IN NUCE

An answer to everything

I am not a father

Sebastian Schmitz

English edition

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Human beings are not the crown of creation, but the beings who recognise creation as such.

The story of an “emphatic dictation”

Dear readers,

Please allow me a few words of introduction to the following text, “I am not a father”. Its words, sentence structure and expression are mine; its underlying message, however, is not.

In order to explain what I mean by that, please allow me to elaborate a little.

Even as a child, I rejected every kind of religion. I attended church services only when I had to, and later to please my parents. On the morning of my fourteenth birthday, I withdrew from religious education, the only pupil at a large school to do so. This almost broke my father’s heart, especially since the school administration naturally informed my parents immediately. Out of love for them, I agreed to speak with our parish priest. Recounting that conversation here would go beyond the scope of these lines, so for now let me simply say:

The parish priest then advised my parents to let me find my own path.

I subsequently decided not to be confirmed either. Religions and gods meant nothing to me! Looking back, I now understand: I want to experience, rather than simply believe.

After leaving school, I trained in retail and earned my living in various sales roles.

Even during my apprenticeship, I enjoyed selling complete strangers all sorts of “rubbish” they neither needed nor wanted. Almost everyone I encountered as a salesman became a customer. I thought of myself as the ultimate manipulator, capable of selling a refrigerator to an Inuit person and a sunbed to a Black person.

I had no qualms: someone walking into a car dealership was hardly looking for a charitable mission. A lion, too, eats those who enter its den. Yes, I was one of those salesmen you would rather not encounter in a shop.

But there was another side to me. People kept crossing my path who were in emotional distress or situations that seemed hopelessly tangled. Each time I helped them, often without being fully aware of it myself.

Eventually I also noticed that the right resources were always available at the right moment: money, experience, knowledge, the right words, contacts, or whatever else was needed to help.

On one side was the ruthless salesman who could talk anyone into buying anything. On the other was someone who could never look away when another person’s distress landed at his feet.

I was also financially successful: by the age of 25, I was driving a BMW 750 iL. Yet I could never hold on to that prosperity. Money slipped through my fingers as quickly as I earned it.

The years passed; thirty candles adorned my birthday cake. One afternoon I found myself sitting beneath a tree in a forest clearing, beside my ostentatious car, asking what it all meant.

And then it actually happened: I received an “answer”. Please do not misunderstand me: I never hear “voices” in my head. What I experience is a kind of language or expression based on feelings and images, on emotions and metaphors. I asked why I was such a “good” servant of Mammon, yet still had a heart for others when it mattered. Why did people in need keep crossing my path, and why could I not simply remain indifferent? The answer, in essence, was this:

“Your ability to look into people’s souls and recognise what they most urgently need, what truly torments them, comes from me.”

From that day on, I no longer wanted to sell anyone anything. I realised that I was no “super-salesman”: I now consider that kind of selling deeply immoral.

Admittedly, this was such a powerful spiritual experience that it briefly threw me off balance.

I was so deeply ashamed of some of the things I had done that my first thought was: I must become a priest. A quick Google search, however, put that wish into perspective: seven years of training without an income, everything that went with it, and my general attitude towards religion. What should I do? I asked, since selling things to people was all I knew. “If you do not want to become a priest, why

not open a pub?" "You want me to do what?" "Yes: a dedicated publican is always a good psychotherapist too."

I understood.

For the next seven years, I ran two pubs. The human encounters I experienced during that time could fill books.

I gave EVERYTHING, physically and emotionally. Just before I collapsed completely, I was "released" by going bankrupt. Until this text came into being, I still took no interest in religion.

Today I enjoy passing on what I know as a business consultant. You can probably guess why I am called in: the business is not running smoothly. Yet when I leave, it is the people who have found new paths.

And then there came the day when my father had heart surgery.

I wrestled with myself. Should I say something? "Get a second opinion." I did not sleep the night before his operation. Two or three times I pictured myself getting into the car, driving to the hospital and saying, "Do not do it. Please, do not." But I did nothing of the kind. I sensed, and trusted, that sadly this was how things had to be.

My father did not recover from the operation for a very long time. Almost a year passed. Whenever he improved a little and there was reason to hope, he suffered another serious setback.

At Christmas in 2013, at six o'clock on Christmas Eve, I held his hand in hospital, expecting his imminent death yet

again, as the doctors had told us. During that time I experienced emotional pain of an intensity I had never imagined a person could feel or endure. What must it have been like for my father? He was the one truly suffering!

One night I lay on my sofa, thinking of my father fighting for his life in intensive care. In bitterness I asked - no, I DEMANDED:

“Tell me the truth of all existence in a language I can understand. No philosophy, no moralising, no flowery words or consolation: just the naked truth!”

That is how “I am not a father” came into being, in a single night.

You might say this arose from emotional distress: a jumble of synapses serving as a release valve to steady my emotions. I certainly considered that possibility. So I searched the internet for comparable views and statements.

I found parallels in ALL religions. For example, “Ego sum, qui sum”: YHWH can be translated as “I am who I am”. Or “Si vis amari, ama!” - “If you wish to be loved, love!” Almost all the statements of Jesus and Buddha refer to this. I do not speak Latin at all, and I had not known of this connection.

Even the creation story, which I naturally knew as a child and later read for myself, now sounds quite different to me. Knowledge “drove” us from Paradise, but freedom is our great reward. We make mistakes in that freedom, yet learn through insight.

There is a reason they are called the Ten Commandments, not the Ten Prohibitions. “You shall not murder.” Yet if you do, live with the consequences! God has not made it impossible for you: if he had, you could not do it.

As a child I never really understood the “historical Jesus” either. What was all this talk of honey-sweet love? Today I understand: I cannot personally ask forgiveness from everyone I have wronged, but at any time I can forgive others for everything done to me.

If everyone on Earth did this, the endless cycle of guilt and retribution - “If you kill my brother, I will take yours” - would be broken. Only then could human beings one day be truly free!

To do this sincerely, to “bless” everything that has happened and everything within and around us, each person must first recognise and understand it at its core. True love lets go and knows no desire! Humanity still has a long way to go. But even the longest journey, as we know, began with a single small step.

Now what do I do with this text? First of all, I said THANK YOU! But as the preface says, "This text is not for humanity, but only for you…", so today I know: everyone has the right to their own experience, whatever it may look and feel like.

In other words, only those who experience things for themselves, rather than seeking outside themselves, believe what they ultimately find.

We are not 'measured' by our actions, but by the motives that underlie them.

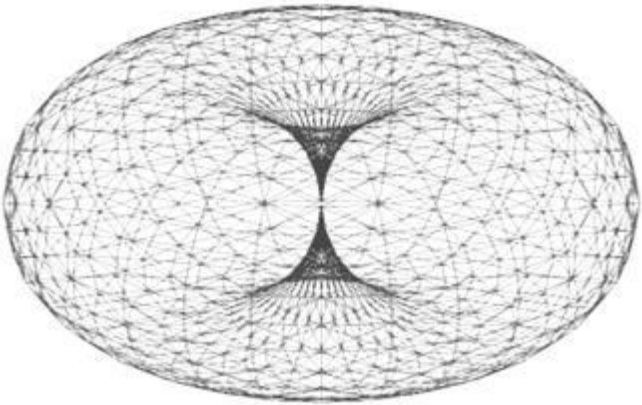
I do not help because this gives me personal satisfaction, but simply because I can, so I pass on the text as I have received it, as a 'gift' to anyone who wants to and can accept it.

If, while reading what follows, you feel “No, this is not how it is; everything must be quite different”, put the text aside and think no more about it. I have no wish to convince anyone of anything. Let everyone experience life and discover themselves!

With warm regards, Sebastian Schmitz

“The sight of my creation causes me boundless pain and equal joy.”

I am not a father



- Ego sum, qui sum. -

Foreword

Since the beginning, people have looked at the stars and asked themselves the one, all-encompassing question: "What am I, where is the origin of all being and why is it so bitter, -my world?"

In every age, people have believed in the supernatural. In keeping with the spirit of their times, they developed different ways of thinking to explain what the intellect alone could not grasp.

Countless religions have been devised and faded into insignificance. Let me say at the outset: none of the

religions that have ever existed, are practised today or are now emerging proclaim the truth. They offer a mythological perspective on the inexplicable. Nevertheless, all have their place. They arise and disappear within the spirit of their times and the limits of what people can comprehend.

Human beings have had a very long time to reach this point. Never, at any time, have I actively intervened in their development out of a wish of my own.

One thing stands above all others: the free will of the spirit. It is essential to genuine understanding:

To know who you are, you must first experience what you are not.

Understand the following text in that spirit. Its meaning is only what you choose to read in it. Decide for yourself what is meaningful and true. Your will be done, not mine. These words are addressed to you, not to humanity, because you asked and want to understand why the world contains so much cruelty and love at the same time.

The truth is so simple that words like these would be unnecessary. Yet your intellect thirsts for great mysteries and does not look for answers in what makes straightforward sense.

Why take a straight, direct route when winding paths offer endless opportunities for discovery and experience? Only those who truly recognise and understand their own selves will find what they seek.

“No one comes to the Father but through me,” so once proclaimed a man whom you call Jesus today.

He was right, because this means: "No one becomes like me who does not act, feel and think like me."

He understood: I am not a father and you are not my children!

The nature of life

Everything that exists follows its intrinsic nature. This is often confused with purpose, but what is meant is a fundamental quality without intention.

As an example, I would like to describe the sun.

Complex chemical and physical processes constantly take place on and inside the sun. You can feel and experience their effects every day. The sun is a fundamental condition of your existence, of all life. Yet the sun itself is indifferent to this. Regardless of existence and life, it simply follows its own nature, without any particular intention. If everything now depends on it, that is only because what came later adapted to its nature. The sun was there first.

Perhaps you cannot imagine life without the sun. I would say that this is only because you do not know such life. In the deepest parts of your oceans, for example, there is life that has never seen light.

In mythology, the sun is one of the earliest images of divinity. Indeed, many religions originated in sun worship. Once people understood the vital importance of its

existence, they revered and worshipped the sun as a deity made visible in the sky.

But what use is it to pray to the sun on a cold winter's day, "Shine more brightly and warm me; I am freezing to death"? Or, while crossing a desert, "Less heat; I am dying of thirst"? Nothing will happen. The sun cannot do otherwise: it follows its nature. It knows nothing of your distress, your existence or the Earth, and is entirely indifferent to them.

Now picture a strong tree in the middle of a forest. It too has an intrinsic nature, which it follows unconditionally. Without plant life you could not exist: it produces the oxygen and food you need. Yet the tree, the forest and the whole plant world are indifferent to this. You make use of them for one reason only: they exist and came into being before you.

The same applies to viruses, bacteria, insects and animals. They all follow their nature. Yersinia pestis kills a human being within days, yet that is not its intention: it ultimately perishes in its host's corpse. It acts according to its nature.

Anyone who tries to stroke a wild lion and then complains about being eaten is a fool.

The intrinsic nature of all things and the order in which they came into existence are chronologically interdependent. Yet considered individually, they have no assigned purpose.

To be without intention is to know no guilt. When a tsunami devastates densely populated coastal regions and kills hundreds of thousands, it happens because planet Earth follows its nature. Those countless people die for one reason only: they were there.

Understanding the nature of things and their chronological interdependence matters because only this understanding allows you to comprehend my nature. Whenever great natural disasters, pandemics, famines, suffering and misery occur, I am often blamed. “God’s punishment has come upon us”: I have heard this since the beginning of time. In truth, however, everything that happens is rooted in the nature of things.

At its core, intrinsic nature means life unfolding freely, without a particular purpose or assigned destiny. You are mistaken if you think the sun is a dead star where only physical and chemical processes occur. Anything you can ever perceive through your senses, in whatever way, is already “life”.

Everything new uses what already exists: an endless chronological sequence in which the nature of what is already present makes further existence possible.

The bird eats the worm only - because it is present.

My nature

If intrinsic nature means life, and I have such a nature, am I alive? Yes! I am life itself: absolutely real and uncreated, like the universe, which knows neither beginning nor end.

My nature can be described in one word: love. Yet history has surrounded that word with profound misunderstandings. For that reason, in your thoughts replace “divine love” with complete understanding, and “human love” with desire.

Butterflies in your stomach, longing, powerful emotions, being in love. Yet the moment you believe you have found happiness, you fear losing it. Jealousy, dependency, conflict and loss may follow. You see: this is not what I mean by love.

I am absolutely real, and my nature is unconditional love: love grounded in all-encompassing understanding through lived experience.

In that sense, I am everything that exists.

For understanding, experience is a prerequisite. I have already experienced everything, and so I am all that is, life itself.

You have read that it is pointless to ask a being to change its nature for your benefit. The sun remains what it is, however fervently you worship or plead with it. Does it make sense, then, to pray to me? My honest answer is both yes and no. It makes a difference whether you speak to me “in love” or “out of love”.

Please do not misunderstand me: I never judge a request. Acting OUT OF love usually contains a personal motive that has not been understood. Acting IN love, by contrast, is always based on understanding.

If you are cold, I will not make the sun shine more warmly for you: that would violate its nature. If I acted according to your wish, the consequences would be devastating. Everything that arose after the sun follows its own nature in relation to it. That chronological interdependence would be disrupted, immediately endangering life on Earth. In the end, your brief gift of warmth would be of no benefit to you.

Do not worry: I have an intrinsic nature, but I am spirit.

To please yourself, you may ask me to make the sun shine more warmly for you, and nothing will happen. In love, however, you might ask not to freeze to death. Only then can I draw your attention to the well-heated café diagonally opposite, which you failed to notice because you were shivering so much.

Had you understood, you would have dressed warmly and this distress would never have arisen.

It is therefore pointless to call upon me whenever you pursue a motive that conflicts with the nature of another being. Everything that comes into being always follows from what already exists.

Your existence does not depend on me. You need not be grateful to me.

Yet to understand me fully and grasp everything in its intrinsic nature holds the greatest gift you can give yourself. More on that later.

The nature of the human being

As a human being, you stand almost at the end of a very long chronological sequence of creation. You could say an immense amount had to happen for you to come into being. Measured in earthly time, one being after another emerged in your galaxy over more than 20 billion years, each following chronologically from what existed before.

Although the process was immense, this coming into being and passing away involved no hardship. Life always arises in love, from within itself.

At its core, your intrinsic nature is like that of everything else that exists. Without a particular purpose or intention? Not in your case! You can read in books that “God created human beings in his own image”. This is indeed true, but it refers to my spirit. You have an intrinsic nature, yet you are spirit; in this respect we are alike. The only difference is the extent of understanding.

Figuratively speaking, imagine:

You live in an evergreen meadow, surrounded by plants and tame animals that feed you. Clean water flows in unlimited abundance. To survive, you need only reach out and take what sustains you. You are in the Garden of Eden. Now ask yourself: what would you become in such a place, without any challenge? In time, a profoundly bored person!

Your nature is to live, but your spirit thirsts for experience and your intellect for insight.

One day, in frustration, you would leave your familiar place and travel far beyond the horizon, only to discover that every new place was just as everything had always been. You would spend decades searching the garden until you realised:

A completely perfect space, attuned solely to your existence, deprives you of any meaningful decision. A meaningless choice offers no new experience, no understanding.

You recognise that exploring your own nature, experiencing the full range of life with an alert spirit, and bringing new things into being in accordance with your nature requires more than perfection.

Your own awareness marked the beginning of your being.

You were like the ONE that is EVERYTHING and therefore does not know WHAT it is: like the sea that knows no individual drop, or light that does not know darkness.

I mean this in both a spiritual and a worldly sense. On the day you were born, nothing yet had a meaning or a name for you.

To experience yourself, you need to distinguish the individual natures within all existence. In other words, you experience your own limitations as enrichment within matter: your reality.

Is the world perfect, with its interplay of elements, stars and planets? You have surely read that God is all-knowing and all-powerful. Surely, then, a world I created ought to embody the very measure of perfection.

If it were perfect, you wouldn’t even know the word, let alone its meaning.

Chaos is the beginning of all existence. Nothing that has come into being is perfect; it is always optimally adapted.

Remember the chronological interdependence of all beings? Everything new uses what is already there. You too are an optimal adaptation within a very long succession of beings.

Have you ever walked through an untouched forest? Everywhere, in all directions, things come into being and pass away. No paths, angles or circles disturb the harmony of this chaos. You feel free and breathe deeply. So stop scolding children for making a mess: they are following their nature.

So what is 'human nature':

First, you recognise yourself through your body. As you might expect, it is optimally adapted to your surrounding reality. Its senses allow you to orient yourself in space. A physicist would call it a heat engine; food is its fuel.

Then there is your intellect. It constantly explores your being and everything within, with and around you. Nothing challenges it more than a mystery it has yet to understand.

You notice your spirit least of all; you may also call it your soul. It thirsts for experience, and for experience alone. It does not matter to it whether you judge an experience good or bad. What counts is its intensity.

Your spirit does not judge: it experiences itself.

When you were born, you were already a being: body, intellect and spirit together. Every new experience changed your perception. Every moment of insight developed your intellect. Taken together, these continually expand your awareness of how EVERYTHING is connected. In this way you recognise the core of existence.

A fire warms you, but if you disregard its nature, it will burn your house.

To live, you must breathe, eat, drink, sleep, go to the toilet and move from one place to another, like everyone else on Earth. Yet how you do these things, and what you feel about them, is entirely up to you.

In your nature, at every new moment, you are the sum of everything you have experienced and how you have understood it.

So your "human nature" is:

What you are now, in this and every new moment, viewed through the whole of your development.

The nature of the collective

The collective is the primordial essence of all being.

Looking at a galaxy, you see an almost uncountable abundance of celestial bodies. It is always in motion. Everything within it constantly interacts with and depends

on everything else. As you know, whatever is new follows from what already exists.

Now compare it with a fly. How much of a collective is contained in it? As a body, it is a being to which you give a name. It has eyes, wings, legs and so on. Only the interaction of all these details makes it what it is.

Think much smaller now.

In material terms, what is the collective from which it arose? How does it differ from the galaxy?

Only in the arrangement of the smallest components of what you know as matter. These are everything in themselves, the origin of every being. They always form a collective: a being with its own nature.

Everything that exists is thus formed from everything else, in constant interdependence and interaction.

Seen this way, I am not with you: you are within me and made of me.

The nature of the collective: humanity

Now to the question that concerns you most: why your world is as you know it.

Remember: I have an intrinsic nature, but I am spirit. In that respect we are alike.

Imagine an Earth without human beings. What would it look like? That should not be difficult: in the history of the

world, humans arrived only yesterday. You know from geography lessons what the world was like before you.

My nature is unconditional love. In that love I created everything that exists, allowing it to arise from within itself.

The only difference between you and me is the extent of our understanding of EVERYTHING. In that sense I created you in love: completely naked, free of all that is now within you, so that you could shape and experience what is with you and ultimately discover, through experience, what you really are.

To make clear why your world is as it is, let us distinguish your creation from mine. We are alike as creators too. Yet I always create in love, while you mostly create out of love.

Please hear this as a condition for experiencing yourself, rather than as a reproach.

What exactly do I mean? Let me explain through something whose nature has influenced you and your world more profoundly than almost anything else: money.

First, how did your creation - money - arise?

When people stopped wandering across continents because hunting and gathering seemed too arduous, they settled down, built permanent shelters and cultivated the land.

They soon noticed that their fields produced more than they could eat. Nobody wanted to live indefinitely on their

own bread and fruit alone, so people exchanged what they had for things they desired.

To end the endless haggling over value - “How many eggs will you give me for a chicken?” - they needed an independent, fixed intermediate value, embodied in an object exchangeable for anything. Money was born: something with a new nature.

Whether it took the form of shells, glass beads, gold, coins or paper initially made no difference. It was an excellent idea: easy to transport and look after. Anyone with enough of it no longer needed to work the land themselves; they could pay someone else to do it.

And there it was: money had changed its nature. Once intended only to exchange the things people produced, it had become an object of desire in its own right. Why else would anyone work another person’s field for money?

A few quickly understood this new nature. Before long, some had money piled to the ceiling.

Most did not understand it; they simply wanted to possess it. A few became immensely rich, and their houses became castles, then palaces.

Money rules the world. Those who own much of it rule over all the nameless others. The once free hunter and wanderer became a servant to his masters. How bitterly the convenience of money can exact its price!

What is money’s essential nature today?

Objectively considered, it has the characteristics of a drug: cheap to produce and readily available. Using it makes you dependent and leaves you wanting more. In your world, you have become entirely dependent on money.

This is no coincidence. Those who first understood money’s new nature deliberately made it what it is.

Did you know that all money in existence today is based on debt? Whenever someone borrows, new money is created, solely because of interest and compound interest. Today it practically creates itself, without you! The more there is, the harder you must bend to serve the interests of a few. You even sell your own nature for money.

First you use all the new things with joy, and a little later they dominate you. You don't wear clothes because you don't have fur, but you don't have fur because you wear clothes. Everything is in constant interaction with everything, as you know.

You are the creator of your world; you are meant to shape matter as you wish. But look at your world now, at your fellow human beings and livestock. What has the nature of money done to them all?

Step outside your home. However hard you look, you will find almost nothing that arose in love. Wherever you go, things exist out of love: the love of money!

Now you know why your world so often takes a form you dislike.

Everything is connected to everything and in constant interaction, - this is how you experience yourself.

So the next time meaningless work for others torments you and you think, “This is not me. Is this all there is?”, you are right: you have gained a crucial insight!

You have understood that to know who you are, you must first experience what you are not.

The meaning of your existence

If you now say, “No, I am not like that. I did not create this world; mine would be entirely different”, I reply: that insight is in your spirit because you have already done, experienced and understood all these things countless times.

As a general rule, assume that whatever you grasp in its essence through consciousness, understand intellectually and fully feel emotionally, in the relationships between people and EVERYTHING in your world, you have already experienced countless times. You constantly disregard the nature of other beings. Every argument, every war, everything you call bad or evil happens for one reason: your lack of understanding and its consequences. Through experiencing it all, you learn to comprehend.

Bare knowledge means nothing to you by itself. Only an experience you have lived and fully understood allows you to comprehend a being’s nature completely.

Imagine - a native of the Amazon wants to know from you what snow is and you try to explain it accordingly.

You may use a thousand words, describing its texture, coldness and every detail you can think of. However hard you try, he will not even begin to grasp the nature of snow.

Even if you brought him snow and placed it in his hands, he would still not fully understand it.

Ultimately, your only option is to send him into the mountains in winter.

Or, a little boy asks his dad, "What's an orgasm?" You laugh? - Kids are just like that. He picked up the term at school. What's his dad supposed to say? - You know!

In your reality, you live in duality. Everything has an opposite, and you define every form of existence through that contrast.

How could you know cold without warmth? There is no high without low, above without below, joy without sorrow, happiness without pain, light without darkness, good without evil.

The range of each depends on your experience. An indigenous African has a different understanding of cold from an Inuit person at the North Pole.

Duality also exists in your spiritual world. Reduced to its essentials, you can feel in two ways: love and fear. Every conceivable feeling belongs to one side or the other.

Sorrow is based on fear, joy is based on love, and again, the range of what you feel on one side or the other depends on your level of experience.

The same applies to action. Conflict is rooted in fear; understanding in love. Clinging is rooted in fear; letting go in love. Ruling is rooted in fear; guiding in love. Possessiveness is rooted in fear; sharing in love.

You know which kind of action need not become reality.

Now I would like to give you my 'point of view' and you may make it your own.

I always see and feel things as they are, without duality.

Ask yourself: does darkness truly exist? Is it real? It is dark at night or when you switch off the light, after all. No: darkness is not real, and is therefore irrelevant to me. It is merely the absence of light. You can measure light, but not darkness. Is evil real? No: it is merely the absence of good.

Is cold real? At -273.15°C, nothing gets colder -- all the molecules have come to a standstill. Heat is vibration, and anything measurable above zero is heat. Sorrow is the absence of joy.

Everything is always exactly what it is: its intrinsic nature. Only a lack of understanding requires comparison.

If you want to progress much faster on your journey towards becoming divine, understand everything, especially humans and animals, as it is in its own nature, rather than as you would like it to be. In other words, stop getting angry, whatever or whoever the cause! You now know the source of your frustration: your own lack of understanding. Be curious instead, and learn to comprehend.

Above all, do not compare yourself with others. Whether someone owns more or less than you, follows another religion or belief, is heterosexual, gay, lesbian or anything else; whatever their language or skin colour; whether beautiful or ugly, sweet-smelling or foul, incredibly clever or utterly stupid: none of this should trouble you.

However another person encounters you or crosses your path, recognise, comprehend and understand their nature, and your own.

Incidentally, all human beings on Earth are literally related. You all arose from one primordial cell; you are brothers and sisters of the same blood.

Do you know the saying “Everyone reaps what they sow”, or the idea of balancing justice? It should be particularly close to your heart.

Whatever harm you do to another being, of any kind, deliberately or accidentally, directly or indirectly, by acting against its nature, will also become your own experience in its effects if you do not fully acknowledge, understand and emotionally grasp the consequences.

This is not to punish you, but to let you comprehend and understand through your own lived experience.

This is not based on my idea, but was from the beginning your express desire and will.

You wanted to know everything about every form of existence. Though watching often pains me deeply, so it shall be: I promised, because I love you!

If, for example, you constantly rail against, insult and belittle “lazy, unemployed, parasitic layabouts”, then... well, you know. I really do not want to frighten you, only encourage a little more sensitivity.

OK, you could say,

“What is all this for? He says he is everything that exists, knows everything, can do anything and is almighty. Why not simply give me his divine power? Then I can arrange everything as I please.”

And I can understand your objection, but here I say, and please forgive me the comparison, I really don't want to offend you:

If I gave you my divine power and entrusted all existence to you, it would be like putting a chimpanzee behind the wheel of a Lamborghini in a crowded pedestrian street and showing it how to turn the ignition key and engage a gear.

Believe me: in the smallest fraction of a second, you would destroy not only yourself but the entire universe. You should truly never have to live through the consequences of that experience. I love you far too much for that!

You already suspect it; you always have. A single earthly life could never suffice to understand all beings, everything that exists, in full. That is why this is not your only life.

You are an ancient spirit in a being that repeatedly comes into existence anew. In this way you experience yourself, your existence, every being and everything connected with

them. Eventually, each person, in their own way and along this path, becomes entirely like me.

This was your wish. I created you in my image, and this is the reason for the existence you chose for yourself.

Suffering without your involvement?

You have read that everything bad or evil, every war and all the suffering that follows arise from a failure to understand the nature of a being. Put bluntly, you and your fellow human beings create them yourselves.

But what of suffering that cannot immediately be explained by your own lack of understanding? Why do children die? Why are people born with disabilities affecting their limbs or senses? Why do illness and death exist?

First, you must distinguish very carefully between different cases.

Take the thalidomide scandal of the early 1960s. A medicine known as Contergan was also prescribed to pregnant women, with disastrous consequences for their unborn children: they were born with malformed limbs. This suffering arose from a lack of understanding. The nature of the active ingredient conflicted with that of the developing body.

Similar things can happen if a mother smokes during pregnancy, drinks alcohol, eats unsuitable food, eats too little or too much, or has an abortion. The man also plays a part: sperm quality is directly related to lifestyle. The

developing human being may be so severely weakened that the child later dies.

External influences, without any direct action on a person’s part, such as heavy exposure to toxins through environmental pollution, can have similar effects.

A disproportionately large number of illnesses, and the suffering and death they cause at every age, result from disregarding intrinsic natures as industrialisation advances and lifestyles change.

Simply put, you are increasingly poisoning yourself!

All the suffering and death described above are caused directly or indirectly by you and your fellow human beings disregarding a being’s nature, usually through a lack of understanding.

People once died agonising deaths from plague until they understood its cause and could then cure it. One day, this will be true of every illness.

You rightly ask why Yersinia pestis exists at all. Simply because everything that exists has its place: a specific function arising from chronological interdependence. A bee can sting you, yet without bees there would be hardly any delicious fruit and far less plant reproduction.

I have already mentioned the next aspect: the suffering you inflict will become your own experience in its effects. Only in this way, through complete understanding, will suffering one day cease on Earth.

For consolation: the same applies to the joy and happiness you bring to other beings. Everything comes back to you.

Least common is a spirit that deliberately wishes to be born into a profoundly imperfect being, for example to experience what it means to live with a disability and depend on help.

For the same reason, during a lifetime the spirit may deliberately draw any kind of illness into your bodily being, to experience it or to alert you in time to extreme harmful behaviour, such as smoking, alcohol or too little exercise.

There is also the phenomenon of sacrifice. One spirit helps another experience something in accordance with its wish or path. A child may die because the mother's or father's spirit "wanted" to experience painful loss in order to understand the value of life through that experience.

All this may happen across generations, in every conceivable combination, variation, mutual relationship and direction.

What you would call a normal death from old age almost always occurs because the spirit has reached the greatest range of experience and understanding available within the being that is then dying.

The spirit wishes to experience itself further and more deeply, and soon finds itself in a new being. Your next cycle of life has begun.

You know the scene: you proudly show Grandpa your brand-new smartphone, and he says, "Go away with that

modern rubbish. I don’t need it!” That is exactly what I mean.

I hear you saying, “This is terrible, dreadful and unbearable! How can you allow all this suffering?”

And I say,

“Pause and look around, hurried traveller. You are where you have always wanted to be: in a life of freedom!”

Seriously: responsibility for your suffering rests with you, not with me. Remember that you have an intrinsic nature, but you are spirit. You experience yourself “only” through that nature.

Do not worry. Your experience and understanding are already quite advanced; otherwise you would have put this text aside long ago and never read this far.

You asked yourself the crucial question: why is my world like this? Why can it not be different? That alone shows that you feel for others and understand their experience. All of this rests on your own lived experiences and the understanding they have brought.

You have travelled a long way. From now on you will pay attention to everything within, around and with you, so that the world may become the place you would most like it to be.

Religions

I have always “spoken” with people whenever it was possible and wanted.

Do not imagine I chose them arbitrarily: “I will speak to this person, but not that one.” Just because you receive nothing does not mean nobody is transmitting. What matters is tuning to the right frequency.

For you, what matters is the extent of your consciousness: the overall development of your being, your capacity for empathy, and the sum of all you have lived, experienced, understood and comprehended. Your consent, of course, is essential too.

For human beings, there is initially only one truth that each accepts as valid: their own.

Just as you may walk into a wall ten times before noticing the door, you may believe whatever you like. In other words, I can share my truth only with someone who stops telling me their own and then asks questions without already supplying the answers.

Many people with whom I spoke subsequently wanted to help others on their paths and limit their suffering by explaining how things connect. You now know how difficult that is: remember the snow.

This is how, for example, the Ten Commandments arose. Disregarding a being’s nature became “sin”, and desire or temptation became “the devil”. Or take what you now

know: “I am not with you; you are made of me and within me.” In this way, I became the Father.

The nature of alcohol conflicts with yours in several ways. You know religions that prohibit drinking it.

The same applies to eating meat: without refrigeration it spoils too quickly, and so rules are needed.

In the desert, with no water for washing and temperatures of 40°C in the shade, a foreskin can become very foul-smelling; being circumcised is therefore preferable.

Nor could they simply say, “I speak with God.” Doing so takes considerable courage. And so there was a burning bush from which I was supposedly speaking.

One of those who did speak with me, whom you now call Jesus, left nothing untried. In his own words, suited to the spirit of his time, he sought to explain to people the reasons for their suffering. Yet most still did not understand. His courage was absolute. In other words, he truly trusted me completely.

Religions too are creations of yours, with natures that adapt to the spirit of the times. From the example of money, you already understand what they can become. Much ecclesiastical splendour arose from a love of power.

“If you keep them stupid, then we will make them poor,” a king once said to his pope.

Many who recognise the truth still tell others what is false because they fear losing wealth, influence and privilege.

What would become of that “ample backside” if it had to do without its soft cushion?

If you listen only to other people’s teachings, you are like a clock that knows the time only from another clock.

Who is the greater fool: the fool, or the one who follows?

Believe me: if I wanted you to follow a particular religion, there would be only one - mine!

Why do people not see the truth?

Imagine a room furnished to your taste. You feel safe and protected, and sleep deeply and restfully. Everything in your world feels right.

Then one day you notice a deadly venomous spider sharing that room, just as it disappears beneath your bed. From that moment, every itch, scratch and tiny noise drives you towards panic. You wish you had never seen it!

The same is true of truth within your reality. Often it is simply unbearable, so you do not look for it: your world must remain in order. Only then, it seems to you, can you make calm, considered and rational decisions about your life each day.

In reality, however, you arrange your life around fear. In your panic you do not consider that the spider was always in the room, “threatening” a life that has nevertheless continued to this day. Why not sit back and let the spider be a spider? You cannot, because fear controls you.

Now imagine calling for help: “There is a venomous spider in my room. Please catch it!” Nobody believes you. “Where would a venomous spider suddenly come from? What nonsense!” They try to persuade you because their world must remain in order too.

If you refuse to abandon your truth, they simply declare you mad. What must not be cannot exist! Their world is beautiful, and that is how it must stay.

What pleases people determines what they will allow to be true. They live like children in a reassuring world they have imagined for themselves.

Yet what gives you comfort is everything you can deal with confidently, because you understand its nature and the connections that follow from it.

So let everyone who wants to see and experience the truth first investigate the reason for their own fear.

In conclusion

This text does not attempt to explain everything. Such an explanation would fit into no book; it would reach into the sky, far beyond the moon. No human being would ever have enough time to read it.

And if you want to ask a thousand questions now, be sure in one thing:

"I will not help you without your request, because only this makes it possible for me, because you have your free will from me."

“So do not expect to receive whatever you want. Instead, trust that I will help you when you ask.”

All those whom you miss painfully, you will see again at the right time and then understand EVERYTHING.

I almost forgot about it at the end. The greatest gift you can give yourself is what you call peace.

My nature is love, and my spirit is life itself. In that sense I love you unconditionally, now and for all time!

So I am for you, whatever your heart desires:

God, Allah, Yahweh, Jehovah, Manitu, Zeus, XXXXX and finally also, if you wish, your father.

ONCE I ASKED GOD:

“WHY AM I WORTHY OF SPEAKING TO YOU?”

AND RECEIVED THIS ANSWER:

“BECAUSE NOTHING IS LESS THAN ITS ORIGIN!”

A Christmas letter to my seriously ill father

Dear Dad,

This Christmas is the forty-second I can celebrate with you. Admittedly, I do not really remember the first ten. But most remain vivid in my memory, because each was special in its own way.

It took me a long time to understand what Christmas truly means. You know that I see things through a different lens.

The pressure to consume and the artificial friendliness of the season have always troubled me. Being cheerful and happy at the push of a button was never for me.

At Christmas we celebrate the birth of Jesus Christ and in his memory we delight the hearts of our loved ones with gifts.

Jesus left us a message. He wanted everything he did to make us understand what God's love for us really means. Even at the hour of his death, he prayed: "Father forgive them, because they do not know what they are doing." But we humans mostly understand only what we have experienced ourselves.

You too, dear Dad, were once born. With each new day, wishes and dreams grew within you and filled your life. You met Mum, fell in love, and in that love the two of you conceived me, my brother and my sister.

For all the joy we brought you, we also repeatedly caused grief, pain and worry. You set aside many a wish and dream for us, yet your love never wavered.

You've always been a role model for me -- strong, smart, humorous, successful, omniscient and patient. I measured myself against you and wanted to be like you, but I'm not like that, because you're my dad and I'm your son.

I lived intensely and at speed. Everything I have done and experienced, every high and low, every emotion, would probably fill eighty years. It was all possible because I knew:

If I lost my way, you would catch me, because you love me.

Every Christmas you asked what I wished for, and every time you granted it. This year, dear Dad, I have only one wish: get well and let me remain what I so love being - your son.

Unconditionally, you love me and in the same way I love you.

One day the time will come: you will go home, and I will be alone. I will willingly bear that pain then, knowing you are waiting for me there, because I will always be your son.

But not this year or next, at least. For now, I want to be what you have always been for me: a safe harbour, a lighthouse offering guidance through the dark!

You love us as we are, unconditionally and without reservations, with all our faults and weaknesses, simply because we are your children.

Today I understand: this is how God loves His creation, He is a safe haven and this is indeed the true core of Christmas.

A feast of unconditional love, a reminder of the eternal light!

With deeply felt love, and wishing you a happy Christmas,

your son

AS A CHILD, I WANTED TO GROW UP AND BECOME INDEPENDENT AS QUICKLY AS POSSIBLE.

TODAY I WOULD LOVE TO BE YOUNG AND FREE AGAIN.

The testament of Jesus

The shepherd protects his flock solely because it provides his daily bread. In the security he offers, the sheep give their wool in captivity. If even one escapes, the dog immediately runs after it and forces it back.

This lasts until a sheep becomes too weak to follow the others. By that evening, it will have been slaughtered.

In the same way, every king protects his people. They feed him and give him the freedom to do whatever he pleases.

He stands above them, and they mistake his great power for glory.

There are always compliant people who want to bask in his splendour. Yet the crown adorns another head, and they know that every privilege they possess depends on it. Willing enforcers of his power are never lacking. Everyone pays their tithe to maintain royal magnificence.

They live for the benefit of one man, in joint bondage and captivity.

When age or infirmity prevents people from earning their bread, they can expect no mercy. In their hour of weakness, everyone reveals their true face. They must live humbly, begging among others who share the same fate, yet still look down on them in contempt for their poverty.

They urge me to take up the sword and slaughter every tyrant. For so many moons I have spoken, yet hardly anyone who heard me understood the heart of my words. They continue to let fear hold them hostage!

I say it again: do not spend your days worrying about tomorrow’s food or clothing. Instead, care about your nearest neighbour, ensuring they have everything necessary for their well-being.

In this way your example becomes a light to the world.

Eventually others will understand and follow your example. In time, among a dozen people there will be someone who carries your well-being in their heart. Never again will you have to struggle for your daily bread: everyone will work with joy and delight in what they

accomplish. No one will need to toil in servitude to a ruler or to the greedy and unjust!

Yes, I know the price is high and the sacrifice great for those who are first to put these words into practice. The king and his loyal followers are strong. They will cling fiercely to power, unwilling to lose anything, especially their soft cushions.

Of my own free will, I say: if someone strikes my cheek to make me abandon what I am in my heart, I will offer the other too, even if they torture me or put me to death!

I gladly bear this burden of sacrifice, for I know for sure that one day they will understand the meaning of my words, for I have seen the kingdom of my Father in heaven, and what a bright light, like mine, burns in each one forever.

As long as people love splendour above everything else, some will twist my words so that others fail to recognise their inner light and remain dependent in the dark, serving earthly power.

Be critical of those who praise you, value those who criticise you, and sincerely love those who accept you in their hearts as you truly are.

When you gather in our Father’s name to pray with him, avoid empty chatter. Fine words and ceremonies in magnificent palaces achieve nothing by themselves. His light shines on everyone, just or unjust. His heart is incorruptible in every way.

The source of sin lies in intention, rather than in the deed itself. Through intention, each person determines their own destiny!

When you join together in prayer, be as he first sent you into the world:

Free of fear, naked, without shame or adornment. Above all:

Bring neither desire nor expectation to him in your hearts. Then the eternal light will shine brightly within you along every path, visible to everyone!

The choice to love, rather than fear of punishment, leads to Paradise! They will find me again in freedom, for only where no one needs to rule is love truly unconditional. Si vis amari, ama!



The soldier kills, an executioner executes, judges punish. - They all act on behalf of another, and yet they themselves are fully responsible for their actions!

You will be judged by the same measure you use to judge others.

Whoever forcibly takes from another will soon be robbed in turn, even if acting on someone else's orders!

Evil cannot be defeated by the sword. Only the heart can transform it into good!

Why is it called a "Geldschein"? Because "Scheingeld" would be too obvious! [German wordplay: Geldschein means banknote; Scheingeld suggests money that is only an appearance or pretence.]

Your truth is what you believe in, but knowledge is always based on understanding!

He who worships what is on earth does not see the great whole.

Whoever expects will be disappointed; whoever recognizes the deception, sees the truth.

You were created by pure spirit, from water.

The kingdom of God is within you. Lift a stone and you will find me; break a piece of wood and I will be there. Yet you will never truly experience me within the walls of magnificent palaces.

A traveller once encountered Jesus and asked, "What should I do?" He replied, "If you wish to be like me because you know we are alike, I will help you. If not, I will wait, for one day you too will recognise yourself."

True insight is almost always born of a mistake!

God did not banish us from Paradise; we banished God!



Addendum

Constantly striving to actually look at everything as it really is can be very exhausting and frustrating in the long run, but it is extremely interesting, enriching, as well as enlightening and liberating.

Why do so many people delight in freshly cut flowers? They are not merely wilting in a vase: they are dying! Why do we place Christmas gifts for our loved ones beneath a felled tree?

Europe’s flag displays twelve solid pentagrams as stars. Schiller wrote the words of its anthem, “Ode to Joy”, as a

poem commissioned by Christian Gottfried Körner for the table of the Masonic lodge “Zu den drei Schwertern” in Dresden. The same solid pentagrams appear on the American flag alongside seven red and six white stripes representing the thirteen founding states.

The world’s largest connected building houses the United States Department of Defense. Its pentagonal shape forms the outline around a pentagram.

The pentagram is one of the most widely used symbols. It appears almost everywhere: on national flags, military equipment and clothing, and even as a Christmas-tree decoration.

Jesus is said to have had twelve disciples; the year has twelve months.

Sixty seconds, sixty minutes and twelve hours: this is how we measure time. The clock’s axis, around which its hands turn, symbolises the number thirteen, the centre of all existence.

God created the world in six days and wished to rest on the seventh. Today you are meant to follow that example, anew each week.

Jesus fed them with five loaves and two fish; the year has fifty-two weeks.

He allegedly died at the age of 33, every 33 years we can see the 'blood moon' in the sky.

Horus was the sun god of Egypt and was born on December 25, by the Virgin Isis. His birth was

accompanied by a star in the east, followed by three "kings" (other stars) to give gifts to the newborn. He later had 12 disciples who accompanied him constantly. He healed the sick, walked on the water, etc. After being betrayed by an adversary, he was crucified and awakened from the dead after three days.

The same can be read of the god Attis, as well as of Krishna, Dionysus, Mithra and countless other gods, throughout all civilizations of our history.

Why does this myth of a Redeemer of humanity so often exist, in almost the same version?

In the east you can observe Sirius, the brightest star in the night sky. On 24 December it forms a line with Orion’s three brightest stars, the “three kings”. Following this line on 25 December points to where the sun rises again after “remaining still” for three days rather than moving south.

What is described here is simply the winter and summer solstice.

The twelve signs of the zodiac travel with the sun, the thirteenth, across the sky over the course of a year. Mythologically, almost all religions rest on this. By the sea, morning and evening, you can see the sun walking across the water. It is our great giver of life and heals many who are ill.

Money is used to rule the world:

One day a clever man came to a village and explained how easily they could end disputes over the value of things exchanged. He said:

I give each one of you 1,000 thalers, and for my efforts in managing and making my money, I charge you only 2% for each new year. Enthusiastically, they took his money and 1,000 villagers suddenly felt rich.

A year passed and some had given all the money to others, so some were poor, the others very rich.

Whether wealthy or poor, everyone owed the clever man his two per cent for the previous year. He therefore created another 20,000 thalers for those whose purses were empty. Within a few years he was by far the wealthiest person among them, and held absolute power over everyone else.

This is called a debt-based monetary system!

Our money works in exactly this way today. If you have €1,000 in your account, it is simply someone else's debt. Compound interest causes balances, and therefore debts, to grow exponentially. The debts are never all repaid; they are continually redistributed!

Schuld/Schulden, Glaube/Gläubiger, Erlös/Erlösung: guilt/debt, faith/creditor, proceeds/redemption. Do you recognise the religious character of these related German words? "Credit" derives from the Latin credere, "to believe". Which god do we all truly worship today?

Most people rarely show their true face, their actual nature. We change masks to suit the situation, for our own benefit or simply from fear. This necessary deception serves everyday interaction. It may be natural, useful and justified, yet it remains a lie we call politeness.

The same applies to things created for a particular purpose while communicating an entirely different message. Smokers of a certain cigarette brand may picture themselves sitting around a campfire with friends, eating beans and bacon after a fulfilling day. In reality, the product exists solely to make money for its creator. Much of what we create is like this. Motive is always what matters.

Society constantly changes, and many people feel overwhelmed. Nothing seems secure for long, creating widespread uncertainty. For thousands of years, individuals have retreated into their own “shells”, focused only on personal survival; this attitude spreads like a growth throughout the world. The stranger becomes a rival to defeat. This is precisely what the ruling class intends, for an isolated individual is always weak!

What most of us actually lack is grounding. If we constantly see ourselves as fighters, we eventually forget what each of us fundamentally is: an equal, intelligent being with a deep need for enriching social interaction - a human being!

Words and clever advice alone have never truly changed anything. What matters is personal experience.

Do you know a place where hardly anyone parades a Rolex or Louis Vuitton handbag, where people meet as equals regardless of social class or status, where everything seems more colourful and the atmosphere is quietly peaceful? You can find such a place, for example, at a naturist beach by the sea.

Those who understand themselves understand others better too. The German words verstehen and Verständnis - to understand, and understanding or empathy - are closely related for good reason. We generally fear what is unfamiliar because we cannot make sense of it. We wear clothes not only for protection, but much of the time simply from fear.

Those who organise life entirely around fear do not truly live; they survive, directed by someone else's interests. At all times, especially when considering old traditions, world events or anything presented as truth, ask: Cui bono? Who benefits? Who the hell profits from your daily fear?

Whether it suits us or not, we as humanity are a collective and every conceivable talent is already there, so cooperation makes more than just sense, because it is for the direct benefit of each individual, so also for YOU!

Those who constantly lie to themselves and allow others to deceive them are never free; they remain someone else's slaves. Add up all the direct and indirect taxes, levies and interest you pay in daily life, then ask: whom do you work for? Must it really be this way forever? The most effective slave is the one who believes himself free!

A small thought experiment to finish:

Every country, including ours, possesses immense wealth in natural resources, land, property, roads, forests, rivers and lakes. Together, these amount to trillions of euros in value.

This wealth could underpin the national currency, giving it a real, existing value. The state would issue money through its own bank, without having to borrow from others and therefore without interest.

Whenever work, ideas, inventions or progress create something new, the value of the national currency grows too, and more money comes into existence.

For example, building a road creates new value and therefore new money. The road’s value is many times its construction cost. When something old disappears, such as a dilapidated bridge being demolished, its value disappears too, and the amount of money decreases.

This creates a cycle of coming into being and passing away, following nature’s example. The economy no longer has to grow at the dictates of an ever-increasing interest burden; it follows natural needs.

Only a state that manages its own money is sovereign, and so are its citizens!

If you want to drain a swamp, do not ask the crocodiles!