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BEING

Simplicity is life force



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This book is meant to be an illumination of and explanation to the guideposts in my first book „The immensity in us, ISBN 978-3-944354-24-8, which has been published by Wittgenstein Verlag in Germany.

Many readers wanted to better understand what I meant with the guideposts. I place emphasis on the fact that words are not enough to explain to what the guideposts point. This book refers to every sphere of life, of which language is only a small aspect. This is why it is crucial to pay attention to your feelings, as they are the essence of life and open up spaces that have been closed off due to mental noise.

What I describe is not a system or religion you need to follow in order to receive a predictable outcome. Systems cut down true life to the limited ideas of one or more persons. In time they deteriorate and show their weaknesses. Life cannot be captured and pressed into a certain form. Life is free and ever changing.

Fear is the greatest obstacle to being in life's flow. This book is about the philosophy of life pointing to the flow of life, which is ever changing, experiencing itself on different levels. As soon as you discover that everyone and everything exists in this BEING, where everything is interconnected, you start to take responsibility for your own deeds. You cannot hold on to or even control life, you can only be in the flow, let change happen and let the blockades go as they arise.

Some of us get so wrapped up in their own negative thoughts. This leads to blocked life energy resulting in frustration, restlessness and illness. The most challenging thing in life is to give up control, let go and devote yourself utterly to the present moment with profound conviction and absolute trust in life. With “BEING” it is my aim to point at a state of being as the source of life, the essence of all that is. It simply is there, always and everywhere, a boundless existence striving to uncover the values of the heart.

The existence conveys the feeling of letting go, so that we may discover how easy it is just to BE and to follow life’s flow with the trust of a child. The more simple we think and the more mindful we are, the easier we may reach this state of BEING.

With simple I mean:

- Don’t take things personally.
- Know the things that happened to you in the past, but don’t cling to them.
- Don’t project your negative feelings into the future.
- Don’t expect anything. This way you cannot be disappointed! Disappointment creates negative feelings and these are followed by negative experiences.
- Welcome the present with total acceptance.

If you speak and are in the middle of a sentence, then the beginning is in the past and cannot be changed. The present moment is always crystal clear and the only place at all where anything exists. Simplicity breaks through gridlocked structures and old thought patterns, allowing you to experience life with freshness only available in the present. Feelings are your immediate and absolute pure connection to BEING.

The mind is always trying to analyze and explain. Anything that cannot be explained just doesn't exist and is labelled as not real. Consciously perceiving the moment with your feelings brings the greatest inner peace and allows you to use your mind in the right way. Otherwise your mind is using you and not vice versa. If you are not aware of this, then you may react to certain situations only in order to defend your own point of view. This way you block yourself and won't be able to express your true self with your feelings.

Learn how to be generous and flexible. The more you know, the more you know that you know nothing. This confirms that thoughts can never capture the truth. They go round and round in circles when it comes to the meaning of life. Only through our feelings can we enter the realm of the inexplicable.

This book shows ways to surpass thinking, and leads to places where everything is interconnected and nothing exists by itself. If we identify ourselves with our thoughts and hold on to negative thought patterns, the contact to our own self is weakened.

Most people completely identify themselves with their mental intelligence and with past experiences. This way they miss the infinite vastness of life. They think they are their success, their prizes or material values, and they derive their value of life from those things.

But those are like reflections on the water, which come and go. Life – which includes you – is nothing that comes and goes, it is just there.

Know your inner potential and free yourself of the delimited way of thinking limiting you in your daily life. Your fears and blockades can only exist and control you as long as you believe in them.

*Guideposts
with
explanations*

*We are all windows
to the infinity of life.
Open your heart to the present moment
and you will know yourself.*

When you took your first breath, you connected with your life on earth and with your experiences on this planet. Since this first moment, your heart is beating in a certain rhythm and keeping you alive. Your breath works the same way. You don't have to think about breathing, it just works.

If we would have to control all body functions our lives would be rather short. There is something behind all phenomena that cannot be described in words. Words are too limited to describe something infinite. We can only perceive this all-encompassing sphere with our feelings.

Every breath takes place in the present, not in the past or in the future. Life is always now, in this very moment. Be aware of this moment or you'll miss out on life. This moment is not the situation you are in. It's the state of BEING, enabling this moment to be.

*Positive vibrations
are always positive thoughts
that lead to positive experiences.
Each single positive step
you take for yourself
is also a positive step
for everyone around you.*

Everything is vibration of a certain frequency. We determine the meaning and size of this vibration with our feelings. Every one of our thoughts and feelings influence our life and our environment. Everything we hear reaches our ears in a certain frequency amounting to a “noise” which we call a word or a sentence.

Everything we see is a certain vibration and our eyes turn it into an image. These vibrations are in constant connection with our thoughts and feelings. It is always your choice in which direction your life experience will go.

Your fears are the invisible walls to inner harmony.

Your fears and self-doubts come from past experiences, which affect your present experience. You may also project these experiences into the future. Know that nothing past has power over your life.

But if we hold on to negative experiences we keep ourselves from fulfilling our goals and dreams. To let go, to forgive and be grateful are ways to profound happiness and harmony.

The best time for all your decisions is in this moment, because life only exists and unfolds itself now. If you, for example, are watching a film that was made 30 years ago, your feelings unfold now, in the moment you are watching. You can't go back or into the future with your feelings. Anything you receive is in the present moment, as this is the only place where there is life.