might result in behavior and misled thinking and the actions resulting by this.

I find it advisable to contemplate such limitations and rather follow a combination of approaches. The deep-rooted intuition as to be found in grounded women who are filled with empathy and a fair value for all humankind for example, versus an extreme mental attitude lead by mathematical algorithm worship and an overall tendency to seek security in logistic thinking that in its roots has an education lacking anything not obvious to the mind even so we know it is the mind that is in principle misled. This is one of the fallacies in our times where we worship logic over everything else, and wonder why there is a lack of overcoming obstacles. Miracle creation that has its roots in bending time through satori experiences often with an absence of the mind or as it so wisely has been spoken “most of mankind's problems stem from the individual's inability to sit quietly for an hour in a room,” would be another example for a useful approach. So, a contemplated humbleness and stillness of the mind with a moderation of the emphasis on the self and a listening and trusting to an intuitive force might bring society and this world at a

time when we run out of time over hurdles, rather than exclusive mathematical exploration into a future that still provides the comforts of this world that we have been fortunate to experience over the last century.

God's mercy

It always seems that we are burdened with more than we can handle, and is it not that with regularity we find ourselves in Murphy's Law or simply said when it rains it pours.

But is it not that these obstacles present to us opportunity?

Each obstacle overcome enriches us with confidence and more wisdom, humbles us and brings much more insight into our own makeup and is a lesson each time on how much we are truly able to endure and walk away from, and to surely reach the next mountain top from the valley of despair. One still can find oneself within self-pity or even emotionally within the depths of hell when in valley of the waves of events, and one thinks that life is unfair and at times finds it beyond their ability to overcome the newly presented desperate- seeming situation but one thought might be contemplated on in each of these situations. The thought that the often-unchosen positioning in such events is at all times a mercy of God in that light, that she presents us with the doubtless state of feeling ourselves not of this place and not forever doomed in such misery but rather reminding us through such confrontations that there is more, that there is the beyond and the pure hope and depth of a place that we truly originate from and shall return to. It is this fair distribution of either the person who subscribes to a faith of any sort of religion or the agnostic that one can't but being ripped out of regular moderate circumstance but can but not feel the beyond and larger picture of misery reminding us about ourselves and the right of no such suffering in endless endurance, but rather the blissful assurance that we shall be delivered not by a higher being but a reflection that we each in our own right are these higher beings or simple stated we aren't humans thriving for a spiritual experience but rather spiritual beings having a human experience.

Riding a motorcycle

Why riding a bike is so absolutely awesome.

I guess it already starts out as a child. This first means of transportation translates in quite a few ways of feeling free. Right now, I am talking about the sized- up motorized thing as an adult. My mind goes madly wild all day long with trading and I am named the "fix-a- flat" which means that everybody comes to me with their problems and I do research all day long to help them out as best as I can. When on the bike it's like a video game-it's about one's life and survival-so my mind is than focused only on the here and now-on the video game of making it through traffic without losing my life-so all one's mind is doing is focusing right here right now on the imminent moment and as such its better than any Zen or meditation or mind calming I

tried before-riding a bike is absolute bliss since all one does is enjoy the moment and the wind in one's hair. So almost everybody can have a few moments of ecstasy each day, given it has its risks, and experience instantly what some find hard to achieve with daily routines of some mental practice of trying to quiet one's mind and living in the here and now rather than the future or the past. This isn't meant as advice to risk one's life in traffic but rather to share with those who have never ridden a bike about why those who have find it so satisfying.

60/30/10

This business principle states the importance of business success to be 60% in personality (that would be branding on a larger scale operation), 30% in networking and only 10% of importance on the actual product to be sold (or service to be offered). This shows strongly where we are heading and could even be interpreted as the triumph of vanity over a society where individuals might still be governed intuitively to be proud of a profession and a skill, but truly for success one now needs, by heeding this principle are otherwise now doomed to compete and make a living from such grand motives. As much as there might still be a desire on perfecting skills to feel proud of one's achievement and accomplishments and in presenting something worthy to be exchanged for barter to another who'd desire such a product as to produce something that withstands time and is functional for the benefit of the recipient, mastery is no direct path to financial success anymore.

So, one does not need to actually have a great idea or a great skill or any worthy product at all but rather be a master of deception by creating a "face" that is popular. In addition, a means of handshakes that conglomerates likeminded in the vast numbers to promote and distribute no matter what chosen thing, and you're in business. Ideally this product needs a lot of maintenance and doesn't last long, so services and replacements can be sold.

Now nothing is wrong with a great image being accumulated by time due to great achievement of goods or services and certainly the principles governing networking inherently have no fallacy at all benefiting all in the chain of such achieved networks. By now so clear tendencies mushroomed, where we live in access on a planet with resources to be cherished and where individuals are exploited to not even be able to reflect anymore what they have been sold or why they are purchasing goods that they don't need since manipulation has been perfected in such glory that modern slavery can hardly be felt anymore but is accepted as standard procedure.

There aren't any niches anymore for nonbelievers of systems that are purely for profits, but each margin has been filled with such greed that no man can refrain due to his free choice to choose a liberty of finding what's in his heart, but rather he needs to learn the rules by which this game is played to either get along or exploit those rules by himself.

This might sound like an introduction of a political speech but I have no knowledge nor inclination of any comment of such sort and neither the wisdom or alternative offerings and in many ways even agreeable views of a living structure that is close to volatile behaviors of our

human nature. I do feel compelled so to remind that so much suffering we bring upon ourselves due to wasteful elaborations of promotion and execution of systems that serves no purpose other than tendering to endless greed and self-exploitation could possibly avoided. Who likes a toaster, a car, any tool or machine at all to break, who chooses the one functioning properly and being a dear friend through time to the one who requires repair or and parts and worse complete replacement.

Who wants his children living in a world that seems to be reduced in resources or clean air, water and food?

So, ask yourselves when you trying to find something on your computer, being used to in the past to simply search by the alphabet, why you now swiping with your finger over the screen. You are now viewing numerous symbols and pictures presenting branded logos for purchasable goods and merchants until (more by luck) reaching the answer to the original search of the desired folder or the answer to your question. As such you are branded silently! As such one operates a device not built to help, support and answer your questions but rather you are a silent partner to serve 60/30/10 with others not necessarily having your interest in mind.

Truth- Sister of Love

My grandma grew up in a butcher's family and married a sculptor. She was very straightforward with little embellishment and known in her circle of family and friends for her one- liners like "only the dumb ones freeze" implying to just take an extra sweater when leaving the house and not sure about the weather and what stuck with me early on as a child was "lies have short legs". I certainly have done my share of lying in life, stolen money out of my mother's purse, took a bit too many drugs in my twenties and can certainly not be proud of everything I did in life but grandma still straightened me out early on enough to feel in my gut that truly messing up isn't worthwhile the short-lived gains. It might seem tempting to take a shortcut and bend the rules a bit too far but it doesn't pay off and as such I consider myself lucky and proud to still be able to look into the mirror and grin a little knowing that I haven't messed up so bad that shame would stare back at me.

This isn't meant to make those feel bad that have crossed that line. Knowing how hard it was to walk upright and take the road less traveled by, by trying to live up to integrity standards that the world now doesn't hold much value for anymore as it seems, I rather mean to encourage everybody. No matter what the past might have been, connect yourself to a life style at all times to embrace a force that rewards one with just such more intensity of a good feeling to have done the right thing. In a world where shortcuts are temptingly offered rather than to delay instant rewards briefly to earn whatever one wants or needs in a way where the earned just feels so much more valuable. The weight of truth outweighs anything and even if that path at times seems to be the one with pebbles in the shoe, reaching one's mountaintop feels so much more glorious.

My grandma if reading what I wrote would just shake her head since in her generation going about one's way of doing life's business would be naturally guided by such principles and call my arguing here just mind- waxing. I do feel like in so many aspects so, even the clearest and most natural instinctive behaviors of right or wrong or otherwise deeply engrained logical procedures, have been diluted by distractive advice through various means like media or simply a hectic lifestyle that seems to have confused new generations and masses of individuals. So, I rather risk being the fool iterating such natural principles rather than assuming that everything is clear to anyone.

("Never assume" has to be a guiding motto to myself realizing that assumptions are often the root of misunderstandings in communication.)

Isn't the millennial generation in a way burdened with a belief that it doesn't really mean much of how to make your first million as long as you make it before your 23rd birthday and that the cost to such achievement is irrelevant as long as you got the bling fast and ideally not in the millions but billions and if it requires to sell your soul for that, that would be just fine?

So, maybe a younger reader might have stumbled over this book and I simply wanted to share that earning one's share of life joy and monetary reward through a skill acquired that no one can take away from you is way more exciting than the actual dollar amount in one's bank account. It feels like an obligation and a privilege in fair sharing of rewards with those who paved the way to success alongside and then enjoying the glory through the awesome feeling of reaching goals together. Experiencing failure as a true opportunity to learn something and overcoming obstacles while experiencing growth and expansion are the most natural laws of the universe in addition of feeling quite marvelous about taking new and second steps to one's dreams realizing that the path itself is the meat of the journey rather than the arrival, grants one a depth of feeling free and truly satisfied on a much deeper sphere than all the short- lived joys that cash can buy you.

Money gives you choices. Self-discovery provides true freedom.

Facebook and the matrix

Not being the brightest kid on the block it took me some time to find the answer to my question of why Facebook was such a success. I understood the dynamics of its predecessor. Comparing profiles on campus of girls/guys and voting who is hotter than the next. It eluded me so of why millions of people wanted to spend time posting their personal journal entries and share those with the whole world-why would people expose their privacy and had such a desire to expose themselves ? I finally got it. It wasn't about privacy. I wasn't about sharing either-it was about the feeling of going on Facebook and finding yourself in a world to be made belief. This wasn't people making journal entries. This was people escaping from reality by posting and reading fake vacation bliss and mall purchase excitements and anything else that was leaving out the true reality and hardships of life. It was the blue pill, like in the movie The Matrix. The perfect grilled steak and the oasis, to instead live with a lie but in comfort rather than facing reality and truth.

And I guess it is those two preferences that different personas make for themselves. I say this with no judgment since who can say what's more bliss: a perfect lie but cumbersome existence or a real dose of truth and all its consequences. In my case the answer is easy since I simply love truth, believing her sister to be love, which in my book is the summation of live juice and ultimate bliss anyway. But the red pill isn't anybody's game and I respect and by no means mean to offend any or all Facebook fans. I just can't help myself and my yearning to find ultimate truths-principles-and walk the road less traveled by. It might be bumpy but in my world of dreams this still leads to the mountaintop where the view is endless and the rewards plentiful, and it won't matter to me if its ever reached or in what shape or form it all will manifest but I am passionate about this journey and these lines are a mere tiny sharing of this path and hopefully an encouragement to all not just the red pill lovers.

Less is more

We all enjoy observing others who are great at what they do and we strive to perfect a skill(s) ourselves. We know that less is more but this principle is initially for quite a while elusive since reduction is preceded by expansion. One needs to first gain experience to know how to reduce to the essence of things by peeling away all the unnecessary, and to replace tools, toys and gadgets with experience. In music, they say after a couple of decades of playing scales to simply forget everything one learned to be truly free and flowing in one's interpretations. In cooking you simply get inspired by the freshest ingredients available and give up on the cookbook/recipe. It takes time to hone a skill no matter what you do and the reduction of the unknown ideally leads to a freedom of expression since fear has less ground to nourish itself. In competitive sport this can be observed, that once having made it to the big league and contracts are signed and the pressure to be part of a major league team subsides, athletes transform themselves in performance to a whole new level. They now play freely simply for the game-the love for the game- without the pressure to get that check or get that placement on the team. It is then when thought is transformed to intuition and a surrendering of doubt to trust and an intellectualized process to simply following the flow.

It is this heightened awareness of achievement of something great that dissolves scarcity thinking and brings forward the new and inspired creations of reduced dense matter that has value to create and inspire. It is important that in times where a young generation is fooled into the desire to be millionaires by the age of 22 through an app creation or a .com wonder (most of all without any meaning of how to acquire the big bucks fast), that we remind ourselves that good things take time in principle, dead presidents on a piece of cotton aren't creating self-worth and happiness. A mastered skill makes inferiorities surrender to a feeling of accomplishment and brings forward the giants within and a meaning into one's life.

Depression and Fear

We being pleasure- seeking and pain- avoiding motivated creatures makes us more than susceptible to purchase anything that helps us to overcome of whatever we are made to be afraid of. If it is beauty products where advertisements make woman afraid of aging or insurance against all and everything bad that can happen to you or any form of necessary upgrades to not feel left out and feel left behind. The money monster is trying to get us by telling us in commercials that we have to be afraid. This is what makes us depressed since fear and depression often goes hand in hand. Truly being content with what we have and letting go of information and a connection with the people we love versus the things we don't need would be the cure of loneliness and isolation. So, goods and the so- called progress is what drives us to this introverted behavior of being isolated cells afraid of almost everything, even ourselves, and the pharma industry nicely gets their share out of that final state when symptom treatments have transgressed to vicious cycles of overmedication causing illnesses themselves, as well as offering instant solutions through pills in a world that promises instant gratifications in all our desires. Instead of building confidence through hard work acquiring skills something no one can take away from you and as such nurturing the need of security, we acquire dysfunctional behaviors by being constantly triggered on instinctual behaviors like the fear of missing out where lines of people stand before stores on new release dates of new gadgets. This to simply being able to work to say: "I got it first" =I am worthy or telling what TV series they watched last night feeling "informed" about worthless imaginations of importance at watercooler talks while all we truly crave is some sanity gained and love exchanged in a stroll with a loved one through the forest. Doesn't this beat time at a phone store after an upgraded purchase that doesn't mean anything else but hours of familiarization of the new manual and functionality upgrades that cause us to work harder on understanding the things like apps that aren't helping in most of the cases. This form of so- called progress provides a small world to be able to escape into being afraid to reflect upon our disturbed inner worlds. These constant distractions aren't helpful to support insights or finding peace of mind but are mere reactionary behaviors of wise advertise firms having managed to keep us in a constant vise of the belief that we aren't perfect and that there are answers through purchases of how to make us feel better which result in nothing else than feeling more of a lack to not having all the things that we need for true happiness. So, ask yourself how many gadgets you need and what you do with them and if a phone truly needs to be more than just a device to reach the people who you love, and instead of mastering the applications find time to spend time with those who care. In the end, we are all alone and when you are sick it is likely the clearest point realizing that truth. The next best thing is knowing that there are people who care enough to visit you at a hospital bed in these desperate moments and that investing in these relationships rather than in closets full of items. Investing in one's health, principle- based, rather than spending the last third of one's life bedridden might create much more happiness in one's soul than running after the next best thing advertised.

The black dog and homelessness

I live in Los Angeles and it took me quite a while (I emigrated 25 years ago to the US) to get used to the amount of homeless people in this city-I wasn't used to living in a third world country like this in this aspect. True capitalism brings out the worst in humanity not to say that it also might bring out the best at the same time. I merely meant to say that Germany where I am from, with its small size and few inhabitants, with its social structure had at the time, and these times are over now as well, only very few people on the street and those were at their free will there. With a few runs to the government office and a few papers filled out one was provided a place to sleep and meal-provisions in my opinion that every earthling has earned as the smallest form of support in an earthly community of a developed species like ours capable of magical things like music and arts of all sorts. Where is the compassion? To compensate for the guilt and need to get accustomed to such sufferings on the streets of LA I started small projects to make myself feel better and the worst discovery was that also mentally ill people easily ended on the street-People who can't help themselves and also people who were no different than myself like a string of misfortunes and despair leading to a life without hope. So, I did what my own situation was capable of and am giving this chapter in the book room for a reason. Having lived through some challenges of life and been stricken with a couple of years with severe depression and quite intense suicidal phases I wanted to make a stand for those feeling conflicted when giving to people on the street and being criticized. Some state that small donations on the street are actually fostering a life prolonged on the street. There are certainly points to the effectiveness on how to reduce homelessness in principle and most effectively but trust me when I say the most depressing and suffocating thing for all misfortune is scarcity thought. Once one finds oneself in a low frequency energy thought pattern literally Murphy's Law (if something can go wrong it will) extends to unsurmountable size and literally everything turns to shit very quickly. It can seem that there is no way out-the principle of mind creates matter becomes its worst nightmare. So any gesture of compassion in a person to person manner-any smile and friendly gesture and exchange on a human way of love and friendship-anything that makes the other feel worthy, loved, cared for, shared with, warm, tender, patiently listened to-anything at all of a human exchange to support a feeling-I see you-I hear you-I feel for you-I care for you is of absolute essential nature to break these patterns of feeling alone and isolated and without hope and is the utmost important step to make a difference in the person's life that is less fortunate at the time when these interactions take place. So, in my humble opinion, giving to the poor in an inter human exchange way of any kind is always conducive to a bettering situation and what we all need most is to be recognized of being worthy and cared for and a sense that one deserves love and someone happily giving it. I have great respect for any and all homeless people since they carry a heavy burden by carrying a huge amount of the heavy low frequency energy that societies produce due to the nature that we haven't found more conducive society structures yet that would provide for all human kind. Their act of willingly carrying these burdensome energies deserves our respect and compassion and acceptance that in these times of still searching for

better social structures homeless do a very valuable service of responsibility that needs to be acknowledged by acts of kindness.

(Charlie Chaplin and Winston Churchill were both stricken with severe cases of depression which they called the black dog and they committed to a pact to travel great distances towards each other when one of them was onslaught by the presence of the black dog and as such managed to help each other through extreme phases of despair and saved each other's lives, so these principles of compassion do not only apply to the financial less fortunate)

Thinking from the end

Now this has been plenty iterated upon in our century but it is imperative to condition our minds since "mind creates matter" is a principle and as such we are responsible for what happens between our ears since that is what ultimately materializes.

So, what does it truly mean thinking from the end? People stick notes on their mirrors of self-embracing incantations. Athletes walk through their competitions prior to their achievements in their minds and it is true that most of human kind problems stem from its inability to sit quietly in a room for an hour-or with other words-we are what we think we are.

An imperative aspect is that serial thought from a starting point to an end result is not conducive to achieving an outcome while experienced artist know that true manifesting is a lot easier skipping all the steps in between in one's mind but simply being in the desired state /outcome already from the start. It is more the absence of doubt and other low frequency energies than the actual manifesting of the wished- for object or state. It's a focus that allows for patience and the time delay endured for true manifesting as the only obstacle on this planet instead of a satori and the willingness to truly only be engulfed in the actual result rather than process and the need to control and understand the steps in-between. So rather than obsess with the details and the seemingly unsolvable puzzle pieces of "how", placing one's energies rather on the "what" it is one would love to have or reach in one's life and being utmost clear about that desire is what's required to have an ease of enjoying the gaps to be filled miraculously by themselves.

Surrendering to the bewilderment that dormant forces come to aid to those who not even engage in the problem thinking of "how", a much sought- after outcome is created. Aligning energies with that what is wished for results in knowing it to come to fruition almost by itself. Ego being left out in its unruly need to control and fear inductive desire to derail us from the miracle beings that we truly are creating anything and everything that we so desire if simply aligning ourselves with our true nature of such manifestations.

In short, simply be at the spot you want to be and leave the rest blank to be filled by coincidences and miracles without questioning the process but rather already ahead of time enjoying what soon can be seen also by others.

Education

In my opinion, it is always a society of poor health where education gets less and less funding and it seems ruthless to me to not invest in the greatest potential of the future of this planet- its children. This isn't a political blog so and I didn't choose this chapter's header for the reason to rant about issues we face right now in regards to this subject in terms of monetary or political opinion. It is worth examining a principle view where the future is heading with this subject matter. Looking at the figures that once educators and doctors were the highest paid ranks, with a rare mix like let's say a flight captains out of new developments in science, we find ourselves in a quite different environment now. Not even engineers are leading in this progress driven society anymore. If you want to be paid handsomely you find yourself rewarded generously in either a partnership of a law firm, as a trader on Wall Street or maybe in a Silicon Valley firm coming up with new ideas of app development looking for a niche that hasn't financially exploited yet. Now this isn't far from common knowledge so but what might give a spin on things is that in two out of three of these professions employers do not look any longer for educated personnel anymore but rather hire fresh blood right after high school to mold in-house realizing that change in the new world has become so fast that by the time intensive college would be mastered the young recruits are already molded into a form of not truly being flexible enough any longer to handle challenges newly confronted with.

Let's take this approach a little further.

We are coming from postwar generations and last millennia born, needing nothing but skilled workers and those with a solid education, all the way to millennials with extended knowledge since we accumulated quite more material to tackle with the last hundred years of added new wisdom. We find ourselves now in transitional periods evolving so rapidly in shortened timeframes and need quickly to adapt to new circumstances and difficulties, that most likely sending your child for expanded periods of time to a regular school system is not increasing the possibility of that child's likelihood of a solid career.

What supports a view like this is the logical consequence of underfunded school systems lagging behind realities, new fronts and quite a few subjects being outdated for actual workforce challenges. The time needed to be fully equipped results in a laborer already in his or her 30ties to tackle comprehensive problem solving. I am certainly not an advocate of uneducated future generations, but from a pure mechanical aspect looking out for the security for your kids to not end up in a large underpaid workforce, the individual development of a child's preferences, talents, passions and true destinations certainly could be beneficial to a possible early maturity to tackle life challenges. A contributing factor seem to be school systems more and more changing into pure business models, who extract large sums of money hard to recuperate from those seeking these lengthy educational routes. While this is certainly debatable and being a challenge of the future, of how to be mastered in principle, I find that adding on an educational degree, where an adult pays in the neighborhood of a 100grand for a three- year degree to think of him-/herself upgrading his or her CV for possible future advancement in a corporation is obsolete. The recovery of such educational expenses is not in proportion of the probability of advancement

in the system. I am speaking only from a perspective of monetary advancements or positioning oneself in a society driven by monetary values and not in any way from true principle values of education itself. I find it imperative to stimulate discussion about a subject that is getting under the wheels as well as many other important matters in this society due to the urgency of new things to be instigated us facing a transition where capitalism finds its limitations most likely within the next 20-50 years. As such anticipatory engagements are necessary, over simply following regular paths that seem intuitively the right way for oneself or one's offspring, but more and more counter intuitive thinking outside the box might lead rather sooner than later to a transformational phase, to help each individual and us all as a unified field.

Food

I was as a child in the kitchen early on. With a grandmother coming from a butchery background and my mom putting me to good use behind the sink and stove without fearing sharp knives or other accidents I was self-reliant to prepare meals a bit earlier than my peers. This art form, being a very forgiving one, came natural to me and in my teens, I already had elaborate parties where I got a reputation for my buffets and multiday parties where fondue cookers didn't come to rest for days burning holes into oak tables much to the demise of my parents.

When I emigrated at the age of 27 these social events continued for a couple more years once or twice a month and by then it had transformed into elaborate multi course dinners (a dozen or more courses) for 10-20 seated guests with mutual success (unknowingly a food critic from the NY times was once seated along friends and called the next day stating it was the best meal he ever had).

With my spouse of my first marriage working in the catering business in the Hollywood film industry I found myself to assist her and soon after had my own catering business for a good 10 years preparing special meals for the rich and famous. I prepared diets for models and elaborate dinner parties for stars in the film business.

Nourishing people and uniting them around a table was intensely gratifying. I waited for this moment in the kitchen to overhear after a few courses conversations to die down until nothing but the noise of cutlery against dinner plates was to be noticed. A moment of absolute satisfaction for a chef when a restfulness has settled within his guests, them focusing solely on what's before them on a plate and what warms within their stomachs. This makes a chef in the kitchen smile and know his goal is reached of creating a sort of Zen and a quiet space within the guests and amongst the whole group. It is close to: "most of people's problems stem about their inability to sit quietly for an hour in a room by themselves." It's this peaceful mingling among the same species with a mutual feeling of satisfaction and a peacefulness that unites, ideally in a imprinting moment, through a shared special experience, that a chef strives for, to share love

through art. This in a time where we rush through life with little patience for slowing down to such moments, and little room for self-reflection and a quiet moment enjoyed. Free of judgment and worries and full of trust to the joy of the experienced and the hope (a healthy prosperous seed) towards the future.

Food is one of the ways to bring us into the present time and accept the beauty of being spiritual beings having a human experience rather than the misbelief of being human beings thriving for a spiritual experience.

Art

Not being familiar with the business principle of 60/30/10 at the time and hence focusing continuously on the 10 percent part, meaning improving skill and craft and product in the kitchen, rewards came sparsely in a monetary aspect and fancy clients tossing the black crumbs of a plate to the side not knowing this being black truffles didn't help, but the fact that it became harder and harder until impossible to reach that quiet moment in a multicourse meal of silence reaching from the dining room into the kitchen warranted a change. It was necessary to adapt to the world which had become faster and more restless and distrustful and as such to quiet the mind of the guest stronger forces seemed to be in order.

The vision of "Uniting the grand family around a table" was dying and the idea of "Come Hungry" got born-an art installation of stimulating more senses simultaneously to awaken this self-reflective moment in an exhibition.

The concept included guests after entering the exhibition to enjoy baths like in a spa and walking barefoot in robes through various terrains stimulating feet by water, sand, grass etc. Attendees would be served small plates of delightful hors d'oeuvres in front of paintings while listening to individual sound segments while observing those artworks. All participants would be unknowingly filmed from above while wandering through the exhibition.

Presented with this film sequence as a gift when leaving the exhibition the goal was for the visitor to realize his own art creation. By choosing the order in which to walk through the exhibition and the various paintings one created a menu sequence as well as a song arrangement of the individual sound sequences aligned in the same manner and this alongside all the other visitors, all would be wearing equal robes given at the entrance representing a human species and united since separation in principle being an illusion but truly our actions as individuals affecting all of us.

I needed paintings and two years passed with an obsession creating large abstracts of oil paints on canvas-a period of vast creative outpour since starting a new creative field is always of intense delight. I cultivated a sweet water fish tank and contemplated the fish's random movements as inspiration for future visitor's choice of sequence.

Parallel to creating over 150 paintings much work went into the musical snippets enabling them in all random arrangements to be harmonically sound which was easier than the new field of

painting since I had played drums for 14 years and a masters in audio engineering under my belt (originally emigrating to the United States with the intent to become a professional musician but that the whole vision fell apart simply due to economic resources and it was time to examine things by their principles)

Money

Sharing of goods is division, sharing of thoughts is multiplication (Hans Albers) came to mind again and I realized I was always a bit behind. It was the lack of resources that brought many ventures to a halt not just mine but many of my friends as well. I set out to put an end to this. Not just for myself but with the intent to bring financial abundance also to those close to me who were suffering being influenced by the 60/30/10 principle. They would rather spend the much-needed time to focus on the 10% part of truly creating the art intended and not being burdened by it being profitable.

I had worked under employment only twice once for Curt Cress in Europe for a few years and a good year or so in Los Angeles as a dishwasher. Entrepreneurial ventures felt way more natural to me even with their uncertainties and challenges.

There had been little influence by role models besides Miles Davis who had died 1991 shortly before me emigrating and Sergiu Celibidache who died 1996 for my- at the time musical career, but this time I was seeking out advice since I understood little about business and money.

Anthony Robbins programs “Unleash the power within” and “wealth mastery” were a way to break into this field. It was the end of the 90ties and a new millennium dawning and one day of the 5- day course was dedicated trading the markets which seemed to be the answer to my quest. I quickly realized it being an art form without the selfishness of the artist, without a product to be sold or a craft being able to be hiding behind-no niche for excuses as a whole-a true challenge- a life of self-reflection. I had never expected that.

Things are easier analyzed after the fact and in hindsight-but life just goes on and doesn't care much for one's details of making plans and dreams.

I had been promised a brief 6- month learning curve but it took more like 20 years which is for any more complex skill a good measurement of acquiring mastery in regards to a time line. The devil is in the details and with trading the competition is like in professional sports. There is no room for first starting out to have a hot dog stand and then progressing to a small restaurant etc. One finds oneself right away up against MC Donald's, and as such, as much as self-reflection can be interesting, one can feel at times to be a proctologist and it is excruciating to have to wait that long before some sort of consistency sets in and fills up the much wanted and needed basic need of financial security.

All of this in times where money has become a religion and within a species that is the only one on this planet knowing greed. Any animal is content after a satisfying meal only us humans have this longing for more in the presence of satisfaction.

So, the initial price of a complete loss of self-value, being consistently confronted with loss, and the need to condition counter intuitive human behaviors to come closer to principles in this field for survival takes a good chunk of a natural perceived life out of one. One starts to wonder why we have come to a state on this planet where the production of money is valued so much more than let's say the amazing craft of a good shoemaker or baker or else talented and also equally hard acquired skill of any trade or mastery in any creative field.

All this leads only, to the question of what to do with the acquired neutral energy form that we extract in the form of money. How much of the process has shaped one to either a force for good or made us without reflection to just extend the already existing nature of ourselves with more energy being able to be put behind one's expressions.

Imagine

Yeah there's that great song by John Lennon and I am actually that naive to dream of exactly such a future and find it to be responsible to have those kinds of childlike dreams thinking nothing is more responsible than being childlike. Just imagine how simple, vivid and honest a child's life is and its approach to things, with spending its majority of living in the here and now and expressing its feelings pretty straight forward.

Or along the lines of the Dalai lamas quote when he stated the principle:" A moment of hatred destroys eons of good deeds". Let's contemplate the vastness between a moment and eons as a timespan and the true meaning of how important it is to hold onto one's temptations of emotional outbursts. You can have poured unimaginable amounts of love and trust into your partner or your child and can still wipe it out in a moment of hatred. We certainly live in a world where we spend the majority of our time not actually focused on getting things done but dealing with the cause and effect of these moments of hatred expressed. Think of how much time you spend in security checks where it isn't too long ago that no one would have fathomed taking of their shoes and socks at the airport. How much time and money is wasted on passwords and logistics of daily chores to protect and secure privacy. Sensible documents to be shredded to not succumb identity theft and credit card fraud and hacked accounts and the list is endless, so long I will not bother you any further. Instead of creating overwhelm I simply appeal on a small but steady commitment to return the found wallet and open the door for someone else. Exercise practices that provide a stable mind and a handle on one's emotions, a reflection on ones beliefs and simply a self-reflected life that ensures that these onslaughts, which in their roots might be human but in their extent have become ridiculous in how much power we have allowed to hinder our own progress, can be caught in time, and diminished in their potentiality.

Love thy neighbor even if it's hard and you will gain more than letting your rages run rapidly wild. Find compassion towards all and mostly yourself and your own limitations and weaknesses. Carry your heart in the right spot and follow its lead, rather than the lure of repetitive conditions offered through media and living a non-reflected life. Otherwise you are

exposed to those who try to make a buck out of every, and all of your pattern behaviors. Simply walk tall knowing you are spiritual being having a human experience rather than a human being trying to have a spiritual experience and as such take full responsibility of your capabilities and leaving this planet in a better state than you found it in. This will not be the harder route through life, but instead enriched with so much more, nourishing these responsibilities and positive energies, attracting like energies.

Freedom

We are the only species with a longing for more after basic needs are satisfied. While all animals only thrive for a full belly and once that need is satisfied are peacefully resting, we as much as we originally start out to also satisfy this need primarily, encounter a heap of challenges right after. So, while we are in basic principle very similar to animals we encounter choices and problems right after satisfying basic needs. Instead of one problem we have hundreds since the field of freedom is entered and the challenges and choices are overwhelming to most. It is the head and the ego stepping forward to try to tackle emotions with a logical mind and as solutions arise only more questions are being birthed. It is this phenomenon of the right choice of approach and the longing for freedom that we failed so far to encounter with a healthy mindset, wrongly choosing of how to engage in this debacle.

Isn't it often surprising that in circumstances less fortunate when the focus is forcefully reduced towards just that primary need of a full belly of how friendly and peaceful people interact with each other and are way more soft-spoken and in alignment with each other and each other's primary needs. One could find logic that when it comes to survival like this, it rather sprung an environment of elbows and scarcity thinking since one of the most essential topics, nourishment, is at stake but quite the contrary. People become social and helpful and mostly hopeful in adversity. So why do we fail in all other circumstances that in principle point toward a larger realm of resources and as such are more abundant living environments? We become more hostile and ego driven and start to replace hope with greed and fear and switch from abundant thinking to scarcity behaviors, right at the moment when we have a larger variety field opening up to shape our individual and collective freedom. It might be worth contemplating a choice of different tools and way we approach this challenge. Creating a wider field of choices hence a freedom more colorful and various in shape. Reevaluating feelings and beliefs that are limiting to gain access to a collective freedom and one's individual field of choices and embrace the ultimate goal of freedom-happiness.

Universal growth

Everything is expanding, everything is growing, and when it doesn't grow it dies at some point. We see this everywhere in nature but still resist growth strongly in many occurrences. It is the

resistance to change and discomfort of the unknown. Befriending the growth principle can alleviate a lot of tension, a lot of frustration, and provide answers and solutions in a quite fast fashion. Lingering with problems and focusing on them rather than engaging in action and forcing growth by simply committing to some sort of energetic release function, gets us stuck and blind sighted. We are doomed to walk forward, expand, explore the unknown and engage in cycles of renewal and as such it's useful to condition any and all behaviors that provide evidence that we are in a mode of action and expansion. It is important of course to do this in alignment morally and ethically to not limit these expansion needs for others surrounding us or generations following. Even when lost for answers of where certain paths might lead, I find it riskier to linger, often motivated by fear and worry, to rather do nothing than partake in activity that provides chances of finding answers to questions and problems.

We have committed to this over the last 100 years when it comes to science and materialization of things, but the rule of constant growth is meant to be followed in all aspects and I want to especially point out that we should employ the principle of growth in relationships and interpersonal communication. Value should be put not entirely on how fast the growth rate of industries or bank accounts are but also in how peaceful and respectful we treat each other lovingly since in my belief system at the end of the day we all long for some love and respect to receive and to give.

We have come so far as a species in so many aspects that it would behoove us to expand our capabilities in all realms of life.

When principles fail

Human kind and especially the individual take itself so serious. Do we truly matter this much or isn't there a chance that Ego is bloating us into a creature way exceeding us in our self-importance to simply nourish our limited views ?

We are not capable to perceive what's not inherently already present within us and we are equipped shall we say with very limited perception by comparing versus truly having an understanding of constant expansion, but we are also have fantastic ways of tuning into intuition and the marvelous and miraculous stream of creation. With these gifts and limitations, it shall come to no surprise that what we glimpse is but a tiny speck of what's possible and what's true. Once at night in a hotel suite on the north shore of Kauai with the lights out, I felt a presence standing right next to my bed. I was at my wits end not being able to comprehend as of how this person might have entered my hotel room without me hearing anything. But where truly all logic left my mind was the moment when in my great fear I managed to turn the light on the night stand, and I didn't see anybody. I clearly expected this person to be standing closer than 3 feet AND I still felt that presence right there. All reason was down the drain-the fear factor rose to panic me nearly wetting myself or worse. Primal survival instincts set in and I jumped naked out of bed and ran into the bathroom where I quickly locked the door and in great fear started

urinating. The panic dissipated only minimal but at least a closed door was now between me and an invisible entity so I thought. After concluding this thought I realized I wasn't alone. True hysteria shook through my body and seconds after a bare-naked man stood on the middle of a lawn surrounded by various hotel complex buildings in the middle of the night shivering of fear. Luckily just as sudden as this entity had appeared next to my bedside it was now gone and I found grounds again below my feet and nerves to return to my building and room.

The only principle behind such an experience to be found was that I had only a couple years prior be introduced to concepts that evil exists which was foreign to my belief system prior to that introduction. This still an unfathomable experience for me and I have given up on any limitation to what is possible and truly belief that man can create anything he thinks of. This makes one's choice of what to focus on and what to belief and think about on a daily basis to a grand responsibility since if we extract true freewill out of such a way of lining up thought. It merits great responsibility of where we spend our time to let our thinking wander to and a conscious choice of selecting what to think rather than perceiving the act of thinking a will less power that we can't influence. Mastering this tool given between our ears is of great importance. Many cultures, for example Buddhists, have shown with great success this to be beneficial to the individual and as such to the whole of human kind.

Planetary Issues

The main three categories of problems on this planet are relationships, health and finance. Now it could be speculated that this is because we don't learn about any of these subjects in school or simply because this is the hard stuff, not as easy to be figured out. Relationship issues are obviously the hardest nut to crack out of these three. Here we are able to compose divine orchestral music but in the same breath we are the most violent creature on this planet and I don't even want let my imagination go wild of how peaceful of a coexistence our species would have and what this would mean in all aspects of existence on this planet if we simply would get along a bit better. This by nurturing each other's needs, wants and longings and simply following our hearts to share more kindness and temper our violent nature.

Health certainly isn't that much easier of an aspect of what humankind struggles with throughout our history and as much as we have advanced in science over especially the last 100 years we are still far from living a healthy life on an individual basis. The idea of making money is still the dominating goal, versus solving the complex issues about suffering, decay and the only limited resource on this planet which is time, the duration of one's stay.

Investing

Finance, or better said abundant thinking about resources being unlimited, has still not truly found its place in early school education. Imagine basic equal shares for all of us living a prosper

existence. Even so this being an easier subject to tackle compared too health and relationships, it would be of immense benefit to all of us and future generations who face now burden of accumulated scarcity thinking and resulting pains.

So, let's give a brief principle view on the "easiest" of those three subjects.

Mind creates matter.

Scarcity thinking is as usual the main source of many struggling with this topic. I am guessing much is also inherent in our history where it seems shameful or even dirty to talk about money. Individual financial abundance certainly isn't the goal in a true capitalistic society either from a standpoint of corporations, since a scared individual feeling there to be a lack of things, is the best customer to be fooled by advertisement that often aims to make him/her more fearful. In almost all remedies offered there is first a problem pointed out to make you feel scarce and all our basic human needs are smartly addressed and exploited to make us feel imperfect or there being a lack of. As such things are for sale most of us neither need nor want but we buy them anyway and to be able to pay for them work hard for those who sell us what we don't need or really want.

This most likely is why fundamental principles in this category aren't taught early on in school. This even so the 'early on' aspect encompasses one of the most powerful principles hence named 8th miracle of the world: "compound interest". Figures are simply staggering when one views how small amounts of money can grow to immense proportion through the help of time. One simple illustration is the bet on a golf game of just 1\$ on the first hole with doubling each bet on a continuous hole. Who would guess the final bet on hole 14 to be of the staggering size of over 1 million \$ and don't be tempted to argue amounts might be a lot smaller since one can't expect a 50% return per year on one's money. Even very moderate % returns grow to amazing amounts over time.

Controlling risk is mutually important-I have seen professional men in their 60ties and 70 ties crying in the gym showers after naively trusting the system with 401k's and alike and losing their whole live savings in an instant and with that their dreams and hard worked for retirement securities. In this case it simply is to be said that there is no sure bet and with that I don't mean to vote for diversification but rather statistics. In laymen's terms, every deal can go bust but if one applies not more than 2% of total capital on each individual idea one has a good chance to come out ahead. Why? Well, for illustration, let's say you have a hundred dollars and you lose 50\$, how much in percentage have you lost of your principle sum. Yes, you answered right...50%. And now how much in percentage does one have to make to be at breakeven, the original sum, at a 100\$ again. Yes, you answered right again 100%. So, you see even so only losing 50 %, it takes one now a staggering 100 % to simply be back where one started. This points towards being prudent of rather having small drawdowns (it is advisable to not lose more than 27% of one's equity curve and I won't bore you with the math). It is also paired with another principle that in a series of 1000 tries (for example coin flips, that will even out to nearly perfect 500 times head, and 500 times tails, showing) one to expect with a mere 100% probability that there will be a series of 13 to be appearing. Meaning, in the example of the coin

flips, as much as there will an even distribution of coin flips on the total count, at some point there will be 13 times heads or tails in a row). So, it is smart to never 'bet' more than 2 percent. ($13 \times 2 = 26$ % maximal loss; a percentage level recoverable in a growth curve)

Also, worth mentioning is the counter human behavior factor when it comes to money. You might think me referring to us overspending versus paying ourselves first in regards to taking advantage of the compound principle which is of value for sure but I am aiming at something else. We are like birds who go back after each seed to a safe distance, to than come for the next seed. In other words, we like to take profits quickly on a deeply ingrained fundamental behavior pattern. We also as a species become very hopeful in bad circumstances which certainly is a great feature installed by nature when it comes to everyday life to overcome obstacles with a positive attitude, but when it comes to investing or speculation these instincts do exactly the opposite of what money principles are thriving on.

Let me illustrate

If you buy a stock at \$ 20 and apply a simple strategy of selling religiously at 19 resulting in a 1\$ loss and also with discipline selling at 22 at a profit of \$ 2 which results in a risk reward ratio of 1:2 one risks one 1 \$ to make 2 \$. One could over time actually make a nice profit even so being less than 50% right on the stock picks move (let's say in a sample size of 20 stock purchases you are 13 times wrong, which equals to loosing 13 times one dollar = -13\$, and you are only 7 times right and each of these bets collect \$ 2, you make 7 times \$ 2 = a \$14 profit. So even being a very bad stock picker you still make a profit)

Now this sounds too good to be true and it is. Everybody of you who has participated in the stock market knows why. It is extremely difficult to apply this counterintuitive discipline because the ego aches at \$21 stock price to be the bird and to cash in early profits of fear these winnings might erode and stock prices might never reach 22. Vice versa when the stock is at 19 instead of simply selling with discipline on the knowledge of this principle, a strong voice inside might scream not to worry and to hold on since prices might reverses from here. There are ways to remedy such behavior and I gladly share via e mail, if you would like to find out more, but for now just let me say it is wise to follow the sum of these financial principles and there are quite a few more. Financial independence might in a society as we find ourselves to be in right now, where money has become almost a religion, to be a tool of great power to solve the simpler aches of life.

Health

It is obvious this being a topic of vast complexity and I by no means claim expertise but I spent more than a decade cooking tens of thousands of meals for the rich and famous in Hollywood-people with special needs in regards to diets or allergies or otherwise special nutrition and as such have spent much time to educate myself about the complex nature of the human body and its physiology. The last hundred years especially have provided quite some advance in all sciences with the focus of humanity being strong towards this field. The complexity of the

makeup and mechanics of our flesh and blood paired with the endless field of psychology, who govern these processes to a large extent, made any deeper look into any direction of details rather bewilderment and exploration rather than an extraction of true principles. The main finding for me personally was the acceptance that there is much to be found to guide one towards nutritional health or otherwise beneficial behaviors for health advancements old if not ancient wisdom. The individual complexity of various needs with each one of us seems untamable with a simple routine or healing procedure. As much as some general advice is absolutely beneficial if such is governed by intuitive behavior we are all very different and as such have vastly different needs. For example, an approach to have a special diet for each and every one of us already undermines simple variants like age, gender, season, locality etc.

Lives dualism and dichotomies can again be found, for example, in the greatness of a western approach to be instantly beneficial for an acute remedy of a critical situation but its grand failure in long-term pill popping solutions negating the underlying reasons for chronic problems. Eastern old wisdom draws upon a larger field of experience and often finds a more useful approach by seeing the patient as a whole rather than a structure only built out of electrons, neutrons, protons and croutons...

We have achieved much on this planet to improve our situation in regards to health but a humble stance might be a good position to incorporate the fact that we are only at the beginning to contemplate the true complexity of our existence in these fragile shapes of flesh and blood. More importantly the realization that the mind is the driving force behind all of these processes that shape our health, rather than viewing it all as an independent entity of only bodily functions. A unity including unities outside itself, a singularity of one body. A whole.

Relationships

From the three most predominant problems on the planet relationships certainly are the most urgent and complex one. It is the most difficult subject matter on earth and will determine the future of our species in its progression or failure to do so. It is only days ago while I am writing to you on this subject matter that a priest's throat has been slashed on the countryside in France by terrorists and since occurrences like these are so far out of reach of my emotional and intellectual comprehension I will not elaborate on such an example but it truly deranged me hearing this even so these news events are on the norm by now in the media. It is less so that I think it is those events that are alarming but rather when reading classic literature from 200 years ago that all motives for human actions and interactions are to be read just as modern as if going online to a newspaper publication right now. It eludes me of why even in timeframes of this length, throughout a chain of generations, nothing and I mean literally nothing has changed in how we treat each other. How we succumb to inner fears and scarcity thinking just identically the same. Or at times even worse through erosion of intuitive modesty and in extremity of

emotional behavior translating in more and more violent and counterintuitive crime behavior and craziness.

Where is the progress in our treating ourselves and as such our neighbors and loved ones in a world that has technically progressed over the last 100 years to amazing standards? Why is our thriving so one-sided?

If all we experience is in the greater part the attitude with which we interpret events, and all we suffer is a derivative of beliefs, and if over centuries we have gained experience that money and power does not grant us a happier life but rather experience has shown that poorer communities find more common grounds on supporting each other individually, why has that not progressed. Why have we not innovated just like the evolution of technical improvements and improved to provide more comfort and ease? What is it that blinds us throughout millennia to abstain from such cruelties that we inflict upon our own species and ourselves.

In my privileged position of a halfway sound mind and a roof over my head and no worries upon immediate scarcity of basic human needs it has never entered my mind to intently harm another. I am aware of the privileged situation that I have been born in and worked for but I still can't comprehend why are there no general movements on a larger scale that would follow a more effective way of all human kind to be better getting along with each other, and as such derive benefits to each and all of us. Is the longing for power and the cheap tricks of temporarily, seemingly feeling better, finding oneself in a little bit better situation financially than one's peers, really all that we have learned over thousands of years, without integration of true principles but simply irrationally emotionally guided from blinding illusions.

I am aware that political systems, as established until now, thrive based on principles counter to such progression. They, rather looking at educational methods for individuals to overcome such limits in belief and fostering an embracement of the single soul in a system, seek a conditioning of the mind in feeling 'a lack thereof' and a constant need for thriving to purchase. They supply limiting false beliefs with goods and actions in lower energy frequencies. Since even the highest beneficiaries in such systems live lives under pressure and with inhumanly daily work hours not able to truly enjoy their hard-earned extra dollars, rubles, Euros, etc., why is there no end in sight to rather be creative in establishment of societies that have as underlying structures ways to nourish each individual's longing for freedom and a sense of self without the limitation of worries of a dry bed, a loaf of bread, and a safe cave. All this still including the opportunities of competition and individual expression of self to the fullest desire of each person but seeing clearly that these expressions aren't in need of structures of pure exploitation and limiting in ways that benefit in my eyes to almost nobody.

Is survival of the fittest truly the only way as an enhancement of our species and are the extremes of self-mutilation in body, mind and spirit the only way as a progression into a future. Isn't it so lovingly shown by all other living creatures on this planet of how to build a future not only be manifested in cruelties and rudimentary behavior based on nothing but a heritage of wars and cruelties brought upon ourselves and history books to this days being filled with these horror stories and little more?

I have the utmost faith that this planet and this universe is based on a principle of constant and never ending expansion and as such the creative mind being a part of this system having the same capabilities. A mind capable of producing a shift that will find more peace and freedom for each and all of us in a coexistence with lesser hatred and insistence on the need of significance where we claim as groups that certain ways of God's interpretations supersede others resulting in endless quarrels trying to convince others by the sword that no other ideas can coexist.

Isn't it time to overhaul such outdated ways of thinking and bring forward a more divine, more guided, more principle-based way of coexistence that nourishes our needs and wishes and wants, rather than bring energies to repeating limiting beliefs that are so ancient in the view of time. It is shameful that we have been given such grace to learn so little throughout generations and have brought forward nothing but tools and toys to ease small superficial pains but have failed to come even a single step closer to the most important issue of all-relationships.

Whatever works

In my high school years there was a direct path from the parking facility for the students/parents to enter the main school building. The shortest walking distance did not lead along a paved path around the building but right through a school lawn, which suffered since the overwhelming majority of students simply took the shortest route to class. Briefly this grass killing crowd got diminished since the school board established rules that this behavior would be unacceptable. Quickly the enforcement of such rules got eroded and a brown path through the green was once more visible which caused the schools headmaster financing a one and a half feet tall concrete poured wall around all greeneries surrounding the school property. This was costly and certainly did not enhance esthetics of the school facilities. All to no avail. Even with this hurdle established the shortest way had by now not just the lure of quickest route but simply had established itself throughout time (years had passed). As a partial surrender to such behavior eventually a pathway made out of brick and stone was laid that shortened distance substantially to the main entrance and was in accordance to architectural guidelines of the building. Three more summers passed since finally a second pathway was established right along the brown trotted path since none of the prior remedies sufficed the principle of the power of the factual. Georg Jellinek describes this applied to the law questioning

1. Is an existing rule in effect if no one follows it?
 2. Is through a certain behavior of the majority a rule to be established that applies to everybody
- Obviously, a possible dilemma when applied to complex situations, but in my school example it seems to me intuitive to be followed rather than wasting years, time and resources. Why not following the shortest route with everyone's desire to reach the entrance efficiently?

Anticipatory versus reactionary

Right at the same time, I had to drive in my car under a small tunnel on my way to school. It was a very small tunnel built many years ago only to allow one railway track to cross over the car lane. The tunnel was in middle of a 3- mile straight lane stretch of highway with a 100km/h speed limit. It was a single line motorway on each side and unfortunately this bridge being built at a time with much less traffic the passing was slightly narrower than the highway. Over the years countless of accidents happened like cars crashing into each other right at or in the tunnel. Many being fatal. Endless discussions at city hall about to possibly expand the tunnel in width to avoid future casualties resulted, but nothing got done for a decade until an extremely cruel incident at the same spot finally got things going and the bridge got replaced by a larger one allowing more room between cars to pass under.

I am trying to illustrate, that as much as it is human nature in truly hard times, times of adversity, to get hopeful, following this instinct can be detrimental. Reactionary behavior on this planet in viewing problems, not just like the big issues mentioned in news headlines but in all behavior, especially in shortsighted profit- based, resource wasting ideologies, versus anticipatory solution-based acting with a conscious in mind, that serves us all as a whole, seems to me more than just encourage able, but essential for the survival of our species (I wrote on my schoolbag than in my puberty: who doesn't think-extinct (wer nicht mitdenkt fliegt raus)

The Flow principle

Taking the road less traveled by and seeking out obstacles certainly provides for a steep growth curve and growth is in utmost alignment with the main operating module this planet is governed under. So, I encourage thinking outside the box and embracing obstacles to the fullest but always seeking out the hard path seems unbalanced to me. That is why I am passionate about the flow principle. Stepping aside and surrendering the egos way of "my way or the high way" and developing an intuition and a humbleness to simply follow where there seems to be a stream of ease and where "dormant forces come to aid" to whom who is in alignment with his destiny, feels right. Letting intuition rule over all other parameters, to find oneself on the other side of Murphy's Law, is where some goals can be achieved. It is less the achievement, but the nourishment from the other side, and an inner knowing that there is purpose and destiny, and a clarity in heart and mind and soul, and a union with all surrounding factors and elements. A true ease of manifestation of whatever is desired or aimed at. Ideally also the forthcoming of the un-aimed and the new and the feeling that planetary concepts can be in alignment with bewilderment and the irrational, all the way to the satori experience.

We all have the ability to walk this path of least resistance with a bit of humbleness as an ingredient, and stepping aside from one's know-hows and struggle modes, and a simple attitude

of it 'it can be done if I just don't insist on how and when but give it all my trust, faith, heart and passion'.

Circle of the known

I am sure you have all heard of these three steps one has to go through if on a path of discovering something new. First when sharing a hunch or a factual new discovery others haven't heard of yet, one finds oneself ridiculed and at the spot of disbelief by others judgments. Second if one persists with passion to break through the crust and puts an umph under the verification of the unknown material, to collect evidence and further explorations into unknown territory, one finds resistance of a larger force. In many cases it can get dangerous since the crowd fears change so much, that it rather works hard on avoiding having to look in such a direction of progress, and try to stop, even by force, those who are willing to risk even their lives for such developments towards the unknown. The final third phase in the progression, when the new is accepted by the masses, instead of praise, the person daring taking the first steps and overcoming all the antagonistic forces for his or her newly found, isn't honored but simply ignored again. Now the crowd claiming this is nothing truly new, rather common and accepted as if had been always there.

So, from an outside perspective the journey into the new and unseen doesn't seem such rewarding of a task. Even so dangerous at times, from an inward perspective rewards are bountiful, since in alignment with the universes true nature or continuous and never- ending expansion. One can feel how one is aided by these eon old foundations of nature's law. One way of easing this path is holding back a tiny bit of one's excitement towards new discoveries. It is hard to do since only true passion leads outside the circle of the known, but with holding back a little the additional doubt introduced by those who are more fearful about progress and change is eliminated. One's own doubts are quite a handful already, so letting the wake behind the boat show others the trails in the snow for either to follow, or rest in their comfort zones, until it is time for them to accept that nothing ever stays the same.

80/20

Let me fess up right away this isn't a principle quite yet but rather a thought exploration that still mystifies me to some extent.

This proportion of percentages I have created as a rule for myself after more than 20 years of trading futures. It is a general rule to follow trading systems in a way that at least 80% of the systems are rule- based and only 20% are discretionary.

I extracted this principle in this work field by the experience that it is hard to come by a pure mechanical approach to trading and a fact that most system developers who approach this filed with a purely mathematical mindset fail in this profession. Trading being governed by counterintuitive behavior also doesn't allow an approach of try and error and by my experience

trying to establish a purely discretionary/intuitive way of mastering the markets, has a very high failure rate as well.

So, in my limited experience it seemed sensible to have a large degree of rule- based portion in a systematic approach. This supports an in difficult times doubtful mind by leaning against rules, but still allows enough variant for, a through time experienced, subconscious mind to evaluate a small portion by following one's instincts.

This being said and only having depth of experience in two other fields, which are music and cooking, I found as a whole, that when experience exceeds a certain depth about a subject, pushing forward becomes disproportionately harder. Acquiring a skillset at the beginning of a new endeavor is a lot smoother, than trying to achieve mastery once one is more advanced in one's field of expertise.

It seems there could be a general rule established that in every field of complexity when a certain critical mass of knowledge or experience is acquired, a barrier zone is reached which is hard to overcome by a logical approach. It rather requires elements like faith, surrender, giving up, patience, trust, allowing for miracle creation, an open mind and other variants of a vastly different approach to gain deeper knowledge and experiences than the ones in the previous used logistics.

It seems prudent to be very open towards a very different engagement in the learning and experience field and employ less rigid methods than in the earlier stages of mastering a field. Harnessing complexity of this idea of proportions in a one sentence principle is challenging but I thought this way of thinking might be worthwhile to be mentioned for possible similarities of experience of any reader having tried to become an expert in his/her field and struggled at some point to push towards into the harder to come by knowledge/experience in the denser later stages of engagement of a subject depth.

The precautionary principle

Seriously-they dared calling this a principle-well there were times we thought the world was a round disc and that one falls off the rim coming to close to the end of this flat surface, but I thought science has a bit progressed since then. Applying this way of thinking basically states that it is prudent to think the worst and then anticipatory deal with it in all consequences without factual proof ahead of time. Now you the reader knows already that I am all about anticipatory behavior that is thought lead, or even intuitive in nature versus being always too late.

Imprisoning people on the notion they might do certain things in the future, leaves the accused without any chance to prove his innocence, and makes the person in the room who has the darkest fear- based predictive nature, the ruler of implicating others or events as he /she sees fit. I cannot find any merit in such behavior being called principle- based. There were times when our leaders in government inspired with creative thoughts about a bright future to the benefit of all people, but we have shifted to give more power to the imaginative force of fear now. Such

governments rule through their leaders by projecting the worst. A crowd in fear can more easily be directed in the dried paths. I feel compelled to point out that many non-truths are called principles, and that it is prudent, including all principles mentioned in this book through my awareness that I am not free of failure myself, to be questioned. Questioned by each and every one for the truth and nothing but the truth, since truth is the sister of love, and love is all there is, everything else is an illusion.

Nature

Look around. Beauty- wherever the eyes rest upon. In an amazing array of synchronicities each and every living creature, and to me this includes rocks and such things as well, is aligned in absolute perfection. Nothing is left out nothing is stuck or in disarray-Everything bends and fluidly flows along time, and adopts to change and expansion with ease and a magical creativity. It finds its niche without disrupting its surroundings, but rather uneventful, and blissfully, humbly passes from the pressure to set itself again in its perfect place of integration even if this would mean extinction.

Only the human race makes such a fuss about itself. We resist to change and find ourselves in need to be humbled by outside forces, rather than learning to adopt in a manner less painful and more integrative. Why are we so stubborn, so resistant and full of ego? Why force ourselves upon this planet and ourselves, where all that's coming from this is painful experiences. And in a lag in manifestation, that causes much distress to our closest surroundings. This ego captive between our ears is of such impertinence, that has caused so much suffering, that it baffles me that throughout time we have not learned more about our own behavior and even less acted upon the discovered knowledge. A species that is already aware of principles like "Eons of good deeds are destroyed in a moment of hatred," (Dalai Lama) and is creatively capable of writing symphonies and magical work in various art forms to please our neighbor's senses. A species with a connection to the divine that orchestrates our entire manifest world is still governed by its violence and fears. Our greed and other low frequency motivations destroy on a constant basis in an unfathomable size. We ruin with a liberty not just our self-created wonders but wonders of the world, that we simply can't call our own. These wonders that we cannot claim ownership to, we are responsible for. We have a respectful nature and a humble obligation to preserve, rather than influence in any negative way. As much as the dualistic system provides miracles in its ways of renewal, and provides answers to questions, I think there are little justifications to behave in such violent manner of destruction and self-mutilation. To me it seems questionable of how much further anything that surrounds us will stay tolerant to accept our presence. If we do not find a way to train our minds to integrate and adopt versus living in a boastful manner to please our idiosyncrasies in such selfish ways, we will not find a prosper ending. We destroy without respect and accept our behaviors with a manner of owning the blue planet rather than seeing that we will be easily discarded, if not growing along rules that every child intuitively accepts and

appreciates. I encourage returning to these intuitive responses and looking inwardly instead of being driven by self-inflicted fears and giving way to them. Why not taking a more humble stance by accepting our limitations and exploring seeds resting within that carry clear instructions of how to get along with ourselves and everything surrounding us. It would be a simpler and a wiser way to walk happily alongside others on this miracle of a planet within all its beauty and an assurance that future generations be enabled to do the same. I hope these connections between heart and mind will find fashion among the masses again, to provide a daily beauty of existence for all of us, rather than a world governed by our limiting beliefs that we unfortunately have aligned not by principles, but elsewhere found context, arrangements illusionary in nature.

Focus

If you are still reading this book something might have evoked some curiosity, otherwise you would have quit, finding this repetitive and also accusing in nature or at least in some sort connoted with a negativity. The least intent of mine is a negative structure of the items seemingly presented with a frustration or resentment or anything else describing a somewhat negative feeling - Far from it. The repetitive nature of the constant critique is nothing else but repetition. Repetition is the mother of skill. Repetition is chosen here for no other intent but to refocus. To change ways of thinking or change a belief, one method is a refocus, a repetitive behavior, to change structures that found itself grooved into one's mind and thinking. Now I am also not intending this to be belief altering or in any other way manipulative in nature. I am trying to refocus and provide an opening for each individual reader to make up their own minds and possibly replace non- principled beliefs with alternatives of true principles. Even less arrogant I am hoping for a stimulation of contemplating one's own options towards a road of a more fulfilled life and a more self-directed life, rather than one being manipulated from the outside. We are always to some degree victims of our environment. We do not have a choice in which century we are born, or what parents we grow up with, and social pressure can be one of the most hard to overcome, since circumstances , as one once wisely said "reveal a man/woman "sic. But I am of strong belief that we can improve our minds and found that the times this material is written in, are one of great distraction. We live in a noisy world with a great number of our species by now inhabiting most parts of the world. If you are 'fortunate enough' to live in the more 'privileged' corners of the world you might find yourself owning a cell phone, and an iPad and a desktop computer, and an iPod, a laptop, a Kindle, and an old Kindle, and another older desktop computer to describe just a few of the possible devices of daily household use. You then might also spend most likely more time to learn new functions and new apps and new ways to sync your devices in some imaginary clouds, rather than simplifying your world by computers reducing your time spent with tasks that computers has the capability to manage more efficiently and faster.

So, if owning all these devices makes us bound to them and wastes time, why do we do that? Why do we work really hard to earn the money to afford these units, if all they do is provide distraction, and labor for them to understand their usage and functionalities?

An easy escape answer would be manipulation by corporations for their profit, and this certainly plays a strong role, in modern slavery simply having found a different face/interface to manipulate the masses. Working for items we don't really need but think are essential to our survival. This way of thinking would be the easy route out to place responsibility outside of us, versus taking responsibility and to see of how accustomed we have gotten to stimulate ourselves to avoid focus.

Ask yourself how the imperative moments of your life-let's call them imprinting moments-those where you are in absolute bliss in absolute unison with nature look like.

Those times when you were feeling complete and joyful and for moments in absolute alignment with your purpose and with your existence on this planet. Weren't those moments of absolute focus? Like the birth of a child or having overcome a hurdle like reaching the top of a mountain or an otherwise difficult task physical in nature. An achievement of some sorts like winning a prize or medal of outstanding achievements or mastering a skill. Didn't these magical times evoke goose bumps down the spine when viewing an enchanting landscape or observing a fellow human having mastered a skill and performing that skill live in front of you? Through arts like listening to a magical piece of music or finding yourself before a painting that evokes deeply inside of your emotions strong in nature. Observing children in their childlike uninhibited ways of enjoying life totally focused on the task they engage in with utmost joy. A humorous event, an event of love and the feeling of love and the encompassing wonders of bleeding the borders of one's own illusionary perceived ends of one's body to a wider range and becoming one with another by full empathy and compassion in acts of forgiveness or acts of pure love sharing. Ultimately manifested in the participatory dance of creation and of physical exchange of love in the many variants this can be performed and celebrated.

Aren't most of these experiences accompanied by focus, by taking time to choose a thing and spend one's time only on this one thing right now?

Choosing and focus...

So, I spare you the lengthy ways of illustrating that I believe that a world where we constantly try to distract ourselves with an exposure to a wide variety of devices, information, etc., that pretend to offer us choices where truly all they provide is distraction.

Children

At the time, I am writing these lines I am not a father yet, but I think a chapter about the future of this planet is beyond important. The shifts of our society have produced pictures like families going out to eat and toddlers being kept quiet behind tiny handheld devices flickering.

Youngsters at supper texting below the rim of the table on their phones to their brothers, sisters,

and friends across the table instead of talking, and not rarely parents themselves checking their phones. Now the obvious of missing out on a rare family union time, and the distraction on something as important as food intake, I do not have to elaborate about. What truly frightens me is that now already from very little on the universe is portrayed in a box the size of a box of cigarettes and as such the image of the universe is similarly small received? While reaching out and expanding and taking in all the vastness of information at any time provided, and interact with all one's senses to the open field, a forced field of small box focus provides nothing but distraction. The created feeling of non-present, and an illusionary representation of the world, can only condition an offspring with limited views. We need open- minded beings creative to unlimited problem solving and experiences of freedom and endlessness rather than a box that causes emotional stress if already failing just because of an empty battery. This narrowness of the depth of field over generations, in my humble opinion, could have devastating results. Also, the lack of social or as a matter of fact any other skills that are related to experiences where one's body is fully involved and senses are trained and mastered.

When I was three, my parents switched partners, in the sixties where the sexual revolution seemed to promise possibilities. To me it was not a liberation but a loss of a father, resulting in trauma and an inferiority complex I still, now in my 50ties struggle with. I could list all sorts of things I thought my parents fell short of what I needed for a truly healthy childhood, but I find that every family has skeletons in their closets, and it is quite normal to a certain extent, to grow up with obstacles. Reflecting on those later to overcome them and take full self-responsibility to grow into one's own person is the process of growing up. Nevertheless to take care as much as it is possible, and contribute to the learning curve of your children with love and care, is something necessary for the future of this planet and just out of convenience shoving a flickering toy in front of your kid instead of taking the time and effort to communicate and face challenges provided by children is a convenience habit that will have taught the children nothing else but being mutually lazy with their future offspring. So I am not against technology, and well- spent time with these tools that can be very well integrated and educational and nurturing in their application. The temptation to simply avoid the responsibility of having children in the first place not out of selfishness but rather a knowing that they are brought into the world as a miracle and be treated as such in a way to provide and bring to one's best ability, and one's best efforts to those new visitors of this planet, seems as natural to me as I am sure is to an experienced father in a moment of tranquil self-reflection.

There are societies where it isn't the parents who raise the kids but the grandparents. The underlying principle idea that the older generation, who is closer to returning where we are all coming from, can provide more knowledge by being closer to this source, where the new and the new offspring just emerged from. And just as well as the kids providing everything needed for the old folks to transgress in to the world where they just recently came from. This might sound slightly esoteric to some of my readers here but when you think of it, doesn't it make much sense and isn't that not may be exactly why grandparents are going nuts about their

grandchildren and vice versa. Isn't it grandma and grandpa who often remind us in their behavior, of the behavior of kids?

Just when I thought

I was out they pulled me back in.

I am using this phrase to introduce a topic that I am unsure of since there are cycles that span larger than a single generation and as such can be viewed less from experience, like most of my assumptions here, but rather contemplation. I do also have two experiences that I can draw from. What I am trying to elaborate about is the notion that right when one is about to give up, right when one hasn't left a thing to contribute to a strong belief, goal or desire, something shifts. It starts with a vision, a true longing or a belief that needs nourishing like in my case the wish for unconditional love as a teenager. I had a very clear picture of what a relationship should be like mainly formed in seeing what it shouldn't be like observing my parents. A very simple but very strong urge from deep within. Despite almost anybody thinking me a fool and trying to convince me otherwise, I was following this idea with strong conviction. It led me through heartbreak, emigration and finally divorce in my first marriage, since I simply couldn't settle for relationships that weren't conducive to my ideas, dreams, and vision of how I thought this should feel. My male relationships weren't going any better. I literally gave up. I had been chasing this utopia for over 20 years and was exhausted. I had given everything to manifest this dream but was at my wits' end. And then this angel came into my life, literally right at the point where I wasn't looking, wasn't searching, and had given up hope. Now, sixteen years later I still live this dream, and so far, it is probably the only success that I can call my own and that of course is an illusion since love isn't earned but given. I am beyond stoked how I actually got to this point of passing through the needle's eye and am living the dream now.

The second experience was in regards to financial abundance. I also had a very clear vision of the principles of an independent life style and a need to follow a guideline of how to make my living independently of the beaten path of either selling a service or goods. I wasn't up for trying to convince others about my greatness (general business principle of 60/30/10). I changed careers five times and that along with losing some vitamin b power through emigration. I was beyond being a late bloomer and instead of freedom, rather earned myself an extra dosage of shackled periods and a lack of financial independence. And just like the first cycle it took almost 20 years in my last career to finally break through. It isn't even totally clear just yet, but the experience seems to be the same, that right at the spot when I actually had given up dreaming to manifest financial abundance through trading futures from home, that I have given all my life's juice and then some, some miracle happened. Almost without effort something got rekindled, seemingly having surpassed the needle's eye that one needs to squish through. At a point of simple surrender, and almost without effort, things that seemed unsolvable disappear and a manifestation of one's longings comes to fruition.

So, I do not have much more to substantiate a true outcome of a principle from this besides the fact that at times cycles are larger than one lifetime, and some cycles are within one lifetime. Both are so long that they can only be experienced rather than be passed on. It is worth never giving up on one's dreams, especially if others seem to contradict, but inner convictions are strong since hope dies last and often it is this hope that carries us through. The world on the other side of the needle's eye is beyond beautiful, and worth all the sacrifices endured prior. It seems wise to maybe not even confide to the world of one's inner strongest desires to avoid friction of criticism and as such additional doubt to one's self when it gets tough. Never give up on your strongest desires, they do come true and just when you thought it was impossible that there might be a helping hand appearing, one walks almost effortless through the seemingly unsurpassable needle's eye as tiny as it might seem and the air on the other side is as fresh as a wet summer night's meadow. (It's needle's eye!)

180 degrees

In this dualism that we find ourselves even principles representing ultimate truths can contradict themselves. The visual yin and yang representation is a good reminder, that opposites can live quite harmoniously right next to each other.

In this respect, as much as consistency in an approach to follow a process to condition behavior needed to acquire new skills can be, if foolish, the hobgoblin of the small mind (sic).

When stuck with a problem and no ratio can be found to overcome an obstacle, a method of trying something almost 180 degrees in the opposite direction (or field), simply to create a different experience even if at first glance seemingly useless of an approach is advisable. Now literally exactly 180 degrees might not be ideal, since often this is just a mirrored same of the matter at hand. As far away as logic tells is a good way to start putting the light, creating new shadows on a subject matter or if lucky erase these shadows that prohibited a clear view prior. Not without reason the definition of insanity is expecting different results by doing the same thing over and over again.

A good example are the so-called power animals living in the desert, who do not have natural enemies since they change their strategy and behavior so frequently that they simply are unpredictable.

In a world full of surprises, we find ourselves consistently in awe that nothing seems to line up with our expectations. If we insist on lining up the world to align with our egos expectations we find ourselves in a Sisyphus predicament. Advice given by Rumi to rather "sell your cleverness and purchase bewilderment" is a successful way to leave this cycle of disappointed expectations and enter into a world of bliss.

Counterintuitive

Intuition is what we rely on most when it comes to very important decisions, and in most cases, that is a very smart thing to do. So for example, first ideas are often the best, and after long mulling and planning returning intuitively to first impulses, can be the best choice. When it comes to split- second decisions, falling back on intuitive responses to save the day, is the best move available. Certainly, trying to clean that open channel towards the universe, to be in line up with the ultimate juice and having a sound relationship between heart, mind, soul and gut, it is best advice, and to be able to rely on one's own instincts. There is a 'but' coming so, as I am sure you anticipated, and that 'but' is huge. Some things in life are very much counterintuitive in principle, and it is those things where it is hard to overwrite one's emotions, which often simply guide us in the wrong direction. Not all human beings have the same emotionally- based reactions to events based on conditioning and traditions, which are not all healthy ones and lots of negative experiences can be piled upon one another. This way the direct line to the once childlike mind is lost. That healthy core that is fearlessly and in utter trust to anything surrounding itself as much as it is vulnerable, mysteriously surviving much adversity by completely relying on its instincts. We live in a world where we get triggered to act instinctively, and it is wise to be educated about when the counterintuitive is to be relied on much more. It is warranted to be self-reflective and condition on one's own behavior, to play along the games we play on this planet, to get along but with clarity, to know all the rules for the game, and then make one's own rules, that are in alignment to win those games that matter to us individually. I was making examples in the investing section of this book, of how logical it is to have a positive expectancy. Having a plan of letting one's winners run and keeping one's losers short, but we have no intuitive response if we do not condition it ourselves. The way of thinking in probabilities can only be grabbed by us in an intellectual game, but not as an intuitive response given from birth. We have no tool to feel probability. I am aware that I am repetitive here in my example, but I find many people suffering from unreflect responses, may it be due to childhood drama, or otherwise hard knocks in life, which has them debilitated and unable to make sound decisions on an emotional level. We live in a society, where rewards are either randomly distributed, literally making us addicted in our responses, or postponed into something like a retirement vision. Fact is, once in a retirement home people more often seem to wither away, and all the savings in the world cannot compensate for a hard- worked life. If you are elderly and due to a health reason cannot even enjoy the money spending that much anymore, then what? So, a more prosper response is rather to enjoy each day, count one's blessings and live in the moment like all animals wisely show us in nature. Suffering through overworked periods, with the dangling carrot of a brief vacation, that's overloaded with expectations, cannot compensate for all the hard labor, as much as duty seems intuitive. I am opting that focusing on life itself, rather than its rewards, the journey rather than the set targets and far set accomplishments, for this to be possibly a quicker route to happiness, even if it might feel counterintuitive. Our children are the reminder that as much as we are forced in adulthood to focus, and as such limit our awareness field, that true happiness comes from an open mind, and an exposure to all and everything. Learning from, and experiencing everything, even so it might not feel as an adult quite as

intuitive to do so anymore. The importance is to realize that some of our most thought out things can only be accomplished, if we do not act in an emotional or intuitive response, and that it isn't enough to realize intellectually what a proper response would be, but rather accept that it takes hard work to condition the appropriate counterintuitive response, to break patterns of behavior that are not helpful in our progression through life. The most extreme examples would probably be found in intuitive responses of people with addictions.

Religion

Well that is a mouthful. Not too easy to make a stance on beliefs since they are very individual and hard to change for each individual, even when attempted by themselves. But this book isn't about being shy, as much as I am as a person, and I certainly do not aim here to suggest a preferred belief system. Maybe we can all agree on one fact.

Most religions throughout history, as much as they might source from principle- based transcripts, have abused the principles within their notions for benefit or other intent, focused to limit nonbelievers versus embracing all of humankind. A heap of trouble has come throughout time by trying to convince others that the particular belief expressed is the sole way to clarity, or whatever goals and achievable outcomes to the particular viewpoint, and these wars have cost many lives and have nourished long trails of burdensome grief and sufferings.

Now in my small feat of trying to evoke some feelings within the reader, of finding one little thing in this book, that was meaningful enough to spend the money acquiring it, and the time reading, which for both I am very grateful for, I dare to put out a simple example of a mindful thought.

About this universe we have mainly agreed upon a physical theorem of what's called the big bang theory, therefore everything is expanding in nature and time as a whole. As such each moment is unique. We are continuously expanding and as such gaining on complexity, thriving towards unlimited knowledge, unlimited beauty and creation and an unlimited limitedness. In many of the sources of various religious beliefs this limitlessness can be found similar to the representation of that that has and is creating all. Following a thought like this would bring hope that a target will be eventually reached from a time perspective.

Everything so to say is heading towards the unlimited "God". One's inner and outer self, the whole universe. And if we, under this perspective review the past, isn't it at least to some respect, that we have progressed in some fields? Even so slow and even so with plenty of examples of dualistic review, with some contrarian flows, I find that human creativity seems always to follow the same path, of first imagining something, like a flight to the moon, and at the time imagined and put into words, or pictures, or animations, with a time delay manifestation follows. We actually achieve the unfathomable and with this in mind it be logic that the only responsibility would be to have a pure mind, think pure things and in joy and patience see manifestation of those joyful imaginations come to fruition in manifestation. Now I am aware I am walking a thin line of philosophy and science and religious beliefs. I do not claim great

insight in any of those fields, but I take the liberty to encourage all of us, that while I can't see any harm, to rather follow an abundance- thinking motivation, rather than a scarcity- based one. I am aware of how daunting such a task at time must, be but the rewards would be so plentiful for generations. Even within our own lifespan that is, that efforts certainly would be worthwhile. In my own imagination, I certainly find no rhyme or reason within us as a species, being the only own who kill our own, with such gruesome appetite, and over such a long time already. We are dividing the abundant wealth, that in my humble opinion is so plentiful, that it would easily clothe, feed and house each human being on this planet, and then still have some leftovers, unevenly. I don't intend adding speculation about political spectrums but rather exploring from the responsible mindset of an innocent child like mindset, truly dreaming out loud, what great prosperity could come to lives lived, observed and embraced us as a united human species. Focusing on the magical aspects of this endless continuum towards the infinite bliss, rather than limitations and scarcity thinking embraced. How can we better erase greed and fear and other low frequency energies?

I hope you join me in the efforts to overcome limiting beliefs, each in our own way, each with the freedom of choice of what to belief. Let's find in all these great sagas of brave women and men living in the past, providing these insights of a shared humankind versus a divided and separated one, the wisdom of each of these great variables of perceptions. Let's work towards a unified field of simply enjoying walking into a future that can be bright for each one of us stepping onto this planet and into this universe.

Power

It is said that everything is about sex, only sex itself is about power, but it seems there's quite a few other fields where power is sought after. I am bewildered of how much is done in the longing to acquire force upon others, and positions, to elevate oneself in a higher rank, as to bring force over lower ranking.

Watching powerful men of today I see figures often overweight and ill- looking, and if money is, as it is often portrayed, a reward of such positions, most men having acquired highest ranks are rarely in the good fortune to actually spend their fortunes in ways beneficial to their wellbeing. They rather have an awful timetable to stay in power.

Not to say that powerful positions couldn't be used for philanthropic contributions but mainly it seems that the feeling to be better off than most, a wink further away from scarcity- fueled fears, gives motivation of acquiring towering ranks to be untouchable. These positions often are of a boastful nature and lead to distressed thinking and dishonesty. Communal behavior is much more found in poor communities and people struggling.

So is it not the case, that only the power of contribution to the world as a whole, is true power and a source of energy flow, that truly eliminates fears of the common, or fears to be alone or without recognition, or scarcity to make a living. Those who contribute to the whole and this

world in caring nature, and share what they have with those around them, learned that those who give will never have to fear to starve or be left alone.

Problem shopping

We live in a society of consumption, but a shift already has shown its infant- tipping point, that by sharing resources much can be achieved without necessarily having to shortcut our emotional desires. We are still very susceptible to nourishing our short-term needs by satisfying some scarcities and shop for joy or fun rather than need and I find little fault in that, since the planet is a place to experience materialization and things as a general. One principle so has been getting exploited to such an extent that I thought it worthwhile mentioning. It is the fact that clever business men exploit the brain's attention to problems. We are wired to pay much more attention to problems than to solutions. So, it is much easier to sell problems than solutions. As such marketing has taken an extreme stand on continuously pointing out scarcity and problems to their customers, to gain their attention, and do so successfully. Why I find this worthwhile mentioning is that along with that comes conditioning of scarcity thinking. We are basically bombarded with the constant notion that something is wrong. Consumers walk through a minefield of advertising that constantly points out that you are either sick or not good looking or not well performing or not in the right clothes with the right people and the right gadgets and promotes this way a constant environment of "not enough", "not good enough..." Taking a counter- stance with this awareness and questioning the first impulse of feeling wrong, or feeling something is missing, by asking oneself if the advertised problem is truly one, one has to own and be more selective with one's response to initial impulses might make the choices of products more satisfying in their long- term benefit, instead of just putting a bandage on a sore that one actually didn't even have.

Quiet desperation

There is this sense that we all share, and hopefully in this sharing like in all sharings, we gain some comfort. It's like watching a drama in the movies and the fact that others are off worse, makes one feel a bit better in one's own skin. It's this sense that something isn't quite right, like we are aware of the principle "chop wood carry water before enlightenment, chop wood carry water after enlightenment". The never- ending cycle that this planet is about chopping wood and carrying water. How much sense does it make to try to have an enlightened experience on this planet, when truly we are enlightened beings having a human experience and not the other way around? Maybe aiming at simply getting the work done, rather than feeling punished and seeking vacations, or a break from life, or retirement and finding ourselves constantly in despair about a lack of abundance in either prosperity or health, or soothing relationships, could be advisable. Metaphorically speaking it seems plausible that coming from a broader sphere with fewer limitations we are bound to a rule of having to forget about our true nature to be able to

adapt to a limited world with rules not quite fit to multidimensional beings that can manifest instantaneously. On earth, we are shackled by concepts of limitations, including a bodily- vessel quite fragile and in need of various nourishments and attendances. Not to say that I would have the slightest clue to the true nature of all things, but it still feels natural to have a good sweat and support others and oblige to a rhythmic dance of the cosmos for a possible temporary stay on the blue planet. As such this eeriness of quiet desperation seeking a state that we came from and might feel more natural about and releasing such tremors of the heart and soul through artistic outlets that all encounter some dedicated work. Finding soul reliance in simply accepting others also stumbling through the great unknown and also quietly desperate, making mistakes and overcoming obstacles, and a resulting compassionate approach towards one another, knowing that everyone is going through his or her shackling experience of confused exposure in a foreign territory, should birth tolerance and acceptance and a clarity that there is little right or wrong applicable for all, but rather a silent tolerance of the unknown and a humble togetherness in wading it out. Sharing smiles along the way when another struggler is in sight, to honor each other's true origin, and wearing a clever bewilderment in acceptance, rather than engaging in raging emotions that have created an endless drama of terror in our history books, is sensible. Simply accepting that we all suffer from a quiet desperation.

Man and machine

Well, we are living this for a good hundred years already and I wonder how much longer capitalism can sustain the obvious demise in its application. By this I mean to say that the general idea of replacing human labor through machine efficiency is absolutely desirable but unfortunately under the helm of capitalism, where it seems the machines do not serve all but very few, and that will be its own doom to that system. Bluntly put, we are in the midst of erasing jobs by machines at speed, that this logically will erase consumers and a market since those without a job can't purchase goods that the machines produce, and it already takes way less of a percentage of humans to produce those machines in relationship of what the machines can produce. I really think no advanced math is required, that this is the final straw to capitalism itself, and as such we are forced to think anew. Easier said than done, but isn't it a bit ridiculous that we spend so much energy to try to prolong the death of an outdated system, instead of accepting the principle of change, and start to progress into a new society where the idea of less work for the individual by the efficient replacement of machines is actually honored, rather than modern slavery driven until literally there are no more cliffs to jump off..

APP food

In all the metro poles around the globe, restaurants mushroom out of the ground where ordering happens over iPads instead of wait staff, and limited menus promise a focus on quality and

expediency. They don't give the flair of a fast food chain, can even be pricey, and don't necessarily lack a quality of the ingredients. In a time where everything gets delivered to your door for almost no extra cost, and one's life can be organized from one's phone alone, there is still no thinking towards abundance. Modern slavery finds its height in society and wages are slipping into the ridiculous forcing masses to have 2 or 3 jobs at the same time just to make ends meet. That the development of nourishment is getting streamlined, just like everything else, to fit into a computer lead society, is frightening to me. Stores without human interaction have found their place where one simply orders and waits in a high tech environment behind a wall until small compartments lit up by digital screens providing instruction to receive one's quinoa bowl without ever seeing a customer service representative ever, while taking one's lunch. The promise is health food, but how can one be nourished in one's brief breaks from work, with no interaction with another human being. Isn't food intake a social event, nourishing far more than ones tummy but a relationship between individuals, may it be family or a recipe handed down for generations in an old bakery, or an old grandma, in an even older Italian village, stirring some love in a pasta pot with pride knowing the product is excellent, and her siblings serving that plate of love with similar pride and a smile to you for the same cost as your quinoa space bowl and you get energies flowing and connections being made and a true break between shifts of work are nourished way beyond calories and vitamins. Will we truly stir towards experiences seen in science fiction movies in the end parts of the last century where soon a coffee machine- looking like robot will dispense some slush in brown for lunch and vary to a slush in grey for dinner? We have seen worse times for the human condition in history, but people still came together around a table and enjoyed a family meal and time spent together to talk and celebrate life and love through the stomach. I encourage everyone to engage in such events more often and to cook one's own food, which makes one feel accomplished and is far easier to be done, than some fear with no more time or resources required.

Worry

The coulda, woulda, shoulda game played in one's mind can be extremely self-defeating. Ratio is not always grasping us to the depth that we can stop compulsive behavior. As much as it is clear that its nonsensical to worry, since either the subject of concern is out of our hands and as such worry is unsubstantiated, since one can't have any influence anyhow, so why worry, or the only alternative of the matter is that one can actually do something about the item of worry, and then worry is also nonsensical, since after all one can do something about a situation.

Still, this concept is not enough at times to stop worrying. It helps to have this picture in one's mind to at least not put any and everything on a scale of feeling bad about the mere fact that most future events in life are out of our control and as such surrendering to a more conducive mindset is advisable. So, what truly helps in a moment of worry? Most efficiently is simply getting into action. It doesn't necessarily have to be the action to influence the subject of worry. Often a

larger plan from a wider angle is sensible or even a decision to wait something out. An action to interrupt the state of victimization is the best advice in this scenario. Simply do something-anything. May it be research since most fears come from being ill or non-informed or modeling behavior from others who have overcome similar adversity that one finds oneself in. Just any form of shifting thought and that being easier done if preceded by shifting a physical state. Just stand up and look at the ceiling and you will find it impossible to be sad and once a state is interrupted it's easier to get a clear head since most of the time we worry about things that aren't worth fretting about or at least not on the emotional scale we give it weight to.

The good old times

I am struggling with the role of a “teacher”, where pointing out the flaws is the principle of a “good teacher”, to underline truths and to help overcome the mountains of one facing right now, and having to overcome the mountain of becoming the person one needs to be in 5 years. So, it is a dirty job and I gladly take the blame of vanity and this book of being in repetitive nature. Just imagine so the excitement of altering one's impressions. Instead of looking back in frustration like each other generation, and dreaming about the good old times, where things were...no...they were simply the same as now, with people struggling exactly with the same problems, making a true shift. I am sure you have read a book and found it to be revolutionary or at least contemporary, only to find out that the author died 200 years ago and was describing his or her times. I am looking for the opportunity of living life where a single thought could improve massively the whole of human nature if expressed and seeded at the right time. Liberation of millions of peoples from limiting belief systems and an approach to life that is clouded with misconceptions that aren't principle-based but rather are founded on the unwillingness to change and motivated by fear and scarcity. Unreasonable? I don't think so; wasn't it always just exactly like that-that a thought had moved mountains. So, we are indeed living in extreme fortunate and exciting times since small alterations of interpreting ourselves and our surroundings in accordance of a more truthful view and with the effort of changing behavior for the benefit of individually ourselves and resulting humanity as a group is ours for the discovery and yours for the embracement. My negative-seeming tone is far from trying to induce a feeling of guilt but solely based on the knowing that conformity in opinion is nothing but a waste of time. Embracement of the obstacles is endless opportunity and as such I wish us all good luck to turn each rock and find ourselves underneath it.

Synchronicity

Like everything else we are governed by free will. No one is forced to belief or follow a mindset that favors synchronicity versus calling unlikely events to be accidents. And it is true one can see systems in everything where truly likelihoods are more random. We certainly after purchase of a

blue car see only blue cars from that point on in the street and could be tempted thinking there are more blue cars than other colored cars. But when it comes to less easy explainable events it might be just easier to call them coincidences versus synchronicities since explanations are harder to come by and statistics aren't always the answer to events that could be called six sigma events to the norm. Think of it in all the complexity of life and the limitations of our minds to interpret such complex matters. Simple facts like the extreme unlikelihood of our planet to be positioned in the universe as it is. A position necessary to be sustainable to life such as ours, but with numbers unfathomable to statistical probability that would make such positioning random. Or the beauty of how simply everything in nature is aligned in such elegance, that all the moving parts join this river of creation to work out for everything included in this pool of life. Isn't it obvious that there are greater forces at work than to be understood by five senses and rationalized away by a limited mind that luck should play a role in all of this? Like free will there is certainly a part of chaos and a huge part of a lack of understanding, and a lack of principles known to us. Let's trust to allow events in each of our life's happenings on a daily basis and rather label unknowns miracles and favorable events to accept and trust, versus calling them away by labeling them accidents or no eventful coincidences simply because we don't have immediate answers and are too lazy or too afraid to dig deeper. It seems to me like depriving us of a great mechanism that supports us all and at times sends very valuable hints to guide us through this endless flow of events. It warrants us at other times even more significantly to rearrange the course of our actions to the beneficial outcome in the long run. Ego and shortsightedness aligned with laziness and a lack of paying attention tries to lure us rationalizing things away that have great sensitivity for insightful expansion of our reception and interpretation of all that presents itself to our waking life and as such could be held more precious as we most of the time do. An open mind might be more useful in all aspects of life versus a restless rationalizing of things and trying to walk in the same ways of behavior and interpretation only to support a selfish approach of "know it all" and a surrendering towards the fear of change and a responsibility towards conclusions of interpretations if discoveries are made that warrant us to acknowledge the unknown.

Looking back

In capitalism thriving for what's not purchased yet and this idea of "never enough" gets cultivated through media and as such we are trained to mostly live life in the future. Is it truly exciting so to retire and postpone all desires upon a date in the future and in general not perceiving life in its present unfolding? Unfulfilled desires projected upon the future provide a possible risk to overlook and celebrate the achieved. Isn't there something very valuable in principle by trying to celebrate the present and finding more than just rare moments when looking back to where a journey started, to gain strength in the overcome obstacles, to illuminate the special moments of the past that have shaped our here and now and are the foundation of our future? It seems a bit out of breath here in 2017, and often to reminisce seems to highlight

negative experiences more than the achieved. A certain restlessness has displaced the surrendering to silence in the moment and the good feeling to remember loved ones who have passed away and shared great wisdom. Technology certainly can provide certain aspects of easing lifecycles, but we also risk forgetting much wisdom achieved in earlier times. I remember the first time I heard that in ancient Japan there was a time when the doctor to a family got paid while everybody enjoyed great health and payments stopped as soon as a family member was a sick until the doctor restored health to the community. Isn't that so much smarter than trying to produce systems that extract large amounts of money from already sick people to rather keep them in the illusion that more and more pills will bring benefits to them. Self-responsibility and accountability, and simple intuitive logic, like the example I just gave, seems intuitively right embracing a society. As much as there is progress in competition and a society striving, it feels wise to bring gained knowledge into the future by standing still and looking back for answers, instead of only looking into a future and being elusive to the most important part of living in the here and now and being grateful for what we each have no matter what our individual circumstances might be.

Men and women

Dualism as the principle concept on this planet can have quite some implications that can be strenuous, but finds its magic in beauty, by giving us the chance of love in accepting this dualism offering us genders. This vast variety between the sexes in needs and wishes and manifestation of all sorts of creativity is magical and provides many delights if embraced. Millennials have had a love affair with high expectations on instant gratification in a wide variety of desires, but like most true lasting satisfactory experiences it is in relationship of how much one puts into the basket, relating into how much one gets out. Loving a partner in its variety requires much exploration into the vastness of differences of individuals and their heritage, but nothing compares to strong bonds that have seen its variety of time spent alongside. Looking for the quick easy satisfaction instead of a true exploration of the depth of the unknown of an opposite side deprives of the ecstatic bewilderment. Efficiency and streamlining models that lure for quick rewards and short time expectancies aren't providing the true potential possible.

Time and patience is what is required to truly create, form and deepen relationships and oppositions in manifestations are to be welcomed and embraced. Magical doors shall await each and every one who is willing to go the extra mile to protect, nourish, explore and try to bring understanding to the unknown, rather than a struggle to fight what's different and hard to comprehend.

This isn't meaning to exclude same sex relationships or putting down Millennials, quite the contrary, all I meant to say is embracing each other's differences is adding value to our life's and each generation has some sort of overleaf as a hurdle. Pre-, post-, war, or war generations or my generation of the mid-sixties, which was all about being different (certainly challenges there

when we all want is to just get along). I find with the strong desire to be financially independent early in life, better said a millionaire before one is 25, and other goals of that nature, it should still be considered that it is more fun to spend that million with a partner, rather than alone. Same thing with traveling around the world. Being proud of a hard-acquired skill is a different feeling than winning the lottery from a sustainability factor of these feelings. Money becomes less of a focal point when enjoying a healthy relationship. Money seems to have become a religion the way it is sought after.

Attitude

We have spoken about the impossibility, the way we are sensory equipped, to get a true representation of the world, but rather perceive a very limited field by trying to compare, instead of getting a true glimpse of an ever-expanding universe and as such our interpretations of the limited data is very limited itself.

We also have been blessed so with the utmost liberation and self-responsibility of these interpretations. So, one can choose to parachute and find it exhilarating to get the rush of free fall, or simply deny such endeavor interpreting such experiences as true horror. The true blessing is, that we have the choice to do as such, with truly every event on every individual day. As much as mind creates matter stands as principle and we do have influence of manifesting our destiny, the fact that we have no control about the time delay in manifestation, nor are given control about the manners in which our goals might find manifestation, renders us almost helpless and often frustrated, on a day to day struggle to overcome obstacles, if we follow the ego's suggestions of insisting on certain ways and precise timing.

In effect, very little is in our hands. We can barely control what the day brings, or how others treat us, or any and all events shape up in the immediate sensory field, which truly is the way we feel, and if surrendering the control of the interpretation of such seemingly random events to an outside perception suffering is almost guaranteed as a most predominant outcome. If we so take full control of our attitudes, our immediate interpretations of events by giving each day a proper attitude of interpretation of events regardless of the actual chain of events, and meet each day with this set mindset of a positive feeling, then we truly are masters of our destiny rather than victims of emotions. It is not the event itself that causes us harm in most of the cases but our mere interpretations of it, and with our blessing of free will we can make our mind up ahead of time. So why linger in the victim role of hoping for events that line up towards egoistic expectations, but rather come into each day with an anticipatory mindset that makes us winners and happy no matter what the bowl of surprises throws at us.

Mind creates matter

Every action is preceded by a thought-every manifestation has been predisposed by a conglomeration of thoughts lining up in its direction. It is rarely so instant. Most of times we are confused to achieved results by the time delay they carry. In general, even the unfathomable, like flying to the moon, is earlier portrayed by visions and many of those captured in movies, until all elements line up to the actual achievement, to the beforehand thought seemingly impossible. So, it is with great importance of what we think, and what we put our minds to, since this principle does not care if we linger upon the unclear, or even horrors in our mind, or the creation of the useful and miraculous. Let's be aware that much of the dislikes in this world are nothing but manifestations of an untrained, undisciplined and erratic mind that has much scarcity to overcome. A mind often guided by limited beliefs and low frequency matters like fear and greed, guilt and shame and even ill minded harm to others often results in nothing less but harmful creations to ourselves. So, a discipline of mind and a quieting of the mind, an enabling of a focused mind well- intended, is of the utmost importance to ensure us not generating a future for our offspring of scarcity and insanity. Refocusing on values of abundant high frequency matters like love and care, would suit us well as individuals, as well as an undivided collective of souls, spirits and minds to align with the true nature of this universe, and our inhabiting the blue planet, which truly provides, sourced from a fountain of endless provisions, if perceived as such. If for some readers it is hard to simply go with the flow of accepting certain principles there are always ways to come closer to the truth through other routes since all ways don't necessarily lead to Rome, but certainly all roads lead to truth. In this instance, if the mind is longing for a more rational approach, contemplating Heisenberg's uncertainty principle and his stating "the 'path' comes into existence only when we observe it", as a starting point to come closer to "mind creates matter", would certainly be one alternative route worth- while in exploring.

Hope

Much stated in this book seems as if we are in a not so bright phase in history and there are certainly parallels in this time of the blue planet that are scarily similar to the height of Rome right before its fall. Humans being lost or going through sufferings often times provide a great breeding field for the opposition since the 'aggressors' are so busy with fear and greed they don't have time to focus on art and the 'creative' movement as a whole. These groups who aren't going confirm with mainstream can run free and unite as a whole and have a creative freedom, that in more moderate times aren't to be found. My experience right now is that there is much energy being found in the amazing progression of circles that think outside the box and are looking into the future with a different vision than just acquiring power and wealth. Even more the principle of satori, an instant awakening and the miracle that humankind can leap forward in its consciousness, like transform out of a compression zone seems possible. Having created such havoc in ego consciousness, and being lost to such a degree that the only liberation from a

contracted field is a transformation into something completely new is exciting. With the possibility of satori time is bent and grand progress can be made in very short periods of time by old structures simply dissolving in their non-functionality. My hope isn't that you as the reader will find a mirror in my multitude of stated miseries we find ourselves in, but rather an encouragement to awaken your own consciousness and desires from deep within to participate actively. Or in simple awareness just not resisting a transformation as the one I am trying to describe here. Simply trusting and knowing that most things on this planet get done by patiently observing and letting go and trusting to all and the inner self and being aware through silence and focus of the all connectedness and that part that describes that we are human beings and not human doings. We need to bend with the wind and allow the final steps of a caterpillar to be cumbersome but fruitfully transforming into a butterfly. A metamorphosis totally unexpected and bringing forth a wonderfully light creature fully removed of prior stages and us finding ourselves within an environment that we than will honor again with a different mindset as we have robbed it prior. Within realizing that all is a part, all is good, all makes sense, as long as we surrender to forces that are infinitesimal smarter than our ego constantly is trying to allure us to believe. So, I have great hope believing, that mainly you will gain tickles by self-reflection and introspection, and wish to whisk a smile upon your face, since there is in principle true hope that we will find ourselves out of daily burdens and sorrows, and outside the tunnel that we have been traveling in for some time, with some bewilderment of the excitement of a young child of what we might be finding outside this tunnel and within our own hearts.

Limits

Taking creative fields like literature or music or painting to illustrate what I am trying to get to here but referring to a principle that certainly applies to all and everything, it is a misconception that beauty or grace is the ultimate goal. This is just the lure of motivation. When this step is reached, it is truth that can be found behind this stage, and there it is where it gets shady in trying to describe this, since it isn't descriptive but rather a field of experience. One can experience truth, but if trying to formulate this into an object of thought and show it off in a form, it is as elusive as trying to squeeze water in one's hand to hold onto it.

The way to get to these stages of experiencing beauty and grace and beyond than truth, is made of building blocks like order and discipline and many other factors that can be described in a way that follows regular principles of thought.

In a world that tries to rationalize all and everything in its recent history of industrial revolution and a string focus on the mind, we got a bit lost by trying to squeeze everything into a form that can be named or materialized and mostly rationalized, but there are limits. We deprive ourselves of some quite magical experiences by coming to them with an expectation of rationalizing them, and as such lose their luster in exactly the moment of this attempt.

Letting go and letting be, and simply enjoying these moments without the need to fix them in

space by trying to categorize and catalogue and transcribe them, is an art that needs to be relearned by a stance of humility and pure bliss of experience in the here and now, without the longing of a future or a past and an attempt to do so will bring much joy to especially those who have worked for mastery to achieve such views beyond beauty and grace.

Tipping points

The speed of change might increase at times when progress has become faster in pace and when circumstances require adaption. Tipping points are a way of measurement of these trends and realignments of direction. What I find of great importance is a learning process that we as a species have not managed to perceive time in the right manner. There is this illusion that when we look back a certain time period let's say- 10 years, that this period seems fairly short after reflecting upon it, while taking the same time distance and projecting it in the future it seems vastly longer.

Just try this out for yourself.

This phenomenon has kept us procrastinating in almost all perceptions of change and as such underestimating the speed with which tipping points are within reach. We simply think there is still time.

But if we want to get a handle on important issues like climate change and many other trends we need to change from the old way of "wait and see" and procrastinating by find confirmations of trend establishment, to an anticipatory behavior with the right sense of time for action. A more accurate sensibility for how to perceive time and urgencies to act upon such probabilities.

In holding on to scarcity thinking and a resulting behavior of lining individual pockets to feel safe, rather than replacing a feeling of safety from such ancient behavior and truly gaining a sense of strength by being first out of the gate, and not arriving last to the tipping points. This the only chance this planet has to survive the human races shortcoming of having plundered its abundant resources in such misaligned ways that we find ourselves strained for necessary action to not be eliminated from this planet.

We all can on an individual basis even by only changing our diets and consumptionistic behavior in the way of what we purchase and which power sources we choose change in a very impactful way the future of this planet and on top of it will find grand benefits on the side, from making these conscious choices.

Silent solitude

It is said that much of men's problems stem from his inability to sitting quietly in a room for an hour by himself.

So much more is to be said about the fortunes of silence and its brother solitude.

We are social creatures and I strongly believe that separation from each other as portrayed of one body ending by the border of its skin to air is an illusion to begin with. We are rather an all one, a whole body of bodies, but I have always felt this strong urge of reaching a pure moment unencumbered of noise and thoughts of scarcity to truly have a pure thought. A moment of clarity since nothing is stronger than an idea whose time has come and these important thoughts are coming from solitude, a solitude explored by walking in the depth of its labyrinth to find one's own truth, one's own self, and bear fruit from the alignment with the source through such explorations. It is these insights we need as a collective, and on an individual basis, in times of such rapid changes like my generation finds itself.

Process

We all get stuck and it gets especially difficult when you are already very good at something but you are trying to get even better at acquiring that skill.

One vicious cycle can be having accumulated a vast amount of pain, by failing at some task, true mastery. If over years one has tried to break through a certain barrier, it is not unlikely, that the constant failure to do so has conditioned a frustration response. So even so you should intuitively get used to not being able to reach a certain desired outcome, and generate a mild response of frustration, since it is more likely to be the same like all the other times, the event of failure actually taps into an accumulated amount of pain so it can be quite the contrary. Like a totally out of proportion frustration response, that can be agony in its experience.

Process is the only way to slowly but surely master the desired skillset and to slowly but surely accumulate an equal in size amount of positive experiences. Finally, by creating a slightly larger in size energy of positive results one collapses the old "response energy bucket".

Process is a repetitive behavior that leads to the new desired skill. It is non- outcome oriented, but simply an analysis of the required steps to get to the desired new response in a situation, to acquire the desired skill set, and then condition this behavior by following the process religiously over and over again. If following the process seems to be insurmountably difficult then, partitioning the whole process in smaller steps and condition those in parts until the whole process sequence can be executed with a certain ease, is the solution.

This is meant to be a more descriptive way to put in practical terms, what very able masters of their field describe in, there is no genius or talent, but rather hard work.

I think that no outcome- focused process behavior is a way as a successful roadmap to what "hard work" is trying to illustrate. Meaning process in a more linear instruction of how to actually acquire mastery.

It still can be quite a task to analytically gain access to the knowledge of the smallest parts that these process parts are composed of. Self-defeating psychological mechanisms and/or counter intuitive phenomenon's can blind one to see clearly into the dissection processes of these process components.

Quiet love affair

Entanglement in past or present relationships or even desired future relationships is quite often as such a self-defeating psychological mechanism as mentioned in the previous process chapter.

We are all sons or daughters of mothers and fathers, and we all have a history that we too often define ourselves by. Cutting of this beard and allowing ourselves a fresh start, and truly connecting with our inner source that does not know these relationships that stem from an illusionary perception of separation anyway, is a refreshing way to see clearly in who we actually are.

A liberating process is taking some time to expose oneself to nature and having a quiet love affair with oneself.

Imagine yourself without entanglements and leave the structure of a spider web by imagining yourself not to be the son or daughter of, not to be married to your spouse, not be defined by the work you engage in, without anything you value, not even to have a purse, and float in this nothingness.

Float in that nothingness without anything to support you, but your own being.

Coming home to the inner child like this can temporarily lift the blindfold, which allows to see more clearly into anything that you desire access to.

Anticipatory versus Reactionary

This one can't be emphasized enough. In my humble opinion, much of the planet's dismay—which we have caused—is based solely on the violation of this principle. We are always late because we shortsightedly engage in solving problems only when they have grown out of proportion.

In many cases, this is not because they couldn't have been anticipated, or for some other reason, and had to be dealt with in a reactionary way, but simply out of procrastination, which most often arises out of greed or fear-based anticipation. Instead of being confronted with severe time constraints, and having to deal with things in a reactionary manner—when they have already become difficult to deal with and perhaps even insurmountable—why do we not, simply spend a little bit of extra time and address things before they become so urgent?

So much heartache and so much waste and so much loss of resources could be avoided by simply addressing things as soon as they have come into the awareness field or, even better, being anticipatory: creatively spending some time in the very early stages of possible bumps in the road, and seeking possible solutions that we can implement at a stage where mice haven't yet grown into elephants.

This is applicable to all fields and situations. You have to have some kind of regular physical activity to keep your body in shape while you are young, so as not to have to spend twice as much time dealing with sickness in later years. Similarly, taking an anticipatory approach to the warning signals in a relationship, when a lack of attention and care has strained the communication between the parties, making some effort towards resolve and taking time out to talk, can prevent many future disagreements from arising. A disciplined behavior of respect fosters the non-violation of the rule the Dalai Lama quotes that “One moment of hatred destroys eons of good deeds”.

This kind of thinking can help clear the way to more harmony in any and all micro and macro behaviors, whether in business and politics, or simply going the extra mile in problem anticipation and solution efforts in our personal relationships at a time when things are manageable and choices are still available. Instead of letting things progress to a stage where reactionary behavior provides stressful temporary relief at a high cost and principle based solutions are more and more out of reach.

As a species, we claim much fame and glory for our marvelous achievements in art and technology, but our history books are filled with a shameful past of violence and fear-based behavior, which has repeatedly undermined or even destroyed many of the wonders we have achieved. Violent acts have been our most frequent resort throughout history, most of which are reactionary “resolutions” that arise in emotional environments, where people, after procrastinating to the point of no return, feel they have run out of options.

Urgent versus important

The prior subject intertwines consequently with this logical conclusion, but why does it elude us so much. Why is it so tempting to work down a to do list and respond to emails one after another instead of prioritizing matters in the logistical nature of this principle. Much has to do with the simplicity of the matter. Not much brain is required to respond to temporary sequences rather than evaluate their weight in importance and so one can feel compelled to simply take one step at a time rather than dissect complex matters and reformulate a plan of which aspects are truly important, which are important and urgent, and which are just seemingly urgent but should be postponed due to their value and as such rescheduled. The greater part so is instant rewards. We are programmed for such gratifying results. We honor in a timely fashion requests from outside and go for smaller junks but consistent gratifying rewards rather than the obstructive course of postponing the seemingly urgent and seeing larger rewards only after a time delay when larger more important matters have been worked through and resolved in their entirety. The shortcuts here have devastating results may it be in the smallest of matters or us as a species by consistently focusing on the small stuff to nourish greed and certainty needs rather than going for the big stuff with a bit more patience to truly reap rewards plentiful and abundant. I find it shame able that with the amount we are already being present on this planet and having had the time to

evolve, still ‘simple’ matters that all of us have a at least a dry bed and daily meals as a basis for a peaceful coexistence has not come to fruition. Nature provides us with such a clear picture of its abundance in principle, and we still follow the urgent and obvious in the lure of nourishing our scarcity emotions. Why are we not creating a global unity that way, that we progress to a less hostile and blindfolded species, that doesn’t work systematically on its own death.

It’s not crowded at the top

It is a counterintuitive perception of how long it takes before mastery is achieved. It seems almost impossible to squeeze through the needle’s eye to reach the other side where there is an ease of flow and one effortlessly achieves desired results by first having spent many years to be good at a craft or creative endeavor. One has to push for such a long time that at some point one runs out of patience and it seems endless until a point of true mastery is within reach. This is a misconception so. Yes, it is a lot easier to start a new field when not aware of what it takes to get all the pieces involved together and an expertise efficient enough to create a good product or service or otherwise expertise that’s near mastery. And yes, it is especially hard to squeeze those last ten percent to get to a hundred percent since those pieces are harder to come by. The required skill is harder to get to its final limits and it is definitely most likely, that the timeframe in any endeavor to get to a desired level is massively underestimated. It is very likely that a lot of people give up quite close to achieving the desired goals by not accurately seeing how near they actually are. Imagine being at a concert and standing within a group of people of average height which results in simply not seeing much of the performance but if just a centimeter or two larger than the average height of viewers, views are absolutely clear. Once broken through a certain threshold, the rewards are plentiful beyond imagination. All pieces of the puzzle are coming together at a certain stage within the game much faster and completion is almost granted. So I am encouraging here all those thriving and in strong desire, that it is especially valuable to go just one step further when the mind falsely suggests otherwise, since this principle is counterintuitive.

Singularities versus dualism

There are singularities that do not fall under the law of dualism like love, truth, silence. These most desirable states are not encumbered by opposites, since hate is not the opposite of love, nor noise the opposite of silence. These states are free of certain limitations and do not struggle with counterparts and their alignments, and are as such of special interests. Many or most of the principles mentioned in this book have a certain paradox with other principles and as such need alignments, an arrangement to not get entangled within their neighboring principles. Imagine a pearl necklace, with each pearl empowering an ultimate truth (principle), representing in itself a high value and beauty, but only in the right arrangement in size and shape of all pearls/principles true beauty is born of a composition of a truly remarkable piece of jewelry. So, all the pieces

represented by each chapter need to find their right place within the bearers use and understanding. Still these singularities stand on their own, free of limitations and needs and simply blissful in their individual radiance. I felt these magical indivisibles deserve their own chapter since if one finds oneself in them, imprinting moments and bliss are guaranteed.

Board meeting

Having mentioned the difficulty of living in an environment of dichotomies and dualism in the prior chapter, like holograms, this is also to be found in struggles within oneself. I myself grew up with incongruent notions within the family structure, which stated that we as a family are not in competition to others but set our own standards. Another rule was to be better than most, and yet another rule strived for perfectionism. No further explanation is necessary that these breed conflicts and there were more of these rules... Most of us grow up either shaped by family or other influences from outside with conflicting beliefs and values. On top of this, beliefs and values can change, and life might demand such change as well even if it is as simple as growing up where milk is supposed to be important for nourishments but with age a milk product allergy might be setting in and long- established behaviors are required to be altered. There are certainly many ways to go about discovering and replacing one's core values and beliefs and I am no medical professional giving advice which route to go. Nevertheless, an approach that was helpful to me in a multitude of practical solutions for problematic areas of all kind was simply sitting down at a table, closing my eyes and imagining a board meeting of all my various identities. So, there was me as a son of a mother and a brother to a brother and a writer and a trader and a musician and a chef and a husband and a milk drinker and one who has a milk allergy. All participating board members are fully acknowledged and conflicts are simply addressed by hearing each part out loud and trying to mediate conflicts. So, the milk drinker gets honored stating what a good job he did growing me to maturity with solid bones and good health, but in the same breath reasoning that adulthood now has a requirement of a different diet and as such since overall health and wellbeing is in the interest of all board members coming to reasonable compromise. This relative simple routine of taking time for self-awareness and giving room to explore one's different entities is comprised out of one being in communication with all parts and hearing out their needs and honoring their achievements. Sorting through their importance at each stage of life and making room for new arrivals and very, very gently replacing old ones, has been a means of an exercise that was fruitful to my progress of change. I advise all to do this in an extremely gentle manner since it is natural that all parts strive for existence and this process should be started out in a professional setting with supervision of a trained psychologist.

Time

There are various theories about time and it is referred to as the 4th dimension. My approach here is only to state that we do not have a sense to perceive it in an accurate manner. That is not to say that we haven't found ways to measure it and that many of us wake up just a few minutes or seconds before the clock rings in the morning which suggests that we have some sort of feeling about it, but we seem to not have a precise sense to experience it. There are aspects so that I find compelling when it comes to setting our individual past, present and future into context. If you start out with a goal or a dream, you know that you have come to an end, if you revisit its beginning. In other words, you know that you have arrived when your wish or dream is fulfilled and at this point all the parts in-between that were necessary are becoming clear, and their relationships towards each other do as well. As such these parts rationalize themselves away, end and beginning become one, and time is now irrelevant. One experiences true living in the present. Thinking from this perception describes the possibility of mastery. A truly blissful experience of what's at times called "being in the zone". A feeling of an absence of time, a pure alignment of behavior or no behavior, in unison with the universe. It is important to realize that time is in relationship to how complex the parts and their relationship towards each other are. So the higher the complexity the longer the time, like reading a difficult book taking longer, even if it has the same amount of words than one that's easier to understand. In dissecting we are taking things apart and elude ourselves of the true whole, by breaking things into pieces. But in setting these parts into relation towards themselves as a whole we transcend the intellectual approach into an experience field that is in alignment with what truly is. It is these relationships that are the building blocks to have true experiences and a way to achieve desired dreams and skill sets to experience the world as it truly is.

Saving time

There are quite a few mysteries about time and our inability to perceive it— most elude us. However, one simple technique seems to work quite well and has served me well throughout the decades. As such, I feel compelled to pass it on. I have no means to prove this to you or to rationalize it in any way, so you will simply have to experiment with this technique yourself and, through trial and error, decide if this is a helpful principle for your own life.

The exercise is quite simple. Next time you find yourself on an international plane ride, instead of just biding time, distracting yourself with movies, games or whatever diversion you choose to outlast the increasing discomfort and boredom of being trapped inside a small tube, simply bring with you a pen and paper and reminisce about your past.

By engaging in this past time, you will feel that, as Tony Robbins puts it nicely, "a life worthwhile living is worthwhile recording;" the experience is cleansing, like a hard drive defragment. You will find yourself leaving the plane with more room for new growth and expansion—new space to store fresh experiences. Now, this is not necessarily a revelatory idea, that when putting one's thoughts down on paper frees up more mental space. But, doing so while

traversing thousands of miles of distance, miles in the air, heightens the experience; it feels in a way like striking a bargain with time. I find that this method of reflecting upon one's past has much more intensity and clarity. One logical explanation for this heightening of the journaling experience is that, often, these air-travel trips are part of vacations or other defining events — milestones in our lives—and, as such, the recording of your memories at that place and time takes on more meaning. Still, I find something transcendent in this experience that defies rational explanation; almost feeling like bending time and finding results in one's favor. Don't just take my word for it—try it out! Hip-pocket this little nifty trick if it you find it suits you as well as it does me. I have literally shaved years off reaching goals through this technique alone—seeing clearly and having grand insights of self-reflection. Making use of my extra time journaling—truly delighting myself—with a set of earplugs and pen and paper in the skies, just a wee bit closer, it seems, to the heavens—befriending time. My mind bends toward new insights; just a small dose efficiently reveals necessary next steps in life and why I have been perceiving the past the way I have and where life is leading me next. I can say with certainty that this technique is one of the most valuable steps I have taken to truly begin a vacation, to reach of a distant destination. It lets me know that, as much as flying has lost its allure, this way of taking advantage of my time in the air, communing with the past, through my pen, set to paper, enriches those hours, making them fruitful and yielding numerous special moments like gifts to my existence.

Mastery

Having referred to this term a few times throughout the book, it deserves a bit of clarification. Why attaining a certain expertise in a specific subject seems worthwhile to me is, that in the last few stages before breaking through the crust to be truly good at something, requires certain steps that I find beneficial to each and all of us. No matter what field you might have picked that interests you enough to apply yourself extraordinarily, there will be final hurdles that require a willingness to squeeze through a needle's eye that seems too small to fit through. No matter how talented one is, it simply requires work and dedication and a willingness to endure failure, to get to the point of ease and lightness in engaging in one's subject free of fear and free of obstacles. The world right now is all about progress and competition and a projection into the future and much is related towards money, and under rules of a political concept of capitalism, so I am not necessarily an advocate of this one interpretation of progress. But what has been developed over the last 100 years is quite some progress in the methods of how mastery can be acquired and we gained as a whole quite some insights in how to shorten the time curve of how to model from those who already are masters with techniques like NLP (Neuro Linguistic Programming) and quite a few more. It still requires an intense amount of elbow grease to get to desired results but what I am driving at is, that mastery is now way more within reach for a larger group of human beings, than it was in prior centuries. I find great hope in this development since one huge

element in acquiring advanced skills is a sincere part of self-reflection and if having broken through the barriers reaching a state where things flow easily and seemingly effortlessly one has a knowing about oneself and an insight into one's greatness and a true feeling of accomplishment that results into a quite healthy approach towards the universe as a whole.

Imagine a planet where we are all masters-self-aware, peaceful and in unison with natural flow of energies and in alignment with nature and how things are structured and the resulting behavior towards ourselves and then each other, and You get a glimpse of where I am trying to go with this. We do very complex mechanisms each and every day, like operating our human hulls that have intense complexity in their functionality, and we learn subconsciously complex daily tasks of operating machinery. Much of all these things a mysterious to us when trying to explain or reflect upon. Mastery is a state where things have been dissected prior to achieving this elevated state to a true detail that provides the insights in these complex mechanisms. Then a realignment of these dissected pieces to a highly functional whole, with a sense of accomplishment that goes beyond just a functionality of operating things manifests mysteriously. A feeling of alignment with the greater force to a sense of awe and humility that allows for an acceptance of ourselves and all and everyone surrounding us with a great sense of respect and an increased ability of love and tolerance towards any obstacles or bumpy roads ahead that might just bring a more peaceful coexistence of all participating elements in this universe results.

All there is is love

...everything else is an illusion.

I was considering originally this to be the title of this book.

I wrote this when I was a teenager on my schoolbag, not knowing that this would become my motto for life, my strongest core belief, and as such the foundation to most of my actions.

I have not found a stronger glue that holds this universe together and haven't seen any wisdom that could compete for its top rank. When in doubt I always find a restful place for my soul stepping back and leaning against this great power, knowing all obstacles will resolve finding themselves in front of a mirror made out of this principle.

If we all made just a tiny effort to not only admit that it is love that we all crave most before anything else, and more even, make an effort to honor these desires by first loving ourselves a bit more, and then sharing this love with the outside world before trying to claim the need for love for ourselves from others, we would be bridging eons of distances to where we could be as a whole. We would see how little we actually divided as individuals from a collective under this umbrella of love, and that alone knowing that we are not separated, would lead to even more understanding and love and compassion towards all our rivalries and over history established animosities. A tender forgiveness towards the established negative past behaviors and a forthcoming of truth-the sister of love-and a true progression into a future where greed and power as poor substitutes to nourish our fears and inferiorities as only temporary measures would

seize. Rather an allowing of a coming together and progression into the future with an abundant thinking as it is inherent to all on this planet and in this universe would come forth.

Repetition

So why are you not wasting your time reading all this, why do I spend the time writing this, why am I not wasting your time even so much is repetitive in nature in this book? Certainly very few things are new to you that you haven't heard about before.

Why I am compelled to write this all down and will make an effort distributing this to as best as I am capable to, a wide audience? It is because we need to focus on a different hierarchy of things. Here we are accomplishing magical things in science and efficiencies and materialization of things, but isn't it in your life the same way like in mine, that everything stops when you hear that someone you love has separated from their spouse, and the kids are now with separated parents, and most likely even yourself dealing with some sort of childhood drama. Or the news that someone you love has cancer and makes all engines stop and nothing is meaningful any more besides the limitations such a disease can bring. So aren't we following in focus the wrong hierarchy and developing relationships and health before financial abundance is the more important way of arranging our goals in life, instead of just running after acquisitions and the goal to provide security. What is security? Isn't security more granted if one is bound into a net of healthy relationships, rather than an amount of currency in a bank account? So as much as my writing is repetitive in nature, it seems that only repetition is something conditioning a species and individually, to learn the lessons needed to truly create an abundant existence on this planet, and the blue prints of importance in hierarchy is what sets the tone of focus

Isn't it astounding that these most peculiar topics of relationships, health and finance is what's least taught in school of how to overcome, but we rather educate our offspring with a picture of different value hierarchies. So I do not feel that my repetitions were wasted to an expense of your time, but are hopefully an encouragement to be questioned for their validity and an inspiration to be proud about the healthy relationships and your investment into your physical and mental health equally than to all your other achievements or may be even more.

Principle based living

And now what?

I find it exciting to learn and expand and seek out the truth, but in a way, it can be depressing when one watches a documentary e.g. that tells one why the planet is polluted or how certain eating habits have lead us to certain problems or otherwise find things that might be the truth but aren't necessarily uplifting.

The truth most often comes with this overwhelming demand of change or conclusion that something is misaligned and the results can be overwhelming, rather than being a celebration of

having found insights. We are by nature reluctant to change and fearful in our attempt to make that concluding step.

As much as I have stated or have tried to state things in absolutes, the planet is a dualistic system and as such, we live in dichotomies and opposites and in almost all instances it is a process of mediation, or diplomatic agreement, or otherwise, resulting in a humbling fashion of living in a kind of confusion. Much of the contribution to these states is the way our brain is limited to evaluate situations. It compares and filters not being able to handle an endless data stream where every moment is unique and in flux and consistently expanding into a new world. Trying to comprehend that amount of data in a timeline would be overwhelming or better said impossible, we aren't equipped with the right tools to measure. This points to the ever-changing existence with a truth that would be necessary to eliminate fear. But there are ways to still cope with the inability to think in probabilities and simply accept that absolutes are a notion that aren't conducive on a dualistic system-meaning perfectionism is paralysis and it will suffice to have a goal of simply being able to state I am better than I used to be, and not to find an absolute solution in an extreme but rather in a mediation of continuously leaning toward the embrace of truth. Hip pocketing more and more of the good, not with a focus on the negative, or trying to eradicate weaknesses or temptations, lust or negative behaviors in any way but simply embracing anything and everything that supports a flow of love and truth and other instances that are conducive to a prosperity in health or abundant thinking is helpful. Any sort of alignment to the flow of things and all sorts of feelings where true joy comes forward that isn't limiting others in pursuing the same happiness goal, fruitful.

It is often the little things that matter most, since things do manifest when focused, wished, and worked for/on, but the way things materialize to bring forward these desires has a time delay, much to the dismay of the person waiting to see fruition of his creation of thought instantaneously. We are used to different 'rules' from the dimension we came from, visiting this planet (as one metaphor of perceiving what others would call karma...). The path of this manifestation rarely being in unison with the eye of the beholder. So, a patience and a bending towards these earthly principles, rather than continuing a stubborn insistence and a relationship of expectations in the desire rather than an obsession on a perfectionist model with 100 percent absolutes is great. There might be a more conducive approach to find happiness both in the long and short-term desires and if paired with a humility and a childlike appreciation for surprises and the unknown, can certainly help to overcome the not rarely confrontation of challenges seemingly hard to overcome or change, but rather with joy on the first step taken with moderate outcome expectation and a succeeding path filled with pebbles and joys of a job well done in each and every little and large action pursued.

Happiness principles

Still there are these days where the last thing you want is some intellectual stimulus or solutions or any kind of self-help stuff where one is more like desperate and empty and can't quite find a spot for oneself.

What than-especially if all the grown-up tasks are still before you and it is a day where courage is hard to find.

Maybe some of the following Happiness principles resonate with you as well and could be an easy reminder that "this shall pass too":

Don't be so hard against yourself

(There are days when nothing grows, simply walk through the day with a bit more mildness towards yourself than usual)

I am a spiritual being having a human experience

(the focus is on the word "being" and not doing; it's only logical that being confined to less dimensions and the dualistic system on this planet brings with it limitations that at times are creating a bit of a bumpy road))

You always have ... (person who loves you) –he/she loves you

Listen to or read or expose yourself to high energy material (Your favorite song, book, etc)

Time is always underestimated (we make a lot of time relativity errors by narrowing the focus- simply be generous by allowing some extra time to pass before you judge yourself or a situation)

Bake little loafs of bread but a whole bunch of them

(Setting goals to high can be overwhelming-simply just do small tasks at hand)

Write a letter or in a journal

(By writing things down it's almost like already having gone rid of a problem or a circumstance- it is a truly liberating way of shifting focus)

Focus on solutions not on the problem

(Mind creates matter-if you focus on the problem that's what's going to get created-more problems)

Look back and see what you all achieved

(Our society has a tendency to live in the future with little time in the moment and hardly any celebrations of the past-looking back at your life you will find having overcome much grander problems than the one at hand and you solved them all)

Wait 1-2 days for this to pass

(Sit things out-Rome wasn't built in day-good things come to those who wait)

If you'd knew who walks besides you

(one doesn't have to be religious nor spiritual to still realize that there were synchronicities in the past that showed that you are not alone in this-there are always solutions when not thinking of this scarcity illusion that one is alone-we are all connected and there are always solutions even to the most unfathomable problem)

Move (walk in nature-do yoga-even just standing up from a chair or bed does the trick to change one's state-try being grumpy or sad when standing upright and looking at the ceiling-its literally impossible-much of the discomforts in the brain come from bad body postures)

Don't expect too much

(we live in times where everything is expected instantly and on a high level of accomplishment - sometime it is necessary to simply tone these expectations a bit down and set goals achievable for the day to simply be a winner for the day and follow a paradigm of being better than I sued to be rather being better than anybody else)

Create a distance and look at the larger picture

(Feeling stuck and frustrated is creating a very narrow space and a very little bandwidth of perception-taking a step back and allowing the larger picture to set in to evaluate things in a larger spectrum often already provides solutions for problems in itself)

Love yourself (you can't control the behavior of others so us all needing love can not necessarily be pushed or pressured but if you got hurt as much as that can't be undone you can always sniff the roses and do something nice for yourself-give yourself a break and simply engage at least for a brief time in something that brings you great pleasure and then walk on being a grown up to fulfil your duties and tasks, being childlike and having a good time with oneself can open many doors that seemed shut or not even there before)

Compassion

(maybe you find it hard to do a certain thing for yourself since the task at hand is truly challenging but what might help is to want it even more for a loved one-do it for your spouse or your kids or the greater good and the hurdle might be easier to be overcome than when just doing it for yourself)

One can't solve problems only outgrow them

(Patience, patience, patience - simply follow the plan that you set out on and miracles do happen and bend time in an illogical manner-just keep walking on)

Do something

(For me the strongest helper when stuck-do something-anything-don't think-don't problem solve simply engage in an activity and it is truly astounding how often solutions appear out of nothing by simply engaging oneself in an action oriented behavior)

Conflicts

As much as we have a good portion of our lives in our hand and have a direct handle on how to improve our situations by simply applying the principle of “mind creates matter” we are also bound by the deck of cards we have been dealt. In Buddhism, they say suffering comes from wants and they try to work on minimizing these ego parts that suggest that life should be a certain way, resulting in disappointments of expectations not met. One doesn't have to follow a religion or belief to know from experience that obstacles do occur in sequence regardless of what one's circumstances are, and that people younger or older, richer or poorer, or whatever else the various life circumstances might be, do not have a favorable situation for happiness compared to others. All happiness is simply stemming of how we feel and our feelings are interpretations of how we react and choose to feel by what we get confronted by or find ourselves in in life's daily dealings. It is only logical that a submissive stand of acceptance to these daily events and a bending towards overcoming these obstacles with a positive attitude that are shaping our quality of life. It is these attitudes towards these events and their interpretations that give us either the joy or the disappointments and pain to live life day by day. So, circumstances being as they say do not define a person but simply reveal that person. I wish each and all of you to find within this positive attitude of interpreting your challenges in a nurturing and humorous and fruitful way to find as much happiness in this lifetime as one can share happily with others.