

Text Series: Introduction to the Spiritual View of the World and of Man

Text No. 2: Spiritual laws and regularities

After we have dealt with the question of what reality is in the first text, it is now a question of tracing the individual spiritual laws. For the sake of simplicity I do this always related to the individual human being.

2.1 The tendency of thoughts and feelings to manifest physically

Normally, an endless stream of thoughts runs through our consciousness. This stream of thoughts can encompass just about anything.

We generally have the feeling that we ourselves produce these thoughts, that we control these thoughts. Often we engage in a kind of inner dialogue.

For most people, thoughts hop from one to the other, are always unsteady and are significantly influenced by external events, but also by feelings. My remarks also influence your thoughts: you follow what is said with more or less attention, perhaps get stuck on a thought, then let yourself be drawn away again, etc.

Exercise

Sit quietly and consciously pay attention to your thoughts. Look at them, but without letting them carry you away. If you still catch yourself doing this, simply detach yourself from it, return to your observation point and continue to observe your flow of thoughts.

It is certainly the case that on the one hand we produce thoughts ourselves (often induced by external events - for example, listen for a while to some people who are traveling by train: They let their thoughts wander to and fro - or you may have met a person who, due to a mental disorder, talks incessantly to himself, so to speak, continuously expressing his own flow of thoughts through words), but on the other hand we also absorb thoughts coming from outside. We are amazingly undisciplined in our thoughts.

Many religious and spiritual schools are convinced that thoughts are created by humans, but then develop a life of their own, so to speak: Thought images or ideas emerge, like soap bubbles that detach from their creator or creator and float away, as it were - but with the difference that they do not burst, but are able to absorb energy from other people, grow and become stronger. Thoughts, however, can also dry up, so to speak, and even dissolve if no one absorbs them anymore and thus supplies them with new energy.

The Kahuna priests in Polynesia spoke in each case of "walking thought clusters": Thoughts tend to connect themselves associatively with other thoughts - to stick, so to speak, to other thoughts, similar to the way individual grapes in a bunch of grapes are connected with other grapes.

Exercise

Try the following: Think intensively about a sandy beach and observe what kind of thought associations and feelings arise. You can also choose other thoughts, e.g. vacation, mountain top, moon, factory, thunderstorm, etc.

C. G. Jung and other psychologists worked with thought associations to trace hidden memories or traumatic experiences.

There was a current in German ethnology, the diffusionists with their theory of cultural circles, who investigated the question of how innovations, inventions, etc., i.e., ultimately also ideas, spread among people and even through different cultures. - and so ultimately also ideas - spread among people and even through different cultures. How had the stone axe spread, how had fire spread? They came to the conclusion that such innovations can develop a life of their own, so to speak, which would then be taken up by other people or entire cultural groups, applied and passed on again. A new idea is like a circular wave that is generated by a stone thrown into water and continues to spread.

In principle, this happens with every thought, but with varying degrees of efficiency.

In contrast to classical psychology, spiritual worldviews assume that incessant thoughts are created by human thought and take on a life of their own. Other people take up these thoughts and supply them with mental or emotional energy. An idea can gain massive power over time. Thus a certain thought or a thought framework - e.g. an ideology - can become tremendously powerful. At present, we are experiencing this, for example, with certain Islamic fundamentalist symbols and content among young, militant Muslims. Other examples were national socialism or communism.

Exercise

Consider what comprehensive thought constructs or ideologies are floating around in the air today, so to speak - and are being absorbed and reinforced by thousands or even millions of people.

As already mentioned, a thought gradually loses its power, i.e. its energy, if it is not absorbed and fed with energy for a longer period of time.

There are also techniques with which specific - e.g. negative - thoughts can be dissolved.

Thoughts are subtle or energetic entities. Normally we cannot perceive or see them consciously. But there are clairvoyant people who can.

There is another aspect concerning thoughts: Thoughts tend to be physically realized under certain conditions. Thoughts - e.g. wishes - which are thought long and intensively enough, i.e. are charged with energy, tend to "realize" themselves sooner or later, i.e. to take on reality on the physical level. Basically, energy - and thus the tendency to realize desires and thoughts - follows attention: the more attention we pay to an idea, the more energy we give it.

Literature reference:

A very comprehensive and differentiated guide to working on one's desires is given in the book: Harald Wessbecher: Die Energie der Wünsche. Wie Sie das Leben nach Ihrem freien Willen gestalten. München: Integral Verlag 2005, 2. Auflage.

It is to be considered that thoughts can be energetically charged either with joy, enthusiasm and love, or by fear, fear or hate. In both cases the corresponding thoughts can take physical form. Thus one knows many examples where people got exactly that disease of which they had been afraid for months or years - their fear had virtually attracted the disease.

The psychologist William Braud researched what effect his own wishes had on the results of his investigations. He found that his intention showed influence on the results when he proceeded cautiously. If he wished or strived for something too intensely, he was unsuccessful: "It was like trying to force yourself to sleep. The harder you try, the more you disrupt the process. It seemed to Braud that people were operating on two levels-the material world governed by hard, motivated striving and the relaxed, passive, receptive world of the zero-point field-and these two seemed incompatible" (McTaggart 2003:210). Here, the zero-point field is understood to be the reality "behind," that is, the reality behind physical reality, with the zero-point field understood to be a kind of infinite, ubiquitous field filled with energy, much as the ancient Greeks envisioned the ether.

Literature reference:

Lynne McTaggart: Das Nullpunkt-Feld. Auf der Suche nach der kosmischen Ur-Energie. München: Goldmann 2003.

The New Thought Movement - e.g. Joseph Murphy and others - have held the opinion that it is enough to visualize a wish or a thought image again and again and to charge it with energy so that the wish physically manifests or comes true. Strangely enough, however, one can make the experience that weighty goals striven for with all one's might simply do not want to come true, while small, rather insignificant wishes seem to come true easily. For example, it is relatively easy to imagine a free parking space - this almost always works. But when it comes to important goals or desires, resistance often seems almost insurmountable.

This can have various reasons:

- It may be that you consciously strive for a certain goal, but unconsciously fear the opposite and thus attract it, because an old psychological principle says that the unconscious is always stronger than the conscious.
- It may be that one of their central life tasks is precisely opposed to the goal or wish they are striving for, which then delays or even makes wish fulfillment impossible.
- It can also be that they do not focus their energy long enough on the desired goal, but that you keep jumping from one desire to another, which is why the goal or desire simply cannot be realized.
- Doubts - e.g., self-doubt or doubt that "it" will work - are also poison to the realization of thought goals. However, it is important that doubts are not simply repressed - otherwise they unconsciously work against the realization of the wish - but can actually be resolved step by step.

Sometimes, after spending a certain amount of time on the thought realization of a goal, you suddenly have a deep feeling of gratitude, a feeling that everything is in order, or a feeling that the wish has already been realized. This is a sign that the realization is now running as if by itself - it is best to leave the wish to itself now - like a seed in the field that grows by itself.

Exercise

Think about when you once entered a building or a room in which you felt uncomfortable as if you had been thrown into it - before you had even spoken to the people present in it. Or the other way around: remember a building or a room in which you simply felt comfortable. In both cases, this may very well be related to existing vibrations or thoughts - though there may be many other reasons for this.

Even people who are not clairvoyant can certainly perceive thoughts, for example when we suddenly and inexplicably - as if thrown into a completely different mood from the outside. Of course, there are so-called endogenous reasons - that is, reasons that lie within ourselves - for emotional or mental mood swings. But there is also - and not infrequently - the possibility that we get caught up in a field of thoughts or feelings coming to us from outside and pick up the corresponding vibration, be it negative or positive. By the way, the film industry works with this intentionally: Emotional situations are created quite consciously (e.g. emotion in a love movie, suspense in a thriller or horror movie, identifying offers of action heroes etc.) with the aim to bring us into resonance with it.

2.2 The Law of Resonance

As mentioned earlier with the example of movies, we can resonate with thoughts and feelings, i.e., we vibrate on the same wavelength, so to speak, and feel the corresponding emotion.

But what does resonance mean? The term comes from the word "re-sonare", which means "to resound again". Every object, especially metal, has its own specific vibration frequency. You've probably noticed in a bus that at a certain idle frequency of the engine, the entire chassis of the bus started to vibrate. This happens when the vibration or frequency of the engine happens to match the natural vibration frequency of the metal chassis.

Every metal, every object has such a natural frequency of vibration. This applies - subtly spoken - also to humans: We all have, so to speak, our own natural oscillation frequency, which, by the way, can also change.

If we now come into contact with a thought or a feeling that happens to correspond to our natural frequency or a partial frequency of ours, the frequency of this thought or this feeling is transferred to us, as it were, and we begin to vibrate in the same frequency. Especially if we carry such a partial frequency in our unconscious, such an activation from outside - just such a resonance - can occur completely surprisingly.

You have surely already noticed that you spontaneously perceive a person you meet as sympathetic or as unsympathetic, or even as neutral. In the first case, a positive resonance develops between you and this person. A certain resonance also arises in the case of

antipathy, whereby this mainly refers to unloved characteristics - which, moreover, one usually detests in oneself or even represses. No resonance arises to persons towards whom one is completely indifferent or neutral, i.e. towards whom one feels neither positive nor negative feelings. Or, to put it another way, two people who are so different that neither resonance nor partial resonance arises usually have no common ground on which to build a lasting relationship.

Resonance means a uniformity of vibrational frequency between people, living beings, feelings, ideas or objects. This uniformity of vibration - or resonance - allows this commonality - and thus also connectedness - to be perceived as an experience. This commonality experience can be very profound or also superficial.

Exercise

Think about when you met a person with whom you hit it off right away. In this case, what were the areas in which you resonated with each other?

The question now arises as to how one can go about resonating with someone, a feeling or an object.

One way is to focus one's attention on the desired feeling, object or person, one hundred percent, without being distracted.

What can happen is either that I attract the desired object or that I am attracted to that object.

Exercise

Imagine something that you want with all your might. Make a mental image out of it that is as vivid as possible, e.g. an object, a scene, etc. Hold this image in your mind and try to feel what you want - in this image. Do this until you get the feeling that you are in very close contact - in resonance - with what you want.

Resonance creates a feeling of familiarity, of closeness, of belonging. The more often and the more intensively you generate this feeling towards the desired object, the more familiar you become with it, the more strongly it moves into your sensation, into your feeling: Over time, it becomes an indispensable part of your life.

A special variation of the law of resonance shows itself in the emergence of a supra-individual, collective reality. Why, one may ask, do not all people live in a completely different reality, since they also feel, think and act differently. Why is there nevertheless a common, overarching reality? There is a plausible explanation for this: people not only resonate with feelings, thoughts and things, but also with each other. All people are born into families, grow up with other people, and are socialized into thinking like other people. They learn, as it were, to resonate with other people - and the ways of thinking, feeling and acting that they represent. It is known from biology that living beings tend to synchronize their rhythms - that is, to resonate with each other. For example, studies have shown that women who live in the same household for a long time tend to synchronize their menstrual cycles, that is, to get their periods at the same time. This synchronization also happens at the

linguistic level: it has been shown that each micro-social context, e.g., families, peer groups, etc., tend to develop a common language that is often very different from the language of the environment. There are also group-specific ways of thinking, feeling and behaving that are always passed on to new members of the group - and these new members are usually very happy to adopt these behaviors - at least while they are in the group.

The same is true for the reproduction of reality: people tend to synchronize their perceptions, especially when they are connected in space and time. They resonate with each other, as it were.

But different ways of thinking and behaving lead to the fact that the individual reality differs nevertheless: "Subjective truths (beliefs) ensure by appropriate control of our perception that each person experiences a reality which exactly reflects his beliefs. As a result, each individual encounters only those people and events that are consistent with his or her worldview" (Starkmuth 2006:188).

Literature review:

Jörg Starkmuth: Die Entstehung der Realität. Wie das Bewusstsein die Welt erschafft. Bonn: Eigenverlag 2006³.

2.3 Morphogenetic fields

The biologist Rupert Sheldrake has developed an interesting theory, the theory of morphogenetic fields.

There is a series of processes in nature, which seem to run randomly at the beginning, but with the time they settle down to a certain course, so to speak. The more often a certain process takes place, the stronger a kind of sequence or probability field becomes.

Every sequence or process can be understood - physically - as a formation. Therefore Sheldrake speaks of "morphogenetic fields": "morphé" (Greek) means "form, shape", "genetic" means forming over time.

Take, for example, a snow-covered mountain that is uniformly shaped on all sides and on which more and more snow falls. We assume that the sun is not shining, and that the same wind and weather conditions prevail on all sides. At some point, some of the snow begins to move, and an avalanche is created. While at the beginning it is more or less random where the avalanche occurs, with each time - according to Sheldrake - the probability that the avalanche will occur again in exactly the same place increases. Sheldrake calls this a morphic resonance: each process creates a kind of resonance field that grows stronger with each additional process that takes place.

One could say that the theory of the morphogenetic field is a special formulation of the law of resonance.

Exercise

Maybe you have already noticed that someone was walking by with a dog and you had the feeling that both - the master and the dog - were very similar in appearance or in the way they walked. Consider to what extent it could be that both build up a common morphogenetic field, so to speak.

But this happens not only in the shape-forming bio-physical field, but also in every behavior, in every idea, in every activity. For example, Sheldrake thinks that a language which has already been spoken by hundreds of millions of people must be easier to learn - because it has a morphogenetic field many times larger - than a language which has been spoken by only a few dozen or a few hundred people. In the second case the morphogenetic field would be many times weaker. However, it must be said that a corresponding experimental set-up about 20 years ago did not show clear results. Probably the problem is that there are easier and more difficult languages, i.e. the strength of the morphogenetic field is only one factor among several. For example, many times more people ever learned Chinese than the artificial language Esperanto, but still people learn Esperanto much faster.

So it seems that while the morphogenetic field is an important factor in pushing through an innovation or realizing an idea, there are other factors at play.

Literature reference:

For detailed information on the theory of morphogenetic fields cf: Rupert Sheldrake: Das schöpferische Universum. Die Theorie des morphogenetischen Feldes. München: Meyster Verlag 1983.

2.4 As above so below, as inside so outside

A special form of resonance shows up in the law, which the medieval mystics formulated in such a way: "As above so below, as inside so outside". What does this mean?

Man is a multi-layered being. It consists, as we have seen, of the spark of God (spirit or spiritual core), the soul and the body. Various spiritual and religious schools - for example, the Theosophists and Anthroposophists, but also Hindu and Buddhist schools - know far more subtle bodies, e.g., the astral body, the causal body, the mental body, and so on. But we are not interested in the exact names and the characteristics of these subtle bodies, but in the fact that these bodies - depending on the point of view - take on all gradations from spiritual to physical from the inside to the outside or from the top to the bottom.

Our consciousness can be concentrated on each of these levels. However, the high vibrational spiritual energy always comes from within. Through the spirit core, the human being is connected to the divine. This channel to the Divine, that is, the spark of God in man, can be walled in, the channel blocked, so to speak. With spiritual people, this connection is wide open - and spiritual energy, light and love can flow unhindered into the outer bodies.

Western occidental culture has traditionally put the emphasis mainly on the outermost, physical level - with the indisputable success and undoubted achievements of natural sciences and technology and all related disciplines. But over the years, the inner aspects of

the human being have been so marginalized and even partially lost that it took Freud's psychoanalysis and especially Jung's depth psychology to bring back the soul dimension. Other cultures - for example, the Hindu culture - have conversely tried to place the path inward at the center. Individual yogis achieved true mastery on this inward path, often with the most extraordinary abilities. But also this exclusive orientation towards the inside or towards certain subtle aspects proved to be one-sided in the end. Many external aspects were neglected, which can be seen, for example, in the caste system still dominating Indian culture and society, which not even Gandhi was able to influence effectively or even to abolish permanently.

Thus it is handed down from Buddha that he as a young man and rich king went the way of asceticism, and that with an enormous radicalism. But he did not attain enlightenment through it. He saw that asceticism, i.e. a complete hostility to the body, could not be the right way. He later developed the "middle way".

Incidentally, it is not without irony that both the Christian occidental culture and the Hindu culture have taken the path of body hostility to the extreme - albeit in different forms - without achieving the hoped-for success. Today, one sometimes has the impression that the pendulum is now swinging in the opposite direction: physicality, from excessive personal wealth to health and body fetishism, seems to be the measure of all things. Yet despite wealth and a booming health and wellness industry, people seem to have become neither significantly healthier nor significantly happier.

One might object that average life expectancy has almost doubled in the last 100 years. Sure, but the reason lies mainly in the much better hygiene and the resulting lower infant mortality, the healthier diet and the invention of the antibiotic - and as shown, for example, by the problem of obesity, the increasing resistance of bacteria to antibiotics or the recent Corona pandemic, there is a real danger today that these achievements and the average life expectancy may even decline again.

Another kind of physicality - and narcissism, i.e. self-absorption - also seems to me to be the cult of stars and celebrities pushed by the media almost to the point of no return. Here, the main focus is on characteristics that are either purely physical or on qualities such as fame or media presence. The fact that there is a danger that the people in question completely overestimate themselves - and are also overestimated - is certainly obvious. After all, no one would claim that, for example, a presenter on Swiss television who charges 50,000 Swiss francs for an appearance at an event, or a former president of the USA who charges 500,000 dollars for a speech, are 100 times or 1,000 times wiser than a lesser-known speaker who receives 500 or 600 Swiss francs for his lecture.

Exercise

Take two completely different people. One, a top manager earns 5 million francs or more every year without doing anything extraordinary. The other person has been unemployed for several years and cannot find a job despite enormous efforts.
Can you explain this situation with the help of the law "as inside so outside"?

So does someone just have to "properly" brief themselves from the inside to make millions?

Yes, maybe that might work in the short term. However, I am convinced that such a specific and one-sided focus on purely material partial aspects not only does not make people happy in the longer term, but can even cause illnesses. The same applies, by the way, if someone focuses exclusively on external success, his professional career or on strengthening his position of power. Why?

Many homeopathic and naturopathic schools agree that disease first shows up as an imbalance on the energetic or subtle level long before physical symptoms are apparent. This seems to indicate that the energetic-fine-matter level reacts more quickly and the more sluggish physical body reacts later.

Thus, there seems to be a temporal cause-effect structure that runs from the spiritual-mental side to the physical-physical. Many psychosomatic findings also seem to point in this direction.

But also the mental level seems to be influenced again by a finer dimension, by the spirit core or God spark.

If this is so - and quite a number of mystical schools claim exactly this - mental illnesses go back to a lack of "transillumination" of the spirit body or God spark. In other words: The divine light, the divine love does not find the way through the human God spark or spirit body into the soul or only insufficiently. Although - according to the unanimous opinion of all mystics known to me - the God spark, i.e. the spiritual center of the human being, can never be destroyed, it receives no or too little divine energy to supply the entire human being with the divine love, with the divine light in sufficient measure.

Exactly this is the consequence of the biblical fall into sin, namely literally the falling out of the divine security and supply. Well understood: a spiritual security and care, which however also includes material care.

But if we focus exclusively on one - mostly material - aspect of our life, we repeat the fall of man, so to speak, every day anew: We block the inflow of the spiritual, divine energy and allow, so to speak, only a very specific frequency of this energy to pass, although we need - similar to light - the entire energy spectrum, so that we can develop holistically and harmoniously. Thus we fall out of the security of the harmonious, divine and comprehensive love again and again - and lose our tuning into the divine being.

2.5 Like attracts like

The law "like attracts like" can be understood as a special form of the law of resonance. Same thoughts, same feelings, same actions, but also same objects have the tendency to go vibrationally into resonance with each other.

The folk wisdom "Tell me who you are with, and I will tell you who you are" has correctly recognized this.

On the one hand, of course, this can be explained psychologically and in terms of communication theory: People with the same interests immediately have a basis for communication; people with completely different interests have nothing to say to each other. On the other hand, it is the case that people can resonate with each other, and thus resonate with each other.

Exercise

Every person experiences certain ruptures in the course of his or her life. Recall such a break in your life and consider what happened to your previous friends. Which friendship relationships continued, and which dissolved? To what extent did these changes in your network of relationships coincide with your own personal changes?

But why do psychologists also say that opposites attract? This is probably because people often suppress certain characteristics that they don't like, i.e. they push them into the subconscious. These characteristics are then apparently no longer there, but continue to have an effect on the unconscious level. There they attract the same qualities in other people, and indeed these qualities in these other people are then often not repressed, but part of their conscious personality. Or else, people look for certain qualities in others that they miss in themselves - at least consciously. They are nevertheless present.

Many spiritual schools go even further. They are convinced that like attracts like. Thus it is already written in the Bible: Whoever has much, more will be given to him; whoever has little, the little will be taken away from him. Or more prosaically: Many successful people are convinced that money attracts even more money.

The law "like attracts like" also works on the political level: He who wants peace must keep peace. Or even more pointedly: He who wants peace must himself also be peaceful, he who wants truth must himself also be truthful. Conversely, war in turn generates war. Violence begets new violence. Therefore, terror cannot be fought with terrorist means, no matter whether this is done by a democratically legitimized state or by counter-terror of an opposing group.

Exercise

Consider a scenario of how you could positively impact a political flashpoint based on this law.

But there is another side to this law: As we have seen, thoughts, words and deeds always contain certain energy, they all have a certain energy quality, or energy form. These energies or energy forms float so to speak - thus move freely - around us, are partly taken up by others, perhaps strengthened. Because we are the ones who have created or better expressed these energy forms - as thoughts, feelings or actions - they always remain connected with us. As long as they are connected with us - usually as an engram (= memory image) in the aura - they can also come back into our life at any time, at least as long as we have not dissolved them. Here the law of equality works in the sense of a causal connectedness.

In cause-and-effect thinking, this law became known as the law of karma in Hinduism and

later beyond. The idea was: What I create, returns to me in some form: Good deeds let me experience good, bad deeds hit me back as negative experiences. Let's beware of seeing the law of karma as a cold, soulless machine of retribution. The Divine is never cold and mechanical - but always loving and life-affirming.

2.6 The Law of Lightness

Many people of our time and especially in our cultural circle have learned that everything is doable with a corresponding effort and will. Especially doer types are convinced that they can achieve everything if they only work at it energetically enough.

In fact, however, there are two types of goal achievement: One type is a mechanical feat of strength with a lot of energy until the desired is achieved. The more doggedly a goal is worked on, the more resistance is built up against it - similar to an obstacle in a torrent with a high water level, which at some point can no longer withstand the pressure and is washed away. Such ways of working can lead to burn out or worse. The other way is a playful, light but persistent work towards goal realization. However, this playful way of working is very serious and yet characterized by lightness. This way of working requires a relaxed attitude and is based on an inner detachment.

Exercise

Consider when in your life you have worked on a project with a great effort and massive energy input, and when a project has materialized with great ease, almost by itself.

You have certainly experienced in your lives that certain goals could be achieved without great energetic effort and without you having done much to achieve them, while other goals simply did not want to become reality, despite enormous effort and great expenditure of energy. Of course, sometimes it can be unavoidable to make an effort, but this should at most be a temporary phase, not a normal way of working over a longer period of time.

Athletes repeatedly report how central the mental attitude is to success: imagining, feeling the sense of joy of what it will be like when the goal is achieved seems to be an excellent way to achieve a particular goal.

God certainly didn't intend for us to slave away until we can't anymore in order to realize a goal. Rather, life - and therefore work and certainly leisure time - should be characterized by joy, enthusiasm and ease.

Exercise

Imagine a wish, a concern or a goal that you desperately want to realize or achieve. Imagine that this desire is a feather, which floats very lightly and gracefully upwards. It floats further and further upwards until it has disappeared at the divine, in the infinite light. After that, they feel how this very request or wish floats very gently down to the ground. On the ground, the request or wish takes material form and becomes part of reality.

However, ease in pursuing and achieving goals should not be confused with a different attitude: an attitude of "I don't want to do it," "It doesn't matter anyway," and "It's all the

same to me. It is not a matter of throwing in the towel and resigning, but rather of continuing to pursue a goal once it has been chosen, persistently but without tension and with ease.

In doing so, it may be that the achievement of the set goal sometimes takes a long time. Ease of goal achievement has nothing to do with the length of time it takes to reach the goal, but only with the manner in which it is achieved.

2.7 Everything at the right time

When I strive for a goal, I set a cause: The cause - in this case the set goal - now begins to take effect. As a rule, however, we cannot determine for ourselves when, i.e. at what point in time, the hoped-for effect will occur and the goal will be achieved.

Exercise

Consider when in your life you pursued an idea or worked on a project that just wouldn't become. At a later point in time, you effortlessly managed to realize this idea or project - or you realized that someone else had realized exactly this idea...

Even if we can assume that time and place are not fixed quantities, it seems to be the case that there seems to be a "right" time for everything.

You may now object that time is only a construction of consciousness. That is correct, of course. But: The whole physical reality is ultimately a construction of our consciousness. But this does not mean that we cannot shape or at least influence exactly this reality in our sense. By the unconsciously and consciously sent signals to the zero-point-field we do that anyway - it is actually only about controlling these signals better.

Christianity - as well as Judaism and Islam - sees time as linear: Time moves from the past through the present into the future, toward a goal. In classical theology, the goal was the Last Judgment. In contrast, Hinduism and Buddhism see time as cyclical: Mankind moves through various cycles, the longest of which spans 200,000 years. In this conception we are at the moment at the end of the Kali-Yuga, which will change later into the Golden Age. Life is understood as a more or less large number of rebirths - symbolized in the wheel of rebirth. Recently, even among physicists, there are ideas of time running backwards under certain conditions. Still others say that time does not run at a constant speed, but that time runs faster at certain times - e.g. the older a person gets or at certain ages - than at others.

As you can see, our conception of time is culturally and socially influenced.

How people explain the occurrence of events also varies greatly. Muslims speak of kismet, will of God. Hindus see the sequence of events as a cosmic game - lila. Christians often speak of grace or divine providence. Western, secular people believe in coincidence or fate.

Spiritual people, on the other hand, are convinced: coincidences are never "coincidental", but they always happen at exactly the right time - either to bring about something or because the causes were set accordingly. Never does someone become ill just "by chance"

at a certain point in time - behind this there is usually a longer history of events, a corresponding environment or even the necessity to have a certain experience.

Often pioneers who want to realize a certain concern are simply "too early" - conversely, there is the beautiful saying: "He who comes too late, life punishes him". So the following rule should be observed: Neither want to force something too early, nor wait too long until the opportunity is over.

The right attitude - and thus the most successful one - is one that can perceive or sense the "right time", but which can also wait patiently until the right time has come.

Exercise

Consider when you have reacted wrongly by reacting too quickly, too spontaneously, and thus made a situation worse or worse.

Consider when you hesitated too long or waited too long and thus missed a good opportunity - an opportunity that may have lasted a long time or never come again.

The question is whether perceiving the right moment can be learned. Personally, I think it can. It is possible to develop a kind of intuition to perceive when the right time for an action has come. It has to be considered that quite often the action, i.e. the setting of the cause, has to take place quite a bit earlier than the expected or intended effect. This is especially the case with complex planning and management tasks. However, it is important not to carry out planning and management purely intellectually, but in any case also to act with "the gut", i.e. the intuition, the feeling - but also not without intellect!

2.8 Is there a right place?

Human life always happens in certain geographical places, every human being is bound to a place. This is true - perhaps even more than before! - even at the time of globalization and total virtuality.

Basically, it can be assumed that every human being lives exactly in the place that is - at the moment! - is the right one for him. Or, to put it another way: the right place is, in principle, always where you are at the moment.

From this point of view, it is of little use to move away in case of personal problems or to make a trip to escape the problem: Everyone takes their problems with them - and they will be present again in the new place, although perhaps in a different form.

However, this is not to say that migration or a change of place should be rejected in every case: The ability of humans to move locally also has the purpose of escaping danger zones - escape behavior is an ancient survival instinct. I only want to say that every change of place should be made deliberately, consciously, at the right time and also from the heart, the intuition.

Exercise

Take a current or past example in which the question of the right place arises or arose for you: e.g. when looking for an apartment, a job, a vacation spot, a training position. Try to think about the possible alternatives. Listen or feel inside yourself and try to perceive which of the alternatives feels best. If you have a deep feeling of rightness or well-being for one of the alternatives, this alternative is most likely the right one.

Variation: You can also mentally place the alternative in your heart and try to perceive the rising feelings.

One can also see the whole thing the other way around: It is not the place of an action that is significant, but that the action takes place in the right inner attitude. In other words: Not the where, not even the what, but the how is most important. Awareness, inner detachment and mindfulness in every moment of life and in every place we find ourselves are crucial.

If we remember that we have also paraphrased the physical reality as space-time reality or space-time continuum, then it becomes obvious that not only the time but also the place where something happens is created or chosen only because of the influences by the zero-point field. Or in other words: The divine can intervene at any time and at any place. Seen in this way, miracles are nothing unusual or supernatural at all, but only the consequence of the divine laws.

Jörg Starkmuth (2006:161) writes very aptly: "That genuine miracles apparently occur more frequently in India than in the West is ... In a belief system in which powerful divine forces occupy a much larger space than in the mechanistically shaped world view of the Occident, the consciousness of many individuals is naturally also much more strongly oriented towards the possibility that such forces actually work in everyday life. Correspondingly, this then also happens more frequently in the reality generated by it."

We ourselves have it in our hands to block or prevent so-called miracles by our doubts or our (too) narrow world view, or to help them to break through by an expectant, non-fixed attitude.

It has already been claimed that the divine cannot act contrary to the natural laws it has created, but must follow these very natural laws. Quite apart from the fact that the history of religion reports dozens, even hundreds of such miracles - which have always existed and still exist - we must point out in all modesty that man is far from actually understanding the real laws of nature and spirit in all their complexity. Newton's laws of nature, which we learned in physics classes, are only an extremely small part of the laws of nature - I only remind you of the many questions arising from quantum physics, not to mention the spiritual laws and regularities, which we have at best understood partially and rudimentarily.

2.9 The Law of personal responsibility and free will

Every human being is fundamentally responsible for his actions - and accordingly he also possesses free will. This means that people also have the right to make wrong decisions.

Parents in particular have to experience this time and again when they see their children

making harmful or, in the eyes of the parents, "wrong" decisions in their lives. But is there really such a thing as "wrong" decisions? Isn't every decision both "right" and "wrong," depending on your point of view? My choice to pursue a breadless degree - namely, anthropology - was certainly a "wrong" decision in the eyes of people for whom income is the most important thing. For me, however, it was undoubtedly a "right" decision, because it was precisely this study that gave me the foundations to deal with the very questions that interested me.

Exercise

Think back to a decision you once made recently or a long time ago. How did this decision affect you? Which were positive, which negative consequences? Would you make the same decision again with your current knowledge or not?

In the same way, a son's or daughter's decision to start smoking is probably not a "right" decision in the eyes of health-conscious parents - but perhaps this decision is nevertheless "right" from a completely different point of view, perhaps only because the person in question is to learn to live with the consequences of a wrong decision or to reverse it (e.g. to give up smoking).

In any case, it is crucial that we do not arrogate to ourselves the right to decide for other people what is good for them - even if we are so convinced that their decision is "wrong" and our attitude is "right".

It should not be concealed that just also in the so-called "esoteric area" many things run off which contradict this law one hundred percent.

Thus I read the following advertisement in the Neue Luzerner Zeitung of October 19, 2006:

"Successful remote treatment for partner reunion (without the partner's knowledge). Certified Swiss parapsychologist helps immediately and reliably for over 25 years. Tel."

Quite apart from the fact that the divorce figures would probably look clearly different, if that were so simple, such practices represent black magic in the worst sense: This is an attempt to interfere with another person's very own personal field in order to achieve a specific goal.

It is even possible that this can work - there are studies of "love spells" and "love magic" in other cultures that suggest that such practices can indeed work - but the spiritual implications are serious: for one thing, the magician is violating the free will of the person involved. Depending on how open someone is to such influences - as is well known, there are very different levels of suggestibility - his life and also his spiritual development can be permanently influenced and damaged. Secondly, an extremely problematic dependency relationship develops between the magician and the victim - which also harms the magician, because he later has to painfully break this dependency again. Thirdly, the effect is also extremely serious for the client: he creates a dependency relationship - whether the victim is aware of it or not - which in any case is a violation of the victim's personal integrity. Dependency in the sense of power inequality tends to be always hurtful - unless the power

inequality is wanted by both sides and is legitimized e.g. by a mutual assignment of power - like in a couple relationship where both partners have their own spheres of competence.

Especially from new religious movements and sects it is known that dependencies and extreme power differences can lead to serious psychological disorders - up to suicide.

The client, but also the perpetrator of - whatever - appropriating and violent behavior creates - spiritually speaking - a kind of negative dependency relationship, which sensitive people can perceive as subtle connections between two people. In the sense of the law of cause and effect, every such action strikes back at the direct (magician) and indirect perpetrator (client) - and the connection must later be laboriously severed.

If someone really loves, he or she can - already for psycho-logical reasons - under no circumstances take another person and bind him or her to himself or herself in such a way: True love is not constricting, but liberating and not oriented toward a return service.

Basically: We are responsible for all our thoughts, feelings and actions. All the causes we set sooner or later strike back at us.

Ultimately, we can never shift the responsibility to others.