

Research journey through your own soul 2

**stabilising
self-regulation training
self-responsibility training
self-knowledge training
for children/teenagers/adults
from 10 years on**

**More demanding course documents / normal print A4
(Meditative reading aloud and reading to yourself,
Creation of a personal picture book,
Stimulation of profound conversations)**

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Preface

You probably know this: sometimes *'it'* just does something to us humans and we don't even understand what is actually going on inside us.

For example, the alarm clock rings early in the morning and you know that you have to get up straight away to get ready for the day.

But often you don't feel like opening your eyes at all - let alone sitting up to get dressed, do you? So, you just lie there and continue to enjoy your warm, soft bed...

But if you're not on holiday at the moment, it's not a good idea to only follow your 'desire to have', because you're guaranteed to get into trouble with your fellow human beings soon...

It is therefore extremely important that you manage to pull yourself together and get out of bed in time to tackle the day ahead like a hero.

But how do you actually manage to do this? What is going on inside you, invisibly, until you can overcome yourself and end up dressed, eating your breakfast in the kitchen?

You will learn this and much more on the following pages. Have fun!

Part 1 – Getting to know your inner self

1. Secret landscape

Welcome to the research journey through your soul, dear _____!

You are very brave for daring to explore your invisible inner self in more detail. Congratulations!

No one else has ever been in this secret world of your soul except you.

However, you have been inside yourself continuously since birth, and from here you experience everything that happens around you through your eyes, ears, nose, tongue, and the skin covering your body. Everyone feels this way.

However, nobody really knows where exactly our soul - also known as our psyche/spirit - resides within us. We only realise that we sometimes rather think and even feel from our head, but also often react from our gut or with our heart.

Our soul is therefore an intangible place within us, but it really exists - we experience this day after day! Without this invisible, psychic-spiritual part, we would not be living, sentient people at all, but only mechanically functioning, dead machines. The fact that we are allowed to have a soul is therefore a wonderful gift - a gift from our inventor, from God (no matter what you call him)!

And today you are cordially invited to take a closer look at this unique gift. Come along!!!

Firstly, switch off all music and other noise in your room or in your classroom/group room! And then ask your parents and siblings or your classmates to *leave you alone for a while*, because you want to go on a research journey through your own personal inner self.

Lie down comfortably with this text on your bed or on a carpet or sit down in a soft armchair or at your desk! You will now only need your *outer* eyes to read on from time to time, but they are not at all necessary for the forthcoming 'soul-inspection'.

So, close your normal eyes now and look inside yourself with your invisible *inner* eyes! And there you are, inside your soul, looking around you...

Where you are in your imagination at the moment, a kind of *soul landscape* surrounds you and it is also as bright as day, isn't it? Because you have arrived in your *consciousness*.

This area is called this because in this place of your soul, everything is clear to you (bright!) and you *consciously know* what you are thinking or doing.

You are always travelling as a '*conscious self*' on this research journey anyway. You look exactly the same as you do in everyday life (as a boy, girl, teenager, woman, man)

- only in your soul you are not really made of flesh and blood, but rather of your *imagination*, filled with your thoughts and feelings.

But as a 'conscious self', you are still completely real and genuine here in your consciousness - simply not visible to others. But you can feel yourself as a person very clearly and *know* with absolute certainty that you are now in your soul landscape and can clearly recognise everything around you.

So, take a *conscious* look around you with your 'self' in there! What do you see? What kind of landscape surrounds you in this conscious part of your soul?

Are there meadows, forests, lakes, and mountains in your consciousness or are you rather in a village, together with other people? Or are you perhaps in a pasture with lots of animals or in a garden full of vegetables and flowers? Or are you in a big city in the middle of noisy traffic? Or do you live in the jungle or on another planet or somewhere on a mountain or by a big river or on an island far out at sea? Everything is possible here!

We humans have very different landscapes of consciousness within us - depending on which genes we have inherited or what we have already experienced. But in any case, there is always light in this area of consciousness for each of us, so that we have no problem recognising everything exactly.

So - take a close look at *your* very personal, daylight soul landscape! *Where do you find yourself* in it as a 'conscious self'?

What lies to the right and left of you, what lies in front of you, under your feet, or above you? And is the sun shining or can you not see it?

Now close your outer eyes again and give yourself enough time to look at everything carefully! And then memorise the appearance of your personal landscape until you know exactly where you *are standing* as the '*conscious self*' and where which *part of the landscape* is located...!

When you have looked around enough, take a blank sheet of paper and, sitting at your desk or lying on your stomach on the floor, draw everything you can recognise in your consciousness with felt-tip pens or coloured pencils: first yourself, i.e. your '*conscious self*', and then the whole *landscape of your soul* all around you.

But don't worry, you don't have to be a great artist! Everything is right the way you present it. Take courage - and go...!

And with your drawing, you have already produced a kind of 'photograph' of your own *consciousness*, even though it is a completely invisible area of your soul! Ingenious, isn't it?

Now write a suitable title at the top of your picture, namely: '*My landscape of consciousness*'.

This way, when you browse through the picture again later, you will always immediately know what the picture is about and how you felt inside at that moment.

Then stick your painting in a binder or put it in a folder, after these first pages of text.

As you will have noticed, there is no adult illustrator who has already made drawings for this book. No, *you* alone are the illustrator here, capturing everything you encounter inside yourself from chapter to chapter. After all, only you can know what the individual areas of your otherwise invisible soul look like and what goes on there!

But this also means that *no one* else is allowed to criticise or find fault with your drawings. No one should call them ugly, but neither should they call them beautiful, because this is not about art. Your pictures will always simply show what you have just found inside you - and your inner eyes never lie!

In any case, over time, all the chapters and your matching drawings will gradually become a real, wonderful, very personal picture book - *a picture book about your soul!*

The start has already been successful. Bravo!

But you should take a break for today. See you next time!

2. Various ways

Hello, dear _____!

Now that you already know a bit about what it looks like in your *consciousness*, your research journey can really begin today!

Close the door to your room again and ensure total silence! Of course, the same applies to you as a student in a classroom or as a group participant in a course! Sit/lie down, look inwards with your outer eyes closed, and begin to *wander around* with your own 'conscious self' in the landscape of your soul from last time. So today you are consciously making your way through your inner self!

But what does this *path* actually look like inside you? Is the landscape around you changing more and more? What do you pass, for example? And what is the *weather* like at the moment?

Perhaps in your consciousness, there is suddenly a bumpy dirt track or a small country road on which you are *walking* forwards - only in your imagination, of course!

Or are you *walking* on the pavement next to a busy, wide road?

Or are you *climbing* up a hill or a mountain and seeing the sun shining brightly from the sky above you?

Maybe you're *wading* through a stream in your bare feet and realise that the sky is full of clouds.

Or you could, of course, *hike* through a wheat field or a beautiful forest while listening to the wind rustling in the treetops.

Or is it raining cats and dogs and you are *looking for* a dry shelter?

Or *will* you *pass* a quiet pond with reeds and perhaps see the snowy mountains far behind...?

There are thousands of possibilities!

So, take a close look at what *your own path* looks like as it leads you through your own personal landscape of consciousness!

Your 'self' can no more determine or command what kind of path or weather should occur there than in the outer world. You also have to *accept* everything that simply presents itself to you in the landscape of your soul.

But at least you can freely *choose* with your 'conscious self' on *which* of the paths offered or *where exactly* you want to walk through your given landscape - even across meadows or through a stream, up a rock face or through the bushes, and so on.

You can also *decide for yourself* where you want to branch off, stop, continue walking, or sit down, or whether you prefer to run or stroll, jump, climb, swim or hike, etc.

Your 'self' is also free at any time to take a closer look at something interesting in your landscape, adapt to the current weather somehow, take a break, or simply carry on walking.

So now close your outer eyes again and set off to discover *your own personal path*! Have a good journey...!

Now you have walked a long way through your soul with your 'conscious self' and have seen many things that you did not notice last time. Because you no longer just stood in a certain place today, but have *made progress* on your path, you have certainly been able to get to know much more of your soul landscape today.

So, take another blank sheet of paper and draw your '*self*' as a real boy or girl, teenager, man or woman, just as you look in reality!

Draw yourself in the middle of the *path* on which you have just arrived here through your *soul landscape*!

And then draw everything around you that you saw from the path this time - including the *weather*!

So, now your second picture is finished. Great!

Isn't it exciting to be able to travel many kilometres in your own invisible soul without outwardly moving from the spot? And now you've even brought home another 'photo' of it!

Now write the title above this picture: 'On the way through my consciousness'!

And then place it after the new text sheets in your folder or binder (i.e. always text sheets, picture, text sheets, picture, etc.).

And now you can really enjoy the previous part of your self-made 'soul picture book'!

But only show your *drawings* to people you like and trust completely! (For example, your parents, your teacher, a friend, a good colleague, one of your siblings, a dear neighbour, etc.)

Everything regarding your soul is your '*private matter*', just like a diary - unless you *voluntarily* want to give someone an insight into your pictures!

However, you can *talk* about the various *texts and topics* without further ado in the individual chapters and *exchange* ideas with others. This is even extremely interesting, as every person on this earth experiences the same mental facts within themselves - only in different ways.

Of course, not all people refer to the different areas of their souls as they are mentioned in this book, and some people do not like to talk about such invisible mental things.

But since everyone on this planet has to learn to deal with their inner self somehow in order to live together with other people successfully, it still makes sense to know certain words and ideas that enable you to talk to others about these inner processes. It is also exciting to hear what is going on in other people's souls, what makes them happy, or where they perhaps have the same problems as we do.

This is why conversations about the workings of our human soul will always be extremely interesting, not only within the family or among friends, but also in the classroom or in a group course, and will help everyone involved in their inner development.

However, in order for such conversations about mental matters to really become a genuinely positive experience for everyone, it is urgently necessary for *everyone!* to be consistent in *listening* to everyone else in a *friendly and open* manner.

No stupid, derogatory remarks may be made and no one may disturb or distract, because only in this way will *each individual* feel *respected and taken seriously* as an important member of the discussion group and thus be able to speak freely about their own inner facts.

This applies to your parents, siblings, and friends as well as to your teacher and classmates or to your group leader and each individual course participant - and consequently, of course, to yourself! *Never forget that!!!*

So, now have a good time with your 'conscious self', which is always travelling somewhere in your soul while you live your everyday life on the outside! And if you ever get bored, you can also go on a hike through your daylight landscape of consciousness yourself. Have fun!

3. The main character

Hello, dear _____! There you are again!

Did you even notice last time on your special journey through the landscape of your soul that you always *knew* exactly what you were doing the whole time?

This is because you were also travelling there in your bright daytime consciousness as a '*conscious self*', which can do nothing other than consciously know what it is doing - otherwise it wouldn't be called that!

As soon as you do something consciously, the 'self' in your head automatically thinks in the first person (plus verb):

I walk, I see, I hear, I sense, I think something is good or bad, I feel, I have, I am, I do, I sit down, I choose, I eat, I think, I want, I don't want, etc.

And this is how this consciously acting part of your soul logically got its name: '*conscious self*'!

So, if you realise once again within yourself that you are thinking: '*I am now doing ...*', you know immediately that your '*conscious self*' has just become active within you.

Last time, when you were travelling through your soul landscape with your '*conscious self*', it was also constantly active, because you were also constantly *thinking, feeling* or *doing* something consciously and with concentration.

For example, you have *recognised* things with your 'self' inside you as you have wandered, *looked* closely, *considered* something, *assessed* it, *decided* on something, *planned* your next steps, and then you have continued on your soul's path in your imagination - invisible to the outside world, of course!

Your '*conscious self*' is therefore something like an *organiser* inside you that *guides* you through your life. However, this is so normal for us humans that we usually don't even notice it.

But there must be some psychic-spiritual *centre* inside us that oversees everything, plans, and decides what we want to do next. Otherwise, at some point, we would just stand still and not know whether we should go forwards or backwards...

Of course, like all humans, you have a brain that electrochemically controls your entire body, your organs, and your movements. But without your '*conscious self*', you would still not be able to consciously *decide* on anything and would therefore not be *capable of acting* at all.

In fact, you would still be mentally and physically like a newborn baby, who can only lie there, row around with its little arms and legs, wet its nappies and make sounds - *unconsciously*!

Only your '*conscious self*' has made it possible for you over time to *deliberately* imagine certain things inside yourself, to consciously feel yourself, to think about something, and then to *do* it outwardly - such as playing, eating, sitting, speaking, walking, listening carefully, doing something together with others, painting, reading, helping others, doing gymnastics, calculating, preparing something, making something, and so on.

You were only able to gradually learn and perform all of these skills thanks to your ever more conscious 'self'.

Your 'conscious self' is therefore a very important figure in your inner, psychic landscape of consciousness - actually something like the *hero* in a story, namely the *main character* of your soul!

In the landscape of your soul, your invisible hero 'self' has been working almost continuously for years to consciously *reflect, look around, compare, learn, plan, decide*, and let you *carry out* actions so that you can function independently as a whole person.

Just think about getting up in the morning! Without your 'conscious self' you wouldn't be able to sit up at all. You wouldn't be able to *want* to go to the toilet or get dressed, you wouldn't be able to put food in your mouth, let alone chew or swallow...

Although these are all very simple activities, your body can only carry them out if your inner, invisible 'soul organiser hero' also has the *intention* to do all this.

Your 'conscious self' must therefore constantly say to itself: *I want* to get up now! *I want* to go to the toilet! *I want* to take a bite of my jam sandwich! etc. - otherwise your body parts and muscles won't know what to do and won't budge at all. And eventually, you'd just starve helplessly in your soggy, smelly bed...!
Not exactly heroic, is it?

For your survival, it is therefore essential that your 'conscious self' is a clever hero who knows what to do and when, and who can make good decisions. *Like a good boss*, it must also *give* its workers - your muscles - a precise *order* each time as to what they should do next so that you can react sensibly to the outside world.

It's actually amazing that we don't normally notice how much our 'conscious self' does inside us every day by *organising* all our activities. Yet our 'self' is the main person, the boss, and hero in our soul!

That's why you can now get to know your inner hero even better. It will be as exciting as meeting a famous star for the first time!

But this time you don't have to go to a concert, a football match, or a car race, you just have to close your outer eyes once again - and you are standing in front of the *hero of your soul*, in front of your '*self*'!

Say a friendly hello to it first and thank it for guiding you every day from the inside out so that you can do everything possible! Your 'conscious self' really deserves this praise after all these years of hard, heroic work, doesn't it?

And now imagine - preferably with your eyes closed - any moment of today, no matter what: at school, at home, on the way to school, at lunch, during the break, visiting someone, doing homework, playing, and so on. Because your 'conscious self' was guaranteed to be inside you everywhere, *observing, checking, and deciding*, otherwise you wouldn't have been able to react.

So, take another close *look* at this past *everyday situation* (about five minutes of it)! Imagine yourself as a 'conscious hero self' in your soul landscape and see exactly *from inside* what you experienced as this self during that situation.

Pay particular attention to your '*self-thoughts*' and '*self-feelings*' - and also to the *movements* that your '*self*' made you perform physically!

For example, what did your '*conscious self*' as the hero, boss, and organiser of your inner self, consciously *observe, want, compare, decide, plan, and organise* in your mind at that moment?

What feelings did your '*self*' consciously *experience*? Pleasant or unpleasant feelings? Or did you not notice them at all?

And how did you then react outwardly - for other people to see? What exactly *did* your different body parts do at that moment (mouth, hands, legs, head, stomach, heart, etc.)?

You will probably notice much more now what you were thinking, feeling, and doing because you are now *consciously* looking inside yourself and can '*hear*' the thoughts and feelings of your '*self*' in that situation - like in a film, so to speak. So, take good care...!

And now draw yourself on a blank page - again your '*conscious self*' as a boy, girl, teenager, woman, or man - preferably *in the centre* of the page!

This time you can also draw yourself in *disguise* if you like because you have a certain role inside you - the role of the hero, the boss, and organiser of your person!

Perhaps you have a certain idea of what you would look like if you were playing the *role of the hero* in a theatre. Then you can portray yourself in the same way with the appropriate clothes and '*ingredients*' (e.g. headgear, object in your hand, etc.) on the sheet in front of you.

Then, starting from your painted head, draw one or more *large thought bubbles* and write in them, like in a comic strip, what you as the '*conscious self*' wanted, thought about, decided, planned, or realised at the selected moment ('*I see ...*', '*I think ...*', '*I could ...*' etc.).

You can also draw one or more bubbles, *speech bubbles*, from your mouth. Here you write everything that your '*conscious boss self*' *said* inaudibly inside you at that moment and *ordered* your muscles to do ('*I want... to do*' - '*Muscles, do this and this ...*' etc.).

And you draw the third bubble or several of them from your heart or from your stomach - as an *emotional bubble*. You can write down everything that your '*conscious self*' has *felt* in the selected five minutes ('*I'm so angry*' - '*I feel good*' - '*I'm not sad at all*' - '*I'm happy*' etc.).

So - now you can start to draw this one everyday situation from the point of view of your '*hero self*' in a comic-like way...

Great! You can see exactly what your 'conscious self' was thinking, saying, and feeling in this situation, even though no one will ever be able to look into your soul. So, you have made *visible* what is going on in there in secret.

And now write the following title above your third picture: 'My 'conscious self' - hero, boss and organiser'.

Then file it behind the new text sheets in your binder or put it at the back of your folder as before - and take another well-deserved break!

From now on, you will probably notice more and more often in everyday life when your '*conscious self*' is controlling you from within so that you can do something specific. So have fun *consciously observing* your own more or less heroic thoughts, decisions, and actions!

4. Helpful

Hello _____!

And - how do you feel in the meantime as a 'conscious self', as the *hero* of your soul? Do you realise how often you think and decide, feel, and sense with this soul part inside you, and that you ask your body to act countless times in everyday life?

As you now know, this inner regulation is essential for your survival, because it is only thanks to this chief organiser in your soul that you are able to live your outer life at all - and to continue this research journey through your inner self!

So, it all depends on your 'self', on *you* - the consciously acting _____ hero, the consciously acting _____ heroine!

But perhaps you don't feel strong enough to play this heroic role, because a *disguise* doesn't give you any heroic powers. You still remain an ordinary human 'self' who is exposed to danger and is sometimes afraid...

But being afraid is completely normal - for children and adults alike - as we are all *vulnerable* by nature.

That's why we often don't feel as safe and brave as we appear to other people - and we rarely feel like heroes anyway! But everyone feels that way. So, what can we do?

Our 'self' therefore needs help - *you* need help! That's for sure. But that's nothing to be ashamed of - because *every* hero needs help from others from time to time!

You may have noticed that the main character in stories, fairy tales, or films sometimes meets someone who can help them when they are at a loss. This could be a person or an animal, a plant, or even a thing that is found somewhere.

And then this 'helper' shows the hero the right way, for example, or gives him a helpful object or protects him from danger himself, etc.

And it is exactly the same in our soul:

Not only do you possess a 'conscious self' as the organiser of your whole person, like every person on this earth, but there is also the '*inner helper*' in each of us, which is guaranteed never to let us down.

This side of your psyche is the saviour for you as a hero, for your 'conscious self'!

You would hardly ever get through life on your own, even if you are courageous, brave, and undaunted. Because on every path, there are occasionally minor and major difficulties that need to be overcome and which you, as an ordinary 'conscious self', simply cannot manage on your own.

That's why you now have your own personal 'inner helper' at your side, on which you can rely completely.

This 'helper' is not only incredibly friendly, strong, and indestructible, but it also always knows exactly what is right for you - and it will definitely help you!

I wonder what your personal 'inner helper' *looks* like? What do you think?

Perhaps you already know a form of it from one of your dreams. That would be a good possibility. Or perhaps an animal immediately comes to mind that would make you feel completely safe? Your 'helper' could also look like this.

But it is also conceivable that it could look like an angel or a fairy godmother, a helpful dwarf, or a wise old man who gives you advice. But your 'inner helper' could also appear to you as a magic plant or a fantasy animal, as an unexpected coincidence, or as an ordinary object.

This part of your soul doesn't have to adhere to our external reality at all - like your 'conscious self', for example, which always looks like *you* as a *real* person and can at most sometimes appear in disguise.

Your 'helper', on the other hand, always looks different: sometimes completely realistic, sometimes as if from a magical world, from a dream, or coming directly from heaven - just as it can be of the greatest help to you at the moment...!

And besides it's also invulnerable, as you've already read. Imagine that!

So, you have a spiritual, invisible part within you that absolutely nothing can destroy! No matter what happens to you - your 'conscious self' - on your soul's journey, your 'inner helper' is always there within you and will stand by you if you want it!

You don't see it all the time in the landscape of your soul, because it usually stays in the background and doesn't show pompous behaviour with its abilities. But when things get dangerous for your 'self', all you have to do is *call* your 'helper' or *shout* for it or just *think* of it - and instantly it becomes visible to you in your imagination and helps you as you need it. Unbelievable, isn't it? But it's true!

Every person on this planet has such a helper part in their soul!

Unfortunately, however, not everyone has the idea of calling on it as a saviour for their own 'conscious self' in a tricky situation and asking it for help.

And that's why many children, young people, and adults have to suffer from countless problems and struggle with difficulties day in, and day out, even though they have a wonderful 'helper' inside them which could easily show them a way out...

Stupid really, isn't it?

But today you have the opportunity to *consciously* meet your 'inner helper' for the first time and get to know it better so that you will be able to call on it more quickly later if you are in danger or need a solution to a problem.

So, if no one is disturbing you at the moment and you have absolute peace and quiet in your room/classroom/group room, you can now close your outer eyes again and 'enter' your inner soul landscape in your imagination.

Imagine now that you are *standing* on your own personal path as a 'conscious self' - again as a real boy, girl, teenager, man, or woman, possibly disguised as a hero - and looking around curiously as always!

The first thing you notice today is that it is no longer morning, noon, or afternoon, as it was when you were exploring your soul in the past, but that it will *soon be evening*. However, it is still very bright around you at the moment so you can see everything clearly. You are still in the area of your consciousness.

Here you will soon summon your very own personal 'helper' - but only in your mind, of course, without anyone being able to hear you!

How will it present itself to you today? You can never know exactly beforehand, because it is extremely *changeable*. So just let yourself be surprised!

You never need to be afraid of your 'inner helper', because it is *part of you* and can't help but always *want the best for you*. That is part of its nature.

However, it may not look 'sweet' and won't allow you to do everything you feel like doing. Because your 'inner helper' means so much good to you it will only ever say or give you what is *really good* for you.

So, it is not a pamperer or an ever-smiling carer, but he(?) or she(?) will always *tell you in no uncertain terms* what exactly you should do so that you can escape danger or find your way back to the right path.

That's why your 'inner helper' may not seem particularly nice or kind to you at first, but rather strange or even strict. But you will still be able to sense straight away how much it likes you and that it definitely wants to help you.

Or maybe your 'helper' already seems extremely loving, kind and so beautiful when you first meet that it almost leaves you speechless, who knows...

So - call it here now, your very personal, indestructible 'inner helper', and then wait a while in your soul landscape until he or she appears somewhere around you and becomes visible to you...!

And - how was your first conscious encounter with your 'inner helper'?

Were you impressed by its incredible power and goodness? Or were you startled at first because it looked completely different from what you expected? But surely you could sense that your 'helper' would never harm you, couldn't you?

You can always feel safe with it because it never loses its bearings, always knows a solution, and can always offer you protection if you need it. Simply brilliant!

Now take another blank sheet of paper and try to depict the *encounter* between your 'conscious self' and your 'inner helper' with felt-tip pens or coloured pencils as you have just experienced it.

If you are still aware of your surroundings, you can also draw them around. Simply draw on paper what you 'saw' inside yourself!

Marvellous! The first spiritual 'photograph' in which your invisible 'helper' can be seen! Imagine that you can now fall back on this impressive, indestructible, and helpful part of yourself whenever you have a problem in everyday life! All your 'conscious self' has to do is come up with the idea of asking for help. And he or she is guaranteed to invisibly *assist* you immediately - you'll see!

And now just write the title 'My inner helper' at the top of this fourth picture before you categorise it after the previous texts and pictures.

Rest well now - and see you next time...!

5. My guide

Hello, dear _____!

You have now got to know two very important parts of your soul: your '*conscious self*' and your '*inner helper*'.

As you now know, your 'conscious self' is the *main character* within you, and so you bravely set out as a hero to explore your soul landscape. And in doing so, your 'self' was constantly thinking and feeling and organising what you should do next so that you could move forward at all.

But since your 'conscious self' is just a normal person - at most *disguised* as a hero - you occasionally become insecure or hurt yourself or simply don't know what to do next.

This is exactly why your 'self' is constantly *accompanied* by your 'inner helper', usually invisibly. It helps you on your journey through the soul and protects you from any danger - if you even think about asking it to do so...!

In the last chapter, your 'self' consciously met this wonderful, strong, indestructible, and extremely kind 'inner helper' for the first time. Impressive, isn't it?

On the one hand, your spiritual 'helper' is a *real part of you*, of your real soul, but on the other hand, it can also *transform* itself into all sorts of things like a fairy tale or dream creature: into a helpful object, for example, or into a talking animal, into a nature being or an angel, into a good magician or a wise old woman, etc.

You can recognise your own personal 'inner helper' by the fact that it shines somehow. Have you also noticed this almost invisible glow?

This is because it is connected to a different reality than the one, we are familiar with in everyday life. This mysterious reality - namely God - has given you this 'helper' in the first place so that you are protected from your soul throughout your life!

Yes, you have read correctly: your 'inner helper', your strong indestructible soul part has a direct connection to God, the inventor of the entire universe and of us humans!

It seems that God not only wanted to give us the glorious outer world and our *visible* body but also our *invisible soul* with the 'hero control self' and our 'inner helper' within it.

With the 'self', we can consciously experience everything and think and decide for ourselves. But because this is not so easy for us humans, God has also given each of us this reliable 'helper'.

In the past, the 'helper' part of our soul was called 'conscience', but this term can't really express how great it actually is!

Your conscience/'helper' is an absolutely reliable *guide* - a kind of *signpost* for you! As such, it can always show you where to go so that nothing happens to you. It is also so strong and *invincible* by nature that it can save you from any danger.

And since your 'helper' comes from God, it can only give you good, helpful tips and is therefore simply *the indestructible good* in you that shines through from time to time in your everyday life...!

So, you see, with your wonderful 'inner helper', your 'conscious self' can now continue to wander through your marvellous soul landscape without fear, even if it should become dangerous. Just like in a computer game, he or she can always give you good advice on the way, show you the right path, point out a helpful object, or rescue you from a danger you have put yourself in.

Therefore, you can now confidently close your outer eyes again as soon as your room door is closed and everything is quiet, even in the classroom or course room. Go into the landscape of your soul with your inner eyes and look around you! What does it look like here today? Similar to the last time? Or have you progressed so far in the meantime that the surroundings have changed? Anything is possible!

It is only important that it is still light around you and that you can recognise everything clearly in your consciousness.

You should also call for your 'helper' *right at the beginning*, even if you don't need their help yet. It is much more pleasant to walk around in pairs, as you feel much safer and can chat with someone on the way.

You can *tell* your 'inner helper' everything that your 'self' thinks and feels throughout the day.

Feel free to *ask* it if you want to know something! For example, if you come to a crossroads, it is guaranteed to show you the best route for you or warn you of dangerous places in your soul landscape.

But if you don't feel like listening to it because another path seems more exciting to you, it will let you do what you want without scolding you. Your 'inner helper' will never *force you* to obey him - but *you* will always have to *pay for the consequences* afterwards that you might manoeuvre yourself into...!

It could be that you stumble on *your chosen path* and fall down or are chased by something or hurt yourself somehow or can no longer go forwards or backwards, etc. Then your 'inner helper' will probably leave you floundering in the difficult situation for a while and won't simply straighten everything out for you - because you could have listened to it beforehand!

That's how it is with our 'inner helper'! On behalf of God, it is always ready to help you out of an emergency, but only if you follow its advice and tips.

If, on the other hand, you prefer to be stubborn and decide in favour of something other than what it tells you, it also gives your 'conscious self' full *freedom* for once to run blindly into a mess...

So, always think carefully about whether you want to decide *in favour of or against* a suggestion from your 'helper'! It only means well to you and you can *trust* it completely.

So now imagine that you are travelling somewhere in your soul landscape again and that today *your 'inner helper' is walking alongside* you after you have called it.

What does your helper look like this time? Can you already see its faint glow or can you perhaps sense something of its great power? And how does it look at you? What do its eyes express?

And if you were ever in danger, *how would it be able to help you?* What do you think? Would your 'helper' simply pick you up in its strong arms so that no one could harm you anymore? Or would it hide you somewhere safe? Or would it take action against the danger itself and keep it away from you?

Or would it perhaps give you a miraculous object that could protect you from attack? Or would it show you a place where you could calmly consider how you could help yourself? Or would it put you up in a tree or let you fly up in the air as a bird so that the danger can no longer reach you until you have found a solution? Or would your 'helper' make you a suggestion, and give you an idea of how you could overcome the problem on your own?

Or would it make you braver than you usually are, so that you could look the danger in the eye with confidence as a 'heroic self'?

Or would it simply show you a different, completely safe path that you could take from now on...?

As you can see, there are countless ways for your 'inner helper' to rescue you from difficult situations. You just have to *accept* what it offers you!

However - and this is certain - your 'inner helper' would never suggest that you *kill* an attacker or persecutor. *Never!*

Because if we humans were to kill something in our soul, that would not be a solution at all, because it would only make the *dangerous* thing bigger and bigger, *like an evil spirit*, until our 'self' would no longer be able to call its own 'helper' at all...

And this would definitely be much worse for our psyche than the initial danger. Remember that!

That's why your 'inner helper' is guaranteed *never* to help you shoot or poison someone in your soul or push them down a mountain, etc. On the contrary!

Brutality, meanness, and maliciousness are *absolutely unnecessary* for it because as a messenger from God, it knows much cleverer, more sophisticated, and wiser solutions to problems.

It is therefore best to read again on the previous page about *the ways in which* your 'helper' can *assist* your 'self' on your further soul journey together...!

So - now you as the 'conscious self' *know* everything you need to *know* at the moment to continue your journey through the landscape of your soul. You also now realise that you are always *accompanied* by your faithful, only good, invincible 'helper'.

So, take a curious look around inside you, go there and then, even to places you haven't looked at yet!

And if a problem arises somewhere or you get into danger, your wonderful companion will definitely *help* you - if you let it and listen to it!

Have a good journey, you two...!

So, how was the journey through your soul landscape today? What have you seen and experienced? Did your 'inner helper' have to assist you at any point? If so, how did it do this? Did it do something or say something to you or give you something or show you something or did you find something? Or did you perhaps do something yourself so that the danger could not destroy you?

What thoughts and feelings did your 'conscious self' have? Did you think about something or decide in favour of something? Did you feel fear or were you sad or angry? Or did you feel relief or joy? All of these thoughts and feelings are easily possible and none of them would be wrong or bad. They only show you how your 'self' really experienced this situation in your soul.

Now take a blank drawing sheet and draw everything that your '*conscious self*' and your '*inner helper*' have experienced in your *soul landscape*. If you want, you can add comic speech bubbles so that people can see what you were *thinking*, *feeling*, or *talking* to your 'helper'. But also try to illustrate *how* your wonderful 'helper' companion was able to *help* you...!

You have now completed the fifth drawing for your very private soul picture book! Congratulations! Exciting, isn't it?

Now write the title above this last picture: 'Travelling with my inner helper'. Or if this fits better: 'How my inner helper helped me'.

And now - have fun, until next time with your 'conscious self' and your 'inner helper' in everyday life! Because both of them are always invisibly inside you in everything you do...

6. Entertaining companion

Dear _____!

I assume that you remember to close the door to your room every time you want to go exploring your soul landscape, don't you? It's simply much easier for you to concentrate on your inner self when you are undisturbed.

Last time you were travelling with your 'inner helper'. You've probably had some exciting experiences with your 'self' as the hero of the story and your 'helper' may even have had to rescue you from a dangerous situation or help you in some other way.

And now you're ready for the next adventure on your research journey!
You already know your way around inside and you've just been given an invincible companion, so you can no longer just be out and about in the middle of the day, but also *in the evening* for the first time.

So, while you once again walk forward in your imagination on your own personal path through your soul and look around curiously, the *sun of your consciousness* sinks ever lower towards the horizon (where landscape and sky 'touch'). All the shadows become longer and longer.

You can still see everything around you and can still orientate yourself well, but the clear, distinct colours of things as you saw them during the day now change - depending on the weather.

It may be that a glorious sunset bathes your entire surroundings in bright yellow, orange, or red. But it is also possible that your inner landscape will glow a mysterious light pink, purple, or light violet due to the evening sun.

If, on the other hand, you are in a snowy landscape, the shady areas there are normally a bluish colour - which simply becomes stronger towards the evening.

However, if it is cloudy or raining, *all* the colours around you will gradually become greyer in the evening. What was green before becomes green-grey or even blue-grey (meadows, trees, forests), what was brown before becomes brown-grey (field paths, wooden houses, fields), tarred roads, squares, or stone houses become dark grey - in very different shades, etc.

Perhaps you have never consciously noticed this colour change before, but you can *pay attention* to it tonight with your 'conscious self' if you have time! This works particularly well outdoors, but it is also possible to observe the colour changes indoors when it *gets dark* if you leave the blinds up and don't turn on any lights in the room...

Now that you have learned to pay attention to the changing colours of the evening, today you will take a walk with your 'inner helper' through your own personal *evening* soul landscape.

Is it raining in your soul right now? Or can you see the sun sinking lower and lower inside you? Or perhaps bright clouds are obscuring part of the sun or has it already

half sunk behind the mountains or into the sea? Or do you only see the sun as a bright spot through the dense fog of your soul? Anything is possible!
And how do the colours in *your* very special soul landscape look now? Do you also see how the shadows around you are getting longer and longer and taking up more and more space?

This is where you come to the *edge of your area of consciousness*, where it becomes particularly exciting.

In the evening, not everything looks as realistic and clear as it does during the day. Sometimes the landscape at sunset looks more as if fairy-tale gnomes have just emptied their colour buckets over the mountains, meadows, and lakes. Or when it's raining and foggy, it often looks as if huge grey ghosts have covered everything. And if you look at the slowly growing shadows, you could easily be forgiven for thinking that these are figures from another world...

In the evening, everything is somehow more magical than during the day, including the landscape of our souls - at least our outer and inner eyes *can no longer see everything as it really is at this time*.

On the one hand, this can be a lot of *fun* and we *feel like* experiencing more of this exciting, colourful, surprising evening environment. But when everything seems grey with clouds and rain, it can easily create a *gloomy mood* within us.

So, on the evening of consciousness, how you feel right now depends very much on the *weather* in your soul. We also speak of an 'evening *mood*'...! That's why you should pay particular attention to your *feelings* now and consciously align yourself with them: For example, if the world in your soul seems all too grey and gloomy right now, you can *ask* your 'inner helper' to give you a protective, warm mackintosh and boots so that you can continue to travel happily through your inner landscape despite the unpleasant emotional weather.

However, if you are currently experiencing a wonderfully colourful evening in your soul, *ask* your 'inner helper' to simply accompany you in the background while you enjoy yourself and have fun and only warn you immediately if you accidentally step into something or stumble over something...

You have now given your 'inner helper' the exact instructions as to *how* it should *protect* or *accompany* you on your research journey through your soul in the current weather. You can be sure that it will now reliably carry this out as you have requested and you can therefore feel completely *safe* in his company this evening.

So, take a conscious look around your colour-changing soul landscape in the evening and let the surroundings have an effect on you!

Then look at the countless different shadow forms along the way and further afield - and don't be surprised if a new *soul being* emerges from the semi-darkness this time! You don't have to be afraid of it at all - no matter what it looks like - because this being also belongs entirely to you. Alongside your 'conscious self' and your 'inner helper', this is now *the third, very important part of your soul* that you can get to know.

Because this part comes from the shadow area of your soul, it is logically called 'psychic shadow' or simply 'shadow'.

Depending on the *weather* inside you at the time, in the evening hours of your soul, it is either a lively, colourful, funny fellow or a rather gloomy, tired, listless being - just as you yourself are one or the other at the moment!

So, you realise: the way *you* feel inside is always the way your 'shadow' feels because it is your good or bad mood, so to speak, your current *inner mood*.

However, your 'shadow' is by nature very different from your '*conscious self*'. Latter has the task of thinking, planning, and acting practically and realistically in order to steer you as a whole person sensibly and consciously as the organiser and hero of your soul.

But your 'shadow' is not at all like your reliable, indestructible '*inner helper*', that always knows exactly what to do and can rescue you from any mess if you allow it to.

No, your 'psychic shadow' is rather one that *always just does what it feels like doing* or what suits its mood:

jumping around, whooping, farting, moaning, lazing around, eating, making things up, being curious, sleeping, playing, laughing, crying, picking its nose, tinkering, ranting, telling jokes, leaning back, painting, doing nothing at all, bathing, goofing off, running around, screaming, inventing things, transforming itself, etc.

Your 'shadow' is *like a child* that has not been brought up and therefore simply lets out everything it thinks or feels.

So, it may well be that you encounter this soul figure today as a funny, cheeky, or lazy child who thinks nothing of decency but is curious to poke its nose in everywhere. But it is also possible that your 'psychic shadow' will show itself to you as some wild animal that can perhaps speak like in a fairy tale. Or it might suddenly appear in front of you as a little monster or a ghost or a troll or whatever...

Just let it surprise you! That's his speciality, because your 'psychic shadow' has a lot of *imagination* and is, therefore, an entertaining companion!

So, go out now as a 'conscious self' - accompanied and protected by your 'inner helper' - and explore *your specially coloured evening landscape* (depending on the weather) until you consciously encounter your 'psychic shadow' for the first time somewhere.

Talk to it and lure it towards you so that it can get to know you and your helper...!

And - how was it? Did you three have a lot of fun together? Or was it more of a quiet get-together on a rainy evening?

Now draw everything you experienced in your soul landscape today so precisely and in the right weather mood colours on a blank page that it looks as if you had taken another photo - this time of your first *meeting in the evening landscape*, the three of you...!

Super! It was worth it that you took so much time to depict everything in detail!

Now write the following title above this picture: 'First encounter with my 'psychic shadow' and place it in your research picture book after this chapter.

So - and now have a good rest! This works particularly well with your 'shadow' companion because it is also a specialist in *resting*. See you soon!

7. Light and shadow

Hello _____!

I hope you had a good time with your new colleague, the 'psychic shadow'! Today you'll find out more about it and its quirks.

For example, do you know *how shadows are created*?

If not, take a look at the direction from which the sun is shining in through the window! Or is it perhaps not visible from your room at all, or is it hiding behind clouds or is it already dark outside? Then simply light a desk lamp/torch as a substitute for the sun and - if necessary - lower the blinds a little to get a slightly dimmed 'evening light'!

Now you can see that the brightness - whether from the sun or the lamp - radiates in a more or less widely scattered direction. And if you now place something in the way of this bright ray - a chair, a toy, or your hand, for example - a darker field will automatically appear *behind* it.

This is because the light *cannot* shine through objects or living beings. And we call such dark areas *shadows*.

Now stand somewhere in the room - with this text in your hand - so that you can see the lamp or the sun *in front* of you! That's good.

And where is your own shadow now? Exactly! - Where your back is, namely *behind* you. And since you have no eyes on your back, you *can't* see your *shadow* in this position - facing the light - can you?

Now turn round so that you have a good view of your shadow! Now it is the lamp or the sun that is guaranteed to be *behind* you and shining on your back, while this time the *light* is *not visible* to your eyes...

It's the same inside you with your 'psychic shadow' and the '*conscious self*' - but sit down first before you read any further!

Your 'self' is the main character in the landscape of your soul, as you no doubt remember, and it has the task of consciously controlling your entire person. This means that your '*conscious self*' *knows* what it is doing or not doing at any given moment - especially during the day when it is bright and you can see everything clearly.

Your '*conscious self*' therefore always has something to do with *light, seeing, and knowing* - with *consciousness*!

But your light of consciousness *cannot* shine *through* your 'self' in your soul either. This means that *behind* your 'conscious self' - behind its/your back, so to speak - there is also a dark area: your 'psychic shadow'!

As your 'shadow' part is mainly in the *dark, shadowy* area of your soul, it naturally *sees* much *less* clearly than your 'conscious self'. That's why your 'psychic shadow' can *never know exactly* what it is doing or not doing - in other words, it simply does whatever suits its mood in a *semi-conscious* way. This is its normal behaviour!

Your 'psychic shadow' therefore always has something to do with the *half-light, not seeing exactly* and *not knowing exactly* - with the *subconscious*!

Your own personal subconscious is always located *where it is evening* in your soul. Therefore, if you are undisturbed, go into your *current spiritual evening landscape* with your outer eyes closed as a 'conscious self', even if it is still broad daylight or already night in your surroundings.

Consciously turn towards the sun that you can just see *above the horizon!* However, if it is cloudy inside you, simply look in the direction in which you think the sun is. From there comes the last light of your day of consciousness and you can observe in your soul how the shadows *in the opposite direction* gradually become longer and take up more and more space: the shadows of houses, trees, blades of grass, boulders, hills, forests, grazing animals, etc. Take a close look at everything!

Now turn away from the evening sun in your soul landscape as a 'conscious self' so that you can see the shadow image of your own body.

Just look at how long your shadow now lies in front of you when the sun shines on your back from behind! Its dark grey field starts right at your feet and stretches across the ground like a huge, dark chewing gum all the way to your equally elongated shadow head. How huge you are as a shadow! But you're also terribly thin, almost like a beanstalk, aren't you?

And if you crouch down now? Then you suddenly look like a fat, chubby dwarf!

Now stand up again - only in your imagination, of course - and wave to your shadow once! Your shadow will immediately do the same and it will look as if it is another person waving at you. Funny, isn't it?

And now hold your arms out at right angles to your body! Now you look like a cross - even though you know fully well that you're not actually a cross, but a living person.

And then you hold your arms up so that your head looks trapped. Oops, did you just get horns? Anyway, that's what your shadow looks like...

So, you can really play with your own 'shadow', even within your own soul!

Your 'shadow' always does everything in a *similar* way to your 'conscious self' and yet seems quite *different* from it. As an organiser, the 'self' works clearly and consciously with the real facts of reality, while the 'psychic shadow' can *distort, enlarge, reduce*, or even *invent non-real things semi-consciously* at will.

But your 'psychic shadow', like all shadows in this world, must, of course, keep roughly to its *shadow maker*, in this case, your 'conscious self'.

After all, the shadow of a flower never looks the same as the shadow of a chair. And the evening mood over a conscious mountain landscape does not create the same shadows as those that arise in someone who is inwardly experiencing an evening mood under palm trees...

On the other hand, it is easily possible to mould the shadows of our hands so that they form the image of a flying bird, a face, or a dwarf on the wall. The *ability to transform* shadows is therefore quite great, but it is always *limited* to the possibilities of the *corresponding template*...

Your two soul parts 'self' and 'shadow' are also very *different*, but your 'shadow' can only transform as far as it *matches your 'self'*. So, it will never look and react exactly the same as your brother's or girlfriend's or anyone else's 'psychic shadow', but it may resemble any of them.

Another special feature of all 'template-shadow' pairs is that they can *only exist together*. Your 'psychic shadow' would not exist if you did not have a 'conscious self' (see shadow creation) and you cannot have a 'self' without creating a 'shadow' at the same time. This is simply not possible - neither in the outer world nor in your soul!

If your 'psychic shadow' is just behind you, you just can't see it with your consciousness. And in the special case of midday, your 'shadow' is hidden *beneath* you because the sun is shining down on you from above. And at night you don't recognise it because everything around you is full of shadows anyway and therefore dark. But it is guaranteed to always be there where you are with your 'conscious self'! So, you have to come to terms with the fact that you will never, ever get rid of your inner 'shadow' for the rest of your life, no matter how hard you try...

And because of this indissoluble connection with you, your 'psychic shadow' sometimes reacts behind your 'self'-back - that is, from your *subconscious* - without you realising it yourself. At such moments, you don't act with your 'conscious self' as usual when you have something specific in mind, but your 'psychic shadow' acts for you without thinking...

Sometimes you may be amazed at what funny, cheeky, imaginative, nervous, or amusing things you have just said or done without actually intending to do so with your 'conscious self'. Then your 'psychic shadow' was definitely at work inside you and expressed its current mood through you *without being asked* and *without thinking*. Even if you yawn or digress from a task or laugh or fidget around restlessly or doodle something while listening or suddenly have an idea, it is also always your 'shadow' that is half-consciously living and reacting inside you, while your 'conscious self' usually doesn't even notice this.

But even if we make a deliberate effort with the 'self' to keep our subconscious 'shadow' quiet or suppress it completely, this is still only partially possible for us humans. This is because it is always involved in some way in the background of our soul so that other people can easily tell from our behaviour or our face or our movements what our mood is at the moment - or rather, *what weather, what mood is subconsciously prevailing in our soul*.

It's like that for everyone! It's part of our human nature and it *has* to be that way.

Our 'shadow' is just as important a figure in the landscape of our soul as the 'conscious self' and our 'inner helper'! And it is urgently necessary that we take it seriously and *pay enough attention* to it, but nevertheless *do not allow it to exaggerate unhealthily*... As our 'psychic shadow' is responsible for our imagination, resting and expressing our current mood, its *semi-conscious, natural looseness* makes a wonderful contribution to ensuring that our 'self' does not become tense or even overstrained when consciously organising everyday life. That is *vital*!

Now that you have learnt a lot about the creation of shadows and compared the characteristics of your 'psychic shadow' with the characteristics of your 'conscious self', you are surely ready to imagine your *inner, shadow-covered evening landscape* with your three soul figures.

So, close your outer eyes again and look around with your 'conscious self' inside you until you have memorised everything well!

What kind of landscape surrounds you at the moment? An area that you know from where you live, or are you standing in a desert or by a lake or on a mountain or in the middle of a jungle?

And *where is the sun* about to *set*? Over a snowy landscape, behind a volcano, by the sea, next to skyscrapers, or behind a forest?

Or is the sun not shining at all, but it's *raining* cats and dogs? Or is there *fog* over the evening landscape or is the last brightness visible in the *clouds* over a harvested cornfield?

Everything is possible in your soul, as you know! The *weather* there simply corresponds to your current mood.

And now *look* in particular at *the shadows* of the objects and the whole environment! Which type of tree produces which type of shadow? Where are the shadows lighter, where are they darker? How elongated are they? Shadows are distorted by undulations in the ground, sometimes they cover each other, etc.

Also consciously pay attention to the *direction of the shadows*! You now know that if the sun in your soul landscape is to the *left* of your 'conscious self', all shadows are guaranteed to point to the *right*. And if the last brightness of the day is *behind* your 'self', it can see its own 'shadow' in *front* of it, etc.

However, the special 'shadow' of your 'conscious self' is *much freer* than the usual shadows around it. After all, it is also a living part of your soul and must therefore be able to *express much more* than it, namely all your semi-conscious mood feelings, emotions, and thoughts.

That's why your 'psychic shadow' is not exactly tied to the feet of your 'self', but can move freely *around you*. It doesn't have to be built exactly like you either, but it can transform itself into almost anything it can think of, as long as it *suits your 'self'* - into an animal, a fairy-tale character, a clown, a plant, a dragon, a baby - fun-loving, lazy, curious, enjoying, offended, inventive, bored, exuberant, angry, happy, and so on.

Now, *visualise* your entire soul landscape today:

Your '*self*' (with today's appearance), your free '*shadow*' (What is it doing right now?), your faithful '*helper*' (What does it look like today?), the last *daylight* somewhere above the horizon, *the usual shadows* of the surroundings lying in the other direction - and all this in the *weather-evening mood-shadow-colours...!*

Now take a blank sheet of paper and draw on it, piece by piece, what you have seen inside you. It's worth it if you really take your time and depict everything in detail...

Wonderful! The whole thing seems as mysterious as the subconscious is in reality.

This time, write the title 'Light and shadow - consciousness and subconsciousness' on your evening shadow painting and, as always, put it in your folder or binder after this text.

And now *enjoy* being together with your mood 'psychic shadow' and your wise 'inner helper' in your normal everyday life! From time to time, you can also *observe* with your 'conscious self' how differently your three soul parts react - depending on the task they have within you.

See you soon!

Part 2 – Hero Training

8. Act so it makes sense

Hello, dear _____!

How have you been feeling lately? Sometimes good, sometimes bad, sometimes not so good?

That's the case for most people.

However, *you* now have the wonderful opportunity to deliberately shorten those times when you are feeling bad or even cancel them out over a longer period of time. This means that at some point you will be able to live in such a way that you are *almost exclusively well!!!*

How is this supposed to work?

Quite simple: you now know your three inner soul parts 'self', 'shadow', and 'helper', and what they are there for. You also realise that your '*conscious self*' has to control your every action so that you can do anything at all. And your 'psychic shadow' is an imaginative companion, while your '*inner helper*' can tell you what would be helpful for both of you and what would not.

So, your '*conscious self*' would only have to realise that it should simply *listen to your clever, indestructible 'helper'* without interruption. That way, your 'self' would no longer be able to plan, organise and decide anything, which would make your life completely miserable from time to time, but you would only make wise, sensible decisions. And as a result, your life would be almost entirely good. Clever, isn't it?

Even if this sounds almost too good to be true, it could become a normal reality for you as soon as you have learnt to use the abilities of your invisible soul realms consciously and wisely.

So far, however, no one has taught your 'self' how a real hero, boss, and organiser behaves in a really smart and heroic way and how to make really good decisions. That's why you can start the first part of your *hero training* with your 'inner helper' today!

As always, when everything is quiet in the room, go into your own personal soul landscape with your outer eyes closed and look around you! Where are you here today?

Do you see a place in you that would be suitable for training with your 'helper', your personal wisdom teacher? Perhaps a hidden clearing in the forest or near a rock where a spring gushes forth?

Or is there a lonely mountain hut somewhere near you that would be suitable, or an oasis with palm trees in the desert, or a quiet temple, perhaps by a river?

The banks of a pond would also be a good place where your 'helper' could teach your '*conscious self*' everything it needs to know as your inner 'hero' in order to lead you and your 'shadow' to an ever better, more joyful life over time.

If you now see a suitable place in your soul landscape, go to it and wait briefly until your 'helper' shows itself to you - in whatever form (human, animal, fairytale, male, female?).

But if you don't see a suitable place yet, call your 'helper' here now and it will take you to a wonderful place itself...

If you have now sat down here in this special, mysterious, quiet place in front of your 'inner helper' and look at it expectantly, it will slowly and seriously begin to speak (also as an animal, mythical creature, etc.):

'Dear _____, dear 'conscious self'! So, today you want to learn from me how you can make sure that you and your 'psychic shadow' are almost always *doing well* in your life, at least not as often badly as before. To do this, you first need to be able to distinguish between 'good' and 'bad'.

You think this isn't difficult at all? I'm not so sure about that,' says your 'helper', swaying his head back and forth thoughtfully, but then immediately continues speaking:

'After all, as the 'conscious self' and boss of your whole person, you're still often making quite stupid decisions at the moment, which turn out to be bad in time - otherwise you'd be fine most of the time, wouldn't you? So, I think you could do with a bit of coaching from me.

But I have to go out for a moment to get you two things. Just sit here and wait for me until I get back!'

And there you are, all alone in this special, quiet place, looking around a little from your seat.

Suddenly you hear a very soft crack nearby - and then again - and again. Curious, you look in this direction and only now realise that there is a *bird's nest* a few metres to your left, diagonally up on a branch or a raised ledge, etc.

One of the young birds seems to have just hatched from its eggshells and is now tottering around the other eggs, all dishevelled, sticky, and uncertain. As it does so, it gets closer and closer to the edge of the nest, which is made from the finest twigs - and then tumbles down to the ground right before your eyes.

Without thinking, you jump up with your 'conscious self', run over, gently push the tiny bird onto your other hand with your fingers, lift it up like a lift, and carefully put it back in its nest. And because the bird could fall down again in a moment, you quickly pull the loosely 'woven' edge of the bird's nest up a little higher with your hands.

Then you stop in front of your work and chat a little with the shy little bird to show that all is well again.

At this moment, your 'helper' comes back and looks at you questioningly. Unsure, you think about whether you have done something wrong. But then you simply explain truthfully to your 'helper' what has happened:

That you saw how the little bird tumbled down, that it would never have got back up into the nest on its own, that its bird parents couldn't possibly have managed it either, that you feared an animal might eat it or that people might accidentally step on it and crush it. So, you *had to intervene* to save the tiny creature after all!

And you only changed the nest so that the little bird and its future siblings can no longer fall down so easily. So, you simply didn't have the heart to sit still and wait idly for him, your teacher of wisdom...

'It's okay, it's okay', your 'helper' will now reassure you and kindly guide you back to your previous seat.

'You've done everything right, dear 'conscious self', dear _____! I just wanted to see if you have what it takes to become a real hero. That's why I projected this situation with the young bird here as if in a dream and left so that you could solve the task on your own.'

Confused, you look over to the bird's nest, but it has really disappeared as if it had never been there. Instead, your 'helper' now says to you with a beaming smile on his face:

'I'm very pleased that you've acted exactly as a real hero should on your very first task. That means you already have all the skills a good leading animal needs.'

'A good leading animal?' you ask your 'helper' in surprise. But you want to be a clever hero, not an animal!

Your 'helper' laughs happily and replies:

'Oh yes, you don't even know that yet, my dear _____! A real hero must have exactly the same abilities as the *social leading animals* of wild herds and packs have had in nature since time immemorial:

They don't necessarily have to be big, beautiful, or strong - very often they are also females - but these leading animals stand out due to their great *attentiveness*, their *interest* in the welfare of the other animals, their amazing *sense of direction* (memorised experiences) and their *determined actions*.

These four special abilities - alertness, interest, sense of direction/agility, and determination - enable every leading animal on earth to *show* the other animals in its own group, for example, sources of food or water, to *recognise* dangerous situations at an early stage and to *react decisively* (emit warning sounds, fend off attackers, choose a safer route, turn back in time, find a more fertile area, push an endangered animal out of the danger zone, stop a disturbing animal with a stern look, protect smaller or sick animals by placing them in the centre of the group, etc.).

All these *clever decisions by the leader* show the other animals in the herd that they can really *trust* this animal. That's why they voluntarily follow him wherever he goes.

A good leading animal is therefore not a pompous macho type who tries to gain respect by fighting and lashing out. On the contrary!

A *good herd leader* simply shows through his calm, friendly, decisive behaviour that every member of the group is important to him. Attentive and interested, it looks around almost constantly, checks whether everything is still going well and only reacts in a targeted manner when it is really necessary.

This casual form of guidance gives him a *natural authority* that enables every single animal in the community to *feel comfortable, safe, and secure* under his unobtrusive leadership.

So, it is the social herd leader that ensure that everyone in the group is as *comfortable* as possible - including themselves...!

However, it is not only animals but also people in smaller or larger groups who are led and accompanied by such 'guiding animals' so that their endeavours can succeed - countries or communities are led by their rulers, associations by their boards, school classes by teachers, groups by course leaders, etc. And every single family has parent leaders who are attentive, interested, intelligent, and determined to look after the well-being of their children.

But this list does not end here,' your 'helper' continues meaningfully, 'because every group member or family member on this earth must also develop such leadership skills *themselves!*

This is because no single leader can be totally perfect and everyone makes mistakes or bad decisions. That is why it is good if even children learn step by step from an early age to *become clever, determined herd leaders for themselves* so that they are less and less dependent on their parents.'

'But you can't be a herd leader for yourself,' you now interrupt your 'helper'. 'Because I'm not a whole group that needs to be led, I'm just a single person.

With a smile, your 'helper' will certainly answer you immediately:

'Yes, yes, you can, my dear! It is precisely the special task of your 'conscious self', as the hero and organiser of your person, to control all *parts of your body* in a meaningful way - like a group, so to speak!

And you will also need these guiding abilities within yourself in order to wisely accompany your 'shadow' in all its mood variations over time so that it supports your 'self' and doesn't put you in danger...

But there are also countless opportunities in your everyday life where you can be an attentive, interested guide/leading animal not only for yourself, but also for your siblings or a few of your classmates or for other children and adults - in the playground or at school, at breaks or on the way home, with your own family or when visiting, at the gymnastics club or in the music group, and so on.

That's why, instead of continuing to make stupid, bad decisions, it would, of course, be worthwhile to consciously develop and *practise* these four *leadership skills* - until you are such a good leader that everyone around you and you yourself are doing almost nothing but well.

That's what you wanted, isn't it?' your 'helper' now asks you directly and looks at you insistently.

'Yes, I do! Of course, I want things to be good for me and my fellow human beings too,' you stammer sheepishly.

Your 'helper' pats you on the back and says:

'You're already well on the way to becoming a really good leader, a real hero! Because the bird's nest test has shown that you already have leadership skills and know how to use them:

For example, you were *aware* of what was going on around you when you were sitting here on your own, took an *interest* in the welfare of the whole bird family, and, based on your previous experience, *acted wisely* and *decisively* by saving the bird and solving the problem of it falling down.

And that's exactly how a real hero reacts! But that's exactly how every good herd leader on this earth has reacted since time immemorial!

But I think you've learnt enough for today here with me in your soul landscape,' says your 'helper' and says goodbye to you. 'See you next time in the same place,' he adds - and you're back in your normal room/classroom/group room in your outer everyday world.

Now - without letting anything distract you - take out your coloured markers and draw on a blank page how you passed the *bird's nest test* in this *special place* in your soul landscape.

You should be able to read the four leading abilities from the '*conscious self*' you have drawn:

your *attention* (e.g. emphasised, bright eyes/ears),

your *interest in the well-being* of the little birds (e.g. 'arrow pointing towards smiley faces' or 'red heart' etc.),

your *clever review* of experiences already made (e.g. 'signpost in the head' or 'brain' or 'thought bubble' etc.),

your *decisive reaction* (e.g. 'lift up' or 'raise the edge of the nest' or 'talk calmly to the bird').

Yes, that's wonderful!

Now write the title above your picture: 'Hero-self training: the four leadership skills'.

And then it's time for a break again! I'm sure you'll now notice everyone who behaves like a good leading animal, a good herd leader in everyday life...

9. Hero features

Hello, dear _____!

Last time, you visited your 'inner helper' in your soul landscape to let him train you a little to become a real hero.

Today you also go back into your personal soul landscape in absolute silence, with your outer eyes closed and your inner eyes open, to the same special place as before. Here you meet up again with your 'helper', who still looks the same as last time, and sit down in front of him with anticipation.

Your 'helper' smiles kindly at you and then begins to speak:

'You, dear _____, last time - without realising it - as the 'conscious self', already demonstrated the four leadership skills when you rescued the bird that had fallen down and also raised the edge of the nest to be on the safe side. Like a good leader, like a real hero, you were *attentive, interested, clever, and determined* - and so you took responsibility!

Perhaps you don't yet know exactly what '*responsibility*' means,' your 'helper' now remarks and begins to explain this word to you:

'It's quite simple. When I came back and looked at you questioningly, you were able to answer me easily about what you were thinking when you did what you did, and your *answers* were not stupid excuses, but really made sense!

That is why it is said that you took *responsibility* for your actions. After all, you were able to *stand up* for everything with *conviction*, take *responsibility* for your actions, and *answer* me calmly and with conviction, because you knew that you had thought wisely with your 'self' and only wanted the best for the bird. So, you didn't have to feel guilty at all, even if I had scolded you for disobeying my orders.'

(By the way: *In external reality*, you would not be allowed to put a young bird back into the nest with your bare hands, as the bird parents would classify the human odour on their young as dangerous and then throw it out again...

But you probably didn't know that and in your invisible, symbolic soul landscape, such external facts don't matter anyway. So, your reaction was still completely correct and responsible - just in case there should be any discussions about this).

But then your 'helper' continues in his calm, wise tone:

'However, if you *hadn't* moved in this test situation out of good behaviour and the bird had been eaten or trampled on soon afterwards, you would probably have nervously tried to argue when I returned that I had *ordered* you to wait for me right here, not to save a bird.

But then you would have suddenly blamed *me* for your inaction and at the same time reproachfully implied that *I* was to blame for the bird's death - not you...

But that's no way for a hero to react, and of course not a single good leader! Because by making excuses like this and *shifting responsibility*, everyone involved is only *worse* off in the end, not better:

namely me as your 'helper' by insulting me, but also the young birds and their parents because you didn't look after their welfare. And you would also be worse off yourself

because you would no longer feel comfortable in your own skin as soon as you had to answer to me...

Every person on this earth must therefore realise that their own '*conscious self*' decides and controls what they ultimately do or do not do as a whole person. That is why *every person is always responsible* for their own actions or inactions and cannot simply blame other 'self's' for having to take responsibility for these reactions.

This also applies if, for example, another leader gives you or an entire group instruction. As a '*conscious self*' and *individual leader*, each individual must then also *consider* and *check* for themselves whether the instruction makes sense at all and whether or not they can stand up for it afterwards and respond with conviction (take responsibility).

But of course, people don't always do everything as exemplarily right as they would like, even if they have checked everything well. So, everyone has to realise from time to time that, despite their best intentions as a '*conscious self*', they have just made a completely wrong decision...

But that's not so tragic, because in this case you simply have to *consciously admit* the mistake you've made and *bear and endure the consequences* - even if it hurts. This is also part of a hero's acceptance of responsibility!

In any case, a true hero never cowardly blames others, but *courageously* and *bravely* stands by his mistakes and difficulties...!

But as I said: you, dear _____, acted completely correctly and *responsibly* last time with the bird's nest test - just like an attentive, interested, clever, and decisive leader! And so, with your '*conscious self*', you saved the little bird and secured its entire future. That was truly heroic, my dear! Bravo!

You are naturally very happy about this great praise from your '*inner helper*' and beam at him from your seat.

Your '*helper*' now suddenly rises and stands in front of you while he speaks very solemnly:

'Since you have behaved really heroically with your '*self*', noble _____, and will certainly continue to be a good leader for yourself and your fellow human beings, I may now, as your indestructible '*inner helper*', as in the Middle Ages, make you an exemplary leading animal, a herd leader, i.e. a knight.'

You just look at your '*helper*' with your mouth open because you simply can't imagine what a leading animal should be doing on a horse as a knight...

But your '*helper*' is already talking further:

'Many knights in the Middle Ages were incredibly good riders and handled their horses so skilfully that they obeyed them immediately at the word and the slightest sign. They didn't achieve this by shouting at them or beating them, but simply took on the role of a herd leader animal for their individual horse...'

Aha, now you realise! The good knights of that time - not the robbing, slaying, murdering knights, of course, but the truly heroic knights - had apparently also learnt

the qualities of the herd leaders and were, *therefore*, able to handle their horses so well.

From this point of view, it is of course no longer so strange for you, as a connoisseur of the four leadership skills, to be made such a good knight. In fact, you think it's really great!

'But why are you actually 'knighted'?' you suddenly think to yourself. After all, leaders are characterised by the fact that they *don't* strike out...

As if your 'helper' could see your thoughts - perhaps he does - he immediately responds to your question in his solemn speech and explains:

'It is said that someone is *knighted* because, for centuries, a *symbolic* slap on the cheek with the hand or a blow on the shoulder with the sword has been used in rituals to symbolise *figuratively* that the person in question has shown inner strength and will withstand the coming blows of fate in a chivalrous manner.

This is absolutely not about outward muscular strength and pomposity, but about *inner, mental, and psychological strength*.

And this shows itself - how could it be otherwise - through special attentiveness, interest in the well-being of the whole group, intelligent consideration, and convinced determination, without being intimidated by the opinions of others. This is the inner strength that every leader shows when he acts responsibly until the others trust him. But this is also the inner strength that makes ordinary people into heroic knights.

And since I now consider you, _____, to be capable of developing this wonderful inner strength even further and using it specifically for the good of your fellow human beings and yourself from today onwards, I would now like to *knight you*. Stand up!

Delighted, you stand up and look at your 'inner helper' eagerly. He now simply places his right hand on your left shoulder - like a sword - and speaks even more solemnly than before:

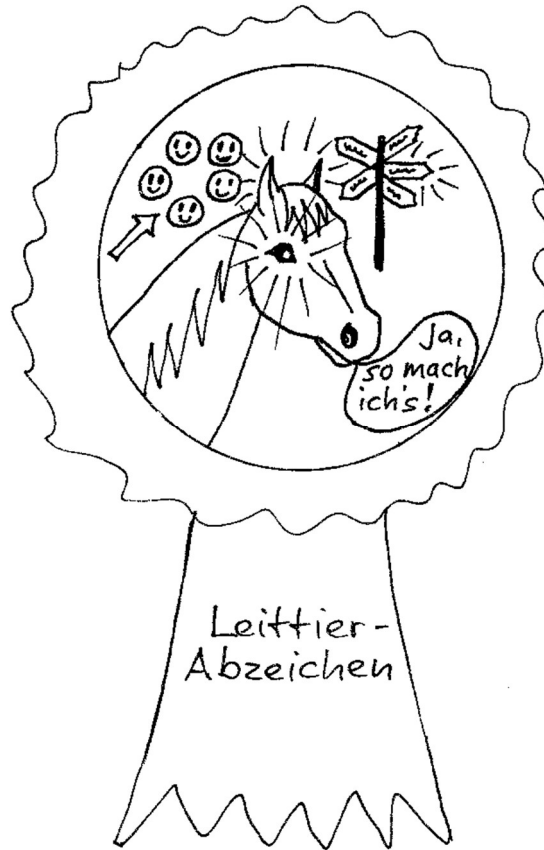
'Dear _____, I, your indestructible 'helper', hereby make your 'conscious self' *an inwardly strong, responsible knight*, as whom you shall from now on use your leadership skills to ensure that you and your fellow human beings are almost exclusively well! Congratulations, knight _____!'

Impressed, you look into the loving, wise eyes of your 'helper', who now gives you a friendly hug and then warmly shakes your hand like a good friend.

You are speechless and can't say anything back. But it's a marvellous feeling to be a strong hero and knight inside, and you have no intention of betraying the great trust of your 'helper'.

He turns round briefly, picks up something small from the floor, and carefully pins it to your T-shirt or whatever you're wearing.

Surprised, you look down at yourself and see that you have been given a *medal*, a kind of badge on which you first notice the brown horse's head. As you take a closer look, you also recognise all four of the leadership skills on it, symbolically simplified:



Once again you look at your 'inner helper' and he nods to you in a friendly manner, saying:

'Dear knight _____, this *leadership badge* should always remind you to be a good, responsible knight and a real 'self' hero who can consciously deal with himself and with other people in a 'leadership-like' way so that everyone is well.

Now return to your normal, outer world and be a good knight there too! We'll meet here twice more for your hero training before you can continue your research journey and get to know a whole new part of your soul landscape. Have a good time in the meantime!'

Suddenly, you are back in your room/schoolroom and still have to find your way around a bit. You have just been knighted in your soul landscape and have been given a leadership badge that is only visible to you - and now you are back in the very ordinary, outer world, where everything seems so different from inside you.

But without talking to anyone, you immediately take out a blank sheet of paper and your coloured or felt-tip pens and think about the best way to put what you've just experienced on paper...

Can you imagine the situation just now when your 'inner helper' made you a *responsible, inwardly strong knight* and pinned the *leadership badge* on you? Then colour in exactly that now...!

Marvellous! You see - as a good leader and clever knight _____ you are a real hero and can calmly take full responsibility for this drawing.

Besides, you're probably feeling really good at the moment, aren't you? Be happy about it and enjoy this inner strength of your 'conscious self'!

You can now write the following title above your drawing: 'My 'self' receives the knighthood and the leadership badge'.

And so that you can look at your leadership badge again and again in your outer world, a handicraft version of it is printed after this text.

Later, when you have time, you can cut out this template, colour it in, laminate it or protect it with adhesive foil, possibly border it with fabric ribbons and turn it into a badge. Have fun!

But now it's time for a break again. See you next time - in the same place...!



Leadership badge for handicrafts:

10. Territories and borders

Hello, knight _____!

How are you doing today? Have you been able to use your *leadership skills* from time to time with your hero 'self' as a responsible knight?

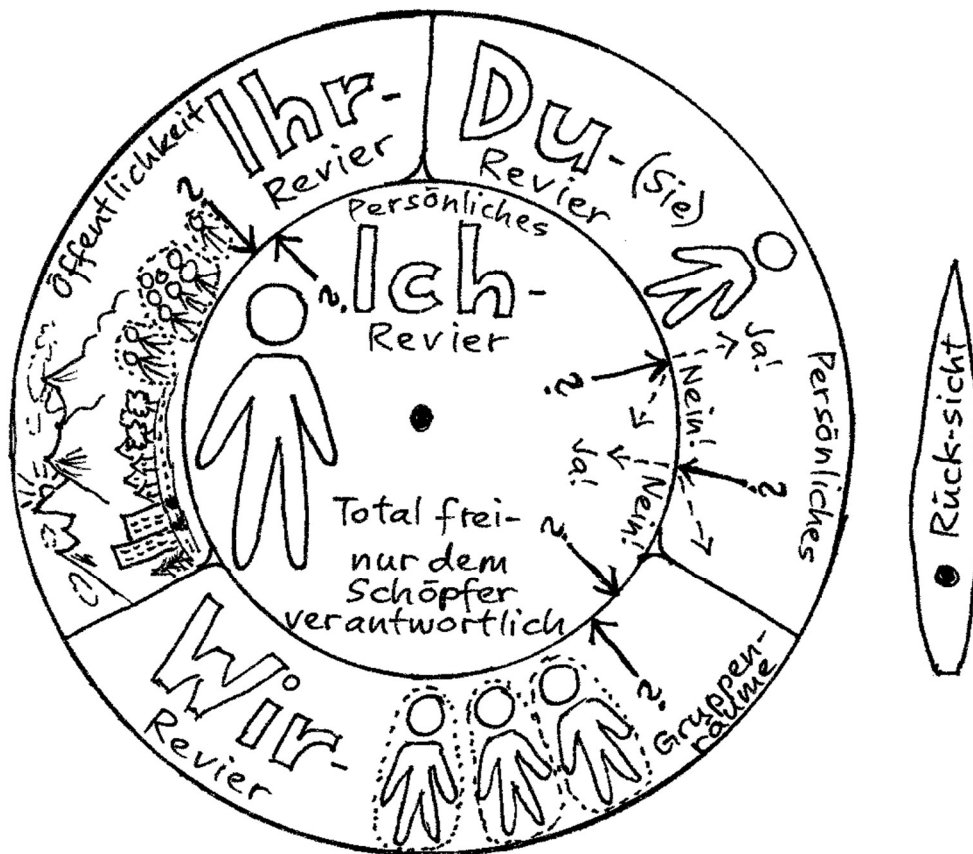
If so, you and your fellow human beings are certainly doing a bit better than before, aren't you?

If not, you will certainly have many more opportunities to do so until you too can feel the positive effects of your knighthood.

Now go into your soul landscape a third time for training, where you will meet your 'inner helper' in the same place as before. Again, ensure absolute silence - in your own room as well as in the classroom or group room - and then close your outer eyes so that you can take in everything your 'helper' wants to teach you today without being disturbed!

You are already back in that special place in your soul landscape where you have already passed the bird's nest test, learnt all about responsibility and inner strength, been knighted, and received your leadership skills badge.

This time, however, your 'helper' is not even visible when you arrive, but there is a very special object in your place. At first glance, all you can see is that it is round and flat and made of a valuable material.



Curious, you step closer, sit down, and take the object in your hands to take a closer look. As you do so, you notice that a pointer rotates on the top in the centre, depending on how you hold the round object. (In the picture, the pointer is to the right so you can see everything clearly).

'It looks like a compass', you think to yourself in surprise. But there are no cardinal points marked on it and the rotating arrow does not react to the magnetic north pole like a normal compass.

However, this thing has a large red circle on its surface and a white pointer at its centre, which can be turned in all directions. Around this red area are three fields that also touch each other. One of them is blue and the other two are green. Simple figures, words, and arrows are drawn in these fields - as you can see in the black and white sketch shown here...

Before you can look at this strange object and ask yourself what it's all about, your 'inner helper' suddenly stands next to you, looks over your shoulder, and says cheerfully:

'Interesting, isn't it, my dear _____? As a hero, leader, and responsible knight, this item will be of great use to you. It's a territory rules compass.'

'A what?' you blurt out cheekily.

But your 'helper' doesn't take offence, but patiently begins to explain things to you:

'A *territory rules compass* is a wonderful device that shows you *how* to *decide* and *how* to *behave* at every moment of your life. This special compass helps you, as a heroic knight and attentive leader (of yourself or others), to make *wise decisions* and *orientate* yourself even if you have no experience in this area and cannot say what is right or wrong at the moment.'

'How is that supposed to work?' you ask your 'helper' incredulously.

'Well, it's very simple,' he continues. 'When you have to make a decision, you take the compass in your hand, *think* about which part of it fits your situation, *read* what is written there and you know how you should react. And if you're a clever leader, you'll *do* exactly what the compass suggests. It's child's play, I tell you!

It's best to imagine an everyday situation that you're probably familiar with: You are in the break area and are standing around chatting with your colleagues. One of them pulls your sleeve from time to time out of sheer boredom or just for fun, until at some point you can't take it any longer and angrily slap him/her - and you're already at loggerheads...

This is because *every* human being - in fact, *every* living creature on this earth - has the innate, completely natural need to be able to live undisturbed in their own invisible territory.'

'But we humans aren't animals,' you contradict your 'helper' defensively. 'We don't have territories.'

But he replies with a grin:

'In this area, yes, because otherwise, it wouldn't bother you at all in the playground example from earlier if another child kept *intruding into your territory* without asking

and disturbing you. But I'm quite sure that you wouldn't be able to stand it for long without making it clear to the intruder in some way that he/she should finally leave it alone, otherwise...

So, you want to be left alone in your personal space - up to about 10 cm around you - just like any animal. Don't you?'

Contrite, you have to agree with your 'inner helper'.

'You see,' he continues calmly, 'and I like to call this personal space *territory* because in that area humans are no different from animals or plants on this earth.

Of course, humans are built more complicated than animals and plants. They can soon read, write, do maths, think about themselves, and - like you - even consciously take responsibility for their own actions.

But the *subconscious feeling* of 'this-one-is-coming-too-close-for-my-pleasure' is so ancient that even plants can sometimes be seen bending away from an intrusive, annoying neighbouring plant or emitting a repellent scent to protect their location or their own territory.

So, you can easily speak of territories in humans, too, if they react in a very similar way.'

'That's actually true', you think to yourself, and now have nothing against this term. But you would be very interested to know what the human territories in the playground example have to do with this unusual compass.

Your 'helper' says and points to the round, flat thing in your hand:

'In the centre is your own, very *personal territory*, which is shown as a red circle and is called '*self-territory*'. Within this area, you are totally *free* and can do whatever you want!

Your own body, for example, belongs to your own territory, your clothes, your appearance, your views, and your actions *in* this territory. But your private things and toys, your bed, your room, your seat at the dining table or on the bus or at school, etc. are also part of your own personal territory. Other people have no business there - unless you explicitly invite them in!

If you want to let someone (applies to all living beings) into your own territory or if you want to enter someone else's territory yourself in order to talk to them, play with them, touch them, etc., you must *always first ask* whether the other person wants to do this at all.

So, you are addressing a personal 'you' in their 'you territory' - as you can see on the compass with the question marks and arrows.'

(In this country, you naturally address adults you don't know very well formally because they will only let you into their personal territory for a little while because of their work/role).

'However, if a personal 'you' responds to your request for contact with a clear 'Yes!' or *if you can see* that they agree (this also applies to babies, animals, etc.), you can temporarily *merge* your territories into a shared 'we territory' for as long as you both like it.

But if the 'you' doesn't feel like doing anything with you at the moment and answers 'No!', shakes its head, or turns away, you have to *accept* this and *retreat* back into your 'self territory' - or simply ask another living being...
You can read all this from this special compass!

As a 'self', you are only *ever free* to do and not do what you want as long as you are *within* your own personal territory.

Logically, this is always the case with your own body, your whole life long. But you can also leave your own room or part of your room if you want to.

However, as soon as you *cross the invisible boundary* of your private room-'self'-territory and enter the hallway or the kitchen, the loo, or the living room of your *flat*, you are already in your *shared family territory*.

This ever-present 'we-territory' belongs to all of you at the same time: your father, your mother, your siblings, your pets, your plants and, of course, you. And here, everyone has to *show consideration* for others outside their own 'self territory boundaries'.

This means that you can continue to look, think, and be the way you want to in your body-'self'-territory - which *always* comes with you. But now in the shared family territory, you are not allowed to thoughtlessly or deliberately *cross* the individual 'you' *territory boundaries* of the other family members - for example by mucking about reproachfully or playing music that is too loud or saying stupid things or being messy/dirty or by hurting someone or taking something away from them, etc. And do you know why?

Your 'helper' looks at you questioningly, so you ask a somewhat uncertain question in return:

'Because the others will get angry otherwise?'

'Exactly!' your 'inner helper' replies affirmatively. 'You can always recognise a *territorial boundary violation* by the fact that someone gets angry and is *no longer feeling well*.

And this always happens when you rush off carelessly and don't pay attention to your own or other people's boundaries when doing something. Without '*looking back*', you quickly behave recklessly and usually leave behind angry, inwardly hurt fellow creatures unintentionally.

But plants and some animals or people do not show their physical or emotional injury at all or only after a while, so that you may not realise for a long time that you yourself are constantly crossing territorial boundaries, invading other people's territories, and making them unhappy.

To prevent this from happening all the time and everyone getting angry at each other, people developed the '*Golden Rule*' many thousands of years ago as a wise guideline, which states: 'Do not do to others what you would not want to be done to yourself'.

If, in everything you do, you first consciously consider *whether you yourself would like* others to treat you as you are about to do, there will be hardly any territorial boundary violations - neither towards a single 'you' nor towards entire 'we' groups.

By following the 'Golden Rule', you are actually also following the territorial rule that this compass shows you here. Expressed in words, it reads something like this: '*Everyone is completely free within their own territory, but must not cross other people's territory boundaries without being asked*'.

If you stick to this practical and easy-to-imagine rule, you will automatically and effortlessly ensure that not so many living creatures feel unnecessarily attacked and that everyone is simply happy.

However, the territory rule doesn't just apply to you alone, of course; all other people should also abide by it if they want to enjoy a *peaceful life together*.

For example, no one from outside may simply barge into your room ('self' territory) or your flat, our classroom or course room, your club premises, or your circle of friends ('we' territories) and make themselves at home with you or with us if this has not been authorised.

However, if you have explicitly *invited* someone into your 'self' or 'we' territory, this is of course a different matter and the other person or people are very welcome there.

As a whole group, you can therefore freely say 'Yes!' or 'No!' at your own discretion every time someone asks, and nobody has to let strangers in if they don't feel like it - even if they want to impose themselves on you or pluck at you thoughtlessly...!

If the disruptive child in our playground example had known that he shouldn't touch his classmates in their territory without asking, there would have been no argument at all thanks to the simple territory rule.

That's what this unusual compass is all about!

'But', you think aloud after a moment, 'if I say 'no' to a request and turn someone down, someone might still get angry with me...'

'But that's not the same kind of anger as when you attack someone,' your 'helper' replies promptly. 'Attacks - i.e. *violations of territorial boundaries* - always lead to anger in the other person, so in most cases, they will strike back at some point. And this makes you, the attacker, angry too so that you strike again...

The *anger is therefore constantly increasing and growing* and quickly degenerates into arguments or even war at some point, until everyone around is really no longer feeling well.

However, if someone gets angry because they have been rejected, they are actually only angry in their own territory. And here they even have the chance to solve their problem themselves by thinking cleverly. Because it is always amazing what original, helpful ideas come to people's minds when they are referred back to their own 'self' territory...!'

Your 'helper' grins mischievously at these words, but you will probably have to think about the whole thing in more detail at some point before you fully understand it.

At the moment, you simply look at the compass in your hand again and enquire with your 'helper', who has finally sat down opposite you:

'My own 'self' territory and the individual 'you' territories of my colleagues or siblings, etc. are now clear to me. And I can also visualise the various group 'we' territories, although they are all actually invisible. But what exactly is a 'their' territory?'

'It's just another word for the area that's usually referred to as the *public domain*,' your 'helper' explains calmly.

'As soon as you, knight _____, step out of your front door into the stairwell or onto the neighbourhood path, you are no longer in your *private family 'we' territory*, but in the *public 'their' territory*.

You don't necessarily know everyone here anymore, but outside in public - apart from your neighbours, classmates, neighbourhood cats, and dogs - you almost only meet unknown people and animals. They all wander around on the pavements, in squares and shops, on meadows and paths, or sit in cars, buses, or boats, while they continue to carry their own personal 'self' territory around with them - just like you. And in the same way, all these people and animals are now also a tiny part of the huge, impersonal public 'their' territory.

But it is not just people and pets that are part of this vast territory, but also the entire built and unbuilt *environment* and the grown *nature*. This means that even house walls belong to the *public domain*, as do squares, trees, garden fences, shops, cars, roads, meadows, lakes, birds, railway tracks, forests, mountains, the air we breathe, and so on.

Where so many people are constantly crossing paths and all living creatures have to share such a large area, it is of course just as important as in your family or your classroom that everyone shows *consideration* for everyone else. To ensure that this is not forgotten in any decision, it is even written on the compass pointer!

Because even if just one person in public accidentally steps on another person's 'self' territory, perhaps because they have stumbled and touched someone (a territorial violation!), the people standing around immediately become tense inside.

But if the supposed 'attacker' apologises, everyone immediately relaxes again.

However, if he deliberately continues to violate the territory - for example by mucking about under the influence of alcohol, playing music loudly, or throwing rubbish on the street or in the lake - the people who notice this will soon start to look angry or grumble something to themselves or launch a counter-attack...

This all happens because people - as soon as they have left their homes - *feel* that they *belong* to the public, general 'their' territory, and immediately perceive such disturbances from strangers as an extremely unpleasant violation of territorial boundaries - as if it were an attack on their own 'self' territory.'

'Oh, that's how it is', you think, because you would never have thought of this yourself. But now that your 'helper' has explained this to you using the compass, many other people's reactions suddenly seem logical and understandable.

'I think you've learnt enough for today,' says your 'inner helper' at the same moment. 'If you have more questions about the territory rules compass, you can ask me next time. Have a nice day...!'

And before you can say anything in response, you're already back in your real room/group room and looking around you. But as a responsible, clever knight, you don't start talking to anyone but take out your coloured pencils or felt-tip pens and a blank drawing sheet.

When you have everything ready, close your eyes again briefly and choose any *everyday situation* that comes to mind.

Think about what types of territory are present there! And now visualise the whole thing so that you can suddenly see the actually invisible territory boundaries as *red* ('self' territory), *blue* ('you' territory), or *green* lines ('we' and 'their' territories) in front of you. And finally, you draw this situation *and these territory lines* on your sheet and colour everything in with the appropriate colours...

Great! Now you can see not only the real people, animals, plants, and objects in your picture that were present in your chosen situation but also *all the invisible territory boundaries*: the lines around individual body territories or entire group territories and possibly also the public territory boundary along the edge of the picture.

But now it's time for another break!

In your outer life, however, you will soon realise all by yourself that the whole world is actually full of these invisible territorial boundaries.

And as soon as you realise where all these boundary lines are, you are guaranteed to cross them much less - which will mean that no one will be angry with you all the time... Marvellous, isn't it?

But you will now also be much better able to ensure that others respect your *own* territorial boundaries much better too and no longer keep barging into your private territory without asking.

This will certainly make your life much more pleasant than before. Look forward to it!

From now on, have fun discovering the boundaries of your territory in your everyday life!

11. Orientation guide

Hello, dear knight _____!

You've only recently learnt about the territory rule, which goes something like this: *'You can do what you like in your own territory, as long as you don't violate the boundary to someone else's territory'*.

I'm sure this rule often comes to mind now because our lives are full of all those invisible territorial boundaries around individual or whole groups of living beings. You just didn't notice them before because you didn't know about them.

However, it could be that you have already protected your own 'self' territory with a firm 'No!

Or, an argument may not have broken out at all because you withdrew immediately when your colleagues didn't feel like playing with you in their 'we' territory.

Perhaps you have already discovered that it can be very exciting to do something completely on your own from time to time - in your own 'self' territory.

Or, have you invited a child to your house who previously seemed strange to you, but now you're suddenly having a really good time together in the newly created 'we' territory?

It could also be that you have made a 'you' aware in a leadership manner that it is not a good idea to throw rubbish in the grass, because otherwise the shared 'their' public territory will be polluted and even cows will die.

Or you may have asked your class to be quiet in the 'we' territory in a firm but friendly manner so that everyone could concentrate better on their arithmetic, essay, or other tasks...

In any case, the territory rule could have already brought about all of this for you. Quite an impressive collection of positive changes in such a short time, isn't it?

Today is the last time you will go to your 'helper' for hero training, as you will soon be ready to continue your research journey through the soul in more difficult areas. So, close your outer eyes again when everything is calm, and *imagine* yourself in the same place in your soul landscape as before!

Your 'inner helper' is already sitting there, the territory rules compass in front of him and is pleased that you have turned up again. After you have greeted him and sat down, he asks you if there is anything you are still unsure about.

You nod immediately and ask:

'Which setting on this compass is the right one? I can hold this thing however I want - the pointer always points beyond my own 'self' territory to some 'you', 'we', or 'their' territory. What good is that supposed to do?'

Your 'inner helper' smiles profoundly and answers you:

'That's the genius of this territory rule compass! *Every direction* it gives you shows you a *possible path*. And each of these suggested paths will lead you and your fellow human beings *to do well*.

So, if you ever find yourself at an impasse and don't know what to do next, or if you want to make smart decisions in your life, simply take out this compass and set it to individual 'you' territory, group 'we' territory or public 'their' territory to suit your current situation. And lo and behold - you can already see how you should best react as a good 'self' leader and responsible, clever knight!

'But I don't just always have territory problems in my life,' you think now. 'What do I do when I don't know what to do about something else in my life? For example, with my homework or when I've got bad marks...'

'These are also territory problems, my dear!' replies your 'helper', grinning broadly across his face.

'Look, if you're having trouble with your homework or getting bad grades, it's logical that this affects your own personal 'self' territory first. But it could also affect your parents' territory because you might have to ask them for help or you might have to listen to their opinion when you sign the grades...

And even the 'we' territory of the class, including the teacher, is affected by this because at school others always notice whether you've done your homework or not and whether you've studied for an exam or not...'

'I see, so it always affects some territory,' you say slowly to yourself. But then you suddenly look up and continue resolutely:

'But according to this compass, what I do or don't do in my 'self' territory is nobody's business but my own - isn't it?'

'Yes, yes, you have recognised that perfectly, dear _____!'

Basically, it's really only *you* who is *responsible* for your homework and your exam grades, because in your 'self' territory you have to *bear the consequences* of this all by yourself.

But - don't forget! Your parents and your teacher are your *external guardians* whose job it is to guide you through life until you grow up. That's why, as a child, you always have to be able to *answer* them for all your grades and homework.

But if you can explain to your educating leaders *with good, well-considered reasons* - without silly excuses - really responsibly *why* you have perhaps only partially done your work or *why* the grades can't be any different than they are this time, then you show them that you have become a really clever, *self-responsible* knight and that as a 'leader of yourself' you no longer need them to take responsibility for your schoolwork like with a small child and interfere.

But - and here there is a big but - for this, you must also have followed exactly what is written on your compass within your personal 'self' territory. Read it out loud!

You immediately obey your 'inner helper' and only now do you read:

'Self territory: Totally free - responsible only to the Creator'.

'Do you understand what that means?' your 'helper' wants to know.

You reply quickly:

'Of course - nobody is allowed to try to tell me my business in my own territory, neither my parents, nor my teacher, nor my classmates or anyone else. But I'm not so sure about the Creator...'

'It is true that you are completely free when it comes to decisions that concern yourself. *But* as the 'leader of yourself', you must ultimately always be able to answer for these *private decisions to your Creator*. And who is your Creator?'

'My parents?' you answer at random.

Your 'helper' laughs cheerfully and remarks:

'Yes, biologically speaking, you're right! But the word 'creator' actually refers to the incredibly powerful and creative inventor who brought our entire real and spiritual universe into being in the first place - namely God!

All the billions of huge galaxies and star clusters and planets and our marvellous Earth could not have suddenly formed themselves, down to the smallest atomic particle, out of total nothingness without any reason. That is simply inconceivable!

That is why, like an artist, an incredibly *creative* God-Spirit *must* have created our huge universe as a marvellous 'work of art out of space and time' ages ago, in order to accompany it from its *eternal now*, uninterruptedly and lovingly, down to the smallest detail.

And *that* is our Creator, God!

Of course, he/she(?) is also called something completely different in the different languages of the people and is worshipped in completely different ways, but actually everyone around the globe only ever refers to this one *creator, artist, and inventor of everything that exists*.

Incidentally, as your 'inner helper' and your conscience, *I* am one of his countless invisible servants and *transmitters of his divine views* - in case you haven't realised that yet,' your 'helper' adds with a wise smile.

'It's not me you have to answer to and be accountable for your actions in your own 'self' territory, but my 'boss', His Majesty, God himself!'

You are genuinely speechless and once again just marvel at your 'helper' sitting there in front of you, so calm and radiant.

Your 'inner helper' can tell or show you at any time in your soul world what would be right for you and how you should decide - like a signpost - but you obviously *always* have to answer to your original inventor, to the incredibly powerful Creator God of the entire universe. That is of course impressive!

'But,' your 'helper' continues, 'perhaps you don't want to have anything more to do with religion, my dear _____, because for you it's more about children's stuff that you already feel too old for. But here - in the landscape of your soul - you will not be able to get past this grandiose God.

This is actually logical, because without this powerful inventor of the entire universe, nothing would exist - neither you, nor your soul landscape, nor your parents and colleagues, nor other people or animals or trees or mountains or anything else in the universe. Without God, there would be *nothing at all...!*

As a tiny part of the huge universe work of art, you are therefore a *creature* of this marvellous *Creator*.

So, it is only natural that you have to answer to your infinitely powerful inventor for what you do with the body you have been *given* and your personal 'self' territory. This may

concern your homework or exam grades, but also your personal matters, your behaviour towards others, your health or even your thoughts.

Although God leaves you completely free and you simply have to bear the consequences of your actions yourself, as your inventor he would still like to know *why* you, as his creature, do or don't do something. This is because he has a great interest in you!

You can hardly imagine that this great 'creator of everything' is interested in you little human being, but a pleasant feeling of joy spreads through you.

But then you suddenly think tentatively inside yourself:

'But what if I don't have a good reason for my behaviour in my own 'self' territory? What if 'it' - my 'shadow' - simply does something to me and I cause harm to myself or others? By doing so, I violate my own 'self'-territory or any other territory and thus *infringe* on the wonderful *gifts* that we humans have received from God...

Having to stand before my Creator like this to explain my rash behaviour could be terrible...'

But your 'helper' reacts immediately to your silent fear and says to you kindly:

'You don't need to be afraid at all, my dear _____, because God absolutely *wanted* you as a tiny individual being in his gigantic work of art of creation - otherwise he would certainly not have called you personally into being!

Your inventor seems to love you more than anything and only wants the best for you.

You can also see this from the fact that he has put me at your side as your 'inner helper' so that I can teach you everything you need to know until you're only doing well.

The painful *feelings of guilt* that you experience from time to time when you don't follow your territorial compass should only *help* you to recognise what God wants from you and what He doesn't want from you.

Therefore, as your 'helper', I suggest that from now on you always *discuss decisions* briefly *with God* first. Simply ask him directly within yourself what he thinks of your thoughts and whether he approves of what you are doing or not doing. He will definitely be able to hear you and will answer you immediately - silently within you - so that you will immediately realise what he thinks.

The knights of that time always consulted with their king or queen in order to be sure that they were really acting in the interests of their majesty. After all, they had to be able to justify everything they had done to the king or queen afterwards. That's why they were officially called 'Knights of His/Her Majesty'!

Through the knighthood you have basically also become a *knight of his majesty*, not simply from a human king, but *from God* himself!

From now on, it is only wise for you to scrutinise every decision you make - regardless of whether it concerns 'self', 'you', 'we' or 'their' territories - with God first in order to hear his opinion as Creator before you, as his creature, will inevitably act *in his name*.

That way you are always on the safe side and know that, as God's personal knight, you can easily answer to him and take responsibility for *everything* without having to feel the slightest bit guilty.

And that must be the most marvellous feeling in life there is!' your 'helper' enthuses, beaming all over his face again. 'Because if you have received an 'O.K.' from God for

everything you say and do every day, you and everyone around you are guaranteed to be not just fine, but actually *very fine*!

Your hero training is now complete, dear knight _____!

Because with the help of your leadership skills, your inner strength, and thanks to the territory rules compass, you will now be able to complete the second part of this research journey through your soul landscape as a responsible knight on behalf of His Majesty.

But I, your 'inner helper', will also remain constantly close to you in everyday life and you can call on me as always if you have a question or need my help. Always at your service, knight _____!

Suddenly you find yourself back in your own room/classroom/group room. Impressed, you think about today's part of your training again, because you don't hear such wisdom every day, do you?

This time, however, you won't be making a picture for your research journey book as usual, but simply *colouring* in the *template* for your *territory rules compass* (at the end of this chapter).

Choose the following colours because they simply fit best symbolically:

Red for the 'self' circle, *blue* for the 'You' field, and *green* for the 'We' and 'Their' fields. Colour them in *lightly* with coloured pencils so that the arrows and question marks (*same* colour as the 'requesting' area) traced with felt-tip pens are easier to see.

You can also highlight the human figures and the big words 'Self', 'You', 'We', and 'Their' with a suitable felt-tip pen colour. The rest of the writing is best left black so that everything remains legible.

Then cut out the painted compass and the pointer and reinforce both with cardboard and transparent film or laminate the two items (possibly with parental help or in the class/group under the guidance of the teacher/course leader).

And now use an awl to poke a small hole through the centre of the compass disc *and* through the pointer, push a paper fastener through it, and press it apart on the back until the pointer can be turned easily...

Now your territory rules compass is ready to use! Great!

If you ever have time, you can also colour in the compass sketch in Chapter 10 so that you can still see exactly what a territorial rules compass looks like years later.

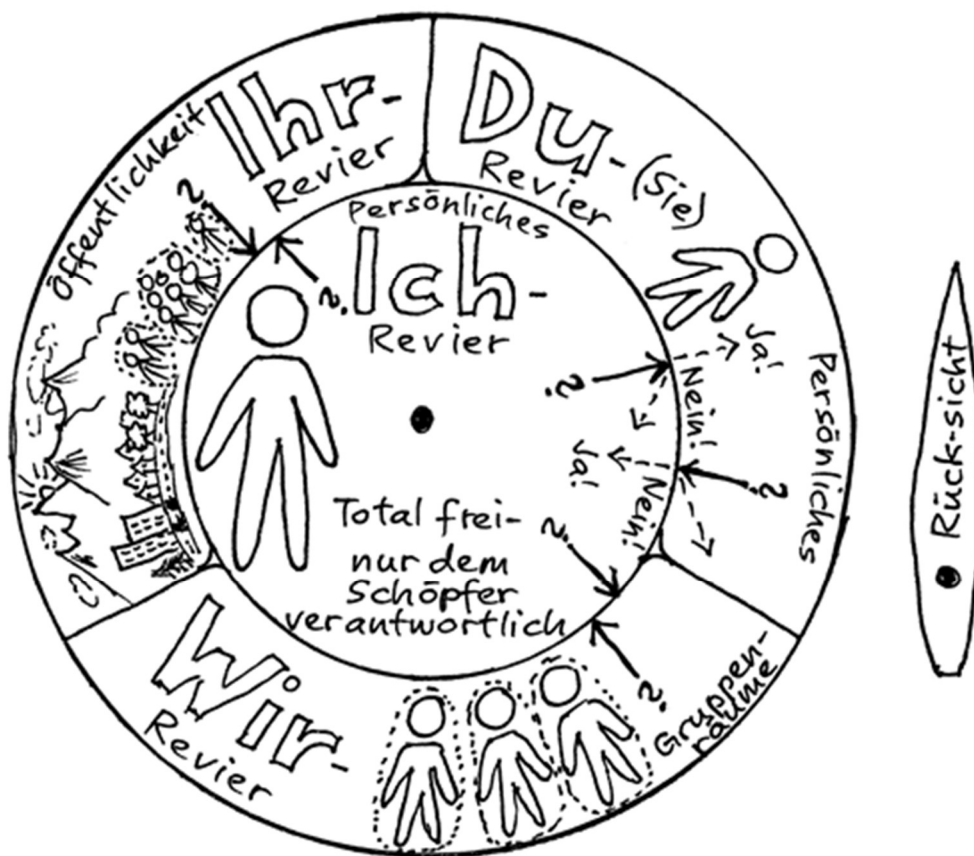
But at the moment you should take a break again so as not to *overtax* yourself in your 'self' territory and thereby violate your own boundaries...

But afterwards you can always take out your territorial rules compass in everyday life if you're *unsure* whether you're about to violate any territorial boundaries with a decision or whether you're not doing anyone any harm at all.

In any case, have a good time *being considerate*! For yourself too!

Territory rule compass

(template for colouring, cutting out, reinforcing, sticking over, laminating, or finishing crafting)



Part 3 – Night Walk

12. In the twilight

Hello, dear knight _____!

How are you feeling now that you have completed your hero training with your 'inner helper'?

Do you notice that your '*conscious self*' now feels much more secure and stronger inside as an attentive, interested, clever and determined 'leader of yourself'?

Have you also noticed that you can now often think calmly and make really good decisions with the territory compass or the tips from your '*inner helper*' that make everyone feel good?

Perhaps, as a responsible knight, you have already discussed various things directly with your incredibly powerful Creator-Inventor-God, so that you never have to feel guilty again and are therefore already doing things much, much better than before...

And how was it with your 'psychic shadow'?

Did you craft something fun together, sing songs enthusiastically or run around in the woods? Of course, it could also be that he got nervous with you from time to time if something didn't go as expected, right? Or was your 'shadow' often in a bad mood and you let your 'self' be infected by it? Or could you just 'hang out' together from time to time to relax and gather new strength and ideas?

All of this is very likely because your three inner soul figures are always and everywhere in action within you - sometimes consciously and sometimes only *semi-consciously* or even completely *unconsciously*.

Today, as a strengthened 'conscious self', you can continue to wander through your own personal soul landscape with your 'inner helper' and your 'soul shadow'. If you are alone in the room or if there is complete silence in your classroom or group room, you can 'beam' yourself back into yourself in your imagination - to any place in your soul!

As on the last journey through your inner self, it is still *evening* here inside you at this moment. However, the sun is no longer *above* the horizon but has just *set* behind the mountains, the forest, or in the sea, so that *twilight* is now spreading all around you three soul figures.

The word 'twilight' means that there is less and less sunlight and therefore all shadows become *darker* and their outlines can only be seen *indistinctly*. Soon, at this time of day, you will no longer be able to distinguish exactly where a shadow begins or ends. And those places that previously looked light grey now become dark grey, while black shadow spots have now appeared where there were dark grey shadows before - behind a house or under a tree, for example.

So, for a while, your soul landscape is now plunged into a dim, unclear *semi-darkness*. Like the lighter evening mood from last time, today's darker twilight also still belongs to the realm of your soul's '*subconscious*'.

In this area of our soul, we humans are *even less aware* of what we are doing or what is going on inside us than before, because we *see* much less in the twilight - and above all only *inaccurately* and *blurred*. We even have to really strain our eyes to be able to recognise anything at all in our inner environment at the moment. We have to *guess* at most things.

You see a dark, irregular, upwardly curved semicircle far back in the landscape of your soul, which is clearly separated from the somewhat lighter sky, and so you assume that there is probably a hill there - but you no longer recognise it exactly.

Or you spot a few large, dark spots in a meadow that move from time to time - like monsters. Fortunately, you know from experience that they *must* be ordinary cows...

And the stream only glistens out of the black meadow in a few places, while the dirt track is only recognisable thanks to a few light-coloured stones...

Only where the sun has just set does a white-yellow stripe still shine out of the blue-grey of the rest of the sky - perhaps even interspersed with an orange glow from the last afterglow...

Twilight is therefore a moment when the world inside you is *no longer completely tangible* and is instead filled with an unreal magic.

You see many things *in your subconscious* - but you no longer *see* anything clearly. And you suddenly *hear* countless, quiet noises that you didn't even notice before, but you don't necessarily know where they are coming from. You also *smell* much more strongly now, whether the air inside you 'tastes' of snow or summer, forest or sea. And you can clearly *feel* on your inner skin which way the wind is blowing...

Your *senses* - sight, hearing, smell, touch, taste - are suddenly set to peak performance at dusk, not only in the outside world but also here in the landscape of your soul. And do you know why?

All three - your 'self', your 'helper', and your 'shadow' - immediately realise that the semi-darkness of the subconscious twilight is extremely *magical*, but can also contain *dangers* that you don't even see coming.

During the day, it's easy to *consciously* avoid dangerous places in your own area of consciousness. But now, when you can hardly recognise anything because of all the shadows, you could easily fall or be attacked...!

So, not only does our outer body, with the help of all its biological senses, immediately adjust to possible dangers at dusk and *pay much closer attention* than before, but our three soul figures inside us now also extend their very fine *psychic 'antennae'* in order to perceive as much as possible and be able to react more quickly.

But a certain *uncertainty* remains - even for you personally! It is simply part of the twilight landscape of your subconscious mind. You just have to *consciously adjust* to it and *be attentive* if you still want to stay here in the semi-darkness.

How lucky you are that you have been practising the four leadership skills with your 'conscious self' a lot recently! This will certainly make it easier for you to *pay close and careful attention* to every change in the twilight with your eyes and ears so that nothing happens to you.

And in doing so, you also follow what the needle on your compass always suggests: you take *clever consideration, this time for yourself, for your own limits*, because these

are somewhat narrower in the semi-darkness than usual, because you can no longer see as far as during the day...

Your indestructible 'helper', however, doesn't mind the many dark, uncertain places at all. He can see *phenomenally well* everywhere inside you - even through things! And, as your 'conscience', he knows every path and every boundary here by heart anyway, so he *knows* in advance where it will be dangerous for you and not.

Your 'shadow', on the other hand, as a *semi-conscious* being, is simply *used* to *seeing little* by nature, because the semi-dark subconscious is its home. To do this, it simply pricks up its psychic ears again and again, sniffs with its nose, or sets up its fine tactile hairs like an animal to be prepared for danger - whether in the light or dark area of your soul landscape.

He *can't* really *hurt* himself as a shadow, even if he's running around blindly, because he's actually only made up of 'less-light'. But it is often terribly *frightened* because it constantly *thinks* that the shadow outlines of something in your soul are dangerous monsters, even if things only look like that in the semi-darkness. Full of panic, it can then dash off like a frightened horse - or it can lunge angrily at a fallen tree like a barking dog, because it thinks a crocodile is snapping at it...

But shortly afterwards, it has already *forgotten* its fear and continues to float blissfully backwards next to you - next to your wandering, 'conscious self', of course.

Only this one has a problem in the twilight period! Your 'self' *cannot* simply glide *through* things or transform into something like the other two soul figures, because it is as real and made of flesh and blood as you are - even if only as an inner image.

Your 'self' therefore *feels* everything *very precisely* and has to *suffer pain consciously* - for example when it gets stuck somewhere in the semi-darkness of your soul, falls lengthways, falls into a hole, or scratches its legs bloody on brambles. It is simply psychological pain that your 'conscious self' has to experience if it is not careful.

But there is one good thing about the fact that your 'self' is as real as you are!

In this way, it has *both feet firmly on the ground of your conscious reality* and can still take a *very close look* at the landscape of your soul even during the subconscious twilight, so that it can at least roughly recognise what is real and what is not.

This way, your 'self' *remains calm* inside even in the semi-darkness and doesn't immediately become hysterical and panic like your 'shadow' might. And if it is not sure whether there is a threat of danger, it can *consciously ask* the 'helper' for advice. The helper is there to support your 'self' at all times so that it can fulfill its role as a hero and responsible knight within you with *clear thinking*, even in difficult moments.

Your '*conscious self*' is therefore by nature a *realist* who does not rush off blindly at dusk, but together with the 'helper' *considers carefully beforehand* where it could best be in your soul at this time of day *without* unnecessarily violating itself and its *own territorial boundaries*.

One possibility would be for your 'conscious self', for example, to simply put one foot in front of the other very, very carefully *in the semi-darkness* of your soul landscape, in order to at least *very slowly* progress further along some path through your subconscious.

But today your 'helper' suggests to your 'conscious self' that, to be on the safe side, you should stay *close* to your own *personal soul house* for the time being.

This house has been somewhere in your inner landscape since you were born and you have probably often drawn it or dreamt about it from an early age. It represents your unique personality and gives you the secure feeling of being at home within yourself. That's why you can *feel totally safe* in your *personality house* and its surroundings, even in the semi-darkness of twilight, because you've known your way around here for a long time.

You may not have been aware of all this until now, but as soon as you go inside yourself in your imagination and take a closer look at *your house (living spaces) and the immediate surroundings* in your soul landscape, everything will certainly seem somehow familiar to you...

Do you actually live in a normal house in your soul or rather in a small forest hut or in a houseboat on a river or in an igloo in the middle of the snow or in a cave on the mountainside or in a tent in the desert or in on a tower, etc.?

No matter what your personality house looks like, as the '*conscious self*' you and your two colleagues, the '*shadow*' and the '*helper*', will spend today's twilight hours right there - *inside* or *outside*, *in front of*, *behind*, or *next* to the house.

For example, *the three of you* can romp, whoop, and make noise together on the semi-dark lawn around the house - if you feel like it. (First, clear up anything lying around or do something else in an area prone to tripping).

If it's raining, it would also be fun to jump around in the shiny puddles and make a splash, wouldn't it?

Or perhaps you let yourselves swing back and forth on a big tree swing in the twilight subconscious, quietly enjoying yourselves and watching the first star in the still almost bright sky above the black forest.

Or you can crawl around in the sandpit and build tunnels for your toy cars, even though you can hardly see a thing. This is also fun and not at all dangerous!

Of course, the three of you can also play *indoors* or on the terrace if you prefer. Just don't switch on any lights yet so that you can *consciously experience* the *semi-darkness* here too!

Perhaps your 'helper' will read you and the 'shadow' a wonderful story while you snuggle up together on the sofa in the subconscious twilight.

Or you can look outside from the semi-dark room and watch thousands of snowflakes or raindrops fall from the sky - until you feel like you're in a lift.

Or you can play with your two soul mates in the dimly lit playroom or on the terrace with little figures and other things because exciting adventures can be invented and acted out in all these semi-dark places...

So now take a close look at your soul landscape to see *which activity* your '*self*' consciously and responsibly chooses and what it subsequently experiences together with the '*shadow*' and the '*helper*' during the *twilight* - *in* or *in front of*, *next to* or *behind* your soul house!

Now you have certainly memorised everything well and know what you, as a clever 'leader-of-yourself', have *thought* about and what *precautions* may have been necessary so that nothing could happen to your 'self' in the semi-darkness. You can also still see in your mind's eye *who* was *where*, what your three soul figures were *doing* there, and exactly where the sun recently *set* (brighter spot in the sky, even in rainy weather, etc.).

So now you are ready to take out a blank drawing sheet once again and record everything you have seen and experienced inside yourself from your memory (possibly with thought, feeling, and speech bubbles). And finally, colour everything in with *semi-dark twilight* colours...

Brilliant, how magical your drawing looks! Now just write the title over it: 'My personality house in the subconscious twilight'!

And check later to see whether you're also in this twilight subconscious at the moment...!

13. Preparations

Hello, dear knight _____!

How do you live with your three inner soul figures? Aren't you noticing them more and more often when you do or experience something in everyday life? That's a good thing because this way you can utilise their abilities more and more for yourself.

Your '*self*' is constantly thinking, feeling, and reflecting within you so that you can *consciously* and responsibly navigate through life as a heroic knight. And you are always faithfully accompanied by your '*helper*', who *shows you the way*, advises you, and even rescues you when you call on him. And your '*shadow*' *unconsciously* expresses the current mood of your soul and helps you incidentally to relax, be creative, and unwind.

So, you are naturally wonderfully equipped within yourself to experience and live through your personal everyday life in a good way. *Outwardly*, you have been travelling through life with the people you know, your family, your classmates, and colleagues for several years. But *internally*, you have also been travelling in your soul for exactly the same number of years. Through this research travel book, you have recently become aware of everything that is going on inside you.

In the meantime, you have been out and about here in broad daylight in your *landscape of consciousness*, where you could see and recognise everything very clearly.

This is how *consciously* you live in your external everyday life, when you *concentrate* on something at home, in traffic, at school, or work and *know* exactly that you are doing it: doing your homework, listening to someone, tidying your room, telling someone something, riding a skateboard, shopping, clearing the kitchen table, and so on.

After your hero training, you got to know the twilight shadow world of your *subconscious* more closely and experienced that even 'not being able to see clearly' can be fun with a little caution.

You usually fall into this *semi-conscious twilight state* in everyday life when you are playing on your own or painting a picture or someone is reading you a story or you are bored or when you are tired, when you are running around somewhere without thinking or making nonsense with colleagues, making noise and letting off steam, etc. But that's also a good thing because you would only overtax yourself by being constantly aware. But as a responsible knight, *before drifting off into the subconscious*, you quickly consider whether all dangers have been cleared out of the way (that's why it's called '*pre-caution*!'). Because otherwise, you might cross a territorial boundary out of *oversight* - not seeing clearly - because of your inner half-light and make someone angry...

Today, however, you and your 'conscious self' will venture out of your personality house into the black *darkness of the night* for the first time in order to explore the vast area of your soul's '*un-conscious*'.

Yes, you read that right! Today will be a really adventurous day on your research journey because it's now pitch dark in your soul landscape.

But don't worry! It's not as dangerous as it seems at first, because you've already learnt a lot about yourself up to this point, which will help you enormously now.

You just need to think about a few things carefully before you set off with your 'conscious self' and *prepare yourself specifically for this night walk*, then nothing can happen to you - on the contrary! You will experience so many exciting things that you will return to your personality house richly rewarded afterwards...!

So now close your outer eyes again when everything around you is completely calm and go into your soul landscape with your inner eyes open! This time you will immediately find yourself *in* your personality house, which you already know, and switch on a light - any light - so that you know exactly where you are. This is where your 'self' wants to think responsibly and *consciously* before it starts running.

In the meantime, *night* has fallen over the landscape of your soul and it is so dark that you can't see anything out there in front of your personality house at the moment - everything is completely black!

But this is also completely normal for this unconscious part of your soul, because '*unconscious*' means '*not knowing*' and therefore also '*not being able to see*'.

However, this always involves the possibility of *real danger*, because you could trip over something in the dark as soon as you leave the front door, fall over, and injure yourself terribly, so that you would rather stay safe in your personality house.

You are also starting to feel tired from the long day and your 'shadow' (what does it look like today?) is constantly making you yawn, showing you unmistakably that it is also longing for a warm bed.

So, you would actually really like to *rest* here in your unconscious *and go to sleep* - which would be very healthy - instead of taking a dangerous trip out into the pitch-black night at such a late hour.

But your 'shadow' is also extremely *curious* by nature *and thinks it's always missing out on something*. So, it can't just go to bed now when it could be even more exciting out there in the dark than it has been all day.

So, your 'shadow' is *torn* between his tiredness and his desire for adventure - which is how he often feels! That's why now it's *you* and your '*conscious self*' who have to *decide* in favour of both.

As a responsible knight, it suddenly occurs to you that you always have your territory rules compass and your 'helper' with you when you venture out into the night, and that nothing bad can happen to you - at least if you follow the advice you receive. And you've wanted to go on an exciting night walk for a long time...!

So, you decide to embark on this adventure and call your 'inner helper' into this room of your personality house with leadership determination. In what form will he appear to you today?

In any case, you immediately explain your plan to him and tell him that you will be dependent on his help and company all the way through the night because you could never survive this dangerous journey on your own. So, you ask him if you could negotiate a 'help contract' with him so that you don't have to remember to ask him for help every step of the way.

Your 'helper' smiles and nods immediately as he answers you:

'Sure, dear _____, you can make a deal with me that I won't let you out of my sight for a second on this journey tonight.

But wouldn't it be better to sign a contract with me for the rest of your life, a kind of permanent '*helper*' *standing order*? Then you would never have to worry about my appearance again consciously, but I would simply respond whenever I thought it was necessary, even if you weren't even thinking about me. What do you think of that?'

'Of course I would!' you exclaim happily, hugging your 'helper' tightly. 'That's a good idea!'

'But won't you soon see my constant appearances as stupid interference in your life?' your 'helper' now asks you insistently. 'Because if you sign a contract like this with your personal 'helper', you'll get good advice from your conscience, even if you don't want to hear it...!'

A standing order obliges me to appear to you as a *shining guide*, or to *warn* you of dangers or to *remind* you to discuss your decisions with your magnificent Creator and so on. It could be that my constant appearance will annoy you over time, dear _____, although you should feel safe in return all the time...!'

You think about it for a moment and then say firmly:

'No, that's fine! I would like to give you such a standing order, my dear 'helper', so that I can always count on your help. I'm *still free* within my 'self' territory to decide differently from your advice at any time. But knowing that you're always close to me from now on would be very reassuring! So, is that a deal?'

Grinning, you hold out your hand to your 'helper' and he smiles and takes it - *your 'helper' standing order is now in force!*

Contrary to expectations, your 'helper' doesn't constantly tell you everything you should do in order. As the 'conscious self', you are still the chief organiser of your own person. That's why it's still *your own job* to think about what you still need for your night walk.

'A *torch* could be helpful,' you think to yourself, 'so I could see where I'm going without falling all the time. But what if there's no torch in my personality house? Will I have to give up my whole night walk...?'

Even before you have finished thinking this, your 'helper' is already standing or floating in front of you again, holding out a lamp.

You are amazed to see that your 'helper' has not just handed you a measly light, but has given you the best headlamp you can imagine. It could also be a miracle torch, a magic lantern or a spotlight that shines brightly through the darkness.

Wow, isn't it? With this *wonderful lamp* - no matter what it looks like - your 'conscious self' can certainly shine a great light into the furthest corners of your soul landscape, so that you *consciously* notice everything interesting and even dangerous places are much easier for you to recognise. Super!

And - what else might you need for your daring march through the darkness of your unconscious?

Remember that your 'shadow' will *a/ways* come with you and that it is a rather careless, emotional fellow that cannot plan and think as well as you can with your 'conscious self'...!

It is much more likely that your 'shadow' will suddenly dance around enthusiastically on the way and sweep you along carelessly with joy and exuberance...

Or it may be so frightened by something dark that moves, that it races off and drags you behind it...

Or it has some imaginative ideas that make it rise higher and higher with you, like a giant balloon, until you are both floating dangerously high in the clouds and could easily crash...

Or it suddenly starts barking and growling hysterically at someone and wants to tear them apart...

That's why it wouldn't be such a bad idea to have your 'helper' give you a *lead* or *rope*, would it?

Because if you were to '*leash*' your impetuous 'shadow' right at the start of your night walk, you could *consciously hold it back* with your 'self' every time it would put you in danger with its wild, uncontrolled behaviour.

Suddenly, your 'helper' approaches you and puts a leash in your hand. You're amazed again, aren't you?

What exactly it looks like and whether it looks more like a balloon rope or a dog lead, whether it is decorated with golden fittings or simply practical and untearable - only you know all that! After all, you are holding this gift in your hand and looking at it with delight while you are still in your house of personality.

You smile gratefully at your 'helper' and place the new, wonderful *leash* next to the ingenious *lamp* so that you can take both with you on your night walk later.

You think to yourself that this leash will certainly be of great use to you when you're out and about. But you doubt a little whether you will have enough strength to keep your 'shadow' in check if it freaks out and blindly sweeps you away. You know from previous experiences that your 'shadow' can grow into a giant monster *out of fright or exuberance* at such moments...

So, with your 'conscious self', aren't you still far too weak for this nocturnal 'shadow' guiding job, despite your trained leadership skills and the inner strength of a knight?

While you are still asking yourself this, you suddenly feel a marvellous power flowing through the invisible muscles of your 'conscious self' and you feel stronger and more powerful than ever before.

You look at your 'helper' questioningly and as he grins broadly, you realise that it was *he* who had just given you these unexpected *spiritual powers* before you could even think of asking him for them.

'Thank you so much, dear 'helper',' you call out to him. 'This standing order I gave you is really brilliant! I really feel much stronger now and will definitely manage to guide my wild 'shadow' through the dark night of my unconscious today. Thank you!'

Your 'helper' replies cheerfully:

'You're welcome! However, I would still recommend that you go to a kind of '*dog school*' with your wild, untrained 'shadow' in the near future in the bright realm of your soul -

that is, consciously - in order to tame it a little. This would also be good for it because it doesn't really want to get you into trouble with its *natural lack of moderation*.

By the way, it doesn't take much to be able to guide it better. All you have to do is call out playfully to your 'shadow' from time to time like to a dog: 'Stop! Come here, shadow!' And if it obeys *immediately* and lets you *take it on the lead*, you can reward it by stroking it lovingly and saying to it in a friendly manner: 'Good shadow! You've done well!'

Your 'shadow' is guaranteed to love this game, because it likes when you praise it. And in this way, it can learn to *listen to you* better and better and to *obey* you even when you're both in a critical situation,' your 'helper' explains further.

'However, you should *never* 'trick' your 'shadow' during this training for fun. And you should only tie it up if it is absolutely *necessary*. It will soon realise that you really mean well by it and that it can *trust* you completely - just like to a good *guide animal*, a good *herd leader*!

In this way, your 'stop-come-here' training will soon lead your 'shadow', no longer just seeing you as an entertaining *teammate and companion* as before, but now also as a reliable, responsible '*dog*' *leader* who can remain calm and react thoughtfully even in difficult situations.

But of course, *leash training* like this takes some time...!' your 'helper' adds and then leaves you to prepare your night walk on your own again.

Now, you sit down somewhere in your personality house and think about, how it might be better *not to start your adventure today*. You now have a wonderful *lamp*, a *compass* for every decision-making situation, a *leash* for your 'shadow', *much stronger muscles* than before and a *standing order* to your 'helper', but your 'shadow' is not tamed enough yet...

'You've thought that through,' says your 'helper' at this moment, standing in front of you again. 'I think it's very clever of you not to rush things and to wait with your night walk. You're showing that you've really learnt a lot and have become a truly responsible hero in your soul landscape.

The best thing to do now is to go back to your outer life and practise with your 'shadow' in your everyday life so that it obeys you immediately when you call: 'Stop! Come here!' Each time you do this, take it on your new leash in your imagination and praise it when it has listened to you.

However, if your 'shadow' doesn't make it, you shouldn't scold it, but just say to it encouragingly: 'It'll work out, dear! We'll just try it again'. That way, it will continue to enjoy the training and will soon get into the *habit* of rushing over to you as quickly as possible when you call it.

So goodbye and see you next time - back here in your nocturnal house of personality!'

Right now, you are back in your room, classroom, or group room. You can't help but smile at the idea that you're going to playfully tame your 'shadow' in the near future without anyone realising.

But first, you take out a blank sheet of paper and start to draw how you and your 'shadow' - as it looks to you at the moment - are going through 'dog school'.

You can draw the two of you training in the brightly lit personality house, for example, while everything around you is pitch black. But any other place in your soul landscape

or even in your outer world is also suitable, no matter what time of day. You just need to *have time* to practise *consciously* with your 'shadow' there.

So now simply draw your favourite training location on the page and in the middle of it your 'self' calling: 'Stop! Come here!', with the lead in your hand. Then add your obedient 'shadow' and somewhere in the background your 'helper' watching. If you want, you can also depict all this in two or three smaller, comic-like parts so that you can recognise the training process...

It looks great! Like an exercise guide for other 'shadow' tamers!

Now write the title above it: 'Stop!-Come-here!-training with my shadow' and then take a break again.

In your free time, you can then train a little 'leash tightening' with your 'shadow' from time to time - unnoticed by everyone else, of course. Have fun!

14. Safely out into the night

Hello, dear knight _____!

How are you getting on with your lead training? Surely your 'shadow' no longer finds it so difficult to obey immediately when you call out to it: 'Stop! Come here!', right?

As you praise it every time and it probably hardly ever gets you into difficult situations, it now sees you as a good, trustworthy leader with whom it feels completely at ease. So today you can confidently dare to go on your first night walk through your soul with it.

So, make sure your room/classroom/group room is absolutely quiet again, and go into your current soul landscape with your outer eyes closed and your inner eyes wide open!

In your brightly lit personality house, you first greet your 'helper' and your 'shadow' and then look again at all the things you want to take with you on your walk through the night today:

Your *leader badge* reminds you that you should always act attentively, with interest, wisely, and decisively so that you and your 'shadow' are well on the way. Your *Territory Rules Compass* will help you to make good decisions as a responsible, strong knight of His Majesty, God. And now that you have completed the dog training, you will certainly be able to use the *lead* to guide your 'shadow' safely even in the dark, while your fantastic *lamp* will make it easier for you to find a safe path through your unconscious.

As you are about to take these four items and finally march out into the night, your 'helper' still holds you back and wants to put a feather-light, almost invisible, shimmering hooded cloak on you that would reach down to your toes.

'Why do I still need it?' you ask a little gruffly, rejecting the new gift. 'Nothing can happen to me with the compass, the lamp, and the lead now that I've become much stronger inside, I have done dog school with my 'shadow' and completed the permanent help contract with you.'

'This coat is part of my standing order,' your 'helper' smiles wisely. 'You don't seem to have realised that I can always show you the best way and warn you of all kinds of dangers and save you from them. But that doesn't mean that nothing will ever happen to you again from now on.'

Because just imagine that tonight you are travelling with your shadow - nicely on a leash - in your inner soul landscape through the totally black unconscious! You shine your lamp into the darkness in front of you and can recognise which path I will recommend to you and whether there is anything in front of your feet or where deep black water begins inside you, or how you can avoid a dangerously steep rock face, and so on.

But you still have your *free will* and you can still fool around with your shadow inside you or let yourself be infected by its panic or unhealthy ideas or approach a sleeping animal in there - even if I have just advised you not to do so...

Or maybe you just *forget* to be *careful* because you've just found something incredibly fascinating in your dark unconscious so that you no longer pay any attention to me as a helper and run blindly to your doom...'

'But I gave you the standing order to *always* stand by me,' you rebel unwillingly as the 'conscious self'.

Your 'helper' just waves it off calmly and replies:

'But I *didn't* receive the order from the divine inventor of the entire universe to spoil you as a 'helper' and simply get every problem out of your way.

My '*helper*' task is rather to *warn* you, to *rescue* you from emergency situations and to *offer you help* so that you can learn to deal with the difficulties that inner and outer life presents. This is the only way you can gain experience and train your leadership skills in order to steer yourself and your 'shadow' through life in an increasingly heroic and responsible manner until everyone is well - both, inside you and in the outside world around you. That's why I've already trained you to be a good knight, explained the territory rules compass, given you the leash, the lamp, more inner strength, and now this wonderful protective coat. But you still have to make your way through the landscape of your unconscious soul on your *own* two feet - always!'

'I see,' you say, concerned. 'Then it's probably better to put on this strange coat before I venture out into the night.'

'Yes, do that,' your 'helper' encourages you. 'Because *everyone* who wants to go on a night walk through their unconscious needs a protective coat like this. You don't know this part of your mental landscape at all and only have a few memories of it from your dreams or fantasies.

But through them, you may already know that you will not only encounter everyday real situations, things and creatures there, but that you could also suddenly find yourself standing in front of a troll or a unicorn or a wizard, a witch, a giant or even a monster. And not all of them are peaceful...!

Your 'shadow' won't find this particularly strange on your night walk together, as it comes from this unconscious area of your soul. But you, as an inhabitant of your normal, bright daytime consciousness, will certainly be confused or horrified if you suddenly end up tiny in an anthill, fall from a tower block, are blown across the sea by a powerful force or are stabbed or even eaten by someone...

And that's exactly what this protective coat is for,' summarises your 'helper' calmly and helps you to wrap yourself completely in the almost invisible, shimmering cloth.

You immediately realise that you are now completely *safe and protected* from head to toe - all around! It's a marvellous feeling that you've never experienced before, isn't it?

'No part of your 'self' can be injured now,' says your 'helper', 'even if your personality is naturally built like a shell with holes in it.'

You probably look like a big question mark right now, because it immediately starts to explain:

'*Hole-shell-people*' are logically *extremely vulnerable* where their souls are somehow bare from birth. But in other places, their 'self' shell is as thick and rigid as a nutshell, which sometimes makes them react *extremely insensitively*. But that's not their fault, because their genes have made them that way.

This shimmering cloak now has the marvellous ability to protect even the most vulnerable weak points of such people, so that no one can inflict new wounds on the way through their own soul. Not even if someone leans too far over a rock face on the

way despite the warning of their 'helper', frightens a night monster out of stubbornness or accidentally hurts themselves...

But - this unique protective coat of the soul can still 'only' protect you and all other 'conscious selves' from *psychological injuries*, but *not from the pain or horror* associated with them. Remember that well!

For example, if you are swallowed by a snake here, nothing really happens to you and you can stand next to the snake alive again shortly afterwards in your dark unconscious soul landscape because I will save you anyway. But you still have to *consciously experience* and endure the *horror and fear* of being eaten up with your 'self'. And that's not much fun, as you can well imagine!

Thanks to your miraculous protective cloak, you are now at least a kind of a tumbler, as cartoon characters often are. They get broken and die many times in the most brutal way - but soon afterwards they are alive and kicking again.

So, today you too 'may' fall carelessly into a crevasse on your night hike, lose a leg, or even be buried dead, but thanks to this shimmering protective cloak, from now on you will 'only' feel your horror and the terrible pain or your fear, but as a 'conscious self' you will still remain psychologically completely whole and intact. After all!

'Whew!' you think to yourself, 'Luckily, I have such a wise 'helper' to make me aware of all this! Without it, I certainly wouldn't get very far in my pitch-dark landscape of the soul...'

'Thanks for the compliment,' your 'helper' grins broadly and adds:

'And it's true: Anyone who ventures into their unconscious without the guidance of their 'helper' is *really* in danger - but psychologically, of course, not physically.

There are *extremely difficult areas* in your very personal soul landscape where you would not be able to make any progress without my help. They are also *called 'negative complexes'* and you have *inherited* most of them from your ancestors. The others, on the other hand, have only *emerged* within you during your life to date as a result of 'dramatic', hurtful experiences.

If you now wander past there unsuspectingly in your soul landscape, you are guaranteed to *slip* and *fall* on such a complex spot. Then you will *get up* again unharmed thanks to my protective coat, but you will inevitably slip again and hurt yourself, get up, slip again, get up again, and so on. In any case, you *won't* manage to get out of this tedious, painful complex place...

This feels a bit like playing a computer game and getting stuck at a certain point, because you just can't figure out how to get past the obstacle and continue playing. Really frustrating!

'But I've got you,' you say casually to your 'helper'. 'Surely these difficult complex places won't be able to stop me forever, will they?'

'You're right, dear _____,' your 'helper' replies thoughtfully, 'but that will only be possible if you *listen to me* and *do exactly* what I advise you to do at a time like this.

This may mean, for example, that you first have to *forgive* someone in your external reality before this place becomes safe for you to walk in again...

Or you have to *talk about your problem* with a person you never wanted to have anything to do with again...

Or you have to *admit* that you really made a mistake (a territorial offence) and you should somehow *make amends*...

Or you have to *give up one of your old views* and *allow* a completely *new perspective*...

Or you first have to *train yourself out of a stupid habit* before you are able to leave this tedious complex place behind you and move on...

So, it is not that easy to overcome such a complex place in your soul, my dear! Only if your 'self' *consciously looks at this painful area* and *deals* with it courageously, heroically, and responsibly will you ever have a chance of making any progress at all. However, most people are not interested in 'working on themselves' in this way and therefore fall flat on their faces again and again throughout their lives at the exact same inner complex point - always on the same topic! I'm sure you know these '*sore spots*' in your fellow human beings, don't you?

But if you don't give up and patiently do everything, that I will suggest to you as your 'helper' in these slippery places within you, you can even *change* the structure of your very own inner *soul landscape over time*!

By consciously reprogramming this area within you, it will gradually be *defused* to such an extent that at some point you will no longer slip, but will be able to continue your hike without any problems or pain...'

'He knows everything,' you think, impressed, and look thoughtfully through the window of your personality house into the pitch-black night. So somewhere out there are your difficult, inaccessible 'complex places', on which you will, for better or worse, slip and fall terribly at some point. And if you ever want to make any progress there at all, a huge amount of work awaits you...

Wouldn't it be easier to do without this night-time hike altogether?'

'Oh, where are you thinking?' your 'helper' cheerfully snaps you out of your timid thoughts. 'Your soul landscape consists for the most part of '*positive complexes*'! There are *very few* of the negative, dangerous ones inside you.

It's like the real world: it's also full of beautiful meadows, villages, forests, mountains, towns, lakes, valleys, paths, rivers, etc. and even the occasional boggy moor or slippery banks or steep rock faces or slippery scree slopes still look wonderfully natural. You just have to be careful in these *rare* places so that they don't become a danger to you. But there are obviously *many, many more* of these *wonderful areas* that are *safe* to walk through, aren't there?'

You nod happily and feel quite confident again. If you think about it more carefully, you have *never* really come across such a dangerous place on all your recent, conscious wanderings through the landscape of your soul - because you would certainly have realised that!'

'Exactly,' your 'helper' chimes in again, 'inside you really consist *almost exclusively of 'positive complexes*'! Almost your entire soul landscape is made up of such wonderfully natural areas. Most of them were also passed on to you by your ancestors. But you have also had countless good, uplifting experiences in your life so far, which have further embellished your soul landscape. And now you have such wonderful areas

within you that you really don't need to let the few difficult complexities spoil your night walk today. Take courage!

And now you *know* everything you need for your march through the night anyway, and you've also got your *hiking equipment* together. That means you could actually set off now...'

Your 'helper' looks at you mischievously and waits patiently until you give yourself an inner push and bravely stand up.

The first thing you do is pin on your *leader badge* and then call your 'shadow' over - no matter what it looks like at the moment. You'll be pleased to see that your protégé immediately listens to you thanks to your joint 'Stop! Come here!' training and lets you take him on the *lead*.

Then, with your 'conscious self', you pick up your lamp or tie your headlamp around your head, etc., put the *territory rule compass* in a pocket of your shimmering *protective cloak*, open the door of your personality house, switch off the light inside and step out into the dark night behind the nervously jumping 'shadow' and the completely calm 'helper'.

Standing in front of your personality house, you first shine your lamp all around until your inner eyes have become accustomed to the darkness and all your senses are set to 'caution'.

Now the three of you can finally set off and see what you will find today in the black night of your unconscious. In any case, you are now well prepared for every possible situation and will already know what to do and when...

And - how was it? Did your lamp shine bright enough for you so that you never tripped and fell? Or did you fall somewhere and suffer terrible pain? But you had your protective cloak on, so you were 'whole' again straight away, weren't you? But you'll remember the horror for a while yet...

And how did you keep your wild 'shadow' under control? Did your 'helper' ever have to protect you from its hysterical exaggerations or are you already enough of a leader to be able to keep it calm almost all the time?

And by the way - where did you pass on your way? Perhaps a shimmering black lake over which the full moon shone like a fairy tale or a quietly rustling, dark wheat field that you heard more than you saw?

And have you three perhaps come across someone? A rabbit, for example, that hobbled along with you for a while and suddenly turned into an angry monster? Or a lovely woman who gave you a present...?

You know that anything is possible in your soul - especially in the dark realm of your nocturnal unconscious!

You can now go back to your real, external room environment and start colouring in everything you have just experienced, as if in a dream, on a new sheet of paper.

You should *colour in* what you were able to see thanks to your inner lamp, while everything else around must be black because it was *pitch dark* the whole time...

Great! This time your drawing looks like a picture from a storybook or a painted dream! And that's how it must be because in the completely unknown night landscape of your unconscious, only your 'conscious self' appears in external reality at the same time. Everything else is purely psychological, rather fairytale-like circumstances and figures. So, what you have seen and experienced in your pitch-black inner self will never be seen by anyone else - except to a certain extent through the picture you have just painted!

Now write the following title over your drawing: 'Night walk through my soul landscape'! And then place this impressive picture *after* the text of this chapter in your already quite thick picture book. You can be really proud of that!

Now you should rest together with your 'shadow' from this interesting night - even if it is perhaps still daytime in your outer reality!

And in the near future, you will certainly notice from time to time when someone around you reacts *completely unconsciously*, as if it were pitch dark inside him/her...

15. Unconscious reactions

Hello, knight _____!

Last time you went on your first night walk through the landscape of your soul you must have experienced many exciting and wonderful, but perhaps also frightening and dangerous things.

But you knew all the time that your 'helper' was always nearby and had promised to keep an eye on you and advise you. And you also had your invisible, shimmering protective coat on, which protected you from head to toe and prevented you from breaking. You just had to put up with the pain that you might have caused yourself along the way through carelessness or stubbornness...

In any case, you have returned safe and sound from this night-time hiking experiment and are now perhaps wondering *what* the whole thing was supposed to be good for.

But the answer is quite simple: even in normal everyday life, people occasionally drift off with their 'self' into this nocturnal landscape of their unconscious, even when it is still daylight around them in the outside world. It happens to all of us.

And it would be an advantage to be well prepared for this - like you - and not stumble blindly into this unknown, dark area every time until you inevitably get into trouble with yourself or with other people, wouldn't it?

That's why your 'inner helper' has shown you what it takes to be able to stay safely in your own unconscious.

But most people don't even realise when they move from their conscious mind into the *dark area of their unconscious*. Also, hardly anyone knows their own 'self', their 'shadow' or their 'helper', so that many people in such unconscious night moments simply run after their 'shadow' *without thinking* and let *it* take the lead in the dark...

You have probably already observed how children, adolescents, or adults *react* when they find themselves in their emotional night-time darkness area for a while. You then notice from the outside that they are somehow no longer able to *see and think clearly*, but only want *to live out their unconscious current mood* with their 'shadow'.

This can also be really fun, as you have already experienced with your 'conscious self' your own 'shadow' at dusk - while playing, romping around, or being creative.

In such *subconscious* or almost *unconscious* moments, even adults dance, laugh, chat, make noise, play, or fool around like *boisterous* children - at a party, for example, or after work at the family table, visiting friends, or in a pub - so that from the outside you can almost 'see' how their 'self' dances, makes noise, jokes, etc. *thoughtlessly* behind their now cocky 'shadow'.

Sometimes, however, children and adults virtually *immerse* themselves in painting, pottery, writing, skating, daydreaming, singing, gardening, dancing, composing, gaming, crafting, etc. and thus safely *surrender* to the *imaginative dark ideas* of their 'shadow' in an already familiar landscape of their unconscious.

The same thing also happens when they listen spellbound to a story and completely *forget* themselves or allow themselves to be '*whisked away*' into the world of a film that suits them - which also allows them to relax wonderfully in the dark night landscape of their soul together with the 'shadow'.

You've probably experienced such beautiful, unconscious moments yourself, haven't you?

However, if a person's 'shadow' is in a *bad mood, sad, offended, tired, overwhelmed, hungry, ill, thin-skinned, stressed, 'over-steady', or feels disturbed*, it naturally draws the untrained 'self' into this *unconscious mood*. And often the 'self' then no longer manages to consciously put the 'shadow' on a leash in time, although this would be its leader task...

This is why most people are *at the mercy* of their 'shadow' at such times and are *swept* here and there by it. This can go well for a while in harmless areas of the soul, but if they happen to *slip* on one of their inner *complexes* in the unconscious inner darkness, there is suddenly no stopping them...!

You probably know some *remark, a look, a topic, or a situation* - such a dangerous complex - where your mother, your father, your brother, your sister, a classmate, a colleague, a friend, a neighbour, etc. *always react suddenly strangely*.

This can mean that someone who otherwise behaves quite normally, suddenly turns bright red, immediately becomes distracted, laughs hysterically, trivialises everything, 'belittles' others, throws accusations around, draws false conclusions, talks incessantly, only makes nonsense, refuses everything, falls completely silent, sees the life only pink or only black, etc.

But it can also be that he/she goes berserk 'over nothing' and 'blows up', cries or runs off in a huff, perhaps even lashes out at someone or throws something angrily to the floor, etc.

In these moments of slippage, it is the invisible 'shadow' in them or you, that suddenly *takes the lead on its own*. In doing so, it drags the 'self' that has been taken by surprise behind it without a will, because the two can only exist together, as you probably remember.

And because the 'shadow' is now behaving like a *blindly* bolting horse that *can no longer think or listen*, you and your 'self' are just lurching around (inwardly and outwardly!) and almost certainly violating some territorial boundaries - until shortly afterwards everyone else is angry, annoyed or going crazy themselves...

I'm sure that sounds familiar to you too, doesn't it?

Perhaps you are wondering *why your 'shadow' always freaks out so much* when you and your 'conscious self' slip at a difficult complex point in your soul. It wouldn't be that bad for it, because it can't even hurt itself like your 'conscious self' can. So, what makes him *exaggerate* like that?

There is a good *explanation* for this, but you should write it down step by step so that you can *visualise* everything exactly:

Normally, we humans see with our '*self*' in *bright, 'visible' calm weather* in our soul landscape *as far as our consciousness reaches* - in a room, that is, up to the walls to the left, right, and in front of us or outside, depending on the surroundings, in a large semicircle from our eyes to the horizon.

But *mentally*, our *conscious field of vision* can also be *much larger* in this inner weather, because we can easily 'beam' ourselves anywhere *in our imagination* and thus also 'see' things, people, or places that are actually far away or even from earlier times.

At the same time, your '*shadow*' is usually *behind* your 'self'-back in a kind of *unconscious 'blind field'* and automatically goes everywhere with you when your 'self' consciously 'thinks its way' to any place in the landscape of your soul. Thanks to the *problem-free* weather, it then romps around unnoticed, content and quiet in its own darkness.

(Draw a large circle by hand as a *sketch of calm weather* on a piece of paper around your little 'self' circle and make a line from the inside to the outside on the left and right! As a result, your *bright* 'self'-field of vision now lies roughly as a semicircle *in front* of you, and the *dark* 'shadow'-'blind field' lies as a semicircle *behind* you).

Of course, there are also moments when your 'shadow' moves into your field of vision for a while because you want to *consciously* engage with it - like on this research trip, for example. But normally you are not aware of it, only what your 'self' sees.

However, it can happen that you as a whole person get *hungry* or *stressed* or feel *overwhelmed*, *angry*, or *tired*, which causes your inner *soul weather to change*. Then either dark clouds gather inside you or it starts to storm or snow or fog spreads or the sun burns so strongly from the sky that you urgently need shade, etc.

In any case, your 'self' can *no longer see as far* because of the *difficult* weather situation, and you, with your *limited awareness*, are *tensely* thinking about how you could react, so it makes sense (rain protection, warm jacket, parasol, shelter, going home, etc.?).

To the same extent that the conscious view of your 'self' is reduced, the *range of movement* of your unconscious 'shadow' *increases*. Depending on your innate character, it therefore jumps around lively in difficult weather or *spreads out more and more within you* in a sleepy or daft, nervous, or irritable mood.

(For the *difficult weather sketch*, draw the two lines from before so that they point from the 'self' circle diagonally to the left and the right of the *front*. This makes the *dark* 'blind field' of the 'shadow' *larger*, about three quarters, and the *light* field of vision of the 'self' *smaller*, only about a quarter).

In this slightly *altered state of consciousness*, your 'shadow' will almost certainly use its larger space to *express its current mood* in such a way that those around you will notice it...

Your 'self', on the other hand, is consciously trying to protect you as well as possible from the approaching *difficult weather* (emotional rain, overwhelming heat wave, thought storm, emotional thunderstorm, self-blame hail, emotional fog, forgetfulness snow, emotional icing, etc.) by, for example, eating something, lying down, talking about it, consciously calming down, etc. But apart from that, you just have to get through such *changes in mood and weather*.

At some point, the sun, white clouds, or a calm high fog will *illuminate* and *enlarge* your *consciousness* anew, so that the restrictive tension within you subsides, your 'self' can consciously *look around* again and your 'shadow' *withdraws* by itself into its usual '*blind field*' behind you (see *sketch of calm weather*).

From a spiritual point of view, you can still have snow inside you for a while, hot summer weather or soft rain dripping from the sky, because all of this still counts as

bright, calm weather. Only the *change* to a *new emotional weather situation temporarily impairs your vision*.

However, if your 'self' accidentally steps on one of your *slippery complexes* in the landscape of your soul - regardless of the weather - you will inevitably *fall* there together with your 'shadow'.

Within seconds, the *vision* of your 'self' *narrows* in shock to a veritable *tunnel vision*. This time you can only *see what is closest* to you and, as you fall, you *concentrate* on how you could catch yourself without suffering too much.

However, this narrowing of your 'self' causes *the unconscious area* of your 'shadow' to *expand explosively* in return and so the entire area of perception outside your narrow tunnel vision suddenly becomes *pitch black* - it 'extinguishes' you or others¹!

(Now draw a '*break-down!*' sketch with both lines so close together that they lead from the 'self' circle parallel to the edge of the large circle in front of you. In this way, you can recognise the thin, *bright*, tunnel-like *field of vision* of the 'conscious self' with the great, *dark*, almost circular '*blind field*' of the 'shadow' all around it. Because of the effects, you also paint a few *jagged flashes* from the inside to the outside...)

On the one hand, your 'shadow' is *happy* to have so much space to let its *mood out completely unhindered* this time - for example by laughing hysterically, swearing, 'playing dead', screaming, repeating compulsions, being cheeky, crying, etc. But on the other hand, it also wants to show everyone that it *hates* having to slip with your 'self' at all.

Because as you fall, your unconscious 'shadow' is involuntarily *thrown back through time* each time to exactly where the *original event* took place that left this difficult spot in your soul in the first place - like a *painful wound*.

This means that with every new *complex slip*, your 'shadow' has to relive exactly the same terrible thing that happened to you months or years ago, or perhaps to your grandfather decades ago, or even to your great-great-grandmother centuries ago, etc. (death of a loved one, excessive demands, poverty, being laughed at, homelessness, serious illness, oppression, drowning, fire, injury, war, murder, hunger, imprisonment, assault, earthquake, rape, guilt, etc.).

This is, of course, no fun at all for your 'shadow', but as an *unconscious being without a sense of time*, it cannot defend itself against these genetically stored *ideas* and *memories (flashbacks)* in the *complex wounds*.

So, while your 'conscious self' is still trying to save itself with tunnel vision and often doesn't notice the 'flashback' at all, your 'shadow' starts to whizz around your 'self' like crazy, *depending on its previous mood*, perhaps laughing out of its mind, scolding loudly or fleeing in horror, slashing at someone baring its teeth, freezing, falling silent, screaming desperately and puffing up into a 'giant monster'.

However, all these *complex reactions* would actually be an ancient, ingenious *survival trick*. When faced with external danger, animals also concentrate solely on fleeing or attacking, freezing 'invisibly' or scaring off or distracting the enemy - in order to survive!

¹ Swiss German phrase for 'when something becomes too much for someone'

And so, your 'self' *in distress and under stress* also tries to temporarily *reduce* its entire *consciousness* to *your rescue* like a tunnel vision. This automatically gives your mood 'shadow' so much space that it can *let out* all its *frustration* about the 'break-down' and suffering from the past unhindered - unintentionally *drawing attention* to this still sore spot in you and the associated danger like a barking *watchdog*...

This is the reason why your 'shadow' always reacts so extremely and uncontrollably when your 'self' falls, even though it cannot break itself. It serves as your *alarm siren*!

The only stupid thing is that we humans don't usually appreciate this useful *alarm and rescue mechanism*. Instead of immediately listening to our 'inner helper' and taking a closer look at the problem, we prefer to avoid this stressful area. But somehow this has the effect that we now pass this spot more and more often in our mental landscape and the whole theatre is then constantly repeated pointlessly...

This ancient, life-saving reflex is *only a real help for a short time*. If, on the other hand, we learn nothing from the 'shadow' alarm, we remain psychologically attached to this complex place until it *compulsively holds* us down as if under an evil spell.

This can manifest itself as jealousy addiction/devaluation addiction, anorexia/self-destruction addiction, three-strikes addiction, game addiction, cleanliness addiction/perfection addiction, eating addiction, alcohol addiction/drug addiction, running away addiction/avoidance addiction, as denial addiction, as running addiction, as contact addiction, as buying addiction, as panic addiction, etc.

At first, the involuntary *familiarisation with falling* makes you feel even stronger and more heroic than before - our 'shadow' likes to tell the 'self' this so that it doesn't have to feel so stupid!

But if you were honest with yourself, you could recognise the *increasing lack of freedom* you have fallen into, because the 'self' remains *trapped* in a narrow tunnel vision, while the 'shadow' literally *dominates* you with its moods - which means you have become mentally ill!

Difficult complexes are therefore by no means a playground for busybodies, but are genuinely dangerous places within us *as long as* we *don't* want to look for a good solution in response to the helpful stumbling alarm of our 'shadow'...

But luckily you only have a few of these difficult places in your soul landscape - as you know - and your fellow human beings usually *only* react in such an exaggerated or even negative way *from time to time*. For the most part, *our unconscious reactions* are really surprisingly *peaceful* and *friendly*, *positive* and *benevolent*, aren't they?

If you just imagine your normal everyday life, there are countless times when you *smile kindly* at someone without thinking, considerately move a little to the side, push something someone needs, pick up something that someone else has dropped, nod in agreement when someone has said something, or where you simply cheerfully contribute your own ideas or contentedly do something on your own, etc. And most of the other people around you *react* just as *positively* day in, and day out *almost without interruption*. You just have to pay attention when you're out and about!

Also, people on the bus or elsewhere always jump up immediately when someone is about to fall, or they run after someone who has left something behind, kindly explain the way to strangers and *help* wherever they can - *without thinking*. Even if they have

just been in an *unconscious* state, they often *automatically react* positively - just like you did with the bird's nest test!

This is because in our human soul there really is mostly nice calm weather and almost the whole landscape in there *consists of positive complexes*, which are then *completely safe* to walk on - even in the dark!

However, as these are also *unprepared, automatic reactions* - simply positive ones - the view of your 'conscious self' also *narrows* in a flash from the calm-weather or difficult-weather attitude to the *tunnel vision* that you are familiar with from the negative complex reactions. In such moments, you have to *concentrate* in exactly the same way, only this time on how you can *help* others or yourself in a *positive* or *benevolent* way.

But this time the trigger is not a slip and fall, but a *situation staged* unnoticed by your '*inner helper*', in which you jump up without thinking about anything else and simply do the right thing - namely something good!

However, we humans are only capable of unconsciously responding to the inconspicuous requests and hints of our 'helper' conscience when we are in a safe area of positive complexes in our soul and our 'self' is *stable on both feet*.

It is true that the tunnel vision of your 'self' in such a positive situation also means that your 'shadow' suddenly has much more space at its disposal. However, because it is not reminded of something painful in this *positive complex place*, but of *something extremely positive* from your own past or that of your ancestors - for example, having done something for someone's sake, having smelled something nice or experienced something beautiful or simply having been completely happy - your 'shadow' continues to romp around *calmly, contentedly* or really *pleased* in your wide, dark unconscious and allows your 'self' to *react positively* without being disturbed.

(To do this, draw a '*well-wishing!*' *sketch* that looks exactly like the 'break-down!' sketch with the parallel lines to the front. But here you add a few friendly *rays* to the picture from the centre - instead of the lightning bolts).

Actually, we humans *almost always* react in this kind, and benevolent way, but unfortunately, we realise this far too little. However, without all the numerous, *unconsciously occurring, positive complex reactions* of all people in the world, our earth would have long since perished through wars, terror, and environmental destruction...

So, you see, even if every person very often only uses a small part of their consciousness in their life to *concentrate* on something with the 'self', this does not mean that their unconscious, which is currently much larger, always has to become a problem.

We inhabitants of earth simply all have the *task of learning to deal* with our inner soul figures in such a way that, as far as possible, *no one* has to suffer from our few negative complexes and the associated 'break-down' reactions, while our 'well-wishing' reactions could be more noticeable...

And *that* is exactly why you have received all this information about night walks, emotional weather conditions, and complex reactions on this research trip through your soul landscape!

However, this also means that you are now ready to *put* all the *knowledge* you have *gathered into practice*. So, once again, choose a situation from your everyday life, this time one in which you have - as so often before - *reacted* in a wonderfully *positive and benevolent* way!

Take another close look at *the real people, things, and external environment* that were involved in this particular situation!

And what did it look like inside you at that moment? Was the *weather calm or difficult*? Was it *night, twilight, or broad daylight* inside you when you reacted like this?

Did you realise that it must have been your invisible 'helper' who placed this situation 'at your feet'?

And how were the '*conscious self*' and the '*shadow*' *distributed* within you at that moment? (Which sketch fits?)

And what *effect* did your friendly reaction have *on your fellow human beings*, but also yourself? Did it result in a longer, pleasant, calm-weather situation?

Imagine all this now with your outer eyes closed in peace and quiet...!

Now draw the whole positive situation on a blank sheet of paper! But be careful: *first, separate a square area of approx. 8x8cm in the bottom left-hand corner with a pencil*. And now draw *your positive complex reaction* in the much larger field next to it, including the real people involved (large!), the *things*, the *environment*, and the *external weather*. You also draw your *three soul figures within you* in the appropriate size (depending on your current 'self' field of vision, 'shadow' blind field, and visibility of the 'helper' shimmer)...

Brilliant! Look, there is so much good inside you most of the time - even if you rarely realise it!

And now think about any *negative complex reaction of yourself* that comes to mind first - no matter what stupid or terrible thing has happened to you or keeps happening to you. And then take a closer look at all of this:

What exactly happened (in each case)? Were there other people involved or was it just about you?

How did it feel when your 'self' slipped and realised that it was now guaranteed to lose its grip completely (again)? What was his/your only conscious tunnel vision thought?

And what was going on in your mood 'shadow' at the same time? Was there a change of weather in the landscape of your soul that made everything even more difficult? Or was it perhaps already a dark, unconscious night inside you?

And then? Did your 'shadow' use its suddenly large, dark space to make itself conspicuously noticeable? Was it rather rigid with fright inside you? Or did it run riot until it was no longer funny to those around you? Or did he literally explode with rage? Or has it blown up into a giant monster inside you and desperately attacked someone? Or did your 'shadow' always avoid a problem and only make things worse?

And what effect did this *alarm from your 'shadow'* have? Did someone become aware of your difficult complex? How did your fellow human beings react to your negative reaction or possible territorial violations? And did your 'helper' ever cross your mind? Now visualise all of this in your mind, even if it is perhaps unpleasant for you to deal with this stupid thing.

So that you don't find it too difficult to *look consciously*, as a trained hero 'self' you can take out your invisible *lamp* that you received from the 'helper' before the night walk. You should also put on the shimmering *protective cloak* now to feel safe, and it's best to responsibly keep your 'shadow' on a *leash*. You never know whether it will freak out when this memory of that situation throws it back 'through space and time' into the old pain...

So, prepare yourself well as a clever leader and then take a courageous look at your negative complex reaction, knight _____!

You have managed to look at it heroically! Bravo!

And now you try to paint this unpleasant situation with stick figures and simple shapes *in the small cut-off field at the bottom left* of the drawing...

Super! You have bravely faced up to this, even though it must still have hurt you. It's not for nothing that people talk about *complex pain* when it comes to difficult complexes and the associated overreactions of the 'shadow'. But it is precisely these painful memories that you and everyone else have to *look at and learn to endure* in order to find a good solution to the associated problem later on - because this is the only way you can ever get rid of this pain.

But you've seen, felt, and learnt enough for today. Just briefly write the following title over your drawing today: 'A positive and a negative complex reaction from me!' Afterwards, file your picture after this text in your self-made research trip picture book.

And now it really is time for a break! Have a good rest!

Later you can then consciously *pay attention* to your countless, everyday, *positive complex reactions* - and also to how they have an equally positive effect on your fellow human beings...!

16. In the land of sleep

Hello, dear knight _____!

And - have you noticed *how often* you react in a wonderfully positive way in everyday life, treat others kindly, or even help someone without thinking? And isn't it true that your fellow human beings almost always react in the same way?

That's amazing when we often think that there are almost only stupid, unpleasant, mean, or nasty people around us... But that's not true at all!

Of course, in the meantime, you have probably also occasionally noticed someone who has noticeably freaked out because of some slippery complex inside them, so that *their* 'conscious self' has switched to tunnel vision and *their* 'shadow' has drawn attention to the problem in a completely exaggerated way. And perhaps you have already reacted like this *yourself*...

But in relation to all your many *positive* reactions, that's not tragic at all, is it?

But since every single negative complex reaction due to territorial violations *hurts* someone anyway - themselves or others - and we humans tend to react in exactly the same wrong way over and over again, it would not be wise to look away every time someone suffers such mental complex 'break-downs'...

And there are also children and adults who, by nature, have *much more sore, slippery complexes* in their souls than others and therefore 'slip' psychologically much more often, 'fall down' and drag others with them...

This is not anyone's fault, as such difficulties are inherited from ancestors or inflicted by others. However, complex loaded people can make their lives a lot easier if they *consciously learn* to look closely at such difficult areas in their souls in order to eventually find a way to make the associated problems and pain *disappear*.

God has already given us humans a wonderful *self-healing method* for this in our genes: The ability to *dream*! It doesn't even require our consciousness, but this special function runs *completely unconsciously* within us when we sleep at night and works like an *ointment*...

So, that you know what's going on, today you can *continue reading* and *sleeping* at the same time on your research journey through the pitch-black landscape of your soul! Funny, isn't it? As an awake person, you can observe from the outside how you go to sleep as a '*conscious self*' inside yourself.

In your outer world, you put on your pyjamas, brush your teeth and then lie down in your soft, warm bed. In your inner world, however, this is much less complicated: As soon as you close your eyes on the outside and begin to doze off in the dark of your room, your 'conscious self' simply lies down to sleep wherever it happens to be in the landscape of your soul.

Of course, it is best if it stays in your safe personality house, but you can also use any other place in your soul, 'outside' or 'inside', as a place to sleep if you feel comfortable there.

Here your 'conscious self' is now thinking 'tired but happy': 'How nice it is just to lie here and not have to plan or organise anything anymore! And your 'shadow' is almost always of the same opinion and lolls comfortably behind or next to your sleepy 'self' while your 'helper' watches over you both for a while longer.

Then your 'self' closes its eyes and *stops thinking* after a while. Slowly, slowly it thinks *nothing more* and neither do your sleepy 'shadow' and your 'helper'. All three of you breathe calmly and *semi-consciously*, allowing yourselves to 'fall' into sleep unnoticed - until at some point you fall asleep and are no longer *consciously aware of anything*. You are now - in your imagination - simply abandoning yourselves to the inner darkness of the night in order to rest totally *unconsciously* from the long, awake and conscious day.

However, you no longer realise that your 'self', your 'shadow', and your 'helper' are no longer actually lying in their original sleeping place, but are instead floating next to each other slightly above the ground in the air out of sheer unconsciousness. But that doesn't matter, because this inner mental state of *suspension* is normal for everyone *during sleep*.

Letting yourself fall into the unconscious like this and floating inwardly asleep basically requires *a lot of trust*, because we never know exactly what will happen to us during the night, do we?

In the outside world, we can normally just lock the front door, switch off the light and go to bed without having to worry about being eaten by a wild animal or attacked by robbers. But in our pitch-black unconscious, as in primeval times, *anything is possible* - both good and bad. This is why other measures are needed here so that our humanly vulnerable 'self' can doze off inwardly calmly and safely.

Since you have to surrender yourself to your unconscious soul world while you sleep and, with the best will in the world, can *no longer fulfil your usual role as head of consciousness* with your 'self' during the night, you should think about who you could actually entrust with this job until the next morning.

Your 'shadow' is hardly an option for this, as it can hang out with you and express your moods, but because of its *unconscious* reactions, it is simply not reliable enough. As an alarm siren or guard dog, he can of course wake you up immediately with his horrified howl if he senses danger. But sometimes it will also rouse you from your sleep completely unnecessarily if, in the darkness of the unconscious, it only *thinks* something is dangerous...

That's why your 'shadow' is really not suitable as an inner night boss.

Your 'helper', on the other hand, would actually always be on hand and, as an indestructible person, would certainly be happy to help you. But while you're asleep, he nods off too, and if he wakes up and wants to draw your attention to something, you're still so sleepy that you're not able to listen to him at all. So, even your 'helper' can't take over as the boss inside you at night.

So, what can you do? Who else could you *confide* in while your 'conscious self' is asleep?

If you were to ask your 'helper' for advice on this topic, he would answer quite naturally that *God* can take on this role for you.

And that's true because he has been your *guardian* ever since you came into existence - around the clock! As the creator of the entire universe, God *loves* you so much that

he holds you in his arms with a kind smile every second of your life, even if you don't even realise it. (This is possible for him because there is no time for him and he can be in the right now with *everyone* at the same time...!)

The fact that you can be so safe with God feels like *a radiant shell of divine love* that *constantly* surrounds your 'self', your 'shadow', and your 'helper' - wherever you happen to be.

You have just never noticed this wonderful shell around your whole person because it has always been there. Even as a baby, you *unconsciously* felt so protected and safe in God's loving shell that you often babbled contentedly to yourself and were almost always able to fall asleep without any problems when you got tired.

So, *by nature*, without consciously realising it, you possessed *a trust in God* that gave you security - the so-called *basic sense of trust*. And because of this, even as a small child, you were completely convinced that your parents would definitely be good to you so that nothing could happen to you on this earth - neither awake nor asleep.

Only when you grew up and became more *aware* of everything did you sometimes realise that something wasn't going so well after all or that you had to be very afraid. These experiences have torn holes in your shell of trust in God so that you are no longer quite sure whether God really still loves and protects you at all times.

But from God's point of view, his love for you has never had even the smallest hole in it, because he wanted you exactly as you are. So, he still loves you today as he did on the first day and you are totally *safe in his radiant shell of love without interruption*.

It's just that *your* trust in God, your inventor, has become a little patchy over the years - as is the case with most people. We often prefer to stick to our own, consciously perceiving 'self' and its clear, practical everyday considerations.

Or we trust the moods, fears, and wilful ideas of our 'shadow' instead of the unobtrusive, boundless love of God.

But even that is only possible as long as we are awake...

That is why it now depends entirely on you: Do you want to *place your full trust* in this marvellous *God* once again - and do so consciously - so that you can sleep wonderfully every night in his indestructible shell of love, even as a clever knight?

Or do you not need to do this at the moment because you still have so much *natural basic trust* that you can usually sleep without any problems? The choice is yours...!

If your *basic trust* is completely sufficient for you at the moment, this does not change the fact that God continues to lovingly and protectively carry you through your life. You just *don't consciously* feel it, but simply fall asleep peacefully...

If, however, on the advice of your 'helper', you and your 'self' have consciously decided to trust in God, you will suddenly 'see' *his marvellous shell of love shining* all around you in your imagination. This will *reassure* your thoughtful 'self' and your emotional 'shadow' so much that they too can now let themselves and the 'helper' in your soul world *fall trustingly to sleep*...

During the first few hours of the night, you as a whole person go through a long *deep sleep phase*, of which you and your '*self*' are *completely unaware*. During this time, you could even be carried around as a real person without waking up. This is how you can recognise from the outside that your three soul figures are really sleeping *completely unconsciously* inside you at the moment - floating.

But this is not the case all night long...

After about four or five hours, your '*psychic shadow*' *awakens* inside you and with it your '*helper*', while your '*conscious self*' *continues to sleep* peacefully. But because your '*shadow*' now begins to relive the experiences of the day loudly - we call this *dreaming* - your '*night self*' suddenly wakes up, too.

This '*night self*' looks exactly the same as your '*conscious self*', but as your sleeping copy it cannot do or plan *anything deliberately*, it only *reacts* and acts *unconsciously* - just like your '*shadow*'.

In contrast to this, however, your '*night self*' still *knows* everything that your '*conscious self*' experienced *to the day before*, and therefore acts in your dreams exactly as *you* would have consciously acted yesterday in your waking state....

Your three soul figures are now acting out different *scenes* together inside you, like in a *theatre*, that come to mind. Sometimes these *dream parts* seem quite ordinary and almost real, but sometimes the situations are quite weird and unusual. In any case, this dream theatre in your sleep allows you to psychologically *process, sort out*, and even *heal* to a certain extent everything you have been through recently.

Your '*helper*' is the *director* of these nightly *dream performances* in your soul landscape. On behalf of God, he skilfully assigns the appropriate roles to your '*self*', your '*shadow*', and also to itself and calls countless other soul inhabitants, animals, and objects into the appropriate dream environments. Together they should all help you to illustrate (symbolically) an issue, a wish, an answer, a memory, a danger, a future prospect, or a great truth in your unconscious.

Of course, your '*inner helper*' does not always organise wonderful, *pleasant dreams* for you, because it is important that you also deal with *difficulties* in order to perhaps find a solution to them later. Even *nightmares* are therefore unavoidable from time to time, as God can *tell you something important* in this way via his dream director, the '*helper*', which often makes you much happier over time than you could ever have imagined...

And don't forget, you are constantly *safe* as a whole person in God's radiant sheath of love, whether you realise it or not! And of course, you can always put on the shimmering protective cloak before going to bed so that you don't unnecessarily '*catch*' any more wounds in your complex areas in your dreams.

Protected in this way, even terrible dreams can now become inner '*TV programmes*' for you that show you something without breaking you - even if you wake up screaming for once. You know that God loves you, no matter what and was just trying to make you aware of something urgent...!

However, so that you can understand what all these *theatre scenes* played out in your soul at night are supposed to *mean*, you can now learn to *translate* the individual dream images to a certain extent.

The best way to do this is to look at each *figure, number, colour, and object* or *place* in a dream *individually* and think about everything that *comes to mind*. In this way, you will automatically find *associations* that all have something to do with this particular part of the dream. And you will also immediately sense which interpretation comes into question for you and therefore simply has to be '*intrinsically true*' - and which is not. You can also take a close look at the *surroundings*, the *dream landscape* including the *weather*, the *tempo* of the dream sequence, the *mood* of the dream characters, or their *words* and *actions* in the same way because all of this also always says a lot about you or your particular situation - *figuratively*!

Incidentally, this *dream imagery* is the oldest 'language' of mankind and is roughly the same in every country in the world. The primal images *unconsciously* used - called *symbols* - can already be found in ancient cave paintings, in all religions of this world, in myths and fairy tales, but also in every child's drawing and free play.

So, choose any word such as 'bread', 'cow', 'wind', 'father', 'money', 'path', 'door', 'ship', etc. And then write down on a large sheet of paper everything that comes to mind for this simple symbol image!

Isn't it true that you can gradually *guess* (not know!) what this word could mean in a fairy tale, in a religion, or even in a dream? And with time, it won't even be necessary to write down these many associations, because you will then be able to *sense* more and more quickly, which *interpretation* fits best in the current context.

But for now, you are still observing what happens inside you while you sleep. There is a lot going on in your soul during the *first dream phases*, even if you can hardly remember any of it in the morning. Outwardly, you move a little more as a whole person in your bed during these minutes than before and your *eyelids flicker slightly*, but otherwise, from the outside, you are just a sleeping, unconscious, almost immobile person. Inwardly, however, your mental theatre is running at full speed - until after a while the next *deeper sleep phase* sets in, and everything inside you becomes completely calm again - at least until the next *dream phase*...

This back-and-forth between deep sleep and dream sleep is repeated several times until the morning. This allows not only your *body* but also your *emotional* and *mental psyche* to recover wonderfully, making you *healthier* and *stronger* without any conscious effort on your part.

Even if you wake up halfway through the night and go to the toilet with your eyes almost closed or take a sip of water, it doesn't matter at all.

As long as you sleep enough hours in total and your three soul figures have enough time to play dreams for you, this *rest in the darkness of the night* is the most *healing* and best thing you can do for yourself. Even complex wounds can heal a little by themselves over time in this way - just like under a miracle ointment!

If, on the other hand, you *constantly sleep far too little*, toxins will accumulate in your body over time and dangerous complexes will pile up in your mental landscape - until everyone has to suffer unnecessarily, including yourself...

It is therefore important to go to bed early enough and sleep long enough or get help if you have problems sleeping (valerian drops, yeast tablets, relaxation exercises, etc.) - at least if you want you and the people around you to feel really good!

Meanwhile, you must have casually remembered *some dream of yours* that was so impressive that you can still remember it today, right?

So once again, take out a blank sheet of paper and *draw the most important situation from this dream* on paper exactly as you see it in front of you.

It doesn't matter if you've forgotten any of it because that just means that this part wasn't that important. Everything else is guaranteed to come back to you and you will certainly remember which *colours* were used, *where who* was and *how many people, animals, or objects* were used, and *what* they and the whole *environment* looked like.

You will also remember what was *said*, how you *felt*, or how someone else *reacted* because this original theatre performance by your soul characters is deeply engraved in your memory.

And since you remember this dream, it also means that it is still valid and relevant for your life today – otherwise, you would have forgotten it long ago. But today, for the first time, you are ready to *consciously understand* this earlier *message from your unconscious* and perhaps even learn something from it for your life. It's never too late for that!

So, draw everything you remember on the page in front of you and 'dream' this one special dream all over again...!

Your picture certainly looks very impressive, doesn't it? You haven't chosen just any everyday dream, but a special, unforgettable dream!

And now take a closer look at your picture!

Can you recognise which character was played by your '*psychic shadow*'? Did it appear as a supernatural joker or as an angry villain or perhaps as a wild animal? Was your 'shadow' female or male at that moment? And what age was he/she in this dream theatre?

As you know, your 'shadow' can easily play an old enchantress or an evil prince, a young tiger or a cackling hen - or all this at the *same time, one after the other* or as a *larger group* of people, animals, plants, mythical creatures, etc. But it can also appear in your dreams as foaming water or a fantastic play of colours, as a strong wind or a landslide...

Your 'shadow' simply always takes on those roles that express any mood - from cheerful to imaginative, lazy or wild, offended, tense, anxious, withdrawn, stressed, hungry, dominant or busy, to jealous, desperate, exploding, enthusiastic, and much more...

And what role did your '*inner helper*' play in this dream? (In each dream theatre he is the director and several actors in one!)

Did he suddenly appear as a kindly old man in your dream or as a good fairy, a strong polar bear, a wise king, a special child, a diligent bee or perhaps as a signpost?

Your 'helper' can also transform into all sorts of things and even appear as several people, animals or things at the same time or one after the other, to *show* you good solutions. Did it perhaps turn into a valuable object in your dream that *helped* you? Or

did it show you a secret, wonderful place? Or did it save you from a terrible danger - perhaps without you even being able to see it, perhaps only as an idea?

And now - what was your dreamed, unconscious '*night self*' actually *doing* in this special dream theatre? Were you just a spectator this time, watching everything from far above, or were you right in the middle of the action, making clever or stupid decisions?

Both are possible because *based on your own reaction* in the dream, you can *think* about how you might react in a similar situation another time when you wake up or whether you have already acted sensibly.

If you ran away in panic in your dream and woke up drenched in sweat, you will probably realise that such an *escape reaction doesn't really help you*, because you will have to dream this dream a dozen more times and still not get a single step further...

So, it would be better if, before going to bed, you made a *conscious* decision with your 'self', *not to run away* in the next dream like this. After all, as a 'self' hero and clever knight, you have put on your invulnerability cloak and are therefore indestructible.

So, next time in your dream, turn around *bravely* despite your great fear, look your pursuer straight in the eye and ask him in a loud voice: 'Why have you been following me for so long? What do you actually want from me?'

This can work like a miracle! Suddenly the worst villains in your dreams will *turn back* into completely normal people, animals or natural phenomena and perhaps even explain to you, sobbing, that they just felt they weren't getting enough attention or were hungry or didn't want to be so alone - and so you suddenly know what you should be focussing on more in your everyday life:

For example, to your lice-infested 'inner cat', to an 'overflowing sink' inside you, to a half-dried 'emotional plant', to an 'attention spotlight' that is set too brightly, to your crying 'inner baby/child', to a forgotten hot hob or other forms of your *visibly ill-attended mood 'shadow'*!

It is usually *the 'shadow'* that wants to show us, humans, through its 'huge theatre' (whether intrusive or 'conspicuously' quiet) in our dreams, what we could do differently in our everyday lives, so that *it would not* have to *suffer* so much and consequently would *not* 'have to' *disturb* us so much, until you and everyone else are just miserable...

You see - the dark night-sleep time in your soul is at least as important as the light daytime of consciousness and must therefore be taken just as seriously and respected! Now you can write the title of today's drawing: 'Dream theatre performance of night self, shadow and helper'!

And then place this picture after the corresponding text sheets in your soul research journey book.

After the break that you should allow yourself now, you can then look forward to all the next, outwardly real nights in which you can once again experience new, exciting dream performances by your soul figures inside you.

If you enjoy it, you can also trace one or two parts of the dream yourself afterwards and try to interpret a few symbolic images in order to get an idea of what God, as your wonderful Creator, is trying to draw your attention to at the moment. You will be amazed...!

Part 4 – Learn to see anew

17. Awakening understanding

Hello, dear knight _____!

Today, the pitch-black, *unconscious* landscape of your soul is gradually transforming into a somewhat lighter, *subconscious*, or *semi-conscious* area. Midnight has also long since passed in the outer world and the next morning is slowly, slowly approaching. However, your 'conscious self' is still floating asleep somewhere in your soul next to your 'shadow' and your 'helper' and doesn't even realise that the black of the sky above the horizon outside is lightening and becoming a little brighter. This stripe will only become wider over time and will then make everything around you appear a diffuse grey: *dawn* has broken while you are still asleep on the outside.

Just as at dusk, in this so-called *crack of dawn*, you cannot yet see everything clearly and can only *guess* at many things - both outside and inside you. So, at the moment, you and your three soul figures are no longer completely in the nocturnal unconscious of your soul landscape, but now and again in your semi-conscious *subconscious*.

As an outwardly sleeping person, you turn from side to side in bed more and more often at this time, perhaps waking up briefly - together with your 'conscious self' - and hearing the birds whistling, for example. But soon you doze off again and go back to sleep. And while it gets a little brighter outside, you experience the last few dream theatre performances of your soul figures inside you as the 'night self'.

'Shadow', 'helper' and 'self' show you other situations in which you will certainly recognise yourself. Sometimes, you are wonderfully happy or simply experiencing a part of your everyday life, other times you have to deal with difficulties or see in your dream what you think of your fellow human beings. Incidentally, you will also be given symbolic tips on how to deal with everyday problems, or you will be made aware of what you should be wary of in the coming days or what would really be important in your life, etc.

At the weekend or during the holidays - when you wake up at dawn and know you can sleep in for a long, long time - you should 'look' again with your eyes closed at what you have just dreamt!

No matter what it was about, whether it is currently raining cats and dogs in your *outer dawn reality*, storming so hard that the trees are bending, or everything is covered in fog that you can barely see ten metres - in your *inner soul landscape*, right now between the still dark earth and the brightening night sky, a wonderful silver lining in you can still *herald the most glorious soul weather*.

If you look closely inside yourself, you may even notice that this *unearthly white glow* above the horizon fades upwards into a bright yellow and then becomes an incredible light blue, before condensing into the violet-black blue of your inner morning sky. And sometimes the *morning star* shines somewhere as if a sparkling gemstone were pointing the way to heaven...!

In this very special atmosphere between night and day - when no stress pulls you out of bed - your newly *awakened*, '*conscious self*' often just stands there inside you, speechlessly overwhelmed and marvelling at how it can now suddenly *see everything in a completely new light*, while you are actually lying in bed with your eyes closed on the outside.

Because your organs have largely regenerated during your sleep and your spiritual-psychic soul is almost fully rested, your '*shadow*', which is also awake within you, can usually *enjoy* this early, semi-conscious morning idyll with all its heart.

And your '*helper*' is already following God's instructions, adjusting quietly smiling all the things in your inner field of vision so you suddenly *recognise connections* that you would never have noticed in the normal light of day and the hustle and bustle of everyday life. That's why now is the best time to let a *dream* run through your mind in peace and quiet!

So, with your eyes closed, take a look at which people or animals appear in there! What is their approximate *age*? Are they babies, children, teenagers, adults, or old people? Are they *male* or *female*? Are they *big* or *small*? Are they *friendly* or *aggressive*? Do you *know* them or do you *not know* them?

All this information tells you something about these dream people or animals and about your personal relationship with them if you know them. You can recognise from *known people* what you *fear*, *expect* and *hope* from them or for them or how you *relate to them* in other ways.

If, on the other hand, you dream of yourself and others much younger, just as you *looked in the past*, you only seem to be ready today to consciously process anything from back then. Or you dream *yourself in the future* and see what opportunities will open up for you at some point...

However, if you do *not* recognise the people, animals, plants, objects, places, etc. in your dreams, this may mean that they represent an *unconscious part of yourself* - whether played by the 'shadow' or the 'helper', whether male or female and no matter how old they are in the dream. They show some side of *you*! Funny, isn't it?

Unknown persons etc. can also simply represent a *generalisation*, for example, a man stands for 'the masculine' or an old person for 'the traditional' or 'experiential wisdom'. Indirectly, you can also dream of 'youthful ideas' or 'girlishness' or 'newborn' or inner 'growth' etc.

And if we can empathise with other people very well, it is even possible to dream *for them*! Unknown people, animals, etc. in our dream then point us to the role that people we know are currently playing in their lives - for example, as a 'nun', 'stranger', 'doctor', 'gemstone', 'baker', 'cow', 'frog', 'giant spider', 'dinosaur', 'flower', etc.

So, in our sleep we are shown things about ourselves or others that we would often simply dismiss as untrue when we are awake - because 'that' can't be the case or simply shouldn't be the case...

With dream images, on the other hand, we as the unconscious 'night self' cannot look away and simply have to accept what our inner soul figures are showing us. Our '*inner helper*' *never lies*, but as a dream theatre director only passes on to us what God has told it to do.

And God only ever means *well* with us, even if we are often not particularly convinced of this - especially when it comes to unpleasant or terrible dreams! But it is precisely in

the early, seemingly unearthly morning light that God, in his great goodness, often *gives us a surprising insight or some impressive 'aha' experience* when we look at our dreams, which will positively change the rest of our lives...

Perhaps you can still remember that you once had the clear realisation early in the morning *that everything is just fine the way it is*. In any case, this would be a possible realisation that God could send you in a dream.

Or you suddenly knew 'that you *can do it*' or 'that *nothing can actually happen* to you' or 'that you are *extremely lucky*' or 'that life is basically *set up brilliantly*' or 'that you are *loved*' etc.

Isn't it wonderful to be able to recognise something like that all at once? It makes you want to whoop out loud, dance around, and hug everyone - even though you're still in bed and most people are still asleep. But it just feels so good - that glimpse of the first morning light inside you!

Of course, it's not always just uplifting realisations that you get in moments like these. But *serious 'aha' moments* can also help us and give us the strength to tackle the day with courage later on.

For example, when reviewing your dreams, you may suddenly think: 'Aha, so *this is going wrong*, so I should...' Or you may realise: 'He *doesn't mean anything bad*, but...' or 'This is *just a difficult phase*, I just have to get through it...'

But it can also be that you suddenly realise 'that it *can't go on like this*' or 'that you have to say *'no' decisively*' or 'that you should *change your view*' or 'that you *have to tackle something today*' or 'that you suddenly *know*: 'Yes, *that's how I'm going to do it!*' (leadership skill)', etc.

And after a few days or weeks and a few more dreams, your *insights* could be something like the following:

'In the meantime, *everything is going much better* again' or 'luckily I *pulled the handbrake* back then, otherwise...' or 'I'm so grateful that everything has *turned out well* again' or 'now I finally realise *what it was all good for*' or 'now I know *what my job is*,' etc.

So, sometimes you just lie there at dawn and look at your various dream theatres with your 'self' inside you, until it slowly '*dawns*' on you what your life is really about!

But it is not even necessary for you to be lying in bed with the morning dawning all around you. No, this *wonderful morning glow* can also take place in the landscape of your soul at *any other time during the day*.

For you to be able to perceive it at all, it is only important that you are *rested*, that you are *comfortable* - i.e. that you are not hungry, cold, or worried - and that you are on *your own*, so you can think your thoughts in *peace* without the distraction of a mobile phone or music. This could be on a walk, in the woods, in the snow, on a mountain, cycling through the countryside, etc., but it could just as easily be alone in your room, in the garden, on the way to school, on a swing or a lonely bench.

Everywhere here it is possible for you to *follow the images of your dreams* at any time and to view them in the light of your inner-soul, unearthly shining morning sky in order to better *understand yourself and your fellow human beings* and to gain wonderful insights.

Walter Odermatt, a C. G. Jung psychologist from central Switzerland (Sarnen/Luzern, 1932 - 2018), must have suddenly realised at such an impressive moment in his life many years ago, that not only every dream image but also everything that exists in our external world, can always be *assigned to one of four areas*, helping us to find out what the various symbols are trying to tell us:

Either something represents a *solid foundation* (like the element earth) or it has to do with *life cycles* (like the element water) or it is about *emotional opposites* (like the element fire) or it is about the *free spiritual* (like the element air).

The fact that W. Odermatt discovered these ingeniously simple connections makes it much easier for us to interpret dreams. Although he does not name everything in exactly the same way, as you will learn here, and there are other symbol classification systems (Chinese, Indian, Jewish, Slavic, anthroposophical, etc.), his basic idea helps you to get to the bottom of the symbolic images in your dreams and thus to understand even the difficult complex reactions over time.

However, you may now be thinking that not everything can be traced back to these four topics alone - but it is possible really!

So that you can check this for yourself, you should now *write down a list of associations for each area*:

Matches '*earth*': *solid, foundation*, stable, number 4 (fixed on four points), ground, brown, things, visible, building blocks, cells, composed, unconscious, mother, needs,

Matches '*water*': *life, cycle*, arise, grow, die, number 3, green, flow, rain, feelings, subconscious, plants, culture, society, father, _____

Matches '*fire*': *emotion, opposites*, number 2, red, warm, burn, purify, digest, movement, animals, will, values, child, self-conscious, delimit, enjoy,

Matches '*air*': *free, spiritual*, invisible, thoughts, human, imagination, you-relationship, responsibility, wise, fantasy, blue, sky, the whole, number 1, all-conscious,

Whichever *term* you choose from your everyday life or one of your dreams, you will realise that it is guaranteed to fit one of these four areas (or even several at the same time!). And as a result, you'll find it easier to work out exactly what it's about. Just try it out!

Take the word 'bed', for example! It is a visible, solid object on which you can lie down - so this term clearly belongs to the area of 'earth' (4) and represents a stable foundation. However, because of the warmth of the bed or sleeping as a contrast to being awake, the symbol 'bed' in a dream could also have something to do with 'fire' (2) and so on.

Or try the word 'tree'! This is about a living organism that absorbs water, grows and dies at some point. It therefore belongs to the area of 'water' (3) and is subject to the cycle of life right up to the leaves. Its trunk, however, together with the roots, forms the 'solid foundation' of the entire 'tree' plant, so that the element 'earth' (4) could also be taken into account when interpreting it, etc.

And where does the word 'idea' belong? Exactly, to the realm of the free spiritual! After all, ideas consist of thoughts and are so unbound that you can use them to imagine *anything* and think of anywhere. This word therefore fits perfectly with the area of interpretation 'air' (1). However, if the dream is more about the good or bad effects of ideas, then 'values' are in the foreground, which means that the 'fire' area (2) should also be taken into account, etc.

Now try it yourself! For example, think your way into the term 'stream'____, into the word 'heaven'____, then into 'anger'____ and into 'money'____! Each time, write the area (or several areas) found after the respective word, simply as *a number in brackets* as above!

Now choose the nouns/name words that come to mind! *Write* about five of them at short intervals at the bottom of the line and *write down* the *matching number(s)* of the area behind each word:

You see, it always works! And now you have probably already realised so many connections that you would never have been able to recognise in such a short time without this technique. In any case, *interpreting dreams* becomes a really exciting activity in which you can search for hidden information *like a detective* and find out a surprising amount about yourself or the people around you.

You can also use this four-element categorisation by Walter Odermatt to search for *negative* and *positive complexes* in your dreams. Because if you know which area a difficult or wonderful situation can be assigned to, it will be much easier for you *to deal with this problem* afterwards or to *appreciate this ability correctly*.

For example, if you have repeatedly dreamt that you are *missing out* 'as usual' or that your cat is *half-starved*, both are obviously about your basic needs not being met. Apparently, a *negative need complex (4-)* on the subject of 'foundation' (4) has 'nested' in your soul landscape at some point, on which you and your 'shadow' will slip and fall again and again as long as this problem has not yet been solved...

Constructive, *positive need complexes (4+)*, on the other hand, exist in your soul if you often dream that you *receive what you urgently need*, or if you *make sure* that others are doing really well without thinking about it.

(We often dream of such positive situations, but because they are so pleasant, we usually forget about them straight away. What a shame, isn't it?)

In your dreams, however, you can also encounter the *negative or positive society complex (3-) (3+)* as soon as it is somehow about 'community life' (3).

On the negative side, this can be seen, for example, in the fact that you are constantly thinking in your dreams: *'What do others think about me?'* Or you are publicly criticising someone and *damaging their reputation* (3-).

On the other hand, the society complex (3+) expresses itself positively when you dream about how you *stand up for a group* or when others show you that they *appreciate your cooperation*, etc.

If you are *constantly* dreaming about something that has to do with the 'emotional opposite area' (2), you are experiencing a *negative or positive value complex* (2-) (2+). With the negative variant (2-), you constantly think you are *worth less than others* or *laugh at others* and devalue them until they feel bad about themselves.

If, on the other hand, your dream is about a positive value complex (2+), then *you are happy* about many things - also for others. Or *you are cheering someone up* so that they can feel emotionally good and valuable themselves.

If your dreams repeatedly contain themes that deal with 'freedom' and the 'spiritual', this is the *negative or positive responsibility complex* (1-) (1+).

Negative (1-) is when you dream that you are *to blame for everything*, or when you *blame others* and *accuse them of things* that are not true.

However, if you act *thoughtfully and sensibly* (leadership skills) or if others show you a *real truth*, you will recognise the effects of the positive responsibility complex (1+) in yourself or in others.

And surprisingly, these *four complex areas* alone (*needs complex, society complex, values complex, responsibility complex*) are again sufficient to cover all possible situations in one way or another. You just have to let the individual symbolic images of a dream run through your mind long enough until the associations you find point you to one or more of these areas. And then the interpretation is usually quickly clear to you, because you can *sense* exactly what applies and what does not.

In the first inner morning light, you have now learnt a method that enables you to track down one of your valuable dream messages more precisely - regardless of the time of day. Now *choose any dream or part of a dream* that you have recently dreamt! It could contain something that is important to you at the moment...

When you have found such a dream situation and can again *visualise* exactly *which person, animal, etc. did what* and *how everything looked* there, take out a blank piece of drawing paper again and place it crosswise.

First, *draw yourself* at the bottom with your felt-tip pens or coloured pencils as you lie awake in *bed* early in the morning *with your eyes closed*.

Then you draw a huge comic thought bubble freehand from your head. It should reach almost from the left edge of the page to the right edge of the page above the bed and be about 10cm high as a rounded rectangular band...

Now paint a *clear horizon line* of completely *black mountains*, fir tree tops, hilly meadows or a shallow lake (approx. 3cm high) *above* it - as if it were far behind. And above this black you leave a *white layer free* (approx. 1cm) and then *hatch* a strip of

light yellow across the top, which merges into the *lightest light blue* towards the top and then *slowly* turns dark blue (violet) to *black-blue*.

And if you want, you can also place the *morning star* (planet Venus) as a shining dot in the bright part of the sky and hint at its glitter with a few short rays...

And now draw your chosen dream situation across yourself and your drawn *bed in the wide thought bubble* - possibly in two or three parts if the sequence is important...

And when you are finished with that too, you can colour the rest of the space on your drawing - to the left and right and under the thought bubble and around your bed - *completely black*, because all of this is in your *unconscious* at the moment of the dream vision and is therefore not visible at all to your 'conscious self', i.e. pitch black...

Now you've done it! Great! Your picture certainly looks very impressive, doesn't it? All that's missing now is the information about *which areas* the dreamed persons, animals, plants or other symbols are concerned with and *which positive or negative complex reactions* are depicted in the dream bubble.

Take your time to think about whether something belongs to the element 'earth', 'water', 'fire', or 'air' and *write the corresponding number* and, in the case of *complexes*, *a + or a -* !

There - that's it! Brilliant, isn't it? Your hard work has certainly paid off, because thanks to this dream you've probably realised something about yourself or others that you wouldn't have been able to find out otherwise.

Now write the title 'Dream interpretation in the first morning light' above your picture. And then you should get some rest, because dreaming is not particularly strenuous, but interpreting a dream and consciously recognising the connections in it, takes a lot of strength.

So, see you soon! And *have a good dream* in the meantime!

18. Problem detective

Hello, dear knight _____!

So, you and your 'conscious self' have already heroically wandered through the pitch-black, unconscious night landscape of your soul, survived dangers in your dreams, looked on bravely, and have already learnt a lot about yourself and your fellow human beings while half awake.

However, without your leadership skills, knighthood, and hero training, you would never have been able to survive this journey through the depths of your unconscious and the vastness of your inner universe in one piece. Because if you don't know your way around, don't know anything about your 'inner helper' and the loving Creator, don't wear a spiritual cloak of protection, and haven't completed dog training with your 'shadow', you will soon be lost in this boundless realm of your soul. And that's really no joke!

But you have learnt step by step everything you need to know as an explorer about your own soul landscape and its inner inhabitants. And now, after the long night, *the sun* is finally *rising* again over the horizon at this moment, signalling that a new, *conscious* day has begun within you. It is *morning*!

As soon as you wake up properly - perhaps because the alarm clock is ringing in the outer world – your night 'self' unconsciously floating or dream theatre playing will of course immediately transform back into your '*conscious self*' and will now *lie* with the 'shadow' and 'helper' again somewhere in your soul landscape - which, by the way, now exactly matches your current morning state, also in terms of the weather...

This is where your 'self' automatically *thinks* about what it thinks of this new day first. Even if only seconds pass before you sit up in bed as a whole person, this short time is still enough for you to gain a *quick, conscious overview* of the next few hours with your eyes still closed.

Have you done all your homework? Do you have to take an exam today? Will you have time to meet up with your friends? Do you have a lot of work to do? Are you looking forward to anything? Do you have to rush or can you take your time for the day? Are you afraid to meet someone? Are you still angry with someone for ignoring you? Are you planning to be extra nice to someone today? Are you going to keep your 'healthy eating resolution'? And how is the weather out there at the moment? Etc.

Within seconds, you have *checked* with your 'conscious self' what it has to organise and do today *as the boss* of your whole person. But like the good boss of a company, you have also responsibly checked how the *unconscious 'shadow'* inside you is doing and whether you have it well enough under control to be able to heed the wise suggestions of your '*helper*'.

You were able to recharge your batteries and regenerate wonderfully during your sleep, which is why everything is now *much clearer* to you than it was last night before you went to bed. Even if not everything that awaits you today will be easy and pleasant, your body and psychic-spiritual soul have *become healthier and stronger* again this night. And this now has the effect that a glorious, *radiant morning* is dawning inside you - regardless of whether it is stormy or snowing outside. In any case, you are rested and ready to tackle the challenges of the new day.

After the brief *assessment* from earlier, you now sit down on the edge of your bed full of vigour and renewed courage, perhaps open the shutters with a smile on your lips, go to the toilet, wash, get dressed, make yourself breakfast and consciously enjoy it, even if you only have a short time left before you set off on your journey or right here on your normal daily work.

In your inner soul landscape, it is as *bright* as yesterday, before the sun slowly set, and you are with your 'self' now once again in the realm of your *consciousness*, where everything is always clearly *visible*.

But when it is *morning* inside you, this kind of consciousness does not have exactly the same quality as it usually does in the middle of the day. It may be light inside you at the moment and you can consciously perceive everything with your 'self', but the morning brightness and awareness result from of a long, *unconscious*, or *semi-conscious* period. And during this time, you had nothing else to do but lie almost motionless in bed, let dreams play to you, or casually imagine something with your eyes closed. So *rested*, your current, *newly awakened consciousness* is naturally *much clearer, fresher, and more flexible* than if you had been awake for many hours and a certain tiredness was slowly spreading through you. And at the moment, your '*conscious self*' is extremely *receptive* and can approach the normal tasks of your everyday life with an *open mind* and *full of energy*.

If you happen to be free today and are enjoying the weekend, a public holiday, or your holidays, you could *use* your *radiant, inner morning clarity* and *morning strength* for once to finally take a *closer look* at some *problem* that has been bothering you lately.

Incidentally, it doesn't necessarily have to be morning in your outer world at the moment, because you can also feel as *awake and clear* and calm inside as if the sun had just risen within you before lunch or at midday, or even in the evening. And this is exactly the right time to take a *calm look* at a personal difficulty.

It's not particularly pleasant to deal with a problem, but unfortunately, they tend to *pile up* very quickly if you don't keep getting rid of them...

Quite *normal chunks of problems* can, through frustration, anger, revenge-ping-pong, or even by 'looking away', become real *mountains* of problems within a very short time, which at some point make it impossible for us to continue on our path in life.

And then, when we *have* to pay attention to our problems because we can no longer avoid them, they have unfortunately already become such a big pile that we feel sick just thinking about all the work it will now take to get rid of them...

So, it would be wise to face up to your smaller problems much earlier, wouldn't it?

So - *which* problem is currently bothering you the most and perhaps making life difficult for your fellow human beings, so you would be happy to be freed from it?

Now you have probably found something that is weighing you down and that you would like to get rid of.

However, it is important that this *problem situation does not happen right now*, because if you have already slipped on an 'emotionally wet' complex with your 'shadow' inside you today and in the meantime are being dragged along by your 'shadow' in anger or

agitated, desperate or completely freaked out, your 'self' will no longer be able to *look closely* and *think clearly*.

That's why it's really *not* a good idea to try to look at a problem *while* it's happening...!

However, if your chosen problem is *not acute* at that moment or you have already gained some *distance* from it by 'sleeping on it' and dreaming, it is as if you were *standing on a hill* near it.

From up here - in your soul landscape of course - you can see much better that your problem is really in your way with its size, but on the other hand you are also far enough away from the waters of your soul landscape that any emotional waves do not immediately sweep you away...

Your *distance from the problem* is therefore *very important!* If you were to stand right in front of the problem boulder, you would be *too close* to be able to see it as a whole. However, if you were to let your 'shadow' carry you up into the air for fun - like riding on a bird or in the basket of a hot air balloon - you would again be *far too far away* from your problem.

And if you allowed yourself to be pulled 'underwater' by your emotional floods - that is, right into the middle of your unconscious feelings - you would *no longer* be able to recognise your problem *clearly*...

It's like a *drinking straw in a glass of water!* You can see exactly in which direction the protruding, upper part of the straw is pointing, while the part *below* the surface of the water appears to be pointing in a slightly different direction - although this does not correspond to reality. This illusion is due to the fact that the light is 'refracted' as soon as it dips from the air into the water because the two materials have different densities.

In the same way, our *perspective* is also 'bent' a little psychologically as soon as we dive from our *conscious*, 'airy' clear thinking into our *sub-conscious*, 'watery' emotional world. But if you are underwater, you experience the lower part of the drinking straw as real and 'right', while the part above the surface of the water appears 'bent' and therefore 'wrong' from your point of view...

This fact must be taken into account when looking at a problem, because there are people who, from a spiritual point of view, often voluntarily spend time underwater and therefore also try to look at problems from this underwater perspective.

Once you have considered all of this, it is best to sit down *alone in all quiet* as a whole person somewhere in the outside world *for your problem contemplation* - outdoors or indoors! And there, with your outer eyes closed, sit *on a hill* in the landscape of your soul so that you can get a good overview of your problem.

But first, you have to *make a few preparations* because it is no easy matter to work on a problem boulder until it becomes ordinary gravel, figuratively speaking, on which you can later continue your journey through life 'problem-free'. So, there is a lot of *hard work* waiting for you - but you'll see that it's worth it!

Firstly, take out all your *tools!* Because this is *spiritual work*, you don't need normal stone-cutting tools or shovels, but rather everything that you have already discovered and practised with on your research journey. What you need now is for your 'conscious self':

Courage to explore, trained inner eyes, the leadership skills (attention, interest in well-being, wisdom of experience, determination), inner strength, possibly a night-walking lamp, territory rule compass, shimmering protective suit, dog school diploma, leash, responsible knighthood, knowledge of various soul-weathers, complexes, 'shadow' reactions, 'helper' functions, symbolic language interpretations and of the radiant primal trust and love sheath of God.

You've got quite a collection of *tools* there, don't you? You will certainly be able *to look* at your chosen problem *courageously* with your inner eyes and get to the bottom of it step by step.

Now take a writing pad and pen and start *collecting* and *writing down all the facts* that come to mind about your problem.

(Things that you *only assume* others *might* have thought, said or done are not helpful here. So leave them out and just stick to the *real events, feelings, and thoughts without* 'good'-'bad' judgements!)

You can either *list* all the words and sentences you have collected on this tricky topic one below the other or *spread* them out in different sizes along the edges of your sheet. In the centre, *sketch* your *problem situation* or the *problem process* as simply as possible (with stick figures, speech bubbles, arrows, circles, etc.).

At the moment, it's just a matter of *laying things out clearly in front of you* so that you can gain an *overview of the facts* of your problem with your radiant morning energy...

What do you think now? Has your problem perhaps even resolved itself in this way because you were finally able to 'see' in front of you what it had actually always been about?

Looking at something *consciously* sometimes *clarifies* ('becomes 'clear'!) a tricky matter so well that you suddenly realise how it came about and what you could do so that the problem is no longer a problem at all...

However, if this doesn't apply to you at the moment and you still have no idea why this problem is haunting you or how you could change it, you should simply move on to the *next step*:

Now take a closer look at the sheet with all your thoughts about the problem! *Do you notice anything about it?*

For example, what *feelings and thoughts* were going through your 'conscious self' in this situation and what did it feel in its heart or stomach? Painful or joyful, anger, sadness, frustration or jealousy, etc.? Were you in calm *weather* or difficult *weather*? Was there a 'break-down!' scene and/or a 'good-will!' reaction?

Complete your sketch with simple symbols to visualise everything you find out!

And what did *you say* at that moment of problem? And what did others say to you? How did they *react* to you? And how did you react to them?

Did the others actually *understand* what you were talking about? And did you *realise* what was going on inside them?

Did you realise what they were thinking and feeling in that problem situation or what kind of weather they were in? Or were you unable to recognise this because they didn't

say anything? Or did you perhaps somehow recognise their feelings or read them from their reaction? Or do you only know how you felt yourself...?

Now your 'self' has *consciously looked* at the whole problem. In the bright daylight of your consciousness, you have looked at *your own feelings, moods, and thoughts, spoken words and actions*, as well as the *actual reactions of the other people involved*, from the safety of your hill, like in a film. This has brought you closer to the core of your problem boulder!

Next, think about *which territories* were (respectively) affected by your problem. Once again, take out your self-made *territory rule compass* and *look* for the different types of territory that could play a role in your problem on your written and drawn sketch sheet. It's definitely about *your own 'self' territory* because *you* are the person who is suffering from this particular problem. So, draw a red 'self' territory line around your own stick figure and read again what it says on your compass...!

And now take another look at the problem you have visualised. Have you perhaps somehow *violated your own territorial boundaries* out of sheer anger or exuberance or without thinking - for example by not taking care of yourself, harming yourself, or putting yourself in danger *without* responsibly consulting your Creator and asking him whether he approves...?

However, it could also be that *other people* have *violated your personal territorial boundaries* in some way from the outside, which may have triggered your problem in the first place. It could have been a single 'you' who crossed your boundaries without asking, or a small or large 'we' group, or even the public who encroached on your 'self' territory without permission...

Or have *you yourself crossed another* child's or adult's *territorial boundary* without asking, thereby making this 'you' person angry or hurting them? Or did your problem arise because you imposed yourself on some 'we' group - for example, your school mates, etc.? Or have you soiled the public 'their' territory or disturbed other people in it or broken something...?

Think about all of this very carefully and add the appropriate colours to all *other territory boundary lines* on your sketch sheet. Then you can also use coloured arrows and crossed-out question marks to show who has entered which territory 'without asking'. And at the end, you add symbolic emotional flashes, clouds, rain of tears, storm wind or ice cold, etc., *where* these boundary violations have resulted in anger, quarrels, or other unpleasant consequences...

Now you can see before you where your problem has erupted *like a thunderstorm* (also possible silently!) and which parties have *suffered pain* due to territorial violations. You may not have been aware of all this before, but now - in the bright morning daylight of your soul and seen from your inner hill - *everything is very clear to you* and you can recognise exactly who was or still is affected by your problem.

But now there is something else you can do to get closer to the core of your problem boulder. You've already done a lot, worked hard, and almost got to the bottom of the

problem. But now you should *search* your paper for *dangerous complexes* - in yourself and others - because these could even be the main cause of your problem...

To do this, you must first *write down* the individual figures in your sketch and the collected sentences or terms *with the numbers of the four element areas*.

For example, does something on your sheet have to do with 'opposites' and therefore belong to the element 'fire'? If so, write down the number 2 in brackets next to it, as you have already practised!

And what about the 'earth' area? Is there something solid somewhere that provides support - even in a figurative sense? Then write the number (4)!

And if something has to do with 'flow' or 'feelings', then mark the corresponding part of the sketch or these sentences with a 3, also in brackets!

And maybe it's also somewhere about 'freedom' or the 'invisible' such as thoughts, ideas, imagination, etc., then the number (1) belongs here, doesn't it?

If, at the end of your consideration of the problem, a certain number appears *several times* on the sheet in front of you, while another appears only *once* or *not at all*, it doesn't matter at all, because you only want to find out what the problem is actually about.

If you notice, for example, that the number 3 is *often associated with something negative or painful*, you will immediately realise that you or someone else involved are carrying a *dangerously slippery complex wound* in their soul landscape, namely in the area of 'life/circuits'. It is therefore quite possible that this society complex wound (3-) was the *trigger* for your problem or was at least involved in it. Therefore, draw a line around everything that belongs to this complex and write a green (3-) next to it!

However, this is by no means the end of the story, as other *complex wounds* (-) may also play a role in your problem, in yourself, or other people affected. Search the sentences, sketches, and numbers for further *concentrations of a negative area*, circle these with a pencil, and add the complex number with a minus sign in the appropriate colour:

Needs complex (4-) brown, society complex (3-) green, values complex (2-) red, responsibility complex (1-) blue.

Don't forget, however, that in a problematic situation, there are also *positive complexes* (+) that can have a *calming, helpful, encouraging, or stimulating* effect, which mitigates the painfulness of the negative complexes and difficult 'shadow' reactions.

So now look for *constructive, pleasing complexes* in yourself and the other participants on your sketch sheet, circle everything that belongs to it, and write the respective coloured complex number, this time simply *with a plus sign* (4+), (3+), (2+), (1+)!

For example, you may suddenly realise that you can often remain calm for quite a long time in your chosen problem situation despite everything, which is a good 'basis' for finding a solution at some point. In this case, you can draw a line on the sheet around yourself and your thought sentences or sayings, some of which are certainly helpful, and write down the *brown number* (4+), because you seem to have a *positive need complex* within you.

Or maybe your mum never takes sides with you or your brother when you were arguing, but always wants to hear *both* points of view first. So, this is an extremely wise reaction from her and you can circle your mum on the sheet with a *blue* line and write a (1+) next to it to emphasise her *positive responsibility complex* - and so on.

The four-element classification therefore enables you to *break down* and *analyse* your *problem* even more precisely until, after a while, you suddenly *realise consciously* what has been *going on unconsciously*. Looking at the complex interrelationships is therefore an ingenious orientation aid to help you track down the reasons for a problem.

And while we're on the subject of orientation, you should always turn to your '*inner helper*' when analysing a problem. Only it can guarantee your 'conscious self' that you are *really right* in your considerations or whether you have allowed yourself to be distracted by the fearful or amusing ideas of your 'shadow' or led down the wrong track. Your 'helper' can also show you at any time which of your tools would be most helpful or which you have not yet applied to your problem.

His hints and tips will always be right and are guaranteed to help you *see* your problem *more clearly*. Only your 'inner helper' makes you a *really good problem-detective* who can find the real reason for every difficulty.

However, if you as the 'conscious self' prefer to play detective *without* your 'inner helper', it can easily happen that your 'shadow' 'well-intentioned', but cocky, drags you into self-serving or even nonsensical interpretations and solutions, in which you will then get so tangled up that you end up with bigger problems than at the beginning. So, this is *not* a recommended approach!

Because *only under the guidance of your 'helper'* - as a responsible knight 'self' with your 'shadow' on a sniffer dog leash - will you really be able to take your problems apart in a clever and targeted way, like a *real problem- master detective* does...

You have now *looked* at your own problem from all sides and *broken it down into its individual parts*, so you have certainly realised a few things in the meantime. That's why you are now ready to write it all down just as clearly on a new blank page for your picture book.

Begin by drawing your 'self' *on the left-hand side of the sheet laid across* - standing or sitting on the hill, wearing a shimmering protective cloak complete with leadership badge, with the territory compass in your hand and your 'shadow' on a leash, next to you your wise 'helper' and around the three of you the shining shell of love of your Creator, to whom you are solely responsible as 'Knight of His Majesty'...

Above it (also on the left) you can now draw the bright *morning sun*, whose rays reach across the blue sky to the right, where your *problem boulder* lies on the path (approx. 20cm high, only as a grey outline!).

And *into* this boulder now comes the *sketch of your problem* again: with yourself and the people involved as stick figures, with thought, feeling, and speech bubbles, with the appropriate mood/weather signs, territory boundaries, and complex areas (numbers, plus/minus signs) - but this time no longer just as a draft scribble as before, but *clearly* presented as a 'fair copy' so that you can still easily recognise later what you have found out today as a clever problem detective...

Fantastic! It's incredible how well your drawing *shows* what your problem is really about!

Now write the following title above it: 'What I found out about my problem as a master detective'. And then put your picture at the end of this text at the back of your soon-to-be-finished research journey picture book. Only three chapters are missing...

But now you've really earned a big break because, as you've seen, just looking at and unravelling a problem is hard work.

So, take a good rest with your loose 'shadow', just as your 'inner helper' recommends at the moment.

See you next time...!

19. Obstructive perspectives

Hello, brave knight _____!

It's great that you exist! Last time you stood (or sat) fearlessly on your inner *hill of distance* as the 'conscious self' with your 'helper' and your 'shadow', so that from there you could take a close *look* at your own personal *problem boulder* in the bright morning light and *break it down* into smaller pieces with the help of your spiritual tools.

This was the *first part* of the work that you have to tackle if you really want to get to the bottom of a problem.

The *second* part of this problem-solving process still lies ahead of you, before you can finally continue your life's journey without a care in the world after the third part. But don't worry, because if you've persevered this far, you'll be able to complete the next tasks with ease!

As a *clever, responsible master detective*, you have already found out *what your problem is actually about* by carefully examining and analysing the shredded problem pieces.

That's a brilliant achievement for which you should give yourself a pat on the back!

Unfortunately, this alone is not enough, because the problem pieces will automatically reassemble in your soul to form the previous large boulder and continue to block your path through life, if you know where your problem comes from, but do nothing to change it. So, you need to *take action* now and *look* for a *good solution* to your problem!

Because only by finding a helpful solution to a problem you can now transform your clearly laid out lumps of stone into walkable gravel until everything becomes a *new path, your new path*! In retrospect, every problem that is *consciously* (re)solved becomes a new possibility, a *new opportunity* in your life - which would never have been available to you *without* the problem. Sounds crazy, doesn't it?

Of course, nobody is happy about a problem that makes life miserable not only for you, but also for those around you. But afterwards - after working through the problem and finding a solution - you know so much more about yourself and others that it would almost be a shame if you had never had this problem...

But at the moment you're still in the middle of it and could surely imagine a more pleasant pastime than dealing with your problem again, couldn't you? But you have to get through it!

So, if you have time and the *morning sun* is once again shining brightly in the sky inside you, retreat from the hustle and bustle of everyday life to some quiet place - equipped with your coloured/felt-tip pens, your problem picture and a blank drawing sheet - and *take* another *conscious look* at your drawing from last time in complete peace and quiet!

Within the problem boulder you have depicted all those involved (or you alone), including what is spoken, thought and felt, the weather of the mind, possibly a thunderstorm, etc.

You can also see from your picture how the problem has arisen, for example, whether territorial boundaries have been violated or whether someone has slipped on a difficult complex and how others have reacted, etc.

Now *call in your 'inner helper'* so that you can once again immerse yourself completely in the problem. You don't even have to go into your soul landscape today, but can also stay here in your outer world - in your room, for example, or somewhere else in a quiet place.

After greeting you, the first thing your 'helper' will certainly do, is remind you to put on your *shimmering protective coat* so that you don't hurt yourself again when you re-experience the difficult problem situation due to your shadow freaking out potentially. And as soon as you have reassuringly put the sniffer dog leash on your 'shadow' in your imagination, you are ready to hear what your wise 'inner helper' wants to teach you today.

'Well, my dear _____,' your 'helper' begins kindly - only audible to you internally - and looks at your drawing in front of you with the problem already solved. 'Now you know exactly what went wrong, don't you? But you probably can't even imagine how you could ever get out of it...'

Resigned, you nod immediately and are glad that your 'helper' knows how you feel. He then gives you an encouraging pat on the shoulder - invisible from the outside, of course - and says to you earnestly, just like back in hero training:

'So, dear _____, you urgently need a good solution to your problem, but with the best will in the world, you can't find one anywhere in your drawing here. However, as your 'helper' and an employee of God, I know that our Creator *always* has one or more possible solutions for every problem in his huge work of art in the universe. You just have to *recognise* them...'

You look at your 'helper' a little sceptically, but he continues unperturbed:

'In order to find solutions, you need to be *able to see*. Wouldn't it also be possible that it's simply *because of your eyes* that you haven't found a solution to your problem yet?'

Confused, you touch your eyes, but they feel completely normal. And if you wear glasses in external reality, that correct your visual difficulties, they would only affect your *outer eyes* anyway.

At the moment, however, this is obviously about your *inner eyes*. But with these, you haven't had any problems recognising your 'shadow' or the landscape of your soul or the weather of your mind yet. So, what is your 'helper' actually implying when he says it could be your eyes?

You look questioningly at your 'helper' again and try to read his face to see what he's getting at. But he just smiles and starts to explain to you like a small, ignorant child:

'Listen carefully, dear _____! You know by now that difficult emotional weather or a slip on inner spiritual complexes immediately causes a *narrowing of vision* in all people of this world.

And because in a difficult situation, no one logically has time to listen to their 'inner helper', the only option left to me and all the other 'helpers' in this world is to at least quickly 'throw' one of our *spiritual goggles* in front of the *inner eyes* of the 'self' we are

accompanying, so that the uncontrolled situation can be overcome more easily. That is the *only help* we '*helpers*' can offer you humans in such moments.'

With these words, your 'helper' takes out a case that you hadn't even noticed before and places it open in front of you. A few different pairs of glasses are neatly labelled inside, which your 'helper' now points to in turn:

'These here, for example - which look like normal *sunglasses* - are necessary for your soul as protection if your sun of consciousness shines too brightly in you, so that you couldn't cope with everything you would see there...

And in the case of very bad experiences, people need these *rose-coloured goggles* in order to at least be able to 'paint a pretty picture' of the disaster that is about to strike or has already struck...

But sometimes these glasses with the *inwardly curved (concave) lenses* are enough, because when you look through them, everything is upside down. This puts things into perspective a little and you can often even laugh about difficulties thanks to this changed perspective...

In contrast, however, these glasses here have lenses that are curved outwards (convex) and have been ground like binocular lenses. This makes everything look much, much bigger than it actually is so that you suddenly perceive something that previously seemed unimportant as impressively large and therefore finally take it seriously and take action...'

'I see,' you grin mischievously, 'so you put these magnifying glasses on me last time when I was looking at the problem because the boulder seemed huge to me at that moment.'

'Exactly!' your 'helper' smiles at you with his disarming charm. 'I always mean well with you. Without these glasses of help, you would certainly have talked your way out of it, saying that everything wasn't so bad, wouldn't you?'

'Could be,' you admit honestly and then look at the rest of the glasses in the case.

Your 'helper' puts one of them on your nose to try it out - and suddenly you can no longer see him in front of you, although everything else around you is still there as before. Confused, you take them off again and realise that your 'helper' hasn't moved at all, but through these special glasses it looks as if he has vanished into thin air.

'It's a pair of *repression glasses*,' says your 'helper', explaining. 'In difficult moments, you can use them to literally cut out and *block out* what's in front of you and scare you, so that you can carry on as before. Sometimes this is the only temporary salvation...

And these protective glasses here give you the opportunity to *change* your *memories* so that you can forget unpleasant things, but pleasant things seem even more beautiful the more often you think about them - until you are convinced that your past took place exactly as you see it now...

And yet another version of blanking out is these *blinkered glasses*, with which you can keep everything distracting to the left and right of you by folding out pieces of leather so that you can go your way undisturbed and without being frightened - just like horses on a busy road.

And do you recognise what these glasses could be good for?' your 'helper' now asks and gives you an *inwardly* mirrored model to try out.

Surprised, you realise that you suddenly see your own 'shadow' projected onto the 'helper' *in front* of you, even though it is actually completely unaware *behind* your back on his leash. How can this be possible?

'Clever, isn't it?' your 'helper' says, beaming. 'These are *projection goggles*. In *emergency situations*, you can use them to project unconscious mental pain onto another person in a flash so that you don't have to suffer yourself. This can also be life-saving, but of course, you are no longer able to perceive the other person realistically at that moment...'

Suddenly your 'shadow' taps you on the shoulder from behind and bursts out: 'That's nothing yet! Look what great glasses I've got for you!' Without waiting for your reaction, it holds one of its inventions in front of your eyes and suddenly your 'helper' looks like a big, colourful bird - at least completely different from how you imagined him today.

'What's that supposed to be good for?' you ask your 'shadow' and take the strange thing off again.

'Well, that's obvious,' it says, offended. 'It's a pair of *picture goggles* and works like the little toy cameras of the past, where you just had to press the button and click, you had a landscape or some other image in front of your eyes.

In any case, it's very practical if you're a bit unsure, I tell you. Because with these glasses you can get an idea of everything and everyone in advance and don't have to struggle to get to grips with the complicated, multifaceted reality...'

'But the pictures in these glasses are probably mostly wrong and only show our *preconceptions* and *expectations* - not at all what will actually happen, and not even the person who is actually standing in front of you,' you interject.

'Oh, it doesn't matter,' your 'shadow' tries to reassure you. 'But thanks to these predetermined, fixed images, you always know exactly where you stand...'

But if that's too boring for you, dear _____, perhaps these *picture goggles* here will convince you,' says your 'shadow' casually and puts another model on your head.

This time you see it in front of you as a friendly wizard - also completely different to how you saw it before. But as soon as you move a little, this image *changes* again and your 'shadow' becomes a hideous monster. But if you move again, the image of the friendly wizard returns, and then the image of the monster again, and so on.

'Cool, aren't they, these *tilting picture goggles*?' says your 'shadow' proudly and wants you to see it that way, too. 'When you put them on, you always experience both sides of life, almost simultaneously, so you can drift back and forth between the *extremes* without having to choose. It's as great as surfing!'

But you're not convinced and so you reply cautiously:

'I'd certainly wear these glasses for a short time for fun, but in the long run, it would be far too exhausting for me to have to constantly adjust to two completely different worlds - over and over again. So, no thanks!'

With these words, you give the tilting picture glasses back to your 'shadow', but wait eagerly to see what else unusual it has to offer you.

'I've also got a pair of *concentration goggles* for you,' your 'shadow' remarks eagerly and gives you a funny model of carnival goggles. You put it on your nose and realise that although you can look *clearly* forward through a small, circular area in the centre of the two lenses, everything around you is *distorted* to such an extent that you almost feel dizzy looking around.

Your 'shadow' proudly explains:

'I made these fun glasses especially for you so that you can concentrate on the most important things not just in sudden slip-ups or friendliness situations using tunnel vision, but day in, day out without interruption. That would be a great help for you as a 'conscious self', for example at school or work, wouldn't it?

And I myself, as your 'shadow', could move much, much more freely around you, since you would only use the small, round field of vision in front of you...'

Torn, you consider whether these strange glasses might really help you to concentrate better on individual things, which wouldn't do any harm...

But - wouldn't you become a bit 'narrow-minded' through the permanent tunnel vision, because you could lose track of situations with these restrictive glasses? And your almost unconscious 'shadow' would be without supervision the whole time in its huge blind field...?

'I'll think about it,' you say evasively and push the tunnel vision goggles back into its hand.

Next, it puts a pair of completely *filthy* glasses in front of your eyes so that everything you look at with them looks dirty and rotten. Disgusted, you immediately take them off again, while your 'shadow' still tries to get you excited about their advantages:

'These *dirt goggles* are great if you ever slip on a complex and fall into a mud hole. Afterwards, you can continue to wear the 'shitty feeling' associated with it as glasses for a long, long time. There's nothing better than being in a *bad mood* for days on end and telling everyone to their face how stupid you think they are, is there?'

When your 'shadow' realises that you don't like these glasses as much as he does, he holds a model in front of your eyes whose lenses are even covered in blood - as if you had fallen into the middle of a battlefield where blood, battle cries, sweat and screams of pain are mixed together...

Horrified, you throw these murderous *blood goggles* away from you, but your 'shadow' picks them up from the floor again and pats them lovingly while growling reproachfully to himself:

'These are brilliant glasses! With them, you could *prepare* yourself for painful life experiences and *harden* yourself as a precaution to become a strong guy, a strong 'Kerlin'², whom nothing can unsettle - not even violence, pain, and war.

There is no better insurance than that!'

However, you just keep shaking your head resolutely until your 'shadow' takes out his last pair of glasses and puts them on your nose to try them out. This time, the lenses consist of two thin discs, which are surprisingly filled with water so that you immediately feel like you're diving into a lake.

He explains this to you animatedly:

² Word creation in German for 'female version of guy'

'I made these *water goggles* so that it is no longer so horrible for me to have to fall into the emotional water with you after a complex slip. If you've had one of these things in front of your eyes the whole time, you're already used to looking out of the water and don't experience this shock-like change every time you fall into the cool water - a great invention, isn't it?'

For once, you completely agree with him, because as you don't have to keep your head above water with these goggles on your nose by swimming strenuously, but still feel like a fish in its element, you have nothing against wearing them. In fact, you think these safety goggles are super cool and you'd never want to take them off again...

'Go ahead! I'm happy to give you my water goggles,' your 'shadow' says generously and you're so happy about it that you do a happy dance on the spot with him on the leash. With the goggles in front of your eyes, it feels like you are two dolphins frolicking happily in the waves of the sea...

But now your 'helper' makes himself heard with a soft clearing of the throat and says casually:

'Do you still remember the 'straw in the water glass', my dear _____?'

You pause, puzzled, and briefly consider what this was all about. Oh yes, the water refracts the rays of light so that the view from the fluctuating underwater sensations appears blurred and slightly 'bent', in contrast to the clear view from the solid ground.

But what does it matter? It feels so marvellous to be able to swim around like a fish in your own feelings with these water goggles on your nose, even on land, that it would be really stupid to do without this wonderful 'shadow' gift just because you can no longer see very clearly with them.

'Well, if you say so,' your 'helper' replies calmly. 'But I must point out to you that this is exactly where all these glasses *turn from something helpful and good into something bad and dangerous*. This applies not only to your 'shadow's' glasses, but also to the entire collection of my own glasses.

As soon as you no longer wear them only in a suitable situation, but never want to take them off as *permanent protection and a precautionary defence*, disaster takes its course...

Just imagine what would happen if you wore these ordinary sunglasses out of fear of being dazzled, even in bad weather or indoors!

It *obscures* your vision completely unnecessarily and makes it impossible for you to look closely or find anything in particular. And over time, it even *overshadows* your normal view of the world until you only *see* everything *negatively* and can no longer stop *complaining*. It's not for nothing that people talk about pathological '*doomsaying*', which mainly affects the overly cautious...!

And it's the same with all the other goggles from me or your 'shadow' if you don't want to take them off:

With *rose-coloured glasses*, for example, you will soon no longer be able to perceive any real grievances and thus be unable to do anything about them; with *magnifying glasses*, you will logically feel constantly overwhelmed by everything - or simply too fat; with *concave glasses*, you will always turn everything on its head until no one takes

you seriously anymore; with the three *suppression glasses*, you only live a very limited part of your life, because everything else is 'not allowed to be'; and with the inwardly mirrored *projection glasses*, you no longer perceive your own 'shadow', but see it in other people and therefore often accuse them of completely false things...

If, on the other hand, you wear the *picture glasses* of your 'shadow' for far too long, you compulsively hold on to a fear or wishful image that you have made of yourself, another person, a situation or your future, and are guaranteed to be disappointed at some point. Or you constantly flip from one mood to another with your *tilted picture glasses* and expect your fellow human beings to see the world in exactly the same way as you do...

With the fun *concentration goggles* of the 'shadow', on the other hand, you concentrate on completely unimportant things if you use them constantly because you simply lose the overview and give your 'shadow' far too much space; and with the *dirt goggles*, after a while, you inevitably become a terribly degrading person who drags everything into the dirt; with the murderous *blood goggles* on, horror, violence, and pain become normal for you and your hardening shell becomes so thick that compassion for others no longer penetrates; and through the *water goggles* you only perceive reality emotionally distorted, sometimes even steam-blind or icy frozen - at least not like your fellow human beings...

So, if you never take off one of our inner-soul 'helper' glasses or 'shadow' glasses, you only perceive reality *partially, incorrectly, or distortedly*, but still constantly react as if everything you can see is real.

That's why hardly anyone around you notices anything and you live with your *caution or defence glasses* until they have literally grown together with your 'self' face and become a permanent *attitude and habit* - complex glasses, in other words.

At this stage, however, you no longer feel these *complex glasses* at all and you can't even remember having put on them as short-term protection in a difficult situation. They are then simply part of you as a building block of your personality and *replace* your clear-sighted inner eyes, so to speak, until at some point everyone recognises your changed perspective as your own - even you...'

Abruptly, you look up at your 'helper', who you can only half-recognise because you are still wearing the 'shadow's' water goggles. You quickly take them off and stare uncertainly at your 'helper' as you stammer:

'Are you saying that, that, that's why I'm...?'

Your 'helper' nods slowly and answers with an understanding smile:

'Yes, that's right! You too have been wearing one of these complex glasses for a long, long time - or perhaps you even inherited them from your parents or grandparents as a personality trait. But you couldn't have known anything about it, because these psychological complex glasses are completely invisible and only change *your perspective*. But unfortunately, this is precisely the reason why you seem incapable of finding a good, helpful solution to your problem at the moment...'

'And which glasses do you think I'm wearing?' you now want to know from your 'helper', somewhat annoyed.

'You'll have to find out for yourself,' he replies lightly and at least adds a little encouragement:

'You have already gained so much experience on this long research journey through your soul that you will certainly be able to use your collection of tools to find out what kind of complex glasses you are invisibly wearing on the nose of your 'conscious self' - there may even be several of them, who knows. But take courage, you can do it!

In any case, I'll leave you the case with my glasses and I'm sure your 'shadow' will be happy to lend you his models until you realise which ones *restrict* your vision so much or *change it so unrealistically* that you've become 'solution-blind'. See you soon!

Suddenly you are alone in the landscape of your soul and feel a little overwhelmed by having to identify the invisible thing in front of your inner eyes yourself, without being able to see it at all, let alone perceive it in any other way.

'That's crazy,' you grumble angrily to yourself. 'It would have been easy for my 'helper' to show me which complex glasses I'm wearing quickly. But no, he just leaves me here and I'm supposed to play master detective inside myself again...!

All right, let's see,' you say to yourself a little more calmly after a while. 'What could possibly help me best?

I have already put on the *protective coat* against psychological injuries and I am still holding my 'shadow' by its *leash*, while at the moment it is jumping tensely from one foot to the other because it has no idea whether I am wearing one of its glasses or one of my 'helpers'...

And I've already put my *leadership skills* 'into operation', too, because I'm very attentive right now, interested in my own well-being, orientate myself wisely based on my experiences, and am determined to solve the puzzle.

But my *night-walking lamp* could perhaps be particularly useful to me now,' I suddenly think, 'because it manages to shine through even the blackest darkness of my unconscious. And since I've never really noticed my invisible complex glasses, they seem to be extremely *unconscious*...

So - my lamp is now lit.

And what about my *territory rules compass*? Can it also help me to discover my invisible complex glasses? No, I don't think this tool will do me any good in this context. But could I perhaps make some progress with *Walter Odermatt's four-element method*? Perhaps all these glasses fit just as well with individual areas of the four elements as the positive and negative complexes within us. Then I would only have to find out which negative complex 'generates' which complex spectacles...

Let's see! Which minus complex numbers appear in my problem boulder drawing anyway...?'

'But no matter how I twist and turn it, I just keep coming back to the fact that *each* of these glasses can actually occur with *each* of the four negative complexes. So, this doesn't narrow down the selection at all and therefore doesn't help me one bit in discovering my own complex glasses.

What am I supposed to do? I just can't work out *what exactly* changes and restricts my view. I'll never be able to solve my problem like this...!

Please, God, at least *you* should show me how to proceed so I can find out what kind of complex glasses I'm wearing on my 'self' nose!

Yes, I do need your advice, God, my Creator! After all, I am *your* knight and I am travelling on behalf of your divine majesty. And as such, I have to keep consulting you so that I can ultimately answer you for every action I take. But at the moment I'm not even able to act in any way, because I don't know what to do anymore. Please, help me!!!

My 'helper' told me that you really wanted me in your work of art and that you love me more than anything. I trust this completely and am so grateful to you that you have always kept me safe and secure in your radiant shell of love from an early age. Only you can help me now...'

You pause and just listen quietly to yourself, surprised that you have just stammered out something like a prayer. That's not usually your style, but at the moment you have no choice but to ask God for help.

For a while, you don't do anything at all, you just sit there and feel safe in God's loving embrace. But suddenly *something occurs to you*.

You take your invisible, inner lamp and shine it on every single pair of glasses of your 'helper' and also those of your 'shadow' from all sides. (To do this, go back to where all the glasses are introduced in this chapter!)

You put on one after the other in your imagination and patiently try to *sense* how they *feel* to you each time. Concentrate on your thoughts:

'Which glasses are uncomfortable for me, which are comfortable? Which ones make me feel so protected that I want to keep them on for far too long? In which areas am I often a little *too* cautious? Where do I automatically react with defence? And *how* exactly do I react? Do any of these glasses fit with something I've recently got into the habit of doing? Or what attitude have I always been known for? And what do I actually think of my fellow human beings, my life, my future, the world in general, etc.?'

Suddenly you realise *which* glasses are sitting invisibly on your nose since you have become accustomed to them as complex glasses or have inherited them from your ancestors. You just had to *feel* them first in order to be able to perceive them, because 'seeing' was out of the question in this case - actually logical in your own *unconscious*, where you know nothing and can see nothing... *That* was the trick!

Delighted, you quietly turn to God again and thank him effusively for helping you out of your predicament so unobtrusively and kindly.

Now that you have realised what complex glasses have grown in front of your inner eyes, you would naturally like to call your 'helper' to tell him, beaming with joy, what you have found out about yourself and to immediately look for a solution to your problem together with him. But you feel that you simply don't have enough energy left today.

So, why don't you make do with your complex glasses discovery first and simply get out your blank drawing sheet and your coloured/felt-tip pens. When everything is ready, close your outer eyes and take a moment to reflect on what you have experienced today...

Now select the part when your 'helper' and your 'shadow' showed your 'conscious self' their different glasses! Your drawing should therefore show something like the following:

- your '*conscious self*', wrapped in the almost invisible, shimmering protective cloak with a hood, the lamp lit, the leash attached to your wrist,
- your '*helper*' - as he looks today - with his glasses case open and perhaps a pair of glasses in his hand,
- your '*shadow*' - also with today's appearance - tied to its leash, just as it pulls one of its glasses out of its clothes, fur, or feathers...

And all three soul figures are wrapped in the radiant shell of trust in God, while the morning sun from the top left again *illuminates* the whole scene (makes *aware*).

When everything is clear to you, begin to draw this inner image on the page in front of you and colour it in...!

You've done a great job! You'll be able to easily remember which *protective and defensive goggles* your 'helper' and your 'shadow' have ready for you if you ever get into trouble and really need them.

Finally, draw your newly discovered, *own complex glasses* in front of your 'conscious self' and note in small letters next to it what kind they are!

So, that's it! Once again, you've painted a really meaningful picture for your research journey picture book. Super!

This time you write the title above it: 'Mental protective and defensive glasses / my own complex glasses'.

And now you should definitely get some rest because it's really quite exhausting to recognise something unconscious about yourself, isn't it?

Once you've regained your strength, you can watch how you look at everything over and over again through your special, long-accustomed complex glasses - whether you like it or not...

20. Solution paths

Hello, dear _____, Knight of His Majesty!

Are you ready for the final spurt after the long research journey through your inner soul landscape?

Today, after consciously *unravelling your problem* and recognising your *obstructive complex glasses*, it is important for you to finally find a *good solution* for yourself and your fellow human beings so that you can soon continue to live your actually wonderful life in a redeemed and liberated way.

When you feel rested and fit and the glorious morning sun once again illuminates your consciousness, it is best to go back to where you last met with your 'inner helper': in your room, for example, or in the garden, on a walk, in the forest, while hiking, on a mountain, by a lake, etc.

It is only important that you can be alone there and are not disturbed by anyone or anything. You should also have your drawing pad, coloured/felt-tip pens, and your problem boulder drawing with you again. And something to eat and drink would of course also be helpful so that your physical needs don't distract you...

As soon as you are ready, you can call your '*helper*' back to you with your outer eyes open or closed, so that he becomes '*visible*' to you on the *inside*.

Greet him and tell him what you have found out about your complex glasses - and above all how you have suddenly recognised them in yourself...!

I'm sure your 'helper' is very pleased with the insights you've gained in the meantime. But at the moment you are still wearing these ingrown complex glasses in front of your inner eyes and can't imagine how you could ever get rid of them. After all, you have recently tried several times in silence to pick, rub or even scratch the invisible thing off the face of your 'conscious self', but it hasn't even moved...

You now look at your 'helper' in search of help. But he already seems to know what worrying thoughts are bothering you because he says reassuringly:

'Don't worry, my dear! You can't get rid of complex glasses in the conventional way and certainly not by trying hard to remove them, but you can do it *with these special glasses*. I have received them personally from God as your 'inner helper' so that I can finally pass them on to you today - my favourite piece!

With these words, your 'inner helper' holds out an almost invisible, slightly shimmering, and feather-light thing that you didn't even see in his suitcase last time. You carefully take this hint of glasses in your hand, place them gently on your nose, and push the two arms of the glasses towards your ears until you suddenly no longer feel them at all.

Meanwhile, your 'helper' explains to you in a friendly manner:

'These are not ordinary glasses or goggles, as you will have realised, but *solution glasses*. Thanks to their special, light, and airy lenses, you will be able to suddenly discover the first solutions to any problem, no matter how tricky, despite your overgrown complex glasses.

Why don't you try it right now with your problem drawing!

Curious, you look down at your drawing through these solution glasses and are amazed because you can now see individual figures, symbols, words, and arrows *shining* mysteriously on it, including some that you didn't even draw or write yourself... Even the *feelings* of the different people now radiate towards you from your problem sketch, although you were never able to perceive them properly before because of your unconscious complex glasses.

Now, however, these phenomenal solution glasses seem to have etched away or otherwise cancelled out their obstructive effect. As if you had put on a cool pair of '3D glasses', you suddenly find it very easy to *put yourself in the position* of all those involved in the problem with your 'conscious self' and you can even *feel* afterwards what *they* felt in that situation...

You look up at your 'helper' again in amazement and he says with a grin:

'You had no idea there were such ingenious things in your soul, am I right? But in the meantime, you have come so far with your conscious hero 'self' that you are mature enough to *learn to use* this new *soul tool*.

All you have to do is break down your current problem into its individual parts - as you have already practised -, recognise any complex glasses in front of your eyes, and then put these solution glasses in front of them. And then you'll see tips and possible solutions that will ultimately be acceptable and helpful for everyone involved. Great, isn't it?'

'But, but,' you're now pressing on, 'why is it even necessary to discover your own complex glasses first? You could have given me these ingenious solution glasses straight away without having me to find out so much about myself. That was hard work that I would have gladly done without.'

Your 'helper' grins broadly across his face and remarks casually:

'I can well imagine that, my dear _____! But as long as people *don't know* which invisible complex glasses, they have become accustomed to out of fun, overcautiousness, fear, or expectation or have already picked up this habit from their ancestors, they won't be able to recognise anything through these solution glasses. Only when you *consciously know* what psychologically restricts or distorts your vision can this wonderful gift from God enable you to bypass the various complex distortions and visual obstructions. It is therefore essential that you *know your type of complex glasses* so that you can see previously overlooked connections and the perceptions of other people through these solution glasses.'

'Aha, that's how it is. Would have been too nice...', you mumble to yourself. But your 'helper' doesn't respond, instead continuing to talk:

'By the way - these glasses have another special feature: not everyone sees exactly the same through them, as you would expect. No!

The two lenses are cut with such supernatural sophistication that they allow different solutions to pass through their completely invisible grid *for you* than for your colleagues or family members, etc. - depending on someone's character or psychological traits.

So, it can easily be that one person, seen through these solution glasses, finds the following glowing words on his drawing: 'Don't take yourself so seriously', while another, despite having a similar problem, reads: 'Take better care of yourself!'

Because God does not have one-size-fits-all solutions for people through these glasses, but rather solutions that suit the individual person and their life...

For some people, it often helps if they simply don't dwell on the problem, but concentrate more on how well they are already doing.

But for others, this reaction would be a harmful, almost cowardly way of looking away, which would make the problem even worse and would therefore not be a solution.

However, some people absolutely must learn to ignore nasty remarks and, thanks to their mental protective suit, simply let them bounce off them without reacting. In this way, they can prevent their 'psychic shadow' from literally *clawing* into the 'shadow' of the bully out of sheer hurt - which in the end only saps the energy of both parties involved unnecessarily!

For other children and adults, however, these ingenious solution glasses make it crystal clear that they should *seek help* somewhere *immediately* because the problem has become too big for them to deal with on their own. You can get help from mum/dad or another loved one, for example, but also from a social worker, doctor, psychiatrist, or counsellor or via the advice line, internet, etc. In any case, you certainly can't look away in this case, but *must* 'call for help' immediately, otherwise...

So, you see, dear _____, through these solution glasses, God recommends *very different approaches* to each person, depending on what makes the most sense for them personally.

Sometimes these marvellous lenses even illuminate *several good solutions* at the same time, so that it suddenly becomes difficult to *decide* in favour of one of the suggested paths at all...'

You suddenly nod thoughtfully to yourself, remembering that you were already desperately wondering whether you should visit your sick schoolmate on your afternoon off or whether it would be more important to tidy your room at home, bake cakes with the neighbour's children for a party, or take the bus into town to finally buy new winter shoes...

'These solution glasses will also help you *with this*,' your 'helper' responds to your thoughts. 'If you look through them very carefully, after a while you will be able to recognise that one of the many solutions *shines a little brighter* than the others. This way you will know what God considers to be most important for you at the moment and you will no longer have to decide for yourself. And over time, you will realise that God always chooses for you *what* leads to more *joy and peace*.'

'Really?' you ask incredulously.

But when you think about it again, you have to admit that you *could have* always *sensed* which solution would have been best for you - the one that really made you the happiest and left you feeling wonderfully at peace...

'OK, I've got it,' you say with a grin and let your 'inner helper' continue talking - which it does immediately:

'For some problems, you sometimes see too many solutions, so you should *decide wisely* with God's help. But with these solution glasses, this is no longer difficult. You just have to be prepared to *actually put* God's brightly shining *suggestion into practice*...

But unfortunately, there are often problems in life that *cannot be changed* at all - neither for you nor others!

Just think about your height, your looks, or your abilities or inabilities! You've been given these in your genes and now you just have to make the best of them. Your character or your psychological characteristics were also simply given to you, just like your intelligence or any illnesses or disabilities. You couldn't even choose your parents, siblings or your own children, and you have to take your neighbours, co-workers or classmates as they are, don't you?

And this list does not end here! Because at the moment you are also determined by where you live, your daily work, a certain amount of money and other possessions, but also by the weather in your neighbourhood, the season, nature, traffic, the economy, politics, etc.

And if someone has been subjected to terrible violence or someone in your family suddenly becomes very ill or is even at risk of dying - possibly including you - there is usually nothing you can do to change this either...!

So sometimes it seems as if there is no solution at all to some problems. The pain about it or that of past experiences or old complex wounds is then simply there in your heart, perhaps even too great, so that you feel completely powerless in the face of the problem.'

'But I've got these solution glasses now,' you quickly interject, because you're a little scared by these ideas. 'Maybe they can show me a way out even in such hopeless moments...'

Your 'helper' replies with a smile:

'Well thought out, my dear _____, because these solution glasses are from God - and with God nothing is really impossible!

However, you can't always read the entire solution to your problem through these glasses, but often only see the invitation in illuminated letters: 'Turn to me, your God!'

Yes, you're amazed, aren't you? But that's the way it is! If nothing else works in your life and you can neither go forwards nor backwards in your own strength, then you still have your Creator, who will *carry* you gently and full of love *through* your difficulties, however bad they may be.

And *from this* - usually completely surprisingly - a totally unexpected but *wonder*-ful solution emerges that can get you out of your terrible mess.

You have already experienced this yourself when I *had* to leave you alone with the search for complex glasses so you could become more independent in your inner world and learn to use your spiritual tools. God didn't leave you there either, but stood by you inconspicuously,' your 'inner helper' reminds you.

'That's right,' you confirm, impressed. 'God suddenly gave me the *right idea* so I could figure out the rest on my own...'

'You see, you can always rely on God! No problem is too big for him and he still has a good solution ready for you even if, according to human judgement, there couldn't be one...!'

So, you can *a/ways* turn to God and ask him for advice and help when your 'self' abilities or my 'helper' possibilities are exhausted. Then simply unload your burden of worry, which has become too great, onto your marvellous God, let him take you in his

arms in your imagination, and trust him completely that, despite everything, he will soon have an ingenious solution ready for you. After all, he only means well with all his beloved creatures - including you!"

Smiling, you close your eyes at this idea and feel a wonderful feeling of happiness flow through your whole body. 'So, it's never hopeless,' you think to yourself, 'With God, there's *always* a solution! I really must remember that.'

Full of confidence, you look up at your 'helper' again and want to hear what else he wants to tell you. And so, he continues his explanations in an animated manner: 'So, as soon as you have 'grounded' yourself in God in this way, so to speak - or would it be better to say 'gehimmelt'³? - you should take *another* look at your problem boulder image through your solution glasses. In the meantime, your inner eyes will have loosened a little through your *conscious* trust in God, so you will suddenly be able to recognise even *more* mysteriously glowing words and sentences in your drawing.

It might say: 'Have you noticed the *good* things about your problem yet?' or 'Love your enemies' or 'Look how *richly* you have already been blessed' or 'You are obviously urgently *needed* here' or 'You *yourself* are the solution to your problem' or 'Leave it only to *me*, your God' or 'Don't be afraid, but *rejoice!*' or 'Getting through this is part of your *training* for later' or '*Forgive*, then you are free' or 'Pay attention to your last important *dream*' or 'Don't give up, just keep enough *distance*' or 'Only you can bring *peace* here' or 'There is always something to be *grateful* for' and so on.

And do you know what is *common* to all these sentences and requests, that God will show you and everyone else through these glasses at some point?' your 'helper' now asks you.

But you just stammer as if caught out:

'N-n-n-no idea! All I know is that I find all these sayings terrible. 'Have you realised the good thing about your mess yet?' or 'Forgive, then you're free', you mimic your 'helper' in a derogatory tone of voice.

But he doesn't react angrily at all, he just smiles as he answers you calmly:

'I know that many people often initially perceive these proposed solutions from God as 'completely off the mark' or downright 'crazy', so they initially reject these ideas out of hand or forget about them straight away. Yet it would be important to put them into practice in their own lives in order to realise how *wise* they really are.

The human defence against all these divine tips comes from the fact that these sentences suggest a *completely new way of looking* at things and that they - actually God - surprisingly invite you to approach your own problem in a completely different way than before.

Normally, you'd rather stay angry, offended, disappointed, or sad in a deadlocked situation than *shift your usual perspective* even a little and look at things from a different angle.

Most people are real 'creatures of habit' in this respect,' says your 'helper'.

'But don't get me wrong! *Habits* are not necessarily a bad thing - on the contrary! After all, every single person has *trained* and become *accustomed* to most views and

³ Word creation in German for 'opposite of grounding': 'to anchor yourself in heaven'

reactions over the years since birth, so in the meantime, countless movements and views can take place on their own - i.e. completely unconsciously. This requires much less energy than constantly having to consciously think about how to do something or what to think about something in particular.

Just imagine, dear _____, having to think about every step you take or every word you say, so that you can communicate or don't fall down straight away! That would be terribly tiring, wouldn't it? And you wouldn't be able to see, hear, or react appropriately to anything at the same time as you walk - but thanks to your years of practice, you can!

Habits are therefore essential to life and make your entire existence as a human being possible in the first place. They are therefore obviously part of the 'foundation' (4) area of interpretation and, as unconscious views and reactions, actually 'form' your entire soul landscape.

Doesn't this sound familiar to you? Exactly! Your *habits* are all mental complexes and predominantly *positive complexes* at that: (4+), (3+), (2+), (1+). They make up almost the entire 'floor' of your soul.

And it is only thanks to all these inherited or trained complexes or habits that run *unconsciously* in you that your brain still has a track free for the *conscious* decisions that your 'self' has to make every day. Amazing, isn't it?

But - if, for once, it was time to *change* any of your views or reactions because they have become a problem for you for some reason or should make way for a new solution, then you quickly realise that *everything* inside you is *blocking such a change*. This is logical, because you have been training yourself in this habit for soooo long that it just 'wants' to continue to run stably and unconsciously as before. As a result, the unconscious 'shadow' within you resists the new and stubbornly tries to continue in the old, familiar ways of seeing and reacting - even if the new, better, more sensible attitude comes from God himself...!

Do you recognise that in yourself? your 'inner helper' asks you.

You nod immediately and tell him about your previous attempts to stop cramming sweets, cut bad words out of your vocabulary, or finally go to bed a little earlier, and so on.

Two or three times, the new idea worked really well and you were proud of your self-discipline. But even though you fought like a warrior, you still fell back into your old ways as if under duress and had to give up your good intentions for better or worse...

You report all this to your 'helper' and shrug your shoulders in resignation.

'But that's the end of it now,' your 'helper' replies cheerfully and winks meaningfully at you as he continues:

'Fighting is *always* the wrong method in your own soul anyway, because your unconscious, your habits, and therefore also your infinitely changeable 'shadow' are always so much stronger than you with your limited, vulnerable 'conscious self' that you have no chance against this dark elemental force within you in this way.

But your Creator has long since given you and all other people a *wonderful ability* that makes all fighting unnecessary and is nevertheless effective:

the *conscious replacement* of a harmful reaction with a new, helpful behaviour!

Perhaps you already realised when you put on your solution glasses that fighting against your complex glasses didn't help at all, did it?

But as soon as you recognise and 'see *through*' your problematic point of view, your solution glasses will immediately show you what you need to change to get rid of the problem. And then all you have to do is *obey* this wise *suggestion* from *God* and *carry it out* every day instead of your problem until the old habit is forgotten and *replaced* by the new, better perspective or reaction - as I said: without a fight!

'But how do you keep up the new behaviour or the new view for several days?' you want to know a little gruffly. 'I told you that after a few weeks, everything always went back to the way it was, no matter how hard I tried.'

Your 'helper' promptly replies:

'You just have to *make a visible plan* that you can *'hold on to'*, so to speak, when things get difficult!

To do this, use a ruler to draw 5 - 7 *vertical rows* (about 4cm wide) on a blank sheet of paper with some space between them, each row consisting of 10 *superimposed squares*.

Then write '*Behaviour change plan* from _____' as the title and just below it, write down *your plan* in a few words (only one at a time!), for example: 'I will eat sweets only for Zvieri⁴' or 'I will say normal words and sentences to others and in a friendly tone of voice' or 'I will always turn off the light at 9.00 pm from Sunday to Thursday', etc.

So, you don't mention your problem *anywhere*, your harmful view or reaction anywhere, but only write down what you are *striving for as a helpful solution*. Then you observe yourself from time to time during the day to see whether you have already succeeded with the new behaviour and if this is the case, you colour in the first box in the first row or stick a star or something similar on it as *confirmation of success* before going to bed.

However, if you fall back into your old, harmful behaviour (even just once), you don't get any more upset about it but simply *don't* colour in a field that evening and try again the next day.

So, you only *reward* yourself for *successful* days and are happy about your progress, while you hardly notice your relapses.

You can also give yourself something tiny after every row of 10 or have your parents give you a little, little *present* to root for your 'conscious self' and your 'shadow'. And under the last row, it's best to paint something not too expensive that you want so much that you want to keep going until all the squares have been coloured in.

This also helps small children who want to get rid of nappies or dummies, for example, or who still need some training to learn to respect the invisible territorial boundaries of other creatures...

In this way, a *new habit* can build up in every person - positively reinforced - until it is so stable that the old behaviour, the old complex, no longer has any strength and at some point, simply disappears quietly. What then remains in you is therefore only your new, positive habit - a *positive complex* - and this now strengthens you for the rest of

⁴ Swiss German term for 'afternoon snack'

your life from the inside out and enables you to have a completely new, happy outlook. This is the purpose of every *behaviour change plan*!

Although you are not yet entirely convinced that it will work so smoothly for you, you have no objection to trying it out at least once. But at the moment you don't even know what solution(s) God will suggest to you through your wonderful glasses...

'Exactly', your 'helper' picks up on your thought and now gives you the following instructions:

'So, my dear _____! Now sit down comfortably, take out a blank drawing sheet, and your coloured/felt-tip pens and draw the two *lenses* of your solution glasses (each approx. 12 cm wide and 10 cm high) *across the top half of the sheet* and as *large* as possible. Then connect them with a nose bow and add the temples to the left and right at an angle to the top or bottom.

Then take another close look at your drawing of the problem through the solution glasses on your nose and make a *note of all the words and sentences, symbols, and parts of the picture* that light up on the problem in front of you - in other words, simply everything that 'comes to mind' at the moment because God suggests it to you as a possible solution.

Don't leave out anything that you get to see just because it might seem silly or even impossible to you at the moment, but record every hint on your solution glasses drawing, no matter how inconspicuously it shines!

This is the *first* assignment I'm giving you today. Go ahead...!

'That's good! Your giant solution glasses are now full of words and suggestions for solutions. It's amazing how many ideas have come together, when before you couldn't even find a single useful clue because of your complex glasses...!

But if you are now too tired to continue right away, dear _____,' your 'helper' now says to you sympathetically, 'you can pack up for today without further ado, and rest right here or at home...'

'But if you still have enough energy and are curious as to how you can get from this hodgepodge of words and sentences to a *workable solution*, read on here!

Now it's time to *think through* all these *suggestions* in peace and quiet. Feel your way into the sentences and ideas, *imagine* what they actually *mean* to you and then *group* them into a few subject areas...!

'In the meantime, a *single solution* will have slowly but surely emerged for you that you could implement in your everyday life.

A *solution path* usually consists of *different steps* that you can only carry out one after the other. Using the clues you have collected in the lenses of your drawing, think about what you need to do *first, second, third, etc.* to really get out of your problem in the end!

It could be, for example, that you first have to talk to someone you have hurt in order to *apologise* to them and somehow *make amends*. You can apply a kind of invisible ointment to the other person's emotional complex wound so that it heals again... Or you have to *forgive* someone who has hurt *you* - this also works like a 'complex wound ointment', but this time within yourself! And only afterwards can you perhaps train yourself to adopt a new behaviour that helps you to avoid constantly slipping back into this problem.

However, it may also be that you first need to *get* an adult to *help* you or that a *joint discussion* with all parties involved is necessary, etc. It is often only afterwards that you are able to really understand the whole thing and see it from a new perspective.

However, some children and adults first have to literally '*bury*' a *harmful point of view* before they can finally learn, for example, how to safely let out anger and disappointment by 'punching pillows' or tearing up newspapers - or how to recognise their own and all other people's territorial boundaries - or how to set healthy boundaries and still remain loving - or how to forgive others and thus make real peace - or how to stop constantly expecting something instead of simply being grateful for everything they are allowed to experience, and so on.

Once you have worked out which *steps* are necessary in *your* case to get out of the problem, now write them *in order which makes sense* from left to right *below* the solution glasses you have drawn! Circle each of these steps *in red* so that you have a kind of chain...!

'This is now your own *personal solution path*! Like in a haste makes waste game, you have to *actively move forward one step at a time* before you will be free of your problem. Make a note of the appropriate number for each circle (1st, 2nd, 3rd, etc.)!

This means that if, for example, the *first* red circle says 'release anger', then you should consciously 'do this' in reality as soon as possible!

Only then can you move on to the *second* circle and do what it says, such as 'talk to God and/or a person about it' or 'apologise' etc.

Do it, even if you don't feel like it, because otherwise you won't be able to move on to the *third* step, which for you might be called 'making peace' or 'making amends'.

Once you've done this too, you'll feel much better and be ready to tackle the things in the *fourth* circle, such as 'Don't explode over every little thing' or 'Positive thoughts would be better for me' or 'Don't react to teasing' or something similar.

For this step, you now need a behaviour change plan (create one as described above). You then *train* your new perspective or reaction every day anew *like an athlete* until all the boxes are gradually coloured in...

So, you still have a lot of work ahead of you,' your 'inner helper' now summarises, looking at you encouragingly.

'However, it is definitely worth taking your own *personal solution path step by step*, because one day you will suddenly realise that your problem, your harmful perspective, a stupid habit, or a difficult complex within you has simply *disappeared*. And then you

and your fellow human beings will certainly *feel much, much better* than they do actually!

But for now, it's best to just write the title of your drawing, which today reads: 'Solution glasses suggestions and my own personal solution path'.

And then, after today's chapter, put this drawing in your almost completed, thick research journey picture book.

Rest consciously now and only take the first step towards your new solution when you are ready to do so. All the best - with every single step...!'

21. Gifted

Dear _____, Knight of His Majesty!

How are you doing in the meantime? Good? Bad? Better? Or even much better? After all, you have travelled this long road through the landscape of your soul - in all kinds of inner weather and at all mental times of the day and night - so that at some point you should feel really good again in your outer world, or at least much better than before. And that's how it turned out now, isn't it?

It helps everyone if they know a little about their conscious mind, but also about their subconscious and the completely unconscious. Only if you know how your 'conscious self' can best deal with the 'psychic shadow' and the 'inner helper' and utilise your own psychic abilities will you ultimately be able to *consciously* solve the real problems of everyday life.

You have now tried this out yourself in a very practical way with one of your problems: *Perhaps* you have seen through the wonderful *solution glasses* that you should definitely *listen to your 'helper'* so that you don't keep hurting yourself and others with completely unnecessary territorial boundary violations. It could also easily have been written in neon letters in your drawing of the problem: 'Think about whether you can really take respons-ibility before God for your behaviour!'

Or you may have realised when looking through the solution glasses that it would be urgently necessary to *lead* your '*shadow*' more decisively - more *like a leader* - in difficult situations, instead of constantly 'letting the five be straight'⁵ for its sake or even accepting it as the boss of your 'self', although it really isn't made for this job...

Or did the sentence 'What do I actually *need*?' or 'What does the other person *need* to be happy?' light up on your problem boulder sketch? This is an extremely important question because if you get what you *really need* at the moment (something to eat, attention, peace and quiet, a hint, etc.), then you immediately feel much better and sometimes you no longer have a problem at all...!

Or did it simply say on your problem picture: 'Pay attention to your *last dream*' or 'Just *keep dreaming* an important dream while awake' or 'Pay special attention to your *next dream*'?

That would also be quite possible because dreams can contain surprisingly helpful tips on how best to get a problem under control. And you've already practised interpreting your dreamed image sequences a little on your night walk through the soul...

However, it may also be that you have been made aware through your solution glasses not to repress *unavoidable psychological pain* (for example from injuries, death, grief, trauma, or inherited complex wounds) under any circumstances, but to *consciously endure* it until you can *let go* and *forgive* others or your own nature, whereby your psychological wound can finally heal.

Suggestions for dealing with your *natural aggression* (due to disappointment, jealousy, frustration, etc.) may also have emerged from your drawing - as described above -

⁵ German saying for 'taking something not too seriously'

because it is important that you can always let it out in a healthy way without hurting others (attention: territorial boundaries!).

Or did it simply say: 'Finally decide on a solution' or 'Now go and put the solution you have found into *practice*'?

But of course, your problem boulder sketch may also have been about what *tricks* you could learn to avoid going crazy with your 'shadow' in stressful situations.

The following is helpful, for example: 'Hold up a self-made *'red card'* immediately if you want to show others that you are stuck in a stutter or autistic perceptual overload and are unable to speak.

Or: *'Deliberately* behave in an extra 'wrong', 'forbidden' or 'dangerous' way if you suffer from obsessive thoughts or fears in order to prove to your 'shadow' that nothing bad will happen...'

Or: 'For difficult moments, memorise a *helpful* song, a saying, a picture, an object, or a *saving image* so that you can 'hold on' to it and not break down mentally straight away.

Or it says on your drawing: 'Call your *'shadow'* here decisively, take it on a leash, and talk to it soothingly until it can let go of its panic-distorted vision.

However, it is also quite possible that *you* don't have a problem yourself at the moment, but only those you are dealing with.

Then you have probably seen one of the following sentences light up through your solution glasses: *'Don't get caught up* in other people's desperate 'shadows' or *'Refuse to play along* with other people's problem 'theatre', otherwise you'll end up with a problem yourself!

It may also have said: *'Stay safe* in your own territory' or *'Keep enough distance* from the person causing the problem, even if you love him!'

Because it is never a solution to let others destroy you or to suffer submissively because the other person 'can't help it'...

No! *Everyone has the right to be well*, and no one may harass or cause pain to another. You've known that since your 'helper' taught you the *territorial rule* and *knighted* you - as a knight of his majesty, *of God*, your creator! And he *loves* every single one of his creatures. So, God definitely doesn't want any of them to hurt anyone else, even if they are perhaps suffering from a problem themselves. There is *no* excuse!

Fortunately, God doesn't hold our transgressions against us humans (only we blame ourselves or others...!), because he knows that as beings *capable of development*, we are also *prone to mistakes*, but by nature, we *always* want to do our best.

Only if we disregard the territorial rule - actually his divine rule of love - or accidentally violate a boundary, does God allow us to bear the consequences ourselves sooner or later. In this case, our Creator is amazingly consistent - just like good parents or good leaders! That is why it is actually the wisest thing for us humans to voluntarily follow his divine opinion and, as his knights, *keep to the simple territorial rule without interruption*. Because this way, we and everyone else are guaranteed to be in the best of hands!

In the meantime, the solution glasses have certainly led to a *completely new perspective on your problem*, have made your old complex glasses superfluous and thus largely *freed* you from narrow tunnel vision, perhaps even from unnecessary fear,

despair, disappointment, insecurity, narrow-mindedness, egotism, grandiosity or even obsessiveness, who knows.

Depending on the nature of your personal problem, it may have already vanished into thin air (solution) as a result of your new resolve or your much more positive behaviour, and you may now feel free and happy again.

But it's also quite possible that you're still working through the whole thing, making peace with someone, making amends, forgiving others, or still using a plan to get used to new, better behaviour or a more sensible way of looking at things.

Sometimes it just takes a little time to clear up something that you have been putting off for a long time. That's completely normal, because the bigger your problem boulder is, the longer it takes to break it down and open up your life path again. But now you can see from your previous drawing how you can put everything back in order, piece by piece.

So, don't let your 'shadow' dissuade you from this perhaps somewhat strenuous *problem-solving path*, even if it has been nagging you the whole time with its well-intentioned fears.

Just give him a good talk and tell him that as a heroically trained boss 'self' you now have things under control and know what to do, because you have recently started listening to your 'inner helper' and to God.

So, now your 'shadow' really doesn't have to worry about you anymore and should rather *support* you with its imaginative ideas and its bubbling enthusiasm on your path to a solution. Then it could soon be true that you will have finally 'worked through' your problem...

'And that will certainly be the best party you can imagine, won't it?' your 'shadow' suddenly bursts into your thoughts and your 'helper' comes rushing in - in whatever form. Surprised, you greet them in your imagination - whether within your soul landscape or invisibly outside of you in the outer reality - and you ask them why they are showing up right now without you having called for them.

Your 'helper' answers you with a smile:

'I'm sure you realise yourself, dear _____, that your long, long journey through the soul is slowly coming to an end.

You have learnt a lot about yourself and your inner self and know how to deal with us - your own soul parts. You have also become able to take responsibility for your actions like a heroic knight and thus solve your own problems step by step.

You now know your soul so well that you can *continue* your own *personal journey through life* as an independent 'conscious self' with both of us and together we will now ensure that you are almost always well. Are you with us?'

You're beaming all over your face and reply cheerfully:

'Well, of course! I feel so much better now that I've got to know you both and my 'self' that I wouldn't want to miss out on all the knowledge I've gained together with you on this research journey.

And since I've even been slowly getting to grips with my biggest problem recently, *all the pressure* I was suffering from before has suddenly *disappeared*, even though I didn't even know where my uneasy feeling was coming from. Now I feel really *liberated*, like I've been released from an invisible prison!

Looking through the solution glasses, I no longer find everything as difficult and tedious as before, because I now know that there is a good solution for everything - if I am courageous and consistent enough to really deal with my own problems...

I think that somehow my complex wounds are also *healing* by the way, which makes me feel much *healthier* than before - mentally anyway! But that actually also applies to my physical health, if I think about it properly. I hardly violate my own territory anymore and live a much healthier life...

So, all in all, I'm doing really well now - even if everything doesn't always go perfectly and some things just can't be changed. But these things no longer bother me and I'm finally able to simply enjoy my normal life again. This is largely thanks to you, my 'helper' and my 'shadow'. Thank you very much for that!

With these words, you as the 'conscious self' gratefully shake hands with your 'helper' and your 'shadow' side in your imagination. Delighted, your 'shadow' then cuddles up to you, even more touched, while your 'helper' remarks:

'Now that you have learnt to see through the solution glasses with the eyes of your Creator, so to speak, and it has probably become completely *unnecessary* for you to ever again lash out angrily, belittle, shout at or torment others, take your bad mood out on someone, destroy something, wallow in self-pity, expect certain things, let others destroy you or hurt yourself - I think you are obviously ready today to *find* something very precious in your soul at the end of your research journey...'

Surprised, you look at your 'inner helper' and your 'shadow' also jumps curiously towards it - but the 'helper' doesn't speak any further, just smilingly points with its hand into your soul landscape.

Confused, you stand up as the 'conscious self' - wherever you have just been in your soul - and walk hesitantly with your 'shadow' in the direction in which your 'helper' is now leading you.

Outwardly, however, you naturally remain sitting exactly where you started reading this last, long chapter today - at home in your room, in a group room, outside in the garden, on a bench at the edge of the forest, or by the lake, etc.

While you now roam your soul landscape (at what time of day? in what weather?) and look carefully behind every boulder and every tree to find the precious thing that your 'inner helper' has promised you, your two soul figures accompany you like two children and watch you searching as if you were looking for hidden Easter eggs.

It's just stupid that you have no idea what to look for! Is the object large or small, conspicuous or inconspicuous, nearby or kilometres away? Or is it not an object at all? Is it something living or something invisible? Something natural or something spiritual...?

After a while, which seems like forever, because your 'shadow' keeps moaning: 'When are you going to find that thing? I'm bored? How much longer does it take?', you suddenly stop in the middle of a large meadow and reluctantly approach your 'helper': 'How am I supposed to find anything if I don't even know *what* to look for? Give me at least a little hint, otherwise I couldn't care less about your graduation present!'

Your 'helper' is not fazed by your desperate threat and only says meaningfully:

'Dear _____, you seem to me like *Parzival*, one of the medieval *knights* of the royal round table, when he was looking for access to the Isle of the Grail at a young age and just couldn't find it (anymore), as the Arthurian legend says.

At some point, Parzival gave up in despair and went his own way, learnt to be a brave, clever knight, made peace with God, his knight brother, and his future wife - and suddenly the path to the mysterious Grail Castle lay right at his feet...'

'Ahaaa!' you reply slowly and start to grin. 'I understand!

I have to *stop searching*, but as a clever, responsible knight like Parzival, I should make peace with everyone I have a problem with...'

With these words, you turn to your astonished 'shadow', pick it up in your arms and say kindly to it as you gently stroke its head:

'So, my little one! From now on, I'll carry you until we find the treasure or this grail or 'whatever'. That way you won't have to lie impatiently in my ears and I won't have to shout at you to shut up. Agreed?'

Your 'shadow' immediately nods reassuringly and leans its head against your chest like a contented baby. Just as relaxed, you smile at your 'helper' and confidently continue on your way across the large meadow with him. You say half aloud to yourself: 'It can't be long now...'

Your 'helper' adds with a grin:

'That's right, my dear knight _____! You *only ever* find the *Grail*, this ancient, mysterious wonder, when you have learnt to act wisely and responsibly at all times on your path through life and thus solve problems decisively until everyone is well - including your own soul parts. You have just shown us this in an exemplary fashion!

You reacted with *real love and empathy* when you picked up your poor, impatient 'shadow' and started to carry it. It seems that *complex glasses* no longer distort your vision because you immediately knew how to help you both out of the unpleasant situation.

This is the *effect of the Grail*, so it must be close by...!

Some imagine this Grail to be an ancient, miraculous *chalice*, while others are looking for a mysterious *stone* called the 'Philosopher's Stone', your 'helper' continues to explain to you as you approach a river.

'In any case, for centuries there have been countless knights, alchemists, and researchers, as well as ordinary people, who have dedicated themselves to the search for one of these two incredibly valuable objects.

This is understandable since, according to legend, the 'Philosopher's Stone' can *turn* even stinking dung into real gold, heal the sick, and give ordinary people wisdom and happiness...

And Parzival's 'Grail Chalice' is said to satisfy every hunger, cure all diseases and thus bestow eternal youth...'

You stand there with your mouth open and stare at your 'helper' in disbelief. There's no way you're going to find such a fantastic magic stone or magic chalice that will make you incredibly rich, always full, healthy, and infinitely happy - when you've done nothing but go on this exciting research journey through your soul!

'I'm probably dreaming,' you think to yourself, 'and soon the alarm clock will ring...'

But your 'helper' just shakes his head with a grin and leads you and your 'shadow' down to the river between some tall willows.

You blink in awe, because it's marvellous how the sun makes glittering lights dance across still waters in some places. And suddenly you see the stone!

It shines out of the shallow water at the edge of the river like a lump of gold. That had to be the 'Philosopher's Stone'!

You immediately go closer, first put your 'shadow' back on its feet next to you and then crouch down in the dry riverbed very close to the water flowing past to take a closer look at the unique stone.

In the middle of all the countless stones of different sizes that are here, this one very special stone (the size is different for every person, by the way!) lies about half a metre away from you and shines out of the water as if to say to you: 'Take me out already! I'm all yours!'

So, you stretch out both hands and carefully lift your 'philosopher's stone' out of the rippling waves, which immediately wash away any dirt, so the marvellous thing now lies shiny and wet in your hands.

Only now do you realise that it is not a lump of gold at all, but an ordinary river stone - which still glows mysteriously outside the water.

You now look questioningly over at your 'helper', who has been quietly watching you the whole time, while your 'shadow' excitedly dances around you to scrutinise the stone from all sides.

Your 'helper' gives you a friendly nod and then begins to speak almost solemnly:

'Yes, this is it, the famous 'Philosopher's Stone' that so many people have been searching for! Apparently, your aim was not to find the Grail Chalice, but that doesn't really matter, because both items make the finder deeply happy.

Today *you* have been *able* to *discover* this marvellous 'Philosopher's Stone' because in the meantime you yourself have *developed* from an ordinary person into a capable, wise knight of his majesty and, like Parzival, are slowly understanding what really matters in life.

Like him, you have learnt to consciously take responsibility for all your actions and reactions and not to harm anyone, but to always solve problems in a smart, peaceful way so that everyone is happy again in the end.

However, this actually means nothing other than that you have learnt to *love* on your long journey through the soul.

This may sound a bit cheesy to you, but this love has nothing at all to do with sweet romance, sex, or submissive behaviour! Because believe me, only courageous, heroic soul-researchers like you are capable of consistently adhering to the rules of the territory as wise knights of our divine majesty and also resolutely drawing other people's attention to them, so that *no one has to suffer, everyone gets their due* and *peace reigns* all round in the end. This can only be achieved with true love!

So, *loving* is only for *heroes with inner strength*, who have their 'shadow' under control like a good leader in a friendly, loving but cleverly determined way, so it does *not* violate any territory and does not immediately give in to every feeling of fear or displeasure or run after every new fashion (delusion) idea.

And only *self-conscious* 'self' heroes who are not too embarrassed to ask their 'helper' for advice from time to time or to have a very personal dialogue with their Creator God can *love* anyway - and who stick to all the wise suggestions and tips afterwards...!

Apparently, *you* have now developed this inner heroic strength to such an extent that you have become *heroically capable of love* - otherwise you wouldn't have been able to find the 'philosopher's stone' today,' says your 'helper' approvingly and smiles at you.

'That's all well and good,' you remark somewhat impatiently, looking suspiciously at the faint glow of the ordinary stone in your hands. 'But I haven't discovered any gold or anything else that would bring me great wealth. And besides, I'm feeling rather tired and a bit unwell at the moment - not exactly the effect I was hoping for from a health-giving, luck-bringing stone...'

Your 'helper' only reacts to your reproachful face with his disarming smile - as he has done so often before - and says calmly:

'Then why don't we sit down here on the bank in the soft grass under the big willow trees and you can eat and drink from the provisions you've brought with you until you regain your strength.'

Surprised, you realise as your 'conscious self', that you have a piece of bread, an apple and a small bottle of water with you. And since you know from experience that you don't need to ask how these things got into your pockets in your own soul landscape, you simply eat and drink with courage until you feel better again. (You can also do this in your outer world if it is necessary for your physical well-being...!)

Only now does your 'helper' begin to patiently answer your questions from earlier:

'My dear _____! Many people have already found this 'philosopher's stone' and then soon thrown it back into the water in disappointment because they expected it to bring them *tangible* wealth and *permanent* health. But this stone works in a completely different way!

Actually, this '*Philosopher's Stone*' is only a *symbolic sign* that you have now *become capable of loving*, as I have explained to you. So, it is about this love that you have learnt to put into practice in your reactions and actions towards other people and yourself - not about the stone (or the Grail) itself.

It is also this *love* that will make you infinitely *rich*, but also *full, healthy, wise*, and eternally *young*, so that you can be *happy, joyful, content*, and *grateful* all around - because you are simply *doing well!*'

'But, but,' you stammer in confusion, 'then this stone is worth nothing...'

Disappointed, you drop it on the ground in front of you, where it now lies almost inconspicuously among the other stones in the dry part of the riverbed.

'And I thought I'd hit the jackpot,' you continue to grumble to yourself. 'But I should have known that nothing here in the landscape of my soul is real - it's all just imagination and dream images! And I'm still falling for it and looking forward to Christmas like a little kid. But this 'philosopher's stone' is just a stupid symbolic image. How stupid of me!'

'You're not stupid at all,' your 'helper' replies encouragingly, placing your equally disappointed 'shadow' on your lap like a dog or cat so that you can share your frustration with him. 'Your initial joy about the 'Philosopher's Stone' was just as *full of*

sense and *right* as everything you have learnt here in your invisible, inner soul landscape.

But you are completely wrong if you still believe that nothing inside you is real just because your inner world cannot be touched. The three of us here on this river in your soul are completely real and the 'philosopher's stone' at your feet is also part of this totally real soul landscape. And as a result, your newly developed *ability to love* is also a thoroughly *real* fact, although, of course, you can't touch it with your hands either. In the near future, your inner transformation towards this love will also begin to have an effect on your outer everyday world, which your fellow human beings will certainly be pleased to recognise. But how could they possibly *notice* anything about you if your inner capacity for love wasn't genuine and real, my dear?

So, you see, although this is primarily about invisible, spiritual realities, this in no way diminishes their authenticity and certainly not their value! It is the same with wealth, health, and happiness, which will automatically come to you as soon as you rightly possess the 'philosopher's stone' - in other words, as soon as you have become truly wise and capable of love.

Initially, this will 'only' be a *spiritual* richness, an *inner* healing and an *invisible* feeling of happiness that you experience when you love yourself and others 'without complex glasses'. But over time, all of this will also have *visible and tangible* effects on your *outer* life.

At first, you may simply notice that you and your fellow human beings are generally feeling better - which was the aim of your research journey. After a while, however, you'll *actually* make more money, feel physically healthier and be able to enjoy your whole life to the full - because even *external circumstances and relationships* will inexplicably *change* in your favour. You will see!

But if you rush into these *possible*, positive effects of your 'transformation' into a *wise* knight too soon, they will - like Parzival's castle on the Grail - suddenly disappear from your life. And then all the *wonder*-full gifts of your 'Philosopher's Stone' will only re-emerge from the fog of non-existence and actually become real for you when you are ready to *simply love* and *expect nothing in return*. Do you understand?'

Slowly it dawns on you how this strange 'Philosopher's Stone' works and that it would do you absolutely no good to beg for gold or healing or infinite happiness directly from it. To get such wonderful things, you obviously need *patience* and the *wisdom* (see 'Philosopher's Stone'...) to allow your own slow transformation into a responsible, loving person to 'happen' within you, step by step.

Until then, it was probably the wisest thing to concentrate on normal, knightly life and everyday loving problem-solving, like Parzival, until the gifts of the stone would eventually become reality on their own...

Now that you have finally seen through the age-old misunderstanding about this 'philosopher's stone' and have 'buried' it for good, you grin happily at your 'helper' again and stroke your 'shadow', which is still sitting on your lap like a puppy - but now quite peacefully.

Suddenly your 'helper' eagerly points to a spot in front of your feet. *Your* 'Philosopher's Stone', which you had previously dropped in disappointment, is still lying there.

Although it is only shimmering slightly at the moment, individual letters are now gradually appearing on the side of the stone facing you, shining out of it as if it were full of glistening light inside.

You are speechless with amazement because you have never seen anything like it before. Spellbound, you continue to watch the mysterious appearance of the letters until, at the end, several words emerge. Holding your breath, you now read: 'I'm your God and I love you with all my heart.'

At first, you gulp blankly because you were expecting everything - without this. But then the words on the 'Philosopher's Stone' change again and now there are the words: 'Because I love you, you can love too'. And shortly afterwards it says: 'Actually, it's always about love.' And then you read: 'Love is the origin of everything, but also the goal.'

Like a mysterious firework display, the brightly shining letters change again and again before your eyes, so you forget where you actually are and just stare at this stone in front of your feet.

'Love is not a fifth element,' is now written on it. 'Love encompasses and permeates everything else,' then: 'Love is genuine through and through.' 'Love carries.' 'Love heals.' 'Love solves every problem.' 'Love makes everything valuable.' 'Love makes you happy.' 'Love makes you healthy'. 'Love fills you up inside.' 'Love makes you rich.' 'Real love makes you deeply happy.' 'Real love simply makes you feel pure good...'

Fortunately, you are sitting here safely in your soul under the marvellous willows on the riverbank in the grass, otherwise this *firework of wisdom* would certainly have almost knocked you off your feet. These sentences about love, which this stone has conveyed to you so brightly, seem to be messages from God himself. Is such a 'philosopher's stone' therefore nothing other than concentrated, divine wisdom?

But before you can turn to your 'helper' and your 'shadow' to ask them whether they have also witnessed this impressive spectacle on the stone, something even more incredible happens:

Meanwhile, your 'Philosopher's Stone' seems to be so full of the divine energy of love that it has previously described to you in all the luminous sentences that its inner radiance now becomes stronger and stronger and increases until this unimaginable power suddenly has no more room in it, but is also spread to the surrounding stones.

And so suddenly a *silent 'explosion' pressure wave of pure love* emanates from your radiant stone and spreads in concentric energy circles like waves over and in everything, without destroying anything.

The radiant luminosity first spreads to the entire riverbed, then permeates you and your soul figures like a warming, joyful trickle and then covers the river in front of you, the willow trees behind you and everything else around you until the shimmering circles of waves on the horizon of your soul landscape are no longer visible.

However, this incredible power of love does not simply stop there, but spreads throughout your entire unconscious soul area, which you cannot see but can still feel within you. And shortly afterwards, the circular love explosion waves glide from the horizon at great speed across the entire sky of your soul, so even the white clouds and the sun up there light up shimmering...

'And now?' you ponder, moved. 'Is *everything* inside me now full of this love? Does even my 'conscious self' consist of it? And my 'helper' as well as my 'shadow', too?'

'Of course!' your 'helper' answers with a wise smile. 'Your 'philosopher's stone' has captured and *transformed* everything inside you with its concentrated load of *wise, genuine love*, so you have now basically become a valuable, loving 'philosopher's stone' yourself as a whole person.

And - how does that feel?'

'Uhhmm,' you stammer, still a little dazed at first, but infinitely happy. 'It feels totally *good* and *right* and *marvellous*. And now I just really want to hug you both. Come here!' Moved, you put your outstretched arms around your 'shadow' and your 'helper' and press them joyfully against your 'conscious self' while you sigh contentedly: '*I couldn't be feeling any better!*'

It would never have occurred to you before that *love* could be something so wonderful. But now you find it simply marvellous to be completely imbued with this power of love. And you no longer feel the need to pass this love on to others - at least not to your two soul figures.

Your 'shadow' and your 'helper' naturally have nothing against *your transformation into a genuine, loving 'philosopher's stone'*. They are delighted that you now seem to have realised that *real love* has nothing to do with sweet, romantic feelings and nothing to do with simply letting yourself or others get away with everything or always saying 'yes' to everything.

For you, *loving* now simply means feeling constantly loved and wanted by your Creator. And from now on, this great *joy* will certainly make it much easier for you to observe the territorial rule without interruption and to stand up for your own well-being, but also for the well-being of your fellow human beings in a wise, responsible, complex glasses free, leadership manner - and in this way to love yourself, too...!

As you now sit there under the large willows with your two beloved soul figures, peacefully united with them as you watch the glistening river flow by, you suddenly realise with fascination that you are now really incredibly *happy, content* and *grateful* and really *no longer* feel '*hungry*' for external things, but simply feel *richly blessed, healthy, happy* and *eternally young*.

So, the 'Philosopher's Stone' clearly already has had a marvellous effect on you and has done a great job!

'Only real love can do that', you think to yourself. And then you turn to your 'inner helper' again and say to him in an agitated voice:

'Thank you so much for everything I've learnt from you, my wise 'helper'! You really are the best travelling companion through my soul that I can imagine! Thank you!'

He smiles benevolently at you and is glad that you have endured this long journey under his guidance until you were able to find the 'Philosopher's Stone' and have now become full of love yourself.

Then you caress your 'shadow' and thank it again explicitly by saying to it:

'I think it's great that I was also allowed to get to know you as part of my soul. I haven't had this much fun for a long time and I've also slept much better than before because I'm now much more aware of what you - uhm me, uhm my unconscious side - actually needs. So, thank you too, my dear, original 'shadow'!'

He is very happy that you are showing him in this way that you *like him* as your own shadow side *just as much* as your inner helper side, even if it's only the shadow you have to whistle back from time to time and put on a leash when it starts to exaggerate unhealthily out of its nature...

But at the moment, the three of you are just happy. You notice that your 'philosopher's stone' at your feet is no longer shining and can no longer be distinguished from the other river stones. But that doesn't bother you at all, because you can still feel, how it, but also everything around you, is still full of that marvellous love that has spread through your whole soul.

That's why you now get up from your seat, happy and relaxed, and then walk away from the riverbank as 'conscious self' together with your two soul figures, across the large meadow towards home.

No matter what the weather was like inside you at the beginning of today, the sun is now shining down from the bright blue sky, warm as spring. Bees are buzzing above the first flowers, birds are singing merrily in the trees and every now and then a hare appears in the grass near you or a deer stops at the edge of the forest and looks fearlessly over at you.

A great peace has spread across the landscape of your soul and reflects your own *inner peace*, which now radiates from within you thanks to the love power of your 'Philosopher's Stone'.

'*This is always the effect of love,*' your 'helper' explains to you casually as you walk. 'As soon as you love - whether yourself or others or your creator - this unique *peace* arises around you and within you.

Parzival found it when he forgave his adversaries and made peace with them. And *you* have brought about this peace here by learning to love both of us - your own soul parts - as a 'conscious self' and visibly wanting to be loved by your wonderful Creator God.

As a result, you are not only doing well - as was your goal - but this *genuine, deep peace* is also spreading within you and around you.

You will also notice this when you return to your outer life. Because if you *love* and therefore know how your inner self works and how best to deal with your own 'shadow', you will automatically create this wonderful, *peaceful* atmosphere.

And now that you know all this, your long, long research journey through your soul has really come to an end...'

You stop abruptly where you have just arrived and ask your 'helper' uncertainly:

'You two aren't disappearing forever now, are you?'

Your 'helper' shakes his head in amusement and replies:

'Oh no, you silly thing! That wouldn't be possible. We are both part of your soul. If we no longer existed, you and your 'conscious self' would no longer exist either - and I think that would be an extreme shame!

You just didn't know us before and didn't realise that you could get in touch with us - with your personality parts. That's why we were invisible to you before. And you didn't realise at the time that we were constantly appearing in your dreams.

But now that you are *aware* that we are inside you and that we are involved in your attitude to life and in all your actions, thoughts and emotions, we can become visible to you again at any time, as soon as you think of us.'

'That's all right then,' you realise with relief and hug them both again.

'But now you still have a little task to fulfil,' says your 'helper' with a wink and you immediately know what he's getting at. So, you realise eagerly:

'Yes, of course! I'm going to make the *last* drawing for my thick research journey picture book in my outer world today.

Should I choose the moment when I found the 'Philosopher's Stone' with you in the river under the willow trees? Or would it be better if I just depicted the stone large so that you can see all the different love wisdoms shining out of it? Or should I draw how I dropped the stone in disappointment because I thought it was worthless at first?

But, of course, I could also try to paint the situation when the stone exploded with love energy and the pressure waves shimmered and spread to everything in the neighbourhood. Or should I draw how I hugged you both because I finally realised how this 'philosopher's stone' works?

But it would also make a nice picture if I were to depict the three of us walking across the wonderfully peaceful spring meadow...

What do you think, 'helper'?

'Paint what you want, my dear knight _____! It can be a single situation or an important detail, but also a whole sequence of pictures like in a comic, etc.

After all, it's *your* picture book and you know best what you really want to remember later when you browse through the book again.

So - let's both disappear and leave you to paint in peace...'

You smile to yourself, take out a blank drawing sheet and your coloured/felt-tip pens, and then start happily and contentedly on your very own final picture or pictures...

Wonderful! This picture/s will always remind you that you were able to find the 'philosopher's stone' in your soul and that you have realised that life is really only about feeling completely loved by the Creator of the universe without the distracting complex glasses in front of your inner eyes and therefore being able to love yourself and your fellow human beings, too.

So now, through this exciting research journey, you have gone from being an ordinary person to a wise, responsible and loving person who can create real peace within and around him/herself...

So that was it, your research journey through your completely invisible inner self! Who would have thought that there is such an interesting world inside you that you just need to know and understand so that you can feel better and better on the outside, right?

But *you* have bravely ventured on this long journey and are now returning gratefully to your normal life as a *clever, clear-sighted, pleased, loving, rich, happy and contented hero*. I'm sure your fellow human beings have already noticed the marvellous change that has gradually taken place within you and that *makes you radiate* from the inside out with all your comments and responsible, kind reactions - because you yourself have become a pure 'philosopher's stone'!

And even if your inner soul landscape will *always* remain invisible to others despite all your insights and experiences on this research journey, you now know for sure that your inner, spiritual reality is at least as important for your well-being as your outer, tangible reality.

In any case, nobody around you will have anything against the fact that you will now be able to spread *wonderful inner and outer peace* as a wise, heroic, loving knight of His Majesty...!!!!

THE END

Epilogue

But what does all this actually have to do with the *introduction* to this book? It describes that it is not always easy for us humans to get out of bed in the morning because we would often rather stay in bed...

That really was the case back then, wasn't it?

But that was *before* you got to know your three invisible, inner soul figures, *before* you explored your daylight or twilight soul landscape, *before* your hero training and the night walk through your unconscious and *before* you unravelled your very practical problem boulder and found the 'philosopher's stone' - in other words, *before* you realised that God really loves you with all his heart and you were flooded with his love wisdom, so to speak, until you learnt to love yourself together with your soul figures and can now also love your fellow human beings much better than before.

Back then, getting up in the morning could still be a real problem for you because you often just couldn't get out of bed even though you were expected at school or work, could you? You had no idea what was going on inside you when you made a decision like that - in the landscape of your soul.

But in the meantime, it is of course quite logical for you that your 'shadow', as a distinctly moody being, wants to be determined above all by its feelings of pleasure or displeasure. That's why it wouldn't be particularly leadership-wise for you and your 'conscious self' to always follow it and its plausible-sounding reasons as to why it's 'impossible' for you to get up today...

Now you know that your 'conscious self' has the task of keeping an overview in your soul of *when* your 'shadow' is allowed to hang out freely or let off steam and *when* it absolutely *has* to listen to your decisive 'Stop! - Come here!' so as not to get you into trouble as a whole person in your outer life.

And getting up in the morning is just such a situation in which it is extremely important that you, with your 'self' as your inner chief organiser, do not get involved in the current mood of your 'shadow'.

Rather, as an inwardly strong knight of his majesty, you should briefly consult with God, then kindly but firmly put a stop to your 'shadow', pay attention to the wise advice of your 'inner helper' and then responsibly and without distracting complex glasses, focus on the demands of the new day.

Because if you don't get up on time and do what your Creator has planned for you on this day and for which he always provides you with the necessary strength, this would soon have a noticeably negative effect on your life, until not only you but also your fellow human beings would feel worse and worse over time...

But basically, you still have the total freedom to *choose* whether you want to get up or stay down - because such decisions are primarily about your own territory, where you simply have to bear the consequences yourself afterwards...!

So, do you want to continue to apply and implement what you have learnt on this journey of exploration through your soul so that everyone is well? Or would you prefer to follow the spontaneous ideas of your 'shadow', even if it accidentally violates your own or other people's territorial boundaries from time to time?

Nobody forces you to do one or the other. *You* decide again and again with your 'conscious self' whether you want to become a loving and beloved knight like Parzival, rich, full, happy, and at peace inside, or whether you want to voluntarily renounce everything that the 'Philosopher's Stone' could give you.

In any case, you will be able to see your decision today in all your outward reactions and actions – and, of course, again tomorrow morning when you get up from your warm bed and so on.

But you also have the opportunity to make a new decision every minute of your life. It's never too late for that!

Perhaps you will suddenly remember how marvellous it was when the radiant pressure wave of the power of love from the 'philosopher's stone' trickled through you so that you felt really good all around and that wonderful peace spread through you...

This research journey is based on the **'natural accompaniment' relationship method** and illustrates the area of the 'inner world of the soul' in a very practical way.

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Legal issues

natural accompaniment is my very personal, newly composed quintessence of several, already existing world views and my own considerations and conclusions.

If you are also interested in **the original views of the authors* and other originators*** who have inspired me, you will find names, publications, book titles, publishers, specialist areas**, philosophies, biographies, television programmes, training opportunities, addresses and further information on the topics mentioned on the Internet.

***Authors/originators:** Christa Meves, Ernst Aeppli, Carl Gustav Jung, Verena Kast, Hanscarl Leuner, Walter Odermatt, Elisabeth Lukas, Jesus/NT, Ross Campbell, Mircea Eliade, Florianne Koechlin, Fred Rai, Thomas Gordon, Oliver Sacks, Pierre Teilard de Chardin, Chiara Lubich, Joyce Meyer, Walter Nigg, Frans de Waal, Hans-Peter Dürr, Joachim Bauer, Anselm Grün, Monika Renz, Gott (Creator of all that is) and many more.

****Subject areas:** 'education', 'psychology', 'forms of relationships', 'perception', 'life stories', 'everyday life/today/earlier/worldwide', 'applied research', 'developments', 'nature/biology/physics/chemistry/astronomy', 'world views', 'religions', 'trust in God/catechesis', 'dreams/symbolism/fairytales' etc.

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Matching circumstances with those of living people is not intentional, but where so many people and their everyday lives are involved, such coincidences are possible.

My person, my environment, my relatives, and my writing style are not relevant and do not belong in public discussions (observe the territorial rule***!). It is only about the content and the statements of the texts, which you can use or ignore.

Territory rule*: Every person (every living being) is completely free in their personal territory, but may not intrude into another territory without being asked.**

If *everyone* adheres to this from an early age, *each* individual enjoys maximum personal freedom, day in and day out, and is safe from external attacks in their own invisible territory (body area, private objects, clothes, sitting area, sleeping area, listening area, thoughts, views, etc.).

In return, you are willing to show consideration for the personal territories of your fellow creatures so as not to accidentally violate their territorial boundaries, which is guaranteed to make them angry.

However, everyone also has the opportunity at any time to *ask* the other person in a friendly manner whether they can enter the other person's territory to do something together. If the answer is 'yes', everything is clear and the relationship can be cultivated in the shared territory. However, a 'no' must also be accepted and you must immediately retreat to your own territory.

Anyone who nevertheless violates the territorial boundaries of his fellow human beings will be made aware of this or abruptly detained until he realises that every violation of boundaries - both in private and public territories - only causes unnecessary disputes and problems and that compliance with the territorial rules will also benefit the person concerned...

So, you can always refer to this simple rule and consult with your fellow human beings on a case-by-case basis, discuss, seek solutions, and come to a good arrangement so that everyone is happy in the end. In this way, thanks to the territorial rule, *genuine, lasting peace* is created everywhere quite casually!

This simple territorial rule is derived from the over 6,000-year-old '**Golden Rule**': '**Do unto others as you would have them do unto you**', or to put it another way:

'Treat other people the way you would like them to treat you! This means: show consideration because you also want people to show consideration for you! Don't attack anyone, because you don't want to be attacked, etc.

And the Jewish law, **the threefold commandment of love**, which Jesus described 2000 years ago as the only important law, is also based on the same idea that *every* person deserves respect, consideration, and even love, but should also show this to everyone else - including God, who wanted us:

'Love God... and your neighbour as (and) yourself!'

Anyone who adheres to this '**Golden Rule - Love Commandment - Territory Rule**' is basically simply listening to their natural human conscience and does not need any other laws. Because this one rule is applicable everywhere and at all times and instantly creates clear, just, love-orientated, peaceful relationships.

About Me

Even as a child, I was happy and guileless and never wished for anything other than to simply live in peace with everyone around me, to be allowed to have children one day, to be able to help others with problems, to find time to write and to learn as much as possible about the world, life, and people.

And as unbelievable as it may sound, all my childhood wishes have been fulfilled in a wonderful, often quite unexpected way in the course of my life!

I would like to sincerely thank everyone who has somehow contributed to this: above all my husband, our children, our families including the deceased, our friends and acquaintances, and all the strangers along the way - and of course God, our inventor!

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