

Evolution



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Cosmic Religion

- a) I hereby declare every religion null and void.
- b) Everyone shall found and live one`s own religion inwards.
- c) 'The Bible of the Bodybuilder' and 'Evolution ξ' are worthy guides.

I give you two commandments:

- 1) See yourself in everything.
- 2) Strive for perfection.

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Stamps

As a little boy I was collecting stamps. On the schoolyard we got into conversation and intended to visit a mate who had a big collection. We visited him.

We stepped into his small room. Bare walls without wallpaper. Here and there in the corners and on the floor scattered stamps, a little table at the old window, and on the shelves folders with thousands of first-day covers and other stamps, finely filed, a world for itself. Now he intended to sell them for 20000 marks and stop collecting. I was dismayed.

Had I thought of myself, in this dilettantish way, ever to be able to move something thru stamps? These few hundred stamps I had seemed like complete scorn. Man, how stupid I was!

That oddball, who obviously hadn't understood the meaning of life, was at least so clever that he concentrated so intensely and so long on a thing until it was done. Then he ticked it off - and took the money.

If I ever wanted to reach something in life, I had to concentrate fully on one thing alone. Furthermore, I had to take account of two important things: Life is short, and there is stiff competition. What should I do? What could I do in reasonable time? And before all other things: What was really important? So I came upon the meaning of life.

Should I sacrifice my short life to a banal, material proposition? It seemed reasonable to work on my mind. But first I tried to sell the stamps. I went to the dealer, but he refused to buy. And then I understood. Everybody wanted to sell and cash in; nobody was interested in buying. The price catalogs were only mock. One was led to believe in a world which simply didn't

exist. I was the fool; I was living in a mock world fabricated by the greedy.

Isn't it peculiar that a millionaire has usually started out as a simple worker? Haven't they swindled, won, or inherited? And every year there are several hundred lottery millionaires but just a handful of good bodybuilders. If all the lottery millionaires stood in front of me and claimed they had meditated on the numbers, then would start a nightmare. Can they meditate better than me? Am I the last fool who doesn't find another fool whom he can clean out? That's all statistics. I have ascertained that even known billionaires have just statistical fortune. From a statistical point of view, the number of billionaires ought to be higher. Some have the banal luck to be floated to the surface. If thousand entrepreneurs try the same, just one survives; he gives thanks to his cleverness only. Sure, stupidity alone doesn't survive. Were all the others stupid? It's just statistics saying a certain percentage floats right at the top. It's time to

understand these things. Don't believe in your chance when you have no chance. That is claimed by the greedy ones wanting you to work for them. Don't you notice how they laugh at you? Oh, you thought they smiled. - You have no fortune, must go, must die.

You have luck? You are rich? - Not really.

Your chance is consciousness. Here you can have Godspeed. Here is rewarded every step. Long is the way; unrelenting hardship escorts you. Go the way.

Grand Canyon



You stand before me and you look into my eyes.
A vastitude between us; the stream of consciousness has created the Grand Canyon - you stand on the other side.

This sublime space which divides us was created by time. I took the time and the stream, which now shows us the greatness of the Canyon - insurmountable.

You came to a standstill when I dared that step over the rivulet. I sensed the time - but so big?

Vastness

You comprehend the vastness of your life only thru the depth of your inner. Your inner life creates the change of your outward world. Decisions, steps and results are just stages of your inner life. So go into you to find the vastness. So change yourself to alterate your world. So recognize yourself to conquer the world.

Go deep into you. Realize that in your depth the world is at home. Here you shall seek and find. Here is the beginning of your life. See yourself in your inner world, which you are, and in which you act.

Return home, linger in you; do not entangle yourself in the outer world – let it go. Take the vastness of your heart, the freedom of your spirit, and the eternity of your consciousness.

Take what you want, but pay the price. Inwardness costs outwardness; outwardness costs inwardness.

Do you want to be a giver or a beggar? Only reality can really be given. The outer world is just shine, don't let yourself be deceived; live the reality of your inner, only then can you be giver. Then see the beggars, they have let themselves be deceived, they believe in the appearance.

Material humans are not worth the dirt on which they go. Their lives are a waste. Their freedom is their death. Materialness decays, spiritualness stays.

Be thine, shun the shine. Live in your world and take for yourself what keeps you alive. Be in the deepness of your being, experience the vastness of your existence. Let matter be materiality, forget the material shine. Live your life in you, here you can be eternal; here is the spiritual sun, outside just the material shine.

Invulnerability

God as the Creator of the universe and the laws of consciousness has, so to speak, gone down in his work. God lives in the perfect laws of consciousness. Comply with these laws, and you are invulnerable.

Your vulnerability is only discord in you. Harmonize with the divine vibrations in you. Swing in the rhythm of saint time, and forgotten is pain time.

What Is God?

13

God is your life. Your life has laws which you can become aware of. The laws of your life constitute the core of your consciousness. The way you experience your life and its laws constitutes your consciousness. Your consciousness is God.

You are God. You are that; God resides in you as you. Recognize yourself, and you realize God. Be conscious, be godlike. Recognize yourself, and you realize the whole universe.

Be yourself, and you are the master of the cosmos.

Fortune of Life



Life was given to you, it is your fortune. Your duty is to take and to live it. So find your happiness in duty; your life does not forget you.

Your work is easy as long as there is enough for a laugh. Shalt not go the way of gravity, only crawl rather than standing. Say your word as you know it which is enough for your luck.

And when you go, then go happily; because fortune is yours, without you are alone.

Humility

15

Your praying and crying only concerns material things. That is not my world, I cannot be found there.

Be one with me in the heart, and smarts will be gone. Let yourself be carried by the spirit called consciousness. In your humility be that what never hurts. Be your servant in the consciousness of your self. Then bow your head and straighten up.

Bliss and bliss unites us in eternity. So am I in you; so are you in me. What was separate before is now a band which spans the whole world. Blissfulnesses never known are now related to you. Be mine, be thine, then you will be blissfully.

Game of Freedom

16

Man tries in the conscious and unconscious, in the wrongness and trueness. Due to this freedom of trying humans think they are free. Playing with the conscious and unconscious, they create their own laws which rob them of their freedom in the end. But they were never really free, for the laws were just already there. Freedom is only an illusion of the unconscious. A human asks, "God, where may I sit, when do I have to run?"

Unknowing creates the delusion of which you are the victim. Imagine the delusion being a veil of leaves on a pond. Removing it, you recognize your own mirror image. You yourself are at the bottom of all that, have played with you in your own world.

The more perfect you are the calmer is the sur-

face of the water; you recognize yourself more clearly. Your perfection is in the undistorted reflection of your self.

With you being a perfect mirror, the imperfect one sees you as imperfect because he only sees his own imperfection. The perfect one sees you as perfect because he sees his own perfection.

Your perfection shows the true self perfectly mirrored in you. So you are the self, and you recognize yourself as the self. You are the game of your self. It is your game in which you play the game of perfection.

Perspective

The only true perspective is the highest consciousness. Staying in the highest consciousness guarantees success. Example:

The left side of the car green, the right side red, a car passes two pedestrians moving on the left and right side of the road in opposite directions.

The one says, 'I saw a red car moving in the opposite direction.' The other says, 'I saw a green car moving in the same direction.'

The two-dimensional analyst sees contradictions. He cannot understand the world and despairs. Everything seems illogical.

The helicopter pilot above the car, from his three-dimensional view, sees the synthesis of contradictions as truth. He sees the red and the left side of the car.

The life-coin has two sides, the visible and the invisible side. Only the highest consciousness sees both sides. The soul serves as a mirror.

The inner side of life is concealed from everyone. Just the material, the outward appearance seems to exist. Consciousness sees the inner and the outer.

Information and Black Holes

20

Depth and vastness of the cosmos are endless. Consciousness of the cosmos exists at every time, in every place and in every smallness.

Information is just a reality existing in the consciousness. It can go from the unconscious to the conscious and conversely. There is neither destruction nor generation of information.

Information is based on consciousness. The eternal consciousness of the cosmos cannot be generated nor be destroyed.

Strike Me

21

Strike my left and strike my right, because you are the life, and in me you are me. So strike me from both sides lest I go out of you; because so I would lose me.

Look out of your eye into my eye and recognize yourself; and if you don't see yourself, then strike me.

Strike me when I am small; strike me when I am big. Strike me when I am smart; strike me when I am stupid. Love me when I am nothing of everything. When I am like you are in me, then I am nothing, nothing of all that what leaves my true perfection.

Strike me here and strike me there, for I do not see where my bounds are. Strike me so that I understand you so that I see like you so that I

am like you.

Strike me in the direction of your peace that I can feel it. Strike me so that I can appreciate the coming peace.

In you is all the might which you can ever have. The way into the outer world deprives you of your might.

Go the inner way. Go into you. Fight the fight in you. Here, in the eternal realm of consciousness, you will be the king. King of all kings and not the bondsman in the material being.

Immerse yourself. Feel the spirit in you which stands above all that. Be one with it and you feel no difference. You act, you decide; you are that.

Feel yourself in your might and you see that you yourself have created all that. Your world is your world. Comprehend yourself. Recognize yourself. Let your eyes see who you are. You are it.

You Are It

24

Sun yourself in your divine spirit. Have yourself completely pervaded that the impurenesses of your soul are burnt. Your burning is my forgiving.

Go the way of truth that your agony agonizes you. Your crucifixion is my resurrection.

Greet me in you that I forgave you and am with my love in you. Get closer, look at me; I am only your mirror; you have fallen in love with you yourself; my love is your love.

Your life is the developing of your consciousness. Your realization is the solution on the way to you. Go into you. You are your way. You are your aim.

Say Love

25

I say love, it is pure and unadulterated. I love you and I will always love you. If you do not return my first love, I die in my weakness and love everything.

I think love, think and calculate. I think until there is no more to think. If you do not understand my second love, I see you weak and and become mighty.

I enjoy love, gorge and lick and smack my lips. I gorge until I am full. If you do not like my third love, I devour everything.

I say love, I live love, I die love.

All that is my love and nothing else.

Love Love Me

26

Love smart be put in my heart. Put away the shine, it shall be in my inner shrine.

Love fine that I want to be mine. Love fine, fine and fine, finer still than fine, that shall be love of mine.

And that light be in me that speaks from love only. Love only fine that be my shine. Without I shall lose mine.

Love, pure and deep, your nectar is so sweet. Love sole be life in my soul.

Love, clear and only, is always here for me. Love only be.

When calling me, you cannot hear me. So be quiet, and in this quiet you are aware: I am there.

Never have I left you. Just look into my heart and feel with thine what there is in mine. Thine is in mine. Mine is in thine. My mine and your yours is my yours and your mine.

You are not alone. Forever will we be together.

Life and Consciousness in the Cosmos

28

The story of life is the story of the heavens, is the cosmos. You are only a dewdrop, not the heavens; but the heavens are mirrored in the drop, and so the heavens are always there, in big things and in little ones. Therefore let light into you that the heavens speak in you.

Every consciousness has its times. Each time has its laws. Be in the time of the cosmos; in the clockwork of its heart accept the beat in which it has created you. Then just abide in it and abandon yourself to its love.

In your work be conscious so that you must create cognition. So look into you, there shall be the solution.

Being under delusion, you don't understand it. Realize reality which defines your life. Search

for the reason for that reality. Give yourself time for that. Develop the power of distinction by burning the veil of delusion and realizing the concealed laws. That is me.

It's me, I am everywhere, have a thousand arms and ears. You don't see me, and yet I am there. I am conform to the cosmos, indistinguishably connected to it.

I am the situation of living and dying. I live spirituality and die in materialism.

Mist of mortality lies over matter. Mist of delusion and noncognition. Spiritual eternity lies in matter. It is the truth of cognition – the breath of life.

Time of Life

30

Everything you do is deadly. At the end of your life stands the death. Do you want to live eternally with your stupidity? That would be the end of mankind. Therefore die and let it live. Unawareness must go away; eternity has to stay.

Eternity is zenith of awareness; an eternal ridge hike in the face of unconscious abysses.

Balance in nothingness. Remain neutral and don't let yourself be caught. Your decision is always only the one step to the front. Do not take the first before the second, or you will burst in a second. Do not return, or you will burn.

Do your duty, write it on your face. Don't you do it, you don't survive it.

Take the time for yourself and go through it.

Time for time, that is the best time. After time and time comes eternity. And do you take all time, and do you have all time, you are eternity. In the fullness of time of your time lies time for smaller time of larger time, that is the infinite time of eternity. Have you the time, and are you the time, you are eternity.

Do not run after the time, come to a halt, then you have more. Stay in your time, untouched, that is your time. Time of time of others, let it go; you have the eternity - shall it go? The more time you take for yourself, the more time is given to you. And do you give all time, you are given all time. To take and to give, that is the same to me, you get my realm in any case.

The Clock

32

The clock looks at me. Am I still bearable? Am I still contemporary? Or am I too old, do I go by?

I look at the face of the clock and pervade the clock. Here is my being. I am the clock. I am the being.

My swinging heart dictates the time – it swings in endless time.

Quiet is my space, patience my beat. Whose hour has come, I determine it.

I am the bell-ringer of consciousness which bears me and determines the time. – So I bear myself and swing freely, am the time for every time for eternity.

Time and Eternity

33

Look at me, I am the time. Don't only look, but live with me and discover me in you. In you your own time must be borne; and there is time of mine which determines your time and swings in harmony with it. Being like me, you recognize me.

So don't only hear me, but be like me, then you understand me. Look at my time, it is your time. Here, take it, belongs to you.

It is your talisman; it advances you. Wherever others lose there you'll win. My time is for winners; it is the time of victors.

Ever be with the time, never without. Then you have time for ever and are never without. Yes, swing in consciousness, stay in the time, that is eternity.

My Myness

I pray and I am.

My quiet in me is imbued with the sound of my consciousness. A loneliness, my loneliness, no loneliness reaches this loneliness.

It is myself. My reality is the world of my consciousness. Here live I taking effect; unrealities are not in my interest.

I lived miseries, I lived temporality; now I am freed. And show you me the sadness, so I see merriness.

Your world is part of my world. My world is part of my consciousness. My consciousness is a thought of Him. My God is my myness.

Aye, aye, captain! You chameleon of the wilderness. Depending on where I stand, when I see, and how I go: You show me the facets of this eye of truth tarrying in everything, reigning over all that.

You stranded core of truth, on which every materiality breaks, harmonizes here with the perspectives of the natural sight.

My eye is your eye. You are in me and I in you. Nobody can understand or see that we go together.

Your while in me, my while in you - eternal and unfading.

My Eye

36

Do I bear a secret, quite a little one.

It is consciousness. It is that drop of consciousness which in its entirety endures in all humans and finds expression in collective existence. In my own entirety I am mankind. I wanted to go own ways? Nobody can understand that here.

Lonesomely got I into every being, but not alone. My loneliness became the connection between all humans; like a raindrop which is born from a lot of little drops over the sea, and then is one with the sea again. Limitedness of the drop disappears, and it sees with the eye of the sea.

So I see with the eye of mankind. Knowledge and might of mankind is in my eye, is in my consciousness which has created this eye.

Consciousness can be expanded by realization of truth or existence of a matter. Such cognition can be important or unimportant to consciousness. Important cognitions can lead consciousness to undreamed heights.

When I talk about consciousness, I can also mention the Third Eye in the same breath. Only consciousness can open the Third Eye. The Third Eye cannot open by pure chance. Great work on consciousness must go ahead. Chance or luck can only be on the ladder of consciousness. How much realization do you need to open the Third Eye?

Take the dice. Every time your consciousness has a higher cognition you may dice. Six spots redeem you.

You begin to throw dice. But then you realize something is not in order. You look at the dice,

there is a blank face; no face has six spots.
What's up?

That causes disconcertment. Six spots means you have to throw one spot six times in a row: 6 by the power of 6 possibilities. The odds are 1: 50000.

Now it arouses interest. If you strive hard for realization and have ten cognitions a day, you just need six years. If you only get one cognition a day, you may need sixty years. You cannot get the necessary experience and realization on one day alone. It requires years. I needed twelve years.

I think ca 500 cognitions are basic. Each is accompanied by hundred smaller cognitions. About fifty cognitions are important guideposts. Two or three great cognitions a year constitute a maximum of realization.

Vertical realization of consciousness cannot be compared with horizontal quantity. The quality of consciousness is crucial. Consciousness sees

unconsciousness, unconsciousness doesn't see consciousness, that's beyond the quality of sight.

Quality is indispensable for the Third Eye. Consciousness must not only be high, but also without any gaps. Every rung of the ladder is important, otherwise you lose hold. You certainly make detours. Detect them and cut the way short. The actual way cannot be shortened. It's something like a conclusive giving of evidence to sentence you to Third Eye.

That this way seems endlessly long is only natural. Therefore you should look upon the way as being an aim and thoroughly master the tests on that way. But never forget the real aim lying at the end of the way.

Long before the moment you have been waiting on for such a long time, you feel flows near the Eye.

Don't wonder if it is color-blind. It needs years to ripen.

Eye



Look deep into my eye, feel mine for thine. Let your eye be eye of consciousness, live in its shine. See the world in your eye, here you are creator, here is home.

Eye my be thy. See into my being. Shine by shine, the variety of being is the reflection of your shine here.

My eye into your eye. Eye in eye being comes into being, consciousness flows into.

Beheld eyes, beheld being, all this is shine of mine.

Fate



My small consciousness wins the fight for the large consciousness. My smile of the victor is the highest consciousness that I can reach.

My fate is the fate of the mankind. So in my time I am every time; my consciousness has become all that what has ever been there.

So I see from in and from out, for I myself am all that. So I see with all eyes, for my fate lies in all eyes. My fate and all fates are *one* fate.

Lighthouse

42

Became the lighthouse, radiate a light; I do not leave my place. Ships which sail; captains who see; houses which stand.

I am a stone now and will be forever; out of me beams a light, it doesn't go by.

Would I have ever thought that I shine at night? There sleep I and keep up. Ships which stand; captains who go.

Is the house a beautiful house and a habitation too. I look at the sea, sail it no more. Can see captains who stand. Eyes into eyes trusties.

Generations

43

Child, when you are grown-up, you shall learn who I am. Child, when you die, you'll know that I am your only friend.

You shall learn what all the generations have left to you. Use your time for the time of generations that you realize it and expand your realization.

You will see that I am the end of all generations. Know the time of generations, see into my eyes and see with my eyes.

Experience the suffering of all generations and become the yearning which has created me.

Pray



I want to pray now.

'Thank you, Lord, for the meal you gave me.'

I never want to pray again. Never again shall prayers leave my lips. In the lasting praying of my soul, I only feel my heart I cannot leave.

Even so very you hope, so very I have immersed myself in me that nothing more can open me. My lips are closed; my heart is open.

Stillness is in me. There prays sadness for eternity. My heart affords insight. Never again can I speak. Never again can I forget.

The light of the world shines on you. In you shines the light of God. God's shine gives being. The shine of the worlds will be lost. Let flow inner light that it meets godliness. And are you here and are you there, never does the inner go away. The world is yours, it is your shine.

My world is another world in another world. Here do I be the shine, and everything is already mine. No inside and no outside; I am all that myself. Aim in time – time and aim is me. Stillness is my breath, doing my strength.

Mine be yours. Be transparent. Leave the world standing, shall go with me. Shine in shine, let us be together. The light shines twice, God's heart and hurt of worlds, in light we are together.

Light of Time



Your highest consciousness is purest light in the light of your soul. Staying in this light, you move at the speed of light; clocks melt in slowness, light makes the effort to follow you. The infiniteness of your being cannot be grasped any more. You are the time in the time; that is your eternity, your endlessness of your time.

Hermann Monument 47

That you stand there.

Past, present and future show the sublimity of
your sword, stillness and peace of your being –
mute and evermore.

No bounds, no time, you stand in every time.

Your eyes are steadfast, your heart in God's
estate.

Doing

Activity is my prayer. Deed by deed, that is my day. My deed is my consciousness, and without deed I am not. The deed is my decision for the deed, to do and not to rest.

My deed springs from my consciousness and conversely. Consciousness is time is motion is deed is consciousness.

There is the time which fathers me in my deed. In my deed I am the world which lasts eternally.

In my doing I repose in the highest consciousness; the time pervades my doing. With me reposing, my consciousness takes effect, and everything is done. The time, the movement is my constant quiescence which I cannot escape from. So everything is done, and it seems like a whole lying there. A frozen time of eternity.

Eternal

What is not eternal does not interest me. I am only interested in things which are eternal. What is not from eternity has no space in me.

I myself am from eternity. Why should I give way? Space for transitoriness? Space for the decline? I am too eternal to permit that.

In my eternalness lies sorrow over transitoriness. In my bliss and in my sorrow I am for ever. In my sorrow over transitoriness I experience the bliss of my foreverness.

Meeting

50

I met you in me, was amazed that you were there. And almost I was about to ask, but then I saw into your big eyes in which my small self vanished. I myself was the stranger in me. What did I get to do in me where you still lived and everything was yours?

I am only guest in my own self. Forgive me; I thought I was me and nobody else. But now I know I am you. You are who I am and no one else.

You look at me; I am your life; I am your striving. You have met me in my honor of serving you.

Eternal Change

51

Past and future are played like a hard record in my presence. My lasting lingering in the presence of my inner shows me the continuity of my being. I circle around my self as on the surface of a ball, never finding beginning or end – no bound, no time, only eternity.

So I cannot go away from my self because then I would lose myself in the vastness of darkness. So I cannot fall into my innermost self because then I would decay and would not be.

Between the vastness and my self there circle I never really being my self, never really being my vastness.

I am neither night nor day, only the eternal change which matches my perfection. And if I weren't it, so I would not be.

The Realm

52

My realm is the realm of consciousness, here I reign in the highest consciousness. Look at me, immerse yourself in me; I am in you as you are in me.

Be consciousness in my consciousness, so you turn into the highest consciousness, realizing that each part carries the whole in it. Without the consciousness of the whole no part can be a part of the whole.

Each link in each chain is a chain. There are no links, only chains. A chain can function as link, but it is no link. The functions are transformed towards infinity.

Just as the consciousness exists not only on the earth, but also in the grain of sand and in the

atom, so the whole is everywhere – in the least things as well as in the biggest ones.

Consciousness sees no time, no bound, no space. These things exist only in the unconsciousness which holds itself captive, just as a prisoner who only knows the walls of his cell.

When I have myself wholly pervaded with my highest consciousness, so I let its almightiness take effect in me that nothing is impossible for me so long as I am anchored in that consciousness and allow nothing else.

So I let the things happen which flow from my almighty power and have no possible obstacle.

The highest and purest source emanates my consciousness winding its way thru my life like a never-ending river creating its river bed, unstoppable, dividing, flowing together and flowing into the endless sea of consciousness, soaring into the sky and raining down on me, the mountain. – Never ever do I interrupt this cycle.

I am the mountain breathing the highest and

purest air, having the eternal river of consciousness created, serving the world as God's memorial.

Evolution

56

You in the world with me in you move free from gravity of matter. Always shining as if sorcery were practising. Your divine discretion has the ballast shed, the material dregs. There you stroll outside, in your weight you light light but no one has the sight.

A waft in the world falls into the human's heart; feel the waft, it is a hurt. Do not go out of its way; it alone takes your suffering away. – Dare daring. Evolution, revolution of spirit; revolution of matter is degeneration.

Look in the sun then where all that began. Recognize yourself in this worldly days where matter decays. Here am I with you in me that you are like me, and then you recognize *yourself*.