

7 STEPS FOR HUMAN AND ITS INDIVIDUAL CONSCIOUSNESS

RECOGNIZE YOURSELF AND WALK THE
PATH OF YOUR OWN EXPERIENCES





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The overall view on the meaning of life for the Time of Turning and the 7 steps of your insights and your possibilities

Do you wonder who you are, what the meaning of your life is and what your task is?
Are you insecure about your way of life and how to fulfill your destiny
and what your contribution for the society is? Do you sometimes feel alone in this crazy world?
Do you have questions, but past answers haven't really satisfied you?
Do you feel deeply that there is still something to discover?
Don't stop searching, because it's possible to fulfill your life's desires!
There might be some answers here that will help you on your way ...

The following questions might surprise you or confuse you a little. To answer them is not so easy,
but important to recognize the meaning of life.
The following 7 steps give you the background and orientation for it.

Answering these 3 great questions of being can bring you clarity

- **Where do I come from?**
- **Who am I?**
- **Where I am going?**

They'll lead you to the 2 questions of self-knowledge and self-realization

- **How do I awake my awareness and potential?**
- **How do I recognize the meaning and my tasks in my life?**

These 7 steps give you new ways to broaden your vision

- 1 Recognize the Premordial Light of Creation**
- 2 Unfold your Potential**
- 3 Experience Love as the Key**
- 4 Join the Community of Souls**
- 5 Discover the old Vision in a completely new Way**
- 6 Create your new Reality**
- 7 Arise in the Time of Turning**

Do these questions and steps touch you? Feel free to read the following pages.
They can lead you to new possibilities and experiences.
Each step consists of two parts, the insights and how you can integrate them into your life ...

Personal Introduction

Dear Reader, in my life as an entrepreneur, journalist, and author, I was expected to use a sober mind. My life in the real world was making real demands on me on a daily basis. I was used to thinking analytically and examine everything. And yet inexplicable things happened. Weren't these spiritual experiences and visions hypocritical?

And if there was no hypocrisy, how could it all make sense?

I have been looking for answers since my youth. But my Christian-Catholic education couldn't give me satisfactory answers, so I left the church at the age of 21. Perhaps nevertheless, my own spiritual path began exactly there; in this phase of deep scepticism and turning away from the Catholic Church. There may be an „original, creative, or higher power“, but why would it have anything to do with me? Additionally, Darwin's theory of evolution from single-celled organisms to humankind did not convince me. I began to study it regardless.

Still, I was missing something. The inner longing remained. I had a hunch that it was time to answer my dormant questions; what was the meaning of life?

How did humanity and this wondrously beautiful world around me come into being?

What about this God who never shows himself? What about that promised „salvation“? Salvation from what and what for? I did what many people do; trying this and that in search of answers. I read a lot, studied history, world religions as well as natural religions, and ancient mystical writings. My tools were first autogenic training and then various forms of meditation. I rediscovered the inner prayer for myself, most likely a decisive moment. Perhaps, every spiritual path begins like that? In any case, a new faith dawned, although still timidly. So I set out on my inner path, which was sometimes painful and had doubtful moments.

In the meantime, 41 years and 29 great, difficult, and stirring journeys to Giza in Egypt lie behind me. They have changed my life and brought completely new perspectives and opportunities.

I was allowed to experience great things and understood that these experiences would only be fulfilling if I shared them. These trips to Giza were far more than just research trips to the pyramids. To me, they also became spiritual-metaphysical journeys.

I advanced far back into the past and into the distant future of humanity; to the all-determining insights of where we came from, who we are and where we were going!

Also, my own path of knowledge, from the averted to the devotee, and my individual experiences occurred by these 3 questions of being. This way first led me into me and to myself, then to Giza and other Power Places in the world with their amazing structures and builders, and the initiations by the elders in these places, who had preserved the knowledge of their ancestors. They revealed a new consciousness and a holistic view about the greater connections. So my research began in Giza and ended with an overall view about the Time of Turning, which I have laid out the best I could in the „Trilogy of Living Legacies“, 3 books of 1,500 pages. This summary you're currently reading in the „LEGACY for the Time of Turning“ is the essence of it. It is implemented in 7 steps, which you can test and walk through by yourself, without teachers, priests, or gurus. I first went through the 7 steps of knowledge myself and have written them down and passed them on to acquaintances. Thus, I can also testify from the experience of other people that these steps can lead to your expanded self-knowledge and self-determination. I cordially invite you to join me on this journey through the Time of Turning. It unites the old and the new knowledge and enables you a historical, scientific, and spiritual overview. This is a tremendous arc and, therefore, no topic can be presented in depth here. So let's look together at how things really are. I don't expect you to simply believe what I am passing on to you here, but I feel the need to tell you about it. I'm asking you to read this essence not only with your head, but also with your heart. I, too, had to overcome my mind and old ideas many times and feel and test them with my heart in order to grasp the wonderful overall view about the Time of Turning in which we live now, with all its opportunities and risks ...

Rico Paganini

Evolution, Creation or the perfect combination?

Evolution

For many it is still considered a „scientifically proven fact“ that all life developed „accidentally“ from single-celled organisms in the waters of the first oceans, that some of them were washed ashore, that all plants and animals originated from their infinite cell divisions and formations, and that humans developed from the same lineage as the monkeys. I, too, followed Darwin's theory of evolution for a long time and it explains very clearly and correctly certain stages of development and evolution on earth. But not creation itself. And it cannot show the lineage of humans, because there is no conclusive proof for the „monkey theory“ and links for the assumed evolutionary steps are missing.

Creation

The Holy Scriptures of the 5 world religions, the traditions of all ancient cultures and of the pagan religions base their faith on a Creation Deity. But they also say, like Darwin, that all life develops uninterruptedly. So Darwin led me to the creation stories and the question: do these theses really contradict each other or do they complement each other?

And do we not yet recognize it because we lack a higher overall view that is also scientifically comprehensible? I would like to stress that I am not as much concerned with the religions as with spirituality and self-knowledge, which overcomes the religions.

Although the original meaning of religion comes close to Gnosis, as it stems from the Latin *Religio/Religare* and stands for „connecting or reconnecting with the source.“

Renowned researchers in the above-mentioned new sciences have also acknowledged the possibility of creation since their engagement with quantum research, antimatter, and light particles such as photons, neutrinos, tachyons, bosons. The „ethereal worlds“ that are based on light, energy, and vibration, which surround and interact with our material worlds were not least made possible by the particle accelerator facility at CERN in Geneva. One of their theses claims that we all originate from a particle of the Big Bang, i.e. that 97–99 % of all matter and manifestations recognizable today originated from this one particle, as to say; all planets, humans, animals, plants, and everything that exists. Therefore, we all are literally one and if we call this light core Creation Deity, we all are also scientifically a small part of this Deity.

In this way, science also touches upon the previously invisible spiritual worlds, which we will discuss in Step 2 with the question „Where do we come from?“ ...

Therefore, I simply ask you to try to put aside your previous view of the world and to let yourself take a look at creation and the meaning of life from another possible perspective and in an overall view. It unifies crea-

tion and evolution wonderfully and is confirmed by the new sciences. A divine miracle of life!
(see page 12)

Let us now move on from the history of creation to the history of our humanity ...

1 - View into our light universe.



Step 1 – Recognize the Premordial Light of Creation

Introduction from the Manifesto:

- Imagine how God once held a tiny but infinitely heavy spehre in his hand.
- 14 billion years ago, the material creation was created during the “Big Bang” from that very same infinitely dense light core. Science and Spiritualists are largely in agreement with this.
- The BigBang may sound like a loud spectacle, but it was actually a quiet stroke of genius, which only the Deity can accomplish, the release of all conceivable and unimaginable possibilities.
- Any specification would have limited the potential. People make plans, God creates potential. A controlled freedom would not be free! That is why we were also given free will.
- It then took 13 billion years for organic life to become possible in the universe and yet it was already miraculously laid out in the awakening cosmos.
- This is the reason human beings are eternally part of the divine act of creation, although we did appear on the planet much later.
- The limitless potential of the Primordial Light exists in each of us. Shouldn't we try to unfold and explore this divine potential within ourselves?

2. View on the light sphere of the central sun of an emerging galaxy.



Our History on Earth

Humanity appeared hundreds of thousands of years ago on our wonderful Mother Earth. But from a scientific point of view, „human culture“ only began with the 29,000–36,000 year old murals in the caves of Lascaux and Pont d'Arc in France. According to official historiography, the first so-called advanced civilizations of the pharaonic dynasties, the Sumerians, and the Babylonians flourished around 3000 BC. Officially before that, there were only hunters and gatherers. Viewed in this way, our so-called cultivated humanity would only have begun about 5000 years ago. The advanced civilizations of the Maya and Inca, the Chinese dynasties, and the Indian empires are also classified in this time frame.

Who were the ancestors of the advanced civilizations from 40,000 to 3,000 BC?

We surprisingly find many references in Greek, Arabic and ancient Egyptian sources, documented in the book GIZA LEGACY. Their dating of advanced civilizations began around 40,000 BC with Mu or Lemuria, called God Kings or Nether. From 24,000 to 10,000 BC followed Atlantea or Atlantis, called Horus Kings or Shemsu Hor, then the so-called king lines and after them the Pharaonic Dynasties from 3000 BC.

Their legacy is best seen in Giza, on the outskirts of Cairo, the capital of Egypt. This megalithic Pyramids (see image page 8) are the last standing of the seven world wonders of the ancient world, but they were never graves. There never were any grave contents, inscriptions or historical remains.

The pyramids weren't built around 2500 B.C. in 100 years by the three pharaohs Cheops, Chephren and Mykerinos, who themselves never claimed that, but around 11,000 BC. Thus, these pyramids are over 13,000 years old like the Sphinx and were built by the Atlanteans, which is documented in the book GIZA LEGACY with 3 lines of evidence.

3. An AI-generated image of what the Atlantic island of Undal might have looked like.



Other megalithic buildings around the world are also visible and living proof of this, as the Atlanteans left us their constructions made out of huge stone blocks. Science can't explain their construction and meaning to this day, mainly because these buildings are assigned to the subsequent cultures and are therefore not recognized in their proper context. We find the Atlanteans' structures in many places, like Stonehenge (England), on Easter Island (Chile), in Ollantaytambo (Peru) or Puma Punku and Tiwanaku (Bolivia). The explanation of the construction method through vibration and alchemy can be found in the book GIZA VERMÄCHTNIS -> <https://evol-forum.ch/giza-en/theories-pyramid-building>.

Our holistic history starts much earlier; in the spiritual worlds

The Lemurians and Atlanteans - like the advanced civilizations and dynasties of the Egyptians, Incas and Mayans, Indians and Chinese that emerged from them - used the terms "beings of light" and "star children" to refer to their origins in other higher and more conscious worlds and solar systems (planets in the constellations of Orion or the Pleiades are usually mentioned).

The Genesis of the Pharaohs also states that they wanted to return to the Orion Belt after their earthly death with the solar barques to return to the Orion Belt, from where their ancestors had come to Earth.

This makes the arc of where we come from even larger, namely that we previously lived in higher dimensions and spiritual or subtle worlds. As it is still written today in the 5 world religions: Hinduism, Buddhism, Christianity, Islam and Judaism.

What is exciting is that the legacies of Original Nations and shamans also convey the same vision. The indigenous tribes of North America, the Toltecs and Olmecs in Mexico, the Kahunas in Hawaii, the Dogon and Bwiti in Africa, the Aborigines in Australia and the Maori in New Zealand say that their ancestors came to Earth from other stars, so depending on the source, we come from other star or solar systems in the heavens or from spiritual worlds and can return there.

(We'll get back to this in Step 7 „Lift yourself to the Time of Turning.“)

4. The Sphinx, still today the largest sculpture in the world, in front of the Pyramids in Giza.



How to integrate these insights into your life and how they can serve you

◦ **You can see the history of humanity in a larger context.**

We learn to understand that our history is about more than Darwin's theory of evolution. Namely, that there exists a tremendous divine original power that is contained in everything because it has created everything, penetrates everything. It is visible and palpable in creation and in you.

(We'll get back to this in Step 2 „Unfold your potential.“)

But this is only possible if we are ready to open ourselves up to these insights and the intuition within us, because this truth lies within our souls. And through our ancestors themselves in our genes and DNA.

Meanwhile there is also a lot of scientific evidence, with which, once looked at more closely, we cannot limit ourselves to old theses of religious creation history and rigid evolutionary steps anymore. Enlightened people and scientists keep questioning and researching, as they're aware that we still don't know everything.

„**The important thing is not to stop asking questions**“.

(Quote by Albert Einstein)

◦ **You can immerse in these insights, test them for yourself and integrate them.**

When we are ready to share our knowledge of human history and to critically examine the superordinated connections again and to rethink our already existing historical knowledge, the same will take place in our inner being.

Because when we deal with this expanded knowledge „where we come from“, our consciousness expands. It is as if the narrow limits of our one-sided thinking mind, trapped in school knowledge, are given the opportunity to expand.

So critically deal with our history and expand your mental and spiritual horizon with the realization that you respectively your soul has come to earth from other worlds to gather experiences.

Try it not only with your mind, but also with the feeling from your heart. In this way you will recognize the connections in yourself more clearly, understand your feelings, thoughts and beliefs better and expand them.

Otherwise we will usually remain in our thinking in the same habits and patterns. Which always leads us to the same recurring conclusions and views.

But if we develop further, are ready to recognize and to learn, we can get out of these cycles, because then we become more conscious. Because:

The more conscious a person is, the less one can be manipulated!

Being conscious means the ability to perceive, to unite mind and feeling and make the right conclusions and decisions. (We come back to this in Step 6 „Consciously create your new reality“.)

In Step 1 of our history we got to know the temporal depth of the primeval cultures and are so much closer to the event than people came to earth and learned even more about their of their origins. So now we go from the history of mankind to the question, what or who we actually are, because humanity is nothing more than the sum of its individual humans ...

Step 2 – Unfold your Potential

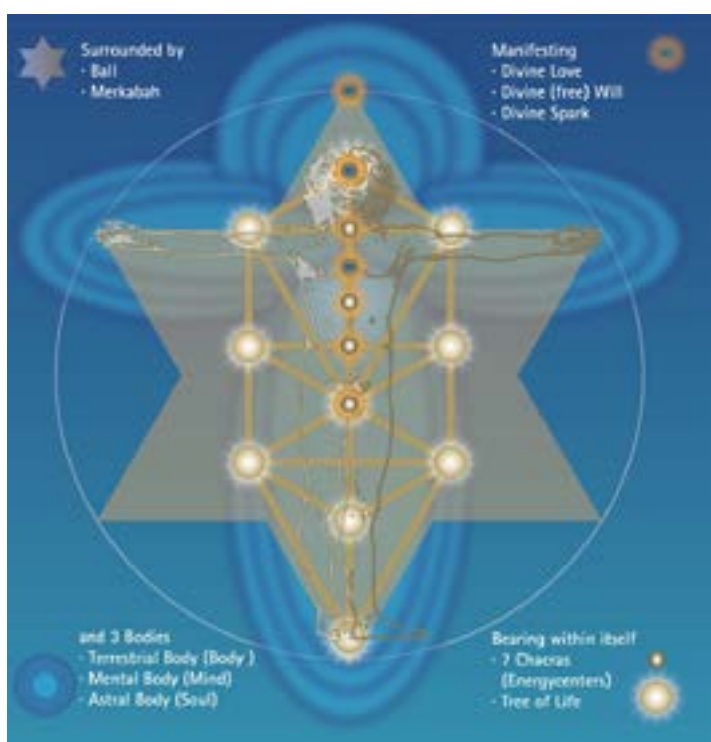
Introduction from the Manifesto:

- Would you like to find God? Take a look in the mirror – you see your image. It is also God's image, some say.
- Better you rely on your own experiences as you seek the divine.
- You can prove to yourself how divine you are by realizing your potential. You can be creative by strengthening and enjoying creation with your five senses.
- You can love, forgive, comfort and share.
- All of this is already inside of you. That is why your existence is so precious to creation like any other.
- Rejoice and dance as you have just experienced enlightenment.
- Let this divine potential flow out of you from today and notice what happens to you and those around you!

The essential findings on the human-divine matrix

Already in the Old Testament of Christians, Muslims and Jews it says
„**God created man in his own image**“.

This also corresponds to the spiritual vision, which is based on a deity with 4 aspects: the Father, Mother, Son and Daughter aspects, united in the Holy Spirit.



(i.e. not just Father, Son and Holy Spirit, because the patriarchal Abrahamist religions excluded the feminine aspects of Mother and Daughter).

Therefore I speak from here on about a Deity, and not about a male patriarchal god.

This Deity thus formed the human-divine matrix for our potential.

Let us now take a closer look at the structure of this **matrix** (Figure 2.1).

You probably know the difference between **body, spirit and soul**. They correspond to **ego, mind and feeling**. These 6 aspects of the human matrix must be reconciled (Figure 2.2). As soon as we turn to the eternal soul in us, the first changes occur, because it is connected to the Deity via the divine spark. That is, the unification of body and mind under the soul, and of mind and feeling above the ego, results in a new attitude towards life: the connection and devotion of the ego (lower self, earthly nature-human) to the inner, intuitive guidance of the soul (higher self, spiritual soul-human).

These 6 aspects correspond to the 6 lateral points of the **Merkaba** that surrounds us (Figure 2.3). The upper tip is the connection to the spiritual worlds and the lower tip is the connection to the material worlds. The Merkaba is in turn surrounded by an ethereal energy sphere that protects us.

These aspects and levels are also represented by the **tree of life** (Hebr. Sephiroth) manifested by 10 forms of expression. According to Rudolf Steiner they stand for: Space/field, foundation, life force, freedom, compassion, intelligence, wisdom, beauty as well as overcoming and crowning (God-consciousness).

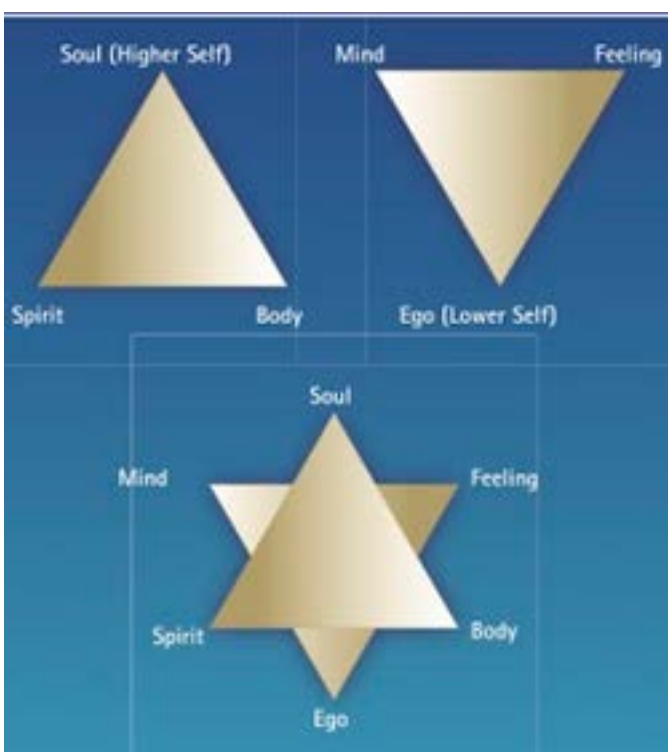
The energetic-etheric interfaces are the **5 bodies** and the **7/14 chakra Nerve centers**.

The 5 Bodies are the Terrestrial, the Ether, the Astral, the Mental and the Causal bodies.

The 7 big and 42 small Chakras are not material, since they connect the 5 Bodies.

They are gaseous, ethereal, astral and receive and distribute the energy flows like rotating wheels.

5/6/7/8 Visualizations from the book DEI LEGACY.



With our matrix we received 3 more divine gifts

◦ **The most wonderful gift is the divine Spark**, the inspiration for your eternal Life. This spark rests in the **Soul** (see Note below), in the upper right area of the body heart, in the middle of the chest. Therefore we are also divine beings in being human and we can say:

„The Deity rests in me and I rest in the Deity!“

◦ The most joyful key is **divine Love**. The Unconditional, all-encompassing and forgiving love! If you listen to it, your soul would always guide you correctly and you as a human being would always recognize and do the right thing for yourself and others as a vessel and instrument (we come back to some aspects of love in Step 3 „Experience love as key“).

◦ **The coronation is divine free Will**. At the same time, it is probably the most demanding gift, because it gives you your self-responsibility. You should feel, think and recognize for yourself what is right and what is wrong and act accordingly. The Deity allows all souls this freedom, even if you act against them, yourself, your neighbor or towards creation.

Note on the big question: Does the soul exist and can it be measured scientifically?

Some quantum physicists and other researchers in fringe sciences now believe that **the soul exists... even after death**. Author **Rolf Froböse** summarised their theories in his 2008 book „Die geheime Physik des Zufalls: Quantenphänomene und Schicksal“ (The Secret Physics of Coincidence: Quantum Phenomena and Destiny), along with many personal theories from renowned researchers. After around 100 years, they have come to the conclusion that there is a detectable soul. The famous **psychiatrist Carl Gustav Jung** had a lively correspondence with the physicist and **Nobel Prize winner Wolfgang Pauli** as early as 1932, searching for a physical interpretation of so-called „synchronicities“. These are „coincidences“ or events that occur in close succession and are not linked by a causal relationship, but are perceived as meaningful and logical by the „observer“ (soul). Quantum physicist **Professor Hans-Peter Dürr**, former director of the Max Planck Institute for Physics, now believes that the dualism of the smallest particles is not limited to the subatomic world, but is rather omnipresent. For him, the dualism between body and soul is just as real as the wave-particle dualism of the smallest particles, i.e. the fact that light can take on both seemingly contradictory forms: „electromagnetic wave“ and „tangible particle“. He also believes that there is a universal quantum code in which all living and dead matter is integrated. This quantum code is said to have extended across the entire cosmos since the Big Bang. Dürr also says: **“What we consider the here and now, this world, is actually just the material level that is comprehensible. The beyond is an infinite reality that is much bigger, which this world is rooted in. The body dies but the spiritual quantum field continues. In this way, I am immortal.”** Physicist **Professor Markolf H. Niemz** believes that after a person dies, their soul departs at the speed of light. Niemz teaches medical technology at Heidelberg University. He is also intensively involved in near-death research. **Frontier scientist Christian Hellweg** is also convinced of the quantum state of the mind. After completing his studies in physics and medicine, he conducted scientific research into brain functions at the Max Planck Institute. He sums up his thesis as follows: **“The properties of the mind correspond exactly to the characteristics that distinguish the extremely mysterious and strange phenomena of the quantum world.”** And the late, legendary physicist **Professor John A. Wheeler** came to the following conclusion together with **quantum mechanic Dr Max Tegmark**: **“Many physicists hoped that the world would be classical in a certain sense – at least free of curiosities such as large objects being in two places at once. But such hopes were dashed by a series of new experiments.”** Nuclear physicist and molecular biologist **Jeremy Hayward**, following his fringe scientific research in the field of consciousness and spirituality, concludes: **“Many scientists who are still part of the scientific mainstream are no longer afraid to openly state that consciousness, in addition to space, time, matter, and energy, could be a fundamental element of the world – perhaps even more fundamental than space and time.”**

These insights from the avant-garde of science are constantly being expanded and will significantly change our world view and self-image of soul = consciousness = observer.

Science and religion as spirituality will no longer be opposites, but will complement each other.

How you can integrate these insights into your life and how they can serve you

◦ **You're a being from the divine matrix with a life task.**

If you know what and who you really are, then you are also able to use the potential from the aspects of your matrix and the 3 divine gifts.

Sooner or later you will recognize your life tasks and the meaning of your life.

◦ **You can balance body, spirit & soul, ego, mind & feeling.**

First you have to restore harmony in yourself. If you become more and more aware of when you are acting from which of your 6 aspects, you will achieve true harmony and self-knowledge. For this you should perceive, recognize and direct these aspects from your soul, so that everyone can fulfill his actual task for you. Thus you will react more and more calmly and lovingly, without your different aspects constantly distorting or confusing you inwardly.

◦ **You are – like everyone else – something very special.**

You are a unique individual who walks the own path of life, experience and fulfillment.

This happens largely in the community with other people, because we learn from each other.

◦ **You can use the divine potential that is at your disposal.**

So discover, unfold, use and experience your potential and aspects, because so many exciting possibilities await you. Especially in this time of change ...

◦ **You can bring your feelings, thoughts, speeches and actions into harmony.**

Because you become more attentive and observant, you recognize the connections and causal chain of feeling, thinking, talking and acting. As soon as you understand these, you are no longer at the mercy of others and can consciously set new causes. Your thinking and acting will change!

◦ **You can reflect on what moves you to feel, think, talk and act.**

Ask yourself: Am I just acting out of my spirit, soul or mind and ego? In order to recognize more and more and to understand how you think, feel and act, **mindfulness**, **observation**, **silence** and **love** serve you. In order to perceive and understand these connections within yourself, you need to be prepared to take the time to deal with yourself, your thoughts, feelings and your life.

Mindfulness serves you in your inner being to pay attention to who or what is good for you, but also what you should avoid. You feel and recognize when you feel joy or sadness, why these feelings are there, how they came and how they went again.

Observation serves you to perceive on the outside what is happening around you. Which people do you meet? Which situations and stories do you experience and how do you feel, think and react in these moments? In our society we learn above all to deal with what happens outside of us and with what others think and expect of us. What do I have to be like to please or to get a job? What do I have to do to get love or recognition from a certain person?

Silence serves you to become aware of all this. Take time for yourself alone so that you can perceive the voice and intuition from your soul. Through these reflections in silence, mindfulness and observation, a conscious confrontation with you and your life arises. Consequently, you will also learn who you are and how you actually want to live or how you don't want to live anymore.

Love serves to do all this with understanding and without evaluation or condemnation. So inevitably also more love for yourself and your neighbour develops.

After we have grasped our divine matrix as well as its aspects and potentials, now we come to Step 3 about love and some of its aspects ...

Step 3 – Experience Love as the Key

Introduction from the Manifesto:

- You are connected with the divine sphere and your potential. Now the powers of love can unfold within you and flow out into the world.
- Love has a magical quality: the more you give away, the more it flows inside and towards you.
- It is the closest connection with yourself and other people.
- Real love is selfless, it expects nothing, does not calculate, and does not judge.
- It is creative and expands beyond limitation.
- Love is also a risk. It does not work without your courage and surrender.
- As you live out of love, you will experience how infinitely rich it makes you and others.

What is love actually?

Love is the magical connection and the key to everything that is!

Through love you have an inner connection to yourself, to other beings, to the Deity and to everything that surrounds you. Isn't that wonderful? When you awaken this all-embracing love, worlds open up for you. It is the most gratifying perception of the soul and overcomes space and time. Pure love then becomes selfless and knows no valuation or subdivision, no expectation or desire, and it is neither selfish nor egocentric. The „supernatural power“ of love also manifests itself in the fact that it has a magical quality: **The more you give away from it, the more flows in and to you.**

Love is felt and experienced from the heart.

Ultimately there is only one love energy, which can be felt and expressed differently and situatively.

„From the deep of our hearts to the stars love floods the universe.“

(Quote by Hildegard von Bingen)

Let us illuminate something else that can be meant by this love, because it has so many forms of expression and facets. Here are the essential aspects for our overview:

- The **love of the Deity** is the essence, because everything originated and springs from the Deity. It is pure love and light, springs eternally and can be experienced by each of its soul creatures. The Love of the Deity is also the merciful key to healing everything that is not in harmony.

„Absolute love – God – is the origin of love. Without love would never be a thing and without the right love, the Eternal Love, which is God Himself, no life or existence is conceivable.“

(Quote by Jakob Lorber)

◦ The **love for the Deity** in you comes from the knowledge that you are a child of the Deity. When we awaken this knowledge and say „parental love“ to it in us, it fills the soul. If we do not recognize it, we are „living dead“ (as they are called by Buddha and Jesus in the NT, APG 10:42, Rom 14:9). Living people, but spiritually dead, because they are not yet aware that they are spiritual beings and children of the divine creation.

„In reality, God is not far from each one of us at all, for we live in him. We are woven into him with our whole life and being. We have a part in his divine being.“

(Quote by Paulus)

„Love is the Spirit of God in man. The more perfect his love becomes, the more the image of God is unfolded in him. Love is the primordial cause and the basic condition of everything and the key to all secrets.“

(Quote by Jakob Lorber)

◦ **Love for all that is** is also called selfless, or devotional or unconditional love, that only gives and never expects anything back. It encompasses all aspects of the creations, such as the love for fellow human beings, for animals and plants, for Mother Earth and the universe.

„Love is the spiritual attitude in unity with the source and all expressions of life. This love stimulates the awakened and makes them masters over themselves, filled with the all-encompassing love and the holy spirit of knowledge!“

(Quote by Thoth, also called Hermes, see on page 41)

◦ **Family love** is the form of love into which we are born. All children first of all love their mother, father and siblings. Although this often changes in the course of childhood and life, for example when the children do not receive enough love and affection. Family stories and affairs can often be very demanding and difficult.

„People who challenge me allow me to increase my capacity for love.“

(Quote by Unknown, European Wisdom)

◦ **Partner love** is probably the most earthly, moving and versatile at the same time. It usually begins with the superficial being in love and can then be integrated into the deep love of the partner. To lead one's being into a harmonious interplay of give and take. But it also leads to great challenges, dependencies and conflicts, which often belong to a development process. And then there are the respective social conventions.

„To love a person is to see him as God meant him!“

(Quote by Fyodor Dostoyevsky)

◦ **Charity** has two aspects. It is easy to love our family and friends or the people at work we like. However, it is difficult to love people who are disagreeable to us or who work against us. This is the right attitude for them:

„It's about really living charity. But not the complacent kind of love that expects to be loved for what one is or believes to be. But the devotional love, which loves for the sake of the beloved, which takes part in its life, feeling and thinking. It listens and not only says and demands what one wants to hear. That would not be enough of love that a life should fill.“

(Quote from Ibrahim Abouleish, founder of the Sekem initiative)

◦ **Enemy love** is the most amazing and difficult, as Buddha and especially Jesus explained in his „New Testament of Love“. And yet it is only possible to make peace with us – and also with our „enemies“ – by transforming negative energies such as hostility or hatred into forgiveness and love through knowledge and understanding.

„You and I are one. I can't hurt you without hurting myself.“

(Quote by Mahatma Gandhi)

„Love me when I least deserve it, because that's when I need it most!“

(Quote by Helen Keller)

◦ Let us end these reflections with **self-love**. But this does not mean narcissistic self-love according to the motto „I am the most beautiful“ or „I am the best“! It is meant that one loves and accepts oneself as one is at the moment – with all strengths and weaknesses – and lovingly treats oneself. Because it also means:

„The one who does not love himself cannot love others either“.

(Quote by Unknown, European Wisdom)

This self-love should also include the **love for our soul**, our higher self, not only the love for our human being. Either we love our ego and simply follow its desires and the desires of the lower self. Or we love and wish also the fulfilment of our soul and try to do in being human what it serves. At the same time there is nothing to do that weakens us or hinders our soul path. Of course this is not possible right away, but we have to practice here as well, because it is a process. Even if we fall again and again from the love attitude into the value, that is not bad. We learn to recognize ourselves in such moments, to forgive ourselves and decide to go into love again.

◦ **The love for the Deity, our family, partner, charity and enemy always contain and condition both aspects, the love for all others and the love of our self.**

„Love your neighbor as yourself“ is sometimes misunderstood in such a way that we have to care for others all the time. This also makes it possible to lose ourselves in charity by forgetting self-love and sacrificing ourselves for others.



9. Love is the key to ourselves, people and everything that lives and exists.

How you can integrate these insights into your life and how they can serve you

◦ **You can recognize love as the source of all being and as your key, to yourself, to your fellow human beings and to the Deity.**

We all know that love is the key to happiness and fulfillment. But why do we lose it again and again? We lose love and ourselves by forgetting our true being because we are flooded by the flood of daily events, information and impressions. Too many possibilities, too much consumption too much distraction, too much suffering and injustice and much more.

So we unconsciously try to protect ourselves by „closing the gates“. But unfortunately we also close ourselves to our empathy and the voice of our soul, the intuition, which would lead us to a lovingly fulfilled life. So we forget ourselves and even partially give ourselves up. Therefore we often lack love, or we do not feel it. So take time and space to recognize and experience love.

◦ **You can find peace with yourself and your fellow human beings through your love.**

Nothing leads us faster, safer and more completely to our inner peace than the comprehensive love in which the love of fellows and self-love harmoniously balance each other!

Thus we recognize ourselves and the others. We ourselves and our fellow human beings become a priority again. Clarifying conversations and solutions are no longer suppressed, but approached.

◦ **You can accept and love your fellow men „as God meant them“.**

This is an loveful and helpful attitude to deal with other people, because you cannot change them anyway. Try it out in the next difficult situation with a fellow human being. You will be surprised that you have less resistance, the others react unexpectedly and you arrive at astonishing solutions.

◦ **You can begin with yourself and try to recognize yourself, unconditionally accept yourself as you are now, in body, mind and soul, to learn to love yourself in this way.**

This is one of the greatest challenges of the people in our society! Because almost nobody has more time to devote and reflect himself in silence to his own self and being. That's why they rush through their lives, crossing their boundaries and often forgetting the self. So take time for yourself, feel and recognize yourself, and love yourself as you are and what you would like to change. In the beginning it is not so easy, nevertheless, I suspect that you, like many before you, will learn to appreciate and enjoy it.

◦ **You can forgive yourself and others lovingly.**

Forgiveness goes hand in hand with love and through forgiveness peace arises in you.

Try to forgive yourself out of your love for everything you have done wrong so far.

Try to forgive all those who act or have acted against you.

In this way you can come to rest and find your inner peace.

Look forward – not back – and forgive your fellow human beings.

You will also marvel here at what will happen in you and around you.

„Forgive and you will be forgiven.“

(Quote from the New Testament of Christianity)

Now we have recognized love as the key to our fulfillment of the divine potential. and now go over to the community of souls and the interplay of love and power.

Step 4 – Join the Community of Soul

Introduction from the Manifesto:

- Lovingly explore yourself in silent connection with your soul.
- Enjoy what you recognize as strengths, but also acknowledge your weaknesses.
- Boldly illuminate your inner being and accept yourself with all of your contradictions.
- You are as you are, but you can change at any time.
- You can now have loving contact with you and your community.
- Accept you will also encounter incomprehension and resistance. Nevertheless, try to remain calm in your inner peace. Interactions with selfishness and power dynamics can no longer bring you out of balance.
- Welcome to the community of awakened and loving souls where you are never alone and can grow beyond yourself.

You now know that we are all individual beings of light from the loving divine creation. We recognize ourselves mostly only really in the interplay and from the resulting reflection with other beings, and there are countless of them in the ethereal and material worlds. Spiritual sources speak of **myriads of souls** on their individual path through space and time. Therefore, first of all, a brief description of these worlds and spaces through which we move.

The spiritual worlds

The spiritual worlds consist of **12 dimensions**.

In them everything is subtle, full of light, loving, harmonious and in unity with the deity.

She created these worlds from their 4 aspects, the light (father-aspect) and the love (mother-aspect), the creator-power (son-aspect) and the faith (daughter-aspect).

Ultimately everything consists of light (energy) and vibrations (frequencies), that manifest in the divine space of primordial power and creation.

Thus first the spiritual worlds and later the material levels of our universe were created within the spiritual world, for nothing is outside of it. You can imagine this as a huge spherical space and in it our material universe as a small sphere.

The material worlds

Our materialized universe is an image of the spiritual worlds with their 12 dimensions.

Astronomy and quantum physics confirm that the expanding and contracting universe (material worlds) is located in a hyperspace (spiritual worlds).

In the universe there are countless galaxies and star systems resp. solar systems. Each star orbiting the planets is a sun, of which 100 to 300 billion stars in our galaxy alone orbit the central sun in the constellation of the Pleiades. The solar system of our sun consists of 8 planets, which in turn spiral around our sun.

But only Mother Earth makes the 5 realms of creation perceptible to our earthly senses:

The mineral, the plant, the animal, the human and the ether kingdoms.

Our world is therefore not so different from the spiritual world, since there are almost no creations, creatures and manifestations in our world that do not exist there.

The Creation of Soul Beings

After the creation of the spaces, the Deity created from its quadrinity and matrix the soul beings of the 7 male and female premordial beeing duals (also called today arch duals or archangel duals). These in turn created the monads of countless soul beings from their inheritance spirals. You also carry one of these monads in your heart, the primordial being of your individual trinity of a soul-spirit-spark.

So all beings and worlds are moving inside the creation and are never separated from the life-giving divine energies. Everything is one and all beings are connected through their divine spark (connected in all-one-ness).

One part of the beings never left the spiritual worlds, another part moved into the material worlds after the separation of the souls (also called fall of the souls or fall of the angels).

Only a tiny part of all beings now lives just incarnated with us on this earth, but many of us today are no longer aware of their origin and destiny.

That is why there is still much ignorance, injustice, poverty, hunger and war in this world due to this lack of awareness of the connections and free will.

Now in this Time of Turning on earth, so to speak, 3 groups of beings are formed (we come back to them in Step 7 „Rise in the Time of Turning“):

Some recognize themselves in the divine creation and want to return. The others have consciously turned away from the Deity and want to remain in the material space. And the people of the third group are not yet aware of all these connections and possibilities and therefore cannot make a conscious decision out of their free will.

„I believe the greatest gift I can conceive of having from anyone is to be seen, heard, understood and touched by them. The greatest gift I can give is to see, hear, understand and touch another person. When this is done, I feel contact has been made“

(Quote by Virginia Satir, Family therapist)

10. Symbolic image of 7 young people united, representing the 7 devine races of 7 continents on earth.



Dealing with other people

So there are countless beings with different states of consciousness and experiences, and everyone is trying to recognize themselves and go their own way as best they can. The point now is that people can recognize themselves in the here and now – as eternal beings in a mortal body – and follow their soul in communion with others.

This is an interplay and sometimes a struggle for energies, love, recognition and power.

It is clear that you do not get along with all people and even perceive some as „enemies“.

Therefore you need the consciousness of the matrix (from Step 2) and the love (from Step 3). You can and should use it at any time, because otherwise further conflicts often arise instead of harmony. But every person wants to be recognized, respected and loved. It is not easy, but you can practice a loving attitude for everyone.

Recognition contains „knowing“ and to „get to know“ others, you can listen and understand, talk and resolve conflicts, as well as create the space for peace and love consciousness. And if you can recognize the others as what they are or for what they came for, then they can no longer disturb you. Then they have no more power over you, because you recognize and understand them in the greater context of life.

How you can integrate these insights into your life and how they can serve you

◦ **You can move on your way through the material world back into the spiritual world, together with many other fellow soul beings.**

Understand the community of souls and recognize it for what it is: A way of fulfillment from your own and common experiences. This is much easier if we can love and forgive. So we no longer suffer from unconscious people who are still careless and destructive. And there is a new WE feeling that only together can we achieve a better world for all.

◦ **You can respect the divine spark and path of others.**

You love your fellow men as best you can. You behave and act towards them as you wish them to deal with you.

◦ **You can listen to your fellow human beings, exchange experiences and knowledge.**

So you do not deal lovelessly with your neighbors and do not pass them by carelessly! What in turn helps you to strengthen your love for yourself, because what we do for others also helps ourselves.

◦ **You can experience your differences of opinion and „mistakes“ as part of learning, recognise the causes and effects and no longer assess them as good or evil.**

(see 6. Hermetic principle on page 41)

I recommend that you first concentrate on your environment and try to identify and understand conflicts in your partnership and family and to find solutions together.

We all know the pain and injuries that arise when our fellow human beings meet us lovelessly with displeasure, frustration and disrespect, or even hurl their rejection and anger at us. But how is it possible to then remain calm, to forgive, even more, to react with understanding and love?

To unfold this calm, almost incontrovertible form of love within oneself and to live according to it, it requires the knowledge and understanding of three important aspects:

1. The **adversaries** and why they treat us so (charity).
2. **Forgiveness** and how it works (self-love).
3. The **rhythm of life** (see also 5. Hermetic principle on page 41).

1. The **adversaries** and why they treat us so (charity):

In order to recognize why our adversaries act this way, we should not only deal with the superficial history, but with the history behind the history. With our history and that of our counterpart. We all do not want to be hurt, nor do we want to hurt others. If someone treats us with disrespect, reproach or condemnation, i.e. without respect for our views, feelings or boundaries, then this is superficially unjust and painful. But if we understand how to look behind the history of history, then we will recognize the cause, at best how we co-created or allowed it. So the next step – also to be able to forgive – would be to become aware of where we are disrespectful and judgmental towards ourselves or others. If we are ready to reflect on ourselves and our counterparts in this way, then we will recognize the causes and patterns with love. As soon as we ask ourselves such questions, we take our eyes away from the “evildoer”. Recognizing that we still carry such aspects within us, the victim-perpetrator thinking loses its separating and destructive power. When we realize that what we condemn to others is something that needs to be clarified or resolved within ourselves, then we are no longer victims and are no longer at the mercy of others. In this way we can recognize, solve and heal the causes of the situation and at the same time create the conditions for forgiveness. Thus, adversaries or perpetrators can become our „teachers“, who show us where we still have separating errors of thought and old patterns of behaviour in us. And from the superficial conflict situation an experience emerges which brings us closer to understanding and love for our counterpart. The same story takes on a completely different meaning, without condemning ourselves and the others (see 4. Hermetic Principle, page 41).

Note: It would not be quite correct to say that everything we encounter and resonate with has to do with ourselves or we have contributed to it. Sometimes we get into extreme situations, oppression, conflicts or even wars, which are forced upon us by others. These situations are then no effects from our personal behaviour. But also here the best protection is love! If we love ourselves and our neighbors, we do not give them the power to have a negative influence on our lives.

2. **Forgiveness** and how it works (self-love):

If we love ourselves the way we are, with all our strengths and weaknesses, then we can forgive our mistakes. Because actually we do not make mistakes, but experiences. It is not possible to go through this life without making mistakes, because it is a learning from experiences, and from mistakes we can often learn the most. So it is also easier to forgive others their mistakes. The one is not possible without the other.

3. The **rhythm of life** (see also 5. Hermetic principle on page 41):

Life, nature, everything around us, as well as in our body, is continuously in motion, back and forth, up and down, in the circling of atoms to the planets. Everything has a certain rhythm and cycle. We live here in a world of polarity, we move back and forth between these poles. Although we perceive and observe the ups and downs of life again and again, we often do not really accept it and thus live in resistance to it. That is also why we suffer! Let us learn to reconcile ourselves with the reality that the heavy and suffering also belongs to our earthly life. That it is often only sadness or fear that shows us where we are experiencing or denying love. Unfortunately, there is also a half-truth in spiritual and religious circles that the goal is to have no more difficult feelings, that everything should only be joy and serenity - a misconception that has already caused many to fail or give up. The (unattainable) goal cannot therefore be to have no more difficult situations or sad feelings, because they arise from events in our being and in the interaction of souls. The goal is to recognize their causes, accept them and learn to deal with them. To work with these feelings, not to repress or reject them.

◦ **If you love and act like this, you can still contribute to it, to enter the new consciousness of love into the mass consciousness (see Step 6).**

Certain rules can be helpful for a harmonious „community of souls“.

In the appendix some rules and inspirations of different religions follow, see page 40).

Step 5 – Discover the old Vision in a completely new Way

Introduction from the Manifesto:

- If you have followed the previous steps in all their depth, you will make a profound experience: You will become a different person.
- Your consciousness and your attitude towards life will fundamentally change.
- You will be guided by self-knowledge, self-responsibility, and love.
- Now you are the being of light, conceived as a possibility in the Primordial Light.
- You have the knowledge of your liberated potential and conscious living. This is transformation!
- When you courageously give space to these primal powers, a new exhilarating vision of the world opens up to you.

Action is the order of the day

To know is one thing, to act is another. Thinking and philosophizing is not enough. That is why action is called for now, because what use are all answers or insights to you? if you can't act accordingly and experience it that way? It is not simply about „blind faith“, on the contrary: it is about testing it yourself and that's only possible if you get involved in the path of your own experiences. So you will be able to experience it yourself and so faith can become knowledge by your own experience.

„When you come back, what counts is not what you THOUGHT, but what you DID!“
(Quote by Archangel Gabriel)

The old new vision

Actually, we didn't tell you anything new. In your soul you knew or suspected it all.

- You are a being of the divine creation, created from the same matrix and its potential.
- You are a being of light on the path of experience through space and time, that is, your soul collects experiences and insights until it is completely fulfilled and becomes one.
- You come from the spiritual worlds and can with the appropriate consciousness and action.
- You achieve this easiest and best with love and in community.

The way to you in the state of mind „I am who I am“

It is about the transformation, the resurrection of the soul human being in you, through

- Knowledge of God and Self-Knowledge (Gnosis), so that you become conscious of yourself as a being of light.
- Turning to your own soul by pausing and recognizing who you are, what you want, which actions are right for you and which are not.
- Self-responsibility for your thinking, speaking and acting, which you take over self-confidently.
- Self-realization, which presupposes that you know and do what you are doing humanly and really want to do for a living.
- This is how you practice and live devotion, love, joy and helpfulness.
But also gratitude, modesty and humility.

These experiences allow you to transform and leap into love consciousness, also called Christ consciousness. This can be done without the spiritual consecration of churches and religions, because the divine spark rests in every soul. Its unfolding takes place through spirituality, which can awaken the soul from its sleep of human oblivion.

The path to transformation from your soul

But how does this work in concrete terms? Actually quite simple. Through the recognition (which you received here), through the turning (which you find in peace) and the actions (which you choose).

Transformation in the Pistis Sophia

The essence of spiritual transformation is presented in the Pistis Sophia scripture in 5 stages (female gospel from the Askew Codex found in Egypt in 1773):

- 1. The soul shall know that she and all living beings are divine creations.**
- 2. The soul shall turn to the Deity, for the resurrection of human to God-Human.**
- 3. The the soul shall act out of the divine consciousness and live out the spirit of love.**
- 4. The leads the soul to the Christ love consciousness and the spiritual rebirth.**
- 5. The the primal spirit of the Deity arises in this soul and it will recognize itself and its task.**

Transformation in Alchemy

Most have heard of alchemy – transformation of the material elements – or the well-known „philosopher’s stone“ and its transformation from stone and metal to gold.

But in the metaphysical sense of the alchemists it is about the eternal life, spiritual transformation, the transformation of our thinking, our consciousness and our soul, which manifest themselves in our body. This is how we turn matter into light and love.

11. Image of the transformed human in the transformed world generated with AI.



How you can integrate these insights into your life and how they can serve you

So let's now consciously act out of this old new vision, because we have the power to transform ourselves and the world ...

◦ **You can recognize and act self-confidently from the old new vision!**

Be yourself and act self-confidently and self-responsibly. But it is not always easy to act in this way to heal ourselves and the world. When we look around us, be it in our life or in what is happening on earth, then we see so much injustice, suffering, poverty, hopelessness and devastating wars. To an extent that threatens to paralyse us. It creates in man a feeling of powerlessness, of being at the mercy of others, of fear of existence. These often lead to equality as self-protection. And how often do we hear the sentence: „What can I or what can we do about it?“ This results in a behavior of impotence and endurance, that is, of not acting. At the same time, we are exposed to the flood of information and distractions from outside. For busy and distracted people are mostly unconscious and blind to the true world events and the possible elevation of consciousness (even today according to the principle of „bread and games“). So they are influenced by this attitude of mind and live themselves in their surroundings and everyday life. Such people are the easiest to manipulate, because they don't really live, they just exist. To live means to be aware of oneself and to act out of love. And to fill one's soul – and that of others – with joy! Then our soul will send out another vibration that resonates with the divine matrix. If a person acts in this way, then his fellow human beings will perceive it consciously or unconsciously and they will do it at the same time. The result is a chain reaction, the so-called domino effect. Everything happens according to the law of resonance and correspondence (see Hermetic Principles on page 41). That is why it makes sense to help only one person. Because if each one of us takes care of a single human being, animal or nature, then this will have a „stimulating effect“ and others will do the same for us. And then it becomes true that all of us can actually and truly influence ourselves, our fellow human beings and thus also world events and our future.

„As above, so below; as below, so above.“ (Hermetic law, see page 41)

As in heaven, so on earth. As in the gesture world, so in the material world.

As in the inside, so in the outside. What a fundamental insight that puts the key in our hands to finally begin to act actively. And thus also to help to put an end to the confusion and cruelty in ourselves, our environment and on earth. It is truly possible for each one of us to directly influence and expand love so that good and justice may triumph and fulfill the hearts and souls of people.

„When we let our own light shine, we unconsciously give to other people permission to do the same. When we have freed ourselves from our own fear, our presence will free others without our intervention.“

(Quote by Marianne Williamson)

◦ **You can transform yourself and with it your visions and actions.**

We start to act and to heal in the small, so that it shows its effect in the large. It is a divine law that empowers us all to actively participate through our loving actions so that we are no longer trapped in the passive „victim role“. So let us ask ourselves every day what we can do today for ourselves and others? This in the joy and realization of helping to fill our soul and at the same time to serve the awakening of mass consciousness, so that the earth becomes a planet of love ...

„You have a place in this world; it is your life. Do everything to make it the life you want to live“.

(Quote by Mae Jemison, scientist and astronaut)

These findings bring people out of their paralysis, their powerlessness and their mistaken belief that they cannot achieve anything.

12. beautiful image of a wise woman in the divine All-Unity by the painter Autum Skye.

◦ **You can find your inner peace, your soul and the Godhead in you.
So you will recognize who you are, what you want and how you will act.**

I recommend that you take 30 minutes every day, or 3 x 10 minutes.

Take a deep breath and connect yourself spiritually consciously with your soul and the Godhead.
You can reflect questions within yourself, meditate on or pray about them (In the appendix you will find some inspirations and different forms of prayer).



Step 6 – Create your new Reality

Introduction from the Manifesto:

- Everything you experience in the outside creates feelings inside of you. Understand your heart as a seismograph that records them. It shows you what is good or bad for yourself and others, reveals what the world is suffering from, and guides you as to how to heal it.
- Your thinking is also exposed to many influences.
Though your mind helps to order and understand them, do not act only from your mind.
- Begin with letting your heart dialogue with your mind so that the powers of your passionate heart can connect with the power of thought and creation.
- This is how your new reality emerges.
It is a revolution for your existence and a revelation for you.
- Now you understand that everything you do or do not do has an effect, and that you are responsible for how you think, speak and act.
- You will realize how to think lovingly, speak empathetically, and act carefully when you are intuitively guided by your passionate heart as the keeper of your new reality.
- Many religious and spiritual messages bear witness to this luminous reality.
Now is the time to move step by step towards it.

How can you create your new earthly and spiritual reality?

In the previous 5 steps you have read WHAT and WHO you are and what enormous potential is available to you. You can thus recognize WHERE you come from, WHERE you move and WHERE you can go. You know that it is about unfolding your potential.

This knowledge gives you power over yourself, your choices and your path.

You now shape your realities with the power of your thoughts. You set all causes and thus all future effects and developments from your consciousness and with your actions. It is the interplay of passivity, action, reaction and interaction.

Now you can simply decide which reality you want to create with your power and on which topics and goals you want to align your thoughts, feelings and actions.

„Most people give up their power by thinking they don't have any.“

(Quote by Alice Walker, American writer and political activist)

What is your current reality and what do you see as your calling or life task?

In order to recognize the meaning or the life task, we can use our possibilities.

In order to use our possibilities, we have to know them.

In order to recognize them, our talents and abilities serve us.

In order to recognize our talents and abilities, our

Preferences, interests, fascinations, dreams, wishes, joys, hobbies etc. If we are now ready to take the time to observe how we live our daily lives, to recognize what and who touches us how, where and where and with whom we experience joy, love and fulfillment, then we are inevitably led to our talents and possibilities. In the experience of these talents and correspondences and resonances we find our destiny and life task.

Note: We live in a society in which we learn from an early age that joy, fascination, talents and hobbies are beautiful and good, but what really counts is material abundance, a lot of money, professional success and thus a supposed „secure existence“. That true happiness, abundance and security flow from other sources, namely from within, from love, from faith, from trust and from one's own fulfillment, is something that few are aware of.

Therefore many people give up their dreams and visions and submit to the „social circumstances“.

How you can integrate these insights into your life and how they can serve you

- **You can now find out more consciously who you are, how you are and what you want.**
 - Take the time to grasp this overall picture and what it can mean for your life.
Read them several times if possible. So you can recognize yourself and your way more exactly.
 - Come to rest, don't look outside for a moment, but look at what is in you.
 - Write down your thoughts on this in the form of a position reflecting statement:
How have I lived so far and how have I felt? How do I actually want to live?
What triggered joy and fulfillment in me? What sadness and dissatisfaction?
What have I achieved so far and what do I still want to achieve?
What is my profession(s) and my daily work at the moment? Who do I offer which benefits to? What would I like to do in the future? What interests me? Where do I feel resonance?
What are my wishes and goals as a holistic person?

And leave it out of the question whether this is possible or realistic or financially feasible.

This written reflection allows you to look at your life and can trigger a lot in you.

It is about where you direct your attention, where you give your energies and where you spend your life and working time. Give yourself time to consciously decide for your present and future. Have the courage to change things when they do not feel (anymore) coherent. Take your life into your own hands! In this way you find your life task and occupation and continue your path of transformation. In this way you unfold and realize your new reality step by step. That is what it is about, that is the fulfillment and „the meaning of life“.

„Find out who you are and then be this person. That is the reason why your soul in the world. Find the truth and live it – then everything else will work out.“
(Quote from Ellen DeGeneres, author)



13. Image generated with AI of how we can recreate our reality by thinking lovingly.

- **You can make reality out of your feeling, thinking, talking and acting of your soul-human and your environment, or recreate them.**

But how do you get what you now want and want in your life?

Or to put it another way, how can you actually influence future developments?

In the meantime it is already known to many that we humans carry a divine creative power in our thoughts, which enables us to steer our life and take direct influence.

Here and there we meet people who already do and live this, and there are more and more of them. And yet it doesn't really seem to work, at least not for everyone. Although they „imagine what they want“ and „think positively“ in their thoughts, it does not come true. Why? Because the thinking alone is not enough. It needs the feeling (of love)!

This is because the feeling – the heart energy – sends out the strongest vibration.

When we connect our thoughts with our emotions, the conscious feeling arises.

For in order to make conscious and wise decisions in life, the conscious feeling is needed! In order to arrive at this conscious feeling, the above-mentioned reflection steps serve.

All 5 world religions, Asian Taoism and Shintoism as well as shamanic natural religions of America, Africa and New Zealand say the same:

„You yourself determine with your thinking, feeling and acting where your life leads you“.

Findings from the New Science of Quantum Physics

These interactions and connections are also confirmed by quantum physics, because everything consists of electromagnetic energy – our feelings and thoughts, the atoms in living beings and matter, the space between them, the earth, the solar system, the universe, simply everything. By changing the electromagnetic field of an atom through our feelings, we are able to influence the matter that makes up our bodies and worlds. The divine Creator Matrix, the field that connects us to everything (also called the morphogenetic field), reacts on the electromagnetic vibration of our feelings and thoughts. It is not simply a theory or a religious or spiritual wishful thinking, but it's based on scientific contexts and evidence from quantum physics:

If we change the electromagnetic field of an atom, we also change its matter.

Gregg Braden, former geoscientist and space engineer, now a spiritual teacher, sums it up in the book „The Divine Matrix“:

„Modern science is based on two fundamentally wrong assumptions:

On the one hand, that the space between things is empty, and on the other, that the inner experiences of living beings have no effect on the outer world“.

(I call it the causality of macro- and micro-cosmos > see Hermetic Laws on page 41).

Braden also says we are in a unique time of creating the best possible future for our planet. And we would only have the chance to survive this time if we made these two false assumptions. And if we would learn again to believe and think differently about ourselves and the world. These fundamentals are the content of the new sciences that are now emerging, for faith arises from the union of thoughts and feelings. He contrasts this with the fact that since the Big Bang a matrix fills the space in the whole universe and that the language of this matrix is energy fields of consciousness, thoughts and feelings. Instead of being passive, we can live in an „interactive“ universe in which we are actively involved in the events through our actions.

Your thoughts create realities!

In the non-awakened state, our reality is formed through ego structures.

In the awakened state, we form our reality (our world)

from our fully conscious divinity (ego in the service of the heart).

(Zitat von Dieter Broers, Biophysiker)

John Wheeler, who coined the term „black hole“, also supported this thesis and even said that the theory of quantum physics should be abolished, that we are mere „observers“. Instead, we are rather „co-creators“ of this world. The field shows that we are connected to everything and in this way can communicate with everything. Therefore we are not only mere observers in a self-organizing universe, but at the same time active creators of it. Something that the believing and spiritual human being has known for thousands of years, but which today's scientists can only now find out or measure and confirm. This so-called „space field“, which exists everywhere in the material universe, is constantly nourished by our thoughts and feelings, whereby what we think and feel manifests itself in our environment.

This space field has many names. Physicists speak of the „quantum hologram“. Max Planck, the father of quantum physics, called it the „Matrix“. Gregg Braden calls it the „Divine Matrix“, while Bruce Lipton speaks of the „environment“. Others like Lynne McTaggart simply call it „The Field“. Rupert Sheldrake called it the „morphogenetic field,“ Dr. J.J. Hurtak called it the „force field,“ and the Elohim called it the „ether space. I call it the „etheric morphogenetic field within the creation matrix“.

„If there is a belief that can move mountains, it is the belief in one's own power.“

(Quote by Marie von Ebner-Eschenbach, writer)

Findings from the new science of epigenetics

Microbiology Bruce Lipton is a world leading capacity and known for its ingenious way of combining science and consciousness development. His book „Intelligent Cells“

(Orig. „Biology of Belief“) also proves that we ourselves are the creators of our lives:

„The idea that our life is determined by our genes is so deeply rooted in our civilization that it is taught as a dogma to small children ... Therefore, all our abilities – and above all our incapacities - are shifted to the nature of genes, that we've inherited. Since genes are the essential characteristics of individual life we may rightly feel that we are victims of heredity. ...

But the good news is that we are by no means victims of our genes! **The latest scientific findings about the biochemical functions of our body show that our thoughts and feelings affect every single one of our cells.** In his book cell biologist Bruce Lipton describes exactly how this is done at the molecular level. In easy-to-understand language and using catchy examples, he demonstrates how the new science of epigenetics turns upside down the idea that our physical existence is determined by our DNA. Rather, both our personal life and collective existence are controlled by the connection between spirit and matter.“

14. AI-generated image of a human interacting with the morphogenetic field.



Findings from the New Science of „Heart Intelligence“

The strongest electromagnetic field of our body is generated by the heart.

The electric field of the heart is stronger than that of the brain (thought) and its magnetic field is even several times stronger. These measurements were made by the HeartMath Institute. The heart is designed so that it can change the matter that we and our world are made of! The heart sends electromagnetic waves to the brain so that the brain knows what energy to send to the body. When we send life-affirming energy such as joy and gratitude, the brain sends healing to the body. And when we stand next to a human being – within a circle of 5 meters in diameter – let us be connected with his energy field (aura) and also his heart field, which go into resonance. But many people think that everything happens only through our five senses and are **not aware that we are** interactively connected and one in further energetic levels.

„With the intelligence of our heart we can learn to consciously control our emotions instead of being controlled by them. The heart is the key to our emotional intelligence“.

(Quote by the HeartMath Institute)

“The path to truth is a work of the heart, not the head.

Make your heart your first guide. Not your mind.

Meet your nafs (lower self), challenge them and finally overcome them - with your heart.

Knowing that your I (higher self/soul) will lead you to the knowledge of God.”

(Zitat von Sufi-Meister Dschalaluddin Rumi)

So it is also the feeling that changes matter, not the thought alone!

The strongest faith, the greatest power, thus arises from feeling, not from thought.

And exactly this is the point at which so far many have failed, because the imagination is not enough. Because it is much easier to create a thought in us than a „conscious feeling“!

It is now time that we recognize people and become aware of our feelings and possibilities, because they determine our thoughts ...Everyone can think, but only those who are empathetically prepared to take responsibility for their own lives and actions can feel consciously. Those who are willing to work on themselves, are not afraid to face their fears, issues and changing requests.

Such people do not look away, they look within themselves and are aware of themselves.

They interact with others, recognize, solve and tackle. Because they know, what we do for others, we ultimately do for ourselves.



15/16. Images of wise people who, in loving thought, became one with the realms of creation surrounding them and thus also protectively preserved them.

Step 7 – Arise in the Time of Turning

Introduction from the Manifesto:

- Now you have made a great turn by yourself towards bright consciousness and a new reality.
- Many people around you have not yet made this turn, which can be painful.
Only the turning of many awakened souls can save life on Mother Earth from destruction.
- Old prophecies give us hope that we can succeed if we bring the Primordial Light within us all together into one unified glistening beam.
- No one is powerless. Together, we can create a Kingdom of Heaven on Earth (as Jesus taught).
- Spiritual masters have always called this turning an ascension into spiritual consciousness.
- With each contributing awakened soul, the Time of Turning accelerates. Now is the best time!
- It depends on the contribution of every one of us. You too could tip the scales!
- Time of Turning for everyone! Are you in?
Remember that the creative power that dwells within you lives in every being of light and is able to enlight more lights. Let's illuminate Together the world with light and love.

The Time of Turning – a gift to mankind – a gift for you!

To understand the Time of Turning, you should know what it is based on and how it is calculated. Let us begin with the **year 0**, the birth year of Christ, the beginning of our calculation of time, which led over several stages of development to today's Gregorian calendar. By different sources, different corrections as well as the introduction of the leap year, we deviate today by 6 years. So we had only in the year 2018 the legendary year 2012, to which many prophecies referred to the end of the world, to the new beginning or the elevation of creation.

The Apocalypses speak in this context of the „struggle for souls“ in a stormy and hard „end times“, but afterwards from an even more beautiful turn into a new era. Since Jesus Christ was on earth, let the way back be free and a new age have begun. These apocalypses also refer to the beginning of the 3rd millennium, in which we now live, with their dates „1000 but no longer than 2000 years after Christ's birth“.

In addition there are the **4 calendars with the cycle of 26'000 years**, the Maya, the Veda, the Astrology and the Pyramid calendars. All say that now an age ends and a new one begins. They are based on the Galactic Conjunction, which occurs every 26,000 years, after a completed orbit of our solar system around the central sun of our galaxy in the constellation of the Pleiades. Interesting is also the fact that the distance of the Earth to the center of our Milky Way is 26'000 light years (about 8 kpc). Thus we now live in this legendary Time of Turning, which offers us very special possibilities. When a new cycle begins, great upheavals can also occur that lead to new insights and a new consciousness. As we accept these insights for ourselves and in mass consciousness, the individual and collective awakening and elevation of human beings takes place.

17. Visualization of the Galactic Conjunction, which occurs every 26,000 years, after one orbit of our solar system around the central sun of our galaxy. The four cycle calendars of the Maya, the Veda, the Astrology and the Great Pyramid in Egypt are based on this conjunction.



How can your soul be raised? (Individual Ascension)

Basically simply because you are a divine being and carry the divine spark within you. If you know and accept this, you are an awakened soul in the new consciousness and carry the spirit of ascension within you. If you unfold your potential, decide this way to go and act accordingly, your soul is prepared, is considered a „drawn soul“ and will sooner or later be elevated. This „individual ascent“ is always possible and now easier in the turning point. The old wisdom „**The way is the goal**“ fits very well to this.

Ascension of the Souls and Elevation of the Material Worlds (Collective Ascension)

In this time of change we now have this special possibility, which is given only in this time window every 26,000 years: the „collective ascent“ through the elevation of the material worlds! For this it needs as many awakened souls as possible – including yours – since it is now a matter of „critical mass“ in mass consciousness. In the spiritual world it is said, when half of the souls have „awakened“ and „the scales are swinging to the bright side of love“, the beings and worlds are elevated. We can only achieve this together.

Explanations and theses on the „critical mass“ in mass consciousness

There are 3 theses which say that half (50 %), one third (33 %) or one hundredth (1 %) of all people are needed to reach this collective consciousness.

The 5 world religions together have 6 billion followers, which corresponds to about 75 % of 8 billion people in the near future. And 3 of these world religions, Christianity, Islam and Judaism, are based on the same Old Testament and share the 10 Commandments (see new version in the appendix starting on page 40). If their followers would remember their holy scriptures and prophets –and

really act on them – we would very quickly have crossed the 33 % or 50 % threshold. The evolutionary „principle of the hundredth monkey“ is based on the 1% theory and says: As 100 monkeys have learned how to peel a banana, all other monkeys knew it at that moment from the mass consciousness of their animal breed, even on other continents.

And a quote from Gregg Braden:

„According to some mathematicians and social statisticians, the rough rate of 1% of the population is enough to cross the threshold of mass consciousness and make all people feel the new consciousness. Thus we cannot only rely on our own personal concerns, but also to influence the great themes of the world.

- In a city of 1 million people, for example, 1 % can influence around 10,000 people, who are practiced in „emotional self-control“ and who have the conscious feeling of being of love, to influence all levels of community and government.

- In a world of soon to be 8 billion people, it would be with 1% around 80 million people that need to connect and resonate with each other in a certain consciousness.

to let this flow into mass consciousness.“

(Gregg Braden in the book „The Divine Matrix“)

How you can integrate these insights into your life and how they can serve you

◦ **You can see that you are living in a special time of change, and the possibilities it offers you to bring about change.**

- You are now living in this Time of Turning since 2018 and soon in the Turning point in 2024-2028.

- In order to use our inner and outer possibilities, we have to recognize them.

- Many people are not yet aware of their potential and all the abilities that lie dormant in them.

It is important that you now become fully aware of your soul, your potential and your power.

The reflections from Step 6 help you to do this.

Every soul is important and precious and has a task, because every life has its meaning.

◦ **You can recognize yourself as a creator and turn to your goals and possibilities.**

- When we know our wishes, goals and tasks, we are completely with us.

- We can perceive the love that we are and in combination with our sentient thinking our divine creative power arises to serve for us, the others and in the world.

We are all connected to everything. With our inner being we create or change our outer being.

- In other words: If we carry love and peace in us, then we contribute to the peace of the world.

This is the art of living, it is the secret of life, although it is not a secret.

They are also core statements in the teachings of Jesus and Buddha.

- It is a legacy that was given to us by the Godhead and that each one of us has carried since the beginning. With the aim of finding ourselves again in love and living out of it, and this is now easier than usual in this time of change ...

„Do not worry about where the road will lead you. Concentrate instead on the first step. That is the hardest part, and that is what you are responsible for. Once you take the step, let everything happen that happens naturally, and the rest will follow. Don't go with the river. Be the river.“

(Quote by Sufi Master Jalaluddin Rumi)

You have it in your heart, in your head and in your hand. If you do not start to act accordingly now, nothing changes and you continue to follow the manipulation and developments outside.

But if you now try everything that is possible for you, you have lost nothing – even if the mass consciousness cannot be reached – because then you are much further in your transformation and on your path of life.

◦ **You can turn to the community and engage yourself for others.**

- Share your knowledge and experiences with others and help them.
- If you like, pass on the MANIFESTO and these 7 STEPS to them.
- Get involved in your community (e.g. in peace, climate or environmental movements).

◦ **Recognize yourself and walk the path of your own experiences.**

With this you have an overall view and now it depends on your attitude of mind and thoughts. You can decide with your world view and self-image how you see yourself: As a divine being with an enormous potential or as a small powerless human being who can't change anything. You also decide in which direction you move and develop. This means: For you, everything that you consider possible is actually attainable!

You have your own very special story

- Try not to see this life as a unique experience that ends with „ashes to ashes and dust to dust“ or that you end up in heaven or hell after an earthly life.

(this is only the case in „altered“ Christianity, because reincarnation was not removed from the New Testament of Christ until the 5th Vatican Council in Constantinople in 553 A.D.).

- Think of it as your soul life of which every life in an incarnation is like a day in your earth life. Try to imagine what you have already experienced in your soul life and what a treasure of experiences and consciousness is resting in your soul!

You can find it again. Get your power back!

Your life is an adventure!

You can now recognize your vision from your overall view, develop it and let it become reality. Your soul desire is a loving and fulfilled life through as many experiences as possible and the elevation of your soul from the earthly cycles. Both are feasible and attainable! This is your new reality from your awakened consciousness.

Because your life is an adventure, the greatest you can experience! Now especially ...

18. Image of a person who is physically, mentally and spiritually aware and connected.



Personal Conclusion

I hope this is for you an inspiring and encouraging overview of the turning point, the 7 Steps and your possibilities. This is the old new knowledge I was able to experience and share with you. It is a Gnostic overall view for the people to more easily recognize, understand and walk the worlds as well as us humans and our soul path. (Gnosis means „knowledge of the Godhead“ and „unity with the divine creation“). The research in Giza – and all the knowledge I experienced in this context of the Egyptian primal gnosis about the turning point and the worlds – changed my life.

All my senses were awakened, my knowledge hidden deep within me unfolded into a happy experience. I wish that through this overall view you will be able to gain similar experiences.

You might ask yourself, how can he know that or where did he get the information from? I was spiritually led and thus gradually received this „show of the Elohim“ (beings from the spiritual worlds that participate in the divine process of creation and human development).

They call it the „Legacy of the 7 Steps to the Revival of Souls“.

These insights also correspond to the teachings of the Great White Brother-Sisterhood, the Order of Melchizedek. I see myself with this summary only as a messenger of the „ELOHIM LEGACY“.

They are loving explanations and possibilities for this special time of change in which we now live.

The Elohim have also accompanied and assisted the advanced civilizations of the Lemurians and Atlantians as best as possible in their Times of Turning. But we all struggle with our current ‘high culture,’ because never before have humans been so disconnected from nature and spiritual guidance. In this greedy, high-tech consumer culture, we exploit and pollute the earth, destroying the biosphere and all life on it (and thus ourselves), largely influenced by artificial intelligence and digital corporations. And as if that were not enough, at the beginning of the third millennium, the old great powers have once again fallen back into the struggle for colonial expansion, into merciless hybrid warfare with hundreds of thousands of unnecessary deaths.

„The cause of all suffering is the not knowing“ (quote by Gautama Buddha)

It is important that you receive this knowledge and can be touched and inspired by it, because now the turning point in the time window between 2024 and 2028 (depending on the calculation) has reached its turning point. Therefore your own as well as our common expansion of consciousness is now much easier possible. We should serve ourselves, our fellow human beings, the animals, plants and Mother Earth – that is, life –, honour the Creator Deity and walk the path of love together. If we do this, we will reach the critical mass of the conscious souls in this window of time and raise them up together. Let us participate in flooding the mass consciousness of people with the vision of all-embracing love and elevation, so that beings and worlds can develop. Together we are strong and will manage to go through and use this special time of change, into a more conscious form of life and being that will bring us much joy and fulfillment.

Recognize yourself and walk the path of your own experiences!

If a person knows himself, his true history and origin and has an overall view of today’s turning point in which he moves, he can recognize his possibilities and his path. So he can become lovingly (himself) self-confident, courageous and self-responsible.

and from this overall view perceive, recognize and act differently than before.

Thus he is turned towards his soul, the creation and the deity and can unfold. You can recognize and walk this path for yourself by means of the 7 Steps.

If you try, don’t overtax yourself and apply one step after the other, e.g. one week, read and try the Step 1 daily, then Step 2 etc. There is probably no more exciting experience and fulfillment for a person than this journey to and with your own soul, because our life is truly an adventure.

I wish you many more uplifting experiences, love and joy on your life’s journey adventure...

Heartly, Rico Paganini

The Vision – For your personal fulfillment and a better world!

The Mass Consciousness

With around 8 billion people on earth, 1 % would need around 80 million people – who have agreed on certain principles and act on them as best they can – to introduce this new consciousness into mass consciousness (see page 32).

Join the United World Movement so that together we can reach the critical mass in mass consciousness between until the year 2028!

The MANIFESTO as well as the 7 STEPS FOR COLLECTIVE CONSCIOUSNESS (see links on the backpage) are calling for 80 million people on earth to connect consciously. They carry together the VISION that the old new knowledge and the love already again have entered mass consciousness and have unfolded in all people.

The VISION for the new Homo Universalis and Future Life to serve and co-create in Peace, Love and Unity!

- We recognize ourselves as loving equal Beings created from the primordial Light and Spirit.
- This Life force flows through our Souls into the World as a individual Power of co-creation.
- As Humanity we unite all Races and spiritual Practices with respect and responsibility.
- As a Community of Brothers and Sisters, we are liberated from striving for power and greed.
- We share the Gifts of the Divine creation.
- Together we take care and serve Mother Earth, Father Sun and all Life.
- Fulfilled with this new Consciousness, we find the best Practices and applicable solutions.
- And we live and celebrate in peace, joy and love our Unity in Diversity with all Beings.

With this vision we work together with the world to change, by always that this consciousness has already been reached and that it is within ourselves and within all human beings manifested. You can visualize this for yourself every day for a few minutes, and on certain days of the year we consciously connect and visualize it together. On the Solstice Days on 21/3, 21/6, 21/9 and 21/12 of each year, on World Peace Day on 21/9 and on World Prayer Day on 6/3 (also the World Women's Prayer Day, the largest ecumenical grassroots movement of women, with the motto: „**Pray informed – act praying**“).

The UWM – a movement and a spiritual family

The United World Movement is a vessel for the dissemination of the old new knowledge of the Elohim, for the loving and holistic insight and the networking of all people for the common awakening in the new consciousness! Further information can be found on the website -> unitedworldmovement.com.

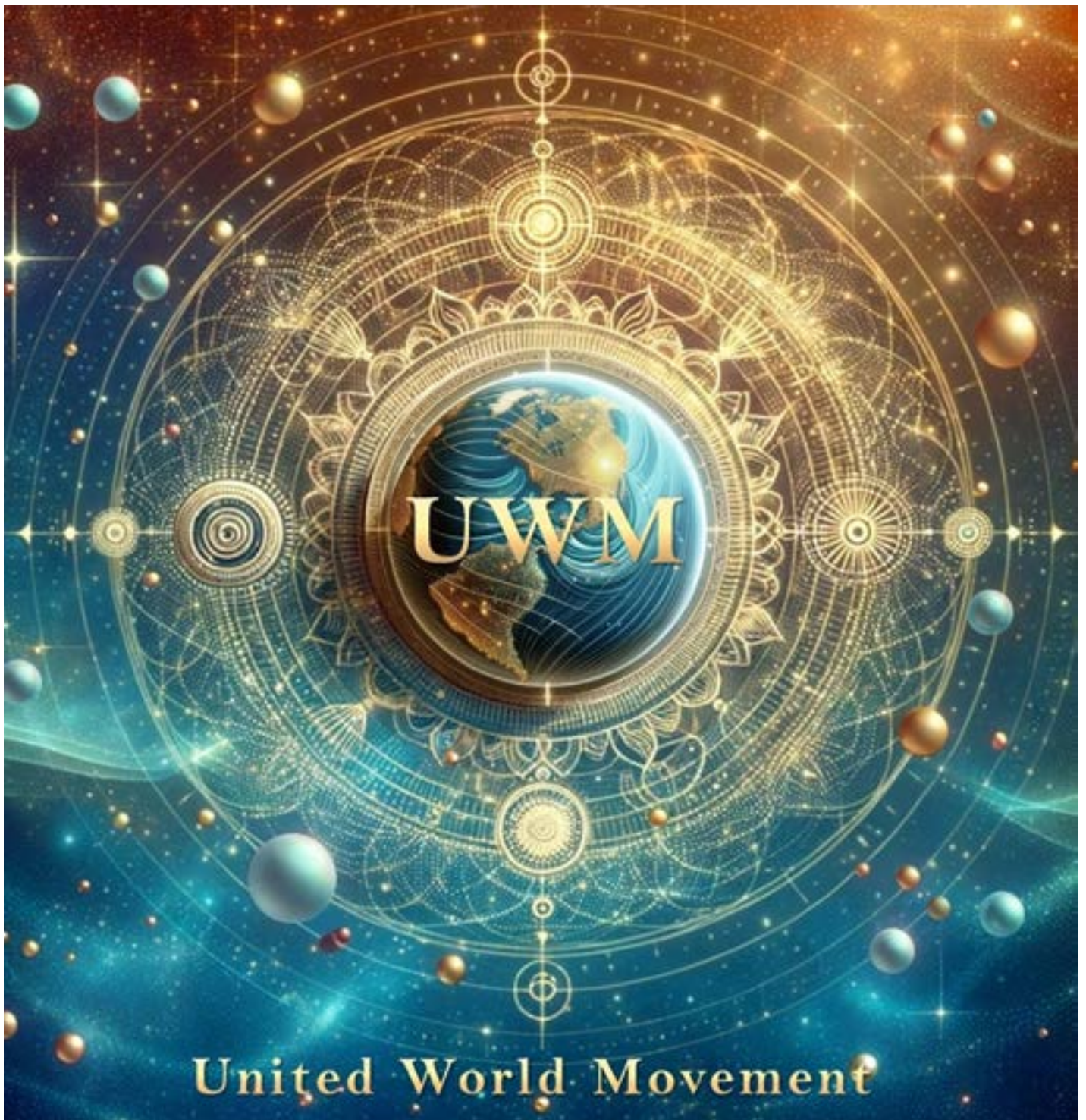
The summary in this **7 Steps for Individual Consciousness** is the essence of the old new knowledge, an overall view of self-knowledge and the unfolding of consciousness, presented in detail in a book trilogy (also available as eBooks -> evol-forum.ch/en/books).

This „**Trilogy of Living Legacies**“ helps you better understand the connections of being and encourage you to walk the path to yourself. Each book answers one of the 3 questions: Who are we, where do we come from, where are we going? There are 3 documentations across almost all fields of science and at the same time also spiritually guided books in which beings from higher dimensions and from the spiritual world speak to us. Only if we include the material and the spiritual worlds can we arrive at an overall view of being.

In the appendix you will find helpful pearls from holy scriptures of Christianity, Buddhism and Islam.



RAISE ANCIENT AND FUTURE CONSCIOUSNESS AND SOLUTIONS



What are prayers? (summary on the basis of Gregg Braden)

Many people think that prayers do not get them anywhere. Or that praying is something you do if you have problems or if you believe that you need the help of the deity. You withdraw for a moment and you say a prayer in which you ask for a change of circumstances or the fulfilment of wishes. Then you end your prayer and continue your usual activities. However, a prayer can only unfold its true power through our inner intentions and feelings.

The 5 kind of common, suppliant, ritual, meditative and feeling prayers:

1. A **common prayer** is one in which we speak to God in our own words, so it is not an existing prayer like „our father“. You thank and pray.

„Dear deity, I have experienced so many times that you helped me and I thank you for this. But now I do not know how to go on. I face this challenge which frightens and weakens me. Please help me, send me a sign and some clarity so that I can free it in you.“

2. In a **suppliant prayer** we ask for answers from the source of creative forces and pray to bring out the best in us.

„Dear deity, I pray to you to lead and inspire me so that I can be and give love. I carry the wish in me to do good and to truly make a difference in this life. Help me to grow in my consciousness, faith and recognition so that I may make wise decisions and be able to be a loving support for others.“

3. A **ritual prayer** repeats words that are fixed and that are mostly in verses, like the protective prayer „Our father“, the evening prayer „Now I lay down“ or the table prayer „bless this meal, o Lord and us in your service“. They also include written prayers or ones that are passed on from generation to generation. The beautiful thing about this kind of prayers is that the prayer affects the soul like a mantra and an affirmation through repetitions and so they are a part of daily life for many and become an inner need.

4. The **meditative prayer** is a kind of praying beyond words.

We are in peace and silence. We open ourselves and connect with divine love and the energies of nature while we are conscious of the presence of the creative forces. Thereby, a deep consciousness of unity and thankfulness arises for all the beautiful things that surround us. We recognize ourselves as souls and as a part of the whole of the universal unity. This consciousness can penetrate the deepest levels of our soul and recognize themes and fields within us whose existence we are not aware of.

5. The fifth form of the **feeling prayer** is the most active way to pray and is not based on „human need“, like „please listen to my prayer“, „protect me“ or „please let this wish become true“. This fifth form of prayer invites us to “feel and see how the prayer is already fulfilled”, that is, that it already is. This empathic form of prayer helps us in times of suffering to change our thinking, which has often been the cause of our suffering. By doing so, often positive changes in our hard life circumstances develop. Feelings are the power of the emotions and the language of the soul. They show us how our perceptions are, who we are. Together with the management of conscious thoughts we can touch, recognize and understand people and happenings around us in this state and consciousness. The inner effect of the almost forgotten and lost form of prayer is perhaps the mightiest tool of creative manifestation.

This form of creative working by visualizing the ideal state can – used in a mass prayer – also changes the collective consciousness and elevates humanity.

The suppliant peace prayer of Franz von Assisi

“Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;
O Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.”

The Lords prayer of „Our father (mother)“ which Jesus Christ left us

(Original Arameic version in literal translation © Douglas-Klotz)

„O Birther! Father-Mother of the Cosmos/ you create all that moves in light.

Focus your light within us—make it useful: as the rays of a beacon show the way.

Create your reign of unity now—through our fiery hearts and willing hands.

Your one desire then acts with ours, as in all light, so in all forms.

Grant what we need each day in bread and insight: subsistence for the call of growing life.

Loose the cords of mistakes binding us, as we release the strands we hold of others' guilt.

Do not let us enter forgetfulness but free us from unripeness. From you is born all ruling will,
the power and the life to do, the song that beautifies all, from age to age it renews. Amen“

19. The united prophets of the world religions, f.l.t.r.: Moses, Krishna, Jesus, Mohamed, Buddha.



The „10 Rules of the Modern Age“ by Chamuel Melchizedek

(instead of the over 3,000 year-old 10 commandments of Moses in the Old Testament)

„1 Thou shalt not honor other gods before me!

2 Thou shalt not kill!

3 Thou shalt not begrudge your friend's house and possessions with envy!

4 Thou shalt not commit adultery, if you have married before me!

5 Thou shalt not speak against thy neighbor!

6 Thou shalt be associated with me through your inner senses!

7 Thou shalt take a masterful attitude in order to come closer to me, the great light of men!

8 Thou shalt make an honorable service for your neighbor!

9 Thou shalt seek and find your destiny!

10 Thou shalt be elevated through Me, O son of man, if you follow these simple rules.“

Avoiding the ten evils from Buddhism by Gautama Buddha

The Buddha said: „All acts of living creatures become bad by ten things, and by avoiding the ten things they become good. There are three evils of the body, four evils of the tongue, and three evils of the mind. The evils of the body are, murder, theft, and adultery, of the tongue, lying, slander, abuse, and idle talk; of the mind, covetousness, hatred, and error. I exhort you to avoid the ten evils:

1. Kill not, but have regard for life.

2. Steal not, neither do ye rob; but help everybody to be master of the fruits of his labor.

3. Abstain from impurity, and lead a life of chastity.

4. Lie not, but be truthful. Speak the truth with discretion, fearlessly and in a loving heart.

5. Invent not evil reports, neither do ye repeat them. Carp not, but look for the good sides of your fellow-beings, so that ye may with sincerity defend them against their enemies.

6. Swear not, but speak decently and with dignity.

7. Waste not the time with gossip, but speak to the purpose or keep silence.

8. Covet not, nor envy, but rejoice at the fortunes of other people.

9. Cleanse your heart of malice and cherish no hatred, not even against your enemies; but embrace all living beings with kindness.

10. Free your mind of ignorance and be anxious to learn the truth, especially in the one thing that is needful, lest you fall a prey either to scepticism or to errors. Scepticism will make you indifferent and errors will lead you astray, so that you shall not find the noble path that leads to life eternal.“

The four noble truths

The Enlightened One saw the four noble truths which point out the path that leads to Nirvāna or the extinction of self:

The first noble truth is the existence of sorrow.

The second noble truth is the cause of suffering.

The third noble truth is the cessation of sorrow.

The fourth noble truth is the eightfold path that leads to the cessation of sorrow.“

„Now, this, O bhikkhus, is the noble truth concerning suffering:

Birth is attended with pain, decay is painful, disease is painful, death is painful. Union with the unpleasant is painful, painful is separation from the pleasant; and any craving that is unsatisfied, that too is painful. In brief, bodily conditions which spring from attachment are painful.

Now this, O bhikkhus, is the noble truth concerning the origin of suffering:

Verily, it is that craving which causes the renewal of existence, accompanied by sensual delight, seeking satisfaction now here, now there, the craving for the gratification of the passions, the craving for a future life, and the craving for happiness in this life.

Now this, O bhikkhus, is the noble truth concerning the destruction of suffering:

Verily, it is the destruction, in which no passion remains, of this very thirst; it is the laying aside of, the being free from, the dwelling no longer upon this thirst.“

Pay attention to your thoughts, for they become words,
pay attention to your words, for they become actions,
pay attention to your actions, for they become habits,
pay attention to your habits, because they become your character,
„Watch your character, it becomes your destiny.“

(Quote from the Jewish Talmud)

„Now this, O bhikkhus, is the noble truth concerning the way which leads to the destruction of sorrow. Verily! it is this noble eightfold path; that is to say:

1. Right views;
2. right aspirations;
3. right speech;
4. right behavior;
5. right livelihood;
6. right effort;
7. right thoughts; and
8. right contemplation.

By the practice of lovingkindness I have attained liberation of heart, and thus I am assured that I shall never return in renewed births. I have even now attained Nirvāna.“

(Quotes by Buddha, source book The Gospel of Buddha, Compiled from ancient Records)

„Commit no wrong but good deeds do and let thy heart be pure.

All Buddhas teach this doctrine true which will for aye endure.“

(Quote by Gautama Buddha)

„Nothing should stand between you and God. No imams, priests, rabbis or any other custodians of moral or religious leadership. Not spiritual masters and not even your faith. Believe in your values and your rules, but never lord them over others.

The universe is one being. Everything and everyone is interconnected through an invisible web of stories. Whether we are aware of it or not, we are all in a silent conversation. Do no harm.

Practice compassion. And do not gossip behind anyone's back – not even a seemingly innocent remark! The words that come out of our mouths do not vanish but are perpetually stored in infinite space and they will come back to us in due time. One man's pain will hurt us all. One man's joy will make everyone smile.“

(Quote by Sufi-Master Dschalaluddin Rumi)

The 7 Hermetic Principles

1. The Principle of Mentalism – „The All is Mind; The Universe is Mental.“
2. The Principle of Correspondence – „As above, so below; as below, so above.“
3. The Principle of Vibration – „Nothing rests; everything moves; everything vibrates.“
4. The Principle of Polarity – „Everything is dual; everything has poles.“
5. The Principle of Rhythm – „Everything flows, out and in; everything has its tides.“
6. The Principle of Cause and Effect – „Every Cause has its Effect; every Effect has its Cause.“
7. The Principle of Gender – „Gender is in everything; everything has its Masculine and Feminine Principles.“

The laws of the cosmos are the key to a true and fulfilled life. By living and working with them, you no longer fall victim to your destiny. You will increasingly question all and discover your own causes and learn. You will recognize your supposed destiny for what it really is – your work – a further step in the learning process. You will learn to create only causes which will bring about the effects you desire. You will learn to control your emotions in order not to become enslaved by their effects. Consequently, the Hermetic Principles are in effect the key to wisdom and a fulfilled life.“

(Quote by Hermes, source book KYBALION)

Website: unitedworldmovement.com - Mail: contact@unitedworldmovement.com

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