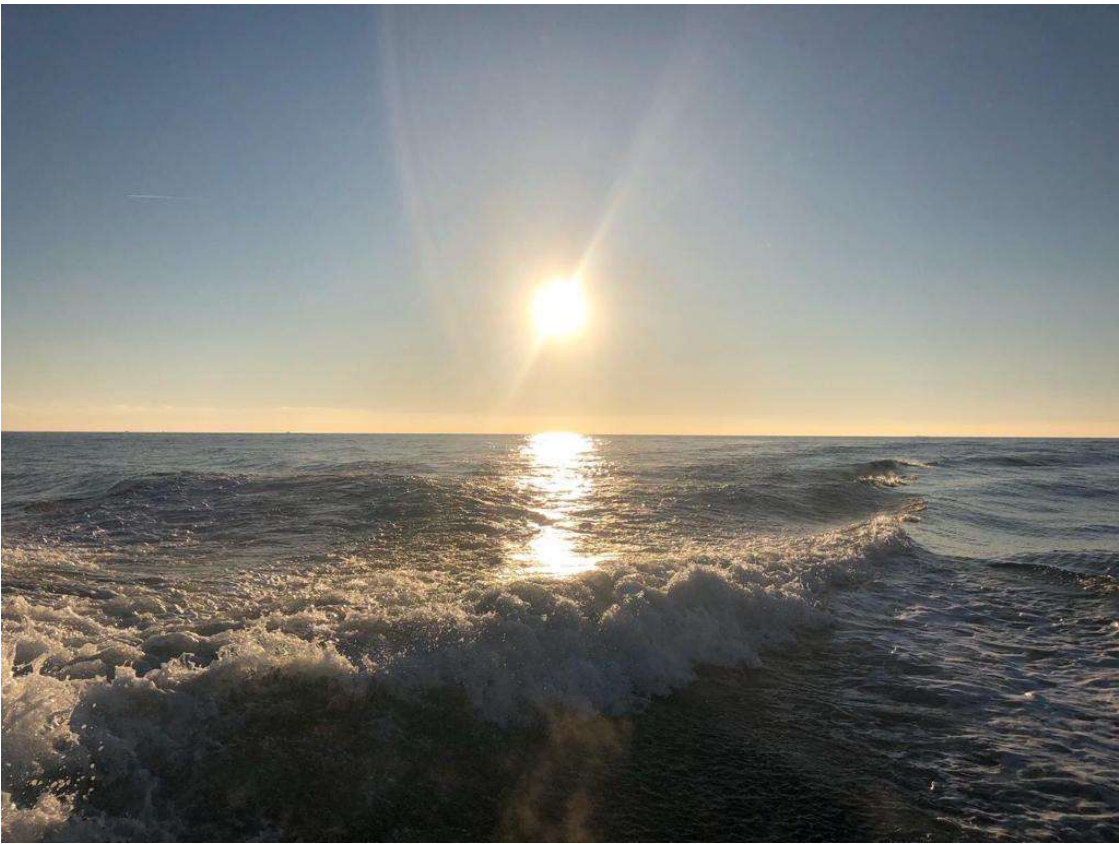


Susanne Bohdal

Pure Love



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I dedicate this book to all those who want to experience love and
thereby obtain healing.

I dedicate it to all generations of mankind so that they themselves
can raise their awareness.

I dedicate it to our beloved planet Earth, who is changing in order to
regenerate and revitalize.



Pure Love

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Foreword

Since I was 17 years old I have been trying to understand who I am, why I was born here in this place in a female body during this time and above all how I could serve humanity. When I was young I had the vision of living in a hermitage, prayer and rituals, living on berries and fruits in nature. I wanted to attain enlightenment in order to free myself from my karmic entanglements, personal limiting patterns and emotional injuries.

Very funny, I think today and will laugh heartily about these ideas. At the latest when my eldest son was born, the dream of meditation in the high mountains and long retreats had become obsolete.

Today I live with my three wonderful children in a cooperative society apartment in the middle of Vienna. They have become my best teachers, especially concerning what it means to be in the moment. They confront me every day with the truth that for us transformation is fundamental and irrevocable at every moment. There is only this moment, this breath. When it is over, it belongs already to what we call the past. Therefore, what remains for us now is only to be gratefully accepting what this moment is offering us.

However, the most important thing I was able to learn from my children is to experience pure love. Because of their presence, I was and am required to work more and more on my self-love in order to expand it. Only when we accept ourselves the way we are, we are able to love others with an open heart.

This book has been in a phase of mental preparation for several months, its content has been clear to me for a long time. However, I was unable to write it down. It was only when an official global crisis

was declared, that the right time for publication seemed to have come.

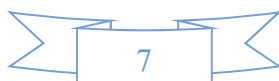
We are living in challenging times, profound changes are taking place on the inside and around us. Gaia, Mother Earth, increases her vibration. She regenerates and revitalizes herself. We can follow her lead. The current state of deceleration means a huge opportunity for us.

I hope that the following pages may touch the hearts of many people and make them able to increase their awareness and thus their vibrations. Change is taking place around us anyway, whether we want to be part of it or not. This is the free choice of each and every one of us. Everyone can choose the path of inner change and personal transformation, or remain trapped in old, restrictive patterns.

The key to raising our awareness is love. Love heals everything. Such a simple formula - such a big word - a difficult thing for us, since we have long forgotten how to be in a state of pure love.

Now each of us has the chance to contribute: By thinking more consciously, increasing our personal inner light and expanding our ability to love. Then we will be able to ascend as a collective, joining Mother Earth in her current change.

Be the change towards love!



To Irene

1. Movement

"Breath is the ultimate healer" is the irrevocable essence of every healing art or spiritual practice, like for instance Yoga. Many of us got familiar with this wisdom and now know about it. The right breathing can be learned (relearned) by all of us. It is enough to work with breath alone to send healing and abundance to an affected area in our body.¹

In this book, however, I would like to focus on a refinement to this truth and deal with this extension more profoundly. To use Mary Burmeister's own words: "Deep breathing leads to a [self] loving personality"².

Every type of illness in our body is at the core a reflection of our own thoughts, which are in that case showing disharmony. Regardless of whether the immediate cause of our feeling unwell or being in pain amounts to mental fatigue or a stressful and exhausting lifestyle. Bear in mind that the body is just a vessel. It represents a denser form of our thoughts and feelings.

Truth is: there are no incurable diseases, only incurable people. The cause is on the level of the invisible. The effect is on the manifested level.³ Our lack of harmony always originates in the way of disbalanced thinking. This is a fact. "All illnesses have their roots in the human mind", Paracelsus said.

¹ Burmeister 1997, p. 7.

² Burmeister 1981, p. 18.

³ See: Burmeister 1997, p. 27 & 30.

Sooner or later, our thinking will always become manifest on the physical level. To be aware of this is definitely neither damaging nor embarrassing. Because just as a spiral can run into a negative direction, we can deliberately reverse its motion into a positive direction and thus create our own healing.

"The body is the mirror of our thoughts,"⁴ said Mary. Therefore, we can experience profound healing by changing our thought patterns. I would like to put this method of loving yourself and learning a new way to think about yourself and the world in a simple phrase, in order to avoid complicated sentences or incomprehensible statements. **Let me refer to the new form of "bringing our thoughts into harmony and our bodies into healing" from here on simply as "thinking from the heart".**

The heart consists of striated skeletal muscles, which can be controlled at will, as well as smooth muscles, which are involuntarily controlled. The skeletal muscles are brought into analogy with the cerebrospinal nervous system, the smooth muscles are again related to the vegetative nervous system. As soon as we go through a spiritual development, the heart as an organ changes into a sensory organ which becomes subject to our will. This can happen to the extent that the previously predominantly vegetative control is transformed into a voluntary sensory activity submitted to conscious nerve impulses.

Some facts about the biological heart are known from interdisciplinary research, which confirm its important role in the interaction between body, mind and soul. Not the brain, but the heart sends out the

⁴ Burmeister 1997, p. 24.

strongest magnetic field in our body. The heart therefore has greater power than our brain and is apparently directly connected to our inner self. Researchers have shown that in complex reactions such as love or gratitude, there is a measurable synchronization of the rhythms of the heart and breathing. Joy not only brings us more quality of life, it also has scientifically proven life-prolonging effects.⁵

By centering the blood in the middle of our physiology, in addition to providing nutrition, the heart also seems to be largely responsible for regulating the heat in the body.

Not only in medical terms, but also in everyday life we know about the power of the heart energy. We use to say that what is close to our heart keeps us alive and makes us feel full of life.⁶

The energy of our heart ensures our equilibrium, our balance as well as harmony. These properties, which we could also call mental warmth in human beings, seem to have a connection with the heart as an organ. They show themselves in social awareness, like a deeper sense of community or the ability to agape⁷.

Yoga distinguishes between seven energy centers, which are called chakras. The heart chakra is situated in the middle and is perceived in most Indian traditions as a kind of transformation threshold. It represents love, devotion and transformation into a higher as well as more personal energy.

⁵ Broers 2018, Teil 1 der Trilogie, p. 291.

⁶ See e.g.: Broers 2017, p. 248f.

⁷ At the time of Plato and Socrates, agape was understood as a divine or God-inspired unselfish love.

The symbol of the heart chakra is the six-pointed star. In Sanskrit, the original language of the holy scriptures of India, it is called Anahata (the untouched) and refers to the sacred sound OM



The thymus gland is assigned to this special energy center, which maintains and strengthens our immune system. Disharmonies or a lack of energy in this subtle energy center can lead to all forms of heart projects, but also breathing difficulties or even allergies.

Cross your heart! As I am writing these lines, according to media presence, an apparently powerful and sneaky enemy of mankind wants to exterminate us. The coverage in words and pictures is overwhelming, the new enemy of our species is even being granted special programs in the news or even a personal telephone hotline for Austrians. Fear is being sown in my fellow citizens' hearts.

Just like everyone else, I personally feel weakened by encountering feelings such as fear, stress, insecurity, aggression, etc. Therefore I avoid being constantly under pressure from information spread by media, which tell me about the plausible next war (no matter whether enemies are visible or invisible) that I should fear now. In any case, they predict a dark future and I definitely refuse to participate in their game. It is time to activate our thinking from the heart, because only then we can clearly know from deep inside that we ourselves are creating our future. Cheap sensationalism of media presence is false evidence that seems true to us, especially because enough people believe in it.

Let's turn back to our currently officially labelled enemy, called corona virus, which has the power to cause global chaos by impeding our social and economic activities. Or is it perhaps just hyped up so that the real winners of this mass hysteria, the pharmaceutical industry, can reap huge profits with forced vaccinations? Or is it that governments can now better monitor and control us? State measures range from bids to restrictions up to external incapacitation.

However, our inner freedom is unassailable.

We should waste neither time nor energy by dealing with those restrictions or developments which are unfortunately fact and reality at the moment. But we can use this time of external withdrawal very well in order to change. We need this pause to connect with our deep selves to get in line. A welcome opportunity to pursue what brings our thoughts, feelings and actions together.

If we have a strong heart energy, then our immune system is in perfect condition and viruses or bacteria have no chance of taking over. The best precaution for our health is a balanced diet, exercise and, above all, emotional balance.

Ultimately, our thoughts decide how much we open our hearts. This is because negative experiences or trauma can be stored in cells, zones or ultimately even organs. As a result, we sometimes lose the basic trust in our self-healing powers and above all the certainty that everything is provided for us here on Earth by – whatever you like to call it – God, the Universe or the Highest Divine Principle. This great power enables us to develop and transform ourselves in the best possible way.

The power of our thoughts is immense. We need to always keep this in mind. Our lives are not only shaped by events we cannot control - we are able to take conscious decisions and thus change our lives the way we want them to be. Everything depends upon which dog we feed, whether we choose to encourage positive or negative thoughts. That choice is up to ourselves and is our responsibility only. No healer, no medication and no guru can take the step of taking responsibility for our spiritual development for us. We need a certainty, a deep knowledge within ourselves, that we can live our full potential, in order to achieve integrative healing on a mental and physical level. The desire to create pure joy, peace and freedom inside ourselves is in turn created and fed by our self-love. This newly revealed and applied love for us is the prerequisite for the best implementation and realization of all our possibilities. All our wishes serving a better coexistence of all living beings on earth will materialize in a particularly effective and beneficial manner. Applied self-love works effortlessly if we only change our thoughts towards a positive and constructive way and do not cling to any selfish motivations. If we refuse to expand love, we continue to get stuck in those thought patterns that have been keeping us in mental captivity:

Watch your thoughts, they become feelings.

Watch your feelings, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become character.

Watch your character, it becomes your destiny.

The source of this proverb is unknown, the spreading of this wisdom we owe to Charles Reade. People with open hearts can feel and recognize its truthfulness.

Our thoughts are the most powerful tool available to us. But caution is necessary! Because logical thinking and analysis without adding a share of pure heart energy can lead to cold and non-empathic decisions. The magnetic field of the heart is much stronger than that of the brain.

Every decision taken by our heart (= thinking from the heart) is to be classified as much higher in quality concerning empathy towards all living beings and worldwide solidarity.

The power of thought is no longer just the content of esoteric seminars; economy has also discovered its benefits and therefore even managers are training themselves in the direction of materializing objectives. The focus of our thoughts should always be directed towards the aim formulated by us; through means of repeated visualizations or affirmations we enable ourselves to realize our wishes and ideas. Since this strategy usually works well, we get used to the personal success of “materializing” and now want more of it. This is where human nature comes into play, revealing its greatest weakness: it is never enough, we are never satisfied. The human mind does not want to accept any limit. Faster, higher, better, stronger, more effective, even better than optimal... Higher profit, better performance, more expansion. However, this attitude will leave us dissatisfied for a whole lifetime, since the human mind will still feel the possibility for improvement, strive for maximization and does not want to have any limits imposed on its strife. But then where is our self-defined “goal”? When will we ever be satisfied?

The feeling that something is painfully missing remains. Instead of seeing the abundance which we are living in, we often even lose our perception of the common good or the community. Logical thinking is useful in order to develop clear strategies, but can also be used to implement selfish ideas. If ego-relatedness is the main motivation for the efficacy in a person's life, it is quite common that others will suffer from a disadvantage taken by his or her actions.

If our thoughts are aligned on a divine or spiritual level, we support and increase ourselves AND our fellow human beings. That would be thinking from the heart, a combination of logical thinking and empathy.

We all want to live on our planet in peace - without further wars. We wish to live in safety, in peace and in a positive coexistence. This is no utopia. If each and every one of us were at peace with her/himself, if she/he let his/her personal magnetic heart field vibrate in its purest form every day, then paradise on earth would be manifest. Mental and emotional stability are as important as an awareness of the abundance that is present in our lives. Self-knowledge and thinking from the heart ultimately turn even challenging feelings into empathy.

How much will our everyday life change if we always approach everyone openly? If we greet and treat friends and strangers benevolently. If we recognize the affirmative potential of development in every situation instead of countering change with alienation or denial. If we face the unknown without prejudice, come to an end with thinking in narrow, unkind categories and stop relating to everything in a

judgmental way. Like Antoine de Saint-Exupery said in "The Little Prince":

*One sees clearly only with the heart.
The essential is invisible to the eyes.*

2. Wisdom

It is indeed a wonderful gift for me to live in such a rich and safe country as we do here in the German-speaking region of Central Europe. Unfortunately not many people in my surroundings share my feelings as they have gotten very used to all their amenities and do not show proper appreciation for the abundance we are surrounded by and living in. We have the privilege of generous social security and extensive medical care. In our private life we are provided with every conceivable possibility in order to unfold and develop spiritually.

But we are missing a very important ingredient for our recipe of having a fulfilled life. Most of the time we are chasing after achieving certain self-imposed aims. But we do this just to reach our self – imposed goal. Most of the time we are missing a deeper satisfaction, a sensation like joy in our hearts. In order to perceive true contentedness we need to purely love ourselves on every level. We need to love our way of thinking, feeling and acting. If these three coincide, our life is truly happy. The prerequisite for health, joy, wellbeing and having a fulfilling life can be found for everybody. It doesn't matter if you are rich, poor, old, young, male or female. We can all find this state of joy and bliss by increasing our awareness and developing ourselves spiritually.

“In the Christian context, love is often associated with suffering. God who is love stands against suffering and shares well-being and woe of his creatures. By [the sending of Jesus into our world] he made sorrow and pitiful co-suffering his affair of the heart. His suffering is not a sign of weakness. God does not perish in the suffering of the world. His presence in the suffering aims at strengthening and ultimately

overcoming the suffering. God's love is stronger than sin and death and promises universal salvation, justice and healing of all suffering.”⁸

The common belief of all Christians is that every human being is promised a resurrection in a new way of being. However, God will judge each one by sort of counteracting his actions during his lifetime and finally he will make the decision whether we will go to heaven or purgatory after our earthly life.

The Catholic Church preaches that God is a force that sympathizes and therefore seeks compassionate believers, but also fellow-lovers. They should follow the suffering of Jesus Christ so that by them sharing his path he is alleviated, supported and accompanied by as many as possible. The healing element in Christianity is that it is not violence that redeems, but love. Love is the sign of God because he is love himself. Christianity, its interpretation and widespread expansion in the past two millennia is a typical feature of the Pisces era.

Today in 2020 the era of Aquarius has already started. Therefore, we will be able to ascend without suffering. We will create heaven on earth so to say. We will be witnesses to this great development, because we allow ourselves to realize our visions. Everybody is invited to take part in this process of creating a new world order.

Change of values will be our next important step, achieved by letting unnecessary and restrictive traditional shapes go and letting new ones emerge.

We will not only be here as observers, but we are asked to participate. We are requested to shape our future. Now is a good time to finally

⁸ Viennese archdiocese, <https://www.erzdioezese-wien.at/gott-und-das-leid>

change our world affirmatively, creatively and positively with the help of the main tools called empathy and love!

When we live our thoughts from the heart, we create peace, light and love within us. This vibration then expands effortlessly to our immediate environment, to the rest of this planet and ultimately affects the universe. Each individual can increase and expand her/his own vibration, thoughts and ability to love through his/her awareness. Numerous loving thoughts collectively manifest positive actions for the living beings of the entire planet and beyond.

I am convinced that this is humanity's task in this bright decade. Especially for those among us who live in so-called First World Countries, otherwise referred to as the Western World. We are rich and educated, so we can distribute our richness by donating money or goods, or also by sharing knowledge, love and spirituality. On the material level we have everything, sometimes far more than we would need. Still, many of us feel depressed instead of embracing abundance. This deceptive sensation of poverty or anxiety towards the future is mostly evoked by a feeling of inner deficiency. We suffer from great fear of loss and try to get more and more. We want to improve, make more and more profit, acquire more material goods or experience our personal limits on the physical and mental level. Our theme words are "higher, better, faster, (cost) more effective, more successful, reaching the optimum, etc." We are rushing through our lives in the hope of being regarded as successful by our surroundings or by society.

During times like right now - when the train has been stopped by an incident – this is when we become aware of our alienated lives. We

are waiting for an outside solution and hope that paradise on earth will finally come and the whole world will just be in peace. Regrettably most of us only care about her/his own profit, about our family or our own security. We also don't really want to think about our true role in why wars take place and why so many people of other countries have suffered from our wealth or are still being exploited. We know the answer deep inside. Despite this we still cling on to these phrases: Why should I change? Why should I make a difference? Why should I start to care about the environment when it is not required? Why should I make more of an effort than necessary, while everyone else does not leave their comfort zone?

Our thoughts create our actions, and these ultimately become our destiny. We like to push this unbelievable truth away from us. It is much easier to hand over responsibility and declare others guilty for our supposed misfortunes, our inner emptiness or senselessness in our life. We might think like this: the state just rips us off and does not give anything back; the politicians are corrupt and live off our work; the refugees threaten our culture and violate our values; my parents gave me a bad start in life; my partner is unfaithful, doesn't take time for me or doesn't love me enough; my children only come to take; my friends only use me, etc.

Let us travel to our inner wealth and multiply it. The abundance of nature is a great example if you let it unfold.

Love also can be expanded infinitely, there is no opposite of highest and pure love. A big and complex task, but it can be done. It begins with self-love, self-acceptance and respect for who we really are. As soon as we raise our awareness and create our ability to love, we can

share and let everyone take part in it. If we succeed in this, there will be enough for every living being in this world.

For most people in our culture, love is perceived as an intense feeling of deep connection. This emotion exists in us regardless of whether it is returned or not. It is the highest form of affection, appreciation, attention and tenderness that we as human beings can achieve. But the forms of expression vary. In certain countries where human lives are threatened daily either by political systems, wars, lack of education or discrimination because of gender, religion or origin, love exists mainly in the form of love for God, love for the fatherland or charitable love.

However, feelings of love encompass a diverse and complex spectrum starting with sympathy, care, charity, friendship, emotional love with sensual-erotic components, up to contemplative and mystical love. Love is used both in cultural and historical terms as well as historically in various contexts and connotations. The rules of conduct are set by each social context in their own time in their specific form. Depending on the epoch, culture and social form, love is understood and experienced differently. For this reason, the feelings and/or basic ethical attitudes concerning this term are continuously changing.

Love is a multi-pronged concept, a construct that individually creates a spectrum of differentiated feelings within us, which we are able to express in various forms: we give presents to others, we pay compliments, embrace people, show what we feel through our posture and facial expressions, send pertinent emojis via our smartphone, hold the other person's hand or kiss them. Very often and especially when we are young we think that love and being in

love represent the same state and that these feelings of love go hand in hand with sensual feelings and sexual attraction.

Love relationships between parents and children are usually the most enduring ones in our lives.

Close amical connections and the resulting meaningful feelings are called love of friends.

Charity is primarily used for the needy in a religious and ethical context, whereas philanthropy extends to love for people in general. In our western culture, love of objects and ideas is in vogue. For example, this expresses itself through love for animals, for nature, for hobbies and passions.

Patriotism is popular in some countries or even spread among continents. Love of the fatherland is often fueled by the idea of belonging to an ethnic community who claim land which is justified by selected historical events.

Love of God means the affection of God for his creatures or his creation, as well as the love of a human being for her/his God (Gods). Love is the basic attitude described by mystics, yogis and saints on their search of enlightenment and transcendence of their selves in the universe by employing meditation, contemplation or devotion. For countless centuries, people have been trying to achieve a state of greatest joy, inner peace and limitless freedom using a variety of methods. Many of them meditate in various forms alone or in monasteries for decades. Whether yogis or mystics, saints or philosophers, they all try to use their respective methods or thinking processes to move from the feeling of separation to being united with the greater everything.

Here my personal story and approach towards my search for love fits in well. I was taken away from my biological mother immediately after birth, as she had planned to give me up for adoption when pregnant. With my first breath, I was removed from my mother's protective aura field in order to grow up isolated from human closeness and heartbeat for a few months. At that time - in my case - adoptive children were separated from their mother immediately after child-birth and spent the first months of their lives in the hospital's infant ward. Each lay in its cot, which was arranged strictly symmetrically in a huge room. The babies were lifted up by the nurses only for being fed and changed. Emotionally they were only provided with the essentials. This experience was to consequently shape my life very much. In my formative first months on earth I didn't get to know the feeling of basic trust, being carried, human warmth or sensations of love.

I was raised in a middle-class family with a foster brother and always got along very well with my adopted state. On an emotional level, it would take me a few decades to recognize my soul injury and to finally get to know, heal and integrate love into all of my life. I was interested in spirituality and healing from an early age onward, and I was able to unravel the mystical secrets, especially by studying Indology and Tibetology in Vienna. For years I dealt with philosophical systems of the Indian subcontinent and their path of enlightenment. I wanted to learn which approach to redemption from the being-there cycle was prepared for me. As a result, I did not limit myself to India, but extended my search for solutions to Chinese or Japanese traditions. But no philosophical concept was able to dissolve my inner isolation.

Simultaneously with my studies I tried to practice contemplation in various Buddhist traditions in Vienna. Soon I didn't feel in the right place in these centers too and finally created my own altar embellished by statues of Buddha and worshipped some of his various aspects under my own guidance.

I lacked love and compassion for myself. The initiation of change started by meeting my spiritual teacher Dr. Jamuna Mishra. He showed me what it means to feel pure love and provided a way for me to start developing my ability to love. Deep inside I always knew that only if you love and accept yourself fully you can love purely.

For a long time, I have perceived my life to be solely suffering. I only wished to be spiritual, to exist as pure light in the universe. Instead, I was tied to this human body, which felt dark and heavy to me. My body seemed to be filled with pain and fear. I only knew for sure that I wanted to get out of this unsatisfactory state. My change started with Yoga and Buddhism.

For a long time, I studied Buddhism as a philosophy and a way of redemption. The historical Buddha is called Siddhartha Gautama, as well as Sakyamuni. He was born about 2,500 years ago in a region that is now Nepal. There he grew up as a prince, well-protected and in luxury. He was married and had a son. One day he went on an outing and found himself unprepared to face the suffering of people, namely old age, sickness and death.

So, Buddha was not a God, but an ordinary person who had found a truth for himself that meant to end suffering. In his teaching, the path to redemption is open to everyone. In his view, enlightenment is neither dependent on faith nor divine grace. In Buddhism the one who understands things "as they really are", that is, "in their nature of emptiness" is redeemed. Because as the Buddha explained in his

first sermon in Benares in the form of the "Four Noble Truths":
*„Everything is suffering. Suffering has a cause, namely desire; it can be ended by the destruction of desire; and there is a path, the "Eightfold Path" that leads to the end of suffering."*⁹

Buddha said that an enlightened person realizes that all material things have no substance and can find a permanent state of happiness, peace and tranquility through this detachment from attachment. "Yes, beloved Buddha," I thought, "you are absolutely right. I will withdraw from the world and all relationships in order to obtain enlightenment." I did that for a few years, but my life and destiny wrote their own story. Today I stand here as a single mother of three marvelous children, who need and give love in many facets. And I feel abundantly gifted, because I have given up all relationships which had not been based on deep love.

In this book, if I use love I do mean universal love. In this context love is unconditional in its purest and highest form. If I use this word, I do not limit it to a personal form or adhere it to certain people or objects. It is a state of being that is generated through realized self-love. It should not be confused with a conventional, general understanding of love which includes certain expectations we may have of the recipients of our love or interdependant relationships.

For me, true love means being in a state of highest joy as well as greatest delight. Our hearts are overflowing with happiness, like water flowing from a jet fountain. It flows continuously into the basin, where it is collected, returned to the fountain and then shot out again with enormous energy.

⁹ Bechert, Gombrich 2000. p. 31.

If I wanted to describe the term true or unconditional love, I would probably choose light, peace, joy and freedom as synonyms. This love knows no opposite, since words such as indifference, hate or jealousy only exist as an antonym on an interpersonal level. It is therefore free from those feelings that we generally know from our partnerships, in which, for example, attachment, possessiveness or jealousy are involved. But it is not limited to the love we feel towards our family members.

The love of which I am writing simply IS, namely a state of greatest joy that is not selfishly motivated and it includes all living things. This form has a very high vibration, I call it pure love.

Rollin McCraty is head of the HeartMath Institute and one of the founders of the Global Coherence Initiative (GCI), which "activates the heart of humanity and promotes peace, harmony and a change in global consciousness". The GCI carries out groundbreaking research on the connection between humanity and the magnetic fields and energy systems of the earth.

To summarize briefly, the extensive research results increasingly support the GCI's hypothesis that *"the earth's magnetic field carries important biological information from living systems. Evidence for the existence of a global information field that connects all living beings and consciousness could be derived from various researches.*

Every cell in a living body is embedded in an external and internal environment by fluctuating, invisible magnetic forces. These magnetic fields influence every cell of a living being. For this reason, it should come as no surprise that numerous physiological rhythms in humans or global collective behaviors are not only synchronized with solar and

geomagnetic activities, but disorders in these areas can also have adverse effects on human health and behavior. [...]

All living systems are interconnected via biological, electro-magnetic and non-local fields and interact with each other. The essence of nature is to create optimal conditions by balancing the forces and relationships. Evolution is constantly geared towards optimizing these conditions. This creates a continuous process of creation in which all forces are involved. In the long run, this leads to an increase in coherence in the sense of a fine-tuned balance of mutual styling with the aim of harmonizing the field that surrounds the globe as much as possible and this information with all living systems within the Field to share.”¹⁰

As we learn there already are scientific studies that confirm our deep inner knowledge, namely that everything is connected with everything. Nevertheless, our ability to purely love rises and falls with its most important base named self-love. The more I accept myself, live with myself in peace, joy and inner freedom, the purer and higher I can share my love.

The brighter my own light shines, the more darkness it replaces inside and out. The happier I am, the more I can affect others with my positive energy or reverse their negative poles. The higher our vibration of joy and gratitude resonates within us, the more we can modulate low frequencies upwards. We humans now have the best prerequisites and all the necessary tools we need within ourselves for an ascension into a higher form and dimension of love.

¹⁰ Broers 2018, Teil 3 der Trilogie, p. 228f.

How do I get into a consistent state of peace, joy and inner freedom? Through self-knowledge, self-acceptance and finally through self-love. Not everybody takes time to listen yet and others still lack the sensitivity to perceive more subtle energies in our bodies. But each of us has opportunities to increase her/his frequency. The key to success is usually found in details, and it takes time and patience to discover it. It's like a puzzle. Every single part, no matter how small, is required for the completion of the overall picture.

If we can deeply love ourselves and others with an open heart we have access to experiencing the unity which lies behind polarity. We then let go of old attitudes, thought patterns and soul injuries. Our life is in a balance of giving and taking. We don't have to put every little thing on the scales. The more we give, the more we get back. Our giving is never self-motivated as long as it is done with an open heart.

Love means seeing the world without filters, without limiting optics – the way things really are. If we purely love, there is no polarity within us. We see the Creator in the other person as we see her/him in ourselves. Negative thoughts, ambiguous feelings and uncertainties dissolve. When wisdom and love are integrated, we recognize every form of life as an entirety.

At this moment in time it is easier than ever before for our species to simply accept and allow this field of increasing vibrations. We just have to listen to the frequency of our planet Earth, her heartbeat, and integrate it into ourselves.

Let's get started!

3. Connection

The biggest challenge for us humans lies in balanced relationships. In the Western World we usually first think of relationship as a form of partnership. Sometimes our closest connections though are with our parents or children, as these often exist for a lifetime. They can influence us a lot, also in restrictive ways, as we sometimes might get stuck in the roles or behavioral patterns of our childhood.

However, the most important relationship should be the one we have with ourselves. This relationship alone is already an essential, maybe challenging, definitely lifelong task. Only when we succeed in loving and respecting ourselves we are able to experience fulfilling encounters, connections or relationships with others. To make this very clear: This does not mean that we should follow selfish motives in our lives. True self-love means inner wealth and abundance. Our hearts are fully enriched with joy, peace and freedom. We treat ourselves and our fellow human beings with love and respect.

Pure love means to live in true self-love. We think, feel, talk and act equally positive for ourselves and our environment. In this state we want to share the beauty of life with an open heart.

In this state we no longer feel disappointed, we cannot be offended or hurt by others anymore. If we are taking good emotional care of ourselves we don't need others to make us feel loved and cared for.

A person in harmony is her/his own autonomous, reliable center point and source, is her/his own sun, distributing warm and life-affirming radiation to everyone close by. Those who purely love themselves feel no shortage, but enjoy their own life in its richness. We really have absolutely everything we need to be happy right here, within ourselves.

Relationship means exchange, not "either ... or", but rather "as well ... as". It is the mediating principle, at best a compromise between two parties.

Unfortunately, many women have given up their real power for centuries. Most of them forgot to appreciate and honor themselves and take on their given roles of power to find harmony and peace within themselves, their families and with/on planet Earth.

Women have to change first! Why? Because we have the ability to give birth, because we nourish our families, because we - each female on her own - is a world of her own. A world, which, when in harmony brings to life all kinds of creatures and is in harmony with them. She creates space and atmosphere for all creatures she wants to care for in her system. When she is at peace, she will always find a benevolent solution to every issue. She will appease every conflict and bring a favorable connection between parties. Her man can come and fertilize her, admire her, let off steam on her continents. But she sets down the rules, having the last word and must mind and pay attention whether his behavior might be too demanding, too restricting or too destructive. In that case he might devastate individual areas of her or even destroy entire continents. Her task is to eliminate destructive components.

A woman has to keep maintaining and performing her rules, her values and her compassion. Your task as a woman is to take care of yourself and the ones you allow into your world, not to lose sight of the balance of elements and forces. Each woman must shape the laws of coexistence of her creatures and concepts and if necessary reinforce these laws. That is her core strength and quality.

An emotionally injured woman will only be able to give her child a limited possibility to be in balance. As she might not yet have resolved her own injury, she is likely to pass on her deficiency. A mentally injured woman cannot love unconditionally and cannot give without expectations. She will always be in need, especially for attention and care, preferably from her partner or family members. She expects them to give energy to her. This misuse has been going on for centuries, from generation to generation. First World Countries full of emotionally depleted women, who are needy and craving for love while raising angry, tough, cold-hearted, profit-orientated men who are hungry for power, into this world.

We women have the opportunity to heal ourselves integrally now. If we heal ourselves, it will be easier for men to also create themselves new. They will live a new form of masculinity, which includes creativity and constructiveness. Women need to benevolently allow men their space instead of trying to narrow them down, castrate them or manipulate them. Often females are used to squeezing males until they have nothing more to give. If every human understands her/his true qualities, potential and energy level and lives them to the full, then there will be peace inside ourselves and on our dear planet. At least since the 18th and 19th centuries, prehistory has served as a legitimization for the bourgeois gender model. Since then, our Central European ideas have been shaped by pictures and stories from school books, popular non-fiction books, historical novels, or even newspaper articles. When hearing Stone Age or prehistory we imagine men, thickly covered in hair, who hunt in gangs and equally hairy women who sit breastfeeding with their children in front of the cave around

the fire. In addition, they cook, sew or collect mushrooms, berries, fruit or other easy-to-get food.

However, science nowadays is less certain about these stories. Judging from old cave drawings, there was originally no gender-specific distribution of tasks in relation to food procurement. There you can see that the whole family and children went hunting. Allegedly - according to the literature we know - the climatic conditions and therefore also fauna and flora changed. Animal populations decreased, the hunters were suddenly in competition with the predators. The distances they had to travel in order to hunt for meat became longer and therefore breastfeeding mothers and small children remained at home in the cave. They were given the task of collecting until they were finally completely excluded from hunting.

And this is what men refer to in their ideal to this day: women were no longer able to obtain animal protein on their own and became dependent on the male hunters. Most successful was he who killed the greatest booty and who was consequently most wanted for procreation.

This is how the bourgeois myth emerged and still prevails – despite the doubts about this theory which have recently emerged.

In Chinese philosophy, especially in Daoism, Taijitu ☯ is the symbol of the cosmic principle. These polar forces act in opposition. Yet they do not fight, but complement each other. Perfection and happiness arise when these principles are in a balanced relationship. Harmony is the balance between yin (female) and yang (male). In this state, energies can flow freely and unhindered.

Yang is equated with fire, it blazes and expands, strives upwards. It seeks the climax, it goes outwards. Its meaning is doing, movement, tension, intellect and control. In terms of its quality, it wants to fight, control and generate, it seeks friction, solutions taken by mind, intellect or technology. It is the principle of direction, of speed, it is strong on the outside and weak on the inside.

If we look at the world nowadays which we have created, the exploitation of Mother Earth until today, we can easily see the results of a dominating Yang. The fire is too strong, representing itself through us by our pursuit of profit, power and money. We continuously produce and do not break down, figuratively speaking we suffocate in our mountains of rubbish and make ourselves ill with the water that we ourselves have poisoned.

Our planet also reacts to this with excessive warming. The water (the woman) is the opponent of the fire (the man). Water can contain fire, but should neither extinguish nor suffocate it completely. Then there would again be an imbalance.

Women in modern western society have also become hunters. For centuries, women have withdrawn from powerful positions while men alone had benefited. In the last centuries of history males took far-reaching decisions worldwide, conquered countries and discovered continents. They fought for their homeland and its enlargement, made politics or controlled economy.

Emanating out of their energetic disposition alone, they are the ones who will push ever higher, better, faster and stronger. And they have to, because that is their innate power and strength.

But the time for rest, peace, and insight is missing when Yang is dominating. We are at an important point in human history. Do we

want to burn down due to our own fire? Is money, power, economy and superiority really all we want to strive for on Earth?

The fire must remain true to its principle, because only in this way can it be preserved. But the water should also remain true to its original strength and not forget why and how it is needed in the interaction of the forces.

We are constantly changing, in reality there is no standstill. Everything is constantly altering around us: Stars are born or die in the cosmos, the seasons change, the climate, our physical condition and even our cells. At the fine-material level, everything is energy and therefore this change is possible very quickly and effectively in both directions. If I regularly generate the same vibration, it will manifest itself sooner or later. For example, if I repeat negative thoughts ("I'm afraid of getting xy because my mother died of it") over a longer period of time, I might start to put them into words. The more often I articulate my fear, my behavior will change accordingly. I might become more and more anxious about my health, which alone can materialize this disease. At the same time, we have the possibility to swing the pendulum in the other direction. We can visualize health and well-being in our body, utter affirmations and live in a state of inner peace, free of fear. It will take some time to neutralize negative predecessors with positive thoughts, but with the help of our mind we can balance and materialize health as well.

"We cannot solve a problem with the same thinking that created it," said Albert Einstein. If we want to change our thinking patterns, we need everyday solutions that we have at hand at all times and that we can apply individually without being dependent on a third person or a group.

The main energy in our human existence is the change between tension and relaxation. This principle can ultimately be reduced to breath. Breath alone is our ultimate healer, because in the balance of exhaling and inhaling our flood of thoughts is reduced, the mental and emotional balance is restored, and physical health results. Being in good relation with yourself means above all to nourish all levels of your body, mind and soul in equal measure.

For my well-being it is important that body, mind and soul are well connected. If I feel tension or restlessness, I can use simple methods. If they work I notice the effect very quickly by the fact that my breathing becomes deep and relaxed, disturbing thoughts disappear and difficult feelings dissolve quickly. In this book I will offer a couple of simple methods which are rather easy to learn or apply and will bring you back into your own and restore the balance of breathing in and breathing out.

Each of us has certain preferences regarding the level of nutrition, exercise and relaxation and must choose accordingly. Try out what serves you best.

Nature is probably our most obvious healer of all, especially by spending time in the forest. The atmosphere in the middle of trees not only reduces our stress levels, but also strengthens our immune system. Acidity in our blood is reduced and our lungs get filled with dust-free breathing air. Exhausted people can recharge themselves very well in this environment. Linger in the forest even helps with depression or psychological stress. In Japan, “forest barding” (treebathing) is nowadays even part of the state-funded health care. Many research funds are invested in examining the healing power of the forest.

A team of health scientists around the environmental psychologist Mathew White from the University of Exeter have published a study in Scientific Reports. They verified that the immune system already benefits from spending only 2 hours a week in nature. The trend is prescribed in Japan as Shinrin Yoku (healing forest bathing) as medicine and meanwhile also finds more and more followers in Europe.¹¹

The difference to a normal walk in the forest is the relaxation factor. When bathing in the forest, you dive into the forest. You are traveling very slowly. The biggest difference to a walk is probably strolling, i.e. leisurely walking, where neither the goal nor the duration is specified. Resting is allowed to give time not only to the body but also to the soul. This changes our focus. We start to perceive and enjoy sounds, smells, colors or shapes of the forest in a completely new way. Touching trees, leaves, grasses or fruits of the forest stimulates our senses. Our body adapts automatically and our movements become smoother. Our mind becomes calmer and more mindful. Our soul experiences a meditative state without pressure or intention. We breathe deeply by ourselves, in our optimal rhythm of exhalation and inhalation. We then feel that this is neither threatening nor boring. No more do we feel separated, but in connection with all the plants and animals that surround us.

Trees are fascinating creatures who even have a memory and feelings. They live in family networks. They exchange messages through fragrances or communicate via their roots.¹²

¹¹ <https://www.womenshealth.de/health/gesund-leben/so-macht-waldbaden-gesund-und-gluecklich/>

¹² Wohlleben 2015.

If you don't find time for a walk in the forest every day, you can look at natural landscapes, mountain peaks or water, or simply look at trees.

Quing Li is a professor of environmental immunology in Tokyo. In several studies with Japanese and Korean colleagues, he showed that a one-hour walk through the forest increases the number of immune cells. The immune system is also improved, while the levels of parameters such as blood pressure, cortisol and pulse decrease. In his work, the Japanese forest researcher attaches central importance to the messenger substances of the trees and has researched the effects of terpenes. Terpenes are phytoncides, which serve the plants in communication and defense against enemies (harmful insects, etc.). We also breathe this fragrant cocktail through our skin when we walk through the forest. Professor Quing Li says that a day in the forest increases our natural killer cells in the blood for the next 7 days. So that would be another fear-free way.

In addition to forest bathing, bathing in sound is also an inexpensive and simple healing method and health prevention. Sound is an energy that can penetrate our cell structure and affect our molecules. The most impressive and well-known experiment of changing vibration was conducted by Dr. Emoto with polluted water from Fujiwara Dam in Japan. The water was viewed under the microscope and looked like mud. Afterwards, a priest sang and said prayers to exactly that water. When examined again under the microscope, the water now had the shape of a snowflake and was beautiful to look at. Masaru Emoto was a Japanese para-scientist and alternative mediator who had been researching water since the early 1990s. In tens of thousands of experiments, he has found that water stores not

only good and bad information, music and words, but also feelings and awareness. His research was preceded by the considerations that crystals are solid substances with regularly arranged atoms and molecules. In his experiments, he filled water in bottles, which he labeled with either positive ("peace") or negative messages ("war"). He then froze the labeled water molecules and was able to establish a connection between the appearance of the ice crystal and the quality of the water. Water energized with positive messages always formed complete ice crystals, while water labeled with negative messages took on imperfect crystal forms.

70-75% of the human body consists of water. Listening to music makes most people happy and feel encouraged. Dr. Emoto's theory assumed that the water in the bodies of the recipients would probably change. According to his theory, vibrations such as music or words that are transmitted through the air probably affect water more than any other element. Good music and friendly words - already undisputed today - have a positive effect on water.¹³

The effect of sound, music or sung prayers on the human body is unmatched. Sound can restructure and rearrange molecules. Even if our system has been separated, through music we come into holistic contact with ourselves. We feel one through them, both with our deepest innermost core and at the same time with the entire cosmos. Music probably touches us so intensely because a heart pulsates in us that generates a unique vibration through its specific rhythm. When we are no longer connected with ourselves, we lose our very own song. The consequences of this can be diseases that may be even life-threatening.

¹³ <https://www.lichtkreis.at/wissenswelten/wasser-wissen/wassergedächtnis/>

Toning (humming) is probably the oldest and a natural form of sound healing. Tones are used to release pain with the help of the voice. Through this form of sound healing, different parts of the body vibrate in their own power, bringing them into an original state of harmony. It is a kind of reset button that is pressed in the body. Although there are no scientific studies on it, researchers assume that messenger substances and hormones are released. Toning can relieve pain or arouse feelings of happiness.

Even singing bowl baths are no longer rejected as esoteric nonsense. At least since studies have shown that employing them reduces depression, anxiety, stress, tension, anger and exhaustion, and increases well-being. The participants lie down with their eyes closed and listen to different singing bowls being played. Wonderful versions of Tibetan singing bowl meditations are available on the internet free of charge.

"The meaning of SOUND in general can be described as universal. Phenomena of the living which are comprehensible to nature alone can be represented as vibrational relationships. In addition, there is evidence that the living is influenced by changes in vibrations. [...] Human beings as a construct of a "sounding through" being can also be described biophysically as a cavity resonator. A space which is transformed from a potential force into kinetic energy by regularly repeating movement units (= frequency). From this moment on, biophysics and biochemistry speak of life. Pulsations like the breathing rhythm, the heartbeat and another about 200 rhythms in the human organism organize the fundamental life processes. [...] Geometric harmony always means tonal beauty. And yet: the INTENTION of the creator, human, seems to be decisive for the

*efficiency of potential natural phenomena in life. If the conscious connection with the causal is successful, wonderful HARMONY arises, which seems to be a direct expression of the invisible potential of love".*¹⁴

Sound healing was already used in Australia over 40,000 years ago. Originally, a yidaki (or didgeridoo) was used to treat mental and physical illnesses, injuries and even to accompany the dying process. Today sound healing takes place with instruments such as tuning forks, crystal bowls, drums, ultrasound devices or human or animal vocalizations.¹⁵

In fact, the results of the studies on sound and music effects research are astonishing and effective sound healing methods have been developed. Through decades of research, exclusive music is now produced with which the organism synchronizes itself chronologically under certain conditions. Here, optimal results were achieved through music therapy for depression or burnout, since the causes of mental impairments are often based on events that occurred in the pre-language phase of life and are therefore difficult to understand verbally.¹⁶

Music therapy is used today in the areas of psychiatry, neurology, neonatology, oncology, geriatrics or curative education. It helps clients with anxiety disorders, depressions, somatization and eating

¹⁴ Broers 2016, p. 17f.

¹⁵ <https://www.gaia.com/us/de/article/heilen-mit-klang-frequenz-und-vibration>

¹⁶ Vera Brandes is a pioneer in sound and music effects research. She is Vice President of the International Society for Music Medicine, whose research program she has been leading for 15 years. She was the initiator of Man and Music, an interdisciplinary research initiative at the Mozarteum University in Salzburg (Austria).

disorders, vigorous coma patients and has established itself particularly in pain therapy. Pain researcher Professor Günther Bernatzky (University of Salzburg) confirms the firm place of music therapy in the treatment of chronic pain. He also emphasizes its effectiveness in regard to the improvement of symptoms and psychological results that are based increasingly on evidence.¹⁷

While writing these lines in Austria the schools and childcare have been closed for at least 8 weeks. I stay relaxed and listen to the Earth. She is tired, life on her was too fast. People are rushing and breathing out. She found a way to take a deep breath. Some weeks in order to retreat and to refuel (inhale). Instead of panicking, we can now support our planet with very simple means. I am singing daily with my children, together or each one in her/his own tune. It is a special time when together we increase vibration through sound.

*Once upon a time...there was
The simple understanding that
To sing at dawn and to sing at dusk
Was to heal the world through joy.
The birds still remember
What we have forgotten,
That the world is meant to be celebrated.*¹⁸

In addition to the vibration of water, food is another fundamental factor for the nature of our physique. The food I choose reflects my thoughts.

¹⁷ <https://gesund.co.at/musiktherapie-12015/>

¹⁸ Quote from “River Song” of Terry Tempest, who is an American writer, educator, conservationist and activist.

Otto Warburg, German biochemist, doctor and physiologist, received the Nobel Prize in physiology or medicine in 1931 for the "discovery of nature and the function of the respiratory ferment". He proved that no disease can manifest itself in a basic and oxygen-rich cell environment. In addition to the mitochondrial respiratory chain, his scientific contributions were also the photo-synthesis of plants and the metabolism of tumors. Due to his development of composite enzymatic tests, he discovered an increased sugar metabolism in a large number of malignant tumors. His research results were the basis for the development of the PET¹⁹ examination in the 1970s.

A person's cell milieu is often disrupted due to one-sided lifestyle and eating habits, which in turn weakens the immune system and makes it susceptible to a wide range of diseases. Psychological and physical stress, a lack of sleep and, above all, poor nutrition are reflected in our acid-base balance.

Fruits and vegetables, we are buying are often treated with pesticides. The soil on which they are grown is enriched with artificial fertilizer, which contains only three specific minerals (nitrogen, phosphorus and potassium), but normal plants need around 52 different chemical substances to stay healthy and grow well. The vegetables available on the market suffer from a lack of nutrients.²⁰ Ready-made products or semi-finished foodstuffs are mixed with chemical additives in order to ensure the longest possible shelf life. Lemonade, fruit juices, energy drinks or alcohol significantly reduce

¹⁹ Positron emission tomography.

²⁰ More detailed on this issue: Gerson/Walker 2012.

the self-healing powers of our body. Healthy water straight from the source is a privilege. In Vienna, the tap water is obtained directly from the mountains via a high-spring water pipe, yet countless households prefer to buy mineral water in plastic bottles from the supermarket. For me personally, the quality of nutrition depends on the level of its vibration. A pleasant side effect is that the higher our body vibrates, the more positive our thoughts automatically are. I perceive the whole world by "feeling" its individual amount of light or in other words the density of each creature or object. Since I have been vegetarian for 30 years, it is important to me that the products have a high and pure vibration. My body loves food radiating light. My perception was underpinned when one day I accidentally became aware of Fritz-Albert Popp, who died in 2018. Popp observed the light of every organic cell, whether from humans, animals or plants, and discovered a weak glow in living cells that emitted only a few quanta per second and square centimeter. Due to his experimental evidence of biophotons he had expected to win a Nobel Prize in physics in 1975. Instead he earned derision and insult for his theories being denigrated as "esoteric" and "outrageous nonsense". Popp demonstrated that every organism, i.e. every living substance, emits a weak light with wavelengths between 200 and 800 nanometers. Healthy and organically produced foods show a significantly higher level of biophoton radiation than greenhouse goods. Popp discovered light in living things, and nowadays there is no longer any doubt about the existence of biophotons in science. Today, experts only argue about the source of this light and its meaning.²¹

²¹<https://www.spiegel.de/wissenschaft/mensch/biophotonen-das-raetselhafte-leuchten-allen-lebens-a-370918.html>

The foods we are eating are thus a fuel mixture of light. We humans are light beings, just like plants, and therefore need light-filled food. Growing fruit, vegetables or herbs in your own garden has now even spread to big cities in the form of urban gardening projects. Even on the balcony you can conjure up a little paradise with the help of simple containers. Growing your own food has a great advantage, as self-grown plants adjust to our individual needs.

Whenever we come into contact with a plant, as is the case with watering, fertilizing or weeding, the plant attunes itself to us. Through invisible communication it develops and enriches the mixture of its nutrients to what will serve our specific needs best.²²

Tompkins proved with his pioneering scientific experiments on the behavior of plants, that these are animated creatures. Like humans, they have feelings and memory, and can even distinguish between harmony and dissonance.²³

It might seem quite logical that specially grown food is particularly good for us. If we have enough confidence in our own light capacity, we will be able to go one step further. When buying fruits and vegetables from the grocery store that have already gone through many hands we can run our hands over these products at home every day and speak to them. This food adjusts to our vibration even before we process or eat it. We can employ this method by energizing our food also with dishes that have already been prepared, simply by blessing them or praying over them on our plates before eating.²⁴

²² William 2017.

²³ Tompkins & Bird 2018.

²⁴ Katzmarzik 2019, p. 75.

I invite all women and men to start this journey. Travelling into harmony with yourself. Each woman who experiences healing consequently means a man becoming intact and connected with himself.

When the water element is clean and flowing purely, the expansion of the fire will no longer have a destructive effect on the whole. It will then warm as well as enlighten us, carry the visions to heaven and implement them. Then it will not - as is currently happening - destroy entire habitats and biodiversity, and ultimately devastate itself.

4. Bridges

In big cities in Central Europe living together as a traditional parents-with-children family is getting less common. In 2019 in Austria only 21.4% of men and 20.8% of women lived with their spouse and children in one household. Especially parents under the age of 30 are affected by this tendency towards living together with their children, but without partner.²⁵

And then there are many childless singles, often deliberately choosing not to take on the responsibility related to procreating. Sometimes they feel that they need time to take care of themselves in order to keep their inner balance, especially if their parent-child bond was insecure, traumatization occurred in childhood, an emotionally abusive attachment pattern prevailed in the family, or family issues like paternal violence and addiction were present. Some of them refuse to have children as a clear rejection of transgenerational transmission, so that unresolved emotions or one-sided relationship patterns are not passed on to the next generation without reflection. The motives of childless singles might be consistently deep and are mostly linked to their original family structures.

There is no moral value attached to this decision at this point, it is neither "good" nor "bad" to decide against having children. The fact is that each of us has to bear some form of family burden, which we are challenged to face, regardless if we are in a partnership or not.

²⁵https://www.statistik.at/web_de/statistiken/menschen_und_gesellschaft/bevoelkerung/haushalte_familien_lebensformen/lebensformen/index.html

Undoubtedly, single parents are leading concerning the intensity of future fears, worries and feelings of being overwhelmed. Although they mostly live in a family association, embedded with their offspring, the compatibility of work, childcare, school education and household are a demanding daily challenge. The financial worries are enormous too - often this family form becomes a poverty trap. In Austria in 2019 there were 167,000 single parents of which 91% were women.²⁶

Whether in a parental relationship or single, women have a central position towards their family. A happy woman is like a colorful, warm planet on which her wishes and visions are realized. New life can grow under her heart, her wish towards creative process is implemented through her body. The mother's hormone level is transferred to the child, as well as her feelings, lifestyle, eating and sleeping habits. All these factors determine whether the transmission of happiness or stress hormones are dominant. The thoughts she ponders every day, her orientation and her actions are the basis of vibrations for the body that ripens in her womb.

Subsequently, she is the heartbeat of her family in setting rhythm and structure. Children need love, but also boundaries.²⁷

A mother should whole - heartedly live her values, because especially the female offspring is based on and will adopt her attitude towards life, even if only subconsciously. Through her upbringing her sons are given the opportunity to take responsibility or will feel that they should be served by women for a lifetime. A mother can have a lot of

²⁶ ORF News, Online am 24.3.2020. <https://orf.at/stories/3158250/>

²⁷ Rogge 2003.

positive influence on her family, if she acts with consciousness. She decides on the quality of meals, whether and how much fresh fruit and vegetables are available to her family. She decides either to invest her free time in cooking fresh meals daily, or in order to save time and energy puts frozen or ready-made meals on the table.

The mother usually spends more time with her children than the father, and thus has more influence on their upbringing. She chooses whether she raises her children in a competitive relationship, or she makes the extra effort to create cohesion and solidarity between them. She pays attention to the regularity and the sufficient duration of sleeping habits of her children when younger.

When her child is a teenager, she can either allow unlimited access to smartphone and gaming laptop without having to argue with her offspring, or she can deal with the young person and limit the technical possibilities to a balanced level.

The mother is in charge of shaping the quantity and quality of her child's leisure activities. She decides how many impressions and experiences the child has to undergo after childcare or school. It is up to her whether her child can also learn to keep herself/himself busy, to regenerate enough and sometimes to simply enjoy the quiet.

Thanks to Coronavirus parents get a great opportunity to face such issues. Many adults are overwhelmed, as they suddenly have to spend the whole day with their children and have to face their needs. They can no longer outsource educational work. Your children may not have learned to take care of themselves apart from smartphones, tablets, televisions or gaming laptops, let alone doing activities in the family association. Singing with others, making music, cooking, dividing up the household chores or playing social games, all of this can be great fun if it is appropriately combined and lived naturally.

A healthy woman with enough self-love will be able to do that. She determines the climate on her planet and will control damaging forces and if necessary eliminate the source from the overall system. She will do everything in her power in order to establish order, peace and benevolence in her system.

From the principles of her energy, the woman is Yin, the water. She naturally possesses deep feelings and devotion. The beauty resides in her softness and aesthetics. Water is a very strong force, which slowly and steadily clears the way and gradually and irrevocably reaches deep. The greatest female power is intuition. Woman can achieve peace, rest and relaxation relatively easily. She can enjoy emptiness and absorb other energies without effort. Even if she looks passive on the outside, her greatest strength is the quality of her loving heart which is an expression of her deep and inner fulfillment.

Women will be able to live their true qualities in the future. They will create a new world by expanding the magnetic field of their hearts. As soon as female creatures are aware of their true nature and apply their marvelous gifts, paradise will come on earth.

Upbringing is being a role model and loving purely. Both genders play their part in heavily influencing the world of the next generation. They do it indirectly, transmitting values, communication, words, lifestyle and consumer behavior, which will rub off on children. Today's youngsters are independent and confident. Healthy parents stand up to them and give them orientation. They face the verbal challenges and deal deeply with their youngsters' desire for friction and limits. In my opinion, there are two main factors today why we make life more difficult for ourselves and our children than necessary: we do not

spend enough quality time with our children and we confuse our emotional needs with those of our children.

Today everything is moving fast. Almost everyone, especially adolescents are permanently using their smartphone, are continuously online in social media platforms or various apps. This takes a lot of time. For convenience, conversations between friends or family members are moved to WhatsApp groups. Comments are given, emojis answered, in-depth discussions and arguments are avoided. Parents fear leaving their comfort zone by confronting their children because they are simply tired. Tired of the speed of everyday life, tired of the exhausting profession, tired of multi-tasking by bringing up children and doing the household, tired of dealing with their partnership relationship in order to grow together. Parents feel most tired when adolescents who are bursting with energy want to break through walls. In that age they long to be shown their limits, but this is a time-consuming and energy-intensive duty, where our capacity to love is required. A child or teenager who does not get sufficient boundaries and structures from his parent(s) does not feel safe, but overwhelmed.

For me, spending quality time with my children means sitting at a table, eating together, discussing, sharing experiences, laughing, arguing, winning or losing at games. From such experiences, even if opinions differ, children grow up who learn how to deal with their emotions, who learn to listen to others and who are sincerely listened to and appreciated. This kind of connection between adults and children or adolescents is very important so that the maturing generation has a chance to be emphatic, strong and just.

Sometimes parents don't want to give boundaries as they confuse their own feelings and needs with those of their children. But we must

understand that we were raised at a different time under very different basic conditions.

Your parents may not have been sensitive towards your emotional or physical needs when bringing you up. Maybe they treated you coldly, misunderstood your questions and answered brutally to your requests. Maybe you had to remain invisible, otherwise your parents would overreact to your presence. Maybe you have been beaten when disagreeing with their educational measures. Maybe you were physically hurt when being too alive or looking for boundaries. Or maybe one parent always put you down, just for the sake of self-adulation. Maybe you were a girl and had to watch your brother being constantly favored as the bearer of hope. Maybe your female energy was seen as weaker, dumber, or simply worthless. Back then, we all had to suppress our growing anger against our parents. There was room for discussion, obedience was to be honored above all.

Maybe you were a boy and had to suppress or suffocate emotions, because showing emotions meant weakness and was not tolerated. You should have been strong and were slapped when crying or showing softness. Lack of love inside our parents led to their educational measures. But they also were emotionally needy and starved, or overwhelmed by the reversal of the parent-child role to start with.

You are not such a parent. You always reflect your education and upbringing. You are sensitive and you do care about the physical, emotional and spiritual health of your child.

When we are integrally healed as women we raise our daughters fairly. We make them strong and promote their femininity. We stop suppressing them out of fear that they will take our place in the family

hierarchy. We no longer verbally lower them or treat them inferiorly like a servant maid. We no longer beat them when they contradict us, but calmly explain our point of view and listen to theirs. We do not look away when our partner or other family members approach them physically. We look and act, because our daughters should no longer have to accept sexual abuse as it has been the case for many women around the world for too long.

We then teach our daughters that making love to a man is something sacred, an act of transformation and fusion that needs to be celebrated. We then know that sexuality also increases us women because it brings joy to our body and makes us even more alive. Our daughters then know about their own value and look for partners with whom they see eye to eye and whom they can trust.

We then raise our sons to become men who are considerate. We convey values such as equality and live by them. We give them limits and face their search for boundaries and direction. And they will act in our sense if we no longer abuse them as substitute for our desired ideal partner. We will no more manipulate them in order not to having let go of their presence in our life. We will support them to make benevolent decisions for themselves. Nevertheless, we will intervene if they stride towards egocentricity. If we feel anti-social and ideologically questionable tendencies of their behavior we will discuss them together neutrally and look for new solutions.

So far, many mothers have unconsciously chained their sons to themselves, either castrated them or made them angry people whose hearts have been injured and who no longer want to open up to a woman. Some mothers kept them on an invisible leash, fed them emotionally for years, so the feast for their eye developed into a selfish and narcissistic being.

Upbringing already begins with infancy. Parents need to set limits, provide structure in order to establish a secure framework and be sure to care out of true love.

We can change ourselves, and this will later on spread into this world. Because our children are the future. Everything can come to renewal if we let go of the old and dissolve it: traumas, fixed emotions, manipulation or fixation either in a victim or a perpetrator role. Integrally healed women will look for integrally healed men. Men will follow our path when given the chance to.

A woman who truly loves herself will seek fulfillment and richness with her partner. She will not look for a man who offers her financial security or appears to be a suitable family man. A woman who loves herself loves her body and wants to open her heart. She wants to surrender to her husband and let him take the lead. But not because she is weak or dependent on him. She wants to surrender because she is self-confident, free and personifies personal responsibility. She stands with both feet firmly on the ground and can use masculine qualities when required.

A woman who loves herself enough, who lives out her femininity, wants to open up to her partner. By opening her heart and surrendering to him, which excludes material intentions, both partners rise sexually and spiritually to a new level.

A woman whose self-esteem or heart is still hurt by her family of origin is looking for a man to whom she gives everything he wants and needs in the beginning. Then she hopes that he will love her forever. Unfortunately, this form of love does not work, since it usually means that the woman is emotionally dependent on the man. If the woman

has too little self-esteem or too little self-love, it doesn't make her attractive for a man for long. Either he will soon find a new country to conquer, or he can never really go deep into the woman's heart because she denies him access.

Such a relationship of emotional dependency or need, in which a man serves as financial security or as a family father, is no longer enough in current partnerships. Because then a man has only a flat presence in the emotional life of his woman. At the same time, he feels her pragmatic desire to use him for certain necessities in her life, and these low intentions of the woman also flatten his feelings for her. Very quickly there is a lack of depth in their encounters. The man withdraws emotionally and immerses himself more and more into his own world of thoughts. While they are together, he ponders about his own projects, goals and plans. His emotional curve is steadily flattening because he is only happy if he is successful in life.

A man is forced to flee when a woman is emotionally in need or when her feelings are extremely wry in both directions. Because it feels like a lack of success to him, having failed to make his woman happy.

A woman whose soul is hurt cannot really open up and allow deep feelings. According to the law of resonance, she will seek and find a partner with whom she repeats the injury. Since this part seeks integral healing in her, her injury will continue to speak until she takes a new path, finds a new form of love for herself. A healed woman is taken in by a man and allows him to connect with her. She enjoys it when he takes the lead and increases it. As soon as he makes her swing higher, he is happy because his mission was successful. He has taken up terrain and left an emotional impression on her. This imprint is the wish to connect with him again and again and to open herself

up to him completely, to be completely taken over by him. This happens in encounters and relationships when the injured parts of both genders are integrally healed.

It is now time to take responsibility for a new form of partnership and relationship. We do not have to separate from our partner in order to succeed. It is our job to redesign the way we live together, to go deep mutually. We are requested to dive into pure love. Mostly it is about forgiving ourselves for what we have done to ourselves and others until now. This will result in a domino effect. If you forgive yourself, your partner will follow.

This might also go viral, but bearing the name self-love, from which unconditional love will arise. May all of our relationships in the future be like this, bringing a new form and a higher dimension.

This change in us takes place when we take the time and effort to make it happen. It's a good thing that we're currently being slowed down by the circumstances outside. We now have enough time and space to think about ourselves and our relationships with our partners, children, friends, but in particular with Mother Earth and nature. We need to open our hearts towards pure love.

*We are all born as light
and everyone will remember
that they are light.
This will be our future!*

*There will be a great light
and you are going to be this light.
There will be great healing
and you are going to be this healing.
There will be a turn to love
and you are going to be this turn of love.*

*Love will be the currency of every country
and the vision of good becomes
the future law of every country.
A little thread of light will grow
develop into a heavenly light.*

Let there be light!²⁸

²⁸ Von Dreien 2018, Teil 1, p. 315.

5. Rhythm

A healthy and powerful physical body will balance our thoughts and emotions. If our physique is well trained we are offered stability, even in emotionally or mentally demanding situations.

The principle of rhythm and vibration tells us how important it is for us to bring movement into our own lives. Some of us prefer standstill, but this is an illusion. Motion is a universal principle, everything is constantly moving or flowing in some direction. Life means permanent change. We cannot hold on to the moment.

Sometimes we are afraid of changes and we try to resist. In the beginning we may only cramp a little, but if this condition persists we can gradually freeze on a physical and mental level. In the long run, this solidification can stress us mentally to the extreme and turn us physically ill. There is a German proverb: "If you rest, you will rust!"

Movement by exercising various types of sport is a blessing and brings flexibility as well as spontaneity into our lives. Sport can inspire and transfer from the physical to the mental level, also in regard to changing daily habits. Sometimes we hang on to stiff repetitions because we think they support and strengthen our basic trust. However, when life is no more than repetitive habits, it's time to break out.

On a physical level, sports are important for our circulation, a healthy acid-base balance, reduced water accumulation in the body and increased the energy levels in the long term. Our happiness increases as our life energy is flowing better through our body.

That doesn't mean excessive exercising for hours every day. Anyone who takes a walk, rides her/his bicycle, or exercises other forms of

light movements daily will quickly feel their benefits. The physical tension eases, our mind becomes calmer and more receptive. A walk of 60-120 minutes can considerably improve our mental well-being.

Yoga is not a sport. Even if you can't tell the difference in the booming courses in the west with names like "Power Yoga" etc. These attributes strategically chosen clearly represent the values of our western society, which are primarily intended to serve customer acquisition: fast, dynamic, sexy, successful. The course content, however, is not always closely related to what was the actual goal of this Indian spiritual practice, namely to attain Moksha²⁹, the redemption from the cycle of existence.

Yoga is a Sanskrit term and actually means "harness, yoke" and subsequently also "assembly, connection, skill, ability, technique, unification". In Yoga, the focus is on the connection of body and mind, the mind should be harnessed to the body or expressed in another way: Yoga is the method for calming thoughts in our mind. The underlying philosophy of most Yoga classes or trainings offered in the Western World are based on the Yoga sutras.

This original work of classical Yoga contains short guidelines that were passed on by teachers to their pupils orally. The fabulous Patanjali³⁰ allegedly wrote down this huge collection of ascetic techniques and contemplation methods which have been practiced for centuries.

²⁹ „Moksha is the art of reaching beyond the boundaries of the sensory world in order to discover, experience and enter into the timeless reality underlying the lifelong dream of the world. Nature and man [...] are probably noted by the wise [...], but only in order to reach through them to his highest metaphysical good.“ Zimmer 1973, p. 53.

³⁰ Some scientists attribute the Yoga sutras to the grammarian Patanjali (2nd century BC), while modern research on South Asia put him in the 2nd and 3rd centuries AD.

Patanjali defines Yoga as the "suppression of states of consciousness". According to his teaching, there are an unlimited number of states of consciousness. According to him these differentiate between the following possibilities of experience: 1. errors and delusions (dreams, hallucinations, errors of perception, confusion etc.); 2. the totality of normal psychological experiences (feelings, perceptions or thoughts of people who do not practice Yoga); 3. parapsychological experiences that are only accessible to those who are initiated into Yoga techniques.³¹

Hatha Yoga became the most popular in the West and includes body, cleansing and breathing exercises.³² This branch of Yoga emerged in the 10th-12th century AD and was originally a spiritual path providing individuals with the possibility to attain enlightenment in this life. The practitioner's body was regarded as a place of knowledge and truth, he hence could become a "liberator of his life" (jivanmukta). In Hatha Yoga, the body is given an unprecedented status.³³

The following main tools are used in Yoga: body exercise (asana), cleansing exercise (kriya), muscle contraction in the body (bandha), breath control technique (pranayama), gesture (mudra), sound (mantra), contemplation support (yantra), meditation (dhyana).

I would recommend especially for beginners to practice under guidance of a sound teacher or in community. I would like to present two simple but effective tools of Yoga at this point.

Yoga, even if it is only used in its physical form through the practice of physical exercises (asanas) supports our current transformation

³¹ Eliade 1985, p. 44.

³² Hirschi 2000, p. 221

³³ BDY 2003, p. 97f.

process. It unites inner and outer change, so that our knowledge becomes wisdom through experiencing it.³⁴ Initially the Yoga practice starts with our bodies being not very subtle. We will gradually be sensitized and energized. Then our body consciousness and perception alter, which passes and expands later on to our surroundings. Ultimately it changes our life fundamentally. Since people already knew about the effects of specific positions on the body 2000 years ago, the majority of physical exercises mimic the movements of animals. Asanas balance the endocrine, hormone and central nervous system.

The practitioner feels her/his body in a more sensitive form, since his attention is directed through the body and the nerve pathways. Physical stress is reduced and this affects our psychological stress. The body reflects the mind. If your body is in flow, your thoughts will follow.

Through Yoga everybody can create a strong connection between body, mind and soul. Yoga practice of today's Western World is particularly successful as an additional therapy for diseases such as asthma, diabetes, high or low blood pressure, arthritis, digestive disorders or other chronic diseases. It has now been scientifically proven that the practice of Yoga has a harmonizing effect on the nerve pathways and the endocrine system, thus influencing all systems and organs of our body.

We as part of the Western World tend to have a quick and analytical mind. For this reason, dynamic Yoga is the right choice for us. "A fast

³⁴ Saraswati 1997, P.5f.

mind needs a quick Yoga" because our body tension is harmonized, excessive flood of thoughts or pent-up emotions are balanced.

The tools of Yoga keep the body healthy, calm the mind and make our hearts beat happily.

The second easy-to-use Yoga tool is mudras. The real meaning of this Sanskrit word is seal. It is a seal that brings joy. Strictly speaking, it is universal knowledge used in all cultures, as everything we think or feel is accompanied by gestures. In Yoga, mudra is not limited to gestures of the hands and fingers, but includes also body exercises (asanas) as well as tongue or eye positions.

If you look closely at Buddhist or Hindu statues or pictorial representations, you will recognize that the respective deity or the respective aspect of the Buddha is represented in a specific hand gesture and finger position. Jesus or saints are also often represented with hands shaped into mudras. These hand or finger positions usually symbolize protection or teaching, but also blessing, forgiveness, affection or composure.

This ancient healing knowledge is known in cultural circles around the world. It was usually passed on orally in families from generation to generation. Even without knowing the power and effectiveness of the mudras, we use them daily unconsciously. It is a deep inner wisdom we have.

On the one hand, mudras reflect our feelings and thoughts. On the other hand, mudras can have a positive influence on our thoughts and feelings.

On the physical level, mudras mainly work via energy channels, which are called nadis in India and meridians in Chinese and Japanese medicine. Organs, body areas, zones or depths are assigned to each

finger, but these differ from one another depending on the school and origin. To make a comparison here is too wide-reaching and would lead to confusion. In the following I will name the meaning and effect of each finger referring to the Healing Art Jin Shin Jyutsu, since I have been familiar with this system for 20 years and am practicing it perpetually.

The knowledge of the mudras is innate. Deep within us we have wisdom and intuition to choose exactly what we need for our being in harmony and balance. Even simpler than practicing mudras, which we can be learned via classes or literature, is the use of Jin Shin Jyutsu (pronounced: dschin schin dschutsu).

This gentle, but powerful healing art was reinvented in the Far East. It can be used as self-help for everyone without prior knowledge. The greatest benefit for me by employing this art of harmonization is that you can just do it. You neither have to identify with the philosophy nor have faith in it. Jin Shin Jyutsu will always work when being used. By simply touching certain parts of the body or holding your fingers, you are able to gently release mental and emotional blockages, discomfort and stress.

It is so simple that any child can do it. The success shows itself immediately. It is a fantastic story we are creating in and with ourselves, like a fairy tale we were listening to as children.

The biggest advantage of employing Jin Shin Jyutsu by holding your fingers - in comparison of practicing yoga mudras – is that you don't run the risk of triggering an emotional overload in your body by applying this art. Those who regularly hold their fingers will increasingly develop a better feeling for how long they want to hold each position.

The simplest way is to start at the thumb of one hand and then hold each finger in a row up to the little finger. Don't use pressure, just hold your finger at the basic joint. Then you start with the thumb of the other hand and continue the exercise until you reach the little finger. Each finger should be held for at least 3-5 minutes per session. There are no limits to the top. I can remember when applying this self-help I would sometimes stay for 75 minutes with my left thumb before continuing to the index finger. For me personally, holding my thumb is a particularly intense experience.

Jin Shin Jyutsu releases physical, emotional and mental blockages. Complaints and stress are discarded. The body relaxes, the breath becomes deeper, our body's own defenses and self-healing powers revitalize. Health and well-being expand into our body.

The rediscovery of what we call Jin Shin Jyutsu is so magical that it deserves a detailed description here. It is the story of two courageous people who due to their humility and dedication towards the universal creative energy accomplished their life's work. Their motivation was driven by pure love.

Jiro Murai was born into a family of doctors in Taishoomura (today Karga City) in 1886. As the second son, he was free to choose his profession. He went to the Technical University to study silkworm farming. But he was more interested in real life and wanted to feel it. That's why he kept looking for debauchery and extreme situations on the outside. He was particularly impressed by the effects of food on the body. He fasted on his own for weeks, but also successfully took part in feeding competitions. At 26, his health was so bad that no doctor could help him.

In order to save his family from the disgrace of premature death, Jiro Murai had himself carried to his parents' mountain hut in order to die there. He meditated alone in silence. He practiced mudras of Buddha statues known to him. In this process he underwent various states of body and consciousness. He was ready to die at any moment. His body became gradually colder for six days, on the seventh day a great heat arose inside. A burning fire went through him and he lost consciousness.

However, on awakening he realized that he had not died. Surprisingly he got up and ran down the mountain to his parent's house. He felt deep gratitude and awe for what he had undergone. Therefore, he vowed to dedicate his life to exploring his experience.



He subsequently studied old scriptures, meditated and fasted for weeks while practicing the dynamic finger positions. In contemplation and meditation, he turned his attention inwards and felt currents of energy flow through his body. This perception filled him with an overwhelming feeling of harmony and peace. He started to record his physical experiences. While studying ancient scriptures, he discovered that his experiences corresponded with the already known meridians. But his perception far exceeded.

Over the years, he formed a synthesis of traditional knowledge and his own research. Firstly, he called it "art of happiness", later "art of goodness" and finally Jin Shin Jyutsu (art of the creator employed by compassionate beings).³⁵

Thanks to Mary Burmeister the Art of Jin Shin Jyutsu made its way to the Western World. Mary was born in Seattle in 1918 as daughter of Japanese parents. In 1940 she went to Japan wishing to end her search for the meaning of life. She wanted to study diplomacy there and tutored English classes in order to make a living. One day, one of her students invited her to a lecture from Master Jiro Murai. At first, she didn't know what it was about. She listened to his words with fascination and was touched deeply inside. Master Murai spoke about a knowledge which lives inside our soul. It contains wisdom and enables our greatest healing power to spread. This will always be the case when we live in harmony with ourselves and the laws of the universe.

Mary became Jiro Murai's student and studied with him for 12 years. In 1954 she returned to the USA and started a family there. It was

³⁵ Riegger-Krause 2007.

only many years later that she began to practice what she had learned from him and to pass it on to other people. She hesitated a long time because she originally thought that you always had to understand everything correctly before you can pass it on. But in the course of her self-study, she realized that Jin Shin Jyutsu is a lifelong study.



Mary never advertised for her sessions or classes. She began to apply this healing art in her living room, but it soon became too small. She opened an office with her friend and colleague Pat Meador. Both lived in their simply BEING the philosophy of Jin Shin Jyutsu. On January 27, 2008, Mary Burmeister peacefully left her physical shell.

In her classes she usually wished farewell by saying: *“Thank you! And in unconditional cosmic love, I will leave you physically, but be ONE with you forever. May each and every one of you discover the teacher inside yourself and be happy.”*³⁶

In Jin Shin Jyutsu all wisdom, philosophy and experiences in life are contained. The more we get to know and love ourselves, the easier our life becomes until we may one day experience the BEING.

Jin Shin Jyutsu awakens our awareness that all life in the universe and every single body is based on a “force” that enables life.³⁷ Mary Burmeister developed this art further for us in the West. She added and elaborated the concept of depths and their attitudes/attributes. According to her, the life energy from the source of all sources condenses in various stages, the so-called depths. Because they are interwoven, they form the invisible consciousness, thoughts, emotions and the physical body.

Our life force exists in different forms, energy becomes matter and matter in turn becomes energy. By simply holding our fingers, we influence our exhalation and inhalation. Ultimately, Jin Shin Jyutsu is the art of harmonizing the breath. Jiro Murai said that our biggest helper is our breath, followed by the fingers and only then the rest of all possibilities should be applied.

I would now like to go into the meaning of the fingers in detail. Master Murai's entire knowledge and research is an incredibly large spectrum and can be learned in a wide range of course modules

³⁶ Riegger-Krause 2012, p. 8.

³⁷ Riegger-Krause 2012, p. 8.

worldwide.³⁸

It is possible for everyone to hold her or his fingers without any previous knowledge. You can practice it when travelling by public transport, but also when meditating in a secluded place. You can hold your fingers during business meetings, in front of the TV, in the cinema or just when your hands are free.

Exercise to harmonize all depths in the body:

(3-5 minutes per sequence)

Place both palms together³⁹

Hold your left thumb

Hold your left index finger

Hold your left middle finger

Hold your left ring finger

Hold your left little finger

Hold your right thumb

Hold your right index finger

Hold your right middle finger

Hold your right ring finger

Hold your right little finger

Place both palms together

What energies do you activate by holding the palm of your hand or each individual finger? Answers to those questions fill entire books

³⁸ www.jinshinjiyutsu.com, www.jsj.at, www.jinshinjiyutsu.de

³⁹ You can fold your hands in prayer or put your fingertips in the palm of the opposite hand.

and are the content of seminars lasting for several days. To stay simple, there follows a short and concise description of the benefits of the respective finger or hand position for our body, mind and soul.

Palm:

In Jin Shin Jyutsu the palm of the hand is assigned to 6th depth. It monitors the physical body, including its endocrine system and all circulations.⁴⁰

It is the energetic envelope that contains our breath of life and that dances down to become a spine⁴¹ in order to manifest itself in different levels.

We reflect the cosmos through our endocrine system. The endocrine system is like an energy field, three-dimensional, which can be harmonized solely by sound.⁴² For the sake of simplicity, it can be thought of as a sphere, which, however, is mostly invisible to the human eye. The information content corresponds to the energetic blueprint.

Our 6th depth is assigned to the moon. It reflects the light of the 7th depth, the sun, but cannot shine out of its own power. It governs the emotions in the body. It is our life flow, our life breath, our essence. The 6th depth harmonizes life in us and us in life.

Holding the palms of our hands supports us with critical projects or strong energy needs. This provides us inner peace and joy.

Thumb:

The thumb is assigned to the earth element, as well as to Saturn. The

⁴⁰ Jill Holden, "Mentoring Program". Scottsdale, February 2007.

⁴¹ Wayne Hackett, Special Topic Class „The Spine“. Dubai, February 2009.

⁴² Jill Holden, „Critical Labels“. Dornbirn, Mai 2008.

thumb gives us security and basic trust. It balances us when we live in the past, be it through our feelings, thoughts or memories. Holding our thumb brings us back to the moment. The thumb helps us to become grounded, to find direction.

It represents the 1st depth, the nourishing principle. Our thumb makes cold people emphatic, makes us feel in healthy middle grounds between sympathy and compassion. It gives us structure and immunity. We feel at home when we harmonize through it. Holding your thumb is particularly helpful in times of change or during processes of alteration, since it grounds us.

Index finger:

The index finger is assigned to the water element and Mercury. It gives us courage and confidence should we get stuck. It helps us get back into the flow of life when we are suffering from stagnation.

The index finger is assigned to the 4th depth and especially helps in processes of cleaning, detoxification and the exit of toxins. It promotes everything connected with transformation and transcendence. Holding the index finger supports all flow processes and supports our regeneration.

Middle finger:

The middle finger is assigned to the element wood, as well as Jupiter. The wood is the key element that balances and binds the 4 elements. This so-called 3rd depth supplies the body with the spark of the 6th depth, so it is regarded as general harmonizer.

The middle finger helps us to become creative. It supports us in implementing expansion and willpower in our lives, and enhances all

projects of innovation, growth and vision. It favors us to make the impossible possible.

Holding the middle finger balances our emotions, especially when it comes to anger, aggression or frustration.

Ring finger:

The ring finger is assigned to the element air, as well as the planet Venus.

It lovingly cares for a healthy connection of body, mind and soul, since it harmonizes our logic and our thoughts. It allows us to use our common sense, releases painful memories.

The second depth tells us about the new beginning and asks us to finally forgive and forget. Living in the past blocks us because it means we haven't let go of old injuries. We can only raise our awareness if we live in the moment. The breath harmonizes our consciousness. A deep breath means a self-loving being.

The ring finger helps us to feel gratitude for what we have and are. To deeply accept: it is like it is.

Pinkie finger:

The little finger is assigned to the fire element, as well as to Mars. It adds joy to our lives, makes us feel rich in vitality and passion. The 5th depth supports us in our desire to be happy and full of enthusiasm. It is the energy that makes our eyes shine brightly. It provides us with strength and encourages joyful movement. The little finger lets our spiritual light shine and our hearts laugh happily.

Jin Shin Jyutsu is a great gift from the East to the West of which you

find only a very short extract for the use of your fingers here. True depth and magic can be experienced by practicing daily.

Grace has been given to me to get to know this Healing Art since long. I do feel deep gratitude for being able to use such a simple tool anytime and anywhere.

6. Balance

The moment has come when the great dark cloud of greed undergoes illumination. The layer that has been becoming increasingly dense over time. Predominating this planet for a long time, consisting of materialism, enrichment at the expense of others, dark machinations and abuse of power. Now the moment has come when this cloud dissolves and light breaks through. Enough people are ready to take on new tasks for the common good. Worldwide and global developments suddenly affect us all as human beings. We no longer experience ourselves in separation, but again in unity. In this time new solutions are required.

Each of us can contribute her/his personal light, depending on the area in which we can manifest our greatest potential and highest vibration. Our planet needs to heal, and we need Mother Earth in order to heal ourselves. After having exploited, devastated and polluted her for so long, time has come give her something valuable back in return. Maybe we will serve our planet or community for a while by providing our knowledge, craft, or skill free of charge. That is the new world order which we can live purely by thinking and acting differently. Unintentional and unconditional giving, for which we will one day be richly rewarded. The right moment to act is always NOW.

As bad as the restrictions due to the corona virus are for humanity at the moment, this global deceleration means an important moment of breath for the environment. At the moment there is a global exceptional situation. The traffic of cruise ships has ceased and relieves the seas, CO² emissions are reduced due to the standstill of many factories, the restricted air and car traffic, but also the reduced

global goods traffic. Light pollution, especially the unnecessary light emissions at night, are eliminated through the temporary closure of shops and companies. Due to initial restrictions, fewer people are out in nature, which provides more space for its other inhabitants.

Until recently, nobody could have imagined what has been happening in my country and worldwide in recent weeks. For decades, experts have been calculating how to avoid or reduce a climate crisis and what these reductions should look like. Now suddenly people worldwide were obliged to stay in quarantine. No more excuses, in my country even economy lost top priority, giving way to humanity. In my country innumerable people's lives were saved through consistently enforced immediate measures.

In the private sphere, people are moving closer together. The families were forced to spend a lot of time together again. In some apartments everything was peaceful and time flew by. For us it was a nice get-together over a long period of time, without any stress or tension. Each of us did the necessary things at our own pace, community activities came about casually. Over a long period of time we managed to tune ourselves better and better to each other and to act together in a very benevolent, helpful and accommodating manner. This time out will only be remembered positively. It may have been similar in other families.

Otherwise, if there had already been problems in the partnership, the initial restriction became a catalyst: the partners found each other again or they decided to separate. It was just a quicker clarification of the overall situation, the pandemic helped to clarify many things quickly on many levels. In a relatively short period of time it became manifest what would have happened sooner or later anyway.

Wonderful things have happened in our neighborhood. Young people helped older ones. In my apartment complex and neighborhood you could see people acting friendly, respectful and helpful towards each other.

At the national level, individual governments or politicians showed their true faces. Their behavior (such as ignorance) or the implementation of targeted measures made it very clear who got stuck in the cloud of greed and power and who was really concerned about protecting their citizens.

Domestic agriculture has been experiencing an upswing. Not only because of increased demand in direct marketing for Austrian farmers. Due to the border closure, the cheap foreign labor force was missing in the harvest season, and now unemployed Austrians were able to secure temporary income while serving both farmers and consumers.

In the quarantine there was suddenly no more “bread and games”. Sports events were canceled and no one could distract herself or himself with tennis or football for nights on end.

We learned how little we do need in order to be happy, as long as basic service is guaranteed. Permanent economic growth is an absurd idea that is kept alive by an inconsiderate consumer society. People finally found time to breathe deeply and think their values over. Clearly not all of them did. Some were busy sharing conspiracy theories or spreading criticism for governmental work on social media platforms. Others took the humorous way to deal with the global crisis. Many had to grapple with their livelihood or loneliness.

An important question of these days for me is: Do we remain dependent on our excessive consumption behavior? Will we continue shopping frenzy, craving for pleasure or insatiable travel fever?

Now is the time to decide how we want to live together in the future. What are our personal values? Which pace will we choose? In which direction will we move? Which values do we pass on to our children? Do we focus on inner harmony and positive actions for the community?

The truth is that neither the world, nor nature, nor people are sick, or the virus extremely dangerous. It is an opportunity. The world rises in consciousness.

Gaia, Mother Earth, is in self-healing quality. She chooses this form in order to regenerate and revitalize. All by herself, from the energy of the cosmic will. She aspires to her ascent, expansion, awareness, abundance by unfolding.

At the same time, something is happening to humanity. The pioneer path that our planet Earth has taken was chosen to form a new partnership between nature and humanity. Mother Earth goes ahead and we follow her lead.

Thus, we are also undergoing a change of consciousness, ascent, extension deepening and quality of transparency. That is what it means to integrally heal.

How can we use this in our lives now? To keep it simple, I choose the image of the caterpillar. We are currently experiencing the time quality of being a caterpillar. We are deeply aware that within us, inside the caterpillar we currently are the finished butterfly is already there. Just as everything is saved by God's love or the power plant of

cosmic energy, everything also has a certain time quality. There is a time to act, a time to rest, there is a time to meet and a time to look inside.

Time of pupation will also happen to us. And it is taking place at the moment. On the material level, there is still a caterpillar, which is soon no longer there, and now a butterfly, which so far has only existed in the energy of pupation.

In this state we now encounter a quality of darkening, narrowness and being locked up. For us it may feel like deprivation of freedom, but nothing can be taken from us neither in our hearts nor in our sensations. That means that it is our willful decision NOW to choose the new, the original trust. We can decide at this level. In this pupation phase, in which there are actually so many people and our planet Earth, some are already with the shell open. The butterfly lies in it, its wings are still folded and glued together.

The butterfly is already breathing the air of the new, the new currents of the planet Earth. He already perceives this magical stream of life, by which he is drawn out after the time of pupation which is occurring when the pupation is completed. The life and soul task of a butterfly is just to fly around easily. It floats from flower to flower. Everyone is delighted with its elegance, dignity, beauty and lightness. Gratitude flows through people when they look at it. The butterfly is mainly seen in spring and summer times, rarely in autumn. When the butterfly flies, it means winter is over.

Mother Earth now gives us the opportunity to start anew as human beings. We now see clearly how vulnerable we are. How few decisions are actually ours to make. How delicate our artificial world,

how fragile the economy and everything else is for which we have so far wasted our life energy and lifetime.

The real values, we become aware in the time of quarantine, are suddenly no longer so different for each of us. We are limited in our range of motion, we should not maintain social contacts except those of our own family. Suddenly the veil we have been wearing for decades is falling. We see the truth. We recognize that our family members are the most important people for us. Perhaps we have the chance to get in touch with them again. We have to deal with our partnership. During this time, we find out whether we have chosen the right partner or whether our relationship is a place we would rather leave.

Suddenly mothers spend the whole day with their children. They do have to educate them now. No more handing over upbringing to institutions in the hope that the latter will do the educational work. We are given time now to play with them, to talk to them, to learn with and from them. How lucky that smaller children finally have their parents as much as they had always wanted. We have to re-agree rules of coexistence with the teenagers. We can no more escape by going to, or doing excessive sports, right now there is only socializing on the virtual level.

We can choose to spend most of our time on social platforms or we can start spending time with ourselves. We can face our deep fears and resolve them. A new era requires new solutions. We can now get really creative and focus on wishes and hopes.

But we can only do this if we have enough self-love. Self-love, in turn, can only arise if our heart is pure and healed. Only in this state we can love unconditionally.

We will love our children for being the wonderful beings they are: luminous figures, full of dreams and ideas. We love our partner and in the act of merging we recognize the divinity in him/her and in us at the same time. We no longer have to measure ourselves, no longer need to compete, or solely want to surpass all others.

The greatest victory is in overcoming our ego. If we succeed, then we want to reconnect, immerse ourselves deeply. We recognize each other's beauty because we perceive our own beauty. We appreciate and love each other because we have learned to appreciate and love ourselves. When we are truly connected inside ourselves, we experience oneness instead of separation. We then have the deep knowledge that we are connected to everything else on this planet and in the universe. The rise of mankind takes place through empathy, through the expansion of the heart energy of each individual.

Now is the greatest chance for a new beginning. We start to think new, feel new, recreate ourselves new through our thoughts. The past no longer exists when we and the other have forgiven ourselves our injuries.

The future is a materialization of our actual thoughts. Only the now counts, this very breath and our mental orientation. The present moment decides everything about what we name "future".

Whoever manages to live NOW will experience the highest peace, freedom and joy. If enough people reach this state, then we ascend collectively. Each of us possesses the divine seed that enables us to reach this state of being:

*Enlightened beings see no difference between humans and animals
they love without exception, unconditionally.
They see God in everything that happens to them.
When we reach enlightenment, we are simpler, less complicated
do not ask for material goods, have lost our ego.
The more merits we have accumulated in our lives
the higher our soul rises.
If our body is destroyed, it doesn't matter.
Our body is the vehicle, the soul the driver.
Even though it often changes body
if it stays alive, it always stays the same.
When you realize what truth is, you understand this within
and only live in this consciousness ...
then you are in the state of enlightenment.
Enlightenment means that people find peace
means all-love that doesn't expect anything.
Love as a natural state
like the sun, the light, life and energy
donates to the whole world without expecting anything
or to be take care of.
In the eyes of an enlightened being the whole world is one
all people and all animals, it is same for him.
He won't make a difference between men and women
young, old or children.
Not even between humans and animals.
For him everything is inspired
the soul of the tree is like his own soul
the whole universe is one.*

*The unconscious, subconscious and conscious
all of these three parts of our brain are awakening
and become knowing.
People become wise and that's what we call enlightenment.*⁴³

⁴³ Speech of Jamuna Mishra on a Congress in Vienna in 2005.

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