

# COSMIC TEACHINGS

## Your Contemplation Booklet (A Treasure)

### Cosmic Teachings Day 1.

We, the Cosmos, feel the burning necessity to openly speak out amid growing disorientation of the “modern” world. The key question that reveals the core issue determining the fate of (wo)mankind is whether the Cosmos is a chaos or an Order. Many thinkers have their heads broken over it. They have sought the answer in the world around them (cosmology, physics). Typically, they failed. Very few realized that it depends on the perspective with which you tackle this question. The modern ignorance is based on the assumption that our common “I” is the center of personality. So they approach everything (inner or outer) through the ego. The clue is that because the ego is an isolated, fragmented, atomized entity everything appears according to it. Ego and separate objects are two sides of the same coin. The world as a “bunch” of separate objects is perceived as chaos. However, if you shift your inner mode of perceiving – from ego to True Self (witness, observer, mindfulness) – then the world around you changes accordingly. Because the True Self is the undivided Consciousness within you, the world appears as an undivided Whole. To bring it to the point: To the ego the Cosmos is a chaos, because itself is a chaos, while to the True Self the Cosmos is an Order, because itself is Order. The consequence for science is: in depth study of the Cosmos is only possible with a Cosmic Mind.

### Cosmic Teachings Day 2.

One of the most crucial questions (in life) is thus: am I my ego or “my” True Self? Indeed, how to distinguish them? Because of its identification with your limited self-image, ego is the state of narrow-mindedness. It can only see the world in fragments. True Self, on the other hand, is limitless. It emerges when you dissociate from the identification with your thinking. For that to happen you have to make a step back. You create an inner distance between your aware observer and your thinking. “I am here and my thoughts are there, in front of me”. Conclusion: You are NOT your thinking. One of the main differences is that the ego-mind is dominated by thinking (taken in tow) while “your” True Self is free of it. Thinking is there but it cannot disturb your inner peace anymore. Thinking is a function, it is NOT part of your Essence. When dominated by thinking your Essence is dragged down. Immediately you lose your sense of inner Space, your inner Peace and Stability and your Transparency. Contrary to that, in more advanced stages of Awareness everything around you – your chair, the carpet, the table, the cat and the room – appears to be the content of “your” extended Space. Rather than being fragmented, these elements appear to be all interrelated. The miracle is that your New Identity – your clear Presence – has a higher sense of Reality. Everything is more Real, because you are Real. This new quality is your inherent Intelligence. While knowledge of the ego-mind is the outcome of cognitive processes, knowing through your True Self is of a “Higher Order”. From that moment on your life has shifted from being “horizontally-oriented” towards being “vertically-oriented”. It is the start of your search for your True Home.

### Cosmic Teachings Day 3.

So far, not so good. In the course of time ego has grown to monstrous proportions. It has corrupted spirituality. The latter has to serve ego-purposes like “to feel better”, to perform better, to be

“happy”, spiritual ambition/career, to boost your ego, to escape daily anxieties, to make money, to make the company more efficient etc. Current “spirituality” is a dead end. It is not a foundation to make further steps. To acknowledge this can be painful, for many use it as a last straw. The positive side: you see clearly how tricky the ego is. This insight gives you the strength needed to throw false assumptions away. So, back to zero and then what? The answer: you have to go on asking yourself fundamental questions. For instance: Why “to get rid of the ego?” In prehistory people experienced themselves as part of a Cosmic Womb. In Her Emptiness (beyond Emptiness) everything is continuously born and disappears again. It is the Law of Death and Rebirth (“Stirb und Werde” J.W. von Goethe). The ancients had a unique insight that (daily) life is ruled by Death and Rebirth too. It was symbolized by the “Vegetation-Gods” – Tammuz, Osiris, Attis, Baal (and ....Jesus) - who died in autumn and resurrected in spring as a way to “support” fertility and the wellbeing of society. Later the Hellenic Mysteries continued the tradition, followed by Christianity. The idea is the same: death of the ego means (re)birth of your True Self. “Dying (of the ego) during this life is to Live”. It is the Law of Cosmic Renewal and Regeneration. Through this process an optimal inner balance is achieved. The question is: death into What; birth out of What? Here physics helps. It says that virtual particles are constantly being born out of the Vacuum, while “mysteriously” disappearing back into it in the self-same moment. Or the Law of Regeneration of (holistic) medicine (Prof. dr. W. Zabel). It says that 25% of all cells are in a state of dying; 50% in a state of (relative) permanence, while 25% is in a state of birth and growth. The miracle: the dying cells secrete a substance (“necro-hormone”) that stimulates the growth of new cells. Death as a prerequisite for life!

Cosmic Teachings Day 4.

“Freedom is a gift of God” (President Trump). It seems an incredible statement. However, how to relate this to “Make America great again”. Right, freedom in the USA is not related to the Real God, but to the “American Dream”. Its pursuit of happiness is the “happiness” of the ego. It consists of “doing what you (the ego) like(s)”. An ego without regulating (Divine) context is blowing itself up. Nowadays it has degenerated into a MEGA-Ego. It destroys everything that comes in its way, eventually destroying itself: Big Ego, Big Bubble, Big Collapse. Western “freedom” is corrupted. It cannot guide us out of the crisis. I’ll start with the basics. Our identity consists of a “Natural I” and a “Supernatural I”. The Natural I is worldly-oriented. It is an instrument through which we function in society. World I and society have a feedback to each other. If the I is corrupt, it will corrupt society and the other way around. In our situation this is clearly the case. We have been caught in a unstoppable vicious circle of degeneration (“Ego-Catastrophe”). Instead of being identified with the Community (including humans, animals, plants etc.) we have reduced ourselves to (unconsciously) clinging to our self-image. This one-dimensional reduction of our I is called ego. However, there it doesn’t stop. Seduced by technology, our ego has become addicted – which was easy, considering the inherent uprootedness of our ego - to “digital reality”. Through it the last grain of self-esteem has evaporated. It is the (social) media that determines our thinking, feeling and wanting. Fortunately, our I is not limited to our worldly I alone. In that case we weren’t “better” than animals. (I prefer animals). The second component of our “personality” consists of “our” Supernatural I. It consists of the “observer”, the True Self, the Divine. It is our vertical Cosmic connection. Through it our Essence is nourished, maintained and renewed. The Supernatural I is what we Really Are. Being One with our Essence we are part of limitlessness. All essential qualities of life come from there: wisdom (intelligence), inner peace and stability, love and compassion, interconnectedness, justice, inner strength. The tragic of Western culture is that this our Essence has been thoroughly suppressed. “We

don't know who we Really Are". Hence, our so-called freedom is a hoax. Because True Freedom is a Gift of God.

Cosmic Teachings Day 5.

Let's talk about Love. Love or felt love that's the issue here. What happens when you say "I love him/her?" To many it is a "mystery". The true nature of love is hidden even to those who experience it. So, how can people – all identified with their ego's – know what love is? Ego and love are excluding each other. Really? Everyone who is really "in love" will vehemently oppose my statement. As said many times before, the definition of ego is to be identified with your self-image. Everything the ego thinks, feels and wants is through the "self". Because the ego is limited to the self, it has no possibility to transcend it. So, two ego's come together declaring their love for each other. However, because both "self-images" are in between, there cannot be a direct relationship between the two. Nevertheless the feelings towards each other are sincere. If there isn't direct contact, it only can be an effect on the self-image that gives one the FEELING of love. Aspects of your beloved SUITS your self-image. Your self-image is pleased, is excited, raising the energy of your entire system. This could lead to cynical remarks about "common love". It is still self-centered. However, through the vibrations existing patterns and fixations are loosening-up. In love you become alive, sparkling, joyfully experiencing life. It is not a small benefit life is granting you. However (I am sorry to say) it is not the Real Thing. Felt love – however valuable - is not True Love. You come closer to it through your experience of expanding your inner Space. When it happens all objects (around you) become its content. The secret: everything that becomes part of your Greater You, You "love like yourself". True Love appears to be a quality of Consciousness. Love is celebrating the Unity, which is always there. To be in One Space is where it is all about. No need for you and the "other" to "communicate", to open a "dialogue", to exchange with each other. On the deepest level you Are One from Eternity! The only thing "to do" is to be in that Space yourself. Your "inner" Space and the "inner" Space of everybody else are IDENTICAL. They are part of One Undivided Divine Space. There is LOVE before you love. When this LOVE is there, there is NO EGO, no self-image, no "attaining", no limitation. True Love is not depending on reciprocity. It even includes the ego's of the world. Selfless, Unconditional Love is "Maternal". It is All-Embracing, Cosmic. Hence, only Cosmic Love can save the world.

Cosmic Teachings Day 6.

We, the Cosmos, have our own way to describe human history. It is divided into "Paradise", "Paradise Lost" and "Paradise Renewed". Paradise known as "The Golden Age" is deeply hidden in the (archetypical) memory of all religions, cultures and peoples. In most cases it starts with "Darkness giving birth to the Light". Darkness being synonymous to the Cosmic Womb, Origin of the Cycle of Birth and Death. In its turn the Light "creates" "Heaven, Earth and People". In the Ur-Stage (Primordial Stage) people live in Paradise. In the West the "Garden of Eden" is known to everybody. "Golden Age" denotes a period of primordial **peace, harmony, stability, and prosperity**. During this age peace and harmony prevailed, people did not have to work to feed themselves, for the earth provided food in abundance. They lived to a very old age with a youthful appearance, eventually dying peacefully, with spirits living on as "guardians" (Wikipedia). The common denominator: (almost) all primordial societies are centered around "the Mother". When so many different cultures have the "same" shared vision – a society of peace, all more or less based on matriarchy – then there must be some truth in it. Just like the narratives about how these societies came to an end. "Paradise Lost" is characterized by overthrow of the Original Mother by patriarchal Gods, Kings, Priests and Warriors.

The “Fall” isn’t a “sin” against the father-God, but his take-over of the Mother-oriented culture is. It is the Fall out of the Mother-Paradise (about psychology later). This is confirmed by the Sumerian version of the Garden (older than the biblical) where the man eats the forbidden fruit from the (Mother) Tree of Life. Upon which the Mother punishes him by letting him suffer terrible illnesses. In the end She heals him, a striking difference with the punishment of Adam and Eve by the sadist father-“God”. Patriarchy developed along the lines of the God Marduk (Babylon), Gilgamesh and other regional Kings, the Jewish Torah (later completed by Talmud and Zohar) and the Christian Church. The latter destroyed (wo)man’s (“Pagan’s”, Women’s, Gnostics’, “Heretics”, Mystics’) unity with “Heaven, Earth and the Community” in favour of its “Glad Tidings”. The Church is thus responsible for having laid the foundation of the Ego-Catastrophe that is now threatening our very existence. In this dire situation people cry out for A New Heaven and A New Earth.

Ego’s master trick: calling its insanity “freedom!”

Cosmic Teachings Day 7.

The current Ego-Catastrophe is the result of a millennia-long development. It is the breeding ground of evil. Its key characteristic is its alienation from the Whole. We have called that “ego”. Ego is a free floating entity in the ocean of life not controlled by “anybody”. Hence Western “civilization” considering it the epitome of “freedom”. In Reality, every not-integrated entity is a threat to proper functioning of the Whole. What we call “freedom” is actually a sickness. I distinguish three levels of evil: ego (“normopathy”), over-compensated ego (“psychopathy”) and MEGA-ego (“sociopathy”). This classification is based on the damage ego inflicts: the damage to yourself, the damage to the other and the damage to the Whole. In our individualized society we individualize disease. We give it a “clinical” definition. It is “our” way to isolate collective insanities in order to hide the truth about its epidemic character. With the ego this strategy has been very successful. By only attribute it to certain individuals (“he has a big ego”) we fail to recognize that our whole “civilization” is based on it. That’s why I have called it (already in the eighties) “normopathy”, the pathology of normality. If everybody behaves in the same way, we automatically think that this is a normal pattern. This can go very far. The Germans in the Third Reich, the Americans with their pathological ego-dreams, the Jews in their “racially pure” State. Ego is based (through identification) on random characteristics acquired in early life. Therefore, “deep within” it is insecure, vulnerable, instable, inferior, isolated, fearful and powerless. The majority of people live with these kinds of emotions. The damage they inflict is mainly on themselves. A minority, however, “refuse to accept” this miserable state of mind. They develop a strategy to overcome their inherent weakness. They do it through blowing-up their ego, through identification with (ego)ambition, success, narcissism, power, money, influence, status.... The damage they inflict is (still) relative, limited to a small sphere of influence. Nevertheless I have called it “psychopathy”. It indicates that what we usually call “psychopathy” isn’t limited to individual cases, but to the collective insanity of our ego-society. In “favorable” situations (political, business opportunities, career changes, cabal membership) the “devil comes out of the bottle”. These are the (MEGA-ego) types that ruthlessly pursue their inhuman objectives, regardless the damage they inflict on the Whole. Their lives are uprooted, devoid of all empathy, obsessed by “self-worship” and megalomania, dominated by crimes, greed, lies, deceit on a limitless scale (“sociopathy”). It is the epitome of evil. Their viciousness – o, irony - stems from their inherent weakness. Their greatest fear is to fall back. They destroy everything because of fear being destroyed.

## Humanity rooted in “Heaven, Earth and the (new) Community”

### Cosmic Teachings Day 8.

That the whole world is ruled by this MEGA-ego cabal is no secret anymore. Its grip on government, finance, corporate business, mass population control, the military and the media is abstruse. This should lead to a feeling of total hopelessness. You read it well: only a feeling of total hopelessness can save humanity. While “hope” seems to be preferred, the reality is the opposite. “Hope” is the expectation that we can go on as usual, without the need for change, without the need of giving up our ego’s. “Hopelessness”, on the other hand, is to see that THE COMMON WAY is a dead end. It is open to the idea that only a miracle can save us (“Only a (new) God can save us”. Martin Heidegger). Ego can neither save itself, nor the world. It is the problem, not the solution. So, all these “improvements” of the current system will fail. They don’t touch the core of things. In the middle of this MESS the Revelation of the Cosmic Mother took place (1977). It is the Turning Point in human history. It happened in that Garden. Suddenly and totally unexpected – and out of total innocence – a supernatural Lightning struck my head. Immediately my whole Being – including my conscious awareness – was wiped out. For a split-second there was only total Blackness. Almost simultaneously I was dissolved in limitless and timeless Divine Light. There wasn’t any separate “I”, no experience, no me and the Light, but only this ONE Dimension. There was only THAT, realizing ITSELF joyfully. The same night I woke up in an Ocean of Horror. This dark-grey Ocean was everywhere. Its “waves” were indescribably powerful, sucking in my entire body-mind. Only by keeping up my awareness through sitting in Zen-position for many hours, I eventually “resurrected”. I immediately knew: this is the Ultimate Cosmic “Experience”, consisting of the Cosmic Womb (Absolute Nothingness/Blackness) with Her Two Cosmic Dimensions of Eternal Birth (God, the Light) and Eternal Destruction (physics: Super-Gravity). Later I remembered the statement of the Mother-Goddess Isis: “No one will ever lift my veil” (experience Her True Nature). That this happened to me is proof of our extremely critical times. Because of our absolute hopelessness – and the failure of all patriarchal religions - the Cosmic Mother interfered. Her Revelation is our Refuge, opening the door to a new awareness: Cosmic Consciousness.

### Cosmic Teachings Day 9.

Later I saw the entire Cosmic Cycle in front of my conscious observer. It makes our Cosmic Event complete. To see everything in a historical perspective is very exciting. We (in the West) started with the Great Mother (40.000 years BCE), followed by Goddesses (10.000 BCE) and Gods (3000 BCE), followed by the “One God” (600 BCE), the “Son of God” (0 CE) and the Church (400 CE). Nowadays “God is dead” (F.Nietzsche) and the Churches are empty (corrupted). Western culture has become a wasteland, a one-dimensional horror-scenario. And then this happened: in the abyss of our collective despair the Re-Emergence of the Cosmic Mother. A Cycle of 42.000 years.

### Cosmic Teachings Day 10.

The “shocking” news about “my” Threefold Cosmic Realization is that “God” isn’t the ultimate authority anymore. The Light is born out of the Darkness of the Cosmic Womb (while continuously returning to it). “God didn’t create the world out of nothingness, but Nothingness is giving birth to God and the universe, the latter continuously returning to their Origin”. It is the end of patriarchy. Moreover “God” appears to be part of a polarity: the dynamic balance between “Creation and Destruction”. Hence, the universe is ruled by a “Cosmic Trinity”: the Mother and Her two Cosmic

Forces. The Unity of Womb, Eternal Light ("God"), Eternal Destruction, universe, earth, society and (wo)man is called Cosmos. The Divine includes the entire universe. Even religions state "God is omnipresent". Unfortunately, they never took the consequences of it. They even adhered to the opposite, namely a separation between God and the world, between Spirit and matter. However, the Reality is that the world is sacred. It is the content of Divine Space. It includes the universe, the earth, society and us. We are part of Cosmic Hierarchy. For the Divine "emanates" from the Cosmic Womb; the universe emanates from the Divine. The various "levels" are all "organically" connected. The only entity that is outside of it, is our ego. The irony is: while in Reality leading an miserable, isolated, fragmented existence, it is claiming "exclusivity" for itself. The Church even boasted about the fact that it "liberated" humanity from the "grasp of the Cosmos". Instead it put "the Mystical Body of Christ" (the Church) in its place. How happy we are nowadays that Truth has Revealed Herself! Despite (or thanks) our monumental crisis, humanity can return to REALITY. Being cut off from the Whole – on the other hand - is the cause of existential suffering. Healing is to once again becoming part of the Whole. The question is how? In the last decades many people went for the "Quest for the Self". In itself it is a good beginning. You discover the ego being a fake identity. Your aim is mindfulness. However, for many it stopped there, because it satisfied their ego's. The most important step has yet to be taken, though: the "Quest for the Whole". To fit in into the Whole raises less enthusiasm. For here you have "no choice" anymore. In order to get healed you have to give up your ego! Your attitude is that of a caterpillar, not knowing his true nature as a butterfly. Your ego- "freedom" is all you have. The Eternal Freedom is (yet) beyond your imagination. How your Home Coming looks like? The Mother is a bottomless Abyss. She is the Mystery of Mysteries. Your attitude: Worship. The Divine (Mother's Light Body) invites you to strive for Wisdom. Your attitude: Realization. The universe, consisting of the quantum world, is nourishing you with its energies. Your attitude: Inner Balance. The earth is regenerating you. Your attitude: Ongoing death and rebirth/ "Stirb und Werde (J.W. von Goethe). Society (including animals and plants) challenges your capability of interconnectedness, solidarity, friendship and love. Finally there is "You", a totally transformed Being. You are Cosmos!

We are part of society  
Society is part of the earth  
The earth is part of the universe  
The universe is part of the Eternal Light  
The Eternal Light is part of Absolute Nothingness  
(The Cosmic Womb)

Cosmic Teachings Day 11.

Has your interest been raised through reading these 10 Cosmic Teachings you may want to go into detailed practice. Cosmic Healing follows a (more or less) strict path. It is different from "personal healing". The latter has to consider your personal details in order to be able to achieve personal integration. Not so with Cosmic Healing. Cosmic Healing is to fit in into the Cosmic Order. This Order exists "from Eternity", it is not adapted to your personal preferences, characteristics, needs or wishes. In order to get healed you – as the product of a sick society - have to fit in, not the other way around. The Cosmic Order is the True Home of EVERY human being. The only personal aspect of this Healing is the need to become aware of your inner obstacles to make re-unification possible. The first step is to fully accept your ego-suffering: your ignorance, isolation, fear, meaninglessness, insecurities, vulnerability, powerlessness, especially also aspects of your shadow. You have to

completely honest about all your “negative” emotions. Realize how you suffer from them. The more you let this enter the depth of your “soul” – while continuously watching - the stronger your longing to get healed. This is crucial. You approach this first step intellectually (cognitively), emotionally and consciously. The second step is to contemplate the “Saving Activity” of the Cosmic Mother. You realize that only Absolute Nothingness (of the Womb) is able to “take back” your ego and everything related to it. Everything else is unsuitable because of the tendency of the ego to immediately identify itself with any random object. To the ego everything will do, it even identifies with “God” to save its skin. Only Nothingness has nothing to identify with. Every “energy” or complex is completely neutralized by it. The Mother is doing this through Her Power of Destruction! To realize the positive role of destruction (instead of being afraid of it) is crucial. The Goddess Kali (India) is tremendously popular, because She destroys all evil. So conscious surrender (of the ego) to the Mother (“please, take my ego away”) – while always watching the process with your conscious observer – is essential. One of the best settings for it is your completely darkened sleeping room, while imagining being surrounded by Her Dark Womb. These are the sacred moments of your Healing. It is like a “religious” ceremony in which the Mother is doing the work (through Her Power of Destruction). The only thing you have to do is to put your ego on Her “altar” (as a sacrifice). That is enough for Her to take your suffering away from you. Depending on the clarity of your inner observing the Mother subsequently grants you your True Self. This could take some time. Therefore you may support Her “effort” a little. Remember the Halo’s of Buddhist and Christian saints? A Halo is a symbol of Enlightenment. It is always situated on the BACK SIDE of the head/body. Just like in normal birth the Life-giving Womb is “behind” you. It is the same with spiritual (re)birth. By (consciously) feeling your back and head – in all daily situations – you restore contact with the Divine Dimension. Again this is ALL that YOU have to do: developing feeling contact. Once established the Cosmos will do the “rest”.

Cosmic Teachings Day 12.

It is crucial for understanding the Cosmos that everything (the entire universe) is content of Divine Space. It is the “link” between the Natural and the Supernatural. This content is born out of the Divine Realm, while uninterruptedly returning to it. In its turn the Divine (the Eternal Light, “God”) is born out of the Bottomlessness of the Cosmic Womb (while returning to Her). It means that the Transcendence and its Manifestation (the visible world) are a Unity. There doesn’t exist any separation between the Realms. It will be clear that this has far reaching consequences. Our existing dualistic paradigm “God and the world”, “Spirit and matter” appears to be false. We all live in “God’s hand”, in “Mother’s Lap” (Joke: we were never out of the Womb!). The world is sacred and we live in “absolute security”. In fact, we were never left alone! It gives us a sense of the abominable “sin” of being identified with our ego’s as our (only) identity. This transgression is the most severe possible, a rejection of our True Home, a denial of the most fundamental Cosmic Truth. A few examples of how “physical” phenomena are steered by the underlying Invisible Realm. Physics discovered the Vacuum (reflection of Mother’s Womb) from which virtual particles emerge and disappear in the same moment. This is considered a “physical fact”, an entirely independent phenomenon. In Reality however, this “death and rebirth” process is the manifestation of the underlying supernatural Cosmic Forces of “Creation and Destruction”. Matter and anti-matter are equally depending on the same context, just like gravity is the expression of the centripetal destructive Force “bringing” Dark Matter back to the Womb, where it is transformed into light. Black Holes are manifestations of the Womb/Vacuum too. Through underlying Nothingness energy/matter are sucked in, while simultaneously being spewed out again. Their function is to maintain Cosmic Balance.

### Cosmic Teachings Day 13.

In the West we identify with life, excluding death. Few realize that by doing so we miss the essence of Cosmic Regeneration and Renewal!. Clinging to life is reducing it to fixed patterns. You want to live, while in Reality you kill it. It is against the Law of the Cosmos. The Law is that we are continuously dying in order to be reborn. By being part of the Cosmos you regenerate, outside of it (ego) you suffer a process of ongoing decay, a slow death. If you want to live you have to embrace death. "The sun rises from the night" (Egyptian wisdom). Every night our ego disintegrates ("dies") in order to be fresh in the morning. It is the underlying Truth of "vertical evolution". During life we continuously die. In order to be optimally aware and balanced you should drop your identification with the ego (death). In order to remain creative you let our (old) thinking go, enjoying new space. Bertold Brecht: "Every time I go into Emptiness I come out full". In Dutch there is a wonderful word "Vol-Ledigheid" a state of mind which is simultaneously full and empty! Our bodily tissues (blood, organs, bones) are renewing themselves according to a biological (Cosmic) cycle. As said earlier: 25% of all our cells are in a process of dying, 50% is relatively stable and 25% are fresh and young. It is a reflection of ancient Hindu-Wisdom: the universe ruled by Creation, Permanence and Destruction.

### Cosmic Teachings Day 14.

All benefits come from fitting in into the Cosmos. It is the alpha and omega: the Way, Truth and Life. In it you find everything to live life in an optimal way. Outside of it (ego) you can only maintain your life through strenuous self-effort. While knowing that "in the end" you will fail miserably. It is not something I recommend. So, let's go on with your Cosmic Play. Its Essence is that when becoming One with It, It is doing all the "work" for you. So, life is very simple. Instead of turning around in the circle of continuously creating (new) problems plus the continuous effort to solve them, your only concern is: am I IN or am I OUT, am I in contact (with the Cosmos) or not? Playing with It means effortlessness. You play with the Cosmos while the Cosmos is playing with you. "Poor Cosmos", these masses of ignorant people, not knowing where/what their True Home is. They are like fishes searching for the water. That's why the Cosmos was in urgent need of revealing Herself (Her 1977 Revelation, see above). I'll give you some more tools with which you can continue your Love Play with the Mother. You are Her "daughter" (Her manifestation, the Goddess within), Her "son" (the Light), Her "husband" (Mother and Light as two sides of the same coin) and "lover" (the one who is continuously returning to Her). At this point, let's continue our talk of Day 11. There we have said that (direct) contact with the Cosmos is achieved through consciously feeling the backside of your body. (Did you already try it?). I will add some other "games" to it. These are liberating games, contrary to the ones that enslave you (I mean your addiction to social media/video-games, how foolish indeed). I want you to become a Cosmic Hero, not a slave of our self-destructive system! I want the "narrow" path to become a Broadway, inviting the whole of (wo)mankind to pursue its True Happiness. First our Cosmic Mandala (see index page of my website). It is the symbol of "Eternal Return", the Cosmic Womb (black), giving birth to the Eternal Light (white and yellow) and the universe (green), the latter (universe and the Light) continuously returning to their Origin (black). Contemplate the mandala, let it descend into the Depth of your Being. Secondly, conscious (felt) breathing tells you a lot about you being integrated in the Cosmos. Breathing-out corresponds with Cosmic Destruction, while breathing-in is synonymous with Cosmic Birth. Let your breathing-out ("die") into the empty space of your pelvis. The deeper you let go, the stronger your breathing-in

(life). MicroCosm is MacroCosm ("Cosmocracy"). Through aware breathing the Cosmos is continuously regenerating you! To further integrate the Self with the Cosmos "I" designed the "Heaven & Earth Exercises" (Tiendi Qigong). Don't we have enough Qigong systems already? I hear you saying. I'll give away a secret. Inspired by the Cosmos (how can it be otherwise) "my" Qigong is "the only real" Qigong. It is based on effortlessness right from the start. Movements emerge spontaneously from within. I taught it to Chinese in the Behei Park of Beijing. "This is the Primordial Qigong" they exclaimed. Through it you playfully unite "Heaven with Earth". No ego in between. You realize: "True Freedom is to be prisoner of Eternity".

Cosmic Teachings Day 15.

We, the Cosmos, like to make one further step. Don't under-estimate the brainwashing that surrounds you day and night. First it tried to control your consumer habits, nowadays it tries to control your "soul" too. It is therefore a must that "to become Cosmos again" is a "full-time" program. It has nothing to do with all kinds of "New Age"-like playing around. You have to deeply commit yourself. Cosmic Healing means to be in harmony with all Cosmic Levels. You have to "work" on all levels simultaneously – the Womb, the Divine, the universe, the earth, society and yourself - worshipping the Mother, "feeling" the Light on your backside, accepting death as the gate to a new life, visualizing the Cosmic Mandala, practicing conscious breathing and doing the Heaven & Earth Exercises. Most people do it at home, others would like to do it in community. For this purpose I have "designed" the "Healing Communities". It is a "monastic" training program based on a daily schedule. Highly recommended! Furthermore: Neglecting one aspect of the "work" is undermining the results you have gained on the other levels. Taking care of your health and body should not be neglected in this regard. Although fanaticism should be avoided, optimal nutrition, detox and immune-stimulation are "obligatory". My entire medical career (45 years now) was dedicated to lifestyle, natural, biological, holistic and integrated medicine. (Recently I founded "Cosmic Medicine"). The results of many treatments were impressive to say the least. It culminated in the writing of a handbook "Flow System Therapy" and a self-help program: the "Personal Health Plan in 10 Steps" (for free on the internet [www.vitalworld.org](http://www.vitalworld.org)). The basic idea is that our self-healing power greatly depends on a dynamic balance between "input, processing and output" of nutrients and waste-products respectively. People eat too much/the wrong things (input problem), their digestion and metabolism cannot cope with the bulk put into their system (wrong processing) while detoxification and elimination are permanently overburdened. This has its consequences for the proper functioning of body and mind. After some years it culminates in the various forms of chronic disease. (Look in the website for "MESS").

Cosmic Teachings Day 16.

Society as a whole is in decay. Its crisis is not (only) political. It is the end of Western civilization as we know it. There are forces that aim at destabilizing the existing "order". That makes the situation VERY dangerous. A MEGA-ego keeps the world in its grip. This ego doesn't want to give up its hegemony. It feels threatened by new upcoming powers. At the moment no one in the world knows a way out of the crisis. The waiting is for total collapse of the dominating financial/economic system. Chaos will be the result. A Turning Point in which the old society breaks down without the new able to manifest itself. A "vacuum" so to speak. The only "rational" response at this moment is to work on an Alternative. If the situation runs out of control people should have a sanctuary to protect themselves from the worst. What you see is the rise of right-wing political movements. They feel threatened by

the “refugee” crisis. Especially Islam is considered as very hostile to Western values. The “solution” – they think- is to go back to nationalism. What people don’t see is that this move is deeply reactionary. It is a move to an idealized past. What they forget is that that past wasn’t very ideal at all. The national State – dominated by the world-financial system - was responsible for the greatest drama’s in world history: oppression, exploitation, colonialism, endless conflicts with other nations, think of both world wars. Only when the national State – together with the current superstructures like the EU – will bring Self-Sovereignty to the people on all levels, it has a chance of revitalizing itself. It should accept a common (Cosmic) philosophy that everybody can embrace – e.g. “People rooted in Heaven, Earth and the Community”\* - the introduction of Community Democracy\*, a stable social system\*, and a new (eco)economy\*. Moreover, it should eradicate the roots of materialism (consumerism) and individualism, end State-control, the exploitative activity of the banks, the gap between rich and poor, media manipulation. If not, the culture cannot be saved. No fundamental change whatsoever can be expected. All ego-ideologies – global, national – will prove to be a dead end. In fact, “common” people know better. “We face nothingness”, they say. The answer is: only Nothingness can save us. This sounds cryptic. What it means is that when society is back to “zero”, it has no REAL answer to finding a way out. All ego-effort has evaporated. There is NOTHING left to cling to. In that case we have no choice but to work with Nothingness as a new starting-point. Where ego-“solutions” are exhausted, we have no choice but to take refuge in the Dimension beyond the ego. And that is our True Home, the Cosmos. We direly need the Power of Unity in Diversity, the Dimension that can heal all divisions, conflicts and wars. Meditation (Zen) gives you the right insight. In Moments of Nothingness you are Everything. By being (Divine) Space everything around you has become part of your “Greater You”. In Cosmic Experience Nothingness isn’t nothing as we commonly understand it, it is the Source of all life. It is where the Legend of the Grail is based on. It is the Blood (life)-giving Chalice. So don’t be afraid of Nothingness. It only means that we have liberated ourselves from the ego and its terror. Death of the ego is resurrection of our True Self. Alleluia! So it is here where your Cosmic Life begins. With Nothingness as starting-point we start – step by step – extending our Cosmic Vision, aiming at THE Alternative to both Nationalism and (economic) Globalization, a society built on BALANCE on all levels of life. Our mission at this moment of history is to prepare ourselves. Given the magnitude of our crisis the work on developing a new foundation for humanity is huge. It is the driving force behind my Cosmic Teachings. So, let your Angst evaporate. A New Birth is waiting “around the corner”. Be part of it. Join our “We Are Cosmos” movement.

\*See for these issues my website and my books.

Back to Day 1.

Last upgrading 12/09/2018. Especially Day 5, 15 and 16.

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