

# The quintessence

The trilogy on the meaning of life

2b

The

The trilogy on the meaning of life  
Version "hot with everything"

2b

New edition 2024

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*This book is dedicated to my parents.*

*To my **mother**, who saved my life even before I was born; whereupon I finally drove myself to live up to her most daring **dreams**; which meant both achieving something very special, indeed unique, and being seen as someone special (but without feeling special!). This was achieved with dubious success .*

*... because, on the other hand, my original loyalty to my **father** led me to justify his fundamental - if not necessarily emotional - rejection (4th child, shortly after the war) by the fact that my endless efforts ultimately failed by ensuring, however, that both the achievement and the person were denied the appropriate effect/appreciation ...*

*... or rather, I finally found the perfect combination: Exactly that special something that I now provide is what the human world has so far studiously ignored.*

*Well done. It couldn't be more perfect.*

*I also dedicate this work to the **injustice** committed by people every day, which has touched me since early childhood, irritates me completely, hurts me infinitely - and finally engages me; not to fight it, my goodness. Sisyphus! No, to develop solutions that make injustice obsolete as an intention and action.*

*As well as **love**. Which we humans have simply not wanted to fulfill in the long term. So it's probably no coincidence that my latest work - geared towards the possible success of this solution for the future of our humanity after all - will probably be called "Love Conquers the World" (working title, as of the end of 2024).*

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*"Dear friend, what are you writing down?"*

"I'm writing about eternal truths."

*"Wow, eternal?"*

"Sure! But read now, because in a year's time ..."





# Before we start

Dear reader

It is now spring 2024, and my own deep concern about recent events in the world - or, more precisely, within the human world - has prompted me to express myself clearly and unambiguously at this point, i.e. before the book even begins.

I look at what is happening in the world every day and I am gripped by an intense sadness. No, it's not despair; after all, I have the solution; it's simple inner pain at the almost infinite injustice practiced globally, which shakes me to the core and regularly brings on a flood of tears.

- This violence of people against people. Now (again) everywhere. Where to live? Where to travel? Where are we still safe?
- This constant rushing from one thing to the next. In general, this huge daily stress! Men women, yes CHILDREN! All over the world! We lose ourselves completely!
- And despite our endless global efforts, we are lurching from one crisis to the next - personally, economically and politically.
- And this omnipresent fraud, especially on the internet of late. Unsuccessfully combated with a flood of onerous regulations. Who can we still trust
- And how do we react? We overreact, become paranoid; and in doing so, we merely demonstrate our own weakness. Privately, in companies, in institutions, in education and, of course, in politics.

And we call that progress? Highly developed human species?  
That's a bit of a PEINLICH!

Something has to go! Do you hear me?

**SOMETHING HAS TO WORK**

**Something that is already OTHER THAN ALL THE 'SOLUTIONS' ALREADY OFFERED.** We've known for a long time that they don't work! NONE OF THEM. As the picture tragically and clearly shows.

- It is not the policy that is not working!
- It is not the economy that is not working!
- It's not our relationships that aren't working!

**It is WE THE PEOPLE ourselves who go from not functioning properly to not functioning at all! Each and every one of us! Me! You! ALL OF US!**  
Therefore, ALL solutions worthy of the name lie THERE! In ourselves!

In this book you will find out exactly what I mean by the following statement:  
What is happening is not 'our fate', is not 'just human', is not 'unfortunately just part of it'.

NO! Nonsense!

All this

- is in truth deeply inhumane,
- is anything but normal,
- is NOT part of human nature; but not at all!

Everything that weighs us down, makes us insecure, scares us, stresses us, hurts us, is **WRONG!** All of this is completely unnecessary and can be resolved with virtually nothing. Got it?! **EVERYTHING! WITH VIRTUALLY NOTHING!**

I'll tell you what human nature is - refined with culture:

- In "normal space" - you will learn what is by this - there are **NO CRIMES! ZERO!**  
Do you hear that? **N U L L !**  
My estimate: Today, at least one third of men worldwide are at least potential criminals; probably more like two thirds! What an unspeakable disgrace! What an unspeakable, yes, disgusting - and revealing! - human testimony
- In communities that live a normal, vital, human life, there is no degradation, no violence against any other member of the species. And certainly not by men against women. The latter is still commonplace in huge parts of the human world; and **EVERYWHERE**, in all societies, this is exactly what is flirted with; an infinite disgrace **FOR ALL OF US**  
(Speaking of which: don't worry, the women will also get their comeuppance in the course of the book! They play their part in the whole disaster. But hello!)
- There is no permanent stress in the NormalRaum - **ZERO!** Everyone has time to regenerate perfectly and in peace and quiet. The result: our productivity literally explodes! And so does our vitality.
- At the current level of technological development, there are no economic crises in normal space! Imagine that: **NO ECONOMIC CRISES!** Never again! And just as little unequally distributed wealth! There is enough for everyone - given the material resources that have been created in the meantime. Have you checked? **ENOUGH FOR EVERYONE!** No idiot wants to be filthy rich anymore (just!); because that is an offense against humanity and robs him/her of any legitimacy to happiness and abundance. Look at them! Look at **YOU**, if you are rich. Get rid of it! Put the money into the (real) future of your species!
- And each and every one of us naturally contributes with all our strength to make the human project a success. So everyone can **TRUST** everyone. One hundred percent! You can leave your money on the street, you'll get it back; guaranteed!

And these are further consequences of the solution that this book launches:

1. The NormalRevolution liberates immeasurable resources of vitality, solidarity and life intelligence in people.
2. By reducing suffering to a tiny fraction and eliminating any need for compensation, unimaginably large sums are saved in all areas.
3. By consistently investing resources in a life-oriented way, we multiply our productivity and ultimately our final performance.

So, now all you need to know is what we as humanity intend to do - MUST do!

In other words, how we, how YOU get there. What we, what YOU have to do to get there. Concretely, very practically. So that we can achieve everything that is actually normal - that which is humanly natural - culturally refined. And this AUTOMATICALLY! Yes, without more police, without control mania, without new laws; in short: without illusionary 'measures'!

And, in contrast to all previous attempts at solutions, which, with all due respect, were all no good:

Without - pardon me! - shitty ideologies, shitty myths, shitty illusions; in short: without shitty belief systems. SIMPLY SO, completely sober and critical

THAT'S EXACTLY WHAT YOU'LL FIND OUT ON THE FOLLOWING PAGES!



# Foreword

So can we start?

We start very gently.

Dear reader

In the first version, "The Book of the Meaning of Life" had a whole three pages! This was entirely in keeping with my flair for condensed brevity. But with each new version, more pages were added. I simply always had more to say. Well, perhaps it would have been better if I had stuck with the original version ..

But with the current volume, I earn considerably more with the price calculation used here (see below). That's cool.

Well, numerous new research findings also suggested the expansion. And in general, the book is still extremely condensed, measured against the importance of the content, which I claimed with outrageous presumption. Which certainly lends the book a certain significance.

Speaking of significance: I once corresponded briefly with a bestselling<sup>1</sup> author (contrary to the usual perception, the term clearly indicates that this says nothing about quality, but only about quantity). I had written to him that this was the most useful book ever written. Worldwide and by far

Haha, good joke, isn't it?

But true. - He kept quiet about it. Why do you think? Well, he writes important books himself .

And that was only the fifth version at the time. Wait until you've read this one!

Conclusion: This book is far too short.

No problem; I'm still writing other books with more vital information - in the medium term. Overall, I now call these writings, including my blog "Forum UP!", "[The Voice of the Revolution](#)". The voice of the revolution? Sounds dangerous. Which revolution? Karl Marx? Stockhausen? Christian Dior? Front National? Elon Musk?

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<sup>1</sup> Rolf Dobelli

You'll find out soon enough. Just this once: This is explicitly [not a political revolution](#). However, after an initial phase in which I called this global project "2b revolution", I now refer to it as "[NormalRevolution](#)" (NR)<sup>2</sup>. With this step, the development took its logical continuation, after using a pseudonym for the authorship of the books and writings, to finally remove my name and thus my person completely from the events. For the human world, it is not important who I am, but what I do .<sup>3</sup>

This work essentially consists of the [processing of three findings](#). However, this includes the logical consequences that follow. And these consequences are quite simply comprehensive.

The increase from the original one insight to three - and thus to a trilogy - ultimately led to the title being changed from the sixth edition (2016). The meaning of life, around which everything initially revolved and which naturally (literally!) continues to form [the most important basic information for human life in general](#), is now intermingled with two other, unfortunately inevitably similarly meaningful insights. They concern the current life of people; all over the globe

In this seventh edition (2024), as always when the opportunity arises, I have not only updated the book with the latest research findings, but have also adapted the text to my current style. Which - I confess - often led to serious interventions. This is where the consequences of one's own permanent and uncompromisingly profound personal development, as brought about by "[Deep Regeneration](#)"<sup>4</sup>, reveal themselves from the more complex side. In this sense, I can only advise readers to stay away from this procedure, which is so brazenly advertised here later. Because, who knows . Or, as I recently exclaimed in the blog "Forum UP!": "Keep it up, you'll see where it leads!", as my mother used to say ..☹

And this: Right, yes, I can hear voices now too. No, dear creationists, not from above, God forbid! No, from deep down; sorry.

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<sup>2</sup> You will also find out more about naming as the trilogy progresses.

<sup>3</sup> See also the introduction to book 2

<sup>4</sup> Explanations in Book2 and Book3

*Don't be sorry, Mr. 2b, not at all.*

Um ... I take note; yes.

By the way, to be fair, I also considered shortening the work again. I seriously considered dropping the entire first part of the third book ("The Book of Action"). There, I guide readers through mental processes that should prepare them to strengthen the meaning of life in their own lives

One of the many insights I have gained in recent years is that there is usually little to be said for mental processes. At best, the usual mental processes have no lasting effect; at second best, they have no effect at all; in far more frequent cases, however, they are even harmful, as we try to manipulate ourselves, lie to ourselves about reality and take refuge in illusions.

However, only those who hate themselves manipulate themselves. But how! Which is not exciting news, at least for me. See in this book and, expanded, in the book "From Homo caput to Homo normalis"<sup>5</sup>. That's why these mental exercises are so popular! The widespread dissemination of this behavior speaks for itself. In my view, it is a kind of symptom that reveals a downright monstrous, hidden fact. This brings us, albeit prematurely, to insight two, the main topic of book 2 .<sup>6</sup>

*Mr. 2b, are you sure you are not overburdening your readers with this?*

Good question, Mr. Advocate; I'd better keep quiet about it for the time being.

What I say here about mental processes applies in particular to all variants of *positive thinking*, which causes enormous cultural and human damage wherever it is popular. Seriously! Positive thinking is like the horror cabinet of self-deception.

My answer to this is: **FACE HELL!**<sup>7</sup> Which for us humans is synonymous with **Face Truth**

The woman who lived by my side for over 46 years finally ended my struggle and decided to leave the mental processes I suggested in Book3 in. Period.

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<sup>5</sup> The (extended) title of the second edition of the book "HOMO CAPUT", which is currently in production

<sup>6</sup> Especially in the chapter "Shadowland"

<sup>7</sup> More on this in Book2 and Book3

*Well, free choice is not a guaranteed good of nature.*

Tell me about it ...

So I was suddenly faced with the considerable challenge of developing mental processes in a short space of time that, instead of creating ridiculous illusions, would awaken the unvarnished truth; indeed, reinforce it. I had to reinvent the character of mental processes, so to speak. - Well, not really a problem. It was even fun, apart from the possibly useless effort.

After all, I can say that in combination with the other information in this book, these exercises now form a pleasantly friendly preparation for the actual, rather challenging practice that characterizes and determines the "Normal Project" (NP).<sup>8</sup>

*Mr. 2b, you already scare your readers in the foreword*

Pardon, right. Isn't that actually your domain, Mr. Teufel?

*You say it, you say it ...*

However, there should be no doubt about this orientation during the mental exercises. Because otherwise I would have had to ask myself why invest in mental processes when each individual, successful process of deep regeneration releases a piece of our innermost structure, which is always associated with all-pervasive positive consequences for the life in question and ultimately leads to comprehensive liberation from childhood, family and cultural burdens. Fantastic social effects included!

With this orientation alone, the new mental exercises in Book3 make good sense and are associated with personal gain

May they, as an additional benefit so to speak, serve as a model for those interested in how controlled mental processes can be used consistently in the service of life.

Apart from that, action in the interest of the meaning of life and therefore in the interest of all our futures inevitably takes the form of the aforementioned normal personal project. If we ask about the impact, sustainability and both personal and social benefits, there is no personal commitment with even remotely comparable individual and social benefits. This is what I stand for with my reputation and my life's work. - Well, that hardly counts.

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<sup>8</sup> Book3



*Wait, wait, dear friend, you're serving dessert at the same time as the starter.*

**You are right, dear Mr. Devil. Forgive my reckless enthusiasm!**

So wipe what you've read from your brain. Let's donate a few words to the money instead

## Money

I love money.

*Is that all, Mr. 2b?*

**Okay, maybe this:**

I love money, although I'm indifferent to it at the same time  
Notably, this comes from someone who currently has little money.

*And that's all you have to say about money?*

**Well, for your sake and mine, a few more words.**

In the penultimate edition, I determined the price for this book in the following rather unusual way

- ✚ Each page of this book with content costs 1 franc, 1 euro, 1 dollar, 1 pound, etc. Depending on what the reader is counting on. Well, with the yuan, dongs and cronies, the calculation is slightly different  
So that would be around 180 pages in this edition, not including blank pages and titles. Oh my goodness! Better read this edition, because in edition 8, who knows ...

However, if you, dear reader, find that one of the pages mentioned is not worth a franc etc., you are welcome to deduct this amount.

Or see below.

Ok, that's the deal from edition 5, which has proved its worth; especially for me, of course.

However, at that time the book still had just under sixty written pages ..

- ✚ It's quite possible - no, quite certain! -However, you may find that some, if not every, page is worth more than one franc. Maybe ten francs or a hundred, maybe a thousand francs, or more! was pleased, but not at all surprised. If this is a really large sum that you would like to invest in this project, you are invited to

approach the current representatives of the "NormalRevolution" movement<sup>9</sup> . I might then personally give you a trial session in a TR room<sup>10</sup> ; I call this '[one-on-one abrasion in quarantine](#)'<sup>11</sup> . - In this case you are [directly and incredibly effectively](#) promoting the NormalRevolution, or rather its basic element NormalProject, of which, as mentioned, Deep Regeneration forms the central area. In other words, you are directly promoting the successful future of humanity. Well, and incidentally, me and my life's work. Rest assured in this regard: Anything that goes beyond my relatively modest personal needs ...

*Yes, yes, 'relatively modest'; what do you think that means?*

[Well ...](#)

... is available to promote the comprehensively successful future of us humans. And I confess without hesitation that after around fifty years of attentively observing people all over the world and engaging with them intensively as a professional - including transculturally - I can now compare how the impact of my interventions has multiplied in a way I never thought possible in the course of my research, critical examination<sup>12</sup> and application with the [NormalProject](#). And how this work is constantly creating entirely new paradigms in life. So, frankly, I personally can't think of a more profitable place for your investment. Period.

*That's easy to say, 2b.*

[Take it for guaranteed!](#)

- ✚ Okay, although I confess that readers with a critical, life-oriented format are generally closer to me and are better suited as protagonists of the NormalRevolution than people who think they are poor victims of I know what (they find a more suitable refuge in ... no, by no means just sects: in religions in general as well as in many of their kindred spirits, such as esotericism; go ahead!), I am now tempted to offer a [counterpoint](#) to what I said above, because

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<sup>9</sup> team@normalrevolution.com

<sup>10</sup> A room specially designed for practicing deep regeneration.

<sup>11</sup> Wherever I personally work - be it as a consultant to a company management or as a coach for deep regeneration - I call the room in which this takes place "quarantine"; for good reason...

<sup>12</sup> Critical appreciation or appreciative confrontation is one of the central paradigms of the NormalProject in order to guarantee its success.

it is closer to my relationship with money, which I have developed in the meantime. The following is another payment option:

If the previous arrangements exceed your horizon of value estimation, you simply pay what you want. You can submit later when you feel the shame in your neck

✚ So, that was a historical look at the payment system, so to speak. To complete the confusion, let me add this: Tempora mutantur ...

The following regulation, which is therefore definitive, is not merely approximate, but fits in perfectly with my relationship to money, which has now developed:

This work is only available on the Internet.<sup>13</sup> One of the conclusions: "The Quintessence" can be distributed by anyone and everyone at .

And from now on, this is very easy: anyone can download the current version (unfortunately only in German, but the Spanish version is currently in production) directly and without further ado from the [website normalrevolution.com](http://website.normalrevolution.com).

If you are there, overwhelmed, overwhelmed by the new insights in a positive sense, find it interesting (my most hated word), or exciting (No2), or stimulating (No3), ..., give it to your partner to read (anyway!), send it, or give the download tip to your friends, acquaintances, relatives, colleagues, coworkers, bosses, employees, teachers, students, possible project sponsors - become a sponsor yourself! -Send it to suitable institutions, spread the word on social media, present it to the media, translate the book into a language you speak, have it translated!

And you know what? All readers - including you - pay exactly as much as the book is worth to them personally or its potential for the good of humanity. You can also see it as an investment in this great project that is crucial for all of us.<sup>14</sup>

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<sup>13</sup> The manuscript is formatted so that it is suitable for printing. - Smart use of your permanent stress and your defenses: As soon as you receive the file, be sure to save it in a prominent place where you will constantly come across it, so that you never lose sight of it! Even better: print it out immediately!

<sup>14</sup> As long as it is feasible in terms of effort, we will send you a confirmation of your payment. We would also like to thank you.

But now read it first.

You will find the account details at the end of the book.

So much for the money. Satisfied, Mr. Teufel?

*Well, it could have been a bit shorter. Yes, I understand, 'higher' interests ...*

Thank you. I'm touched by your indulgence ;)<sup>15</sup>

And, who said it, another [counterpoint](#):

I recommend that you point out to the many recipients to whom you will pass the book that reading it as a whole first disturbs before it delights.

Of course, this applies to yourself first! Reading this trilogy will challenge you personally. Especially book 2. So it is by no means a given that you will persevere. Let alone pay for colossal disillusionment and unmasking. - No problem

This work will surprise you with a view of the world and human action in it that [explains countless phenomena logically and astonishingly simply](#) in one fell swoop, and undoubtedly [for the first time in this consistency](#). However, *this view inevitably proves your previous view and understanding of the world wrong*. Constantly. Again and again!

In other words, facing hell. And that, in turn, is quite unpleasant for most people. So I already appreciate it when you work your way through the book. That would/will speak for you. For your future. And would also be a good omen for all of our futures.

If you succeed, I will be delighted by your willingness and I congratulate you on your courage to open up to yourself and your truth. Bravo.

And this: My tip on how to inhale the book in a clever way that is useful for you. My actions, including this book, are not intended to convince anyone. That's what's missing! That would put you in a completely wrong, powerful and therefore learning-resistant position. Read the book with its great wealth of unexpected clarifications like a revelation. Take it in without placing yourself and the miserable compulsion to always and everywhere be right in between. Instead of savoring the book in smug morsels, devour it! Devour it! - That's how I've always done it and benefited immensely.

Let's go!

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<sup>15</sup> If you are so curious and really want to find out more essential information about money, you can delve into my bestseller "[Geld oder Leben](#)" ([Money or Life](#)), available from NormalVerlag ([normalrevolution.com](#)).

Cordially

2b

Mallorca, in the pleasant spring of 2024



# Book1

The meaning of life





# Warning!

Before we really get going, a threefold warning to you, dear reader.

## Warning 1

You will encounter some eternal truths here. I would like to invite you to let yourself be moved immediately - because in six months' time, who knows ...

## Warning 2

Even if what I write comes across as the truth. Even if I write: "It's like this or that." Even if I present it independently of my personal view: it is and remains my perception of things and circumstances. If I recognize facts and connections that turn out to be facts regardless of my individually colored view, then that is a gift first and foremost for me. But even then, I think you should take it as my personal view for the time being.

## Warning 3

I appreciate your view of things. You have acquired it over many years. It is your view. And [it always proves you right](#). Which is very practical, isn't it? If not vital for you! By the way, [having to be right is the greatest - and most hostile to life! - force in the human universe](#). You will find out later what this fatal phenomenon is based on. Despite being right, it is therefore quite possible that your current view of things is a total non-sense. You should reasonably expect this; learning will then be easier for you. However, until you started reading this, you simply didn't have anything better at your disposal, did you? So I would be happy if we understand each other and you value your previous view of things as your own. Even if you soon send it down the drain. Because only with you, as you are *now*, can fruitful change begin.



# Meaning of Life

This first book is not a belated review of the Monty Python movie of the same name. That brilliant movie speaks for itself anyway. Okay, maybe it does; written by Bernt Brython ;) Either way, I don't need a movie to explain the meaning of life. A few pages are enough.

*Well, over 200 by now ...*

;) )

Usually, in a world full of myths, the search for meaning can quickly become time-consuming. However, anyone who has acquired the necessary sobriety and exposes themselves to the facts in this condition will be surprised.

I didn't hold back either and finally took part in this seemingly eternal search for the meaning of life. Strictly speaking, however, this meaning surprised me from behind. That was around 30 years ago. At the time, I concluded from my first approach that the meaning of life should somehow have something to do with what constitutes life. So I would first have to fathom the essence of life. That's what I subsequently did. Or rather: the essence of life literally forced itself upon me as I reflected on human behavior. The result was as clear as it was - perhaps disappointingly for some - simple. For once, the reality here corresponds to the proverb: "Why wander into the distance ..."

Since then, despite regular, critical - now thousands of times! - I have never had the slightest reason to doubt the findings of that time. On the contrary!

*Who can guarantee that you will not simply confirm your findings and be proven right?*

**Nothing and nobody!**

**Except the future personal experience of each and every one of us.**

During this long period, I have published texts on the meaning of life several times and worked with them in numerous courses. But I have waited all these years to write this book. What is the *meaning* of this behavior? I don't know ;)

# The meaning of life

Let's get straight to the point.

You are now entering a space that gives you a new perception of the world. Most of what we usually assume to be true or given turns out to be false when viewed freely and incorruptibly. You will be introduced to this way of looking at things here. If you manage to adapt to this and open yourself up to new things, you will benefit enormously.

I use to say to people who apply for a "[normal project](#)"<sup>16</sup> : "Assume that everything - simply EVERYTHING - that you now think about yourself, life and the world is wrong. - This is a wise assumption anyway, which means that it no longer matters whether you are right, and your own view of things becomes meaningless, as it must be. And if you later realize that you were right about this or that, it's a gift for a mild, appreciative smile."

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<sup>16</sup> See book2 and 3

## Life and non-life

A mountain does not strive to grow and create more mountains, nor does a river resist drying up.

What distinguishes life from non-life is:

**THIS UNSTOPPING STRIVING THAT IT WILL CONTINUE, life.**

If we look at the animal world, it quickly becomes apparent that the main investment of life is invariably in this pursuit. Male spiders are eaten by the female after copulation - some are even eaten during copulation. Thousands of male ants die after the nuptial flight ("Oh the poor things!" Slightly ironic quote from the partner at my side)

**Ha! I can already hear *two* voices; one hellish, and one ... heavenly**

The raison d'être of these animals is obviously reproduction.

The survival of entire animal colonies depends on the 'queen' (a crude, deviant human term for a simple uterine machine!), a selected female who is there solely for reproduction. And the birds will happily mate next door if it helps to ensure the best possible offspring.

*Listen, 2b, that's suspicious; you've mainly come up with examples where the male merely serves, or has even fulfilled its purpose of existence with fertilization and dies.*

**Do you think so? I wonder what that means ...**

Everything else is subordinated to this unconditional striving to go on, which is unique to life. This applies both to a single individual and to the group into which the individual fits.

The essence of all life, that which distinguishes it from the rest of nature, therefore consists of this all-pervasive striving.

All relevant forces - including individual life if necessary - are used to ensure that life goes on. Period.

## Meaning of life

So it is precisely this striving that distinguishes life from non-life.

This is what defines life in the context of nature and makes life unique. That towards which all life strives. That which is obviously the meaning of the matter.

Oops, that already defines the meaning of life. Done.

Disappointed?

Surviving, reproducing and ensuring survival are the whole meaning of life. [Life draws its meaning from itself, as it were](#). It wants to go on - finished. And this is precisely where it differs from non-life.

**All of our movements and thoughts, all of our emotions and actions  
serve, strictly speaking, only this purpose. Period.**

Okay, it doesn't look like that when we look at the human world.  
But it still is. You'll be amazed!

## In a word

The whole meaning of life consists of:

**CONTINUE LIVING**

Life wants to live. Nothing more.

*Provocative question: doesn't this much-cited 'higher meaning' exist?*

I mean, it is a [higher meaning](#)!

We humans search for the meaning of life in the supernatural, in spiritual speculation or in complex philosophical treatises. Yet it is right under our noses; sensual, profane, obvious, accessible to all - and as such simply beautiful.

I think so. We can search wherever and for as long as we want, there is no further, higher, better, more lucrative meaning to be found. Everything that tries to settle above that is devoid of any vitality. Take [religions](#) for example. [They all live from turning away from life, and therefore from death!](#)

*Don't scare away my customers! ☹*

[Oh, sorry!](#)

In addition: this sense has warmth, is pleasantly ordinary. I can physically feel its vitality(!). There is also room for love. Lots of it.

Personally, that's enough for me. I don't want anything better, higher, ...

Or to put it another way: in my opinion, that is already the best, the highest, the most lucrative!

*Thank you, Mr. 2b. I myself vote for the deeper meaning of life anyway, which I find at the bottom. What you say fits. And, don't forget: I am the bearer of light!*

[Hmm ...](#)

Nevertheless, let's take a closer look at the whole thing.

# The 3 components of life

Consequently, life consists of [three essential elements](#). (H)

1. From life as a unique phenomenon that differs from non-life in a simple and perfectly clear way.
2. From the passing on of life to the next generation and thus from the life of a group or even a species.
3. From the lifetime of a single individual.

## The consequences

1. An individual living being free of unconscious restrictions wants to live at all costs.
2. However, the requirements for the survival of the group (family, clan, herd, ...) take precedence over the individual, as an ensemble is needed to enable the long-term transmission of life.
3. Only a larger community is capable of successfully asserting the phenomenon of life in the context of nature. This can even lead to the premature death of many individuals.

### **Note:**

*The fact that this is a triad is possibly no coincidence. In the course of my ["3x3 Outdoor"](#)*



seminars (skiing, hiking and mountain touring courses), this *triad of three essential elements* became fundamentally clear to me over 40 years ago and led to the development of a learning system - the "*3x3 PowerSystem*" - which can be applied to learning in general and also reveals a truly revolutionary simplification of learning (see the website [www.3x3outdoor.ch](http://www.3x3outdoor.ch) as an example).

# Living on - the definition

So what does this "living on" mean?

Living on also consists of [three essential elements](#).

## 1. the survival of a generation

Overcoming the challenges that life poses to a person or a group of people within the individual lifespan in order [to secure bare life](#) is what I call [survival](#).

## 2. the medium-term survival of a group

What goes beyond the survival of one generation (e.g. reproduction) should serve the [longer-term survival of a group](#) (H1-4). This is what I call [survival](#).

## 3. the long-term survival of a species

The combination of successful short-term and medium-term survival ensures the survival of a group

[The successful survival of a sufficiently large number of groups](#) ultimately ensures the continued existence of a species, i.e. [the survival of the species](#).

In everyday language, I speak of "surviving" (= short-term) and "living on" (= medium to long-term).

### **Note1:**

*To put it in a somewhat boyish way: [Your life is not just for fun!](#) It would immediately lose all meaning. And that's exactly what it is doing to a dramatic extent, especially with sg "modern", urban people. This happens with the inevitable consequence that the life in question loses all power. This loss of power affects both the impact of these people's lives and they themselves as a person.*

*But let's leave the child in the bathtub. Pleasure and enjoyment otherwise have a firm place as an important part of optimizing the continuation of life.*

**Note2:**

*Consequently, this also means that you are by no means free to decide what you do with your life. Your life, like that of every other living being, is subject to the meaning of life. [You are under obligation!](#)*

**Note3:**

*Another consequence of this is that [you do not belong to yourself!](#) So you can only speak of 'your' life to a very limited extent.*

*This applies even more strongly to other people. Nobody belongs to you! The person next to you is neither 'your wife' nor 'your husband'. Ha! What outrageous presumption! And they are not 'your children' either. They don't belong to you or the person you fathered them with either.*

*If you respect this, you must and will find completely new - namely unexpectedly liberated, beautiful and vital - solutions to the usually hairy, possessive way of dealing with relationships!*

**Note4:**

*It is therefore definitely worth [checking what meaning you have given to your own life up to now](#). And whether this still makes sense against the background outlined here (support follows later in Book3 "Book of Action"). This is not about good or bad. Moral considerations are far from my interest. This is solely about clarification from the*

*perspective of the meaning of life. This may and should serve you as a decisive basis for shaping your future - and this in the interest of your personal, fulfilled life as well as in the interest of your contribution to the continued existence of our species.*

**To summarize:**

Living on includes the perspective beyond a single life or a single generation.

**To live on means to survive constantly in sufficient numbers to continue as a family, clan, society and ultimately as a species.**

**Please note:**

In order to ensure survival, significantly more conditions must be met than for mere survival during a life cycle.

Among other things, [the quality of life](#) plays a primary role.

So the bottom line is:

Living on means surviving in the long term

I logically describe dedicating your life to this single purpose as **THE task**.<sup>17</sup>

By the way:

We naturally share the meaning of life with all other living beings.  
Which for me ... makes sense.

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<sup>17</sup> See book3/B

What counts for the world is what you *do*.  
For you, however, only who you really *are* counts.



# Book2

## The nonsense of life





# Introduction

Reading Book2 is comparable to a normal project. Here, as there, resistance will arise after the initial enthusiasm - or even before! - resistance will arise. A deep-seated insecurity is activated by the text, like fruit flies that reproduce in a hidden place and then spread brazenly. So you may well find yourself in a prolonged mood crisis, want to put the book down, forget to continue reading, ...

My invitation: Overcome yourself! Hang in there! Your mood will change again, just like in the Normal Project (NP)! You will get back in touch with the big picture that is being tackled here - and will culminate in Book3! You can count on it, you will be gripped by the enthusiasm again. Only then with a completely different force. Because you have already proven yourself, at least in this limited area. Because, just by reading it, you will be awakened to what I call LIFE and therefore write SO. You will be encouraged to (re)conquer this original, tremendous vitality as one of the first people in thousands of years. To UNLOCK this unrestricted LIFE in you, and ultimately in people!

The fulfillment of my huge profit promise both when reading this book and then later with your NormalProject only requires this:

To be courageous, uncompromising - and why not a little loving, perhaps even humble? - to embrace the person you really are. This means nothing other than the hard, terribly sobering, yet totally liberating WAY TO YOU.

Sorry, right!



# From the meaning of life to the nonsense of life

## What most reliably ensures survival today and here

The following are the basic conditions for life

1. Sufficient nutrition, plus adequate regeneration<sup>18</sup>
2. Compatible environmental conditions
3. Sufficient

If these basic conditions are acutely threatened, the existence of the individuals is also threatened. If the threat persists over a longer period of time, the group in question or even the species is threatened with extinction. During such periods, the entire potency is invested in the bare struggle for survival. The danger of collective death or extinction is then always present.

Successful long-term survival - i.e. living on - is only assured once the acute threat has been overcome and the organisms can *relax* again. Only then does sustainable regeneration again determine the daily routine (*H*). Only then is there time again for reproduction; time to select food according to its quality; time for hygiene, brood care and the stabilization of the social structure. Above all, time *to take care of your own optimal condition day by day*. In other words, time to create the conditions for successful long-term survival - in other words, to ensure survival! - to create.

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<sup>18</sup> See the book "**Ruhe!Punkt**". Few copies still available from the author. Second edition in progress. Translation into Spanish in progress. Also translation into English. Further must-read books on the subject of life-competent human energy management (e-management) on the website [normalrevolution.com](http://normalrevolution.com)

**Note:**

So that you can correctly assess *what sustainable regeneration actually means*: For us humans, this means resting consistently for a good half of the day! In other words, 10 hours of sleep at night, plus regular, different rest periods during the day, without any distractions!<sup>19</sup> As well as regular time to let yourself drift. The latter sounds incidental, but it is the real focus of life<sup>20</sup> ! Observe other creatures  
Sorry, but you can't even dream of your "optimal condition" before then

**Counterpoint:**

No matter how hard you try, you can't do anything without a NormalProject. No way!  
Sorry again! Your self-destructive unconscious drives are too strong.  
Trust me, I have managed numerous projects for companies and private individuals<sup>21</sup> ; in my seminars since the 1980s, I have introduced numerous people to the life-oriented handling of our human energy ("*e-management*"). In the end, I bowed my head proudly and accepted that this would only work in conjunction with a fundamental liberation of the entire personality, i.e. with the Normal Project.

As a result, I put aside the already completed manuscript for the second book "*Ruhe!Punkt.2*", which is primarily about organizations and which my corporate clients were eagerly awaiting. - Now I'm waiting to see if the opportunity arises to *combine the "e-management" project with the overarching normal project*; which means nothing less than freeing the people involved to fulfill the meaning of life. All kinds of consequences

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<sup>19</sup> Information on this can be found in the *book "Ruhe!Punkt!"*, published by Knapp Verlag, Olten. Now available in the online bookshop of NormalVerlags, [normalrevolution.com](http://normalrevolution.com)

<sup>20</sup> See the supplementary *book "Das verkannte Genie"*, also available from NormalVerlag.

<sup>21</sup> [ruhe-aktivitaet.ch](http://ruhe-aktivitaet.ch)

*included! The benefit is a previously unimaginable performance of the entire staff, including the company management!*

## A clever genus

A wonderful and encouraging fact is the following:

The basic conditions for an optimal lifestyle - and the resulting [comprehensive fitness](#) (including all areas of life!) - have long been in place in a considerable number of human societies.

At least to a considerable extent.

As a reminder: [sufficient food](#), [compatible environmental conditions](#) and [safety](#), i.e. the basic conditions to be able to lean back, so to speak, and cultivate all life-reasonable behaviors (see above).

*And now I'll treat you to an insight into our crazy human world.*

*I used to assume that evil cynicism was my domain.*

Let it stay that way! This is magical paradox. If you know your way around, you can say the seemingly craziest things and they are true!

*Aha!*

## Systematic sabotage

Now it gets pretty dark for a while. In the following, we will talk about the nonsense of life. This does justice to the title of book 2.

However - and this is where I begin to resolve the above paradox - this may well be enlightening for you! ;)

You will also be confronted with yourself in the following. That is unavoidable. Practically everything I write in this trilogy affects everyone. Perhaps to varying degrees, but that's peanuts. - Plus, as I said at the beginning: Every sustainable change starts with yourself.

So you are encouraged to always ask yourself whether what I write also applies to you.

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Oh come on, save yourself the trouble of asking and answer straight away: "Yes, it all applies to me too." ;

*Right, 2b, the questions are unnecessary. I'll take over briefly.*

*It affects everyone, including YOU, the reader. Especially you! And don't forget 2b there, who discovered all this and then formulated it. It affects him in particular; haha, he made a good effort to distract from himself.*

*But, remember: finally being allowed to acknowledge this - yes, allowed! - makes everything much easier. You are FINALLY free of this tedious, unworthy, even ridiculous behavior of always frantically trying to see yourself as an exception to unpleasant news from the human world, for which this does not apply!*

Never mind, Mr. Devil, who likes to be confronted with themselves? Holy shit, not even me!

*But, but, nothing is sacred to you ... No objection, by the way. But if, in addition to the future of humanity as a whole, every individual future also depends on you finally facing up to the truth about yourselves and your existence, so what? the Englishman would ask.*

And the devil?

*He says: FACE HELL! Come to hell, it's nice and warm there, even lasciviously hot.*

Aha, good news. So, on with the text.

What we humans do:

We are systematically torpedoing the excellent basic conditions mentioned; and we are doing it on our own initiative! No more poor victims of circumstances! Responsibility for your own actions and omissions is the order of the day!

The reasons we give for this acutely life-threatening action do not stand up to the reason of life. We would also be much better off economically if, for example, we were to regenerate in a way that was appropriate to life. This simply means that we are behaving quite idiotically, to put it very gently. We act as if a dark, mysterious force were commanding us to avoid appreciative behavior towards ourselves at all costs and to continue the naked struggle for survival as if there were no tomorrow otherwise  
And this regardless of the sense of life that is binding for all living beings

Note: This cannot be explained by thousands of years of habitual fighting. We humans are too intelligent and adaptable for that. Especially as all other living creatures use every moment of relative peace and quiet to relax, regenerate and consistently strive to improve their quality of life, which is crucial in the long term . THAT is sensible! Their advantage: their alert instincts reliably prompt them to adopt this medium- and long-term oriented behavior. They cannot choose. We humans can choose, we can put



ourselves above (most) instincts if we wish.

And for some time now, we have actually been choosing exactly the opposite: *the better the basic conditions are fulfilled, the more radically we stress ourselves day in, day out*; the less we feel ourselves; the less we pay attention to our long-term well-being. Have you noticed that efforts are currently underway throughout the West to extend working hours again, including working life? Brain burn! I can't and won't put it any other way! It's a living paradox that doesn't work under any circumstances.

*You little humans are funny creatures.*

Well, tell me about it ... Albert Einstein - not just a physics genius! - went much further when he said: "There are two things that are infinite: the universe and the stupidity of mankind. Although ... I'm not sure about the universe."

*Well, where he's right, he's right. There are obviously others with foresight.*

...

So now comes the crucial question ...

*Bravo!*



Why do we super-intelligent beings, of all people, completely ignore this logical, life-intelligent and absolutely necessary behavior? What makes us so incredibly stupid that we not only systematically and comprehensively torpedo our individual quality of life, but also - regardless of any achievements - threaten the successful survival of our species? What circumstance has the power to completely block our ability to learn in this regard?

Is it just a coincidence *because we lack contact with our instincts*? No, no. Moreover, this immediately raises the provocative question: why have we given up contact with most instincts? To achieve freedom? Oh no! Why do we ignore the most useful instincts while other, less important ones continue to work? *We could keep in touch with our instincts and then decide freely and consistently in the culturally perfected interests of life*

That would be an alternative way of dealing with our biology of a higher order!

## Mysterioso!

So is there a mysterious force at work after all? A supernatural one, even, to which epigones of various [mind concepts](#)<sup>22</sup> like to flee in their need for explanation?

*Um, sorry, dear 2b, it's well meant, but there's no need. They don't even want to explain it properly. It's their manipulations and carefully spread illusions with which they earn their money and gain power. That's marketing, 2b! You should remember that.*

**Oh, thanks for the hot tip!**

However, this power is definitely not supernatural. Because that would tacitly mean standing above the meaning of life, haha.

But mysterious; agreed. If you want to call what is hidden from the common eye mysterious.

Okay, since this is written by someone who is deeply averse to myths and illusions (H), the explanation must ultimately be soberingly down-to-earth, for better or worse.

And that is indeed the case.

### **Note:**

*Over the years, pursuing this mysterious force, tracking it down and ultimately finding solutions to use it productively instead of destructively, as was previously the case, even developed into my life's work, which I had always had an inkling of since my youth, but without knowing what it would one day be*

*I set out relatively early on (around 1974) to explore the innermost structure of the human being - what makes people what they are and what we humans are like today. It is perhaps more due to chance that I finally succeeded - in three stages of development (1997 Lebenssinn, 2001 Schattenland, 2011 LebensProjekt). - The only thing left to do was to find a process that would bring the second structure back into line with the first. Okay, 'only still'. After an initial relative failure (2007), it took another four years before the process began to meet the unheard-of standard. Since then, we have been refining,*

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<sup>22</sup> I refer to fixed thought patterns as [mind concepts](#). As an ensemble, they form what I call the [mindset](#), which dominates almost all of our thinking, plus our (therefore highly selective!) perception.

*consolidating(!) and researching the conditions for success. In the meantime, I am quite satisfied with the results. A real paradigm shift in my life<sup>23</sup>*

Ready for clarification?

## The refusal

Those who free themselves from the usual blindness can relatively easily expose this quasi-mysterious force as quite profane. From there, the path to its origin is not far away. Well, it still took 15,000 years for this path to be consistently followed ... because this force is so strong and unyielding that it has been able to severely disrupt the fulfillment of the meaning of life for us humans for a long, long time .<sup>24</sup>

*The more appropriate term would probably be: destroy, Mr. 2b. And, nota bene: I like it; it promotes my business.*

So be it for you. However, I represent the interests of the people here.

*Okay, okay ...*

The conditions we have created in affluent societies are so obviously good. They invite everyone, every woman - and children too! - to use the security regained over millennia and despite regular phases of systematic self-destruction (including arbitrarily unleashed wars) to optimize our daily constitution within decades. And then to keep it at an optimum

The circumstances that have been created not only invite us to do so, they virtually cry out for it!

But we humans, in the middle of this (relative) paradise, behave differently. We ignore the invitation. Yes, apart from consuming material goods, we consistently refuse to really take the good things we have created ourselves and use them for actual quality of life. Instead, we blindly insist on continuing to live life as if our existence were constantly

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<sup>23</sup> See also [2b.ch](#), the ultra-short version of my career.

<sup>24</sup> See [essay "Schattenland"](#); NormalVerlag

under acute threat. And we accept the considerable and irreversible damage that this inevitably causes in the medium to long term, largely without contradiction; we prefer to invest in insanely inflated support systems that are supposed to protect us from any consequences.

We trigger life crises, economic crises and political crises seemingly without intention, but systematically. In this way, we give ourselves the pseudo-legitimacy to continue to struggle endlessly, regardless of our actual well-being.

**Yes, that's how we do it, Mr. Devil, we clever little guys and gals that we are.**

*Well, that plays right into heaven's hands! And I remain the dreaded secret favorite.*

## The distraction

- In order to justify this nonsensical behavior, we constantly construct threats of some kind. If the general fear gradually subsides, we immediately construct the next threat and thus rekindle the fear (e.g. economic crises).
- In addition, we rush around all day to get some 'existentially important' things done. A never ending game! From the perspective of a 'normal' living being - i.e. one that is fully in touch with its nature - this seems so ridiculous.
- If all this is not enough to displace the actually relaxing reality, we create virtual suspense. We 'entertain' ourselves, among many other things, with suspenseful stories of all kinds, including the fascinating and lustful reading of "Accidents & Crime".

We indulge, indeed, pay homage to this and many other life nonsense and pay not a jot of attention to [regeneration, the foundation of a successful long-term life](#). In fact, we systematically devalue it, as well as the primary, i.e. biological needs behind it. Sleeping as little as possible and constant activity are still associated with efficiency. We are making complete idiots of ourselves!

These and many other acutely anti-life behaviors are now practiced by practically the entire human race, in peculiar harmony!

*What are you complaining about? Full aegis is the order of the day!*

**I bow my head**

**And thank you for the unexpected 'you'!**

**(The only question is what I did to deserve it).**

Short:

We humans voluntarily engage in numerous behaviors that cause enormous damage to our health (H), indeed to our humanity as a whole. In order to be able to continue with this nonsense of life unaffected, we inflate huge aid apparatuses where a plaster would suffice. We complain about the costs. But we would rather pay than move forward; indeed, move forward at all.

*It's not so bad; everyone does it that way.*

*That's reassuring, you devil.*

**Note:**

*As one of the equally paradoxical and logical consequences, the healthcare costs of what is currently the largest economy of the human species (with the self-image of also being the most advanced, most viable society, to which, please, all others must conform ... haha, good joke) have risen from 5% to a gigantic 18% of GDP within 50 years - in a comparatively short period of time. In November 2015, just a few years later, it was a whopping 22%! And today it is significantly higher again. At the same time, the still unsecured basic healthcare provision for the population there is still one of the most controversial domestic political issues. And with their meaningless, childish political squabbles, the ...*

*Just say it: pseudo-adult idiots galore!*

*You said that now*

*... politicians there without any scruples are threatening to bring the entire global economy to a standstill.*

*Well, apart from that, the healthcare system in this country too - in fair Switzerland - is devouring huge sums of money that are rising at a similar rate. And local politicians are not behaving so differently. By no means!*

To summarize:

- As soon as the basic conditions - food supply and security - are met, it is the quality of lifestyle that determines whether people can continue to live successfully in the medium and long term.
- The bottom line, however, is that what we do as a human species is merely survive. And that at a mostly hair-raisingly low level; from the point of view of a genuine quality of life. And this is true all over the world today; only staged in different costumes.

*Didn't you once write that people's lives take place as if on the stage of a theater?*  
Well.

- In fact, we only use the very fewest options for quality of life - which would mean living a completely vital, healthy and optimally safe life. What I call "all-encompassing fitness".

*I realize, 2b, that's a betrayal of life. But it's the perfect herd for my horror department. Which, by the way, I set up specially at heaven's request. It's by far my biggest earner. You and your kind only spend a fraction of that on enjoying life to the full. Hey 2b, what the hell! Problems, they bring it!*

Look here, the devil is an arch-capitalist!

*Of course he is! I'll do anything that brings me something. Did I say that? I mean people!*

## Up and down

However, willful, systematic sabotage is by no means enough for the Misterioso. The following is a remarkable and also humanly exclusive phenomenon:

We admire - rightly in my opinion - technological developments that seem almost fantastic. They are full of potential to overcome most of nature's challenges with comparative ease. However, the very context in which these developments take place is less fantastic. It is this urgent forward development that, in the capitalist economic system, manifests itself in the growth imperative, or growth mania as the basic paradigm; and in socialist-oriented economies is pushed by political constraints. All fueled by competition as another basic paradigm. Which means: "We will not rest ..."

(advertising slogan of a major Swiss bank)

Yes, we will not rest. Never! The system is designed that way.

The simple and logical consequence of this behavior, which is also ideologically supported, culminates in the following fatal mystery:

Forced forward development= inevitable decline<sup>25</sup>

The continuous decline is evident, among many other things

- in the ever-increasing [loss of quality of life](#) caused by numerous phenomena, including a thoughtlessly damaged environment, omnipresent constant rushing, permanent distraction from oneself as well as latent, often quite obvious [excessive demands](#) due to the flood of stimuli, the ever-increasing number of choices and - and above all! - by excessive and ever-increasing obligations. Crazy!
- The same applies to the dramatic [decline in individual life skills](#). The existentially important, [multidimensional understanding](#) of contexts is being consistently [replaced by mere, one-dimensional knowledge](#). The internet is now even replacing our own knowledge - without any great loss this time. We are hastily and erratically towards zero life skills! We are becoming completely clueless.
- This is an expression of this, for example: [The awareness of natural order and meaning \(sic!\)](#) has already largely [disappeared](#) and is being [replaced by](#) openly proclaimed [arbitrariness](#). Here too, the same applies to the dwindling appeal of pseudo-sense and myths: without loss.
- Another example of dwindling life skills: [skills disappear](#). I have a lot of sympathy for craftsmen and usually have a good relationship with them. However, to name just one of many examples, craftspeople also tend to lose their inner connection to their profession; they become disengaged, unreliable and chronically extremely stressed. Despite advanced technology, the results of their work become worse

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<sup>25</sup> See also later the chapter "Ambivalence of progress - The dissolution of a mystery"

instead of better. Durability - one of the most valuable craftsmanship assets - is abandoned in favor of ultimately worthless gadgets

- Finally, and of particular significance, we are witnessing [the dwindling of the existentially crucial ability to regulate ourselves](#). It too is moving unhindered towards zero. For example, physical fitness is declining overall. Masses of over-nourished people are handing the undernourished the door to a thousand different practices for nothing. This phenomenon, together with numerous other phenomena, leads to increasingly fragile health. Which in turn brings myriads of equally incompetent counselors and therapists for anything and everything onto the scene. I call such offers "[gadgets of hope](#)"<sup>26</sup>. They contribute to the fact that healthcare costs are gradually rising into nirvana. - By the way, actually unheard of: even doctors need zero life skills to be licensed. They don't have to prove anywhere that they understand what they are doing. A bulging bag of linear knowledge is enough

*Dear 2b, where and how are they supposed to learn it? Where would the time be to inhale all that knowledge during their studies? And who, pray tell, would be competent to test them?*

**No objection**

- Should I mention the diet<sup>27</sup> ?!
- However, I have already mentioned the most striking example of the almost total loss of our ability to regulate ourselves. This is the now [global, chronic self-exploitation](#). It inevitably leads to a [chronic human energy crisis](#) (keyword "[time overload](#)"!). The immense damage caused by this generic, compulsive behavior [without the slightest real benefit\(!\)](#) can be seen by the reader in the aforementioned book ...

*... the justice of the teacher with special consideration ...*

**No, dear devil, this is not the "Feuerzangenbowle"; this is serious drama!**

... "Silence! Period." to read.

**Conclusion:**

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<sup>26</sup> More on this in the aforementioned book "Die NormalRevolution", Part3.

<sup>27</sup> There is also a [book](#) on this; one that gets to the - simple - heart of the subject of nutrition. "[Das 3x3 der Ernährung](#)", published by NormalVerlag, [normalrevolution.com](#)



Even in the richest and most culturally and mentally developed countries, we humans are still a long way from living an optimal life in the 21st century. The bottom line is that we are as far away as ever - only different  
The trick: we are doing without it unnecessarily; voluntarily - or at least willfully.

## Except for expenses ...

So we humans, of all people, *no longer have any idea what is good for us and what is bad for us - in any respect.* - And in this desolate situation, we make ourselves completely dependent on 'experts' who are ultimately just as incompetent in life, as well as on any advice in general, i.e. on all kinds of myths and illusions that are offered to us. It's embarrassing for such a 'self-confident' (think of it!), or rather notoriously self-righteous, yes, self-important species. - And again the question: Why is that? Why do we allow it?

## In the cabinet of contradictions

So it stays dark for a while longer. But every night ends at some point ...

*Hey, don't you know the song: "The night is without end ..."?*

Yes, yes, I do, I've sung it a thousand times as a young parishioner

*Exactly, "the sky without a star ..." It's not only nice and warm in my hell, but also always and reliably bright.*

Thank you, thank you for the always helpful inspiration, plus the persistent constant advertising .

... and the light that leads out of the tunnel is approaching us.

# The nonsense of life, cleverly designed

As I have to reckon with the fact that the sustainability of the above information is extremely difficult to achieve, I will break the whole thing down again using perhaps the most prominent example, e-management, to its effects on the meaning of life - i.e. on the successful medium and long-term survival of our species.

We all - without exception! - the most important condition for an optimal life: the balance between creating and consuming energy. Even small children are now being tempted or even forced to do this.

But how do we want to have a good life if we are constantly latently exhausted, in other words, if we are permanently short of time and energy?  
How can we savor life if we inevitably wander through it as latently depressed, overtired and at the same time hyperactive creatures?

For this reason alone, the quality of life appropriate to the comfortable circumstances is completely excluded!

And what is particularly remarkable is that we as a society as a whole are now doing this very voluntarily - even during our free time, for example.

**We exploit ourselves lovelessly, heartlessly and self-destructively  
And we do this without any real need!**

## Counterpoint:

We make every conceivable, even absurd effort to regularly and negligently conjure up emergency situations, to permanently produce problems everywhere. Nevertheless, for the vast majority of the population in the proudly named 'First World', material hardship remains merely imaginary.

*Hello, 2b, I'll interject here: If you humans do this, and even fuel this acutely life-threatening disaster and promote it both politically and economically, it is merely an expression of the fact that you poor people hate yourselves deeply - yes, right down to me; fine, fine! - hates yourselves.*

*But now you, devil, are already serving up the main course with the starter.*

*Oh sorry, that's right. Forget it!*

So the fact remains: we are enslaving ourselves. We have been doing this for a long time without being dictated to by the sheer struggle for survival. Without any immediate threat to our existence, which can demand this uninterrupted total input of energy in the short term and, when the chips are down, even in the longer term .<sup>28</sup>

And over decades - and now every individual for the rest of their lives! - to the harsh, uncompromising regime. We have assimilated it to such an extent that we also engage in creeping self-destruction during our free time. Just when deep regeneration is needed! - The chronic ignoring of the most basic natural needs, which has apparently remained largely hidden from all science to date<sup>29</sup> , has become such a natural part of the social system *that we even manage to describe the simple continuation of self-exploitation - just on a different stage - as recreation!* If I then ask people about the specific effects of their "recovery" and their ideas about life in energy balance, the answers are correspondingly empty.

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<sup>28</sup> See book2, beginning

<sup>29</sup> As fascinating as it is fatal, but significant: *to date there is no science of human regeneration!*

### Short:

- We work like crazy under the pretext of optimizing our living conditions. In doing so, we achieve exactly the opposite.
- We hardly allow ourselves any relaxation, even in our free time. Which inevitably leads to us losing ourselves.
- This makes any proclamation of quality of life absurd right from the start.

What else can we do but despair - which, of course, we would neither feel nor recognize - ...

**... to call carting around in your own ruins THE life?**

### The justification - nice try

In view of the contradiction between the huge material wealth that we are accumulating, while in return we are gradually destroying our quality of life and losing ourselves in the process, even enlightened figures claim: "That's just the price!"

Not a particularly life-intelligent statement when we confront it with the meaning of life brought up here, is it?

And - yes, of course, we know: it's not just us who are suffering, the environment is suffering too. Because of us!

As already mentioned, the living conditions that we humans have created on the planet act as a further burden on our everyday lives. In addition to the numerous advantages (HELL!), the equally numerous disadvantages (HELL!) make it even more difficult to lean

back after successful survival and [simply ... LIVE](#). Just: [TO BE!](#)<sup>30</sup> The pollutants in the air, water and food, the noise level that is present practically everywhere in populated areas, the enormous light smog and, above all, the permanently high external stress level, which is expressed in traffic, among other things - all this together makes it even more difficult to find the balance between survival and [being at rest - the meaning of LIFE](#). But it is also [a symbol of the mandatory conditions for long-term survival!](#)

## The logical consequence

We must soberly state that the environmental conditions created by us humans in the service of short-term - probably rather short-sighted - survival further reduce our chances of survival.

And again we have arrived at the same conclusion:

There must be a tremendously strong reason for this crazy, widely celebrated behavior. A reason that is strong enough to blind us ALL to the real circumstances. The few who know this or that better - or even understand it - are also unable to effectively change the circumstances; not even their own personal ones! Who knows a sleep researcher who sleeps enough? Haha, bad joke!

### Conclusion:

[There must be a force at work that is STRONGER THAN ANY CONNECTION.](#)

This brings us to the battle with the inner conditions. With the seemingly mysterious force mentioned above.

But wait! Before we lift the lid and descend further from the cellar into the depths ...

[Yes, I know, devil, here we come](#)

*[Welcome](#)*

[We're coming, come hell or high water](#)

*[Good, I'll wait for you outside.](#)*

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<sup>30</sup> See the supplementary [book "The misunderstood genius: letting yourself drift"](#)

... we pull back the curtains of oblivion and let the light stream in. Phew, this air is almost unbearable! So let's open the window and let some fresh air in! **Let's ask the utopia question for once:**

## What if ...

- What **if we were free** to actually take the many good things that our ancestors and ultimately we ourselves have created?
- What **if we were free to** use prosperity and security to live in daily energy balance, indeed, in all-encompassing fitness - what life reason dictates?

So what could our lives look like **today**?

## That would be if ...

- First and foremost, we would practically always be healthy. The huge medical and paramedical apparatus would shrink to a tiny fraction  
And a life filled with meaning would also come to an end; we would quite naturally dispense with the infinitely costly artificial prolongation of a shadowy existence - a meaningless one at that.
- Our personal attitude to life would be simply fantastic; often filled with deep inner peace, abundance and happiness.
- We would take on the current challenges day after day with incredible vitality, creativity and enthusiasm.
- Given our technical arsenal and our creative intelligence, the enormous local, regional and global challenges we are currently facing could easily be overcome. PEANUTS!
- After every brilliant action, we would retreat and fully regenerate.
- Our relationships would function excellently. Their most important paradigm would be COURAGE. They would be characterized by love, tender closeness, lots of sex and fair, dialogical discussions about the matter at hand; without any stupid compromises (see below)!
- Relationships would also work because we would actually take the real abundance and distribute what is left over (instead of never getting enough). Generally speaking, liberated, 'normal' people share their goods. After all, **what use is a good that you can't use?** What good is a good that makes you smaller instead of helping you to grow? What use is a good that stresses you out instead of helping you relax? **(H)**

- Our relationships would also function excellently because there would be plenty of time and energy available to resolve any conflicts that arose - of which, thanks to ... (see later), only a tiny fraction would arise at all! - would be resolved appropriately. And this without a single scary, weak compromise that shames our dignity - the highest good of politics (is that the best they can manage?). And, of course, just as much time and energy to let our generous love play out, to nurture and cultivate it.

**Tip:**

*A successful entrepreneur, stressed to the usual extent, was asked whether he sometimes longed to go back to the beginning. His answer: "No, in the beginning it was about every penny, and now the millions stress me out. It was best in between, when we had just enough success to make a comfortable living."*

In order to formulate the whole thing as a full statement - a stretta, as it were - I will dispense with the subjunctive.

People - men and women! - who LIVE in "normal space"<sup>31</sup> will never again, in any area of life, act hostile to life; they are physically incredibly vital and ensure the complete regeneration of their organism every day as a matter of course; they are carried by a natural life intelligence, enriched with the best achievements of human civilization; their behaviour is permeated by love; they are characterized by generosity; they are completely trustworthy; they cooperate unconditionally, share

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<sup>31</sup> For a more detailed definition, see Book3/A, beginning

the acquired goods and always and consistently act in the interest of the successful continued existence of humanity.

Taken together, this would mean for the majority of people here:

We gratefully take advantage of the excellent conditions and lead a fantastic life, full of vital challenges and enjoyment. The latter primarily through simple, yet fulfilled BEING.

But first we get into the devil's kitchen!

*Come on; I'm already preparing a cooking course: 'Barbecuing on an open hellfire!*

*I'm in, I'm in!*

**Conclusion:**

With the same satisfaction with which we can say here and now: We are doing excellently in various respects (or would you prefer to live in Waziristan?), we have an honest duty to confess:

Measured against our capabilities, our actual constitution is an embarrassing disgrace. We also dishonor the efforts of our ancestors (H). Shame on us!

**Note:**

*... also by willfully losing ourselves. We use every moment to distract ourselves from ourselves. This self doesn't seem to be any fun (see below).*

*An example of the effect of this loss of self: one third of young men have erectile dysfunction. In 10 years' time it will be two thirds - you bet! We are now degenerating as fast as other areas are developing. Incidentally, women have long since reached this rate in terms of their inability to orgasm during intercourse. Incidentally, this is also an*



*expression of the fact that our lives have taken on something fundamentally unreal. The meaning of life seems arbitrary to us, dependent solely on our own ... well: at will. Pah!*

# Shade room

The paradoxical, to say the least, unrealistic situation described above calls for its cause.

*Finally, 2b! Now comes your hour! Haha, in truth, this is mine.*

Thanks to the devil for the steep template.

Admittedly, the logic of this *absurd* behavior is not readily apparent. The scales fell from my eyes when I a remarkable and strange [commonality in all these phenomena](#); a commonality shared by all people today. Suddenly the whole absurdity became, if not sensible, then logical.

## Optimal conditions

To put it another way, or to look at it without the myths that systematically obscure reality, the situation is as follows:

Here in Switzerland, for example, we live under excellent external circumstances in many respects. A simple comparison makes it clear that hardly anyone would want to swap places with Libya, Ukraine or Mexico out of sheer desire. Let alone with ... well: Waziristan, Somalia or Sudan!

Ergo, it is not the circumstances that should worry us here, but [us in the circumstances](#)! It is our limited ability - or more precisely: [our lack of inner permission](#) - to use the comparatively excellent circumstances for an appropriate quality of life.

## Superior

Another comparison shows that no other mammal could survive for any length of time with our way of life. We can interpret the fact that we humans have been able to do this for some time as a sign of our superiority.

But does that make sense? Wouldn't we be better off demonstrating our advantages by not only being excellent at optimizing living conditions, but also using any freedom we

gain from the daily struggle for survival to improve our quality of life? Instead of stubbornly continuing to fight as if every day was about every single piece of sausage. That would be life-intelligent, wouldn't it?

## Inferior

### Reminder:

The first and most important prerequisite for quality of life is regulate yourself perfectly.

In this crucial point of all things - but also in terms of life intelligence! - we are far and away [at the bottom of the hierarchy of all living beings](#)! I think that is at least remarkable.

Oops! What? Yes, at the bottom! Were you aware of that before?

And this in a situation in which quality of life is the main factor determining whether you can continue to live successfully. Bravo! Super perspective!

*Well, it is for me.*

...

In this context, as a reminder, once again to the point:

Once the bare struggle for survival has disappeared from the agenda -  
i.e. once we are full and relatively safe - the quality of our existence  
determines our future prospects.

# The solution to the riddle -

## Or: The nonsense of life becomes logical

Let us now take a closer look at this strange common feature of our entire species.

- It simmers deep inside us.
- It is the real driving force behind all kinds of **nonsense** that we humans get up to.
- It is the simple, almost banal cause of our systematically absurd, blatantly self and other-damaging behavior.
- It finally gives it, if not sense, then at least logic.

We humans build our lives on the following terrible common ground:

**Deep down, we humans feel completely unworthy.**

**Who wants to talk about freedom ...**

We **do not** feel **entitled** - some consciously, some unconsciously - to take life easy and do everything necessary to ensure that it runs smoothly. Whatever you have done to date, it has not changed this fact.

As 'unvalues' (**H**), we naturally **don't feel like we belong** either. We try to hide this fact in the interests of our own survival by doing everything we can to perhaps appear to belong at some point. However, without actually accepting the corresponding encouragement.

*By the way: Greetings from Amy!*

Thank you. A regrettable example; just like that of countless other celebrated stars and other celebrities. Is Janis with you too?

*Of course she is!*

**Note:**

*I put the word 'unworthy' in quotation marks because human children are de facto born just as valuable as all other living beings. What they already carry in their genes, however, is the unwavering and unteachable FEELING of being unworthy. This is why I am not talking about unworthiness below, but about the [perception of unworthiness \(UWE\)](#). More on this later*

*However, what we then do with this fact in our lives often ends - and [completely unnaturally!](#) - in real unworthiness. See the opening statement "Before we begin"! **THAT** is the real catastrophe.*

This fundamental deficit [drives us permanently](#), day and night, 24 hours a day, seven days a week, all year round, from infancy to old age, we pass it on uncontrollably to our offspring, and it ultimately accompanies us into death.

Without authorization, without this "ticket to life", our life literally makes no sense; [life seems meaningless and therefore worthless](#)

In order to conceal this [fact, which is irrefutable to our innermost being](#) - and [thus at least to survive!](#) - we are logically prepared to pay any price, regardless of losses. So, of course, regardless of our personal well-being. Bare survival is enough.

*Oh, 26, what have you been trying to do all your life? Then this crass, exclusively human behavior suddenly becomes completely logical! You can relax!*  
;)

Yes, we certainly don't claim to do more than survive. [It is the sheer power of survival](#) alone that prevents at least the majority of us from giving in to our perceived unworthiness and taking our own lives<sup>32</sup>. I call this desperate concealment of the feeling of unworthiness, our true name as it were, the "[Rumpelstiltskin syndrome](#)". Every single person is affected by it, without exception! So all we have to do is admit what we have

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<sup>32</sup> I therefore call the corresponding individual measures - all of which serve the appearance of self-worth - "[your survival package](#)"! See book3.

in common to each other and we can relax. But we don't know that everyone else feels the same way! So we keep it as secret as possible.

Yes, and that's how it comes out. Open your eyes and look out into the human world - both into its history (of the last 15,000 years) and into the present!

**Short:**

**Day after day, even hour after hour, we struggle with our unworthiness  
and thus for survival**

**The question of value is constantly hovering in the air with us.**

Even the slightest questioning, the slightest provocation - and often just our own fantasies and projections - activate this fundamental need. And can end fatally. As countless examples on the world stage demonstrate day after day.

Under this yoke of mostly unconscious, endless efforts to disguise our own 'unworthiness', [the fulfillment of the meaning of life - the one-and-only reason for our existence](#) - recedes into the distance. What's so surprising?

First of all, it's about our own bare survival  
which we simultaneously dispute ourselves on a daily basis

And this is exactly what our everyday reality looks like!

Once you have absorbed and digested this fundamental fact, what is described here, indeed the entire world drama that we humans stage, is suddenly filled with profound, indeed self-evident logic. Isn't it? Even the ugliest behavior you can imagine - e.g. that of, in truth, terribly weak rulers in distant regions and, as a result, the unspeakable suffering there - now finally seems completely logical. A logic, however, that must send shivers down our spines.

Now you finally know the cause of the effect!  
Take a deep breath!  
And manage your understanding with the appropriate respect.

# Too true to be true

Sounds like a new myth, doesn't it?  
One thing is clear: we behave accordingly.  
And on the subject of myths, just this much:

As I said, it is not a supernatural force that affects us, nor is it a whim of human nature. -  
Ha, that would be easy; to simply delegate responsibility upwards or to overpowering nature!

*What's the problem? Everyone does it!*

Just like Mr. Teufel thinks.

Nevertheless:

This shadow that rests collectively on us humans is terribly profane, devised over millennia and ever more perfectly orchestrated .<sup>33</sup>

## The concrete boundary

In order to make this production on the stage of life credible, we systematically reduce and ultimately prevent contact with ourselves, following the dictates of the familial UWE. We build a [concrete barrier](#), as it were, between our self-perception and our original human resources. What remains is a seemingly unlimited space for illusions. Illusions about ourselves; illusions about God and the world - literally for once.

All the projections upwards, outwards or wherever, which we humans so readily allow to cast a spell over us, serve only one purpose: to distract us from the shattering,

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<sup>33</sup> I explain how this came about in the book "The Normal Revolution"



completely unsettling truth (which is not a truth at all) at  
Yes, that's right! All self-assurance - all of it! - is a fake!

## What becomes of it

As a result, we struggle endlessly and at the same time regularly - seemingly unintentionally, but systematically - conjure up personal life crises, relationship crises, economic crises and political crises. A constant reason to go on and on, but ultimately - and absolutely! - to no avail.

And this, of course, without any consideration for our well-being. We follow the law:

I'm not one of them anyway, so my actual well-being doesn't matter.

*All I can say is: "Be my guests!"*

## You are one of them

In the face of all the worrying phenomena described above, from very near to very far, we like to say: "Not me, the others!"

But there is no difference in principle between the obvious losers and the apparent winners, just as there is no difference in principle between the masses of inconspicuous mediocrities. We all lose. We are all affected by the same shadow. The only difference is the way it manifests itself. So you really are one of them!

*Oh no! I say to you, either way, damn reader, damn reader: "Stick to it, 'not me, the others!' You're different; you don't need a chance! Live your good fake life. And when you die, you'll join the competition up there. But I'm laughing up my sleeve. Because THAT is my true revenge!"*

Oh my goodness! Um, thanks, was that meant as support?

# One genus - one system

The fact is: [we all live in the same prison](#). And this prison is, as it were, a hermetically sealed mental space in the middle of real [LIFE](#) - written in capital letters - which I call the "[normal space](#)".

A prison, in other words, with numerous phantom doors out. Out into LIFE? Haha, none of them lead out. This self-built prison is the [space of illusions](#) - designed primarily by us men, because we are better at it - of empty wishes, false hopes and a thousand fears. Don't forget: I am also a man. So what makes the difference? You will - perhaps find out soon.

Life in this place, with the rules we have invented for this make-believe life - again mainly us men, this time because we have chosen the power game to preserve our 'dignity' (ha, a bloody dignity!) - I call this habitat

## Matrix

I call it a matrix because this space of illusions, which we call 'life' with calculating intent (Rumpelstiltskin!), merely [projects an unreal and at the same time pale, even ridiculous image of real LIFE](#). A life invented, constructed and then suffered in the essential areas, whose basic paradigm is hidden from the common eye

We all live in the middle of real LIFE, but we don't understand it. No, more importantly, we systematically negate it in order to satisfy other interests. Exactly:  
R ...!

## The solution to the matrix

**What really counts is NOTHING in the Matrix!**

We are all part of this matrix. Men, women and even children. Training children to believe appearances essentially determines the primary information that we pass on to them from birth. - The differences between people - e.g. between evil and good - as striking as they may seem to us, are merely gradual. In truth, we are all fighting the same abstruse battle. In all social classes. In all different cultures and life contexts. We all act in the same space. In this originally voluntary, but deliberately constructed, narrow prison that I call the matrix.

*Haha, enjoy the view from prison!*

...!

# Homo Sapiens Matrixensis

We have failed - ignored, concealed, repressed - to give the appropriate meaning to this [anthropological development](#), whose pervasive effect determines our lives with every fiber. What has determined the sg patriarchal cultures - in truth, this term is completely wrong, as it merely describes another illusion instead of the true tragedy - for 12,000, 15,000 years is a different being than the classic Homo Sapiens.

All men who became entangled in the gender struggle with sedentarization, when it came to the redistribution of gender roles; the men who compensated for their impending sinking into insignificance with constantly violent domination, who devalued themselves abysmally through [this biological offence](#), this fundamental action against nature, and [definitely alienated themselves from nature - especially their own](#); in other words, who sealed their weakness in the first place and made it an inescapable fact; women, who avenged their defeat by devaluing boys, sexuality as a whole and by mercilessly exploiting every male weakness, extending their control over men wherever they could and thereby weakening and devaluing themselves just as inevitably and definitively; they all gradually formed a species alien to life, which robbed itself not only of its vital intelligence, but increasingly of its natural vitality. What we perceive as the human species are beings that are overtaxed by life, exhausted and thoroughly tense or grossly deformed. A humanity that, instead of human nature, has elevated a plethora of absurd myths to the status of truth.

We recognize the [HOMO SAPIENS MATRIXENSIS!](#)<sup>34</sup>

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<sup>34</sup> See also S209

# The successful search for meaning

Let us now remind ourselves of [the key prerequisites](#) for fulfilling the meaning of life in the medium term and thereby maintaining our right to live: [Quality of life](#) and unbroken, therefore bombastic [vitality](#).

And let us remember this:

Quality of life relies on establishing a daily energy balance ("e-management").

This is [the most important area in the large field of self-regulation](#).

Have you reached the point where you understand this? <sup>35</sup>

If we maintain our physical and mental constitution in such a way that we can start from a state of calm to peak performance at any time, then this being there has a high level of quality. Then the juices flow abundantly. Then we feel really good. Then we are really strong. And healthy. Then we humans are predestined for long-term survival. In this condition - only in this condition! - we are also able to put right the mortal sins committed against our planet before they... ... our death.

*Ha, I knew there was a religious person in you.*

[Believe what you want to believe, devil.](#)

*Um, believe? Don't make me feel insecure! Me!*

This is the mega-formula for the human species:

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<sup>35</sup> Otherwise read "Ruhe!Punkt."! Read the book anyway! Absolutely!  
(Shit, who's going to help me send all these books now? And I don't have that many left).

A high quality of life is only possible on the basis of daily energy balance  
- only then do we have a real chance of continuing to live in the long  
term

### Conclusion:

Here and now, quality of life is no longer a luxury intended to demonstrate successful survival. Quality of life has become the *conditio sine qua non* for the fulfillment of the meaning of life - the condition for success.

And quality of life is necessarily based on optimal self-regulation. (H)

### Note:

*For example, we humans no longer have any idea what liberated breath - the result of PP and the complete inner permeability achieved through it - is and what it makes possible. We have not the slightest idea what a free human organism is capable of achieving. What potential!*

*An example: For years I have limited my 'endurance training' to pure practice, which means specific tours in the mountains or sometimes in the flatlands. Sometimes (unlike strength training) I don't do anything like this for weeks on end. Yesterday, for example, I went skiing after a break of about seven weeks. I made numerous long descents between 1600 and 3000 meters above sea level. I always skied them in one go, and not exactly slowly (...). I didn't feel any pain in my legs, nor was my circulation noticeably challenged. Every now and then it was as if my body was saying: "Hey, I can breathe a lot more." Then I took a deep breath each time and then went back to the required 'walk' level. Remember, I'm turning 65! - I call what I am happily beginning to suspect **NormalForm**, part of comprehensive fitness.*

### Counterpoint:

But without a "ticket" to life, to belonging, there is no self-regulation worthy of the name.

Sh ..., what now?

### The double liberation

We can make it easy for ourselves. We declare the following two great liberations to be the most important, no: [the only important task of our species](#). Period.

1. We free ourselves from the feeling of unworthiness.
2. Then we guarantee the daily energy balance for each individual

No question, these are two fantastic - well, perhaps more outrageous - challenges facing our species. The usual suspects so often proclaimed by politicians pale into insignificance. [In the end](#), their issues [serve only to maintain appearances](#). May Sisyphus live forever! (Otherwise, women would become independent of us men and we would be left without balls ... er: without meaning; the battle would be lost ...) NEVER! We never give ... in  
Where's the next problem?

*Wow, 2b, that's a real battle song! "Our flag flutters before us , into the future we go man for man ..."*

*But what about the 'give up' and the 'give in'?*

[No comment.](#)

## The time is ripe

On the other hand, I can announce that it is not just the circumstances here and now that are favorable. The signs for Homo Sapiens are also favorable.

The way out of prison has been sighted.  
It has been carefully, prudently and critically examined and tested.  
It has matured over years (and hung on the bone ...).  
Now the path to liberation is ready for collective application.

*"Brothers to the sun, to freedom ...!" Does that mean my big time has come?*

Well, I think you'll have to be patient.

And, with these brothers, I don't know ... isn't it<sup>36</sup> : "All brothers become men!" or something ...

## Acknowledgments

This undoubtedly unprecedented opportunity in the field of life is a by-product of the unprecedented efforts of our ancestors, who repeatedly produced ingenious creations. Thank you to our ancestors, who suffered *unnecessarily* for the most part - and still achieved outstanding things!

The basis they created, on which my research and discoveries are of course also based, now unexpectedly opens up a fantastic perspective for us humans. So I consider this to be nothing less, because ...

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<sup>36</sup> In Beethoven's 9th Symphony



It is the duty of all of us to seize the opportunity NOW.

So I call out:

Let's get going!

# The real existing perspective

## Who, what and how?

- I admit it openly: My general [trust in existing politicians](#) - and unfortunately also [female politicians](#)! - regardless of their color, can be precisely quantified: 0.0%! If there had to be a number behind it, I would choose a negative one without hesitation. In other words, politics as it is practiced today, from local to global, harms human progress - clearly; considerably; immensely; insanely! Speculation about the abilities of their representatives - and unfortunately also female representatives! - to take a leading role in this issue, which is clearly the most important for humanity in the medium term, are therefore obsolete. Point. (H1)
- My [faith in business leaders](#) is somewhat greater. But as long as all the men and man-women in top management positions persistently ignore the fact that they are forcibly occupying (managing) a place that only women-women are able to fill appropriately - and then fill it as men in a new, [non-power-related](#), even humble way! - we cannot expect the economy to play a leading role in the direction of a life-intelligent future. On the contrary: it will continue to follow life-hostile, ultimately loser paradigms (H2). In other words, a veritable no-go! (H3)
- [And science?](#) Here my trust is even greater. But, as the name suggests, science has specialized in knowledge rather than the only truly helpful [understanding](#). What's more, scientists act as loyal servants of the matrix, to whose purse they are attached. Nevertheless, now and again independent thinkers sneak in and we can count on them. [Long live subversion in science!](#)

*Well done, 2b! They're my favorite people!*



### Note1:

By the way, the [terror](#) that is currently spilling over into our latitudes could be [ended in no time](#). IN NU!

*Want to know how?  
Ha!*

**Note2:**

*The three most important paradigms of capitalism are: [Market - Competition - Growth as Compulsion](#). They make us all losers.*

**Note3:**

*For more on this, especially on the way out, which **now** works, even for today's managers, even with a lack of a reservoir of women-women, see soon - well, occasionally - in the book "Vision 21"*

## Note on the real existing systems

The bottom line is that it doesn't matter whether it's capitalism or socialism. Both don't work! But not at all! In both, the human being plays no role as a being to be consistently promoted.

Oh, exceptions, exceptions, ... Yes, yes! There are exceptions! A whole series of small exceptions. However, they must distinguish themselves, prove that humanity comes before profit; otherwise they are untrustworthy.

Are you an exception? Or are you just a barely visible pebble in the system? Examine yourself critically! - And anyway: there are NO exceptions at system level.

[Capitalism](#) is ancient. Perhaps it is even based on the [Neolithic Revolution](#) - the transition to sedentarization - which is much discussed in this work.

Whatever the case, the very fact that there are various economic interest groups in capitalism that outwit, fight and, if deemed necessary, even kill each other, makes a

mockery of the developed generic interests in the sense of the meaning of life (who said that) and thus of the entire system. A system worth supporting must be **characterized exclusively by solidarity and cooperation**. Success is achieved TOGETHER and NEVER at the expense of others! In capitalism, on the other hand, the human being does not exist as a human being; at the bottom there are the **productive forces**; at the top, **power and money**; and as an object, friendly **customers**. This cannot work at all. Incidentally - and of all things! - the healthcare system acts entirely in accordance with these maxims. So the revealing megalogic also applies here: Just as learning progresses at school (I used to be a revolutionary pedagogue; see 2b.ch), progress in the economy takes place not because of capitalism but *in spite of it*.

Perhaps **socialism** is much older than capitalism; a kind of archetype of how people organized themselves *before* the Neolithic Revolution. Who knows?

In 'modern' socialism, however, things are even more piquant than in capitalism. This system was actually designed for the dignity and well-being of people. And lo and behold, characterized and permeated by pure contempt for humanity, that very system makes a mockery of humanity.

Dear Karl, I appreciate your elaborate analysis. With my few pages, I almost have to be ashamed of myself. But what a stupid rookie mistake to base your entire system on polarization, even enmity. It was doomed to failure right from the start. Well.

Therefore, the same applies to the current political, economic and mental systems in the world that is completely ... **normal** in **normal space**:

I/we have no problem with the existing systems.  
We simply go beyond them.

**And what do you say to that, devil?**

...

*(for once even I am speechless ... that he managed to do that)*

Accordingly, the cheerful short description of the **book** is called "Vision 21":

"The design of the new system, desperately sought everywhere, demanded by numerous voices, but not yet found, has long existed! Here! It finally does what a human system must do: **consistently serve the good of us all!**

**The post-capitalist, post-socialist and post-democratic era can begin!"**

That is the core content of the work, originally also a three-page book ;) It's been written for a long time, but spread out in different places. If I ever find the time to collect the material, put it together and squeeze it between two book covers ... ☺

*My dear 2b, I feel for you. But how about keeping at least one of your many promises and publishing this apparently very important little work within a reasonable period of time - just: consistently for the good of the people, damn it!*

Oh

(Phew, and there are already quite a few orders; oh, my energy management ... I've just slept for ten hours. If there's one thing I am, it's this: hopelessly overwhelmed! I'll never get it together on my own. Help!) ☺

*Overwhelmed? Who of you humans isn't, 2b?!*

I know, EVERYONE is overwhelmed! And how! That is one of the compelling attributes of UWE, i.e. 'trying endlessly hard'. - Sh...!

# The NormalRevolution

## Outlook into the necessary utopia in harmony with the meaning of life

So, once again, we will all have to do it ourselves.

Waiting for institutions and organizations to act is useless. Every single individual is required to act for themselves. Each individual is 100% responsible. The first to benefit first - and above all: their descendants too!

And those who then join forces multiply their impact and also benefit themselves.

**The name "NormalRevolution" (NR) simply expresses the fact that for us humans, what is actually just normal is a true revolution.**

### Ergo:

We humans need nothing less than [uncompromising, completely far-reaching change](#), both for our daily lives and for our successful long-term future. And this has the character of a veritable revolution<sup>37</sup>. Otherwise, nothing will change except new illusions flickering in the firmament.

However, it would be ridiculous to propagate this if the complete basis for this change did not already exist. It exists! If that doesn't motivate you.[H](#)

### Tip:

*The other day, a young, smart banker who had heard about the NormalProject asked*

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<sup>37</sup> I talk in detail about the revolution, its character and its context on my personal website 2b.ch - and anyway, check it out! ☺

me: "Do you think that people in the 21st century are open to something completely new?" I replied: "Excellent and valid question! This book is the litmus test."

*I am making it clear that this is not just about publishing and distributing a book; it is about launching a movement! What do you mean by 'a movement'? THE movement!*

### What's popular:

1. The revolutionization of personality.
2. The revolutionization of living together.
3. This consistent revolutionization of life as a social movement.

We need a brilliant development that enables nothing less and nothing more than what is actually normal again.

Only this time under the existing, most advanced cultural conditions.

**We don't need anything special;  
we just need a normal revolution.**

*I'm in! I'm in!*

*That's it, my devil. Let's form a team!*

*We already are, dear 2b! We already are!*

Um, so that means:

Organization is not the trump card, but  
**MOVEMENT!**

Movement in every respect; first powerful inner movement, then powerful outer movement.

First, then, and inevitably - indeed, as *the singular paradigm par excellence!* -, arises: *inner movement*. But how! And this, your inner movement, develops an enormous force; it is also completely beyond your (stupid) control; otherwise nothing is parix.

Then, as soon as the inner movement - your "NormalProject" - is running properly, the *smooth transition to the outer movement* - the NormalRevolution - follows. And the latter - that's *the highlight of the whole thing!* - happens *practically automatically!* No upheavals, no changes of power or similar childish stuff - not to mention violence. The classic exploiters, for example, these poor creatures, have absolutely nothing apart from power and money. Perhaps they would also like to LIVE. And, who knows, maybe even love

*Well, that's about it.*

So, quite the opposite: *a revolution, respectful, appreciative, loving* - but unsparing, soberly confronting, ha!

And a movement, not institutionalized, only marginally organized.

Based solely on life intelligence, solidarity and ... very old-fashioned: *on love*.

- The shared love of life.
- Solidarity as members of the same species.
- The love for each other.

All of this, of course, and without the slightest compromise: *applied in a life-competent manner*.



Oh, let the incorrigibly power-hungry men and man-women carry on muddling along!  
What do we care?

They are all - ALL! - losers in life. That's what drives them! By definition, they are not the life-intelligent kind of people.

Let's give them a friendly, relaxed allowance; or let them leave and [join us now!](#) - Let their actions gradually degenerate into a sandbox game; little children behaving like adults. Without any influence on our behavior. And then, when they feel that they are completely isolated, vegetating in a vacuum, they can knock and humbly ask to be let in.

Yes, that's how it is!

Even they, the power-hungry and money-hungry, should have the chance to make a life-friendly decision at some point.

... after all. For most of them, their first.

Which means, however, that a whole host of other ...

*Who? You, reader, you, reader?*

*Seriously?*

... engage with their own shadow and grow brilliantly. Finally, they join forces until they become a truly powerful force. And act as a powerful force! Simply by ...

*you?*

... they [lead a completely vital, bombastic and above all wonderfully quiet life.](#)

**Short:**

There is no mission  
And therefore no missionary work

This thing is far too true for that. It stands for itself. It is based solely on the nature of life in general and human nature in particular, plus the best, most viable cultural achievements. Such as unwavering generosity and unconditional cooperation.

There is no form of ideology in the NormalRevolution! Well, if that isn't revolutionary! There is only pure human nature at work in us, teaching and inspiring us.

There is no external influence at all! Unnecessary. Yes, harmful.

Information - such as this, for example - and uncompromising, permanent confrontation with your own reality, including from third parties, is okay.

Don't worry; if you simply take it unawares, your inner self will quickly enlighten you as to whether the confrontation is true or not. This willingness to accept confrontation is one of the most important qualities that everyone who applies for an NP has - or has to learn as quickly as possible! I call this daily practiced willingness the "[A constitution](#)"; in German: the asshole constitution. You put an end to all these stupid, opinionated arguments within a reasonable period of time, which are merely intended to support your false image and keep you away from yourself - Rumpelstiltskin! - away from you. Instead, you're ready to acknowledge all the crap you've put together in your life and say: "What an a..."; and then off you go into the primary process! That's the only way to move forward. It's the only way that all the stuff that seems to make you up will eventually work to your advantage. But hello!

The following applies:

- Each and every one of remains 100% responsible. Independence is the orientation; [independence is the trump card!](#)
- Everyone remains free - even to fail.
- Each and every one of us has to find and decide for themselves.

Here again [the most important NR paradigm](#):

**The movement starts with you!**

It [shakes your entire structure](#) and reaches [into the most hidden of your cells](#). Without that, nothing works; there are just more illusions. And we already have enough of those, don't we?

# Ambivalence of progress - The resolution of a mystery

Here follows a digression that takes the facts already mentioned and bundles them in such a way as to reveal another mystery that has preoccupied mankind for centuries, even millennia.

So far, however, without even a hint of a solution.

You can also take this chapter as

## Summary of the "Book of the Nonsense of Life".

We humans make an unspeakable effort to make progress. And yet it never really works. Magical forces always seem to ensure that progress is relativized, or at least partially reversed. For example, we wage pointless wars and then start all over again.

There is a simple explanation for the [mysterious ambivalence of progress](#)<sup>38</sup>, which overwhelms thousands of top politicians, stresses out millions of scientists, gives countless business leaders headaches and worries billions of people on a regular basis.

**You made a good effort, but ultimately to no avail**

What we humans have achieved over the last 15,000 years or so is the result of our endless but ultimately unsuccessful efforts to conceal our unworthiness (UW). Our constant struggle for recognition and belonging is intended to conceal this fatal fact.

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<sup>38</sup> See chapter "Up and down"

*Come to me! You belong with me! You're safe with me! Without shit ... um: without appearance! Just the glow of hellfire.*



Recognition and belonging, which we then promptly refuse to take when they are granted. After all, we are unworthy, so we don't deserve recognition and we don't belong either.

Without our efforts to maintain this illusion, we would have to forbid ourselves to live. The only logical alternative would be to kill ourselves. Which quite a lot of people do sooner or later; some openly, others covertly - by means of a provoked accident or illness.

Already realized? An exclusively human phenomenon! No vital living being becomes depressed; which all humans are, at least from time to time, and in their depths anyway. No truly free living being would even entertain the idea of killing itself without biological prompting. Never! Yet millions of people do this every year. And millions upon millions do so indirectly. And countless more people toy with the idea. Well, why do you think? Have you never thought critically about this perfect absurdity of life? What do you think about? If at all?

This [narcissistic endeavor](#) is behind all our actions (yes, e.g. also behind meditation!). That is where our main energy goes, instead of into the fulfillment of the actual meaning of life! The natural forces of nature, such as sexuality and the need for attachment, are all subordinated to this endeavor, or to the mostly unconscious certainty that we are ultimately unworthy. In other words, discolored, devalued and/or falsified. As a result, our ancestral, nature-given(!) job - the fulfillment of the meaning of life - is doomed to failure from the outset. Period.

### Consequence1:

Since the Neolithic Revolution<sup>39</sup>, i.e. since the time of settling down, our human actions have not been determined by THE task - the actual purpose of life - but by persistent, ultimately always unsuccessful pedalling; by endless efforts to disguise our 'true' value - our unworthiness. "So that no one knows that my name is (just) Rumpelstiltskin.

The respective life circumstances and the conditions within the family of origin determine the form, content and direction of this individual, ultimately unsuccessful endeavor. This ultimately results in the range of human existences and human actions. From the child to the old man; from the murderer to the nun; from the dictator to the fighter for women's rights; from the professor to the illiterate; from the business leader to the unskilled worker; from the left-wing activist to the paranoid right-wing preservationist. From north to south, from east to west.

This huge endeavor overlaps and permeates ALL and EVERYTHING

### Consequence2:

Trapped, as it were, in the forecourt of life, the awareness of the meaning of life gradually crept away unnoticed. More and more, it became pure chance whether what we humans do really serves life.

Nothing is easier to observe than this fact; both historically and - and unfortunately especially! - currently.

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<sup>39</sup> See the book "The Normal Revolution"

### To summarize:

In contrast to all other forms of life, for post-Neolithic humans - which is practically all of us by now - it is not the meaning of life that controls our actions, but an endless and ultimately always unsuccessful effort to disguise our 'true identity'.

As this endeavor also takes place socially in a thousand different forms, using all forces and means, but inevitably, and ultimately (for the individual) completely, fails (H) - which socially manifests itself as constant struggling and muddling through - the results of this endeavor also have the same character. Even if the respective endeavor happens to meet the meaning of life, i.e. if it is a genuine achievement, the effects remain ambivalent. They have a good, sometimes great side ... and regularly, indeed inevitably, at least an equal dark side!

#### **Note:**

*The reason why we are ultimately forced to fail, despite our best efforts, is based on the biologically secured duty to be true to our origins. We learn in our early childhood how to lead our lives; our school of life. The biological economy of life does not allow us to start all over again at some point. What we learn later is based on this primary structure. I call this ensemble of primary experiences, doctrines and instructions Rootset.<sup>40</sup> And that is the most fundamental conclusion of all; the conclusion that has long been anchored in our genes: "I am unworthy."  
So it stays that way; for life.  
*Haha, until 2b finally appeared on the scene.*  
*You're cheeky, Mr. Devil.**

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<sup>40</sup> See also Book3, A, chapter 'Your next steps in the work sheet'

*Hkm, on with the text: Unless .....  
You see, now I'm at a loss for words! ☺*

#### Reminder:

- We become wealthy and act as if it will never be enough; indeed, we systematically fuel the fear that there will be less and less of prosperity, we devalue what we have and drive ourselves ad infinitum.
- We enrich our lives and impoverish them at the same time.
- We create efficient technologies and pay with the loss of our own vitality.
- We are becoming more efficient and more effective and yet we have less and less time.
- We are full to bursting and behave like eternally hungry people.
- We put ourselves (narcissistically) at the center and lose ourselves at the same time.
- We make our lives easier and more difficult at the same time.
- We create free spaces and make ourselves prisoners of constant stress and hustle and bustle.
- We create equality and use it without hesitation to immediately exploit ourselves mercilessly - voluntarily! - until hardly any grass grows (and to rule over and exploit others again behind the scenes).
- And so on and so forth, ad infinitum.

Who recognizes the meaning of life in all this confusion - the real purpose of life? You? Yes, you! From now on!

#### Conclusion:



No matter what good and useful things we create, in the state of our own unworthiness we refuse to take this good.

Incidentally, this also applies to love! We can love - conditionally, as love is also subject to the question of value (*H*) - but we forbid ourselves to take all the love that flows to us. Because that would contradict the feeling of our own unworthiness or this lifelong endeavor, which ultimately has to be unsuccessful<sup>41</sup>. This reliably and consistently leads to confusion and confusion in our relationships. Which, in turn, we try to stabilize, for example, by claiming sole ownership of our life partners.

*Well, that's practical; you don't have to prove yourselves there any more, and you create the nice illusion of belonging in at least one place. Clever!*

***Digression on jealousy:***

*Have a quick look at page 99((?)). Let that sink in for a moment ...*

*This will now be one of the more significant references in this work.*

*Yes, jealousy ... Do you know it yourself? Has it already been practiced on you? Here is the ultimate explanation on the subject. After that, you'll know *everything you need to know about jealousy*.*

*And that's only briefly:*

*It doesn't matter how and in which area it manifests itself - *jealousy unmistakably exposes the pure UW, the total inner weakness of the jealous person*.*

*Period.*

This fundamental and comprehensive ambivalence between infinite endeavor and the compulsion to fail is behind everything we humans do. Anyone who recognizes this

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<sup>41</sup> See chapter "YOUR project" in Book3/B

ambivalence understands at a stroke what is happening in this world. And are free to continue to be blindly entangled in it or to set out on the path to finding an appreciative, empathetic distance to this unfortunate hustle and bustle.

### Consequence:

Remedying this tragic phenomenon in all human cultures will only be possible with the dissolution of the general lack of value - with the disappearance of the 'lack of value virus'<sup>42</sup>, as it were.

And this way out begins with each and every one of us. It starts with you!

But, I openly admit, it is not quite that simple. In fact, it will be the most challenging undertaking you have ever undertaken. Guaranteed! And probably the most challenging undertaking ever undertaken by mankind.

Yes, I have faith in you! I trust humanity. After all, you are still human; after all, we are still human, endowed with enormous potential! The latter, however, will only become freely available again with the help of NormalRevolution.

So, when you reach your old limits - and that will definitely happen quickly - take courage! Because:

**This project is definitely the best thing you can do for your LIFE and for people's LIVES!**

And: once we, women and men, are vital, strong and free, and know how to make proper use of what we have already gained, the long-term global well-being of the human species will be mere peanuts. I promise!

*For once, no objection. Although I find that really difficult.*



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<sup>42</sup> See chapter in book3/B

Let's draw a bow to book 1 at the end of book 2

Your life only counts and begins to fulfill you when you are prepared from within to place your existence entirely at the service of the meaning of life from now on.

True love binds and releases at the same time.



# Book3

The (re)conquest of



**A: Prepare yourself**





# Mental processes that bring you closer to the meaning of life

This work sheet for mental processes is suitable for aligning yourself in such a way that your successful approach to the meaning of life becomes possible - similar to iron filings that align themselves with the magnetic force.

The right mental preparation equips you for the challenges ahead, especially for the brute, relentless [primary process](#) .<sup>43</sup>

The mental process set in motion by the following exercises will make many things easier, although you will also experience the limits of mental processes.

## Development of consciousness

Over forty years ago, I discovered the remarkably clear separation into different states of consciousness and practiced handling them. Despite the flower power era, not with drugs, but completely sober. Extremely sober, in fact. Now I am writing about it for the first time. And I am also making this experience available to you, for your benefit.

During the first period of my "primary therapy" (according to Arthur Janov), which I pursued quasi-professionally parallel to my psychology studies, I often walked alone through busy streets, alternately immersing myself in the people around me and then sinking back into my new state of consciousness; the latter gained through the breathtaking contact with deep - i.e. 'primary' - inner experiences (which later proved to be a mistake; primary therapy does not ultimately lead to the primary space, but ends in the victim state, which is admittedly emotionally very moving: 'primary' -, inner experiences (which later turned out to be a mistake; in the end, primary therapy by no means leads to the primary space, but ends in the, admittedly very emotionally moved, victim state. Terrible!)

While the one state of mind was able to precisely illuminate everyday behavior, which showed me the shocking cluelessness about my own self that characterizes everyday life, in the other state of mind, which was also mine until recently, I was in tune with how

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<sup>43</sup> See book 3/B

people who are excluded from their own inner selves think, *feel* (the real shortcoming at the time) and act. They were simply two completely different worlds, between which there seemed to be no connection. Yet, I switched back and forth seemingly effortlessly

*Well, maybe you're schizophrenic*

Well, who knows ... ;)

I have repeated this dual experience countless times over the following decades and have continued to deepen it. And I have extended it - to different cultures, different genders, different ages, and so on.

In the beginning, the result was above all a desperate powerlessness to communicate fruitfully from one world to another. With increasing experience, this calmed down. Eventually the powerlessness dissipated and I was able to use the different states of consciousness to my advantage, particularly in my therapeutic work. I always retained an empathic understanding of the paradoxical, even absurd, nature of everyday processes in 'normal' life. This was reflected not least in a number of fundamental insights and ultimately in this book, among others, and even more so in the NormalProject.

It was only about 15 years ago, by the way - much, much later - that I realized with complete clarity that we were [actually dealing with fundamentally different worlds](#), with completely different perceptions of reality. [On the one hand, the matrix, the space of the usual, and on the other LIFE, the space of the normal \(H\)](#). However, these worlds are by no means separate from each other. On the contrary, [one world \(matrix\) is contained in the other \(normal space\)](#). However, the inner world - the mentally de facto tiny one - is usually tightly sealed off from the outside, wrapped up in countless myths and illusions; plus additionally protected by brute fears; yes, I admit it: by fears of death

*Hey! The recipe for success of religions! Very profitable! And power-filling!*

How true!

Gradually, I got to know the different laws of the two worlds and their mostly contradictory consequences. And I learned to use these stark contrasts to my advantage. - Although this was hardly a mental learning process, it depended entirely on my own [normal project](#), which I was the first to 'complete' - ha, past tense my ass: I'm more than ever full of commitment and verve! I want to continue to profit from it, shamelessly!

In order to use this awareness - I now call this area of the human being "[meta-space](#)" - to your advantage, all you need(?) is the willingness to let go of all prejudices bit by bit and open yourself unreservedly to the colossally irritating unknown, which opens up to

you through the [PrimaryProcess](#), or in other words: through your gradual approach to nature (especially your own!) and thus to NormalSpace.

**Note:**

*For the development of this perception, which ultimately led to the discovery of the general sense of unworthiness, see the essay "Schattenland"/Normal Verlag.*

*Here, the introduction, as a friendly invitation to read:*

*"Walpurgis Night, witchcraft, the great conspiracy. The end of the world is approaching. All the devils meet in Göring's wine cellar. The old communists rise from their graves and take over the world. Capitalism finally stages the eternal economic crisis. Terrorists ooze out of every pore of the earth and celebrate their own personal triumphs.*

*And now the matrix model?*

*The screening of the structure of humanity?*

*Persecution mania! The apotheosis of absurdity!*

*Or simply an image, somewhat closer to reality than our everyday information carriers.*

*Than our everyday perception.*

*Read for yourself."*

*Well, you've stolen that from my annals!*

*You do what you can 😊*

## Three different states of consciousness

In preparation for the three mental processes in this work sheet, I invite you to carry out the mental process described above yourself, as an experiment, so to speak.

I think you already know at least two of the three states of consciousness that we are about to enter. Bringing them together here should contribute to further clarification and to your relief. You can then [play with the different mental states](#) again and again ... and be amazed at how convincingly each one presents itself. Your amusement should not be neglected either; this as soon as you, thanks to the NormalProject, increasingly gain inner distance and roam the world as an appreciative, participating observer.

For practical implementation, I recommend that you carry out this mental experiment with a trusted person or even with a group of friends. This way, one person can read aloud and the other(s) can get involved in the process.

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Close your eyes and open the newspaper in your imagination, especially the main news section. And read!

In many parts of the world, things are as bad as they were a thousand years ago - despite the internet connection! But things are anything but good here too. Countless phenomena here (e.g. in progressive Switzerland) make a mockery of our favorite mantra "everything is okay"; they make us look like beginners even in the 21st century. Which brings us full circle to other areas.

Take a look at the news and the accompanying images! Predominantly negative, even catastrophic news penetrates our consciousness from everywhere. The conclusion is obvious, indeed, it is literally forced upon us: the human world is in a bad way! Here in Switzerland, people are cheating and defrauding, the propensity for violence is increasing, health is declining, politicians are playing power games instead of leading us forward, banks are taking irresponsible risks and then lying on our pockets instead of managing our possessions prudently. - The news from the rest of Europe is even less encouraging. What's more, our country is plagued by countless gangs of thieves and ethically repugnant customs and traditions from the "new Europe", further destabilizing our already weakening social fabric. And the news that reaches us from distant countries - from Africa, South America, the Middle East and faraway Asia - is enough to make our hair stand on end.

Yet all these people live in the modern, highly developed 21st century. They have all - ALL! - have hundreds of thousands of years of development behind them. You would

think - and this is exactly the illusionary attitude we like to take! - that we humans have slowly got the hang of things. Not the bean! It's actually unbelievable, isn't it?

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Now open your eyes, orient yourself in the room; let the previous impressions gradually fade away.

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Now close your eyes again and go to a busy place in your mind. Notice the many people who are there. Families with their children, lovers, a group of young people chatting happily and loudly, elegant ladies and gentlemen hurrying past, alternative and old people who seem to be idling away the time, and two street musicians entertaining the crowd. - Look at them! These people are alive; they love their lives; they lead normal lives; some are a little less happy at the moment, others a little more. That's nature. That's life. Everything is fine so far. Who would presume to say to these people: "You're doing badly".

*It's not true at all, haha!*

And you're right in the middle of it. -

Now, with your eyes still closed, take the newly acquired understanding from this book and accompany a few people home from this place. Listen to what else is going on in their lives besides the seemingly normal, beautiful, lively appearance; behind the scenes, as it were. - Take part in how they question their worth day after day, even hour after hour; how they then do their best to at least belong in their group. And how, time and again, dark shadows darken their lives, making the whole thing seem pointless. How they then pick themselves up again, go outside and get involved at least give their lives the appearance of being worth living. Hear them say that it's the same for everyone; that life is just like that; anyone who thinks life is a bed of roses is naive.

Now bring back images that came to mind when reading the newspaper; e.g. people burning to death because they wanted to siphon off a bottle of petrol from a truck that had crashed; women and children being slaughtered by henchmen who invaded their village. Politicians who only run for office to stage themselves and stumble over a series of embarrassing affairs. The economy, which has to deal with gigantic losses and with entire nations as losers; with losses that it, selfish and boundlessly greedy, has produced itself instead of carrying us forward with momentum and responsibility into a glorious future.

Now distance yourself from the impressions and recognize them as part of a system that, in all its apparent complexity, follows a clear, simple logic. A logic that you are just beginning to understand. -

Do the latter repeatedly and again and again, and you will see how despair and powerlessness gradually fade away and make way for a realistic, calm assessment. However - and here we once again come up against the limits of mental processes - you will only succeed in the long term in combination with a [normal project](#). This is the only way to achieve real sustainability - in other words, the irreversibility of basic processes. -

Okay, that's it for now.

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If the mental process is successful, the following happens:

- YOU UNDERSTAND! That doesn't make the omnipresent hostility towards life any better, but it doesn't make our desire to see our lives naively and equanimously as ... well: 'life' any worse.
- YOU UNDERSTAND! This gives you the serenity to neither be dazzled by beautiful appearances nor to be driven into helpless rage by the celebrated abyss.
- YOU UNDERSTAND! This creates space for knowing love. For empathy with people and their way of living their lives in noble diversity and yet in deeply hidden unanimity.

Now give yourself some time for these first impressions to subside.

## The order of truths

And now let's discover [the order of truths](#) together!

Contrary to popular belief, these different worlds of consciousness are by no means mutually exclusive! They include each other and are all part of a whole. [Both](#) as [well as](#)!

You can switch back and forth yourself! Try it out in your everyday life! Let yourself be surprised by the unexpected solutions that open up!

The "both-and" logic corresponds to the dominant logic in [normal space](#) and creates an infinitely valuable alternative to the "either-or" logic that was originally installed by men in the matrix world and thus indulges in compulsive male dominance and stupid addiction to power.

Just imagine: No more wars! No more nonsensical competition! Just like that!

Accordingly, the "[as well as](#)" is one of the basic "[guard rails](#)" for the [NP](#).

Both-and also applies to [the model of the usual and the normal](#). As mentioned, the normal space, for example, is by no means next to or outside the usual space (matrix). It surrounds it and includes it. The matrix world is both self-contained and part of normal space. Good news, no! Good for your perspective.

However, both is not necessarily the same as equivalent! In the sense of 'sometimes this is right, sometimes that is right'. This would make the world *arbitrary*, in line with the current megatrend. There would no longer be any real solutions (= the current reality); total powerlessness and ultimately insignificance would set in. Unfortunately, it is almost exclusively conservative to reactionary - i.e. acutely and massively anti-life and genuinely paranoid - circles that want to put a stop to this fatal trend, with the slogan "Back to the good old, dark times.

Orders are decisive, both for understanding and for the efficient [primary process \(PP\)](#) as well as for new action

[In fact, truths](#) - and I deliberately use the word here without quotation marks or endings! - [are hierarchically organized](#). It is now up to the people emerging from the matrix prison - like perhaps occasionally you (hey!) - to make the difference here!

In the third state of consciousness, with sufficient practice, you can recognize the order. This brings great relief. You will finally recognize with ease where it is better to hold back and where you can intervene simply and effectively. This is always based on the higher-level area in the meta-space!

**Specifically, you ask yourself:**



- Where is the value question in the game? -> Stop!
- Where is the meaning of life supported? -> Go!
- Where is it all about being right? -> Stop!
- What leads in the direction of normal space? -> Go!

### Short digression:

In the final form of this state of consciousness you are [in serene contact with one of the greatest laws of life: EVERYTHING GETS BETTER](#)

Whew! Isn't that great? And sounds really religiously absurd, or like naive positive thinking.

Until you have this incredible, fantastic experience yourself, independent of whisperers and ideological suggestive forces. Until it begins to dawn on you, thanks to corresponding personal experiences, that [the entire, profane, unbroken life force is invested in this orientation](#) everywhere in the living space

In order to have this inimitable and liberating experience, however, it is essential that you are already well experienced with your [NP](#) - in other words, that you are beyond the ["probation phase"](#) (proving yourself to yourself!) and are therefore in the middle of the ["Sleeping Beauty phase"](#). Sorry. But then it's a brute force move in this direction; as far as the still matrix-influenced areas of your life circumstances already allow.

## Your next steps in the work sheet

After this preparation, we now move on to the mental processes that bring you closer to the meaning of life.

Some prefer to perform such mental processes in the form of a ritual. In this case, it is important that you **speak out loud with your eyes open!** You can also write the statements yourself in your diary or a notebook. By the way: handwritten words seem to have a more lasting effect; this word in my and ... the devil's ears.

*Yes, I'm listening!*



Others **repeat the (loud) reading of the individual points again and again** - without taking any further action beyond the NP! - and let it gradually seep into their inner system and mature there.

However, it should be emphasized at this point: **Neither the one nor the other method will impress your rootset (H)!** For a realistic approach to this, or for a connection with a deep, lasting effect, refer to part "B: The quintessence".

### **Note:**

*On the contrary!*

*I refer to the mental entity as **MINDSET**. It contains all your ideas, opinions and mental attitudes, including morals, ethics and political orientation. I call these individual mental 'organs', comparable to bodily organs, **mind concepts**.*

*As a **mere vassal of the rootset**, the mindset serves one purpose above all: to **always and forever BE RIGHT!** Surprisingly for most people, it actually has little use in the context of **THE** task. Unfortunately! - Even worse: **this obsessive and stupid need to be right in terms of life intelligence robs life of all its power.***

*From a purely anatomical point of view, our mindset appears to be the highest authority. In reality, however, it only functions as a simple vassal of a small set of inner - completely unreflected! - imprints. I call this set, the lowest, highest instance, as it were, the*

*rootset<sup>44</sup> . The rootset is the instance that actually directs our lives.*

*Consequence: Our mindset has zero - ZERO! - sustainable impact. However, mental processes can also lead to direct action. And action works. And even relatively independently of the rootset. - In fact, we use this fact in the NP by carrying out very practical processes (PP) - i.e. acting - that are not provided for in our rootsets for biological reasons(!). This, too, is simply revolutionary.*

*However, the resulting comprehensive liberation only succeeds **because these actions lead to your rootset without exception(!), promote unconditional harmony with it; regardless of what is found there!** And never - NEVER! - away from yourself, for example, by wanting to change something about yourself, or worse: improve it (remember: the prohibition of willfully changing yourself is one of the main guard rails in the NP)! **The law of unconditional cooperation** is one of the keys to the success of the Normal Project. And a prerequisite for the almost incomprehensible, fantastic magic that occurs regularly and quite naturally during the course of the PrimaryProcess.*

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<sup>44</sup> See also the note in the final chapter of Book2

# 1. powerlessness to act

Unfortunately, this is of little use if you are convinced by reading the few pages that deal exhaustively with the meaning of life and you decide to consistently shape your life in a meaningful way in future. Although this is nice and appreciated, you are inwardly bound to those messages that have the biological task of familiarizing you with the meaning of life and its intelligent implementation, but in truth were largely arbitrary in this respect and unfortunately mostly completely unsuitable. This information regulated existence within the family/clan. And they did this completely independently of the actual meaning of life. [Mafia families function in exactly the same way as ethically oriented families or even strictly religious ones; neglected households in exactly the same way as well-ordered ones; and the same applies to both poor and wealthy families.](#)




In contrast to all other animals, for us humans these messages only regulate our existence within a clan. In my opinion, this is the sore point of the unique freedoms that the human species has developed over millions of years. In our relatively safe world, of all places, conformity with the biologically sensible rules that serve optimal survival is largely left to chance. Although, if we look at the currently less safe worlds ... well. 12,000 years of prevented gain from sedentarization! Almost all cultures already have a respectable matrix history behind them. It is extremely fascinating and revealing - and, from the current perspective, absolutely tragic! -to observe the cultural phenomena expressing the basic conflict ([gender struggle](#)) described here today in cultures whose development is even closer to those catastrophic events in terms of their impact.

So even if "your thoughts are free" (that's how you imagine it - haha!) and you may have developed great mind concepts later on: De facto, you have no choice regarding how you deal with the contents of your first school of life. They are implemented at your base and biologically protected. They will interfere with your good intentions without being asked and ultimately cause them to fail. You have zero control over this. ZERO! Realized? Eaten? Digested? Excreted? - Shit, right?

Now we come to the first mental process.

**First mental process:**

**Commit yourself to the meaning of life**

-  I recognize that I live in a human community that has achieved a high level of security and material prosperity.
-  I recognize that creating true quality of life and comprehensive individual fitness, guided by fully life-intelligent action, has become the most important requirement to adequately solve THE task.
-  I live exclusively to serve the meaning of life, as it is according to my species, with everything I am, can and have.

## 2. permission to act

Do you want your best insights to have consequences? Do you want them to lead directly to sustainable action? Do you want to become independent of unsuitable messages, act in a completely life-intelligent way and thus fulfill the purpose of life in the best possible way? After all, this is *your life's task given to you by nature - THE task!* And you have no real choice; no, no choice if you have your own well-being at heart! And possibly even the well-being of your fellow human beings ...

Is that what you want, yes?

Then you have to *get* permission to do so. Permission not only to think "freely" (*H*), but also to act freely, and ultimately *TO BE FREE*. Especially where this contradicts the teachings of your first school of life

*Note:*

*At best(!), thought patterns (mind concepts) are able to make cosmetic adjustments to your life. However, at least 95% of your thought patterns serve solely to strengthen the positions of your rootset; no matter how original or revolutionary your mind concepts may seem!*

*This is why mind concepts are so popular, especially among managers: Sounds great and you don't have to do anything yourself! They can also be perfectly delegated to subordinates as a cold demand - i.e. one that you don't live yourself - just like illusions in general. That's exactly what religious leaders, spiritual leaders in general and all the other crude leadership causes do.*

*Yes, and you, 2b? You're a leader too.*

*Justified objection.*

*I don't know how I came to that either, but for me, leading has always meant - even as a boy - going ahead myself; just as leaders, at least in Europe, did until the Middle Ages. This means that everything I pretend to do is not 70%, not 80%, not 95%, no, 100%! 100 percent authenticity. 100 percent integrity, not one iota less, that's the demand (if you have the privilege of reading the INSIDER soon, you can see for yourself. Haha! I'm telling you, you'll be spinning your wheels when you read what I'm saying - literally! You'll get a taste of it at the end of this book). Anything else is implausible and, in my opinion, discredits any claim to leadership! If people made this the standard, ha, there might be a revolution! On the other hand, any company can start immediately, but NP would have to be included. - In my case, or rather in this matter, this means that followers (the 'blind') are weeded out. This practice has been in place since the beginning of my career. This means less power (fortunately!),*

significantly less money (unfortunately!). But it also means that I am always the first to benefit from my pretty solutions. What more could I want? - Well, satisfied, my advocate?

*If it's true ...*

Hkmm . ☺

The permission of the rootset - this alone is effective! - and to become truly free to act in a completely new way happens exclusively by means of *sub-emotional processes*.

Subemotional processes are like plowing and watering a parched soil. This process, as massive as it is subtle, which will immediately develop into the most important and fruitful project of your life - and, moreover, necessarily for the whole of humanity - is identical to the *primary process* already mentioned here several times.

Subemotional processes happen in the innermost structure. They touch the basis of life (i.e. the "rootset"). They loosely extend into the genes (we are currently experiencing incredible things in this regard). - Emotions merely open the shafts, as it were, that lead there.

However, there is no - NO! - detour around the emotions. Anyone who has barricaded access to their own emotions - regardless of which ones - (keyword "survival package"; see later) is not ALIVE. Period.

(Reminder: LIFE, capitalized, is for me synonymous with 'living, free from uwe burdens, living in "normal space"!)

This logically leads to the second mental process:

## Second mental process:

### Set yourself up correctly

- ✚ Turning to parents/extended family: "I unconditionally accept everything that came from you - and at the same time open myself up to biological disobedience."
- ✚ Turning to clan and species: "I submit myself to the task of serving our clan and species in a way that is optimal for survival - even if this necessarily means that I am unfaithful to the context of your lives."
- ✚ Turning to yourself: "I responsibility for *everything* I have done from what I have experienced and learned (1st school of life), and I do everything I can to develop the optimum of what I am and can do with the help of my previously closed resources. Serving the meaning of life to the best of my ability takes precedence over everything else."

## And now?

Now take the most direct route to the exit. Ha!

That means you find the way out of your troubles, the way out of the confining matrix, the way out of your prison. Incidentally, you are the prison guard yourself. This means that in the most direct way possible, you get the inner permission to make the best of your life, including having the best of it yourself! Of your life. And to share this good with others. And at least the people who are on the NP like you will do the same with you.

In the following, I offer a brief version of the procedure in the ["normal project"](#) insofar as [it serves the mental processes](#). Some of this will be explained further in Part B.



As soon as you have been accepted into a NormalProject (H) or a corresponding community<sup>45</sup>, the following happens

In this phase, you will be shocked to find out what makes you tick inside, i.e. [what you actually want to do with your life](#). We call the methodical support for this "animal testing". You will recognize your (consistently hair-raising) primary intentions, which - trust me or not - will prevail and ultimately cause your personal "human" project to fail. I call this plan - stored in the rootset and controlled by it - [YOUR project](#). Recognizing YOUR project will fundamentally shake you. This is [FACING HELL](#) in its purest form. The ultimate test of motivation!

Getting through this and ultimately enduring it calmly will be helped by the magnificent, equally overwhelming positive results for your life that will come at the same time. As well as the people with whom you are traveling together in the NP.

In this first phase, the so-called "[probationary phase](#)" (proving yourself on the way to becoming yourself!), you will get to know your other inner key data<sup>46</sup> and rub your eyes again and again in total disillusionment. But that's not all. Unmasking your true intentions behind your daily actions and, in the same breath, learning to differentiate between your various actions in terms of their value will firstly make your life easier and secondly, above all, have this effect: You will develop a pleasant, yet absolutely appreciative distance to yourself and thus become increasingly SOUVERE; in dealing with yourself as well as with others!

[As a priority](#), you will [learn to feel again](#), or to finally handle the emotions that you already know - ahem can - in a way that is consistently conducive to life. For some (the "[victimizers](#)"; see later) this is an incredibly hard piece of bread. Your LIFE project only stands a chance if you have regained the ability to admit your deepest emotions without embellishment and express them appropriately. So, for example, you men, here's the simple formula in a nutshell: [if you can't cry, don't live](#)<sup>47</sup>. We must not trust such a person under any circumstances! And above all: such a person cannot trust himself! Period.

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<sup>45</sup> The more detailed procedure is explained in Part B, and in more detail after you contact us.

<sup>46</sup> See part B

<sup>47</sup> See Part B, chapter "No life without feeling"

Incidentally, you continue to live your life exactly as before. Except that you enter into a completely new, unimagined quality of relationships with people who are also traveling with an NP. Just as your NP now accompanies you everywhere in your everyday life; at first, in the probationary phase, perhaps somewhat unreliably, even ambivalently; after all, your matrix constitution still dominates. Later on, it will come naturally. So you simply ensure that your primary process gets going and then continues to run continuously. And you do this with considerable intensity. This means that you are constantly in contact with it! Actual sg PPs can take place at any time and anywhere. The respective community to which you belong will support you in a loving and challenging way.

This is how you put the [guardrail "casually"](#) into practice.

Although the NP, as you should have understood in the course of reading this, is far more important in terms of significance than anything you do in life today - it will do nothing less than create a new, dimensionally better foundation for everything (EVERYTHING!) in your life - it should and may only be done casually.

That sounds like a fine art, admittedly. But you will (even?) learn how to do this surprisingly easily, even naturally. The casualness of the NP is the best guarantee that [you won't interfere with the PP](#); with all your old stuff, ha! That would reliably cause the NP to fail. So: keep adding wood, keep blowing into it, but never hold your hands in the fire! You're not going to be that stupid, are you?

*Let's wait and see; don't underestimate people's love of fiddling; I know my way around a fire.*

[Well.](#)

As already mentioned several times from now on you are also renouncing any willful change! You completely renounce improving your life with any measures. ANYTHING! Got it? That alone is a huge relief once you have digested this shock

**Note:** You will undoubtedly still try to abuse your NP for this purpose. If the community were to overlook this, you would fail miserably even before you had really started. It is therefore important to examine your true motivation very critically on an ongoing basis. YOUR NP IS SOLELY AND EXCLUSIVELY THE PATH TO YOURSELF! To the person you already are. That's it.

Other, mostly weird, crazy-looking [guard rails](#)<sup>48</sup> will support you. They (merely) appear absurd in the usual matrix context. Logo! Must be so. The context of the usual logic, no matter in which ideological armor it strides along, reliably leads to business as usual. No thanks.

You learn to consistently orient yourself the guard rails that point the way to the natural, normal space, which will cost you a lot of effort. They are crucial to the success of the process of your liberation from the shadows of your origins. The guard rails are among the most important 'side dishes' that finally(!) lead the NP to resounding success.

However, all this LIFE-important learning, which is to be understood quite literally, must by no means take place arbitrarily! Rather, your fundamental learning is also part of the contradictory, seemingly contradictory, still and still [incredibly paradoxical](#) NormalProject. You discover, you marvel, you are stunned, you learn ...

You are not concerned with learning, but with your manifold resistances to learning anything new at all; which means gradually bringing into action only that which is actually useful and leads further. One of your daily standard phrases will be: "I'll take it in the PP!

Another: "Oh, I A ...!" (A constitution). Your focus will remain on your everyday life. That's where you recognize yourself in everyday life. That is where what you have called life up to now actually takes place. That's where you recognize who you are approaching. Phew! - And not just in what happens on the outside. What happens inside you is just as important. But not in your head, not in your great ideas! They are simply irrelevant. Your advantage when you realize that what goes on 'down there', one way or another - that is, regardless of your efforts - determines your future.

*How many readers do you think will be able to tell the difference between what you've just said and what you're conveying in this book?*

**Haha, they'll learn; I'm adamant about that. Anyone who tries to misuse my information as ideology will bounce off like a brick wall.**

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<sup>48</sup> The "guard rails" I have referred to are crucial for both the primary process and the normal project. Indeed, they form - in conjunction with the clear view of the nature of people (LifeProject) explained later - probably the decisive new paradigm. They are probably the main difference to previously known methods or attempts to find new solutions. They form the orientation that is as clear as it is compelling, so that the process and ultimately the entire project of encouraging the unvalue viruses to give up voluntarily can succeed at all.

**Note:**

*As I will explain in more detail later in Part B, a discovery was made exactly four years ago that promises to reduce the cost of the Normal project to an unimaginably low level. The results to date, both in terms of effort and - to an even greater extent! - in terms of effort and impact are convincing, to say the least. And they are well worthy of sending psychotherapy, which has now aged gracefully, into retirement.*

*Counterpoint for the impatient and permanently stressed: this now fantastically condensed process also requires TIME, in respect for its comprehensive effect, which was previously rightly considered impossible. We are dealing with you, with your stubbornness, with your fear, with your stubborn insistence on your illusions, and finally also with your tense, uptight body structure - in short: with your stupid survival package! The latter you once put together - admittedly in dire straits, with zero life skills and hardly any freedom of choice. May it last forever!*

*Of course, we are still working hard to optimize it. There is still a lot of 'Spatzig', as we Swiss like to say. At the moment, especially in the area of 'false consideration', i.e. the fear of confronting oneself and others relentlessly. - Come and help us explore the greatest possible efficiency! This is a huge project with incredible benefits. Make yourself deserving! You may be the ideal subject. And object! ;)*

## That will happen:

In the course of your NormalProject - in addition to the dramatic challenge of facing your own truth - you will experience the following beautiful things, among others:

1. Your life will be much easier. VERY MUCH!
2. The NP has a hugely beneficial effect on your personal life.
3. Changes practically happen on their own. Without effort. Without 'courageous decisions'. And without those terribly ineffectual acts of will against yourself; we leave that to the mental warriors; we leave that to Sisyphus!

Where the effect of the unsuitable primary messages, including the genetically anchored messages, dissolves - the latter because they bow to the natural reason for living; oh, you have to experience this for yourself - the original disposition is then ready. The one that was there *before* you formed your rootset; the one that you brought into life according to your biology. And this applies both physically<sup>49</sup>, emotionally and mentally! Minus what you have definitely spoiled in the course of your life so far. Remember: *You are completely responsible for both! For what you have done so far and for what will be.*

This original disposition must then be filled with the life-intelligent content that corresponds to the meaning of life, the successful continuation of life today. We also want to add some culture, don't we? Reading this book will be a great help here. Reading other writings and books from "Normal Verlag" will further support your inner

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<sup>49</sup> In other words, you must experience a variety of positive and clear - i.e. measurable - changes in your *body structure*; otherwise the whole thing has not really worked. - Likewise, your *consumption of advice and medical care* should and will *tend towards zero*. Rest assured, no one in your NP community will insult you with advice either. Pah! The former always applies with the exception of existing, possibly irreparable damage. And even then, amazing, even unbelievable things have always happened. But, let's not shout about it. In any case, don't expect anything in this respect. - The particularly good thing for me about these physical changes, because they are reliable, is that they happen outside of any control, outside of the possibility of self-manipulation - unfortunately in contrast to mental and even (pseudo-)emotional states.

learning process and clarify your consciousness. *You should and will become a valuable contribution to human cultural development.* Appreciating yourself also means not underestimating yourself! With the unbelievable privilege, available for the first time, of getting your life fundamentally and completely in order, you almost owe it to NR, don't you?

This ensemble of primary process, deep, involuntary learning and natural, quasi-automatic new action forms the NormalProject. The whole thing as a social movement is then the NormalRevolution. And this naturally involves all people on earth. Well, it will probably take a while here and there until the mental hurdles alone can be overcome ... But remember: you must never give up your critical reflection, as I mentioned in the introduction! Or rather, acquiring the ability for critical reflection - and self-reflection! - is one of your first duties in the NP! Gradually, you will learn how to do this without devaluing yourself or others! - succeeds. Or have you ever felt devalued in this book? I tell you, this experience is one of the best. And it's even great fun! Can you feel it?

So while you are casually going through hell, everything - simply everything! - in your life gets better. The metaphor of a second, very gradual, truly gentle birth - okay, interrupted from time to time by a considerable bump - is not out of place.

*Hey, 26, that's fine with me; but honestly, who wants to be born from hell; and then from their own ...*

*Well, devil, if nothing else remains ...*

*Don't you dare believe him, reader!*

*Agreed!*

So: test it yourself! Prove that I'm wrong!

If you really want to test it: You can get information about the specific procedure by contacting the website [normalrevolution.ch](http://normalrevolution.ch); the latter was - after I finally took down my brute text<sup>50</sup> at - completely designed by [the first NR community on the globe](#), formerly known as the pilot project team, which has since become the "core team" (In the meantime, I have with the community that they will be responsible for the regional website - [normalrevolution.ch](http://normalrevolution.ch). In future, each regional community will design its

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<sup>50</sup> Apart from the content: around 150 pages (German/English) for a website? That's not possible, is it?

own NR website. While I will remain responsible for the content of the international website - normalrevolution.com - for the time being. It will soon be available in German and English. - However, the provocative "Urtext" mentioned above will continue to be available only in book form).

### 3. the difficult step

As soon as you get involved in the NormalProject, you need to take a consistently critical, sober but always appreciative look inside yourself to find out what you did with the messages at the time, and in particular what conclusions you drew from them for your existence.

Admittedly, this will give you little pleasure. But that is the price. And this price is nothing compared to the price you pay for pointless restrictions, fears, pain, discord ... in short: for completely unnecessary hardships of all kinds. And this has been the case since you were born!

This brings us to the third mental process:

#### Third mental process

#### Sober reflection on your life project

- ✚ How did my clan act in relation to the meaning of life? What was the outcome?
- ✚ How have I acted in my life so far with regard to the meaning of life
- ✚ What is the preliminary conclusion from this in the three areas of life: ME (individual) / WE (relationships) / YOU (job, THE task)?

Remember, as an infant and toddler, let alone in your genes, you had zero freedom to choose when receiving the primary messages. And zero competence to understand their meaning, let alone judge them.

The only thing you had at your disposal were simple biological reaction patterns: to affection and support, to disinterest and suppression, to satiety and hunger, ... . Where the stimuli for triggering these patterns were repeated, engrams (imprints) were created. The earlier and more persistent the stimuli, the deeper the imprints.

All of this is then packed on top of the information (keyword: unworthiness/UWE), which has been passed on by your ancestors for thousands of years - through our unconsciously controlled actions, through numerous unreflected attitudes and through our genes. All in all, everything is far removed from any possibility of control or arbitrary influence.



The re-encounter with these reaction patterns is the key to finally connecting with the messages - I call them "triggers" - that formed these reaction patterns (keyword "survival package"). And finally, as a 'magical' (H) consequence of your consistently implemented process, to be automatically released from them step by step wherever they contradict human biological life intelligence - if you allow this in each case. And of course this means for once and for all: actually, i.e. completely and without a trace - never to be seen again, as it were - liberated; not just mentally without effect. So, when the time comes, *without relapses*; effective for life.

And all this without the slightest attempt improve anything about yourself or your life. On the contrary: simply by approaching yourself and your hidden treasures (well) in all consistency, by connecting with yourself unconditionally; in other words, by finding perfect harmony with yourself; including - and above all! - with all your shit (sorry!). **THAT is true magic!** Isn't it?

**Note:**

*This "magic", which we have been using successfully and without shame on a daily basis in the pilot project since the successful application of the primary process, but until now only had an inkling of what makes these numerous, seemingly fantastic paradigm shifts possible or reliably causes them, this "magic" has recently finally revealed itself to me as a - naturally also - profane process*

*It is nothing less than the answer to the big, not to say "match-deciding" question of what causes the **rootset** that directs our lives to lift that primary barrier and - quite contrary to the biological economy - to reopen the floodgates to the original resources for **primary learning**<sup>51</sup>*

*Incidentally, this is a question that has preoccupied people for thousands of years without them being aware of the true circumstances. For example, in the strange drive*

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<sup>51</sup> The secret of this "magical", finally resounding effect of the PrimaryProcess - for example, the phenomenal REJUVENATION OF YOUR BODY! - will be revealed in the publication of the book, which is unfortunately only planned for the medium term, in which the topic will be dealt with comprehensively (working title: "The Process" ;). Once again, the effort here is less about writing and more about compiling what has already been written.

to invent gods/religion\*, or in the invention of "original sin"; the latter, however, actually corresponds to an everyday experience, plus an inner intuition - the UWE! - corresponds.

Later, more realistic attempts to find the answer followed, especially in the last hundred years with the rise of psychology/psychotherapy. Unfortunately, the approximations are still inadequate.

*\*Unfortunately, over the millennia, only the handling of this general myth has changed, instead of it being immediately abandoned with growing awareness and understanding of the interrelationships of nature, and thus following the reason for life. It is ulterior, rather base motives that made it seem practical to retain this tried and tested myth, indeed to cultivate it further and even expand it to an extreme - another shameful testimony to human pusillanimous behavior; cultivated, my ass!*

*If the invention of gods perhaps 100,000 years ago may still have been a simple [attempt to manipulate](#) nature (already rather stupid and petty, probably due to the presumptuous, young intelligence), the worship of gods later (and to this day) corresponded more to [childish, naive wishful fantasies](#); whereby this in turn was the perfect opportunity for men who were poor in life to gain power over these mental children - preferably in the bodies of women, of course (gender!) - and to exploit them. - Finally, in the third phase, which is also ongoing, the whole procedure grew [into the last hope for an emptied \(sacrificial\) life](#) (instead of, rebelling, energetically striding towards life). But it remains to be said that God is a splendid metaphor that helps people who feel completely unworthy to somehow survive.*

*Does what you just cited as a motif apply to your culture or to the entire human world?*

*That's a strange question. Although I agree that the handling of religion in some cultures is still predominantly in the second phase, and we modern matrix people avoid cross-cultural clarifications as much as possible anyway, I ask you back: do you think that people who turn to this god do so in a fundamentally different state than those who turn to that god? That different gods - isn't that the plural of God? - also require a different inner state? And do you think there is a different God - sorry, a whole lot of different ones - for India than for Indonesia? And what about you? Are you only responsible for one religion, or for all of them?*

*Um...*

*And anyway, it's actually strange that people have managed without God for millions of years and have developed magnificently in the process.*

*Well, the question of God cannot be answered in a life-intelligent way. That would be a contradiction in terms.*

*Now widen your gaze, dear devil, and take a close look at the believers wherever they are on earth.<sup>52</sup>*

*It is also a fact that the idea of an alternative NOW, which can be realized NOW, does not exist; not only among religious people (THIS IS EXACTLY WHAT WE ARE DOING! FUNDAMENTAL SOLUTION NOW!). Hence, among other things, the evasion of an afterlife - paradise and rebirth.*

*Well, that still works in large parts of the species. - Nevertheless, we have recently noticed a ... moderation in the temperate zones. Secularism is spreading. Unfortunately, not (yet) in the direction of a sense of life and vitality, but in *the direction of arbitrariness and cultivated permanent stress*. Nevertheless, this is probably where the next enthusiastic members of the NormalRevolution movement will be found  
But let's be surprised. *What is needed in any case are people with the courage to be dissatisfied with their lives; people with at least a secret longing for more ... life, closeness, peace, satisfaction, ... . And definitely the openness for something completely new!**

And this (seemingly and until recently actually) unbelievable "miracle" takes place from the "PhaseNormal<sup>53</sup>" without any effort far beyond the primary process. However, after you have successfully faced up to this huge paradigm shift 'away from the usual way of life' and taken on the enormous challenge that this process encompasses every one of your cells, your thinking, your perception and also your feelings. And beyond that, all your relationships! Better take your partner with you. Because everything is included in the fundamental change. Everything!

Another key lies in recognizing the fact that your *life project* - made up of YOUR project, fake projects and side projects; I will go into this in more detail in Part B - was not created by your parents, your clan or any other third party, but by you (this also applies where the clan still determines external things such as your profession or partner). Apart from your genes, the information came to you from outside. But ...

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<sup>52</sup> See the short essay "Antike Götter"; published by NormalVerlag

<sup>53</sup> The third, final phase of the Normal project

- You have recorded and interpreted them in your own way.
- You agreed with them.
- You are therefore responsible for everything you have done with it. Even if you had no real choice.

So the first and decisive key is to take everything that has become of you. Among other things, this also applies to all your relationships. Even the current ones! And it also applies to what you will do with the information provided here for the first time.

The good news is that you and only you are the person who has a chance to influence this.

No one else can do this for you, so no one can manipulate you in this matter. You can be a knowledgeable companion, yes, but without any influence!

And the best news: NOW this opportunity is real; it can become a reality immediately. Take care of it!

This miracle only becomes possible when you have taken 100% responsibility for your entire life project. As well as refraining from trying to change it! This also applies in particular to its downsides - including any planned disasters

*That's hard bread you're spreading, Mr. Brändli.*

**It is softened by the water of tears.**

This miracle is also only possible by unlocking the secret of how our human nature, contrary to the biological logic of development, can be brought to redefine the basis of our lives through consistent, unconditional cooperation, even in advanced adulthood.

So whatever your life project looks like, it is without exception based on the simple, primary, all-important feeling of unworthiness, as I described in the chapter "Shadowland". This shattering basis of your life - all of our lives! - will prevail under all

circumstances! Guaranteed!  
Unless ...**(H)**.

*Hint:*

*... so now the missing words are coming after all ;)*

*Answering this in a new, previously unimagined way is one of the elaborate results of my own - just like yours, doomed to failure - life project, haha.*

*And this paradox - as well as countless other, sometimes absolutely crazy paradoxes, which appear and mentally challenge me and you in a colossal way - is difficult, if not impossible, to understand. But what the heck! The way in which these crazy paradoxes ultimately dissolve in the course of each individual primary process, magically as it were and yet quite soberly, but **never predictably(!)** in the form of an unexpected paradigm shift, can be experienced directly as a phenomenon. For me, this is perhaps the most beautiful, most wonderful thing of all (and the tears are already flowing ...).*

The mental content you then added later on, and ultimately to this day, is unreliable and largely ineffective. **(H)** - The latter mainly because with the first mental steps we explained the world to ourselves by means of a combination of narcissistic navel-gazing and unconditional acceptance of what came our way. Without any direct reference to the meaning of life. Back then, our parents - who were also trapped in the forecourt of life - were always and unfailingly right before our childish eyes. This at any - really any! - price. As with all living beings, this is a biological safeguard. The primary learning processes equip us with the basic tools for successful survival and ultimately survival. However, this primary process mutates into a nightmare for us humans more often than we would like.

*Note:*

*An example: Have you read my immensely helpful book "Ruhe!Punkt." read? A true enlightenment, isn't it? And? Perfect e-management? Everything easily implemented?*

*10 hours of sleep at night, plus regular rest points during the day?  
You dear little thing, it would be nice ...*

### Short:

In your eyes, your parents could do no wrong. If the stimuli were negative, even hostile, it could only be down to you - that was your conclusion and that is now the cornerstone of your life

This had unforeseeable consequences (not only) for you!  
More than that: this is the basic building block of life for all people (in patriarchal, sedentary cultures)! Exceptions? You? Forget it! How can you? A single family chain breaks out of the whole pool? With no further effect? Haha!

And this continues to have unforeseeable consequences. On a global scale. Read the newspaper!

So, my dear, my dear, ...

There is no avoiding it now, no more excuses:  
Tackling this enormous and at the same time most beautiful challenge is now entirely up to you! It is your sole responsibility as far as you are concerned.

*Haha, dear, dear, don't take it too seriously! You can always escape by ignoring it*  
Okay, agreed.

So it's better to reckon with yourself, with your resistance - with your life project. After all, you have decided to fail.

### Do the math:

- with your compulsion to be unconditionally (literally understood!) right
- with your panicked fear of appearing weak - in other words: unworthy
- with your blind loyalty to your origin, no matter how stupid it presented itself.

### In conclusion:

Okay, so the possibilities for mental processes have been explored.  
Which applies either way:

The very fact that you have opened yourself up to this - that is, that you have read this far - sheds light on the perspectives of our common species! A little ☺

### On to the quintessence!

In the appendix to this - somewhat thickly applied - ...

*You can say that out loud!*

... three-volume work, you will receive a range of other absolutely essential information with what can only be described as fantastic potential.

*Hey, 2b!*

Yes, sorry, but that's the case.

*Well, actually, you don't need to apologize. Both the potential of this information and your potential are also my potential. Come to hell with me, everyone!*

Yes, then, dear devil ...

It's information that you still can't find anywhere else in the world. Take it for guaranteed!  
Or do your own research!

*In hell, yes!*

Agreed. That's where I got them from; from my very private hermitage there  
*That clarifies the origin and therefore the rights.*

☹

Perhaps this; a quote of my own:

*Bluffer!*

Exactly!

'It's probably no coincidence that I sometimes get the impression that my contributions are better eaten - yes, literally devoured! - rather than read; then slowly and thoroughly digested. And finally, what has served its purpose, or cannot (yet) be used, is excreted.

The cycle can then be continued. Once available again, it can be used later or elsewhere.

Let's go.



# B: Acting



# The path to homo normalis - Or: The (re)conquest of life

*This final part of the trilogy on the meaning of life embodies what gave the whole book its title: "The Quintessence". It is the 'missing link', so to speak, between the three books.*

*At the same time, this last part is also a gift for those who have... shall I say: ...fought their way through to here? You have then proven that you are willing to face up to my brazen way of putting the truth about us humans into the room, ... in other words: expose yourself to it! You are still interested in finally finding a real solution, in the truth, in your LIFE ... In short: you have already proven yourself a little. My compliments! This third piece of information leads smoothly into a more detailed description of the content and process of the NormalProject. Information that is particularly valuable for people who are seriously interested in the well-being of humanity and wonder what they can contribute.*

*Let's go!*

## Finally: The third piece of information

The aforementioned discovery four years ago<sup>54</sup>, together with the understanding of the meaning of life and the discovery of the global human sense of unworthiness, form the triad of the most significant findings of my entire career. I would go so far as to say that these are the three most important pieces of information for mankind in terms of benefits. Period. (Yikes!).

*Hey, 26, you want anyone to believe that?*

**Good devil, believers are the last thing this thing, like me personally, needs.**

*But aren't you turning it up a notch? I mean, I like that! But people are afraid of people who are aware of their value and then try to devalue them. This whole book is about you*

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<sup>54</sup> Winter 2011/12

*people who feel unworthy. Nobody can stand your demeanor.*

Oh, the importance of the insights has nothing to do with me, but with the information itself. About a year ago, I arrived at the little nothing that I am in my primary process. And nothing has changed to this day. Except that this circumstance - fact would be the wrong word - is now totally relaxing after the obligatory flood of tears: living without any ambitions at all. Ha! Much less overwhelm! Yes, the little nothing is outrageously comfortable.

However, without the implementation of the derived ways out - *that* has to do with me! - the seemingly eternal back-and-forth of humanity will not come to rest. All gigantic efforts will continue to end in sham solutions that are inevitably subject to the ambivalence of progress; or in further gigantic human disasters. To be precise, what is happening 'out there' was originally, and still is today, predominantly a disaster caused by men.

*Ha, I don't give a damn about men. Men are my best customers! That's where I find the most stupid people, haha!*

Or just stupid people? In any case, the women have their full share. They keep themselves harmless within the family, or control the men from there, with full commitment. Or they play exactly the same game outside as the men, although rarely on an idiotic war front. The real victims are our children. As well as our entire vitality and vitality. Period.

The 'reality' poured into a sentence:

Everything we experience from and with people in recent cultural history  
is illusion, is mere SHAM.

Something like this.

This last discovery in the triad logically continues the finite realization of the meaning of life. First of all, it makes both the nonsensical actions that have been taking place in the human world for thousands of years up to the present day and the inevitable consequences of these actions truly comprehensible. And how we deal with them will ultimately determine the direction of our species' future.

We therefore need neither the aid of mythical drivel nor the projection onto a fictitious superordinate system (e.g. God), which then explains everything according to our

(matrix-influenced) wishes ... and immediately beckons the next disaster. Rather, it is about clear, sober 'hard facts' that stand up to any scrutiny by third parties, indeed, demand it as indispensable.

I also claim without any inhibition that this understanding of human beings not only condenses the whole of psychology into essentially three concepts or three contents (see later, the "LifeProjects"), but also achieves much more! This understanding and the procedure derived from it (PrimaryProcess / NormalProject) reach much deeper than psychology has ever managed. They reach our roots (rootset). And even deeper down our original The three phases in the NormalProject possible resources! Psychology as a science and as an applied solvent is therefore outdated. It has had its day; it has become superfluous, obsolete. Rest in peace. (H)

*Cheeky guy!*

Well.

### ***Hinky and the hamster wheel***

*Hinky limps a little. But that's nothing special in the hamster wheel. Every hamster is missing something, and the wheel is constantly running irregularly, even standing still more often; sometimes only for a short time (accidents and crime), sometimes longer (crises and wars).*

*It is not known what the reason for Hinky's limp is. Does it have a physical cause, or is it a psychological defect? Hinky stubbornly refuses to have the cause investigated and instead does his best on the hamster wheel to avoid attracting attention.*

*One day it does happen. Hinky gets one foot caught in the wheel and falls down injured - directly onto his favorite hamster Tinky. Tinky is furious and wants nothing more to do with Hinky. Hinky finally agrees to sort it out with Tinky (couples therapy). He needs medical treatment for his foot anyway. It becomes clear that there is no physical cause for the limp, so there must be a psychological blockage that is now finally being treated (psychotherapy).*

*The clarification with Tinky fails and Hinky has to move to another hamster wheel. The Hinky therapy is successful in that Hinky now has better control over his defect. Thanks to a hot tip, Hinky finally meets a world-class therapist. And lo and behold. After some time, the limping actually stops and Hinky can finally pedal along on the hamster wheel*

*unhindered, indeed, grateful and relieved, he develops into a real driver; so that the hamster wheel turns faster and faster and faster ...*

*Well done.*

The now seemingly infinitely complex subject matter of psychology - I simply call it **the "jungle"** - which now primarily serves to confuse and therefore serves the interests of the matrix, which means: *in the final analysis, it avoids(!) solutions*, is assigned with a light hand to a few, easily manageable areas, which are logically also in harmony with the meaning of life.

This order is now finally unfolding the enormous force that is needed to make the 'unvalue viruses' disappear after around 12,000 years and to liberate the original life force - nevertheless, in the dimension of normal evolution, a process of several generations.

#### **Consequence:**

**Problems that overshadow human life globally, cause unimaginable but entirely unnecessary suffering and keep miriads of doctors, therapists, counselors, lawyers, judges and even gravediggers busy, shrink to peanuts.**

The phenomena continue to be respected in their full force. However, they are only **brought into play** in passing ... attention: **main guardrail and** life insurance! ... (**Face Hell -> primary process**), **instead of being brought into play in an unreflected and mostly simple manner as before.**

From then on, the underlying conflicts are fought out in that inner space. And usually resolved within a reasonable period of time ('magical' paradigm shift). Instead of continuing to disrupt or even dominate life and tending to lead to failure, thanks to

this approach they voluntarily withdraw to this [space](#), which [has a brilliant internal effect but a harmless external effect](#).

What goes on in there, however, cannot be described as anything other than a cabinet of horrors .<sup>55</sup>

*In comparison, my hell is pure paradise. Well, it is anyway.*

**No objection.**

The enormous condensation and rapid relief is made possible, among other things, by the fact that it immediately becomes clear where the real, emancipating ways out can be found (paradigm shift, thanks to inner liberation) and where merely illusory solutions beckon. The latter may seem attractive, but within the confines of the unrealistic matrix, they go round in circles. As a result, they have no emancipating and certainly no liberating character. Which is the *conditio sine qua non* for real ways out, isn't it?

And these fantastic effects on individuals are mere peanuts compared to the social impact on the entire species:

Enough with these absurd wars - including endless suffering - that are triggered and waged by men simply to conceal and compensate for their impending insignificance<sup>56</sup>, i.e. their sense of unworthiness and the miserable weakness they feel as a result, in a delusional way. That is true horror, isn't it?

The whole policy is being revolutionized and thus transformed into ... should I really say it? Free of charge? How did you earn that? It's worth trillions!

Fuck it: ... into a [dialogical administration of the interests of our common life, led by women with the servant participation of men](#).

The sg democracy - this system made for weaklings - which, *nota bene*, never existed,

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<sup>55</sup> See perhaps the book "The magic formula".

<sup>56</sup> [The men's primal dilemma](#). Back then, 15,000 years ago, it was still about actual unworthiness! Exactly!

let alone functioned (it's all just an illusion!), is finally being transformed into a suitable system .<sup>57</sup>

The entire economy will be revolutionized<sup>58</sup> and, after thousands of years of ups and downs as well as reckless and ice-cold, i.e. inhumanely, caused enormous misery, equipped with a basic paradigm that is finally fit for purpose and re-focuses and realigns the intelligent human forces ("all brothers will (finally) become human beings ...!). No, I'm not going to reveal that here .<sup>59</sup>

Yes, dear reader: THE WAY OUT IS THAT EASY!

But don't believe it, try it out for yourself! Make the start! And then make an impact on your fellow human beings. Without ingratiation, without a mission. Just be who you are and act accordingly!

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<sup>57</sup> More on this in the book "Vision21" (haha, when?☹ )

<sup>58</sup> ditto

<sup>59</sup> ditto



# The new orientation

**The feeling that will accompany your NormalProject is the following:  
RELIEF - huge relief!**

Well, really only when you're through the probation phase.

That's more than helpful in all of our lives, which are characterized by total overload, isn't it

This relief, deep down at your base, also has a balancing effect against the absolutely unsparing, shaking you to the core confrontation with your inner truth that the primary process brings with it - and yet almost always retains something light, not to say smiling; okay, in retrospect ;

The immense understanding that emerges and the exceptional skills derived from it also have an extremely fruitful effect on social life.

- Ultimately, it is about the fundamental and completely sustainable liberation of people (body, feelings, mindset, behavior - everything included!) from the shackles that we have put on ourselves through the omnipresent feeling of unworthiness. In other words, nothing less than the complete self-dissolution of the "[unworthiness viruses](#)", which I refer to as "[UV21](#)"<sup>60</sup>. Even if this takes more than one generation, even within a single family.
- What is at stake is ending the battle between the sexes - the so-called gender war - which first gave rise to this sense of inequality and, derived from it, the illusory world of the matrix  
As well as the consensual finding of the optimal distribution of gender roles appropriate to the biologically inherited skills.

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<sup>60</sup> UV21 - discovered in the 21st century, dissolved in the 21st century

- By gradually freeing the blocked original resources, the aim is to enable comprehensive fitness and the resulting complete fitness for life and ultimately their use in the overall context of life.
- The point is to liberate and ultimately realize what is simply biologically normal. In the same way that all living creatures except us, humans, who are crassly inferior in terms of quality of life, enjoy it as a matter of course. The whole thing is naturally enriched with the most advanced achievements of human culture. Examples: comprehensive cooperation, absolute transparency, sharing of goods, and finally the highlight: [generosity!](#)

The term NormalRevolution expresses the character of this development. The solutions and ways out that emerge from the NormalProject have a profoundly political impact. They have everything that belongs to a dignified revolution.

This understanding of the interrelationships of life and the mechanisms at work in us humans enables solutions of a penetrating power and completeness in all aspects of human life that could hardly have been dreamed of, let alone realized, until now.

*So much for the hodgepodge of your assertions, 2b.*  
[Well.](#)

# THE task

Now that the question of the meaning of life has been clarified once and for all, the task that every living being has to fulfill in the service of its respective species follows as a logical consequence. Since there is nothing of comparable importance in life, I call it:

## THE task

This is to make it clear that this is by no means one task among many, or that we even have a free choice! You'd like that, Matrix man and woman, wouldn't you? It is **THE task**. And that's that

Our now confusingly complex lives blur this fact and make us believe that there are as many - and above all freely selectable - tasks as we like. This is not the case. The bottom line is that every single one of your actions is about nothing other than the - YOUR! - fulfillment of the meaning of life. Period.

I would like to remind you of the statement in the preface to this trilogy: Nobody belongs to you! There is neither 'your husband', nor 'your wife', nor 'your children'. And even you are not yours! Beware! So you are by no means free to do what you want with your life. You would be life nonsense personified.

The relevant fact derived from this is:

## You are obliged!

You are responsible for ensuring that you are in the best possible condition for the rest of your life. UNDERSTAND?!

And this - and I am not happy to say this - can only and exclusively be achieved via a NormalProject

What I am happy to say, however, is that after thousands of (not only) miserable years of gender struggle, this biologically given entitlement can now finally be fulfilled.

*So, you are now definitely saying goodbye to the urban mainstream, 2b. Does that mean you want to join the rural, religious mainstream?*

Sometimes I like to say: "You're a joker, devil." But that's not appropriate. Mainstream or not, or here or there; not only do I not care about it, it's also the worst possible way to break out of the matrix.

The good news is that although our multifaceted life is and remains very simple in its essence, it offers a wide range of meaningful actions in highly developed cultures. It is therefore worth examining your life and discovering which of your actions ... make sense. And which ones don't.

Well known by now: This does not mean that you should change anything. That would be a labor of love in vain. For now, it is enough that you become aware of what you are actually doing. This, on the other hand, should be done relentlessly, without any fabric softener. With a NormalProject, you can take your insights into the process, as we like to say, and the change towards meaning begins by itself. As soon as you are inwardly ready, the changes literally force themselves upon you

# Check your actions for meaning

In a dramatic and altogether tragic deviation from THE task that both expresses and conveys the meaning of life, all people in the post-Neolithic<sup>61</sup> phase have developed an individual life project that is always doomed to failure. The trigger for this is the failure of the redistribution of gender roles, the accompanying gender struggle and the resulting basic feeling of lack of value among people .<sup>62</sup>

Nevertheless, [the basic rules of nature](#) remain pleasantly simple. It's just a matter of blowing away their systematic obfuscation and then filtering out the rules, or basic parameters.

Derived from the meaning of life, there are just [three simple parameters](#) to which you can assign all your actions.

## The basic rules of

1. Production
2. Reproduction
3. Regeneration

Yes, it's as simple as that. That's all there is to it.

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<sup>61</sup> The phase of transition to sedentarization and with it the beginning of the gender struggle is also known as the Neolithic Revolution.

<sup>62</sup> As a reminder: You can find out more about the gender struggle and its tragic consequences in the essay "Schattenland" and in the book "Die NormalRevolution".

### In detail:

- Production is divided into food and security.
- Reproduction in reproduction and brood care/rearing
- Regeneration in sleeping, resting and letting yourself drift, plus the supply of energy from outside.

**Note:** The meaning of parameter three makes up more than half of !<sup>63</sup>

This gives you an overview and allows you to review your actions in life to date. You will learn to understand which area of meaning (parameters) your various actions belong to, how you weigh up the different areas in your current life and how meaningfully or not you carry them out.

With this basically simple information, you already have a tremendously clarifying self-test that soberly examines your everyday life and puts it in the right context.

So, get going! Get to work!

However, even after this examination of your actions in your previous life, the crucial question of the matrix remains. And that is: "Heinrich, how are you doing with consistency?"

*Thanks for the ... approximate quote from my vaults!*

**It fits.**

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<sup>63</sup> The book "Ruhe!Punkt." provides exhaustive information on this, including practical instructions on how to put this knowledge into practice.

## Reminder

We have no free choice regarding the fulfillment of the meaning of life.  
Life has no end in itself. (H)

### **Note:**

*When the Dalai Lama was asked recently (summer 2015), during a performance at a rock festival, what the meaning of life is, he replied, verbatim: "To be happy." Well, that says everything about his much-vaunted 'wisdom'.*

*Haha, that line could have come from me.*

*2b, you obviously have no idea how to become a rock star.*



... And certainly no external purpose!

Such as serving a god (or another myth or mind concept); or subordinating everything to another person. Or to subordinate everything to success and/or career; to strive for power; to accumulate money and other goods - all just "trinkets, trinkets, ... made by human hands," as the poem so aptly puts it<sup>64</sup>. Yes, even more: trinkets that are definitely detrimental to the task

Accordingly, a significant part of your inner constitution inevitably follows the objective facts that you create every day regarding the meaning of life.

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<sup>64</sup> Theodor Fontane, The Bridge on the Tay

Your attitudes and stances? Pah, they mean less than the breadcrumbs on a Wiener schnitzel.

The other part of your inner state - which, by the way, you are also not free to determine - follows the question of how you fundamentally stand in life. You have already learned a lot about this in the course of the reading so far. You are also standing on the ground of your sense of unworthiness (UWE) in life. Inevitably. No exceptions. You have built up a lot of rubble on top of this in the form of lies, self-deception, illusions and myths, in short: a lot of beautiful and ugly appearances. Not just you, but me too!

In the following, this will be further elaborated and then continued - albeit still in a highly condensed form.



# The "UV21" virus

UV21: discovered in the 21st century, solved in the 21st century

*Much of what is described below has been mentioned or even briefly described in various places throughout this book. What follows is a description that is dedicated solely to this topic, i.e. it is self-contained and logically structured and of course peppered with further information. My recommendation: Use this book to critically review your own insights! The reality behind our idea of human life, which is revealed for the first time in this book, is so monstrous that I believe it can only be useful to understand the logical connection several times. I am sure you will be grateful to be able to read through and absorb the whole thing - not insignificantly supplemented - in one go.*

Unlike all other living beings, we humans have the opportunity to live a long life without ever really having arrived in life. An ambivalent advantage.

Human parents reject themselves - some consciously, most unconsciously. This devastating process takes place outside of any control. Accordingly, this deep, completely unteachable feeling is passed on to the children, also outside of any control. Implanted in the genes and also taught 'live' on a daily basis. Other animals also sometimes reject some of their offspring for reasons of life economy - i.e. available resources. As a result, the rejected offspring do not survive for long - the sole purpose of rejection. However, we humans have advanced the art of survival to such an extent that rejection by the parents, or by one of the parents, does not necessarily mean that the child will die. Infanticide has even been declared one of the worst crimes (H). In most cases, the child survives and will have to cope with the fundamental rejection of itself for the rest of its life. This means that before it can take its place in the fulfillment of the meaning of life, it must first strive to belong to the clan or species. A hopeless endeavor, you know that by now. As definitely 'unworthy' beings, we don't allow this ourselves, despite our highly developed survival skills. The whole fuss is mere pretense, staged in order to survive at all. The eternal struggle ultimately ends unsuccessfully and leads (at least to inner) self-exclusion or exclusion from others, regardless of the apparent results of the effort

The acclaimed rock star, dear devil, is also de facto lonely; he feels isolated and does not belong. His lifestyle reflects this. Greetings back to Amy!

*But it would be different for you now, wouldn't it?*

Well, who knows ...

Note:

*Strangely enough, we humans in modern societies (democracies) have elevated the protection of every life to one of the highest ethical principles; and this at literally any price! A behavior that often takes on almost abstruse forms and only makes sense as a counterpart to the question of value, namely the frightening fact that not only you, but now probably all people never really arrive in life.<sup>65</sup> With the crazy consequence that we demand the protection of every human life (e.g. also that of serious criminals - how absurd; and ... yes: hostile to life!), but on the other hand we consistently refuse to adequately guard our own lives. How completely crazy is that?*

The crucial information for you now is this:

To your relief, you don't need to check whether or not you too have been rejected by your parents. Or whether you reject or love your own offspring. Both would lead to a question of conscience that would be almost unbearable for many. The debacle would start with the question of how you would find out.

So relax! Lean back and take note: the "unworthiness" gene has been rampant in humans for thousands of years - as mentioned several times, roughly since the beginning of sedentarization. And to roughly the same extent in men as in women. This sense of unworthiness (UWE), which is deeply rooted in us humans, acts in us like a virus. It is always ready, as it were, and becomes instantly active at any stimulus that even remotely questions our value as a person ; the battle for self-worth begins; or more precisely: the effort to ensure that no one finds out that we 'are' unworthy.

The fact that this is merely an erroneous assumption for the vast majority of people means that our chance as a species remains intact, provided we take the path to dissolve the UWE. - However, a considerable number of adults are actually making sure

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<sup>65</sup> I answer questions about this outrageous claim in the essay "Schattenland" (Shadowland), and in an abridged form in this book.

that they become unworthy and forfeit their (objective) status of belonging through their actions.

Due to the virus-like behavior of this UWE, I like to refer to it as the "Unwertvirus", or "UV21" for short. This in reference to the period of its discovery, at the beginning of the 21st century; and finally its disappearance in this century? We will see. Others will see.

This unworthiness virus is passed on from generation to generation without any conscious effort on the part of the parents. The evaluation of the latest research results leads to the conclusion that both men and women have contributed to the development of the feeling of unworthiness to roughly the same extent.

This is due to the - apparently and unfortunately not surprisingly! - This is due to the - apparently and unfortunately not surprising! - pusillanimous to devastating debate about the fundamentally new distribution of roles between men and women, which was required for the first time in human history - and probably in the history of life in general - as a result of the numerous achievements, such as the invention of the wheel and finally the establishment of sedentarization, as well as the resulting changes in the social structure. The biological order inherent in every species was shaken up by a cultural process. Those involved were stretched to the limit. And obviously overwhelmed!

Although the arguments were and still are conducted on an unequal footing, women know how to play out their power in their traditional domain, in their private lives - in their immediate relationships ("Marriage is only fun when the man obeys your every word"<sup>66</sup>). Plus in the care of children, which is crucial for the later understanding of roles! Interestingly, the active participation of women in 'outside' life in our climes has not changed this. If you are a man and live in a partnership, check how much control the female partner at your side actually has over the organization of your everyday relationship and family life! Plus simply over YOU! Haha! And why you might be wary of telling her too much about your life 'out there'. Don't worry, she's not interested in that either; not really. This is for strategic reasons of gender warfare (should I really include this love letter, written in the last few days, here? Okay, then. (H))

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<sup>66</sup> Karl Millöcker, The Beggar Student

**Sieg heil!**

*Another tip for you, woman?*

*Basically, it's simple. Do what you're already doing:*

*Refuse to give the man by your side credit for what he **does**; no matter what he does.*

*What he **is** is secondary; you can make a few compromises to create the impression that he is at least someone in your eyes. But when it comes to the real thing, to what he does, remain uncompromising: "Sorry, no interest!" Let him fidget and fidget all he wants, it won't impress you.*

*To win him over in the first place, you can admire what he does, or at least give the impression of doing so. Infatuation helps to put aside the hidden emotions on both sides for a while. Even the robber appears as a tender, gentle object d'amour (I'll toast with a fine tequila. "Viva, Chapo!"). But once he's under your wing, it's all over with the flirting (although of course he'll show his true colors again)!*

*You can admire what other men do - such as the Lord God - even if it's just for show. It shows the man at your side day after day how little HE is good for.*

*So everything we men do becomes a farce, no matter how much we invest in it, no matter how much effort we put into it. Well, if that's not cool.*

*And if you then demonstrate this to your children, they will learn from their mother's milk how the game is played; your power, dear woman, your power, dear women, grows. In addition, this encourages the man closest to you, usually the only one over whom you have any significant influence, to wear himself out in competition with his peers and thus lose the man he **is**.*

*If you pull this off skillfully and uncompromisingly, the son, the sons will even fight against their own father. Now, if that isn't cool.*

*Only in this way, dear woman, do you have the chance to win the horrible game for power that characterizes the gender struggle and will eventually destroy the species completely, despite physical and technical male superiority.*

*Victory to you!*

*(On the difference between **doing** and **being**, see the introductory aphorism to book 2).*

In turn, men (inevitably) dominate the 'outside world'. Which they, in a useless attempt to avoid losing the gender battle, which would have meant becoming largely superfluous, i.e. unworthy ([aha! got that, my dears?](#)), have unspeakably inflated. What a demonstration of irreplaceability, haha! And, of course, they resort to naked violence and oppression without hesitation when the need arises. Even at home.

As things stand at the moment, men are primarily responsible for the brutal injustice caused by the brutal oppression of women. While the women, who are largely powerless in the face of naked violence - which they may well have helped to provoke in the first place - try to hold themselves harmless by taking revenge on the boys by (even unconsciously) devaluing them, while they teach the girls that nothing is of any use, that they count for nothing anyway. And so vehemently - and unfailingly effectively! - ensure that the "virus" is passed on. As I said, this does not require a conscious decision. Your own UWE, plus the factual powerlessness, is enough. Or vice versa: neither conscious decisions nor honest effort can influence this process in the slightest. It is the deep structures, which have long been ingrained in our genes, that determine the whole thing. Unfortunately, this is very similar to the way we cannot determine the shape of our children's ears or eye color according to our own taste

Whew! [And now think about the project we are tackling with the NormalProject!](#)

Only when these innermost structures are reached, and above all: when they are brought to cooperate again! - this time with sensible content - real, sustainable change will be possible.

Period. And pardon!

The old bickering and bickering, with unforeseeable consequences, continues unabated here and now. Only the form of the debate has become a little more moderate here and there. After all! Or would you like to live in ...?

So it's definitely worth taking an instructive and educational comparative look across the globe inhabited by humans! Discover how close to, or far from, the primal gender struggle the different cultures are. It's actually quite easy to observe once you really look with understanding, isn't it

And doesn't this suggest that we should stop (arrogantly) interfering in the processes of other cultures as quickly as possible? Consequences always included, of course.

As mentioned, the whole thing has easily taken long enough to become embedded in the genes. Genes are, at least in part, much more flexible than we imagined just a few years ago. If this were not the case, we as a species could capitulate immediately. Then there would be no normal revolution and recovery of LIFE - in other words, successful long-term survival.

Completely beyond any conscious control, this unworthiness 'virus' is now passed on from generation to generation in all cultures. The amount of love that parents give their children - or don't - unfortunately has a soberingly small influence on the offspring's sense of unworthiness (UWE). Any efforts in this regard fail in the face of the terrible fact of basal UWE. This is written by a father of two sons (tears ...).

## Conclusion:

For your basic UWE, it doesn't matter whether your parents loved you or not. You can continue to interpret this as you wish.

In my long career as a psychotherapist, I have many adults who were severely abused by their parents as children, and yet were convinced that they were dearly loved by these abusers and had had a wonderful childhood. Wäk! Yes, they couldn't help but believe that, otherwise they would have killed themselves long ago! (Survival package!). Which, again, I've only really understood since I found out about the UWE. Incidentally, this results in the simple formula that I had formulated a long time ago, but only understood with the more recent findings: "[The worse the more faithful!](#)" It can even be applied to marriages - i.e. adult relationships! - And unfortunately, I have also encountered the opposite: the unfounded hatred of parents (apart from the terrible UWE that is conveyed) (in the case of only children, for example).

## Conclusion:

You can agree, completely free of reproach, that deep down you feel completely unworthy. 'Beautiful shit' might be an appropriate term here.

On the other hand, the aforementioned fact regarding genes has a rather aggravating effect on the intention to rid yourself of these terrible viruses (remember: they are not viruses, of course; they just behave like viruses). [It is therefore of little use to look at your biography in order to get rid of the UWE. No, worse: it won't do any good!](#) Sorry, psychologists! It's all in vain. -

And yet the access key can be found at your source . <sup>67</sup>

The key to our everyday behavior, which is alien to life and often unabashedly hostile to life, is therefore hidden behind the question of value.

Anyone who feels unworthy actually has no right to live.

By granting everyone - even mass murderers such as those who populate the earth with us - the right to live, we are merely trying to justify our own right to live. We unconsciously say to ourselves something like: "Oh, if can live, then I can live too!" So, out of simple but useless self-interest, we have done the most stupid thing in terms of

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<sup>67</sup> I've already mentioned it once. See below for more information.

life economics. We replaced the basic principle of life: "The fittest survive" with "Everybody survives". That was pretty idiotic, pardon me

*You don't need to apologize; I can agree with you wholeheartedly.*

Thank you.

And has played its part in ensuring that tens of millions of criminals populate and threaten this globe. I guarantee you on your hand:

- There is no crime in normal space. ZERO!
- You can trust anyone in NormalRaum. EVERYONE!
- In NormalRaum there is only supportive cooperation and everything good is shared. EVERYTHING!

This is how our pilot project community - now known as the core team - already works.

-

Well, and again, a puzzle is solved that easily as soon as the right parameters are available.

It should also be added that this self-rejection occurs in numerous variations and its concrete form is mainly due to the idiosyncratic interpretation of a small child, against which the parents themselves are powerless.

**To summarize:**

Consciousness plays a minor role in this whole thing. All essential messages that parents pass on to their children - regardless of the channel - are transmitted outside of any conscious control. Logically, this also applies to the message of unworthiness. All parents reject themselves and transmit this to their children largely unconsciously, i.e. uncontrollably. And therefore unfiltered! This happens regardless of whether the parents are in any way aware of this fundamental, tragic inner state (e.g. original sin in the past!). And regardless of whether the parents understandably try to suppress this unfortunate fact as much as possible or compensate for it through their behavior. Unfortunately, this is true even if the parents have acquired a certain permission to love their children, or if they make an honest effort to do so. The sole purpose of this often



endless effort is to cover up the fact that they feel unworthy and to send the at least unconscious message to their children: "... so you are unworthy too" ... which makes it all the more difficult for the offspring to bring the bare facts to the table later on. As a rule, they want to respect their parents' efforts. The room for illusions is further nurtured. Ultimately, this applies in any case - that is, regardless of the parents' actual relationship with their children:

### How can a child feel valuable if their parents both feel unworthy?

An impossibility!

This observation is based on a biological fact that is sometimes (including by me) called "loyalty to origins". It obliges the offspring, for lack of their own ability to judge, to accept the primary teachings imparted to them by their own clan unseen as the instructions for action (haha) that are adequate for the optimal promotion of life. No matter what is taught!

So it is by no means in keeping with nature to start the whole procedure of fundamental, i.e. primary learning all over again later, when productivity is called for.

After all, nature didn't count on people like me. Heresy!

*Don't worry, you're in good hands with me. Anyway! Because the devil is superior to nature! I am Lucifer; I am the bringer of light!*

Well, who said it ...

The later, quite understandable, incessant effort to look good, and consequently to suppress the great inner insecurity, unfortunately reinforces the already tragic fact: the more consistently the fundamentally devaluing self-assessment (H) is suppressed, the less likely it is that the parents will come to terms with their own UWE, the more undisturbed the information of general unworthiness is passed on to the children. This is in contrast to parents who open up to the difficult fact of their own UWE. This was easy and gratifying to observe during our pilot project.

In this way, the message is passed on from generation to generation. Due to the inherent logic - the still distribution of gender roles<sup>68</sup> - it does not gradually weaken over time, unlike many other things, but retains its original force. Only the concrete coloring of the respective behavior follows the cultural and biographical development. The basic facts, however, remain exactly the same.

**Note**

*Let this now be clarified once and for all: the negative answer to the value question, the UWE, is an - albeit unavoidable - misjudgement. In truth (which is of no use to you), you are completely valuable and worthy of life. Unless, of course, you have already committed a serious offense against your fellow human beings, or blatantly violated THE task, and thus actually forfeited your belonging through your actions.*

*This tragic, as well as consistently real and unteachable misjudgement has had incalculable consequences for thousands of years and continues to do so. Worldwide. So far, no relevant remedy in sight ...*

*But now you're here!*

Oh, who am I?! Remember: my own UWE. Well, the remnants of it ;)

Maybe you'd better use your power and influence.

*Me? No, I like it the way it is. Lots and lots of desperate customers!*

Okay, okay - anyway, I'm now completely relaxed and in harmony with my own powerlessness in terms of impact.

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<sup>68</sup> This vision of the future - this big TO DO! - is set out in the forthcoming book "Die NormalRevolution" (d/e).

# Your life project

I've been beating around the bush long enough, haven't I? Time to get down to business ...

*How true!*

... to the third information, part 2.

In a condensed and therefore abbreviated form, I will now outline what has shaped us humans since the Neolithic Revolution. In other words, [who we are](#). Anyone who takes a closer look at this will realize that, together with the most important information in this 'Trilogy on the Meaning of Life', it can be used to grasp both the essence and the purpose of our human thoughts, feelings and actions in toto. I am happy to face any scrutiny and critical examination in this regard. At the same time, however, I am pleased that the notorious excuses of people who shy away from confrontation and personal consequences by claiming that 'everything is not so simple' have finally come to an end.

As I gradually recognized these connections - often aided by chance, or rather by the inspiration that followed chance - I was able to easily leave my previous context, that of psychology, social sciences and philosophy (only music remained☺). "S isch alles für d Füchs," as we Swiss like to say. Everything that is examined and attempted to be understood there now had a clear, indeed in a certain sense simple, connection to the phenomena that I have already mentioned in this book and will now present as a whole. So I was able to leave all that behind me, with a deep appreciation for the experiments of others that have spanned centuries and ultimately helped to arrive at these results.

I concede that this entire system of life, which has made us humans since the period mentioned, is based on unpleasant information, i.e. facts. And that this circumstance will make the adaptation of this comprehensive clarification considerably more difficult. However, this is not my sole responsibility. How easy that would be! In any case, any attempt to shift responsibility onto others, as usual, is of no use here. Rather, the responsibility for the creation and hitherto blind transmission of these circumstances and ultimately for our human constitution, which takes these circumstances into account, lies with all of us.

And there is absolutely no guarantee that we will change anything - neither these circumstances nor the underlying life system - with our efforts to date, no matter how huge and sacrificial they may be. In order to make a lasting change for the better in the

human world, we will inevitably have to face up to the truth that drives us and deal with it constructively and productively.

Now that I have spent my entire life so far making endless efforts for my own illusory project (see later) and have created all of this (sic!) from it, among other things, my current state, as it has resulted from the primary process, is this: Although I continue to be touched and moved by individual events, as the opening statement shows, I have largely detached myself from the fate of humanity as a whole. A bit like Mrs. Holle, who shakes out her pillows and lets the feathers, like snowflakes, be carried out into the world by the wind.

So now to the [life project](#). As the neurobiologist Michael Meaney aptly explained in an interview, "every living being is fundamentally concerned firstly with survival and secondly with reproduction"<sup>69</sup>. Even if he at least did not mention the third dimension, that of forward-looking care to ensure not only survival, but also longer-term survival, and even if he is hardly aware that he has come close to grasping the meaning of life, this clear statement is a welcome one. - In this book on the meaning of life, the obvious meaning of life logically results in what I call THE task. And, as Meaney has also recognized, THIS task is binding for all living beings. It must be mentioned, however, that in order to take account of the current situation of the human species, it is precisely the area that is easiest to define, that of reproduction, that has lost its binding nature for human individuals today. Which is of course okay and appropriate, but it simply means that people who forgo the personal procreation of offspring must devote their entire life force to other contributions to survival. - So much for commitment.

[The life project of all living beings](#) - unfortunately except for us humans at present - is linked to the triad

**survive / reproduce / live on**

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<sup>69</sup> NZZ online, 5.12.14

has already been exhaustively outlined. The life project is identical to THE task

Based on the unfortunate but self-inflicted circumstance that the comprehensive and fundamental feeling of unworthiness is one of the first pieces of information that the developing child receives, the path to this simple and direct fulfillment of the meaning of life is closed. Because, to put it profanely, those who do not consider themselves worth living have other worries. The resulting product is then always a mixture of three components.

1. The naked drive to survive as an individual.
2. Which means somehow coming to terms with the denial of the right to life, i.e. not killing oneself, which would be logical. And it doesn't happen so rarely sooner or later - for example, when the extent of the devaluation by the family is too great to bear.
3. Finally, from what is left of the natural obligation to contribute to the survival of the whole - including others.

This mixture inevitably leads to a deviation from the natural fulfillment of the purpose of life. Since the UWE belongs to the primary learning units, i.e. to the primary equipment of the child, i.e. to its life project, it is biologically not intended - i.e. impossible to achieve with the usual means (upbringing, education, etc.) - that the life project, at least from the point of view of the person concerned, succeeds in terms of THE task. Because that would in turn prove the UWE, the dominant primary learning content, wrong. A thing of impossibility.

This enormous challenge for the growing child logically results in what I call the [survival package](#). And this survival package is dominated in its 'public' part, so to speak, by what I call the [pseudo-project \(SP\)](#). This SP expresses what is supposed to give one's own life the appearance of meaning. So if you want to find out your own ScheinProjekt, simply pay attention to what you are obviously(!) most invested in. - Here there is still the choice between S+ and S- (popularly: shit project)! See below.

# YOUR project

Have you carried out an examination of your life<sup>70</sup> ? Then you will undoubtedly have discovered that your life does not simply consist of THE task, but that you have chosen a very idiosyncratic interpretation of this universal requirement of nature, to put it politely. You made this fundamental choice at the very beginning of your life.

I call this, your personal - even if completely unconscious - interpretation of your meaning of life, a [substitute for THE task](#):

## YOUR / MY project<sup>71</sup>

YOUR project is therefore your very personal - and unfortunately devastating because of the already firmly installed sense of unworthiness (UWE) - modification of the actual meaning of life. [YOUR project defines exactly what you actually want to do with your life.](#) Whew! You'll be scared to death when you realize this. But this will turn out to be [the most important personal realization of your life.](#) Without this expanded understanding of yourself, there is no remedy. Nowhere. Not for anyone. Incidentally, you will hardly find this out as you read. You may have a spontaneous hunch that sprouts from your guts. [\(H](#)

### **Note:**

*One of the nice, well, perhaps rather fantastic, so ... nice findings from recent times is the clarity about how deep and sustainable development and learning processes take*

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<sup>70</sup> See worksheet, plus chapter "Check your actions for meaning".

<sup>71</sup> Depending on who is speaking, it is called YOUR project or MY project.

place. For all people who are on their way to themselves and critically observe their development, this is a tremendous relief. This is thanks to the realistic assessment of what is happening. Perhaps this insight can also be applied to other processes.

Read:

This is the **VAT<sup>+</sup> model**. Each primary development step (at least) proceeds according to the following abbreviated logic:

First, a suitable, extraordinary event triggers a usually spectacular leap in development ('**paradigm shift**'/**PW**). But, note: this does not last; zero! But illusions want to dance; and we don't have time to mature either. People think: Now I've got it! And actually believe it for a while ...

*Let them! At least until they have paid the therapist's bill.*

... That then takes one or two days at most

And that's what I call **advance notice (V)**.

If, on the other hand, you see through this and continue to work on the NP as if nothing had happened (the whole thing works successfully exclusively with the help of the NP), you automatically and usually unconsciously continue to work on this development within yourself.

A few frustrating months later, you become aware of the issue again; also automatically. And then again and again. Apparently always when your conscious participation is needed for the next step. - For example, you notice changes - usually quite literally! - changes that you can meaningfully link to the V theme. - Behavioral changes, which are an essential part of development processes and, thanks to conscious, compulsive practice, are among the most popular manipulations, happen in your case completely automatically, without effort. You are now in the **announcement phase (A)**. And still nothing is guaranteed, sustainability is still not assured.

If you consistently stick to your process without paying the slightest attention to this specific issue, for example, it will continue to work automatically on your development, i.e. liberation, in your depths; and of course on various issues at the same time. At some point, you will be surprised to realize, rather by chance, that you have long forgotten the former 'problem' and that the new piece of the puzzle of your liberated being has long since established itself in your everyday life. The spectacular leap at the time has become an ordinary everyday occurrence; a permanent part of you, as if there had never been anything else. Then you can assume that it is now a **fact (T)**. Irreversibility is now guaranteed, the developmental step is completely sustainable, effective for life.

I have added an ominous '+' after the VAT. This is by far the most common PW, but the weakest in terms of sustainability. The '+' stands for significant, often surprising mental insights, realizations, enlightenments ...

*Let's not get carried away, 2b!*

*Oh, I like the term, esteemed bringer of light; it's fun to play around with it.*

*If the Lord means ... the path then leads in my direction; it is indeed getting brighter and brighter there.*

As this is a powerful, evocative, but merely mental process, the whole thing is very susceptible to deception. Such processes need to be grasped quickly - without illusions about their non-existent sustainability - if a possible decision - i.e. action - supports the realization. - Unfortunately, this also works with illusions; how many alcoholics/drug addicts - e.g. famous actors, musicians and athletes - have already discovered God in rehab? (My goodness, they must be swarming with missionaries like a compost heap with fruit flies). - On the other hand, you will also need exactly this "+" while reading this book in order to make the decision to join the NP. Because apart from insights, you have nothing spectacular ("V") to show for it. So I can neither relieve you of the necessary ability to distinguish between wheat and chaff, nor protect you from the risk of ultimately being deceived. - The slogan "Try it out!" (see later) and the extensive renunciation of outward commitments (ditto) give even people who like to be deceived a certain guarantee. They will be confronted mercilessly. - However, the continuation of your NP will always depend on your experiences and the associated PWs  
Just VAT+!

In any case, we must prepare ourselves properly for the discovery of YOUR project. Remember, all your conscious investment is currently being made in a project [that is as far away from YOUR project as possible](#) : in your illusory project (see below)! The following therefore applies: 99% of people never find out, although this quickly becomes obvious if you take a reasonably detached look at the course of their lives. And the few who do become aware of their real life project at some point do not recognize its significance. Or at least do not recognize it! And thus miss a unique opportunity. Who wants to admit the devastating facts? [Our lives](#) - driven by the UWE - [are already dominated by fear](#). Yours too! No matter how brave and courageous you think you are. We are all driven by the desperate fear that others will realize that we are unworthy. Yes, we do everything we can not to realize it ourselves. Otherwise we would ... yes, of course: say goodbye to a life to which we don't belong anyway and never will. Well, quite a few people do that too. An exclusively human phenomenon that clearly and



unambiguously points to the UWE. We just don't want to admit it yet. Just like Rumpelstiltskin.

Now just imagine how such fundamental and actually banal things as natural [e-management](#) are supposed to succeed. Ridiculous! Pity those who struggle unsuccessfully. Well, you still need the relevant information, as all people with an NP will gradually bring their self-regulation into balance in every respect - and this as the only remaining or new specimens of our species, worldwide! And enjoy a tremendous (advance) leap in vitality as a result of this alone.

However, the ultimate contradiction and therefore [the ultimate challenge for humanity](#) is this:

**How should we choose the NormalProject solution if we can't bear a real solution because of our 'unworthiness'?**

*Wow, now we're entering my spheres!*

But first of all, during the probationary phase, you to look into your deepest abyss, into YOUR project.

Are you too afraid of losing your (fake) face? Then don't bother with the NP and continue to live with your countless illusions. Everyone who knows nothing about the NormalRevolution is doing the same. And nothing will change. No real development will take place. Not with you; not in the world. Nowhere. Same business as usual. Forever ... (Of course your fear is unfounded. The fact is that every single primary process strengthens you deep inside. So you get stronger and stronger. And this time for real! Soon you'll be laughing at the ridiculous image of a liar that you once - admittedly in great need - put on yourself).

*Well done, lion!*

**On the other hand ...**

... this by far most important and potentially most fruitful realization of yourself will not only shake your foundations, but also begin to move them very gradually, slowly, slowly. Like when a solidly built house is separated from its traditional foundations and shifted centimeter by centimeter. And this shift goes - in any case surprisingly, and yet

automatically - in the direction of normal space! In the direction of completely unrestricted LIFE.

Heart, what more could you want?

*Hey! And where am I?*

Don't worry, good friend, nothing works without you. Remember the most important hinge of the gate that leads out of the prison of the matrix, out into normal space: **FACING HELL!**

☺ *(audible sigh of relief)*

So, rely on it: if you are involved in the NormalProject soon and are not completely perplexed about what is going on inside - and outside! - nothing relevant has moved yet. ATME more (see p185f)! Take care of the PP more often, with and without company. On the other hand, there are no guarantees for anything! Last but not least, for something you so desperately want. That's all that was missing. Just like 'NP without risk', right? Life is and remains risky. Otherwise we would lose our ability to live - pah, that happened a long time ago! - and our vitality as well (by the way, how much and what kind of sexuality is (still) taking place in your life?)

So it's probably nothing like the catastrophe you expected when the dreaded truth comes to light. What a shame, isn't it? I'm really sorry. You love drama. More than anything! Going down with drama; who doesn't love that, at least secretly? The movies prove it; and so does the fascinated daily reading of brutal reality ...

# Your ScheinProject(s)

This is not enough of the fundamental confusion.

This, YOUR project, is overlaid (and deliberately concealed) by *two illusory projects: one that is life-friendly (S+) and one that is life-hostile (S-)*.

The two illusory projects usually have something to do with each other; they are like the light and dark sides of the actions that shape your life. Depending on the fundamental orientation of your life, either one or the other illusory project becomes visible to everyone in your 'public' actions, while the other tends to remain hidden and only appears openly from time to time. (H)

**Tip:**

*Who doesn't know, for example, the S+ of Mother Theresa? Honored with the Nobel Prize*

*People who had intensive dealings with her and got to know her private face, so to speak, describe her as a rather nasty person; arrogant, opinionated, exploitative and egotistical; sometimes even violent towards her followers - a real S-*

If you are a more ethical person, your life-friendly sham project is what *you* would call your purpose in life. Well, unfortunately it's all a sham.

*What did you just say?*

*Oh, sorry, in three devils' names.*

*One devil is enough.*

If you tend to play on the dark side of life, it is a life-unfriendly or even life-hostile sham project (S-) that you try to make successful by almost any means. Accordingly, the name "*shit project*" has become naturalized for the S-.

*Can you see? The crooks in luck!*

You can say that out loud. Complete success. Even if they are caught, they will still be rewarded here and now. And they are always and forever right in their own eyes. So it's no wonder that there are so many of them. We are currently vehemently moving in the direction where we can no longer trust anyone! Criminals are simply part of

the Matrix. Fate. What can I say? 2/3 of people are dominant S+, 1/3 dominant S- ?  
Sone total, hair-raising, humiliating - and exposing! - Cake

ScheinProjekte are therefore the place where we *consciously* invest. The goal that we assume: This is it! That is my purpose in life.

**Your dominant sham project is your official purpose in life**

Think again! It's all about the Rumpelstiltskin who is hiding his name.  
YOUR project, my good man, my good woman, is heading somewhere completely different. Somewhere completely different! And it is YOUR project that ultimately prevails. After all, it is YOUR (actual) project. You can't help but always and ultimately completely agree with your UWE. Your efforts end in defeat. Again and again; towards the end at the latest.  
Bummer, isn't it?

*You know that if you keep swearing like that, you'll go to hell.*

Damn, that's right. So, cu! You know which department I want to go to.

*He only has sex on his mind again ...*

# Your side projects

Each person has developed their own arsenal of side projects (NeP<sup>72</sup>) to flank their sham projects. Yes, it's true: your typical characteristics that make you you are nothing more than the conglomeration of your two SPs (S+/S-), plus all your NeP and MP (MY project). Side projects are expressed in attitudes, ways of thinking, tics, disturbing or particularly *valuable* characteristics and behaviors. Just everything that psychologists, doctors, counselors, voters, partners, friends, trainers, employers, etc. deal with.

Ultimately useless.

Why useless? But yes,

**our side projects shape the whole matrix drama.**

They also provide the gossip. What else do we want to fill the newspapers with

In reality, side projects have a clearly defined task

They either serve the SP to, for example, help pick you up again after (mostly strategic) failure, or pull you down again after successes. They create all sorts of fake topics that we then deal with in *all seriousness*, wow!

Or, they serve YOUR project. They guarantee that your life project will ultimately succeed ... at least by causing your private life to fail.

NePs are not an end in themselves! They are always oriented 'upwards' or 'downwards', as it were.

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<sup>72</sup> To avoid confusion with the abbreviation of NormalProject (NP), I abbreviate NebenProjekte with NeP.

The great thing about this clarification is that we now know:

No matter what moves you, keeps you busy, causes you inner (and outer!) conflicts: Almost everything is planned that way. It's just part of your life project - an SP, a NeP or an MP

Sorry, yes! [That's just how simple we are](#). As simple as all living beings. And yet we wanted to be something special - above all a male strategy from the early days of the gender struggle, with unforeseeably fatal consequences. After that, we went to great lengths to develop matrix strategies over thousands of years - almost the entire history of classical culture - to create confusion, pseudo-complexity, confusion and irrelevance.

The fact is: EVERYTHING can be easily assigned and its function clearly identified. Just like other living beings! It's just that we humans have a complex illusion on this simple reality. Ha, you can relax then!

So in the first phase of your NormalProject, you will already examine your entire life - what is happening or not allowed to happen - and begin to understand it. We call this process "[animal testing](#)" (see later). - All areas of the LifeProject - i.e. everything that makes up who you are now - have a function that is usually hidden from us. And they are unchangeable or, if effectively treated with one of the countless Matrix tools, are immediately replaced by a substitute NP. - You will discover your true intentions behind your posturing, missed opportunities, etc. That is, even if you manage to keep up appearances to the end: Inside you - always when you are honest with yourself in between, or are thrown back at your reality - you know exactly that you're doing sh.... Did you know that one hundred percent of people (of those groups that have already been studied; you can extrapolate the rest) are basically depressed (the jargon is "at least from time to time")? Even Matrix researchers now confirm this. Maybe 15 years ago it was 30%; maybe five years ago 60%; and now the researchers themselves admit: 95-96% (the usual scientific cautionary buffer). But you really shouldn't be surprised anymore

Your life will soon lie before you like a small, carefully tended or neglected garden. You gradually discover all the plants that you once planted there; you discover their taste and their effect. With each passing day, you participate in your life without illusions and increasingly UNDERSTAND what is going on and what it is all about. Your successes

are attributed to you just as much as your failures. They are all just part of careful, unconscious planning. Unexpected surprises are always included. These are then immediately interpreted according to the plan; why else do we have this sophisticated vassal of the rootset, called the mindset? - And at first you suspect, then you realize very clearly that it won't really end well.

It's going to be a crying drama, I can already tell you that.

So you may soon see your life spread out before you. Suddenly it seems easy for you to intervene: *"Remove this NeP; promote that one; remove its fatal effect; polish the S+, free it from the shadow; eliminate the S-. And finally, reframe MP, give it a good outcome ..."*

Yes, yes, some people have already diligently pursued this, who then did not survive the probation phase ...

THINK! YOU WILL LEAVE EVERYTHING EXACTLY AS IT IS IN FRONT OF YOU.  
YOU WILL BE CAREFUL NOT TO FIDDLE WITH IT IN THE SLIGHTEST!  
UNDERSTAND?!

That is hard. But you will learn to understand the deep meaning of this outrageous behavior according to matrix logic ... and be overwhelmed by the effect of your PP.

## Conclusion

If you this with your life project, you will have no more problems in the future. Just the sober, ultimately relieving reality ☺

ISN'T THAT FANTASTIC? From now on, no more problems, just the more or less A..., no I'm not saying that now, ... that you, I, we all are.

Oh yes, and this (once again, the essentials only occur to me in the second rank! NeP?): Anyone who uses the infinite privilege of having a NormalProject not only has no more problems from then on, simply because of the new understanding of him/herself, but can additionally

everything that doesn't work in your own life, tout de suite! - instead of, as is usually the case, [bringing it into play](#) (Facing Hell); which for normal project managers is synonymous with immediately taking it into the primary process (both succeed immediately and automatically!)

And then the magical [paradigm shift](#) happens

Instead of provoking numerous mishaps, often over decades, as before, [the magical formula 'don't just bring it into play'](#) now protects you from numerous stupid things that you would otherwise do in life and can even cost you your life. And thanks to the PP, it is also available for fruitful use; it strengthens you, helps your liberation, makes you a little more independent, more confident - and more loving!

Well, if that nothing ☺

## On to the final illusion!

Well, I have now [described the best, most effective tool that the human world has](#)<sup>73</sup>. It even works without PP. There are considerably fewer problems, but zero development. In the NormalProject, however, instead of problems and dysfunctions in behavior and relationships, you also have highly welcome occasions for the PP every day. Which means you are developing profoundly. [Because every PP brings you a little closer to yourself](#). To who you really are. So it frees you further and further. Automatically. Without any intention (otherwise it won't work). Until at some point you fall [behind THE LAST ILLUSION](#) - namely the one that says you are unworthy. But before that, the little nothingness inside you beckons for a long time. Only, instead of for life, only during this

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<sup>73</sup> See essay "The magic tool"



project phase. Which lasts just as long until you are ready to drop your false self-image, just like the strip dancer drops her covers.

*Super comparison! Typical 2b!*



The logical conclusion: Nothing serves you better than looking, then walking into, and finally through your own inner hell: FACE HELL!

*I think so too!*



But if you want to win a lot, you also have to risk a lot. There's a very real chance that you won't make it. There are already plenty of examples of this. We've learned a lot from them. We've improved by leaps and bounds. You have to do a thorough job of cleaning up the image of being strong and all that ridiculous crap. Otherwise, nothing will work. No future!

It's about time this movement from the 1980s, which has never been replaced anywhere, was finally transformed into a new movement; this time *with* FUTURE!

## The NebenProjekte at a glance:

The most important ancillary projects are divided into three categories.

1. The NeP with the task of fueling our 'official' sham project, helping it to achieve a breakthrough and ultimately to 'succeed'.
2. The NeP with the opposing intention of sabotaging the official SP (in our culture mostly S+) and helping the hidden SP (in our culture usually the S-) to break through.  
(Incidentally, this struggle between opposing qualities leads to a lack of clear results in your efforts to make your sham projects a success. This keeps the drama alive. Your endless endeavors are always driven anew. A logically eternal game).
3. Finally, the NeP with the task of finally moving your existence in the direction of MY project (the final consummation can happen at some point in the lifespan - between infant and old age - depending on the life project. A common example: 'resignation' regarding SP after retirement).

And indeed: Among other things, these side projects are the livelihood of all the millions of helpers who unfortunately ... - all the millions of helpers who unfortunately .

**No, not again, dear devil, we have heard that you are pleased.**

... invest in bogus solutions themselves. As a result, their contribution cannot be a genuine contribution to the sustainable well-being of people either, but, like the other contributions, ultimately results in a sham contribution. As history proves. Too bad for their sometimes outstanding efforts. Too bad for the sometimes brilliant, but ultimately wasted energy.

# The primary process

The primary proce...

*Hey, 2b, that's not on. You're giving away all your secrets. And anyone and everyone can then claim that they can do the same. People would soon flock to random places; e.g. towards a lukewarm, divine paradise where there is nothing but illusions, just NO LIFE! Or to sg spiritual spaces, also full of bland illusions. Or to (other?) cheap profiteers. That's all we need! Please at least keep the intimate secrets of the process and channel the flow of project participants in my direction!*

*Consider my vision: 5 million people all over the world doing synchronized group PP. REAL PP! (Because, as you tell me, it's not that easy) ...*

Oh, for the devil actually a vision, albeit a beautiful one, but a modest one, with soon eight billion human inhabitants of the earth.

*And then synchronized ...*

Hey, I get it, YOU are free for the devil's sake. But we don't want to overdo it with people, with their completely alienated relationship with nature - my goodness - we're not in hell. Not yet!

*(I'm telling you, he only ever thinks about one thing!)*

And anyway, you're absolutely right. Let's be modest with the minimum.

So once again.

## Finally: The third way

There is the shamefully huge number of people who permanently make assholes of themselves through striking to hair-raising violations of humanity. And then there are all the others who only make assholes of themselves from time to time. In short: in the end,

we are all assholes. We all live in the same prison; only, some of us are kept there by the state. We all carry about the same shit inside us; there are only gradual differences.<sup>74</sup>

So far, there are two ways of dealing with this extremely embarrassing fact of Homo Sapiens Matrixensis. One way is to take full action. Others merely try to suppress it a little, more or less successfully.

What psychotherapy does - and with it all other more or less dismal attempts to get to grips with the immense destructive energy that is at work in all of us - is ultimately just this: to move as much of this destructive energy as possible from action to repression. Analysis and 'opening up' or not. Period.

The PrimaryProcess, or ProjectNormal, or NormalRevolution is now taking a brute, and therefore all the more effective, third path - right through the middle. Based on the "Magic Tool" (see NormalVerlag), all this shit, which de facto fills us to the brim, is mixed up, stirred and expressed in the right way, in any case with ultimately uninhibited force, [using an enormous amount of energy](#) - in other words, [brought into play](#) (instead of into action, or instead of being repressed (such as transcended)). This includes the streams of tears that follow the shit on the foot. Which in turn immediately leads - among many other things - to the liberation of ... just again: brute lust for life and further brute life energy. Period.

A little more concrete (and again very well-behaved):

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<sup>74</sup> That's why about a year ago, I broke the unheard-of taboo of doing away with the counterpart - that is, the ultimately fatal setting: here (compulsively) healthy and strong therapist (etc), there (equally compulsively) sick, weak patient (etc) and mingling with my own process. The only thing that remains as a management tool is an occasional sideways glance at the litigating round ... er, the wildly scattered litigants, and then every now and then a brief encouragement, well rather a shouted request; e.g. "breathe, damn it!" The effect of this Matrix no-go: fantastic! On everyone. People realize that I'm in exactly the same situation as they are. What makes the difference is my know-how and my head start in terms of experience; in other words, just concrete, lived facts.

The primary process means (among other things) that you open all boundaries; both internally and externally.

With the appropriate practice, you will soon be able to act and feel boundlessly both internally and externally during the PP. - Without interfering in the slightest, even the most hidden emotions will finally come to life unfiltered and ready to contribute to your liberation, to your tremendous natural vitality. These are usually powerful, even brute emotions. Sometimes they are mainly physically oriented processes that almost have to be placed on a vegetative level. - Remember: everything inside you that you have, as it were, killed off at some point naturally striving to be liberated, to LIVE, to finally penetrate you with the vitality that is appropriate to you as a human being and deeply inherent, yet brutally barricaded. Liberated from these countless, terrible restrictions, inhibitions, tensions, stupid mind concepts that have robbed us all of most of our natural vitality.

And when you slowly emerge from the primary process, you are sometimes shaky, deeply moved, sometimes completely with yourself in untouchable peace, sometimes filled with unbridled euphoria and joie de vivre.

What a miraculous coincidence ...

*Coincidence? I organized it!*

... A psychologically educated member of the core team has just written to me that even during many years of therapy she had hardly any memories of the time from 1-4; and now, through the unprecedented force of the primary process, a completely clear body memory of that earliest time of life is emerging; and how, as a result, she is also experiencing the sensations of that time again in their full force; and with these sensations, the memories of events from that time are also coming back to life one after the other.

And here it comes: she goes on to write, surprisingly and for me particularly beautifully: "The most beautiful experiences of being there, as they arise after intensive PPs, when I believe myself to be completely in normal space, at least for a short time, connect directly with the experience as it arises now, via the body memory as a transmitter, from

the time immediately after birth. I am particularly touched by this special atmosphere. I clearly sense that I already know these wonderful experiences from my own life. Apparently there was a being that was still open to this - for a very short time." As an addendum, she writes that in unconditional encounters with death as an option and desire, as they logically (must! UWE!) arise in the PP, the same unique atmosphere, the same original, LIVING sensations arise. And concludes with the words: "None of this is available anywhere else, it is UNIQUE, priceless and cannot be replaced by anything else."

**Counterpoint:**

And now this☺ :

But the PP (ego project) is not really the solution. Otherwise this ME project will degenerate into the already omnipresent narcissistic "me-me project". Rather, with the help of the WE project, after an almost infinitely long break, the PP finally makes us ready again with every single fiber, or rather **fit in every respect for the personal contribution** to the adequate solution of all upcoming human challenges (YOUR project)☺

# No life without feeling

*You are now sufficiently familiar with the matter. My tone will now become a little more confidential as I introduce you to the more intimate areas of the matter.*

*As already mentioned, the primary process is saturated with emotions, primarily tears. That is why I am now going to explain this topic; and allow myself to dispel a typical matriarchal (= not wanting to understand!) myth with a note (H) the end of the chapter.*

In general:

If you don't have free access to your feelings, then you can't really feel yourself. If you don't feel yourself, you lack the connection to your own life intelligence. It is impossible for you to reliably make life-intelligent decisions and act in a life-intelligent way. Impossible!

## Specifically:

If you can't cry, you're not really alive. This applies to at least 97% of all men, at least in the western and eastern world. And recently, and increasingly so, women too. This in turn means that 97% of all men here and there are not really alive. And therefore have just as little access to life intelligence.

Great balance, right

The formula, especially valid for **men**, is simple:

Learn to cry again, man. If you can't cry, you're not living. Period.

I know you have invested a lot, just like I once did, in order to finally not have to/be able to cry anymore and to always appear strong everywhere. **The same goes for fear.** But we have all bought into a stupid myth. The fact is that **people who kill off their own vitality in order to appear different from what they 'are'** must already feel like colossal

weaklings - unworthy, in other words; and with this and other measures, they actually, decisively and definitively weaken themselves. Well, that's a shame. The survival package.

**Ergo:**

For biological reasons alone, we men - and of course you women as well (see below) - can't be relied on when it comes to making life-intelligent decisions and taking life-intelligent action. Worse still, as long as we are so closed off from ourselves that we cannot even feel free, our actions cannot be trusted. Even worse: [we can't trust ourselves](#)

Are you still wondering what we humans do in the world?

## The male triad of weakness

Accordingly, [the male triad of weakness](#) has emerged:

1. POWER
2. SUCCESS
3. MONEY

Of course, the above applies to all feelings, including fear, for example. Or love. And of course also for feelings that women are incapable of feeling, such as genuine, appreciative anger. [\(H](#)

### **Note:**

*Hate is then again something completely different and [not a real](#), i.e. [primary feeling](#)! Behind it is (almost) always ... yes, you won't believe it: LOVE! This strange brew of love and powerlessness/despair can lead to hate. Haters actually feel powerless at the mercy of others; [weak, but total](#). Their hatred is a desperate attempt to somehow feel strong after all - instead of killing themselves. Well, combination killing seems to be getting more and more popular - well, now you can look into the world and understand and re-evaluate sooo many things, can't you?*

But beware! With women, it's only better for appearances! An estimated 90% of women's 'feelings' are strategic in nature. They pursue an intention with them. So these feelings are not really genuine. They consist mainly of drama, especially [victimization](#).



These **pseudo-feelings** are primarily used to arouse feelings of pity and/or guilt. Which in turn means to gain control and domination over men (and incidentally over the children). The whole spell reinforces the unreal in male-female relationships. - So in the end it comes back to more or less the same thing. Women are no more open and permeable than men. Accordingly, both sexes have the same job in the NP, just with different nuances and orientations from time to time.

### Conclusion:

The inability to feel genuinely and fully can be seen as a revealing symptom that proves what you already understand: **just as many women as men merely exist; they are without real contact with themselves; they survive in the end, nothing more.**

We all pay this price shortly after we come into the world. We isolate ourselves from ourselves in order to SURVIVE! Keyword: UWE. Our survival package includes isolating ourselves - to varying degrees - from at least a large part of our sensations, and therefore from the ability to perceive ourselves, our fellow human beings and the world unfiltered.

### Consequence:

If you want to LIVE, and if you want to find access to the natural intelligence of life, you must first learn to feel again. Fully; with all appropriate force. - Head feelings (= pseudo-feelings) feed illusions and are correspondingly harmful; they are part of survival packages.

Therefore, one of the first tasks in the NormalProject is to use the PP **to open up access to all your AUTHENTIC feelings** (sadness - fear - anger - joy/lust/love = **powerful feelings**, or melancholy - fear - anger - contentment/empathy = **gentle feelings**). This is a central part of the probation phase. Only then can you begin to dream of your chance of LIFE.

Formulas, such as the one I mentioned about crying, are revealing. You always know - in this case usually as a man - where you stand in terms of LIFE. This is especially true in the context of the NormalProject.

I had to modify the **formula** accordingly for **women**:

## Breathe woman

If your breath is not completely free - and can also be emotion-free - you are not alive.

### The breath bomb

That's why the sg [ATEMBOMBE](#) is regularly carried out in the NP - great name, right

*Well, you seem to like to play around too, 26*

If it's born out of humor and a playful - i.e. lightening - approach to serious things, sure!

Forty years ago, I was already breathing with Leonard Orr (rebirthing) in London. Intensive breathing has always played an important role in my psychotherapeutic practice. However, the first time I experienced the breathing bomb on and in myself, and although it only lasted a relatively short (!) time at first, it spontaneously came out of me: "That was the most intense 20 minutes of my life!"

The breath bomb means breathing at full throttle for half an hour, an hour and longer. Believe me, it sinks in. And it will take you to places you've never been before as soon as you succeed. Every evasion - interrupting, bitching, breathing superficially, acting out physically, etc. - is confronted. This is a great help, as we generally have little control over these evasive maneuvers. On the other hand, you can't do without it ... until you can!

In the case of the breath bomb, the way out into feelings should also be avoided. Feelings are exhaled. This is particularly important for women (see above).

As you breathe in the breath bomb until you lose all control, you will be happy to have competent guidance for the time being. It is also often helpful to do this in groups. This creates an incredible atmosphere when a whole pack breathes themselves into places they have never been in their lives; precisely because they have never breathed so intensely without acting it out through movement, i.e. literally flooding their system with energy

These tools are designed to help you open up, to be able to feel and, ultimately, to

achieve a limitless primary process. This is what they were developed for. And this is how they are used. They are not related to seemingly similar methods.

## The bomb PP (ABPP)

Another regular procedure - now standard in the group - begins with the breath bomb. As soon as strong, completely uncontrolled feelings arise, you can surrender to them. This then leads to a powerful PP - but hello! - and is accordingly called: [Bomb PP](#)!

### A proper primary process will blow your mind!

Lose control and freak out, my dear, my dear! With all kinds of feelings - pain, anger, fear, lust. Even physically. I mainly call physical freaking out, i.e. the total physical loss of control, [vegetative PP](#)!

You learn to [express](#) yourself [absolutely uninhibited, down to the innermost fibers](#) - with emotions that have always been there in you, but that you have never expressed even remotely in your life: brute, weird, completely crazy!

These juicy, violent processes ultimately lead [to the lived freedom](#) to be the person you are inside; without the usual - and mandatory! - reservations; in other words, without any restrictions! And without ever having to hide yourself again.

And precisely this (actually forbidden) [absolute, complete and unconditional harmony with yourself](#) - that is, also with all your evil, horrible shit; with your total weakness, with your infinite fear, with your disgusting pusillanimity, with your desire even to kill yourself - it RELEASES! SETS YOU FREE! Your UWE gradually becomes an - openly communicated - footnote; Rumpelstiltskin dies; as does Sisyphus (finally!). THE GATES TO YOUR ORIGINAL, NATURAL ENERGY, I.E. LIFE FORCE, ARE OPENING! Okay, that's the secret, now spilled. Well☺

In the closed context of the PP, this always means that [you simply bring your innermost, uncontrollable impulses into play here](#) - instead of into stupid, mostly life-threatening actions in everyday life. But then without limits! [I assure you, after that you will lose all desire and every stupid compulsion to put your nasty shit into action in life.](#) And then the

NORMAL REVOLUTION takes place. First in you; then through you! - Hence the "magic tool"! Got it?

Accordingly, the probationary phase is only complete when you have become so open and permeable again (or for the first time?) that your authentic emotions can flow more or less freely. I say to some extent because every still hidden restriction of your aliveness, every still hidden component of your UWE is associated with a restriction of your permeability and therefore also of your feeling.

And now, as promised at the beginning of the chapter, to one of those countless stupid Matrix myths:

### ***Tears of happiness***

*You cry for joy.*

*For joy?*

*Nonsense! For joy and happiness, our biology dictates laughing/smiling, or even cheering.*

*For pain in all its forms, tears.*

*So if something beautiful and happy moves you to tears, it means exactly the following: It touches an unspeakable pain deep inside you; awakens a hopeless, painful memory; opens - for those who understand - the gates to the innermost pain.*

*In the NP, you will learn why and why this is the case; why something that makes you happy moves you to tears.*

*In any case, this always means the chance to follow your tears, to go with them to their source, to your unfulfillable longings, to your closeness to death, to your resignation, etc. And then to experience deep resolution there, in the sense of freeing resources that were previously completely closed off. And then to experience deep resolution there, in the sense of freeing resources that were previously completely closed off.*

*Yes, you know how! You have to do it just right, otherwise nothing will come out of it. Drama only feeds the survival kit.*

# The Normal Project (NP)

The NormalProject means becoming normal.

A normal human being, without blatant limitations in terms of vitality and life intelligence. It is precisely these limitations that all people on the planet are currently suffering from.

Your everyday life becomes incidental and your [normal project](#) takes center stage. And that's a good thing. And necessary! Because...

Without NP, the rest - which ultimately means your life! - makes no sense.

But maybe I shouldn't tell the beginners that. Because by the time you're ready, your personality will have grown enormously and become stronger. Let's say three or four times as much! Well, maybe it doesn't take much, does it

Would you like a reference point?

Well, imagine that you manage your current everyday life just like that, casually, with plenty of time for rest and leisure, without distractions.

Can you see that? Exactly

So when you realize that you are so open and ready that your process is allowed to take center stage, as it were; and you welcome this, if only because nowhere else in your life do you have anywhere near such powerful, fantastic experiences (but full of pain and horror!), then you are already so strong that it doesn't even occur to you that this reversal of evaluation could be threatening. 'Ridiculous!' you will say.

Oh yes, one more thing: the NormalProject is not therapy. You do it so that you can be released afterwards and go back to living roughly the same crap as before (see "Hinky and the hamster wheel", p141). The NP brings about all kinds of permanent changes. So irreversible changes. Effective for life. I use to scare off the particularly fearful with the announcement: "Everything changes through the NP in your life; no stone is left unturned." And I only tell the bravest among them that *everything will change for the*

*better* ... too late! It's already out. But, trust me, every time you stand on the threshold and have to decide to let go, you have forgotten what I just said.

No therapy, no. This also means that the eventual reversal of the casualness remains the same. If the process gradually recedes because your unworthiness viruses have flown the coop - they too are irreversible (unfortunately!? You will no longer be able to moan and put off your problems!) - then you will continue to cope with your everyday life casually. Not alone, either. Because you've realized that you don't make your happiness for yourself alone, but that you now have to make sure that others can enjoy it too. [You have been part of a movement \(YOUR project\) in the NP from day one.](#) Nobody here is interested in your 'happiness alone'; absolutely nobody!

Well, really LIFE is not free. But it is richly rewarded.  
You can give me and my S+ a little wreath ...

*That too?!*

... I'm gradually finding the courage to admit that the process will keep you busy day after day and often even take over. [And increasingly LUSTVOLL!](#) You find the whole thing totally awesome!

As soon as you try to suppress it, you end up back in the Matrix. And you have to push your pile of dung aside before you can between the Matrix and normal space again. That's obvious. Or haven't you realized what this is all about? What we're messing with? WITH YOU! And behind you, the whole matrix that has been leaving these miserable traces for 12,000 years and more; just because man and woman ... you know that now. So every single day in contact with the process. Because it enables developments that we could not have imagined until today. Plus, that's what everyone who is in the process says: Is there anything more beautiful, more exhilarating than being completely open, permeable, soft, supple and deeply with yourself?

That's how it is. THAT'S EXACTLY THE PURPOSE OF IT. Why else would I have been needed? I have left and resigned from well over a dozen promising associations and positions, simply ended a whole series of careers with top potential (examples: Bioenergetics Trainer, Body Reader, spectacular therapy with cancer patients, the same with schizophrenics, with physically disabled people, with drug addicts; Outdoor 3x3 (a bit of a shame, ...), etc. - I did this in each case without further ado when it dawned on me that this was not my right place. I never knew where I was going. I just [always felt that I was going somewhere.](#) That always made it easier to leave. And to move on. A few years ago (2007), we - the woman at my side and I - set our monthly turnover of CHF 33,000 to zero from one day to the next. Because I wasn't satisfied with the results

of the work. My knowledge had already been roughly complete for some time (1997). But the implementation, the process, still had crucial flaws. Elsbeth must have been stupid to go along with it. But she did it. THANK YOU!  
I led us (not only) financially through highs ...

... and then ended up where they all belong to begin with: IN HELL. Inevitably.

*Always welcome! You have booked a subscription!*

It was pretty lonely there, I tell you. I was there alone. So if you end up there soon, you'll be glad if there are others around you.

*I'm here!*

Well, you ...

Yes, it's ESPECIALLY the best place you can get to. Definitely the best place in the world at the moment!

*Well, world ...*

A woman has just written to ask "whether she can also get a place in hell". "Maybe, but first you have to work on the burner." Her answer. "Heating up? Great job; I'll take it straight away!"

There is no such nonsense as paradise. Just as little as a hell.



But if there was a paradise, it would be there, in the middle of hell.

What's wrong with you, devil, you hardly ever get in touch?

...

Hello!

*You speak for me. You're MY advocate now.*



Well, I'll be in the background of your brilliant NP (if it's not brilliant, I'm a damn liar!). But they, the advanced ones in your respective [NormalRevolution community](#), will stand by you. They will teach you, confront you and support you in other ways. This has recently become the [Core Team Community](#) here in Zurich. The pilot project was officially completed in the fall of 2015 on Mallorca, at a one-week, wonderful and intensive [Community Camp \(CC\)](#), as we call it (oh, that miserable eating; sooo many super

restaurants on the island!); it has proven itself sufficiently. From now on it's serious! What happens later is not up to me. But maybe you'd like to have a say. It is truly my greatest concern that this movement develops with as much autonomy and independence as possible. But with full competence, something like that! Epigones? Neither this precious thing nor I have any use for them. Learning time, yes, accepted; necessary. But then 100% personal competence is required. The whole thing still needs to be developed further. And I need to be able to sit back and relax with a good bottle of wine ...

*I'm in, I'm in!*

**Santé!**

Above all, I am available for the following until further notice: Probably, it must be lamented, continuing as a tireless researcher; then as a coach and companion for the particularly dedicated and talented; as well as a merciless and compassionless confronter. And as perhaps the most loving and appreciative person on this godforsaken earth.

*Hkm ...*

**Yes, sorry, but you *must* like the two words together.**



To be accompanied by experienced competence in a normal project, of course. Where else can you get a sober, value-free view? Too much repression, too much fear (of exclusion), too much pretense!

On the other hand, things are very close. It's all inside you. Just tucked away; thought to be forever (think again!). So nothing really new comes out of you. Everything is already inside and has survived to this day. No matter how much it scares you. **So you become nothing more than YOU.** But this **completely, with every shade of you - literally understood! - and uncompromisingly**

Experienced people don't need much effort to get to the bottom of themselves. You can learn that too. You can also do this in dialog with others. But first you do it with yourself. Always start with yourself first! Absolute integrity is a prerequisite for successful NP. Got that?

However you discover your truth - your fake projects, the side projects and finally (and at last!) YOUR project - the following is guaranteed:



**These discoveries will be the most important of your life!**

In conjunction with the final dissolution of this shadow that lies over your life - and, sensibly, the one that lies over your loved ones; but also the one over your enemies; over the 'bad guy' as well as the 'good guy' - this consistent approach to yourself opens up undreamt-of and fundamentally new perspectives. And not just for you, but for this whole stupid species to which you belong!

Did you realize it? We don't destroy viruses. We do absolutely nothing against anything in you. We do it in such a way that the UW viruses voluntarily, i.e. by themselves, withdraw and dissolve. In order for this to be possible with our stupid, completely anti-life improvement mania, you will undoubtedly have to work hard with yourself. Why should you be less messed up than the others? You of all people? But if you succeed; if you feel it for the first time and reliably attest to it in everyday life - yes, we won't create any new myths; I am merciless and wipe away everything that isn't real - ... oh, I tell you, then ...

*Leave them some curiosity and the unknown! Maybe they need to eat dry bread for 2 years first.*

**You're right. If they've earned it ...**

Perhaps one more thing:

I can understand if you hesitate or even turn away again. You're not worth it. Do you have children? Then do it for your children. No children? Or have nothing left for children? Then do it, if not for yourself, then out of love for your fellow human beings, if you feel anything like love at all.

Not deterred enough yet, you sissy?

Well, let's keep driving ...

# Your survival package

The power of survival is the strongest force in the space of life (H)

As a rule, it is even stronger than your sense of unworthiness. Unfortunately, only as a rule. Millions of suicides every year bear witness to this. Pure proof of the UWE.

## *A brief digression on being right:*

*Although subordinate to the force of survival as a universal life force, [the compulsion to be right is the greatest force in the purely human universe](#). And by far. In other words, a large part of the naked power of survival is invested in being right.*

*Where being right is directly equated with the power to survive - and this often happens; macro example: all recent wars! -, people will kill or die for it without hesitation; another example: private relationship conflicts.*

*Behind the urge to be right at all costs is nothing other than the [compulsion to appear strong at literally any price](#). And behind that, of course, is Rumpelstiltskin. And behind that, once again, the UWE. Which must be concealed at all costs - even if it costs you your life ...; otherwise you would lose any right to live. Because those who are unworthy have no right to live*

*Reverse logic? No problem in the Matrix.*

*It is therefore very easy to recognize that [this COMPLETELY ABSURD compulsion and delusion](#) - which is no less typically human than anything else - that we are simply ALL AFFECTED by, and which causes unimaginable damage to the coexistence of us humans, is [born of the deepest need](#).*

*It demands not only total relief and consistent distance, but also proper respect! Here, too, I have to say that this can only be achieved with an NP. Even with that, it takes time ... (as my own example shows ☺).*

*You can experience this for yourself in this book. It has constantly confronted you with your outrageous desire to be right. Pay attention to your reactions to the material it*

*contains. Your reactions teach you about the phenomenon of "having to be right at all costs".*

Faced with the sheer horror of being confronted with the absolutely credible delusion that we are unworthy, and therefore not entitled to live, at the very beginning of our lives, we humans use our sheer power of survival quickly put together a package that will ultimately allow us to survive after all.

This "survival package" is consequently built on illusions right from the start. The very first characteristic that was supposed to make you stand out merely served the purpose of covering up the fact that you were in fact unworthy after all ("Rumpelstiltskin"), i.e. that you didn't belong with these people. And since you were already under pressure to survive as an infant back then, you simply took what was just right for you from this whole, already essentially unrealistic, if not downright hostile to life, karzumpel from the sewing box of your family of origin and put it on. And so your whole life was built on appearances from the very beginning. Well. -

Speaking of which, the so-called 'primary narcissism' actually lasts your whole life. We have nothing else and never get anywhere else than being narcissistic (= self-hating!!). Well2. -

On the other hand, after all! That too - even that! - deserves both your and our respect! Because you have SURVIVED with it! Congratulations! This without irony.

## In the crab basket

All right, so bare survival is quite enough in this desolate situation. THAT'S WHY we Dummerians don't allow ourselves any more - neither ourselves nor each other, both personally and socially! Every serious effort to install LIFE in reality after all, or at least get a little closer to it, is immediately sabotaged or even punished (yes, even today up to the death penalty!). - I'm telling you, the different proximity of the various human societies to the Neolithic primeval catastrophe ...).

Sabotaged and punished by ourselves first; and then also by our environment. Keyword

"crab basket"<sup>75</sup>

A nice and instructive example: the '68 era.

And now imagine this: You are immediately confronted in the PN, first and foremost by yourself, with the fact that not only your self-image but also your very real qualities are merely a pretense; your whole stupid survival package is exposed - yes, what happens then?

Well, of course: you immediately get it back: the old fear of death!

You say to yourself: "Huh, if I let go of one seemingly important element of this crap - er, survival kit - then ..., yeah then ... bye bye everyone!

No matter how old you are at the time - 20, 40, 60 or 80 - the original motive is always and everywhere wide awake. It reacts instantly as soon as a corresponding stimulus reminds you of UWE. You react accordingly. Of course, this also applies without restriction to everyday life in the Matrix.

This means you are fully aware of your strange sensitivities. It's just that in normal life you have zero chance of doing anything sensible with this disturbing to dangerous phenomenon. Aha, you've painstakingly learned to control these obscure reactions! Bravo. Will you then, after a final short circuit, go on a rampage? Will you stock up on food and drink? Will you jog doggedly around the world? Or is there a chronic illness on the way? Are you going through or have just gone through a conflict-ridden divorce? Do you spend every evening depressed in front of the TV or computer screen? Or is something else happening that is appropriate to the situation?

Remember: inside you, this banality that is currently taking place in external reality is a matter of death or life - and the whole thing is judged with the rationality of a small infant .

Now you know how simple it is, what lies behind these tricky reaction patterns; how simple we - all living beings! - are knitted in truth. In the context of the NP, we speak calmly only of [triggers](#). Believe me, this collective serenity, often even accompanied by humor, helps enormously when you encounter yourself in the NP without embellishment. But still: on the way to reality, you have to prove yourself; I tell you that . Then you have to prove that you are REALLY fit to be a man, a woman. HA! That's why I call the first

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<sup>75</sup> Caught crabs seem to bring other crabs that want to escape from the basket back down into the basket, where death awaits.

time in the NP the "probation phase". Depending on your compulsive rigidity, i.e. huge anxiety, it can take quite a long time.

So now you know what challenges await you in the NP. Nothing works without fear of death. The path through hell means nothing less than going through death to LIFE.

*So, 2b ...*

Haha, no, no, just the perceived death! We don't want to rehash this disgusting Christian myth of hope for another life. Hope makes us passive; the power to act is delegated to others, to something else. We use it to cheaply come to terms with horror. Hope can only flourish in the cowardly context of the terrible emptiness of life; who needs hope otherwise?

Nevertheless, even if the whole thing only takes place in the game and NOT in action, you have to go through it. Several times! So think carefully about whether you really want to LIVE ;)

*On the other hand, to be fair:*

Your fear is unfounded. It only takes place inside you. In fact, you will become EXCLUSIVELY stronger, more capable, more confident and ... yes: *more winning* in your actions! Just more ALIVE! Also and above all in your connections with the matrix!

This from the very first moment your primary process begins to function!

*Ergo:*

**Off to the probation phase!**

# The three phases of the NormalProject

## 1. Full throttle in the probation phase

Some time ago, due to various unpleasant experiences within the framework of the project, I began to hope for ...

*Хаха, you too, 2b, who says ...*

... that we can significantly shorten the first phase after definitive admission to the NormalProject, the so-called "probation phase", if the people concerned find out about themselves as soon as possible, draw up a summary of their survival package and then make it public. So that everyone knows who and what they are dealing with.

Remember: *nothing about you is real as long as you are still on probation.* NOTHING! Except for the first, complete primary processes.

In the following I quote the original text of the initiation of this procedure on the occasion of the admission of a new aspirant to the NP. The quote also demonstrates the careful handling of previously blameless newcomers and should therefore also serve as encouragement ;)

## The animal experiment

*"so, robert, you're going to be our first victim. you know, in nr, animal experiments mean that you take the most obvious and therefore most meaningful animal. and that's just humans, or the little that's left of us through time.*

*it has been recognized that the probationary phase is not only the most important for the success of the pn, but also by far the most difficult, laborious and disgusting phase of the pn. the whole house of cards collapses. what kind of idiot does that? and then voluntarily.*

*well, it's too late for such considerations now, robert. continue in the text, or with the animal experiment.*

*it was also recognized that the first and most important thing in this probationary phase is - to shorten the misery; ask helen! - to find out what makes us tick. in other words, what we used from what was available at the time in order to at least survive; and then, of course, to continue with it undaunted for the rest of our lives; thus continuing to*

*believe on a daily basis - and then behaving accordingly - that it was a matter of bare survival.*

*so this is your job, robert. and since none of us knows exactly how to do it, and i certainly don't, it's an animal experiment and you're our first poor victim. professionally understood, of course. You know, "it's purely business, nothing personal."*

*so find out what you have done and avoided. make a plan of it, a list, a book, or whatever. we just don't know yet. but it will be of considerable importance for the future of the nr and ... now i almost wanted to say: you are really important for the first time in your life - i mean, little röbi, sorry .*

The probation phase decides whether the uncompromising path to yourself succeeds and thus whether the LIFE within you is finally liberated after all. If I were to retrospectively assess why my attempts at therapy, and probably therapy in general, failed in the end, it would always (have been) in the probation phase. - If the probation phase has been successfully overcome, this also means that

1. Your system is now - for the first time since your earliest childhood! - completely open and permeable again. This means that you can feel yourself to some extent down to your core, are in constant contact with yourself and are able not only to recognize your impulses but also to express them largely unhindered, especially all kinds of emotions
2. There is no longer anything that could be described as an inner defense against any impulses; no resistance, no fears in this regard, no reservations, no filters. No matter what comes up, it is allowed to be. And this also applies to the outside world.
3. You have come to appreciate your surroundings throughout and this now determines your perception as well as your thoughts, feelings and actions in everyday life, especially your communication. Gone is the almost permanent (often silent) devaluation of yourself and others. People who meet you sense this and will love you - at least in the case of harmless everyday encounters

Once this [interface](#) - or [gap](#) - has been overcome, you have faced death sufficiently and finally fearlessly, and bravely jumped over the ditch (well, maybe you jumped clumsily

and fell in; oh hell!), then....  
... you've done it, your NP is over. Amen.

Finished?  
Are you stupid? Then it really begins!

## 2. The Sleeping Beauty phase

Your resources have finally and unexpectedly - let's hope not undeservedly - been kissed awake from their planned eternal slumber. Now it's time to prepare your inner and then the outer soil so that something real can grow out of it. From you!

But, after all: from then on, your NP will run all by itself and be a natural, moving part of your everyday life. Your daily burgeoning LIFE is now finally guaranteed. Among other things, your body will do crazy things to you. It will want to come to life impetuously and will adjust you accordingly! A soon-to-be 65-year-old man complains☹ . Pah, your inner self has no consideration.

[If you're going to be alive, then be WHOLE](#)

(Um, I think that's been my credo for 50(!) years. Well, what lasts long ...!)

## 3. The NormalPhase

And at some point, your NormalProject will glide almost unnoticed into the third phase, the "[NormalPhase](#)".

The PP continues. But in the meantime, new "[facts](#)" are constantly emerging (check it out? "VAT" as an obviously fundamental natural or life process of sustainable learning). In other words, lots of great stuff that was simply not part of your life project is now becoming reality. Which, if at all, you only dared to dream about secretly, or perhaps once when you were drunk out of your mind (-> frontal cortex = mindset temporarily suspended).

Characteristics that you never thought you had are now yours; almost incidentally; and yet quite spectacular

Unexpected paradigm shifts, still and still.

And yet you as a whole always remain in your context; you remain you. Yes, quite detached! From the usual.

Your life gradually forms itself [as a whole into a new paradigm](#) - to LIVE. In the optimal and fantastic way that suits you



And yet, as soon as this becomes a fact, it somehow remains quite ordinary; quite NORMAL!

# Go to Hell!

So, my dear Lucifer, now I'll take over YOUR topic; you've been in charge of it long enough.



## The practice of the NormalProject

Go to Hell! This title is actually meant as a friendly - and promising - invitation. You won't succeed with your optimism. But not with your penchant for drama either; and certainly not with the victim mentality it contains. I call people whose victim mentality has become the main content of their lives *Opfeler* (= *S-*); sometimes even reasonably likeable people, but usually with considerably limited chances of liberation from UWE.

A friendly invitation ...

*Well, I don't know, 2b, it seems to me that a harsh request would be more appropriate here.*

How true!

I'm just a bit shy ;)

... to your home. To make your way to yourself, to your own naked truth. Yes, indeed, this is exactly how you face it in the primary process as soon as you are ready: *stark naked!* Nothing is hidden; nothing is repressed; nothing is pretended. Naked, just as you are as a human being, you expose yourself to the world and your truth.

**And then it starts.**

Completely without ideology and without myths. And above all in an almost brute way: *finally without any further illusions!* Yes, without any external influence at all! Just you, exposed to yourself and your inner misery.

So the whole thing was extremely mentally challenging, completely sober, and experienced with unexpected force.

Well, it's not my fault that your trial is like an extended walk to and through hell and that you end up in the middle of the devil's kitchen in between. I didn't invent "UV21"; I only

invented its name. As we all know, we have our faint-hearted, fearful ancestors to thank for UV21! I have a huge portion of it myself. I still work with the "process", or "PP" as we insiders call the primary process for short, on a daily basis. I was able to first-hand the incredible dynamics of the uninhibited progression of the process. I was able to experience how it gradually changes, in sync with the change taking place within me. Surprise after surprise! And I'm still allowed to do all this; as an old man ;)

But hell remains hell. You have it inside you. And your courageous encounter with it is the only thing that can set you free. And not some stupid mind concepts! They only do one thing for you: [they keep you away from yourself and therefore away from LIFE.](#)

For example, to affect you, shake you ... and let you suspect!

Something like a pre-PP ([VAT+](#)), which enables you to make the decision to set out on the path to yourself with the NP and thus to find true, unbroken LIFE. And in doing so, for example, to liberate the greatness that may lie within you (you didn't think so, did you!) and finally bring it to bear in the world. Damn it all!

Of course you can't, don't have to and won't do it all on your own. I don't want to impose my own decades-long solo journey on anyone; but not at all! It took me years to really understand what it's all about; and above all: how to do it!

You don't have to reinvent the wheel (even though I sometimes get the impression from my younger son that that's exactly what he has in mind. No wonder, with this father!)

So, you're not doing this alone. At the moment I'm still there to help you, at least in the background. But above all, there is a growing number of great people who are getting a little stronger and bigger every week. Like myself, fortunately; my goodness, it was necessary!

# Try it out!

I can only say: Try it out!

You stay free. Independent. You have to!

I can assure you that you won't be smuggled into an organization. Because they don't exist. In a way, nobody is interested in you. It's not about you; it's about THE task! Only you will deal with yourself, but like never before!

But within this free space there is plenty of appreciation, affection, closeness, love, solidarity, generosity and magnanimity.

Simply amazing! What could be better than that?

And at the same time:

- You don't need to change yourself or anything else. You can leave everything as it is. Until it changes on its own and you make new decisions simply because every fiber in you is ready for it.
- At the same time, you go through incredible, fantastic experiences and developments that previously seemed impossible for biological reasons alone; every week you become a little more alive, stronger, freer, more loving, more independent.
- You pay what it's worth to you; no cock crows about it. In general, [we consistently refrain from entering into matrix contracts within the NormalRevolution, i.e. contracts with your survival package; that's all we need.](#) For example, we only take money that is given out of personally convincing experience and/or enthusiasm for the cause - this project.
- The same applies to obligations of all kinds. There are no prefabricated regulations and contracts. The rules arise from the matter itself.
- Your survival kit will get in your way MUCH more often than not; and that always has an effect on the matter; we will make you aware of this; also of any consequences; and you remain free. Period!
- You are with great people. We cry together, sometimes we rage, but we also party hard and enjoy ourselves. We love LIFE, and with it the meat in every respect ... and the drinks to go with it.

What's stopping you? A glorious future lies ahead of you.

**NOW!**

Of course, take your friends with you and develop together!

Your partner, plus older children, anyway.

Found an NP community! We'll support you.

Don't worry, we'll do it without you. We don't really care about you as an individual. It's about something big. You have to take care of it.

## How you proceed

- Perhaps you will have the opportunity to experience one or more 'individual rubdowns' with someone from the core team - or you may even have been invited by me - and get a taste for it through your own experience
- Whether afterwards or immediately: You will find a community in your area or you will found a new community.
- Members of our core team will accompany you and, after an introductory quarantine (workshop), determine who will definitely be accepted.
- We will also be holding open introductory quarantines for individuals.

*Yes, yes, motto: 'Feeding on Mallorca'.*



- In addition to initial process experience, you will learn everything you need to know, including the most important LPs and the specific requirements for resounding success.
- If you are accepted, you will enter the supervised probation phase.
- This includes an intensive dialogical exchange about your process
- Every week 2-3 times you meet the others for accompanied PP (e.g. over lunch).
- You set up your own PP space/room at home and create the conditions for PP à discrétion. You'll soon be ready to do this anytime and (almost) anywhere.
- Payment is made according to need and possibility. Of course, at least the expenses must be covered collectively; but it will probably be a lot more that comes in overall, because you are now ...
- ... are part of the NormalRevolution movement and therefore have a lot planned.
- This means that the money is also reinvested in THE task.

**Well, let's finally come to the end!**

*It's about time; I'm tired. You know my e-management ... I learned from you!*

# The quintessence of the quintessence

The logical consequence of all this information:

A real contribution to the sustainable well-being of people can only be made in the context of the NormalRevolution.

I'm sorry. I didn't make it up. I'm just bowing to my duty to communicate this openly.

And don't forget: This is exactly my S+!

And my S-? Maybe I'd better keep quiet about that ... okay, the *perfectionist*. Is never satisfied with what he achieves. Hundreds and hundreds of clients, and later students of life, have had to experience this. ☹

But NOW! Now, thanks to my own persistent - of course perfect(!) - PP, I am finally satisfied; satisfied with the solution; I admit to myself: IT WORKS! And *it does so COMPLETELY!*

Shit, that's not possible! Where is my S+? What am I supposed to do now?

About you? Haha!

Calm down! MY project then means: all my efforts are ultimately for nothing; my life has no meaning despite everything I create; I can go ..☹

Yes, that's how it is. I'm actually quite relaxed about it now; in complete harmony with it, as it were. Okay, just tears included ☹

*Oops, brave, dear friend. Keep up the good work!*

YOU DO! You don't have to worry about MY real (life) project. You can take it all and shamelessly profit from it (as you can from Mozart's music, for example; a nice biography in this context, by the way, isn't it?).

But, I tell you, mourning the world is infinitely sad ☹

Well, that's the current state of affairs.

So be it.

*Well listen 2b, you prove the poor readers wrong throughout the book. You set their world view, which serves as an unconditional backdrop, in order to always be right and to suppress*

*the shameful experience of being NOTHING at all costs. How are people supposed to accept your solution, however great it may be?*

*... or may be ;)*

You're right, my esteemed, indispensable advocate.

But, you know, almost as long as I've been alive, I've been working on being right always and everywhere. And I've achieved a respectable performance in this, believe me. Of course, I have already factored in the probability that people will prove me wrong, i.e. ignore this precious project, so that I will be right in that case too.

In short, I'm the most opinionated asshole in this goddamn world. (H)

*As for you, you are of course, as always! Right, 2b.*

*But with this damnation from above ... no, no, you humans have brought this disaster on yourselves, on your own initiative.*

Okay, that's right.

Yes, there's obviously someone who's even more right than I am ...

*After all, I'm not from this world either.*

*;)*

Oh crap, what am I going to do if the whole thing catches on? Then I'm not only in a huge amount of stress; no, I, the nothing of all nothings, stand there naked, stark naked. Because then I'll be wrong.

No, please don't do this to me!

On the other hand, what do you care what I carry around with me? Mind your own business!

**Hint:**

*You know that good humor always has some truth in it. When I say the above, I mean it. And yet, when you look at me, you think: "You're crazy!" Maybe 2% of what I say is still true. But when I say it, I am all of it. And at the same time I also manifest the other 98%. And that makes me grin. Such often almost incomprehensible paradoxes are part of [the genuine HUMOR in the NP](#), indeed in the whole NormalRevolution! The NP itself is funny and at the same time deadly serious. And this fact, too, is full of humor.*

*The NP, the NR may, should, MUST also be fun! Even the immense flood of tears in the PP always has something light in it. Only then is it a real PP! Ha! ☺*

## Conclusion:

**All of the personal, social, economic and political problems that we struggle with in everyday life revolve around fake and side projects. ALL OF THEM!**

**In short: EVERYTHING BLOSSOMS**

They are therefore located in the realm of appearances, far removed from effective ways out that actually emancipate us and at the same time make us completely independent in a deep, loving and solidary bond. A far cry from genuinely humane solutions.

Almost only when it comes to life or death do we sometimes unexpectedly encounter the great need that is hidden behind appearances and points to the PERSONAL (= MY) project. Well, or when someone is blubbing drunk in howling misery.

Therefore, the following simply applies:

**The NormalProject is THE CONSISTENT WAY TO YOURSELF**

And with the NormalRevolution, the social implementation of the NormalProject, these seemingly outrageous human challenges are solved one by one. Most of them even shrink to peanuts in the [NormalConstitution](#), or even become obsolete.



## The quintessence at a glance

- THE TASK above all others that life sets for all living beings.
- The generic, general and fundamental lack of value that arose in the course of the gender struggle during the Neolithic Revolution.
- The sham solutions (sham and side projects) to which this existential conflict leads (matrix), always ending in ultimate, at least individual failure (MY project).
- The NormalProject (the uncompromising path to your own truth), which, on the basis of the PrimaryProcess, successively dissolves the shadow, opens the floodgates to the original resources of life, and thereby (once again) enables comprehensive vitality and (for the first time) leads to consistently life-intelligent action, in the interest of the long-term survival of our species.
- The NormalRevolution, as the self-evident, indeed, unintentional social implementation of the NormalProject, which finally helps THE task, after this long, long period of wandering, to achieve a breakthrough again. And it does so with the ease and certainty that befits the outstanding characteristics of Homo Sapiens in general and its cultural achievements over thousands of years in particular.

# On to homo normalis!

Through the NormalProject and ultimately the NormalRevolution, we return to status zero. Naked and unreserved, equipped with fully intact life intelligence and enriched with the best cultural achievements, women and men face each other. And begin the sensible distribution of TASKS anew

Every single person who comes this far with their NP, together with their closest ones who have accompanied them here and shared the pains and joys of the primary process with them, is suddenly close to the cradle of a new age. And thus in the responsibility for new, life-appropriate action in all areas.

The significance of this huge, all-encompassing paradigm shift brought about by NormalRevolution can only be expressed in an anthropological dimension. A dimension that is even greater than the change from Homo Sapiens to Homo Sapiens Matrixensis (see p75).

**This is how I proclaim HOMO NORMALIS!**

The only sensible and now real perspective for the human species. Period.

# LIVING the meaning of life

The ending is as crazy as it is true.

Only the successful NormalRevolution makes it possible for people to focus together on fulfilling the meaning of life.

Ergo:

All those who are ready for a real solution will choose the Normal Project, both for themselves and for the good of humanity

Point.

Now that you know, there are no valid myths and illusions, so NO MORE EXCUSE.

The decision is yours. You are free to decide whether you consciously and with full responsibility choose the personal and global continuation of suffering, or whether you kiss the full force of LIFE awake, and with it the social potential that lies dormant within you

So, that's it. As I said, there's nothing else special.

With love  
2b

*PS:*

*Um, dear 2b, having participated - admittedly dedicatedly - in your earthly ramblings,*

and mostly sitting considerately with my mouth shut, is it not befitting that I, the devil incarnate, get the last word? Rest assured, I too am in love.

Go ahead, my advocate and bringer of Li..... LIFE?

Thank you, 2b. I'll tell you a true story that happened on my turf.

A dead hiker passes by hell. He is curious and rings the bell. I kindly invite him in and offer to show him my kingdom. I lead the wanderer from door to door. There is a room in which erotic music is played and men and women have fun together as they please. In another, the music is playing for dancing and the atmosphere is exuberant. In yet another, a rich and tasty array of fine food is served, accompanied by the finest wines and other drinks. In yet another, people slumber and sleep in blissful silence. - The hiker is delighted and asks to stay. "But then you should see everything so that you have a real choice." So I lead him to a door in a hidden alcove. "Are you ready and prepared for anything?" I ask him. The wanderer nods. I open the door and he is gripped by sheer horror: Horrible suffering, terrible torture, miserable hunger, sheer violence, cold envy and poisonous resentment fill the room - just the familiar weeping and gnashing of teeth. "For heaven's sake, what is this?" the wanderer replies. "Oh, it's the hell of the god-fearing, that's what they want. They pay a lot of rent too." -

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Here is a summary of the administrative information:

This work is only available on the Internet. One of the conclusions: "The Quintessence" can be distributed by anyone and everyone. And from now on it will be very easy: anyone and everyone can download the current (unfortunately only in German, but soon also in Spanish!!) version directly and directly from [www.quintessenz.jetzt](http://www.quintessenz.jetzt).

If you are overwhelmed, if you are overwhelmed by the new insights in a positive sense, if you find it interesting (my most hated word), or exciting (No2), or stimulating (No3), ..., give it to your partner to read (anyway!), send it, or give the download tip to your friends, acquaintances, relatives, colleagues, coworkers, bosses, employees, teachers, students, possible sponsors - become a sponsor yourself! - Send it to suitable institutions, spread it on social media, present it to the media, translate the book, have it translated!

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- All [books and writings](#) can be ordered online from [NormalVerlag](#). With the exception of two printed books ("Gelöst & Dicht" ([www.geloestunddicht.ch](http://www.geloestunddicht.ch)) and "Ruhe!Punkt." by the author), all books and essays are now also produced in electronic form. This also applies to the new edition of the book "Ruhe!Punkt."

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