

2. INTRODUCTION

We are facing the biggest and most exciting challenge in the history of mankind:

WHEN WILL WE FINALLY REALISE THAT WE NEED TO MAKE A PROFOUND CHANGE IN ORDER TO CONTROL THIS TICKING TIME BOMB SCENARIO OF A CLIMATE CRISIS THAT THREATENS OUR EXISTENCE, AND THE FINANCIAL CRISES BY WHICH INCREASINGLY MORE PEOPLE ARE DUPED?

IF THE ANSWER IS 'YES' WE CAN TURN THE TIDE TOGETHER, AND CREATE A SPLENDID FUTURE.

IF THE ANSWER IS 'NO', WE WILL END UP AS THE MOST FOOLISH GENERATION THAT EVER LIVED ON EARTH. BECAUSE EVEN THOUGH WE WERE BEING WARNED REPEATEDLY, WE CLEARLY HAVE BEEN BLIND TO THE SIGNS.

In the past 150 years we have unleashed two major revolutions: the industrial and the digital one.

In terms of technology we are incredibly ingenious, and all our inventions have brought about lots of prosperity and a great deal of comfort, but this is all divided very unequal and unfair. In addition our welfare is under threat, and this is because of some of our critical mistakes, like the development of production methods bringing hazardous chemicals in circulation that are harmful for our health, and the use of fossil fuel that is causing global warming. According to me it is absolutely unbelievable that on the level of technological development the human race is extreme bright and intelligent. But on the contrary: on the level of Universal knowledge about health & happiness, mankind stays far behind.

Although all this valuable knowledge about loving care for our self, each other and our planet Mother Earth is available, we lost it slowly but surely since the rise of the Industrial Revolution. We were chased out of our houses and were pushed into the factories. We lost the production of our own handcraft and agricultural-provision. In the beginning men, women and children were exploited to carry out their labor for poverty wages and under barbaric circumstances.

WE WERE NO LONGER MASTERS OVER OUR OWN EXISTENCE AND WE LOST THE PRECIOUS CONTACT WITH OUR INTUITION, OUR CREATIVITY AND WITH NATURE. SLOWLY WE BECAME ALIENATED FROM OUR TRUE SELF AND OUR TRUE NEEDS

We have to face the reality; we are trapped in a harsh capitalistic system where small parts of the world-population, a few billionaires are having extreme power.

The pressure on the middle-class is getting heavier every day. More and more medium sized enterprises are going bankrupt and the lower-class suffers the most.

In the industrial countries we have developed a system of production and consumption excesses. Thus we have exhausted our natural resources in such a way that the ecological infrastructure has been seriously damaged, to the point where we have endangered our own lives.

RIGHT NOW THERE IS AN URGENT NEED FOR A THIRD REVOLUTION, A REVOLUTION OF CONSCIOUSNESS. SO WHAT WE NEED RIGHT NOW IS TO DEVELOP OUR INTUITIVE INTELLIGENCE, OUR WISDOM OF THE HEART, TO USE OUR TECHNOLOGY WISELY.

This applies especially to the older generations of men who have been raised and conditioned with a strong sense of rationality, valuing mind over matter, listening to their mind instead of their heart. They operate with a disconnected mind and are not aware of the severe damage they cause.

A DISCONNECTED MIND IS A DANGEROUS MIND!

Men who have not developed their intuition and empathy are not in touch with their True Self and there is a gap between the mind and heart. This is also true for certain 'iron ladies' who have adapted themselves too much to rational male office or boardroom standards.

IT'S DANGEROUS TO OPERATE WITH A RATIONAL, DISCONNECTED MIND. LET ME MAKE THIS CLEAR: IF YOU DEVELOP NUCLEAR ENERGY AND **THINK** IT'S A RIGHT AND SAFE KIND OF ENERGY, SOMETHING IS **VERY** WRONG BECAUSE YOU DON'T **FEEL** YOU'RE CREATING HUGE DAMAGE.

THIS IS THE RESULT OF A MATERIALISTIC CONDITIONING THAT HAS COLLECTIVELY BRAINWASHED PEOPLE. IN OUR INDUSTRIALISED WORLD, TOO MANY PEOPLE ARE NO LONGER ABLE TO FEEL. THEY ONLY **THINK** THEY FEEL.

The Dalai Lama once said that the women should unleash a revolution of consciousness. It is up to them to invite the men to come to their senses.

In the past only women were conditioned to be emotionally sensitive. But they have put up a fight for intellectual development, and gained access to universal suffrage, and higher education. Hence, they now have an advantage over most men. However, this advantage also involves a major risk. As long as the situation stays the same, women are increasingly overburdened since they also have jobs outside their homes, while their husbands are not willing (or cannot) contribute to family-housework and parenthood sufficiently.

Therefore, men should be invited to become aware of the fact they learned to suppress their emotional side and they harm themselves and their family-life if they are not in touch with their intuition and become a workaholic. There are many examples of men that worked so hard that they neglected the needs of their wives/spouses and children. Usually, this type of men comes to awareness when they are forced to step out of the rat race because they become seriously ill. And only then they realize they didn't support their children enough when they needed their father most.

Men have never, en masse, protested against their limited, emotional development, which is odd. As long as men only live a rational life, they are letting themselves down! They always need to be tough and heroic, be responsible for the financial situation of the family, hide their fear and insecurity, and force themselves to perform better every day. That is simply inhuman! No wonder men live an average of five years less than women.

Many men do not realize how precious it is to see their children grow up. Besides this, it is a heavy and responsible job to guide children on their path to maturity in our current complex society. Men often don't know what they are missing in this era of absent fathers, while children really need their fathers while growing up. And last, but certainly not least, our children can teach us so much. Especially babies and toddlers are still very sensitive, spontaneous, honest and creative. They are never bored and completely lose themselves in the games they play. They are mindfulness experts and enjoy life to the fullest.

WE, AS ADULTS, WERE FORCED TO GET RID OF THESE QUALITIES ALONG THE WAY. MOST ADULTS ARE TRAPPED BETWEEN UNFINISHED BUSINESS OF THE PAST AND THEIR WORRIES FOR THE FUTURE, AND ARE NO LONGER CAPABLE OF EXPERIENCING THE JOY OF THE MOMENT.

Children help us to connect with our inner child, deeply buried under the armor of everything we were taught to survive in our current society. Being connected to our children, we can learn how to empty our heads and to feel the needs of our hearts again. Together with our children, we can dance, sing, draw or jump around and free the power of our imagination.

But this is not the only harmful result; there is also a danger on a worldwide level. Men who are not in touch with their intuition and compassion, because there is a gap between their mind and their heart, commit crimes (ranging from deception, fraud and theft to murder) abuse and rape women and children, abuse animals, torture their fellow human beings, lower themselves to committing incest and create pointless wars. On top of it all, they produce dangerous chemicals and nuclear pollution, and allow the use of irresponsible amounts of antibiotics in agriculture, the irresponsible destruction of rainforests, overfishing in our oceans etc. etc. Obviously, also women commit these crimes, however this group of women is relatively small.

It might occur to you that I'm a man hater. However the opposite is true. Four of the sweetest people I know are men. My relationships with men are better than with women because I have a lot of male character qualities. I would like to point out that, obviously, this doesn't mean all women are both mentally and emotionally developed and all men only mentally. A group of women taking up senior positions is highly mentally developed and work in an industry that once was created by men. It is important for these women to be aware of their ability to contribute to the wellbeing of humanity if they are capable of connecting their minds with their hearts.

AFTER ALL, THE LAST THING WE NEED IS FOR WOMEN TO TOUGHEN UP. WHAT WE DO NEED IS FOR MEN TO SOFTEN UP.

FORTUNATELY, I ALSO NOTICE A GROWING NEW GROUP OF MEN. MEN WITH A MORE DEVELOPED EMOTIONAL SIDE WHO WANT TO SPEND AS MUCH TIME WITH THEIR FAMILY AS THEY POSSIBLY CAN AND MEN WHO ARE AWARE OF THE CURRENT DANGERS WE ARE FACING, WHICH MADE THEM DECIDE TO BECOME SUSTAINABLE ENTREPRENEURS. IN MY EYES, THIS IS A VERY POSITIVE DEVELOPMENT. I AM ABSOLUTELY CONVINCED OF THE FACT THAT WE CAN ONLY CREATE A BETTER WORLD IF MAN AS MUCH AS POSSIBLE OPEN THEIR HEARTS AND BECOME MORE SENSIBLE AND HAVE MORE RESPECT AND APPRECIATION FOR WOMEN.

Now, more than ever, we need men and women who come up with innovation projects that serve the true needs of humanity and give the earth the chance to recover from the huge damage done by people. We need a new 'silicon valley'; a so called eco-valley, a hotbed for creativity and innovation. If we destroy our nature, we finally destroy ourselves.

IN THE LAST CENTURY WE HAVE DESTROYED OVER ONE THIRD OF NATURE, AND DUMPED AN ASTONISHING AMOUNT OF CHEMICAL AND NUCLEAR WASTE. NOW, IN 2017, THESE PRACTICES HAVE BECOME WORSE THAN EVER.

We have to protect our precious rainforests

WE HAVE TO MAKE SURE THE DESTRUCTION OF THE RAINFOREST WILL STOP FOR THEY ARE AN ESSENTIAL PART OF OUR ECOLOGICAL INFRASTRUCTURE AND THEY CONTAIN VALUABLE MEDICINAL PLANTS. WHAT'S MORE, THEY CONVERT CARBON DIOXIDE INTO OXYGEN WHICH REDUCES THE CO-2 EMISSION.

WHEN CONSUMERS DECIDE TO BUY ONLY PAPER AND WOOD WITH A FSC-LABEL THEY HELP TO SAVE THE RAINFOREST.

Moreover, because of our ignorant and wasteful methods of production and consumption we have contributed significantly to the greenhouse effect, to such an extent that the ice sheets and glaciers are melting at an alarmingly fast pace, and that the sea-level is rising.

According to the latest alarming research – carried out by NASA, among others – the permafrost on the Northern Hemisphere appears to be melting much faster than anticipated. The amount of past methane and carbon dioxide emissions is so great, that we are probably too late to limit the greenhouse effect to 2 degrees Celsius.

Because the Arctic ice is melting a large quantity of fresh water is flowing into the Arctic Sea causing the Gulf Stream, which influences weather temperatures in Europe, to slow down its course. This is a disturbingly dangerous development.

“When the Gulf Stream flows slower, it is very likely to result in a new ice age on the Northern Hemisphere, threatening the lives of tens of millions of people”.

(From: Demain la Terre, Yannick Monget)

This fact is confirmed in a secret report by the Pentagon.

What's more, the ice on Greenland is melting rapidly, and this will have a direct effect on the rising of the sea level.

WE ARE ALREADY WITNESSING THE APPALLING EFFECTS OF CLIMATE CHANGE IN THE SHAPE OF EXTREME COLD, DROUGHT, HEAVY RAINFALL AND VIOLENT STORMS, HURRICANES, WHIRLWINDS, AND EVEN TYPHOONS.

HOW MANY NATURAL DISASTERS DO WE NEED BEFORE MANKIND WAKES UP AND STARTS TO LIVE RESPONSIBLY?

WHEN WILL WE FINALLY REALIZE THAT WE SHOULD RESPECT AND PROTECT OUR PLANET'S ECOLOGICAL INFRASTRUCTURE, BECAUSE IT IS THE FOUNDATION OF OUR EXISTENCE!!!

I've been fighting climate change for seventeen years now. Climate change that was mostly caused by our very selves. And the fact that so little people are willing to make an effort to reverse the damage done fills me with despair.

How on earth can you combine the love for your children and grandchildren with such an amount of indifference? It just makes no sense to me! What kind of world do we pass on to our children? No wonder an increasing amount of youngsters end up being alcoholics and drug addicts. Some of them even go into a coma after a night of binge drinking or drug abuse.

Despite stern warnings of climate scientists, powerful lobbies of certain banks and multinationals refuse to change their policy. There is a consensus among 97% of all the climate scientists that we caused the main part of global warming. In spite of that there is a huge campaign of 'the Republican -old boys- lobby's network' who spread out dangerous lies in America that climate change does not exist. In my opinion these old boys should have to appear in court, because there misleading campaign creates more climate victims. If you want more information about this issue, I highly recommend you to look at the impressive documentary: 'Before the flood' of Leonardo di Caprio. Many people who saw it, said that it was for them a life - changing - experience. Most politicians are not capable of resolving the climate change problem since they are lacking the knowledge and courage to take effective measures.

And most of citizens of the industrialized world still seem to be thinking their happiness is depending on the amount of stuff they buy, because smart and tricky advertising tells them it is.

Being a social scientist, I often wonder what made most people become so passive and apathetic. Whatever happened to the passion and drive to act from the sixties and seventies, the demonstrations I took part in so intensively and frequently myself.

And why was I forced to witness a substantial part of our democratic rights, which we fought so hard for at the time, has been taken away from us?

Is it presumptuous indifference or intellectual lethargy, or are we no longer able to act due to the never ending, wrecking rat race we're all part of?

IN MY EYES, THE MAIN CAUSE IS A TREMENDOUS LACK OF CONSCIOUSNESS. AND THE FACT THAT PEOPLE, WHO DO REALIZE WHAT IS GOING ON, ARE BEING OVERWHELMED BY FEAR AND THE FEELING OF BEING COMPLETELY POWERLESS, MAKING THEM FEEL COMPELLED TO BURY THEIR HEADS IN THE SAND INSTEAD.

Sometimes, I can hear people complain: "If I would really realize how serious the actual climate catastrophe is, I wouldn't be able to sleep at night."

And there is only one way for me to respond: If we don't take action together now, our country will be history.

WAKE UP! OPEN YOUR EYES AND DO WHAT YOU CAN DO TO SAVE OUR PLANET!

We have to fully realize what is happening to us:

We're all trapped in the same, incredibly large and complex global system, where, to a large extent, we handed over the control of our own lives. We always trusted the government to look after us but they failed to monitor and protect our basic provisions and they are abandoning us to our fate more every day and deliver us at the mercy of free market-institutions. So for what reason we have to pay our taxes? Many people feel powerless and used as a pawn in the game of the powerful lobbies of banks and multi-nationals. A painful fact is that the most vulnerable people among us, the ill and handicapped are the biggest victims.

The social structure in the industrial world has lost a lot of the pre-industrial social cohesion and the bureaucratic laws and regulations are too oppressing and paralyzing. School encourages us to use our heads, not our precious intuition and creativity. As a result, we are disconnected from our True Self and our pure intuition and we live in a state of inner disharmony. We let our minds rule our lives and create all kinds of unnecessary problems. We can't stop thinking and worrying and we still don't understand that our biggest and global problems can only be solved by activating our pure intuition and creativity, both so thoroughly inactivated during our upbringing and education.

WHAT WE NEED RIGHT NOW - MORE THAN EVER - IS A REVOLUTION OF THE CONSCIOUSNESS. WE HAVE TO RECONNECT OUR HEADS TO OUR HEARTS AND FOLLOW THE SIGNALS OF OUR PURE INTUITION. WE NEED TO USE OUR HEADS TO REALISE THE OUTCOME OF THESE SIGNALS. IF WE DO SO, DEEP INSIDE WE WILL FEEL THAT TOGETHER WE HAVE TO CREATE A SUSTAINABLE ECONOMY THAT SERVES OUR TRUE NEEDS.

SO WHAT WE NEED RIGHT NOW IS TO DEVELOP OUR INTUITIVE INTELLIGENCE, THE WISDOM OF OUR HEARTS, TO WISELY USE OUR TECHNOLOGY.

FIRST OF ALL WE HAVE TO UNDERSTAND THAT THE UNDERLYING CAUSE OF ALL OUR GLOBAL PROBLEMS, INCLUDING THE DRAMATIC CLIMATE CRISIS AND THE CREDIT CRUNCH, IS A CRISIS OF VALUES. IN THE INDUSTRIAL COUNTRIES, WE EDUCATED OUR CHILDREN WITH THE WRONG MATERIALISTIC CONCEPTS. WE SHOULD TEACH THEM THE RIGHT UNIVERSAL VALUES.

WE HAVE TO WAKE UP AND UNDERSTAND THE IMPORTANCE OF LIVING CONSCIOUSLY AND THE MEANING OF TRUE SPIRITUALITY.

LIVING CONSCIOUSLY MEANS THAT YOU REGULARLY PAUSE AND REFLECT ON YOUR WAY OF LIVING AND CONSIDER THE CONSEQUENCES OF YOUR LIFESTYLE FOR YOURSELF, YOUR FELLOW MEN AND OUR PLANET, MOTHER EARTH.

LIVING A SPIRITUAL LIFE INVOLVES LIVING CONSCIOUSLY AND TREATING YOURSELF, YOUR FELLOW MEN AND OUR PLANET, MOTHER EARTH, LOVINGLY.

ALL PEOPLE ON EARTH HAVE AN EQUAL NEED FOR FOOD, CLOTHING, HOUSING, EDUCATION, LOVING RELATIONS AND MEDICAL CARE.

MOTHER EARTH OFFERS US ALL THE FOOD WE NEED TO STAY HEALTHY AND HAPPY. BUT INSTEAD OF USING THIS GIFT GRATEFULLY, WE MANIPULATE OUR FOOD TO AN EXTENT WHERE ONLY VERY LITTLE IS LEFT OF THE ORIGINAL NUTRITIVE SUBSTANCE AND PEOPLE BECOME NEEDLESSLY ILL.

OUR UNHEALTHY LIFESTYLE CREATES DISEASES OF AFFLUENCE

THE WAY PEOPLE TREAT THEMSELVES IS STRIKING. THEY TREAT THEIR CAR AS IF IT WERE A SACRED COW AND THEMSELVES AS THE NEGLECTED CALF.

Everything has to be sacrificed for this number one status symbol and we spend lots of money to buy and maintain our inanimate 'pet'. How differently do we treat our own bodies; our bodies are rushed, abused and stuffed with unwholesome food and stimulating products like tobacco, alcohol and other drugs.

Our so called health is not what it appears to be! Many people think they are healthy since they can't actually see the damage done. However, this so called state of health is not real.

The damage done to your body as a result of an unnatural, stressful lifestyle can be considered a dangerous cumulative effect. Ever more toxins are added until the pressure becomes too high and your body breaks down. If you're lucky, you're able to fix the damage. If not, you won't survive. When you start noticing the consequences of this damage and you suffer from chronic fatigue or worse, from diabetes, or a heart attack, your whole world will fall into pieces and you are forced to become aware of your lifestyle and eating habits.

WE HAVE DEVELOPED AN UNHEALTHY LIFESTYLE WITH TOO MUCH TENSION AND STRESS, AND AN UNHEALTHY DIET CONSISTING OF TOO MUCH SUGAR, REFINED WHITE FLOUR PRODUCTS, SATURATED FATS, AND TOO MUCH MEAT.

This lifestyle causes a whole range of so-called diseases of affluence like cancer, diabetes, cardiovascular disease, and obesity. The costs for health care increase worldwide, and become too expensive. Research has shown that we have to eat less meat and lots of fresh vegetables and fruits (preferably biological) to stay healthy. Recent studies of the World Health Organization show that eating regularly processed meat increases the danger of cancer.

THERE IS ONE EFFECTIVE WAY TO LIMIT THESE COSTS: KNOWLEDGE OF HEALTHY FOOD AND RESPECT FOR NATURE MUST BECOME PART OF THE SCHOOL CURRICULUM.

One of the biggest mistakes is throwing away the precious 'coat' of the grain, the husk. It contains urgently needed valuable fibers and minerals. Another mistake is using too much sugar instead of natural sweeteners. Their high carbohydrate levels weaken our immune system, make us fat, disturb our intestinal flora and attribute to developing hypoglycemia and diabetes.

To sweeten our food we can use honey, maple syrup, concentrated fruit syrups or stevia. It's very important to avoid saturated fats and take vital fats especially fish oil and vegetable oil such as primrose oil.

THERE IS ENOUGH FOOD FOR ALL OF US!

IF WE REALLY UNDERSTAND THE FACT THAT WE ARE ALL BROTHERS AND SISTERS WITH THE SAME NEEDS AND THERE IS ENOUGH FOOD FOR ALL OF US, IF WE LEARN TO SHARE FOOD AND GOODS IN A FAIR WAY, ONLY THEN A NEW MUTUAL TRUST WILL RISE AND THERE WILL BE NO REASON FOR WAR.

WE DEVELOPED ALL THE TECHNICAL KNOWLEDGE TO CREATE PARADISE ON EARTH BUT STILL MILLIONS OF PEOPLE ARE FORCED TO LIVE A DAILY HELL OF HUNGER, WAR AND VIOLENCE.

SO, FROM A TECHNOLOGICAL POINT OF VIEW, WE ARE INCREDIBLY INTELLIGENT. HOWEVER, FROM THE POINT OF VIEW OF UNIVERSAL INTELLIGENCE, TRANSCENDING ALL OTHER FORMS OF KNOWLEDGE AND CREATING THE OPTIMAL CONDITIONS FOR A HEALTHY AND HAPPY LIFE, WE HAVE A LONG WAY TO GO.

Do you ever give thought to the idea of a huge magic engine activating the energy that ensures all animals to use their instincts and people to use their intuition in order to establish balance and harmony on our planet?

Instead of understanding and respecting this magical cycle and allowing Mother Nature to do her important work, we are disturbing this process over and over again.

ALL OUR RATIONAL INTELLIGENCE TOGETHER COULD NEVER EQUAL THE UNIVERSAL INTELLIGENCE THAT DRIVES THAT MAGICAL CIRCLE OF LIFE ON EARTH.

ALL LIFE ON EARTH IS OPERATED BY AN UNIVERSAL INTELLIGENCE.

THIS ALL-EMBRACING INTELLIGENCE ENSURES THAT ANIMALS FOLLOW THEIR INSTINCTS AND PEOPLE THEIR INTUITION. BIRDS INSTINCTIVELY RESPOND TO A SIGNAL THAT THEY MUST FLY SOUTH BEFORE THE WINTER IS COMING. WITHOUT THAT SIGNAL THEY WOULD FREEZE TO DEATH. JUST LIKE ANIMALS WE EXPERIENCE THESE INSTINCTIVE SIGNALS AS WELL, BUT WE CALL IT INTUITION. WITHOUT INTUITIVE SIGNALS PEOPLE WILL DIE AN EARLY DEATH AS WELL.

ONLY IN HUMANS THIS PROCESS TAKES LONGER THAN IN ANIMALS. HUMAN BEINGS BECOME ILL FIRST, BECAUSE THEY DO A LOT OF THINGS THAT DAMAGE THEIR HEALTH, SUCH AS OVEREATING OR EATING AN UNHEALTHY DIET, SMOKING, USING DRUGS, DRINKING TOO MUCH ALCOHOL AND WORKING TOO HARD.

FOR CENTURIES ALL PROBLEMS ON EARTH HAVE BEEN CAUSED BY A DISTINCT LACK OF TRUE SPIRITUAL AWARENESS.

Spiritual awareness requires getting to know yourself on a deeper level and reconnecting yourself with the inner source of happiness that you were born with. Pure intuition flows from your True Self, and that intuition will always steer you in the right direction in your life, and will tell you what you should do to stay happy and healthy. Intuition is the voice of your soul and the nature of the soul is endless joy. The soul is also the source of passion and creativity.

When you look at young children you can see that they are still in touch with their inner source of happiness. A baby smiles at you for no particular reason; he just expresses his natural joy.

Children are still unprejudiced. They live in the here and now, they can lose themselves completely in their games, they are creative, and enjoy life to the fullest.

So why are many adults sitting around being bored? Why do they become addicted to their computers, to video games, or their smartphones? Why are they sitting listlessly in front of the TV? How is it possible that happy toddlers turn into zapping zombies?

THE REASON IS THAT WE INSTILL THE VALUES OF INDUSTRIAL SOCIETY IN OUR CHILDREN, AND THAT IS WRONG. WE SHOULD HELP OUR CHILDREN TO DEVELOP THEIR INTUITION AND CREATIVITY, AND TEACH THEM UNIVERSAL VALUES LIKE SELF-KNOWLEDGE, SELF-CONFIDENCE, SINCERE COMMUNICATION, MINDFULNESS (POSITIVE THINKING), AND COMPASSION. MOREOVER, WE SHOULD TEACH THEM TO BE CONSCIOUS, AND PASS ON OUR KNOWLEDGE OF GOOD FOOD, AND HOW TO TAKE GOOD CARE OF OUR PLANET.

INSTEAD OF PAYING ATTENTION TO THESE IMPORTANT ASPECTS OF A HEALTHY AND HAPPY LIFE, WE BLOCK THE NATURAL SOURCE OF HAPPINESS AND THE FREE FLOW OF PURE INTUITION AND CREATIVITY IN OUR CHILDREN, AND MAKE THEM PART OF A 'COLLECTIVELY BRAINWASHED SOCIETY' THAT ADHERES TO THE WRONG CONCEPTS OF A MATERIALISTIC WAY OF LIFE, SUCH AS EGOISM, GREED, EXPLOITING OTHERS FOR PERSONAL GAIN, COMPETITION, AND THE IMPORTANCE OF OUTWARD APPEARANCES.

You are expected to keep working as hard as possible. Idleness is not appreciated. On top of that, you are expected to be perfect and cannot afford to make mistakes.

You have to reach the top and participate in the 'rat race', continuously competing with other people.

These things make us insecure. We have become susceptible to manipulation, and are told over and over again that the only way to be happy is to consume as much stuff as possible and to surround ourselves with all kinds of status symbols.

These learned behavior patterns make up the conditional self. Their power makes them able to dominate your life and even make you ill. This prototype of a human being separated itself from the big picture of universal wellbeing and is forced to participate in a large-scale system of maximum production and consumption that causes major global problems such as the climate crisis and the credit crunch. Finally, people forget who they really are and what they really need.

On a superficial level, the way people live their lives fulfill their material needs but they experience an inward emptiness and it is just that soulless feeling that urges us to escape in all kinds of harmful addiction because they lack inspiration, a sense of meaning and a feeling of unity.

It always makes me sad to see that beautiful young children are robbed of their innocence. This does not only happen in the industrialized countries.

Also in lesser developed countries young open-minded and free-spirited children are indoctrinated with wrong values through which they learn about contempt and how to hate other groups. For generations certain so-called religions have propagated violence, and started wars and hate campaigns. Just imagine, for instance, how many people have been killed in God's name? What a terrible aberration!

DON'T THESE PEOPLE UNDERSTAND THAT THEY ARE MAKING 'THEIR' GOD APPEAR REALLY BAD BY DOING THIS? THIS IS THE PERFECT EXAMPLE OF HOW THE DISCONNECTED MIND WORKS THAT FORMS A THREAT TO WORLD PEACE.

LET ME GET THIS STRAIGHT: ANY RELIGION THAT SOWS THE SEEDS OF DISCORD AND HATE HAS NO RIGHT TO EXIST.

AND ANY HATEMONGER IS INCREDIBLY SHORTSIGHTED AND IGNORANT, BECAUSE IF YOU TRULY BELIEVE IN GOD YOU KNOW THAT THE ESSENCE OF GOD IS IMMENSE AND UNCONDITIONAL LOVE.

HOW CAN WE STOP THE CHAIN OF VIOLENCE?

Now you are probably wondering how it is possible that your True Self is the source of so many good qualities and still so much evil takes place in the world.

I AM CONVINCED THAT EVIL WILL BE ONLY MANIFESTED WHEN THE GOOD WHICH IS NATURALLY PRESENT IN THE NEWBORN CHILD, IS DISRUPTED DURING THE FAMILY EDUCATION AND SCHOOL-TEACHING.

WHEN YOU SUPPRESS THE INTUITION AND CREATIVITY AND GIVE NEGATIVE FEED-BACK YOU UNDERMINE THE SELF-CONFIDENCE OF THE CHILD AND YOU CREATE A BASIS FOR DESTRUCTIVE BEHAVIOR.

First of all we must understand that the majority of mankind does not want war, they want to live in peace and harmony. Yet millions of people in history became victims and today the bloodshed goes on and on.

HOW IS THAT POSSIBLE?

We must not forget that wars are often triggered by megalomaniac dictators with a psychopathic personality like Adolf Hitler, Pol Pot, Idi Amin and so on.

At the moment there are even terroristic groups who commit horrific attacks by blowing themselves up with bomb-girdles as Isis, Al Quaida, Al Shabaab, etc. They think there are 72 virgins waiting in heaven as a reward.

When you believe such a ridiculous delusion you have a twisted, dangerous mind and you bring unbelievable pain and damage to yourself and your victims.

There are other Holy Beliefs that make much more sense: suppose that you believe in Reincarnation and the laws of Birth & Rebirth, like they do in Eastern traditions like Hinduism and Buddhism, than your conception of life will be totally different. Than you believe there is not only one life, but after your death, you will be born again.

Life is a school and each life gives you new chances to learn 'by trial and error' and to become slowly and surely a better person. This also means that all your good and bad behavior of your actual life will have good or bad consequences in your next life.

According to this approach all these repulsive terrorist don't arrive in heaven surrounded by 72 virgins, but they have to face 'The hell they created and 'fight against 72 demons'. They have 'to drain the bitter cup', until they really realize the impact of the tremendous pain and sorrow they caused.

SO FOR ALL THE 'RELIGIOUS MANIACS' I HAVE A SPECIAL MESSAGE:

RAISE YOUR CONSCIOUSNESS;

BE AWARE OF THE INCREDIBLE DAMAGE YOU CAUSED;

ASK THE HOLY GOD (OR THE HOLY ALLAH) FORGIVENESS;

AND FINALLY STOP THIS BLOOD SHEDDING!!!

The negative effect of violent films

On top of that the film-industry & television-production expose their public to films with repulsive violence. Moreover children are exposed to violent computer-games. I am convinced that committing violent acts is also encouraged by films and crime thrillers with an abundance of violence. To me, all this violence is repulsive and disgusting, when I see it I have to cloth my eyes and ears, otherwise I will be touched by nausea. I often wonder which type of 'invisible power' organizes all this violence in films? Is it the arms-factory-lobby? Are there other lobby's who want to increase our fear, because fearful citizens are easy to manipulate?

The dull effect of shallow tv-programmes

There is an excess of programmes in the soap, show, quiz and make-over (make me more beautiful) genres. Moreover there is a superabundant offer of stupid advertisement publicity, to my great annoyance. There used to be a time where I could have used an extra pair of hands to zap from one good film to the other. A good, compelling film for me covers a social theme and offers lively interaction between the actors in which romance plays an important role. Good films such as *Dancing with Wolves*, *The House of the Spirits* and *The Unbearable Lightness of Being* make you forget about the world for about 90 minutes. Good films open your mind, touch your heart and make you think. It has been proved that the body releases endorphins ('feel good' hormones) while watching a good film. I really regret that I hardly see a good film on the Dutch television and consider all this coarsening and superficiality as a decline of our civilization. According to Gary Zukav, women feel washed-out by their busy, overburdened lives and 70% of the American women don't feel any passion anymore. That may explain the success of films including *Under the Tuscan Sun* and *Eat, Pray, Love*, where women, who seem to have everything they desire, start looking for meaning and inspiration and their first stop on this journey is Italy, because 'amore e mangiare' is the Italian way of life in a setting of the sun-drenched Tuscan landscape or the cultural wealth of Rome. But not everyone has the courage or money to head to the other side of the world.

According to Clarissa Pinkola Estés, author of the book *Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype*, women with a starving soul ache for anything that might spark their lives. They run the risk of abandoning themselves to excesses like alcohol, drugs and unhappy love affairs.

BEING THE POWERFUL MEDIUM IT IS, TELEVISION SHOULD OFFER MORE PROGRAMMES THAT HELP US TO LEAD A HEALTHY AND HAPPY LIFE AND HELP PARENTS TO EDUCATE THEIR CHILDREN IN THE RIGHT WAY.

Parents and teachers have no idea of the negative impact of their disapproval behaviour; like 'You are good for nothing', etc.

I HAVE A MESSAGE FOR ALL PARENTS AND TEACHERS: BE AWARE OF THE IMPACT OF WHAT YOU SAY:

For instance: Don't say you are a bad boy, but this is bad behaviour and explain why. It can be very helpful to teach the children empathy and compassion on the basis of an exercise, where the teaser takes the place of the victim of this teasing and has to feel what it means.

MASTER YOUR MIND! REVEAL YOUR SUB-PERSONALITIES

UNTIL THE MOMENT WE TRULY KNOW OURSELVES, WE FIND OURSELVES IN THE UNPLEASANT POSITION OF BEING A PASSENGER IN OUR OWN CAR OF LIFE (OR WORSE, BEING TRAPPED IN THE TRUNK) WHILE OUR SUB-PERSONALITIES ARE TAKING TURNS DRIVING IT.

Hal Stone and Sidra Winkelman wrote a very valuable book together: *Embracing Ourselves*. They very clearly describe the situation most of us are in, within in the current society.

The development of our sub-personalities

Each and every baby comes into this world with its own genetic make-up and a special, unique essence. Stone & Winkelman call this the essence level of the newborn. I would rather call it the level of the True Self. No other creature is as defenseless as a newborn baby, totally dependent on its parents for food and nurturing love. In each culture there is a common agreement about desirable and undesirable behavior.

During the education desirable behavior will be rewarded and undesirable behavior will be punished. As a result certain parts of us will be stronger and other parts will be weaker. We gradually lose contact with our True Self during this process and we start developing all kinds of sub-personalities in order to survive in our complex, industrialized society. We are no longer the creators of our lives.

Instead we have become 'pawns on a chessboard', servants of market laws and profit seeking, and get trapped in possessiveness and greed. We have forgotten who we really are and what we really want. Our minds rule and we don't have enough connection with our hearts.

In our western culture there are four sub-personalities (energy patterns) which dominate our life's.

The pusher is always chasing us up to work harder and doesn't allow us to relax.

The perfectionist want us to do everything perfectly might and **the critic** makes us always clear that we are not good enough.

On top of that is a fourth sub-personality that dominates the life of women. That type of women ignore their own needs in order to be able to offer a helping hand.

IT'S TIME FOR WOMEN TO UPGRADE THEIR SELF-IMAGE AND TO BECOME AWARE OF THE INCREDIBLE AMOUNT OF WORK THEY'RE CARRYING OUT. RAISING CHILDREN IS THE MOST IMPORTANT JOB IN THE WORLD!

THERE IS ONLY ONE WAY TO LIBERATE YOURSELF FROM IDENTIFICATION WITH YOUR SUB-PERSONALITIES: THE WAY TO AWARENESS. THE KEY IS TO STEP OUT OF THE WORLD OF YOUR SUB-PERSONALITIES AND OBSERVE THEM AND THEIR BEHAVIOUR FROM A DISTANCE.

As soon as you start working with your sub-personalities, a fascinating process begins. And your efforts will be increasingly rewarded.

YOU WILL DISCOVER THAT EACH STEP OUT OF THE WORLD OF YOUR SUB-PERSONALITIES IS A STEP INTO THE WORLD OF YOUR TRUE SELF. IN OTHER WORDS; THE MORE YOU LIBERATE YOURSELF FROM THE IDENTIFICATION WITH YOUR SUB-PERSONALITIES, THE MORE YOU WILL EXPERIENCE YOUR TRUE SELF.

THERE IS ANOTHER EFFECTIVE WAY TO RESTORE THE CONTACT WITH YOUR TRUE SELF:

MEDITATION IS A VERY POWERFUL AND EFFECTIVE WAY TO GET TO KNOW YOUR TRUE SELF. THE SELF THAT YOU WERE BORN WITH. IT HELPS YOU TO FULLY DIRECT YOUR ATTENTION INWARD.

THIS DEACTIVATES YOUR COMMON THINKING PATTERNS AND OPENS YOUR INTUITIVE CHANNEL, ALLOWING YOU TO CONNECT TO YOUR INNER BEING. IN ADDITION, MEDITATION HAS A VERY POSITIVE IMPACT ON YOUR BODY AND MIND.

Regular meditation reinforces our immune system, helps us to relax in a natural way and to achieve a better balance, which is so much better than taking in all those tranquilizers. I'm pretty sure no other activity on earth leads to as many benefits as meditating does!

The snowball effect will do its work; the further you get in the awareness process, the faster the snowball will roll since the positive effects will increasingly reinforce each other. Based on my own experience, I can assure you how incredibly good it feels to embrace your True Self. It provides you with a sense of faith in your destiny, inner peace, joy, gratitude and it makes you feel connected to your fellow human beings, animals and nature. Your True Self grants you a still point in the midst of all the noise you are surrounded by. What's more, it gives you the feeling you are the creator of your own life; you drive your own car of life towards the destinations you have chosen yourself. Your sub-personalities are your passengers and will carry out the commands you give them in order to reach those destinations.

IT'S VERY IMPORTANT THAT PARENTS HELP THEIR CHILDREN DEVELOP SELF-ESTEEM AND STIMULATE THEIR INTUITION AND CREATIVITY. YOU CAN ONLY TRULY LOVE ANOTHER PERSON IF YOU TRULY LOVE YOURSELF AND YOU CAN ONLY TAKE GOOD CARE OF OUR PLANET IF YOU ARE ABLE TO TAKE GOOD CARE OF YOURSELF.

SO THERE IS A LOT OF WORK TO BE DONE! AND YOU CAN START RIGHT NOW! FIRST OF ALL YOU MUST BE AWARE OF THE FACT THAT THE CLIMATE CRISIS IS OUR GREATEST THREAT.

THERE IS AN ENORMOUS LACK OF AWARENESS OF THE DANGERS OF CLIMATE CHANGE AMONG LARGE SECTIONS OF THE POPULATION.

THIS BOOK OFFERS YOU A WAY OUT OF THE GLOBAL CRISIS. IT PROVIDES YOU WITH WORLD-WIDE RESEARCH RESULTS REGARDING THE FOOD AND LIFESTYLE THAT KEEP YOU HEALTHY AND SLIM, AND UNIVERSAL WISDOM REGARDING THE CONDITIONS FOR PROFOUND HAPPINESS. IT SHOWS YOU SOLUTIONS FOR OUR PRESENT PROBLEMS AND HOW WE CAN BUILD A SUSTAINABLE ECONOMY TOGETHER, WHILE RESPECTING NATURE AND GIVES YOU MANY INSPIRING EXAMPLES OF PEOPLE WHO ARE WORKING ALREADY TO CREATE A BETTER WORLD.

**THIS PATH IS BASED ON THREE PILLARS:
AWARENESS → INSIGHT → ACTION**

The insight that humans are predestined to be lovingly connected to themselves, their fellow human beings and nature, automatically leads to the will to realize a happy and healthy future.

**IT'S A MATTER OF MAKING THE RIGHT CHOICES... THE CHOICES WE MAKE TODAY, DETERMINE OUR FUTURE
SO DON'T WAIT ANY LONGER
WAKE UP AND DO EVERYTHING YOU CAN DO TO SAVE OUR PLANET
TOGETHER WE ARE STRONG TO CREATE A BETTER FUTURE!**