

## **Summary of the book “Fluid Spirit“**

The intention of this book is to give to the reader numerous effective suggestions, exercises and guardrails for her (by the way, throughout the book the male and female form is used alternately for the sake of simplicity) personal awareness-development. By maturity and wisdom within this area the reader will be able to deal much better within every field of everyday life and will ever feel more at home in real life. It is not the concern of this book to lead from the real world into a detached spirituality, but on the contrary the union of spirituality and reality. Events in the material world are not understandable without the knowledge of the spiritual level but rather appear senseless and chaotic. Therefore it is understandable if humans, over challenged, disappointed and full of longing, try to turn away from real life. Only comprehensive knowledge within the energetic-spiritual area, which I try to communicate in this book as descriptive as possible, permits to see the sense-correlation of the own life record embedded in the whole and on this basis to enjoy the own life from moment to moment and shape it creatively. The results of a successful awareness-development are ever more frequent conditions of joy and enjoying. One feels up to life and in good hands with it. It was our utmost concern to create this book as understandable as possible and so we inserted many examples, exercises and illustrations into the text and avoided foreign words whenever possible or explained them. To the reader the tool is communicated, in order to be able to pursue awareness-research by them, with the goal of a founded expertise.

As said the goal of this book is to point out a way of how one can feel at home in the material life viewed as a whole and master it with well-being. On this way it is, in our opinion, unavoidable to deal with the question of spirituality. We have (by the way also like Ken Wilber) the opinion that the development of the human awareness represents a large progress to the today's intellectual, realistic pertinentness. Above all mankind developed from a pictographic to a rational view of the world particularly in the countries with a relatively high standard of living. No more the faith in picture stories stands in the foreground as in the Middle Ages, but the functioning of the real daily routine, what brought us the technical progress and many conveniences of the affluent society. Through the increase of education and awareness, the blind faith in former natural myths and religious principles gets increasingly lost. More and more humans recognize the difference between the pictures of thinking on the one hand and the reality on the other hand, so that its religious faith starts to falter. They now find themselves exposed to the cold of the material world and do not see any sense of hope any more. This phase of the human development inevitably leads to psychological and psychosomatic diseases as well as to psychosocial disturbances, if no entrance to the spiritual level of existence will be found. The rescue from the senseless and hopelessness of the materialistic thinking consists in the search for the spiritual truth. This search is delicate, because without a simultaneous appreciation of nature, the human society and the conveniences of the progress it

can lead to confused fantasies. Up to now, as to our knowledge, there has been no such a consistent connection between reality and spirituality as we describe it in this book. It is not about fantasies, but about a life-competent development and differentiation of the human awareness.

We define spirituality in form of two steps. The first step consists of the fact that one finds a deliberate access to life`s-energy. Because there is not only the material, but also the life-energy. By purposeful meditation exercises one learns to be aware of life-energy and to recognize it like that. The reader finds a comprehensive overview about the practical use of meditation exercises and the most important awareness-expanding techniques in part 3 of this book. The second step of the spirituality consists in the discovery of the rules, which on the energetic level control life. We have discovered that a power is acting through life-energy which guides our destiny. We call this power the higher power. The destiny of each individual human being is no coincidence by our experience, but is guided by the higher power. If we would like to get satisfied and happy we don't get around to examine our own attitude to human beings, to the world, to nature and to the higher power for its negative and positive content. The second step of spirituality contains, as main topic, the development of a friendly personal relationship to the higher power. The examination and change of the own attitude to the life are therefore brought up for discussion again and again in this book. Asceticism and escape from the world are, based on our experience, not necessary, however the training of the apperception and inner tranquillity (meditation) as also the examination of wrong attitudes to life. Here it is about a spirituality which contradicts in no way to the reality of the daily routine but rather is congruent with it. It is therefore suitable for everyday use and causes an enrichment of the life in our world, like this world really is today.

This book is a demanding training course for the personal awareness-development. At the same time the learning and deepening of the perception is of central significance. Perception is the most important instrument for the personal awareness research! By meditation we understand a perception training, in order to achieve an aware presence and the ability to have a relation within the here and the now. The real life always takes place in the now, whereas in the unreal areas of thinking an artificial time will be created. This artificial time is the basis for the mental suffering of humans. Therefore it is of crucial importance for the spiritual development that one learns to differentiate exactly between perception and thinking. Thinking is fantasy, whereas only perception enables the real experiencing. In the first two parts of the book we explain the exact differences between the thinking and the perception. Excessive egocentric ambition with the according fear of loss and failure, competitiveness, unhappiness, guilt-search , addiction, image-thinking, property- and control-claims lead to the main engagement with the future and the past and thus to a negative circling thinking which we call the negative ego. The overcoming of the negative ego leads to the psychic birth into the being in the very moment. Because real life takes place exclusively in the now in a single space

which we call the reality-space respectively energy-space. The human being consists not only of a body, but is a soul (aura, energy body), which encloses and penetrates the body, and whose basic functions are perception and expression. The cerebral person represses in his awareness his own body and soul and has therefore only indirectly a relation to the external world via conversation and via knowledge. He suffers from his fragmented awareness and the bad vitality of his body, because his energy flow is minimal. By the aware access to the own body and to the soul the direct perception of the external world and of the people becomes possible. The reality-space is not one-dimensional like the thinking but rather four-dimensional (the three dimensions of space and the changes within the real time). Within this the human being is energetically connected to the whole on an equivalent level by his own complex body-energy-system. The perception of the outside world is only possible by the own body-energy-system, why first an aware entrance to this system must be established by meditation practices.

Dealing with the time is thus quite essential for a qualitative beautiful life. Many people carry a large backpack of the past with themselves and the desires produced out of this they mistake it with the material future. The healing of an addicted and hectic behaviour happens by the interest in the outside world in the present moment. The state of the being, internal freedom and independence, caring attentiveness, compassion, enjoyment and creative development are central elements of this positive life attitude. With meditation exercises the reduced field of awareness, caused by the concentration process of the thinking, will be reopened to the entire reality space. Authentic development is not possible based on addiction but on the being-in-relation in the present moment. The addiction of humans, with the emptiness and depression coming out of it, will be examined more precisely in part 2. The illusionary dream-like private world is given up in favour of a friendship-relation to the external world. Topics like forgiving, trust, patience and confidence will help with it. Out of the fragmented awareness an undivided attention will come into being.

The third part is as previously mentioned dedicated to the practical meditative exercises. They contain no esoteric junk, but are aligned directly to the perception of the material reality and the flowing life-energy in it. All exercises are clearly explained, so that they are simply understandable for the reader. The basic techniques (perception of the breath and the life-energy in the body, listening) first leads away from the thought-awareness to the body-awareness, which already permits substantially more enjoyment of life. Learning the neutral perception and observation allows a more and more precise differentiation between object and subject. The awareness becomes more differentiated and can finally experience the perception in it self in the internal silence, which is identical with the expressions soul, aura or energy-body. The meditation exercises in this book lead to the development of an inner life and to become aware of the soul. As soon as in this way a sufficient centring of the awareness in the body

has been reached, an opening to the outside world will be trained with further basic techniques because awareness is relationship. In order to really be able to perceive the life-energy beyond the body, the following topics are of central importance: humility (I am the right one, at the right place, at the right time as a tiny part of the collective-existence), agenda-awareness (with the mental accordance between the time and space axis the inner experience space and the effective outside reality will become congruent), the right use of the thinking as an ordering and creative tool, the terms energy and energy space as also the technique of looking. As soon as the meditation exercises succeed sufficiently the integration of the meditative attitude in to the every day life will be trained, first with an attentiveness-training, later also with the simultaneous perception of the own body, all apperceptions of the senses and the thoughts during the action. Exercises from the "Tantra" belong, as valuable instrument to the reconciliation of the physical body and the sexuality, also to the basic exercises. Finally special breathing and visualisation techniques will be discussed which help to accelerate the awareness development. Altogether the illustrated meditation exercises with an appropriate build up make it possible for the reader to be permanently in the here and now which contains a big gain in quality of life and competence. The reader will become capable to perceive the life energy and with a lot of training occasionally even to see it. With this the first step towards spirituality is reached.

In part 4 the topic is new attitudes to life which build the basic precondition for a friendly relationship to the higher power. It will become aware to the reader that he, as an energy-creature, can feel the outside world within himself. What he sees, hears and touches outside, he will simultaneously and compassionately feel in his inside world. From this knowledge the responsibility of the secret spiritual king (queen) originates. On this level of awareness one is increasingly able to harmonize the energy condition of the momentary environment without action and words. Thereby it is quite important to bear that nobody knows about it and therefore no personal confirmation will take place. The own benefit is that the well-being will considerably rise and the respect for oneself and the others will increase. Also in the following chapters in part 4 it is about the development of an independent positive attitude. It is described to the reader in detail that there are substantially more efficient and more successful strategies than the violent methods. Like in the entire book it is not tried to cure with moral but with a thorough investigation of the human views and behaviours, so the reader can make up his own picture what harms him and what is of use to him for a pleasant life. Thereby the finding is very important that one forms a unit with the outside world so that the transformation to a realistic positive attitude to the other people is always of benefit to the own person. Towards the end of part 4 the transformation of a distrustful relationship to the collective-existence, and to the higher power acting within it, into a trustful relationship is discussed. It becomes clear that if someone has an enemy in his field of awareness, he automatically destroys himself because it is a projection of his own portions. Consequently it also lies in the

own interest to transform a paranoid attitude towards the outside world respectively the destiny to a friendly relationship.

The assumption that the force behind the destiny is not the coincidence but an intelligent power with good intentions can only be proven by the own perception. In this way the spiritual trust is increasingly strengthened. Instead of looking for the evil and the reasons of unhappiness outside, it becomes clear that this is a projection of the personal the dark sides of one's own. In the realisation that one ruins its joy and its life oneself includes also the seed to the positive side of the self responsibility namely towards the good power and an attitude of equanimity. The self-awareness extends to a world-awareness. In the state of solitude the courage will be set free to express itself authentically regardless of possible confirmation or refusal. Now one is capable to investigate on its own which attitude to life and actions are good and which are bad, not meant in a moral sense but in the sense of "what really does well and fine." Regardless of the opinion of others or of the future success the necessary things are done now and not later and the harmful is neglected to be done. In part 5 fear, the wrong comfort and the authority problem (transfer-addiction) will be investigated and replaced with an engagement for the pleasure and the truth. Helpful for this process is the establishment of a reality related order within the awareness. The knowledge that everything exists absolutely simultaneously helps with the elimination of the authority problem and leads even more towards centring within the body in the here and now. Instead of forcing oneself and others (superego topic, submissiveness and manic power affectation) it will become a respectful dealing on the same level. The reader begins to understand that she practices in meditation what is a fact by long, namely that all creatures exist in an equal manner within one single space or in other words they exist in the eternal now and form a single life-organism. The life-energy flows through everything existing, connects it among each other and conveys well-being. The meditative centring makes it possible to be aware of this bond at anytime and everywhere and to feel comfortable within the live-energy. Thereby the everyday life can move in to the centre. The more joy in the usual life is sensed the more the escape into the unreal space of thoughts and addictive behaviours can be put aside. The limitations of the possibilities of thinking are realized. The fantasy shall not anymore disturb one's own well-being or lead to negative projections and addictive derailments, but reality oriented serve the well-being in the long term and the peaceful development. Not everything has to be understood and evaluated anymore which relieves the intellect and furthers the precious condition of internal tranquillity and relaxation. Everything is as it is at the moment as phenomenon so that a comment gets superfluous. The personal will thereby become even freer and more authentic.

In part 6 we will get involved based on the condition of solitude, with the question what really represents being in relationship. The state of humility is a central turning point in the progress of the spiritual development. As long as the human being tries to give himself a wrong ego-

centric importance, he must flee from the deep desperation which is behind it with different self-deception manoeuvres. If he recognizes that he belongs as a vanishing tiny part to a gigantic life organism which takes care of everything in love, the whole view turns around to a distinctive strengthening of the self-confidence: the human being recognizes that he is the right person at the right place at the right time. Instead of making oneself important with wrong pride and suffer under the pressure of destiny, one feels in good hands within the whole and stands again behind one's life-task at one's own place. Now it is about the present collective life and the collective future. The entire existence lives collectively at the present moment. Past and future are auxiliary constructions of the thinking "only" and therefore can not be experienced. The thinking will be recognized as a pure auxiliary function for the accomplishment of the everyday life and by this knowledge loses its overblown importance. Whoever puts its own future egocentrically into the foreground loses the relationship to the community that can be felt quasi like one single big heart internally. Overcoming the neurosis, the dealing only with oneself, leads to the alignment between the inner and the outer space until both are congruent. This leads to a holistic "being-in-relationship" on all levels of human awareness. In part 6 finally we will thoroughly examine the so difficult topics of human awareness such as loss, failure, addiction and abandonment and explain the errors which are behind it in order that one dares to trustfully devote oneself to the real life.

In part 7 we describe in detail the order of the today's reality from the view of the whole, the spirituality. Yet voluntarily respecting and following this order allows a comprehensive joy in life. In order not to take off into a illusionary pseudo-order of the thinking with its projections we more exactly examine, up front in the first third of part 7, what obstructs the condition of the really being-in-relation. The human society is not anything else than nature but inseparably belongs to it. We have discovered that nature is in the highest state of awareness and not the human beings. Therefore the search for a direct relationship with the higher power only succeeds via nature. Particularly in being together with plants we can learn the purest form of the being-in-relation. Unfortunately, we humans are mostly not really in relation but we become enmeshed in discussions about the correctness of life and in projections of the authority problem. The latter bring artificial, not existing laps of time into relationship. In part 7 it is thoroughly explained why really perceptible and empathetic being-in-relation is only possible without any lap of time, thus only in the very moment. Everything exists only simultaneously at the very moment. In reality, there is no past! From this it follows that for the order of reality only the very moment, in the overall cross section, is of interest, and that it must be clearly differentiated from the past as its origin (memory), being that the level of relationship, the level of property, the hierarchic level of competence or the level of ideas. With that the today's life moves into the centre of interest. The rescue from the "wheel of suffer" is only possible by the appreciation and the respect of the today's existing in its detailed order. Within this there is no more space for the activity of the wrong pride, which always composes fake

relevance and stories in addition to the real. From the level of the intellectual commentary, in order to be something special and better than the others, one arrives to the physical-energetic reality, to ordinariness, to collectiveness. It is necessary on all levels to become aware of what one has and can and what one has not and can not, without to begrudge the others or even wanting to take it away from them. One cannot be further than one is at the very moment. The negative attitude of defiance will be converted into a positive attitude of competence: One can live and deal quite well with the real on all levels. One is responsible for what one has built up in one`s life and does not project anymore his deficits in form of envy and jealousy onto others. Instead of dwelling on illusions, based on far too simplified comparisons, it is better for a successful life to recognize the huge difference between qualities and resumes of the individual humans.

An essential precondition to be able to affirm and appreciate the today`s personal relationship network is the reconciliation and relief from the family background. Appreciating and forgiving are central means of relief from past relationships. Furthermore the difference between children and adults will be worked out so that no more mixing takes place, which may cause big harm. The obligation-free trying out of sexuality in the adolescence finally leads, by a serious partner selection, to a couple`s relationship based on desire, in which both can unfold by mutually supporting each other and develop spiritually, and in which the course of time increases in depth and intensity. By contrast the often common pre-adolescent pair relation in the first instance is not based on sensual desire but on security and obligation. Such relations lead to a gradual decrease of intimacy after the phase of amorousness. The order of property and the hierarchical structure of the human society will no longer be interpreted, in part 7, as an assessment of a person but as pure demarcation of the competences. The knowledge of these limits (relationship-receptacle) down to the delicacies allows a versed and heartfelt contact (relationship-content). On the idea-level the keywords form the French revolution „liberty, equality and fraternity”, which are not yet realised in many heads, are of great importance. It is about the becoming aware of the freedom of the personal perception and the expression which already exists on the spiritual level. The detailed classification into the today`s existing and its appreciation dissolves the concept of enemy in the human psyche even more deeply and now makes comprehensive personality development possible on the ground of reality. Through the accurate knowledge of the “limits of competence”, humans can move much more freely, more efficiently and more peacefully in the world. The forces of creativity and intelligence are set free and substantially amplified by thinking and working in parallel (instead of serial).

In our experience it is dangerous to be engaged in spirituality without affirming the real today`s order of human society, embedded in the enormous nature. That requires that one would just like to realize his personal interests all in accordance with the whole. It`s about a real

good intention! With it the cornerstone is laid, not to end up in the insanity and the destruction with the spiritual development but to transcend the death and the material. This, in part 8, in-depth described step includes the actual spirituality, namely the aware life as an energy-being, a soul, already today and not only after physical death. If one places oneself into service of the entire instantaneous environmental situation one is able to be in its energy and to move within. Thereby it will be possible to purposefully handle life-energy. Now it becomes apparent that one splits up life-energy into different states by resistance against certain topics of the real physical life (the broken mirror of awareness). Specific pictures are assigned to each energy state as for example adolescence, age, power, faint, fortune, depression and so forth. As soon as thinking produces pictures and one lives up to those, this leads to the production of a negative unstable biography that is always condemned to fail in the end. Only the condition of the internal silence guarantees the development of a positive stable personal life story. One must learn to constantly hold the balance of all available energy states in the internal silence. A precondition for this is a large inner independence of the material and the aim to plead for the welfare of the whole. The willingness to bear any condition without resistance leads to the result that one can integrate all facets of life as energy and thus can become complete. The advantage of the spirituality is amongst other things that one has not to partially act out a specific life subject under the direction of the thinking to finally become complete by the painful experience of the split off antipoles, and to understand the subject. The different sides of a human life subject are no longer acted out in sequence but understood as energy-states and balanced within no time. In the end, one succeeds to let pass through all subjects as energy without getting stuck on them with thoughts. The inner "television set", which continuously illuminates certain topics of the human life because of fear, can be put aside. The thinking is stopped. What remains is the real, the human life within nature. By thoughtlessness in a positive sense, which we call inner silence, the build-up of the true collective history of life will not be disturbed anymore. One discovers that there is nothing outside of nature and it is worthwhile to get completely involved in it and to carry the whole along through silence.

In this condition of growing competence and power, the mask (wrong adaptation) which evolved for the camouflage of the personal excessive demand in dealing with life, can be liquefied and dissolved. The mask consists of frozen life-energy in the area of the body-boundaries, particularly in the area of the front of the body. By the disintegration of the mask liveliness and competency in relationships increases once again in a strong magnitude. It is discovered that the mask is no longer needed because enough competence has been reached on the material level as well as on the spiritual level to be able to really stand behind its own person, its own personal record and behind the whole (personal integrity). Furthermore one manages more and more to bring directly immediately perceiving, judging and expressing together instead of losing energy in time-consuming doubts. The personal will is becoming identical with the real decisions and happenings of the past as well as of the present. One will

become one with the life and discovers through that the higher self that consists of an utmost complicated entire system of the life energy under the principle of the absolute simultaneity of everything existing. All bodies and things consist on this level of awareness of energy lines which connect and penetrate everything. Through the energy lines information flows continuously over every spot of the entire existence. So there is a self of overriding importance which heads the single self of the beings in an omniscient way with high wisdom. This higher self is only perceptible beyond the thinking on the energetic level within the inner silence and in the beginning it is just hard to understand it because it turns upside down our whole world view of the time and of the dissociated self. Everything existing is within this one life organism of overriding importance connected to each other. The human being is embedded in it intensively like a single cell in the human body. Through that the self of the human being is put into perspective without disparaging it. The single human being integrates herself with her interests in a benevolent way into the entire system of life. Within and through the higher self the higher power has an effect as higher guidance. By feeling the higher self and by saying yes to it the spiritual searcher has arrived in the final home. In its warmth and security she will be lead continuously to her own welfare, not through a punishing and authoritarian way but as knowledgeable and unobtrusive company. It is not about authority but about what does good and what serves.

In part 9, the quintessence, it is about the not quite easy fusing of the material and the spiritual level of life. One realizes that both levels belong together and form the one existing world. The landscape, the houses, the traffic roads, the means of transportation as well as all plants, animals and human beings belong to the real community of life that is identical with the higher self on the energetic level. Really being at home in life isn't permanently successful if one takes off one-sided into the spiritual level. We are physical and energetic beings at the same time. Illusionary is only the thinking as attempt to assess the beings, to interpret them and to artificially involve them in each other. True is only what really is seen with the eyes or can be touched with the hands, the physical-material or the energetic. The real is the final-valid world. With that there is nothing more to look for outside the reality and nothing to analyze. The higher wisdom expresses itself in the forms of the material bodies and things, which being-there and current expression is enough and is at present the best one can do. All existing is developing and changing. These realizations lead to an even deeper transcendence of the death in an undivided interest for the momentary. Here the differentiation is important into main interest and subordinated interest. The subordinated interest now does no longer mean a devaluation or negation of the right to exist. There is only a selection made and no sentencing. It is not about power and condemnation but about well-being, enjoying, unfolding and community. The human spirit has to adapt to the physical and its expression until it becomes fluid spirit, flexible and peaceful, "fluid spirit". One learns not to drift away in any way from the current happening in and around one's body but to be constantly completely aware. The hu-

man awareness learns to be one with every move, every action and every expression of the body. Every mental supplementary story disturbs the current physical-energetic well-being and creates soon the feeling of responsibility, that you just don't have.

The illusions are revealed on this level of awareness. Any thinking that drifts from the only existing moment disturbs! Instead of giving yourself a self-important position of power it is much more beautiful to be content with enjoying the momentary physical-energetic and to do the appropriate in the situation given. Everything material is energy and at the same time the higher power, which through this takes very strongly the guidance over our life, but which also at the same time within the given situation lets us the complete free will for creative design. Only through the being integrated into the real community of the whole the real kind of the personnel freedom of the human being is perceptible! The life is for our well-being and for our joy of living and designing. The temporary turn to the inside and letting go from the material by meditation and spirituality is worth it, because through the integration of the spirituality into the daily human awareness, life can be savored without fear with all senses. With the farewell from the addiction the joie de vivre being current and relevant to the reality is uncovered. The life is absolutely practically orientated. It gives rise what with regard to the real community of the whole is feasible for each single living thing to its welfare. Real spirituality is not the ideal, but what is possible for the welfare. By trusting in the higher self and in the higher guidance one gains time to get completely involved in the moment without being attached to what has happened before and without worrying about what might come afterwards. If you go this way disciplined without drifting into a fantasy world resulted from the longing one finds to a ceaselessly self-awareness and to dignity. One is the right person at the right place at the right time in the right only world that exists. Precondition to this is that one has no more concept of an enemy because one has lost the interest in the authoritarian. This confidence allows living completely in the moment without restriction by sorrows for the future. It is worth it a lot to go this way because in the centre of the whole development of awareness and the intention of life stands the own well-being that simultaneously also increases the well-being of the people around.