

The quintessence

from 12,000 years of sedentarization

is called NormalRevolution

2b

The quintessence

Short version "hot"

Dear reader

Let's leave the long-failed Homo sapiens behind!

Excuse me?

Well, look at last! What's going on in the human world! And this has been going on for thousands of years. Pah!

Homo sapiens has long since mutated into Homo caput, the head man; or simply: Homo kaput.

The motto can therefore only be:

Let's finally use our fantastic assets for the real and sustainable good of our species and evolve towards homo normalis!

Go!

That will take some time, given what we've already messed up. But in addition to seemingly gigantic obstacles, there are also a whole host of goodies - especially cultural delicacies, but also technology, organization, ... and above all: **our MEGATOOL!** - which together make the path to homo normalis much easier.

That puts you right in the middle of the radical short version of the quintessence.

Oh yes, one more thing: You get some of the most valuable information available here. This frees you, among other things, from the huge effort of feeding yourself useless mental stuff. But hello!

Just, if you want to know exactly about the background to all of this, or for all of this, in order to really understand, as well as about concrete leads to the NormalProject/NormalRevolution, then give yourself and a thousand other people the "sharp with everything" version of the Quintessence.

And you don't just want it for a symbolic price. You couldn't even take it! Too much of a good thing! That's why you'll find the **account details at** the end of each of these versions, where you can not only make the realistic balance of give and take for this book, but also invest directly in the "**NormalRevolution for HUMAN-UP!**" project. Because money is what helps us enormously now, in the start-up phase of this gigantic undertaking. Does that surprise you?

Let's go!

This constantly stressed, overburdened,
insecure existence that clings desperately to
being right is supposed to be life?
Haha, that's the joke of the millennium!

Let's get life back!
Let's free it from its prison!
Into the breath bomb!
Out to homo normalis!

yes, this has been known for some time:

we humans have gradually alienated ourselves from life and have now lost most of our vitality and ability to live, with all the sad and tragic consequences that entails. and this human-down process is accelerating rapidly.

but it all makes zero sense. why should we humans allow this? it is not at all logical, indeed, completely absurd that this magnificent, highly intelligent species can't really manage anything. well, in terms of technology, yes. but we humans ourselves are not only building one shit after another - privately and collectively - we are also becoming increasingly desolate; and that across the board, in absolutely every respect! we really do look sadder and sadder, no: sadder and sadder. even the young! so tense, uptight, not grounded! and as soon as we pass forty, the majority of us have lost all vitality and sexiness.

there must be a hitherto unknown or simply unnoticed cause for this absurdity.

the logical conclusion is: once this cause has finally been identified, sufficiently understood and finally eliminated, nothing can stand in the way of great success - again, across the board. do you agree?

that's exactly what i made my job as a very young man twenty years ago. of course, back then i was also unaware of the background to our self-destruction. i gave up numerous promising careers for this goal, which i pursued with absolute consistency, or in some cases turned down invitations to do so right from the start. in the end, i always proved all the compliments from professionals, and even the bright enthusiasm of those who benefited from them, wrong and gave in to my notorious dissatisfaction with the results achieved. "there must be more! that's not it yet! that's not enough!" became my credo - to my own reputational and financial detriment.

however, i never had the feeling that i was 'sacrificing myself for the good cause'. you can be sure! i have always enjoyed my life wherever i could; i didn't voluntarily give up anything i liked at . and over the years i was probably one of the first modern people ever (unfortunately, terrible perspective!) to finally get my own energy management (see book "Ruhe!Punkt." and others on the subject) in line with nature (chronobiology).

uff!

in the process, my love for life, for people, has become more and more liberated. so today i only suffer from the fact that so many sad things are happening in and to humanity, while i, shit, have the solution, this brilliantly simple way out. - but who should care? we are all busy day in, day out, always and everywhere proving ourselves right, defending our illusions, maintaining our image as liars; come what may.

so it looks as if one day i will step down, and all my work, my procedural successes, my life's work, my contribution to the well-being of humanity will have been for naught; just as this corresponds to what i have recognized for several years as MY deep-seated project (see "quintessence - stunned"), just as it crouches in variations in every human being and, regardless of all illusions of power and success, reliably leads us to failure. - just as we humans, who are enormously ambitious but also driven by fear and therefore notoriously pusillanimous on the whole, once decided; 'rather fail than bow down and submit to the new reality!' (this embodies the beginning of the inner descent, at the same time as the outer grandiose ascent with sedentarization around 12,000 years ago - in our culture).

the difference that i make, thanks to the normal project (see below), is that i face up to these facts, consciously paint the inner devil on the wall and finally come to terms with them without reservation. that means i renounce any attempt to change anything about it. because that would instantly destroy any real solution! yes, the paradoxes of the normal revolution ...! but that's exactly how i become independent to the core, suffer no personal harm, am fit all round and, even if the social success commensurate with my humanitarian contribution should fail to materialize, continue to live in a wonderful way as long as i am granted or am in a constitution that is absolutely worth living in. period.

ok, let's leave the personal aside and get back to the big picture.
from my point of view, the primary and most important solution for humanity can only be:

LET'S GET LIFE BACK!

Let's dive into the "NormalRevolution for Human-up!"!
now!

and that is what the **normal revolution** does. it brings nothing less than

1. the way out of all the human dilemmas we have been grappling with since around the time of the transition to sedentarization, i.e. for about 15,000 years.
2. the end of the eternal back'n forth, the constant up and down, the end of sisiphos.
3. the end of all the countless illusions about ourselves, about life and its meaning.

phew!

okay, but otherwise there's nothing special ;)

by the way, perhaps this: since shortly after the transition to sedentarization (*neolithic revolution*), the whole of humanity has been suffering from the deep, ultimately all-dominant **unworthiness** (*uw*). the inconceivable **guilt** that we humans have accumulated through the arbitrary oppression of women, their consequent devaluation of children, through terrible wars serving only the delusion of power or other terrible mind concepts, in other words, the arbitrary slaughter of people and the reckless destruction of nature - over generations, this almost infinite guilt has become engraved in our innermost depths (in our genes) and ultimately destroyed our natural value as living beings, i.e. our right to life. and it is precisely this guilt and thus the unworthiness that is passed on from generation to generation through the genes. unfortunately, we cannot avoid the unworthiness even with the best of intentions. this is perfectly illustrated by the 'human-down' mentioned briefly above. in other words, the unworthiness exposes quite logically and simply why we humans, homo sapiens-caput, cause these chronic problems for ourselves, each other and the rest of the world, i.e. nature. suddenly the - now rapidly increasing - destruction of our living conditions and ourselves makes sense in a terrible way.

and i, as a little human being, am ultimately infinitely glad that, driven by this tremendous urge for perfection - based on my unworthiness, of course! -, have always gone further, have consistently abandoned even wonderful circumstances, and have relentlessly, uncompromisingly, self-critically and objectively searched for the solution. the solution was finally given to me, first in harmony with my unworth. - whatever becomes of me, I have delivered. period.

now there is a force that has enabled us to live on to this day, despite our now generic unworthiness. for how much longer? and in what actual quality? i go into this in more detail in 'quintessenz fassungslos'. here is one of the consequences: in order to live on at all, we - exclusively we humans! - therefore spend the whole day suppressing this uw. yes, in fact, that's all we do! it's a question of survival! of course there's no room for real solutions. that's what's happening to you, too, if you're reading this, I bet! let's see how brave you are to face up to the facts that are as hidden as they are obvious. that's it! really cool, isn't it?

ok, although this is meant to be a short version, i'm going to go into a little more detail about the whole thing.

the power struggle between men and women (*gender war*) over the redistribution of gender roles that erupted with sedentarization - a quasi-biological challenge - has had and continues to have countless serious and very nasty consequences all over the world. damn it, read the newspaper! or look at yourself!

well, somehow, at some point, rather by chance, i found out how to completely dissolve this cursed, intragenic unvalue (uw) step by step, and this by the way, so to speak! well, it was about time, after 12,000 years, wasn't it? well, let's be honest, a single existence will hardly be enough to dissolve the thousands of years of unworthiness. that might take a few generations. let's hope that our species survives that long. it will take time for a significant part of it to enter the normal project. what i can assure you is that as soon as you dedicate your life - often quite possible in the existing context - to becoming homo normalis, you will feel better. And without lying to yourself; from the depths. - it is imperative that you yourself are involved in your future actions first. i call this the ME project. then your immediate environment (WE-project). And finally, also that which concerns your new life task - which may be contained in the previous one (YOUR project).

normal revolution therefore means that 15,000 years largely tragic, or rather stupid, history are purified and turned into uncompromising good by means of

a single, albeit totally challenging, incredibly intensive and rather lengthy process.

Well, what do you think

But let's take a brief look at the specific effects of the Normal project. they are dramatic.

in the course of the process, the uw gradually loses itself. attention: completely unintentional! without any striving! and without control! in other words: the real 'miracle' of the whole thing (as long as you don't understand the logic).

this constant hiding oneself and openly putting others down gradually ends by itself and makes way for pure appreciation. not a single person on earth yet knows what that is and feels like - without illusions, ha! - well, i'm beginning to have an inkling of it; maybe even a little more by now.

but that's just peanuts compared to the rest of the effect.

the life-determining shadows dissolve, one after the other; the floodgates of thousands of years of comprehensive repression open; the body relaxes in its innermost structure and regenerates itself fundamentally, becomes - limited by what is already irreversibly broken - completely vital and healthy, imbued with lust and love. - the result is pure, unbelievably capable life based on all-round appreciation in absolutely every respect. - and with this, we finally have the necessary, reliable ground to shape the 'new' gender roles that fit our biology in an appropriate and contemporary way after all, and thus finally build the all-round successful future of this *entire* species, without any fuss. that was the original intention, wasn't it?

- an example: male managers? haha, what a loser scenario! if there's one thing we men can't do, it's this!!! all mere ambitions for power and money to compensate for personal weakness! accordingly, the overall results: catastrophic!

logical takeaway from the normal revolution (nr) at some point: **it is absolutely consistent and only about the cause**; in other words, the collective and individual effort is drastically reduced; the sustainable good results explode; in this case: **women take over, men serve too**.

oops, now I've already revealed the solution formula here :(

- another example: real health, i.e. unbroken vitality, including the appropriate use of our human energy.

the consequences of the nr: the necessary medical services are reduced to a maximum of 10%. do the math! - psychotherapy? what? completely superfluous. psychological problems no longer exist. where do they come from in people who are strong through and through and free of uw? - schizophrenia? depression? huh? what is that? (logically, almost all people now suffer from depression (see above)).

but I confess that I'm now quite happy when people with their notorious uw systematically avoid real ways out and continue to dance powerlessly and at any cost with illusions, which is only logical. it is and remains the case that you are 100 percent responsible for what you do to yourself and what you indulge in, and will remain so for the rest of your life; so: no room for 'poor victims' who shift the responsibility onto others and other people and thereby weaken themselves, indeed, lead themselves to the sidelines

i am quite content to pompously proclaim the whole thing to the world. and, by the way, to experience *myself*, plus together with a pack of people - the first with a normal project (pilot project!) - day after day that all the stuff i was able to discover and develop now works from a to z.

"what, really? he can't be serious! that's impossible! a little swiss man? forget it! never!"

(Ok, C.G. Jung was also a 'little' Swiss)

so, don't give me any more work! better contact the normal team!

but reading is fair! everyone should be allowed to read, to be frightened, even to be enthusiastic about it - or to be really against it.

or rather, keep doing what you're doing! because we humans tell ourselves in our depths day after day after day after day ...: "we deserve nothing better." et voilà!

but you can still support - e.g. financially - this paradigm shift for the entire human species. this **start-up into a new human age**. if you want, in a historical, even biological dimension. even if naked fear prevents you from getting involved yourself.

because: these np-people (normal project people) are really poor dogs. they have to gather all their courage, overcome themselves a thousand times, swallow empty ten times a day. they experience - after a short time even completely out of themselves! - the worst confrontations with their thousand self-lies! they only discover their own truth, their inner reality. i tell you, horror! and vital!

in short: you pay a damn high price for it - haha, in truth you only lose your ultimately anti-life illusions! - that your life, after more than ten thousand years of botched human chances, finally works completely. in contrast to your current life! yes, that's right! not a single human being in the world really works. NONE! look around you! or just look at YOU (or me☺)!

but beware, the price seems steep: your whole stupid, uptight self-image, plus the image you present to others (my goodness!), all that is falling apart. gone, forgotten, over!

to move uncompromisingly and unconditionally towards ourselves, to get on the track of it, means to give up our countless illusions. means that every characteristic of us, every damn mind concept is automatically - and completely out of control! only biologically controlled! - for actual suitability for life. yes, that's what happened to me too ... what did i just say? i'm a bluffer! that's how i still feel! day after day! - i'll tell you straight out, because you deserve it: all mind concepts and belief systems of people worldwide are bullshit; constructed with the sole purpose of keeping us away from our truth. But hello!

the beautiful and encouraging thing about this crazy process is: once it's up and running, it almost runs itself. we already have everything we need for the global solution! isn't that cool? but, ha, ha, hard bread, i can tell you that.

ok, and a whole range of cultures (and about 50% of ours!) have to catch up on 1-2 thousand years (250 years in our case) of consciousness and cultural development, apart from using a smartphone, which they can all do. uff! i'll tell you what! - but with the normal project, it's relatively easy; you'll be biologically cleansed of everything unfit, so to speak; ha, simply flushed out, like a sewage pipe cleaning! thanks to the breathing bomb!

by the way, by the way: this thing will radically and without further ado change the current, stupid situation of people and humanity for the unopposed, absolutely sustainable good. the thing will then be called **normal revolution**. well, if that's not good news.

and we, the NormalTeam, have already made a start.

and, honestly, despite my chatter up there: you can be there. i don't have to do everything myself. 😊

so read what **the pillars of the normal revolution** are:

1. the revolution takes place primarily within you (**deep regeneration - TR**). this process radically changes your current idea of yourself in every respect (**normal project / np**). i tell you, this idea of yourself that you have now and defend at all costs (even literally!!) will prove to be the worst joke of your life. through TR you will free your original human resources, which are now trapped in you - and have been trapped in all of us for thousands of years - and are gradually dying. and, in my opinion, the best thing about it is: without any stupid ideology! without any even more stupid belief system! yes, without any external influence at all! do you understand?
2. and useful to know for those who are already notoriously, but ultimately always powerless (keyword 'good people'): this personal revolution finally fulfills your most beautiful dreams. only it can do that! yes, i know, the way there is not very romantic. but the normal revolution makes this social change, which has been longed for since time immemorial and is successful in every respect, a reality in all human societies. just like that. fuck the previous, useless revolutions. they were doomed to failure from the outset; one and all. logo! thanks to the uw! look at them, these great 'post-revolutionary' societies, hahaha!
3. the point, however - and for me the best thing about the whole chose: this radical change, which the normal revolution brings about, takes place automatically, as it were. and, despite all the brute dynamics, completely gently and smoothly! its expansion depends solely on the number of people who successfully survive the np and on their sphere of influence. there are no ambitions; it simply happens; because nature, the reason for life, dictates it. a human being, advanced in the *normal project*, will never again act selfishly, blindly or in any other way against

the interests of the successful survival of the entire human species.
never! neither individually against himself, nor socially against other
people. he will therefore, among other things, renounce any kind of
competitive thinking that is unworthy of human beings in the true sense
of the word. this will be completely replaced by total cooperation in the
service of collective well-being. what are we such geniuses for?!

and who is being addressed?

only all of the currently 8 billion people. nobody else .

on the other hand: no exception! NONE! not even you! and you are so great

...

so the solution is:

rumpelstiltskin reveals his name
whereupon sisiphos can finally die

respectively:

open the borders inwards.
then open the borders outwards.

briefly:

ON TO HOMO NORMALIS!

consequence: as soon as we humans are fit in every respect with the help of
the *np* - that is, in optimal condition in every respect, every day - we will
actually win. everyone! except, of course, those unfortunate creatures who
voluntarily do without it; it's their own fault.

before that, everything is a futile labor of love and war. and sisiphos lived
forever!

or do you know any other real perspective?

well, pray ... or, of course: think positively! well, bravo! ☺

*The vivid portrayal of the circumstances as they are in the advanced phase of
the Normal Revolution on the globe fits in wonderfully with this. This, as
mentioned "sharply" on the website in the intro to this version: quite à la
Bernty Brython! (Not to be confused with Monty Python!).☺*

So, off to the BIG VISION!

The BIG VISION

More and more people are eager to share in the fantastic results of the NormalRevolution. Like a wave, people are being swept across the globe. Urban centers are being opened all over the world to support the **NormalProject** in everyday life. Likewise in large companies and educational institutions. In the countryside, village communities are coming together. Gradually, the unworthiness that rages within us like a virus is dying out. Completely independent, absolutely vital adults who regulate themselves perfectly - just like normal animals do - take responsibility for the fate of the species.

(Some of the facts mentioned below are no longer completely up-to-date. Never mind. You can just remember them).

- Humans are therefore gradually returning to the level of the other animals in terms of **fitness for life** - what I call "**all-encompassing fitness**". Then, or rather in parallel with this, we will continuously examine what we can actually use from what we call culture for optimal human coexistence in the service of the successful continuation of the species. Plus, which cultural achievements need to be newly developed and promoted.

As a treat, I'll reveal the big slogan of the post-revolutionary culture: relaxed COURAGE (including generosity). The greatest possible counterpoint to the current global, dogged pusillanimity (or unbelievable selfishness).

- In the course of this development, "**enemies**" - this necrophiliac male tam - are being abolished. Those who want to bash each other's heads in for the sake of it will be allowed to do so. For them, a 50 km² area is marked out in the Gobi desert - because the corpses dry quickly there - where they can then, without any weapons, fight man against man - ha, ha, just hearing that word - in other words: asshole against asshole, until only one remains, which then kills itself. A point of honor. Meanwhile, the real men among the remaining male individuals, finally undisturbed by power-obsessed weaklings, use all their strength for the good of their species. This means that they set about reinventing their usefulness to the species beyond their contribution to reproduction. This is to justify their existence. - Shall I reveal what the solution will be for us men? Ha, that would be boring, wouldn't it? - And women will do the same. There's no going back to the good old matricentric times for them either (haha, you wish!).

- Of course, **competition** is also abolished along with the enemies and replaced by all-encompassing cooperation in the service of our common

orientation. Only idiots - old slaves of the matrix - still want to be better than others. The fact is: I'm already good and I'm only interested in you being good too so that we can achieve fantastic things together! All right?

Competitive sport is then left with a shady spot in the Sahara desert, where late-pubescent youths compete in don't-know-what. The only spectators on the distant Internet are mildly smiling women. The same goes for the girls. A doping buffet à discretion is always available for the willing, where the latest creations in terms of performance mania are tested against each other. Sepp Blatter is elected chief of the Olympic Committee and is given a villa in the desert with all the amenities except electricity and water. There, as a mummy, he will serve fair sport forever as the true symbol of the functionary.

- People who have long since been liberated from their unworthiness have taken a closer look at the issue of **war** and, in particular, **crime**, and have quickly drawn the succinct conclusion: The madness is not the crimes and their effects; the madness is not the war and its horror. What fruitless whining! What fruitless measures!

The matrix logic is this: We say: "There's one problem (among millions) now; we'll solve it; then things will get better. And tomorrow the next one and the day after tomorrow the next one ..." It couldn't be more stupid! We are all the problem! This idiotic Sisiphos attitude serves the sole purpose of running away from the sobering - but also solving - truth.

The truth is:

- 1 The madness is the fact that crime and war exist at all!
- 2 The madness is that (almost exclusively) men can function like this at all in the illusory world of the Matrix!
- 3 The madness is that people grow up en masse in such a way that they later act like this!

The Normal Revolution has long since ensured that this human, and especially cultural, scandal has disappeared. Thanks to its disappearance without a trace, the military now makes a considerable contribution to the financial well-being of societies.

And the police? Then what is the police for? They regulate the traffic.

- Exactly the same applies to **mental disorders**, which in turn are inextricably linked to the old horror phenomena of the Matrix. Here too, the madness is not the suffering and harmful effects of mental disorders, including the horrendous costs of measures and treatment. No, the madness is the fact that in the world of appearance and self-deception it was common for children to grow up in such a way that mental disorders could develop at all. In the course of the Normal Revolution, people who embrace it experience this

grandiose personal and social liberation from any chronic psychological burden. Filled with love, freed from its terrible, systematically constructed shackles, people now regulate their lives together. They do this with the previously unimaginable ease and maturity of revolutionized, free personalities.

- So it was a mere trifle that in the course of the reconquest of life, people quickly realized that the multiplication of love through its natural sharing meant no loss, but pure enrichment. It became clear that in the regained nature - for increasingly liberated people, that is - there is absolutely nothing sensible that binds people exclusively to a single partner. The two-person box is a pure invention that is ultimately acutely hostile to life. There is nothing in us in the way of a fidelity gene! This banal biological fact, which of course already prevailed regularly in the Matrix era - albeit always with disgusting consequences at the time - has led to the reorganization of everyday human life, light years away from the permanent excessive demands that the nuclear family inevitably suffered from. It had long been clear to everyone that this biologically absurd compulsion for an exclusive relationship between two people - either-or love - was based solely on fear and the inner state of total personal weakness - in other words: unworthiness par excellence! - and that this could only be enforced by people who were absolutely alienated from life and stupid. And again, it was almost exclusively us poor, weak, terribly insecure and frightened little men who at least hinted at our true colors. We did this by means of acutely anti-life methods such as naked violence, social ostracism and religious threats. - And only people who ultimately hated themselves because of this miserable power struggle between men and women could follow such a commandment. - Experience with the **reorganization of everyday life** (do you want to know how? Haha, think and fantasize!) had long since revealed itself: That past compulsion brought - apart from a business idea as brilliantly capitalistic as it was hostile to life - not a single advantage. Love doesn't need this absurd nonsense, on the contrary! Instead of slowly withering away in the prison, it is now blossoming, vitalizing us to an unimagined extent and permanently(!), and multiplying the richness of personality and relationship. Gone is the endless suffering - for adults and children alike! Gone are the huge, indeed grotesque costs of an absurd coercive rule that is one of the worst and nastiest, one of the most life-killing artificial concepts ever invented by humans. And this colossal absurdity simply in order to want to possess a person who is actually loved by one's side as a completely 'unworthy' human being and consequently to control him (women) or suppress him (men). Until there is nothing left of lust and vitality in the relationship. But nothing at all.

- As I said, it's no wonder that even before the NormalRevolution, every

person with a remaining spark of life sabotaged **the dictates of the box of two**. But hardly with a good outcome. Because woe betide him/her! Then - as always when crossing the matrix boundaries! - the second of only **two basic matrix constitutions** came into force (what mental poverty!), which is called: *"It ends badly"*, in order to send us quickly back into the wasting womb of the matrix.

Parenthesis open: (Isn't that embarrassing? The Matrix, and thus all of humanity, only knows two lousy basic constitutions! And then what kind! The first and dominant one is: *"It will never really get better, let alone good"*.

You are always in one state or the other; occasionally briefly interrupted by beautiful illusions that make you believe you are happy or who knows what great thing. Be honest! Take a look! - If you can't confirm this, don't worry; you simply don't feel anything. And feeling nothing is one of the basic maxims of the matrix. So you're part of it then, haha. Why do you think religions were invented, including such crap as the consolation of the next life? A huge business, disgusting exploitation and an equally disgusting power grab by people who have less than no idea about life: Namely, they hate themselves and life. Such cheap manipulation can only work with unhappy people who have no real perspective on life, with people who are prepared to follow such life-haters. What a drama - with countless terrible consequences over the millennia. Or do you still need an update? Then take a look east tomorrow. - Well, it's all our own fault. Homemade. And don't think you're free once you've shaken off religion. You think so!

That's how simple the matrix works. Quite simply predictable and calculable. Check it out for yourself! Absolutely!)

Bracket finally closed. Great insertion, right? But, now continue with the text.

- With the general decline in worthlessness, the idiotic urge **to want to possess one's partner** and thus be able to abuse them as a guarantee for at least a little illusion of self-worth automatically disappeared. It quickly became apparent that love increases in a wonderful way when it is allowed to develop naturally in every respect and instead of the forced either/or - which means having to devalue one partner in order to be able to love another - it follows the natural **both/and**. As a result of the consistent practice of "deep regeneration", people have recognized and subsequently experienced that this multiplication of our acts of love is a prerequisite for the full exploitation of this outstanding power of human nature and culture. The fact that this - in harmony with our nature and at the same time with our excellently developed culture - works correspondingly easily, indeed quite naturally, and takes place without any friction, has long since become a side note thanks to the Normal Revolution. After thousands of years of unnecessary, endless suffering, our self-worth was finally restored and this stupid compulsion - along with many others - was relieved of its function. Whoosh, and it was gone! Nature was

allowed to take over again. Since then, this magnificent, bond-strengthening and enormously revitalizing resource, which is ultimately indispensable in harmony with nature, has been available to all people who work their way out of the miserable two-cells of the matrix prison.

- Naturally, **sexuality** was also completely freed from its stigma. The devaluation of sexuality is one of the worst outrages humans have ever committed, with immeasurable negative consequences. They shape almost everything we humans touch. Only beings who hate themselves could develop something like this and maintain it to this day.

In appreciation of the human culture that led to the invention of effective contraception, the researchers involved receive the Nobel Prize in corpore and posthumously for their service in the service of the advanced, contemporary liberation of humanity. Belatedly, because their contribution will only be used consistently in the service of life with the Normal Revolution.

- In the course of such a fantastic life dynamic, the chronically ailing **economy** was of course also critically examined and consequently turned on its head. Finally, the equally chronic systemic distress ("What works better than capitalism?" hahaha!) had come to a very simple, straightforward end. From then on, the economy was geared towards a completely new paradigm that turned everything upside down without destroying anything - *conditio sine qua non* in the normal revolution. And speaking of the *conditio*, among other things, the daily, complete regeneration of all people (what I call "e-management"; there is even a **book** on this, no: several!) was elevated to the *conditio sine qua non* of economic activity.

And the new paradigm? Nothing there! The new guideline for the economy - the basis for a completely new and, above all, viable, absolutely crisis-proof and consistently life-enhancing economic system - is still missing. All that's missing is that you get everything for free. Buy the **book** I've written on the subject (um, is it even finished yet?)! It costs a lot. How much, I have yet to determine. When it had 3 pages, I asked for and received 1000 CHF. As it grew, I made it cheaper. I'm a horndog! Who is supposed to understand that? Because the consequences alone, if we draw them first, will make thousands of trillions of dollars, francs, euros or whatever freely available. Your share included.

- Let's continue to spintize. Microsoft is shunned by vibrant, life-intelligent people because of its blatant promotion of stress, monotony and dysfunctionality and goes bankrupt. Numerous other ailing IT gangs are also going under in this maelstrom. Bill Gates is able to save half of his billions and finally invests them in something sustainably effective - in the Normal Revolution, of course (but where should he invest them now? It's just going to make me a rich bastard; ha, ha, the stress!) Apple takes over all the

junk and disposes of it. Under the new leadership of a trio of women who combine the outstanding qualities of Steve Jobs, without his self-destructive and disturbed personality traits, Apple, together with other pro-life players, runs the business as "Apple & Friends" in the service of the Normal Revolution, or the long-term, successful continuation of the species.

- In a panic to escape the life energy spreading everywhere, Glencore relocates its headquarters to a mine that has been completely emptied by its conquered subsidiary. However, the natural heat inside the mountain is no match for the icy cold of the management. After half of the management freeze to death from their own cold, the rest decide with a heavy heart to burn the billions they have scraped together to warm themselves for the rest of their days. The old company headquarters in Zug is converted partly into a museum of hostility to life and partly into a training center for miners, where they teach us about the true effects of capitalism in regular storytelling sessions. V-Zug takes over the canteen.

- The **financial industry** is experiencing its own private Armageddon and is disappearing to where it belongs: into insignificance; as a pure service provider of consistent and uncompromisingly life-enhancing economic activity, without the slightest power and without any influence.

- The entire **consulting business** - in business and politics as well as in healthcare - is melting like snow in the sun, because all-round fit people are competent, both in their being and in what they do.

- The **universities** will be renamed *universities of life*. Only research and education that - under strict scrutiny - directly serves the sustainable well-being of people will be funded. Generally speaking, research, especially in the human field, becomes to a large extent a pleasurable endeavor, using freely available human and financial resources, as investigations into the causes of unpleasant phenomena almost always fall far short of the mark. Accordingly, a large proportion of 'applications', in the sense of biochemical and other agents, fall into disuse. As a result, the chemical industry is also experiencing a considerable but sensible downsizing - in both senses of the word.

- The resistant scientists meet in private think tanks in the Kalahari desert, divided into "reactionary", "anti-life" and by far the largest: "irrelevant". Some in all three.

- The necessary **medical services** are being reduced to a stark 10% in the wake of the blatant increase in vitality and the simultaneously outrageous and

perfectly self-regulated enjoyment of life. Yes, less, because medicine has also ceased to be a cold business; and because people who had a full life as contributors can now die - and are allowed to.

- **Psychology** has now forfeited its labored helper function. Honored as a nice attempt, it is housed in a beautiful Belle Epoque-style museum.

- All the **gadgets of hope** - meaning the countless paramedical and other 'forms of treatment' - find their new place in videogames. A small part is added to the list of life-enhancing leisure activities. Meditation becomes a party gag, as it were, a trendy chill-out between exuberant joie de vivre. Werner Kieser (sadly now deceased) is awarded the Nobel Prize for Physics. He unceremoniously puts himself at the service of the Normal Revolution. The company expands outrageously. It soon replaces all the powerhouses that mainly promote the narcissism of unworthy people, and thrives to become a leading global company.

- **Politics** - or more precisely **democracy**, that conspiracy of the weaklings and the last resort of the matrix - finally disappears into the haze of history, ineffective as ever, and makes way for strong people - predominantly (post-matrix) women, because only they can really do that - who will henceforth administer the community. Solutions are found through lively dialog. Compromise - the emergency nail dripping with pathetic weakness from people who are completely incapable of finding real solutions - is hammered into the front doors of government buildings as a kind of warning. At the same time, the political parties are dissolving due to disuse. All lobbies, plus all other alliances with selfish, anti-societal interests, will be relocated to the small Malawi desert, where from now on they will only step on each other's toes.

- The **mass media**, previously focused entirely on sensation, manipulation and the male-matrix triad of power/money/influence, are experiencing a dramatic slump due to dwindling demand for sensation. They finally recover to an appropriate extent by concentrating on the two clearly differentiated contents 'information in the interest of the successful survival of the species' and 'entertainment with quality'.

- The **luxury industry**, which serves exclusively as a helpless attempt to compensate for its total lack of value and is therefore completely ineffective and useless, is undergoing a radical downsizing. What remains is a general substantial increase in quality, plus a small range of particularly high-quality products and offers, without any pretense; usually reserved for special occasions.

- When it comes to **entertainment** as part of extended regeneration, the rock group *Muse* - friends in the spirit of the NormalRevolution and long-time active users and supporters of the Normal project - are elevated to the musical Olympus as the most ingenious band in rock history. There they sit, right next to Mozart and his ilk.

- People in the **victim mindset** (currently several billion of them) have gradually died out in the course of the NormalRevolution or have given up their (self-)righteous struggle with a heavy heart. I call these people, in contrast to real victims (e.g. of a typhoon), "victimizers". The persistent remnant of victimizers regularly gather in secret meetings, where they cry together about their difficult fate, for which they are not responsible, and blame or even hate the others - the evil culprits. On the feast days - there are many of them among all the different religions; religions are the natural home of the Opfeler! - they play the once globally popular game of "terror & suicide".

- The **drama scene** has also dramatically lost its appeal. It is suffering from a dramatic loss of members and dramatically falling viewing figures. But the drama plays continue to take place every year in the Russian taiga (I'm running out of deserts ...), proudly and contemptuously excluding the (already disinterested) public. There, the man who plays the biggest war fox is then chosen by the survivors as the drama maker and rewarded with a free flight 'simply' to the moon. The woman who screams the most dramatically and cries the most heartbreakingly is chosen as the drama queen by a jury, which is of course dominated by men. She receives the prize: a little crown.

- The rapid increase in vitality - **all-encompassing fitness (full fitness)** - generally makes countless facilities, services and products superfluous. Just note: The illusion industry - which also includes 90% of the financial industry - is by far the most important investment good in the matrix society!

- My goodness, what are we going to do with all the stuff that have been freed up and the huge **material resources that** are now available after this colossal downsizing?

Haha, do you trust me that this won't be a problem?

For example, the already immeasurable accumulated wealth will be completely distributed. Except for the pathetic egotists and miserable misers who hide their money and gold. They get to keep it. Luxurious baths are dug out for them in a hidden desert. There they bathe in their money and gold and bask in their wealth until they turn black. Their mummies are exhibited in the Chamber of Horrors in the "moneyed nobility" section; they are

commemorated with the glow of cotton buds soaked in palm oil.

- After thousands of years - and for the first time ever on a regular and permanent basis - the remaining working time divided among the entire human race finally enables the **daily complete regeneration** of the human species. The additional enormous leap in vitality that this triggers catapults us into a completely new dimension of existence, innovation, efficiency and ultimately lasting well-being; and above all: the ability to love! Including completely unleashed sexuality. The long-term survival prospects of the human species are growing dramatically. And this includes an excellent, constant quality of life. Which in turn further increases the chances.

In short: the miserable, self-destructive, UW-based dynamic of the matrix, which is called "it will never get better, let alone good" (because then we men, the way we behave now, would hardly be needed anymore; so with every solution we create ten new problems and thus remain in demand; haha), has been transformed into a self-perpetuating constructive dynamic. It finds its expression in the, for most people probably surprisingly, naturally given (I explain why, among a thousand other things, in the **INSIDER**) basic constitution "everything is getting better" and finally "it is good"; the latter always regardless of possible influences by natural forces over which we have no control.

Eureka!

Well, there's a lot going on in the NormalRevolution.

And, as I said, most of it without effort. Without laws and dictates. Without any force. True to the motto: **No law, but order!**

Pardon, and this is supposed to be a vision?

(the "grand vision" is an excerpt from the blatant book: "NormalRevolution for Human-Up!" (or similar), available soon; also in English).

Well, nevertheless, to conclude this short version of the "quintessence", the motto of the NormalRevolution once again:

Let's break away from the compulsive
human-down process!
Let's free ourselves to **HUMAN-UP!**

Ok, as mentioned, the whole thing also requires investment.

- A) As a reader, you can decide for yourself what reading the book is worth to you.
- B) Or you can provide additional financial support for this global **start-up**, which is crucial to our future, and thus make yourself a sponsor for the successful future of us all.

Here are the details:

Via PayPal or by card: NormalRevolution

Direct to bank account:

IBAN: CH07 0875 7000 0129 8165 2

Contact? team@normalrevolution.com

Bye, cu!