



# **The Awakening of Europe's Soul**

**A Contribution to the Current Debate Concerning Europe**  
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# 1. Europe Today

## I. The Basic Concept of Europe

The idea of a united, transnational Europe is essentially being shaped and supported by us, the people who live in Europe. The terrible experiences of World War I and II gave rise to the desire for a united Europe. In order to prevent future wars, people aspired to a new form of cooperation - a cooperation that could refocus on the fundamental values of equality, brother-and-sisterhood and freedom, informed by the idea of basic human rights for everyone. Economic development was paramount in these endeavors, designed to make a life in prosperity possible for everyone.

Today the European Union is at risk. Various reasons account for this fact.

We can observe different tendencies nowadays, among them several that aim at dissolving Europe and others that strive for sustaining the idea of a united Europe. Those two tendencies are not the same. Their consciousness frequencies are different. While one of them leads to the separation of nations and people, the other one is vibrating at a higher frequency and endeavors to unite. This assessment is not judgmental; it is simply going to the heart of the matter.

In order to fundamentally renew the European Union, however, a leap in consciousness is needed that goes beyond positive or negative thinking. It is a leap in consciousness into the power of Now. Through this, a fundamental change rooted in the inseparable Oneness prior to any diversity, will be made possible.

## II. Europe and the World

Seen in the light of the inseparable One, the whole world is an inseparable entity. In essence therefore, Europe and the world are inseparably One.

The world formed and shaped by us humans has reached an enormously high degree of interdependent complexity today. These complex multidimensional processes can no longer be

grasped, let alone managed by a mechanistic view of the world that is largely based on rational comprehension and the underlying separation of subject and object that accompanies it. It is as if a certain level of evolution is coming to an end and something deeper, more encompassing, wants to reveal itself in consciousness.

From an evolutionary perspective, what is happening today in the world and in Europe in particular is a shift into the next-higher Holon level. Effective solutions for the global problems we face today cannot be found on the level at which they arise. This has already been stated by Albert Einstein. What we need in this case is a broader, more comprehensive perspective of consciousness. No single nation, religion or culture can accomplish this on its own. The major challenges of our days such as climate change, ecology, migration, issues of resources and energy, drinking water, poverty and the like can only be overcome by a new co-creative collaboration. These complex multidimensional processes can largely be grasped and solved only in the present moment through intuition, through the power of Now, through inner investigation. And that is a quantum leap! - a leap into the next higher dimension of consciousness of the One inseparable Reality, which at its core serves the welfare of the whole through a responsibility that is willingly accepted.

Europe has a great number of people who are becoming conscious. This is a potential that can be of central significance for a fundamental renewal of a united Europe.

### **III. Appreciation for Europe**

When we search for the origin of our existence as human beings today, we encounter our roots: the Homo sapiens sapiens. Scientific research locates our origin in Africa. This means that our former ancestors migrated to Europe as well as to Asia and then across the Bering Strait to North America. This fact is reflected in each and every human being and can nowadays be scientifically verified by a DNA test. Our human origin is the same. In other words, it can be said that prior to any existing diversity such as skin color, religious affiliation or

cultural characteristics we all share our origin as Homo sapiens sapiens. In this case, too, the cosmic principle of Oneness prior to any diversity is being reflected.

It might be a good idea to take a moment to really think about these extensive migrations of our ancestors. They all have contributed to shaping our world as it is today. We need to respect all humans and all beings who have contributed to the diversity of cultures, languages, religions, and nations that exist today. Europe in particular is a melting pot of eventful history that is also accompanied by a great deal of suffering.

A new chapter of European history began 70 years ago with the idea of a transnational Europe. At this point we need to express our appreciation for all the people in the Europe of today who have contributed to the community that exists at present. Our gratitude goes to all the important visionaries as well as to all the people who in their own way have contributed to the success of this community in their daily lives. The power of renewal lies in appreciating what has already been accomplished.

#### **IV. The Beauty of Nations**

All the nations of the world have an inherent beauty. This beauty is not only determined by the varied landscapes and their specific unique characteristics. All the people with their specific expressions with regard to language, culture, way of life, emotions and sensibility also contribute to the beauty of a country. Animals and plants, fjords, mountains, lonely islands and faraway hinterlands are also all a part of this beauty. Beauty that expresses a higher order of harmony finds its origin in the depths of all being.

We can discern the unique gifts of each and every nation and culture if we look at them from this deeper perspective. Each country, each nation is unique, and has developed a special skill or a special gift over time that, in the deepest sense, is at the service of the whole.

We can see a unique density of diverse cultures, languages and national characteristics in Europe. About 742 million people

live in about 50 nations in an area of about 10,180,000 square kilometers. If we look more closely and from a neutral point of view, not identifying with any country in particular, we can perceive the strengths - and also the weaknesses - of individual nations. Some of them have a lovely cuisine, others have a special charm, or they are known for their precision and drive. Others, on the other hand, have preserved their knowledge of healing, are deeply connected with nature, or music, or are just masters of simplicity. Each culture and each nation has its own fragrance - a special note that comes to fruition only in the symphony of the whole. This creates a kaleidoscope of colors that generates a perfect picture together. When we see all national strengths manifested in collaboration, it is like a grand celebration. They complement each other, and yet together they are more than their individual parts. Europe is awakening in all its beauty based on the ever-existing Oneness prior to any diversity.

## **V. Freedom and Equality**

When the European Union was founded, the prevailing idea in the consciousness of the people was that of a free market economy that would ultimately somehow contribute to the well-being of all the people living in the European Union. This consciousness was based on the economic insights and beliefs valid in the West at that time, a limited, partial knowledge. This was contrary to the Eastern, above all the Russian approach that ideologically prioritized the principle of equality.

As a matter of fact, the European Union has really been able to contribute to a widespread level of prosperity for all nations. Therefore, for many people living in Europe today, life is not about surviving but about determining the course of their lives more freely and unrestrictedly. This constitutes a considerable difference. This prosperity, however, has been achieved thanks to innovative technology, know-how and transnational economic efforts, but has also been at the expense of other factors such as the environment.

In today's Europe we can see that the dominant free market

economy is distributing prosperity in an increasingly unilateral way: poorer regions, nations and social classes are becoming even poorer. In quite a few places the middle class is diminishing, whereas the richer regions, nations and social classes are becoming even richer. Among others, this tendency is jeopardizing today's European Union. Today, this principle of freedom needs to be much more closely scrutinised. And this is a question of consciousness.

The principle of freedom, however, which is regarded as the basis for relative prosperity, gets lost in the present day. Without being conscious of the Oneness of all life, this principle of freedom leads to selfish and ethnocentric thinking and acting. And that is exactly what we can see today: personal interests and needs tend to prevail - on an individual as well as on a collective level - ("We are first."). In many places we have lost sight of the overall well-being.

Analyzing the crisis in Europe at a deep level, we can see that it actually is a crisis of human consciousness. We could also call it an evolutionary crisis that invites us to leave behind a view of the world and of ourselves that is based on a concept of separateness, and instead embrace the ever-existing Oneness of conscious being: Now - just like that!

This also applies to Eastern Europe. The New Europe does thereby not set itself apart from Russia, but rather knows about the inseparability of all life. There is a superior intelligence inherent in this knowledge that is able to harmonize the fundamental principles of equality and freedom. At the present moment this intelligence also contains potentials in itself: unprecedented possibilities of co-creative co-operation that can embody equal prosperity for all in freedom.

## **VI. Reconciliation**

World War I and II have left their traces in people. These are injuries, wounds and traumas which are individually as well as collectively conditioned. They still have an effect today in the collective unconscious, for example in nations, in specific or religious communities, and in many individual people. If these

traumas and injuries remain repressed, they will continue to have an effect on our lives. Being unconscious, they are often passed on to the next generation until a sense of reconciliation is allowed to happen. Hereby victim and perpetrator are two poles that are mutually dependent on each other. Reconciliation means that we can look at both in the light of compassion. Only in this way can inner peace arise; and as a consequence of this, global peace is given a chance.

It is good to have the courage to look into the abyss of human thinking and acting if necessary. This does not mean that we run after the shadow aspects of human existence. They emerge all by themselves. But when they do show themselves - and this may only happen in the third generation - it is good to know that the love of the heart, compassion, is capable of transforming all that is dark. 1\*).

Addressing suppressed national issues can be very liberating on a national level where both the national collective conscious and unconscious interact... What we have suppressed always has an effect in one way or another, whether we are aware of it or not. It energetically continues to attract suppressed content, or it might move to the opposite pole. This, for example, is how former victims can become perpetrators; it applies in the collective sense as well. Conscious presence is of utmost importance in this case. Conscious being contains a higher frequency in itself and allows suppressed injuries, wounds, and traumas to emerge into the light. In conscious being that is full of compassion they can thus easily be reconciled.

This is an individual as well as a collective task. In the context of the European Community where we have been mostly at peace for 70 years, there is conscious space for this quiet, profound peace work for the first time. This is essential for the renewal of Europe.

## **VII. Simplicity**

Although the European Union is a very complex entity with complex as well as multidimensional processes, there is a simple

approach for fundamental renewal at its core: unity that precedes any and all diversity

So far, various representatives that have been elected nationally have met in their respective European committees. Here they represent national and regional interests as well. They then reach consensus somehow by means of lengthy negotiations. These negotiations can also be affected by external influences. This leads to decisions that may reflect a kind of mediocre consensus that has somehow been agreed upon but that do not necessarily represent the best solutions for the whole.

A problem or a particular challenge can best be tackled by viewing it from a meta-perspective. The physicist Albert Einstein stated that a problem cannot be solved at the level on which it arose. When applied to the European Union or to the general new coexistence in Europe, this could mean that the individual representatives do not primarily advocate for the individual interests of a nation any longer but that they act as representatives of the European Union - they represent the whole, the totality. By applying the meta-perspective as well common sense, solutions regarding issues of resources and energy, climate, refugees and so on could presumably be achieved far more easily in this way. Things become really simple if instead of identification with one's own nation one can instead act in the way of "identere" - the ability to attune to the higher Unity - the European Union as a whole that respects diversity.

Creativity in cooperation and collaboration will allow us to take on issues much more directly and spontaneously. In this way we can optimize the whole instead of satisfying limited regional interests. This creates a fundamental shift in the European Union: Oneness now becomes the primary objective. Diversity retreats into the background for the benefit of the whole, and only through love in cooperation does it manifest actual appreciation for the diverse uniqueness.

## **2. Europe's New Culture**

### **VIII. A New and United Europe Is Being Created in the Hearts of People**

Europe is a collectively formed, transnational entity. The consciousness of every individual person living in Europe shapes its expression as a community. Thus, the European Union as it is today reflects the average, collective consciousness of the people living in it. Every single human consciousness is part of the collective consciousness. Every thought - be it positive or negative - every word and every action shape the quality and frequency of the common collective field. This means that we are directly involved in the European community and have an impact on it through the way in which we live and think, our self-image and our view of the world. Collectively, a certain opinion, an idea, a suggestion, a step becomes effective as soon as a certain critical mass of consciousness is in accord with it and/or believes in it.

As more and more people are becoming aware of these processes that generally take place subconsciously, a new possibility for a new kind of togetherness opens up: as of now it can be our conscious choice to create a European Union together.

In every human being there is a "placeless" space that knows exactly what is beneficial or harmful for the overall well-being. Some call it conscience, an inner voice that is completely devoid of all kinds of conditioning, a voice that simply knows. This is not the kind of knowledge that has been acquired and can be retrieved via the reminder function of our brains. It is something fundamentally deeper: it is inherent in life itself. Everybody has access to this kind of knowledge if they want. This knowledge can be perceived through introspection or through pure intuition, or - put in another way - through the wisdom of the heart.

In the depth of being, now, from moment to moment, access to the heart is open. The Little Prince has already said that it is only with the heart that you can truly see. It is a kind of seeing which is free of any conditioning, a kind of perception that is

filled with love for the smallest as well as for the largest. It spontaneously knows about the common good of "all and everything".

## **IX. From Fear into Love**

Every kind of separation causes fear in the innermost core. All the old wisdom traditions, whether from East or West, say so. If the "you" is defined as something fundamentally separate from the "me", if something is seen completely differently in Eastern as compared to Western European culture, if another nation is different from mine, then we often regard it as something foreign, sometimes threatening as it could among other aspects challenge our view of ourselves and the world. We do not like this. Sometimes the other, or the unfamiliar has a special appeal to us. A certain discontent with our own life is often hidden behind this attitude.

There is a third, more neutral way of approaching this besides the reaction of either rejection or attraction. This attitude is characterized by being open for what is new. It is a kind of openness that is not obscured by conditionings, prejudices, imprints or ideologies.

The feeling of fear is increasing in Europe today. On the one hand, this has to do on the surface with the current issue of refugees and other uncertain conditions. These are all truly very complex. On the other hand, if we analyze this occurrence more closely, this fear is latently present in the everyday consciousness of most people. It is a kind of fear that is nurtured by history, the collective as well as the individual consciousness. As long as we humans are anchored in a separate consciousness - you as separate from me - the whole world as separate from me - and thus also the divine as separate from me - we will be guided by fear.

We can easily observe how fear works in Europe today. It expresses itself in different ways, some of which are being projected to the outside world, like the fear of an economic crisis, fear of terrorism, fear of financial powers, fear of foreign infiltration and so forth. But fear is not a good guide. It paralyzes

us. There is, however, a fundamental fear that is healthy. It warns us when our existence is threatened. In this case fear is in its correct place. But nowadays fear covers a much larger field in the lives of people. We often do not consciously realize how we react with fear to things and events without thinking - whether they appear from the outside or from inside of us. Moreover, when we are afraid we can easily be manipulated - individually as well as collectively. At the same time fear keeps us from acting in a creative and considerate manner.

If people living in Europe manage to overcome the myth of separation by being consciously present in the Now, a completely new way of being with each other in a playful way could come about. Looking into the depths of our existence, we can see that the inseparable Oneness of all and everyone is held together by pure love in a most profound way. Thus, fear can become operative at the right time in the right place. And pure love can thus take the lead and be the existential and life-sustaining force for this new kind of togetherness. This consciousness has a greater depth that vibrates beyond time and space. It is called the quantum field by science. This means that we human beings now have the chance to consciously act in a co-creative way. Completely new ways of living together in the European Union will be made possible.

## **X. Outside and Inside - Not-Two**

In the deepest understanding of today, global peace arises within the hearts of people. As a Zen proverb says, "If soul quiet, whole person quiet, then global peace." 2)\*

A human being in silence, in blissful silence, cannot be other than at peace with him-or-herself. If a person is not at peace, their way of thinking and acting will be characterized by restlessness. Only a human being who is at peace can bring about real peace. Looking at this a little more deeply, the proverb cited above shows that shaping the world does not primarily happen through external changes but in essence through a conscious inner Oneness that becomes effective in the outside world through pure intention, willpower, and love. Fundamental changes, renewals, are rooted in the transfor-

mation of the heart. Seen in this light, everything that is happening in the world today is a reflection of human consciousness. So if we are at peace with ourselves, in all-oneness, this will be transmitted quantum-like to the whole field. It is said that it takes less than half a percent of the world's population to create a visible and perceptible change - to establish a world at peace that would then vibrate at a higher frequency of harmony. Applied to the European population, half a percent is about 3.71 million people. This is a figure that seems to be within reach in order to achieve a fundamental European re-newal in the context of the Oneness of all life.

As has already been stated, in being fully present from moment to moment, there is no separation. This "Now, just like that" is beyond time, unlimited, eternal. Everybody can verify that for him/herself. There is actually no Now that can be localized. Nobody can describe this Now in detail. At the same time everything that exists is contained in it. This is paradoxical, multi-dimensional. And the bizarre, elusive aspect about it is that within this Now, which is beyond time and space, all time and all the dimensions of space are contained: the past, the present, the future, the whole universe, even the entire cosmos. Within it, outside and inside are no longer separate. We recognize that inside and outside are Not-Two.

## **XI. Quality and Free Will**

We human beings are the ones who can create a European Union for the benefit of all in which we can live in peace and abundance. This could be part of a global occurrence that expresses itself peacefully and co-creatively as one entity.

This is one potentiality of our time. At the same time, it is also possible that many people who are living in Europe today will continue to follow an "older" path that is based on the principle of separation and scarcity. This attitude is not to be judged.

We humans are endowed with a free will and we can make a choice - to stand up for the light that wants to serve the overall well-being, or to be mainly concerned with our own security

and with fulfilling our own wishes, whether on a personal, regional or national level. But of course this is an extremely simplified statement.

For a start, it is important to understand that we humans have the power to develop constructive or destructive ways of living with each other. The human being is extremely powerful! There is no superior or subordinate power that makes this happen. This is a myth. It depends on human beings themselves to shape collective cooperation.

Thus, each individual being has the possibility to assess for him/herself whether he/she is open for a kind of development full of healing and light in inseparable Oneness or whether he/she wants to use their life force in a destructive way. It is good to see this very clearly, and not to live half-consciously in this or that way just because all others do this. And there is no judging here either! The capacity for discernment, yes - but no judgement.

Our planet is based on the principle of light and dark, left and right, above and below, Yin and Yang - dualistic. And, as already mentioned earlier, the principle of free will applies to us human beings.

The light-filled principle in essence is an active one, the dark principle a passive one. The light-filled principle works in a fractal way, while the dark one is "spinning" in its own circles. Light has the power to transform darkness. If there is light in a room and we open the door to where it is dark, the darkness will be lit up. But it does not work the other way round. Darkness does not swallow up light. This is a fundamental principle that is the basis of the evolutionary process on our planet and it is reflected, among other things, in the development of humanity's consciousness that is becoming more and more grounded in light, more and more conscious. At the moment we are at a point of transition from a consciousness shaped by rationality evolving to an integral consciousness capable of overcoming any separation.

Thus, the quality of light cannot be equated with darkness. The light principle has a higher frequency. If, for example, 10,000 people are gathered on a football field, the whole field will be

lit up by just one person who is fully self-aware.

Nowadays more and more people throughout Europe as well are perceiving and experiencing these interrelationships within themselves. They know that all light and darkness in this world are a reflection of human consciousness. Aware of this, every human being can choose consciously and freely. In this way people become this conscious light that is inherently touching other people. Thus, a coexistence informed by light can come into being, based upon voluntarily accepted responsibility. The human being now no longer follows the interests of her/his own personality but is open to the greater whole, the inseparable. Thereby people follow the light of their hearts, an intuitive kind of knowledge that is inherent in the present moment. Developing a way of living emerges from this and results in a common and shared shaping of our world. This could be called a quantum leap. Evolution - it can be expressed like this - now comes into being through human consciousness; in other words. evolution becomes conscious of itself.

What has all this got to do with Europe and the world? A genuine renewal of Europe can only happen on the basis of this leap in consciousness. Conscious co-creative shaping of a European Union on the basis of everybody in oneness can be developed only in this manner.

## **XII. Spirit in Action: The New Paradigm**

Nowadays many people are asking themselves, "Who am I? ", "Who am I really? " and "What does it mean to be living on this earth?" And: "Is there perhaps something in our cultural environment like a higher power that we can call the Divine?" While we perceive and recognize physical limitations in space and time, the question of a limitless, greater, eternal principle may arise. There is something in us human beings that longs for exactly this. Ancient knowledge is concealed within it. Yes, there is something greater. Some call it the Unnamable, Tao, Brahman, Nothing-and-Everything-at-the-same-Time, and so on. There are different names for that which is nameless. 85 percent of the world's population believe in this Something-Higher and describe this indefinable Something with different

words and attributes, depending on personal imprint and cultural background. If asked, "Is there a God?", most people intuitively answer with yes. Nobody can prove whether something like the Divine exists or does not exist. And yet, you cannot not prove it either. And still, still ... there is an inner knowing in human beings that points in this direction. And this is where self-exploration starts: "Know thyself" reads the inscription over the Greek temple in Delphi. Those who have dedicated themselves to this task and are still doing so today leave all conceptions, ideas, and ideologies behind. The realization - whether living in the East, the West, the North or the South - is fundamentally the same: Human-Divine is inseparably One, i.e., Not-Two. In this way we are discovering the Spirit, the Higher Self, Nothingness-All, the soul, and even Anima Mundi - the world's soul.

If a person is self-aware, s/he is actually nothing other than "spirit in action". These people no longer primarily follow their own needs and desires but are wide open for the greater, the inseparable One. In this way they now follow the light of their hearts - their intuitive knowledge, being fully present in the Now. Becoming, the actual design of living, thus emerges from this and shapes the world in collective conscious coexistence. Conscious being co-creates evolution. Being and becoming now unfold in a harmonious manner. In this way world peace can become manifest.

What does all this have to do with Europe or the world as a whole? A renewal of Europe has to do with the growing awareness of people. Europe can shape itself in a new way based on a perspective of Oneness-prior-to-all-Differences. Once this inseparable One Reality has been realized by being fully present in the Now, fundamentally new potentialities are created in the process of becoming, in how we co-creatively shape our everyday lives in cooperation. This way respects Mother Earth, plants and animals for what they are, and by "communio" it sets out on a kind of co-operation we could not have envisioned so far. In this way spirit in action is beginning to contribute to the well-being of all. Thus a new era can begin on Earth. Europe is fundamentally renewing itself in this manner.

### **XIII. New Possibilities of Our Time**

There are three levels of existence: The one we all know is the three-dimensional world in space and time. In it there are the past, the present, and the future. In it certain laws apply that we know from mechanistic physics, like the laws of gravity or the phenomenon of time, which help us to predict whether and when a lunar eclipse is to be expected in the year 2020. Our five senses and our personal, familial and social conditionings shape how we perceive and interpret this first level of our existence.

Quantum physics conveys a completely different picture of existence. At a deeper level, so to speak, it unveils to us a level of existence which vibrates beyond time and space in the zero field, a field of pure information and energy: completely different laws apply in this field as there is no time and no limited space in it. Everything is included in each other beyond time. This is an attribute of quanta. Three-dimensional existence develops from this second level of existence which is inter-dimensional.

And then - described in a simple way - there is another deeper level of existence. I call it the Great Mystery, the Nameless, beyond the Nameable. It contains levels one and two as well as further levels of existence because it is assumed that there are further dimensions of existence in the cosmos. It is said, for example, that parallel universes exist.

All three levels of existence mentioned are vibrating in us at the same time. We human beings are really blessed. We are only slowly beginning to understand this. We are just in the process of discovering the quantum field, its laws and potentials. In the Now - in the power of the present, from moment to moment - we are all-one; we have access to all three levels of existence. This fact cannot be grasped by the mind, the intellect or rational thinking. Being fully present from moment to moment transcends all the levels of consciousness that have been operative so far (archaic, magical, mythical, rational) and simultaneously contains them all. Nothing is lost. All human skills and aspects of consciousness are still at our disposal.

Being consciously able to tune into the quantum field will revolutionize our image of ourselves and that of the world. It endows us with new possibilities for creative designing that we can hardly imagine at the moment, but that we can vaguely intuit by looking at some especially blessed and wise ancestors. Only a few very special people have so far lead the way to this development. Today all of us are being called upon to follow their example.

To be fully present, now means that we are one with all that exists. This means that we can freely access the inmost depths of any form that has ever been created. The inmost depth of any existing form is vibrating in absolute pure love. It is like the "glue" of all being in becoming. At the same time it is the true driving force on this earth. As soon as we are One, being fully present from moment to moment, the love that we are in essence can reveal itself completely. And love can "move mountains".

This understanding helps us to sense more and more how new potentials of creative designs in coexistence that serve the benefit of the whole can become effective, while old and often hardened structures can soften up. This is of course not only true for Europe but for the global community as well. These newly perceived dimensions of all the levels of existence in inseparable Oneness reflect the quantum leap in consciousness: The caterpillar has now become a butterfly. And through this a fundamentally new kind of coexistence can emerge.

#### **XIV. Compassion**

What the world needs most today is compassion. This holds true for Europe, too. Instead of commiserating with others, we human beings will have to rise to a level of compassion that is more comprehensive and vibrates at a higher level. This is quite a distinction. If we feel sorry for a person or a being, we do indeed form a bond with them by sharing their suffering. However, this usually happens because of a view of the self and the world that is based on the separateness of me and you. Energetically this often draws us into the field of suffering -

and that paralyzes us. We experience com-*passion*, however, in completely different ways. It is free and yet it is *compassionate*. Compassion is rooted in being fully present, now. It is a natural state of being because when we are consciously fully present in the moment, we can feel the love that is inherent in everything. This very subtle love is inherent in the power of Now as a conscious sense of being.

Sometimes this is described as *agape* in our cultural environment, a facet of unlimited love. Compassion contains two aspects within itself: first, we realize and understand the vulnerability in being human and in all living beings in general. Secondly, we have the insight that, at the deepest level of realization, form is empty; it is not a solid substance as such. These two realizations form the basis of compassion. It is the true essence of what reality is - now, everything and everyone at once - Nothingness.

“What! A human being is nothing in essence?“, some readers might ask. - Yes, this is an experiential perspective that transcends thinking and grants us *in-sight* into reality itself: It is paradoxical, nothing and everything at the same time. We are not what we think we are!

If we widen our perspective a little more, this becomes comprehensible. How did the cosmos come into being, our universe, our world? And in which direction is all of it developing? The Earth, viewed within the context of the whole cosmos with its billions of galaxies, is a disappearingly small nothing. It evolves, is and will one day disappear again. This is how we perceive it from a three-dimensional perspective. And what do quantum physicists say? What is evolving here and disappearing again, is developing or dissolving? From their point of view there is first of all neither space nor time. There is simply limitless space - beyond time.

So, these two aspects of everything-nothing form the basis of compassion. And again: it is the most natural thing for a conscious human being to be *compassionate*. This is normal. Everything else is bizarrely *dis-placed*, i.e., not in the right place yet. New scientific studies confirm that the first impulse of life in

human beings is a sense for togetherness and only after this does separation appear, the basis of the Darwinian view of the world 3\*). This compassion has within it a very high frequency. It has an effect. It works at the subtle level that creates the physical one. If people feel that they are seen, honored and loved, hardened and wounded areas can often melt and dissolve more easily. Deep compassion is a way of living which shows itself spontaneously and naturally in everything we do together, beyond the limits of what we should and must do.

Since everything that is, is inseparably me, it is only natural that this human being is interested in the well-being of every other being. We human beings can only be really happy, in the deepest sense of the word, if everybody is happy. The Bodhi-sattva principle is inherent in the suchness of being.

Let us now look at Europe. To live compassion in Europe means to empathize in inseparable presence with all those who are ill or have a hard life, with those who did not have a lot of chances so far, with disadvantaged population groups or countries, with the rich and the poor, the corrupt ones and the "good ones", with refugees, and also with animals and plants. Compassion in our understanding today is not a mush of feelings. Compassion is conscious, wise, and clear and it allows us to become innovative and creative without restrictions. Neither does compassion stop when it might hurt the individual person to give something away or to share social privileges with others because real happiness in being human lies in sharing. This requires human maturity. Sometimes it is especially the young people in Europe today who are leading the way here and who are trailblazers: uncomplicated, full of enthusiasm, spontaneous, quick to establish networks, they can move Europe. And maybe the word compassion does not even have to be mentioned in this context because it already naturally IS.

## **XV. Balance**

A society that is developing in a healthy way pays attention to an integral equilibrium. It is well-balanced. The same principle holds true for us individual people, too. Many individual people living together form a culture. To live in a balanced way means

to establish an integral equilibrium, to balance all the human aspects of our being and becoming. Multiple equilibria on different levels of our being have to be taken into account here. There are equilibria at the gross, the subtle, and the causal levels that have to be balanced, in oneself and with each other. This creates balance. Thus, for example, there are times when we work a lot, and other times when we relax, letting our soul run free. There are times when we focus exclusively on our inner world, listening in silence, for example, and there are times when we celebrate our being together. Being well-balanced means to develop an integral way of living at all the levels of consciousness: in one's own life, in the we-space and as cosmic citizens. Living in a balanced way is a dynamic process. It reflects a cosmic law. This law has to be observed at all levels: at the micro-, meso-, and at the macro level. This principle applies to a village as well as to a nation, to Europe as well as to the whole world if we want to allow a healthy development of the whole to happen consciously. This development is a dynamic one as multiple balances have to be regularly achieved anew. It is something that is very much alive.

As all humans are unique and endowed with a free will, they begin to examine the principle of equilibrium in their own lives, adapting it dynamically. Only we ourselves can measure our very own integral balance. In order to do this, we need to be honest with ourselves. At the same time every human being is part of a greater unity in inseparable Oneness. Thus, an integral way of living can never happen at the expense of the lives of others.

As soon as all the aspects of being and becoming have been integrated and balanced, then body, spirit, and soul are in harmony. This is an evolutionary path towards a shared we-space. Living and working together in the conscious we-space intensifies the principle of balance in manifold ways.

Every system on our earth is in a constant process of trying to reach a new integral balance. We can see this, for example, by looking at the evolutionary development on our earth. But with the appearance of the human being on our planet things have

fundamentally changed.

Man has the gift of self-reflection and that of free will. Since man is very dominant on Earth today and strongly interferes with natural cycles which normally balance themselves and at the same time develop in an evolutionary way, what we need today is a consciousness that creates balance. Human history furthermore teaches us that great social and collective imbalances and chaos mobilize forces which sooner or later necessitate a new balance. This has often occurred in connection with revolution and war.

To reach a state of equilibrium means to find a balance between the cycles of nature and our ways of living. For us human beings to reach an equilibrium means to find a balance among ourselves between rich and poor, above and below, between people who are well off and those who are not. It also implies finding a wise balance in our common European coexistence while at the same time preserving unique national gifts that serve the benefit of all. The less we are identified with or fixated on individual aspects of our culture, religion or nation, the more easily we can achieve such an equilibrium. Peace on Earth needs a certain degree of equilibrium. All people and beings living in this equilibrium must be able to rely on the fact that everybody has the chance to live in dignity. We need to keep an eye on this integral balance. It is fundamental. In Europe we will not be able to achieve it through laws and moral appeals, but rather through people who freely envision and embody this new culture of coexistence with an open heart and a natural authenticity.

## **XI. A System of Benevolence**

When we observe the cosmos, our universe, our development on our Earth over a time span of 4.5 billion years, we can see a majestic beauty reflected in it. Looking at it from within our hearts, we can recognize a system of intrinsic benevolence. Beholding the complete evolutionary development of our planet, we begin to marvel. Everything seems to be unfolding within a higher order of harmony. And yes, this also includes setbacks like the event more than 600 billion years ago when

a big comet hit the Earth and almost destroyed every kind of life. At the same time a new developmental phase of the most intense creativity began immediately after that event, enabling an unprecedented variety of new forms of life to come into being.

This system of a higher order of harmony that is at work in all of the cosmos is not just visible at the macro level. Looking at our bodies, we can also see this system of benevolence being reflected. In a human body we can find about three sextillion cells which keep it alive by working together. How do they do it? The sinus node in the heart consists of approximately 10,000 cells that - each of them individually, living as uniquely recognizable cells - release an electrical impulse in absolute synchronicity. What an achievement! Our body contains innate knowledge. It is intelligent, benevolent and gracious. If somebody cuts his/her finger, the body reacts with incredible intelligence and skill in order to stop the bleeding, avoid an infection and heal the system as quickly as possible so that the body is completely intact again. The body reflects the cosmic principle of benevolence. This works automatically within a certain framework; we do not consciously regulate these processes as we live.

This benevolence is also inherent in us human beings. Our soul-aspect is full of compassion for all there is if we fully allow for this aspect of our being. We are only beginning to discover this system of benevolence which, if we look more closely, is being reflected in its complete totality at all levels of existence. This was not possible in the survival mode. In the mode of being fully present, now, cosmic life connections are revealed to us: everything - really everything - is inseparably One. Looking at things from the large perspective of our hearts, we can discern how much love, beauty and benevolence underlies all being and becoming.

This realization gives us human beings a warm heart; we can feel that we are really well received on this Earth. Fear gives way to a deep trust in the benevolence of the cosmic system and enables us to live benevolence in a new way of togetherness that is built upon the inseparable Oneness of all there is.

Thus, the new culture could be called a culture of benevolence. It expresses what it really is itself: benevolence.

## **XVII. Intuition Emerging from Silence**

What characterizes us as human beings when we are awake, rooted in the Now, when we love and perceive the whole world in inseparable Oneness within ourselves; human beings who follow the light of their hearts and who thus consciously, together with others, create a becoming that vibrates in harmony with the cosmos? What is it that distinguishes such human beings? It is the silence they carry within themselves, the silence they exude and are. More and more people all over the world are tasting this "scent" of silence. They understand what cannot be expressed therein, in not-knowing, which only needs to know the next step in order to make use of all the potentials for conscious co-creation.

This silence that we are in the deepest essence recognizes the dual play of the waves, of above and below, of good or bad, for what it really is: "The wave is the sea". And in the sea itself, metaphorically speaking, are contained all potentialities that can become manifest on the surface. In this way becoming arises from the sea, this manifestation in alignment with All Oneness. It is being guided by intuition. For this we need to listen closely, we need leisure time or, to say it in today`s language, we need antennae that are ready to absorb and "download", to receive at a deep level. This is the one aspect that can show us the direction of all becoming. The other aspect is co-creating, whereby images (imago) originating in the heart take on shape. For what makes us human is the fact that we do not only receive, but also create; we can consciously co-create by using our intention, our will, our focused life energy which is rooted in the silence of All Oneness. It is a co-creation in which form and formlessness are spontaneously operative, embodied in human consciousness. In this, the receiving and the creating principle are inseparably One.

Pure intuition guides the creative process in everyday life. Rationality and common sense are used for reviewing and implementing decisions. And sometimes through contemplation

we are given even deeper in-sights that reveal further helpful dimensions of consciousness.

And what does the understanding of "the wave is the sea" have to do with the idea of a united Europe? In deep silence the inseparable Oneness of all being and becoming reveals itself to us. From this, a new foundation for the European Union can emerge. It is aware of the basic principle of "the wave is the sea". It is thus able to transform collective forces that have hardened over time. Presumably, it is exactly this new basis that can set completely free the potential power of light that is manifest in the basic concept of Europe. This could indeed be important for our world.

Two features form the basis of the new European Union, the first of them being that the Council of the New European Union represents everyone, the totality. The second characteristic is that the people living in Europe allow themselves to be led by their inner knowledge as it emerges from the silence of their hearts. They trust their higher selves that convey intuition and common sense.

On the one hand, a unified European coexistence requires a Council that represents the whole of Europe and does not represent regional interests. The Council is assisted by experts who have the necessary scientific and technical know-how. They are aware of issues concerning climate, resources, energy and drinking water, social imbalances, migration and the digital revolution, and they see approaches that can contribute to solutions in the sense of an integral equilibrium.

At the same time all the people living in Europe form the actual foundation. These people have an understanding of themselves as an inseparable part of the One Reality, and it is with all their hearts that they want to help shape the European space actively and democratically as part of the One World. They are being guided by intuition in their lives that is in inseparable resonance with the totality of being and becoming.

## **XVIII. Utopia and Reality**

Ideals and ideologies are very close to each other. However, while ideals can sometimes inspire us, ideologies are not at all helpful. Why? Ideologies are ideas that have become hardened over time and often have the attitude "it has to be like this". They are part of the old paradigm.

Moral guidelines have periodically been very helpful in the course of human development. The Ten Commandments, for example, provided many people in European culture with a framework that enabled them to live together in a healthy way. In times of war, however, completely different "laws" were valid, while in times of peace they were established - sometimes forcefully - by religions or institutions. These kinds of ideals, intended to bring people into harmony with the Divine, are increasingly disintegrating today. The credibility of many a religious institution is being questioned. At the same time we can observe a kind of emancipatory development of the consciousness of people today who are freeing themselves to an ever-increasing extent from outside ideologies and concepts due to the realization that all basic ethical values and ideals are already inherently present in the human being. Strictly speaking they are inseparably anchored in life itself. The system of benevolence contains all of these values in its essence. They can be called upon any time in moment-to-moment presence.

In the context of European culture we are traditionally speaking of a conscience, "con-science" - to know together. What we have to be careful of here, though, is whether we are dealing with man-made content - conditioned content that often includes ethnocentric values and ideas of how life is supposed to be lived - or whether it is the deep kind of knowing in "not-knowing" that constitutes the original conscience and knows, by closely listening to what is inside, exactly what is beneficial and what is harmful for the common good.

It is interesting to observe this shift of our sense of values from the outside to the inside. It enables all people to follow a common natural "code" that includes everyone and everything.

Is this evolutionary development a utopian idea? Please, verify this for yourself! The experience of verifying everything for oneself is vital to the future of the European Union. This is the biggest silent evolution, and it is now beginning to unfold. What can be seen here is a fundamental emancipation of humanity. This process could also be described as a democratization of mysticism. This emancipatory movement of consciousness goes hand in hand with voluntarily accepted responsibility for the whole.

Two fundamental principles are absolutely essential in this process. Firstly, the principle of Inseparable Oneness, and secondly, the fact that the essential nature of reality is without ego.

These basic principles form the basis for a new united Europe - a new global cooperation. So-called utopia becomes reality. It is entirely in our own hands! We are truly divine beings who can forge reality in co-creation. This is the basis for a new united Europe that is an inseparable part of the One World.

### **3. Europe's Inner Alchemy**

#### **XIX. An Approach to Inner Alchemy**

How do we really create a unified Europe? We will now deal more deeply with this question after we have circled the age-old tower like a falcon and have ventured ever closer to the actual essence. These circles in which we are moving are inseparably One. They are vibrating simultaneously in a multi-dimensional way. Understanding the inner alchemy here is simply another dynamic occurrence in even deeper circles. We thereby realize that everything which comes into being - which becomes manifest in this world - is a movement from the inside to the outside. Or, to say it in a different way: the Absolute, the Unnamable is creating universes and worlds in inseparable unity according to the evolutionary impulse as Not-Two.

Given the fact that being a conscious human today means that evolution realizes itself, it stands to reason to explore the

new laws of co-creation and apply them. It is not a coincidence that quantum physics is available to us today. This is scientifically grounded knowledge that, along with mechanical physics that mainly examines three-dimensional laws, reveals a completely new dimension of existence. And it is associated with insights of mystics of all ages - an alchemistical understanding of the levels of existence. When we deeply explore the question "Who am I?", the Neti-neti principle reveals itself: "I am neither this nor that"; this can ultimately keep the question "Who am I?" in suspension, as there is no answer at the level at which this question is being asked. We land in the Now, in the multidimensional space of Nothing-All, simultaneously. Quantum physicists too have inquired into the source of matter - and have not found a clear answer. Matter and particles, but what is that exactly, and what is being influenced, and how? Today we have an understanding for the fact that the observer plays an important role in whether a "matter wave" is being formed into a "matter particle". In terms of inner alchemy this means that our attention plays a decisive role; matter forms where our attention is. It is the life energy working within us that follows attention and thus acts co-creatively.

Up to now all human traditions with their knowledge of inner alchemy have put themselves at the service of the whole. The forces or "siddhis" were employed only in secrecy. As conscious human beings, we now have access to these powers so that we are able to use them for the benefit of the whole in All-Oneness. This is a new step in evolutionary development. Mankind is growing up and can gradually assume its true role on Earth to serve the whole universe. It becomes effective through conscious co-creation. This co-creation operates through intention and the power of All-Love. In this way it will be possible to create the New through clear intention from the silence of pure being in radiant All-Love.

The observer - in our case we humans - becomes a conscious co-creator in being present from moment to moment. This is extraordinary. And we all - all humans with no exception - basically have access to this extraordinary power that, from

an understanding of inner alchemy, can form matter. At the moment we are only at the beginning of this process. Some individual people are courageously leading the way by showing how consciousness forms matter. In order for this to take effect collectively, many people being in resonance need, for example, to focus with direct attention on a new united Europe, thus becoming co-creators. In simply being fully present, love shines for everything that is. It does not contain only the Agape Principle - great compassion for all there is. It also contains - in inseparable Oneness - the Eros Principle. This lies at the basis of evolutionary development. The Eros-Principle is an infinitely tender power of attraction that is electromagnetically charged. This engenders co-creative collaboration with the human consciousness. Now, just like that! Being human is truly divine!

## **XX. In Unity**

One of the biggest obstacles overshadowing our original knowledge of inner alchemy is the separation of spirit and matter. In relation to human beings, it is the separation of soul, spirit and body or, in other words, the separation of form and formlessness.

European culture is embedded in religious values. They reflect true fundamental values. At the same time, exoteric religious institutions are passing on belief systems that are based on the myth of separation. We, as people living within the framework of European culture, have been internalizing this concept of separation for centuries. No judgement is intended with this statement. We are realizing more and more today that the myth of separation is man-made. In deep contemplation we realize that this is not the truth. Even so, this belief is still widespread today. Matter, form as such, is fundamentally devalued in Western culture and simultaneously it is raised above everything, while the formless seems to be unattainable for us. It is the old paradigm that is beginning to change. In the Gospel according to St. Thomas we find the sentence that we should "make the two one" (4\*). The inner alchemy of humanity can only become operative in this way. As long as we cling to

the idea of the separation of body and mind and go on believing that this is real, we are bound to the principle of duality: above or below, good or bad, rich or poor, black or white. All the great sufferings of the human race are rooted in this view.

Today there are several methods which point to a fusion of body, spirit and soul in a simple way. Many of us are following this path. We always begin transformation at the micro level, with ourselves. We ourselves are the change we wish to see happen in Europe, and even in the whole world. Actually, matter is "waiting" to be recognized for what it is: a modification of the One inseparable Reality. Our physical body, for example, is being treated ambivalently by many people. We tend to neglect it, do not really consciously value it, and often only react when something no longer functions as well as it should. Yet our body is truly a miracle. By consciously perceiving body, soul and spirit in its highest vibration, we heal this separation and create access to the quantum field and beyond.

As each step in consciousness is subtly reflected as energetic information in the collective field of consciousness - beyond time and space - its overall vibration increases in a multidimensional way. All people have a part in this because in reality there is no separation. If we humans succeed in letting go of the myth of separation, we "fall" into the One Reality, in which inner alchemy co-creates through intention and imagination in All-Love in an unimpeded manner: and that is a united Europe in the sense of One World, One Humanity, One Consciousness.

## **XXI. The New Europe: A Change of Dimension**

Transcending our familiar ways of acting in this world in order to shape a stable, unified Europe is a major challenge in our time. Simply put, it is our usual course of action to set goals after we have analyzed the situation. Then we start planning and realizing our objectives step by step until we have reached our goal. If we come across unforeseen events, we include and integrate them into the ongoing process. We could call this a linear procedure, and so far it has served us well. It is still at our

disposal, as for certain kinds of problems it is the only appropriate procedure.

At the same time evolutionary development invites us into a broader dimension that encompasses our familiar linear approach and transcends it. Thus, an actual change in paradigm is happening. While we created a kind of security by sticking to a linear procedure - though, on closer inspection it was only a relative kind of security - entering the new dimension invites us first of all into Not-Knowing. Letting go of our relative security is a necessary prerequisite for this approach, and it requires us to now embrace the seemingly disorganized, uncertain, even the chaotic. Thus, what has seemed until now to be so familiar, usual, and safe to us now dissolves like salt in a glass of water. The only security lies in the Here and Now. This is a door that opens into the power of Now in which all potentialities, all possibilities are present. This "field" is not confined to the linear. This field is pure consciousness that can also be described as cosmic or universal intelligence. This One Reality is self-organizing, self-correcting and self-renewing. All cosmic evolution originates in it.

By consciously being fully present, now, vibrating in conscious love in inseparable Oneness, this intelligence can become effective through us. After a phase of letting go of familiar things and jumping into not-knowing, we will find new firm ground beneath our feet: the certainty that co-creation hand in hand with cosmic intelligence is possible, even highly effective. This certainty no longer arises from a habit pattern, the linear principle that is mainly defined by reason, but in a dynamic and spirited way of being fully present, now. Gradually we are beginning to understand the benevolence in the cosmic system that always keeps in mind what is beneficial to the totality. By being fully aware from moment to moment, cosmic intelligence can take effect through us and with us. This is the way that co-creation can emerge.

Co-creation is, on the one hand, based on a vertical spiral motion, conscious human existence thus being "in-line" or "on-line" with cosmic or universal intelligence. And on the other

hand, it is based on a horizontal movement of conscious human existence that leads to a greater harmony of humanity.

In this way individual people are beginning to understand themselves more and more as individual, even unique cells that act in cooperation to form a common body of humanity. Cosmic dimensions of creation in this world and beyond thus open up for humanity. Homo sapiens sapiens becomes Homo Universalis.

These are great "thoughts" that emerge from long-term evolutionary perspectives. We stand at a pivotal point of evolution in Europe today: what we are dealing with is a leap in consciousness from a view of ourselves and the world based on separateness into Prior Unity before any diversity. This pure consciousness is connected to cosmic intelligence. This will simplify many things. As soon as people's hearts are in total harmony with everything that is, co-creation in cooperation becomes easier. Maybe it will be possible for us in this manner to share a life in dignity together; there is plenty of everything for all of us, so that we can celebrate life together in peace, creativity, freedom and joy. It is this vision that we all dream of. Its basis is this change of dimension.

## **XXII. The Key: Love**

A new common Europe capable of a transcendent quality will operate through the dynamics of love. Love is the highest dynamic force in the universe. It is the actual engine of evolution. It works directly, instantaneously, and very effectively in the smallest as well as in the largest spheres. Its power of attraction is irresistible, and it rejects ambiguity and ambivalence whenever necessary in order to remain completely clear and transparent. Through the principle of resonance love synchronizes perfectly. Love contains ancient wisdom in itself that forever re-establishes itself anew because it is all-inclusive.

This love is so subtle that you cannot really describe it. There is nothing more subtle in the whole cosmos. It is the true "glue" of all particles of matter that arrange themselves around their inner pole as a pattern of frequency until they dissolve again.

Consciousness is radiant love. In conscious being, primordial light and love are inseparably One. In being fully present from moment to moment there is a consciousness that is aware and loves everything it perceives - now, just like that! A sensation of greatest tenderness for the smallest detail as well as for the greatest cosmic event is intrinsically vibrating in our conscious human beingness. When we thoroughly allow for this sensation of love in being fully present, it is infinite, all-encompassing, and all-inclusive.

Love - love can achieve anything! The Bible says that it can move mountains. It can heal our separation of you and me, and it can transform any kind of separation within us and from that which is unnamable. This radically changes the feeling of wanting to be seen and respected by other people. We understand that we ourselves are the love we so much long for, and we are now able to love as One heart, without any limitations. This is the change of dimension that can connect us with even deeper layers of being. We realize that the innermost depth of all being and becoming is shaped by love. Electrons from the zero field are, so to speak, being "willed" to take on form by the attraction of love. Then, when manifest forms dissolve, the "glue" becomes unglued and the electrons once more freely dance the universal dance until a new impulse of love bundles them around yet another inner pole to become form within space and time.

As the lifetime of electrons is almost infinite, every human being is compiled of atoms, the electrons of which have been and will be here for billions of years. In this way we have always been close to each other beyond measure. By breathing in and out, we are also continuously exchanging isotopes. Seen from this perspective, there is no separation. Maybe this helps us to understand that every single living being is, in reality, simply an expression of the inseparable One. This expression of human being, is, each considered individually, unique. Along with this, every human being is endowed with unique gifts that are at the service of the whole. When human beings consciously work together, a universal symphony can actually emerge that is based on billions of different sounds. The secret of this symphony

that is forever creating itself anew is love. Its effective power is spiral and at the same time dimensionally deepening and widening as evolutionary emergence.

We human beings are pure light-love in our most subtle inner essence. If we embody this in conscious being, all doors are open to create the New, just as we wish it to be for the benefit of all. In this way it will be possible to creatively shape a common Europe in the light of love and in dignity for all beings.

### **XXIII. Collective Wisdom**

C.G. Jung spoke of the collective unconscious within us human beings. Working with what lies inside of us, Jung did not only encounter patterns that are individually conditioned but also those rooted in the human collective which are at work in the subconscious.

When I was still quite young, I asked myself how it was possible that people who seemed to be living peacefully could commit such inhumane deeds like the ones we experienced in World War II. How is it possible that, through very refined, collectively effective mass manipulation, more or less a complete people or a complete tribe wants to annihilate another? Which kind of "mechanism" lies behind such events? This is a question that every human being needs to ask one day.

During my own journey to myself I realized that we can be manipulated through our unconscious parts. These parts are an open door to the collective unconscious. Through collective unconscious pressures arises fear at an existential level which leads to a willingness to kill and torture and so on far beyond our conscience. All of this is being held within a collective spin that keeps people under the influence of the subconscious.

Throughout my journey to self-realization I encountered many of these aspects. For the world is within us, and not the other way around. So I was called upon to explore the collectively rooted aspect of war in myself and to heal this extremely painful dark side of being human in the love of the heart. We can presumably find these abysses of human beingness in every person as we are inseparably one. Seen with deep understand-

ding, a war being waged presently somewhere in the world is like a wound of destructiveness bursting open in which we all have a share. Every negative thought, every angry word, and every destructive action contributes to this. Being able to look ourselves in the eye unsparingly enables us to look at the world full of compassion. Then we no longer go into separation but instead possess an inner clarity that lets us speak in a language that heeds what serves the good of all and what does not. This language is a language of the heart - full of compassion for everything that is. It is important that we have the courage to "hold" in our awareness these abysses that surface in ourselves as human beings. In this way we transform them. This is peace work at the deepest level.

And - there is also a collective consciousness. There are archetypes, for example, that are reflected in a similar way all over the world in humans: the dragon, the mother, the king, the magician, the serpent, the giant and so forth. They appear in Greek myths, in fairy tales and in dreams. In a way, these are energetically charged images that serve the awakening of humanity to consciousness. If we delve even deeper into the collective consciousness, we touch the Akashic records, pieces of information stored in the quantum field that are accessible to us by being fully present from moment to moment. In these are stored every single movement, every leap in consciousness of every person that has ever lived, an actual treasure chest to which everyone basically has access. This information cannot be retrieved via the functions of the brain. It is not stored by way of memories but in the interwoven quantum field which cannot be localized. It is like a background glow that shines through all matter and becomes accessible by intuition and introspection in the power of Now.

In the Akashic records, part of our collective wisdom lies dormant - an essential part, as all the experiences of all people are "recorded" there. A kind of experiential knowledge that can be called upon collectively is thus formed. A field of collective wisdom reveals itself from the sum of all the experiences and beyond, intelligence that is effective in a concealed way in the entire cosmos. Within this cosmic - or may I say divine -

intelligence, all-inclusive wisdom is accessible to us as conscious human beings. It is a wisdom that does not belong to anyone, that nobody can claim for his or her own. It IS in all of us and can express its inner radiance fully only when we are consciously united collectively.

What does this mean? Collectively united here means that we all perceive, feel, think, speak, and act more and more as One humanity without losing our individuality. Through the resonance of the heart we are all-connected in love. And through the light of consciousness we are connected in unity in the so-called "Noosphere", to say it in Teilhard de Chardin's words. Our conscious being vibrates as One bundled force. Thereby collective wisdom can take the lead on this Earth. We will now be able to co-creatively shape heaven on earth, and to do so with joy. In this context Europe could provide an example as part of the whole.

It will take a while until collective wisdom can establish itself on this earth. At the same time we can observe that more and more people are living in the power of Now. They all have access to collective wisdom. The more people we are, the sooner this power can become wonderfully effective in our world.

#### **XXIV. The Awakening of Europe's Soul**

Anima Mundi, the world's soul: if we inwardly savor the sound of the word "Anima Mundi", it has an effect on us. Something within us knows this taste of the inseparable Oneness of our Earth, of our being, in which heaven and earth touch each other in the infinity of this moment. No, we can neither justify nor explain this sensation. But the sound of this word touches our hearts in a peculiar way.

A similar thing happens to us when we speak of the soul. We can also feel a certain frequency vibrating in the sound of the word "soul". And - who can really define soul? It is beyond what we can grasp, and yet we find a similar concept in almost every culture on this earth. Perhaps the soul can be described as the divine spark in man.

On the pathless path of self-realization there is a moment in which we can say with certainty that the soul assumes leadership in our life. This means that the little "me" that perceives itself as separate, the I-identified self-image, has merged into something larger. Hence, we are living a life that follows the inner light and is no longer being guided by the ego, the little "me".

This in turn makes it easier to put reactive behavior behind us. At the same time we realize the mechanisms of attraction as well as of repulsion that underlie automatic reactions. Thereby we overcome judgement, resistance, and attachment that catapults us from the Now, from All-oneness, into separation. We are filled with a peace that flows with the flow of life and thereby lives in inseparable Oneness for the wellbeing of all. Thus we are following the light of the soul in voluntarily accepted responsibility for the whole.

Are we able to understand the soul today in greater depth, or can we actually describe it? Not really! Furthermore, I think that our current conceptions of soul are too narrow. Perhaps the soul exists in quite a different way? Maybe there is no such thing as an individual soul, but it is paradoxically individual and all-one with all the souls at the same time.

The boundaries between body, spirit, and soul are not as definite as they may appear at first glance, either. It seems to me as if this trinity could, in expanded conscious awareness, be perceived as an inseparable dance of frequencies. For perceived in the depth of being, the body is divine, the soul is divine, and the spirit is divine - simply the One inseparable Reality and its modification as Not-Two.

More and more people are experiencing this - also in Europe. The evolutionary leap in consciousness is steadily taking place in ever greater clarity. Yet it is still largely hidden, hardly noticed by the public.

In the silence of being, beyond all the superficial images that the media mainly convey to us, evolutionary change can be felt. If we read the signs of the time with our hearts, we can perceive that more and more people are "awakening". These

people are aware of their souls in the power of Now that shines inherently for all that is in radiant love. They let themselves be guided by what is inside of them and are therefore in unison with the higher order of harmony that prevails throughout the cosmos.

So far, all of this is taking place in a tentative, but irrevocable way. Gradually, a collective field of love and wisdom is establishing itself. This will show that Europe's soul is awakening. Self-organizing powers that consciously carry the common Europe in their hearts will increasingly become visible. People are living everyday lives that are free of fixed conceptions and set moral ideas. There is simply presence that encompasses all that is and transcends it. Vibrating in the consciousness frequency of Being-One, it does not make sense to exploit or deceive - or even harm - another. We know that by doing so we are causing harm to ourselves.

Being fully present, now, contains and simultaneously is all becoming. Yet there is still a lot to learn, to investigate, and to explore in being human. Beginner's mind keeps us awake. We are all learners. We stabilize being present from moment to moment, keep on clarifying shadow aspects when they appear, and live in a healthy way as citizens of the world. In doing so, we unfold our unique gifts and place them at the service of the whole. We also begin to speak out increasingly, also in public; we stand up for essential values and a true humanity of this world, and especially for a united Europe, as part of the whole.

Still completely hidden, a much larger dimension to being human is waiting to be discovered. It can be described with the word "resurrection". There are people who have set an example for us. They all have encouraged us to unfold our human-divine potential. Completely new possibilities open up for humankind within this dimension to create harmony and peace on Earth. Consciousness can shape matter. Thereby a spiritual science of inner alchemy is created that can make even transmutation possible.

What has all this got to do with a united Europe? Is there actually

something like a soul of Europe? Yes and no. In a certain way the soul of Europe is a concept. And concepts are simply concepts. Nevertheless, it can be helpful for a united Europe to speak of a soul. We do, for example, speak of a Russian soul in common parlance. Perhaps this is more about a field that is subtle and stable in its innermost core, a fundamental "being fully present now" that becomes visible as a system of benevolence. Speaking of a European Soul in this way can be very helpful.

The Greek legend of Europa who is being abducted on a bull's back is not really an inspiring story. We need a new image, a new vision for Europe. Also from this perspective, to speak of the awakening of the European Soul is appropriate.

And how does the European Soul awaken? I think it happens through the collaboration of all the people who long for a united, peaceful Europe. These people allow themselves to be guided by the inner light of the soul. And as soul is simultaneously all-connected, a field of the European Soul establishes itself as an inseparable part of the entire world. It is through consciously being human that the European Soul can awaken. I also think that Europe embodies an essential power in itself due to its rich history. Europe has created so much beauty; its civilizations have had an extraordinary impact on the entire world. Realizing and appreciating this allows Europe's soul to take on new forms. And even more, feeling "Europe" in its essential depth brings about the awakening of its soul, something that we all simultaneously are. Europe's soul is beginning to awaken. This is the essence, the actual miracle.

## **XXV. Europe and the Homo Universalis**

How many wars have been waged in the name of religion in Europe alone by the homo sapiens sapiens up to now? There were, among others, the Crusades, the Thirty Years' War; particularly were the wars against Islam (Reconquista), and, for centuries, the persecution of Jews that led to their annihilation during World War II. Even today there are still tensions and enmities both within Christian communities and towards those of

different faiths.

Arriving in Jerusalem's old town on a Friday afternoon about 10 years ago was a very impressive experience for me. What did I see first? Muslim men who were walking along the alleys in a hurry in order to be able to perform the prayer in the Al-Aqsa Mosque on time. At the same time I could see men wearing traditional Jewish orthodox clothes who were hurrying to the Wailing Wall before the Sabbath began. And in a side street there was a Japanese group of Christian pilgrims, the first of whom was carrying a wooden cross on his shoulders. They sang and prayed at each Station of the Cross. Observing these three diverse groups of believers, I could perceive the longing in their hearts for the one, eternal, great mystery. Inherently they all had the same primordial longing for that which is ultimately unnamable. Every human heart is able to see this at the depth of its being. It is a kind of seeing in not-seeing which is true seeing.

The heart is capable of this. Thus, we can perceive that the different religions are an expression of the One, undivided, colorless light. Depending on era and cultural region, the different colors of all religions have shaped themselves. While one religion puts Yahweh at its center and others absolute devotion, emptiness or Christ consciousness, all differences ultimately point towards the One inseparable Reality - the source - prior to any difference.

Today in Europe, there are about 75% Christians, about 5-8% Muslims and about 0.3% Jews; 5% are convinced atheists. According to Wikipedia one-third of Europeans describe themselves as non-religious.

Beyond all religious influences and including them, we human beings touch THAT in the depths of our existence - that which cannot be grasped with the intellect or really be described. Being consciously present from moment to moment we transcend all religious colors, shapes and scents. In All-oneness we taste a universal perspective: in it the One diamond is shining in different facets and colors as the One without Two. The heart is capable of understanding this paradox. In this way, we

can be at home in being fully present from moment to moment - in unity - and at the same time be Christian, Jew, Muslim, or atheist. Religious demarcation has thereby become permeable. It now embraces and transcends one's own belief system and makes a universal vision possible. This means that the next higher Holon is beginning to reveal itself: the birth of the Homo Universalis is beginning to take place.

What characterizes Homo Universalis? Silence, love for everything there is, the joy of consciously being present; creating in a co-creative way, surfing polarized powers, the confidence in One World, One Humanity, One Consciousness, universal spirituality 5\*), cosmic consciousness in All/Nothingness; compassion that expresses itself spontaneously and naturally in thoughts, words and actions for everyone; interaction with Mother Earth, with all life, with all people and cosmic powers in service of the whole ...

If we human beings are able to think this at this moment in time, if we can feel in the depth of our being that evolution wants to develop in this direction through the awakening of human beings, then a beginning has already been made. Homo sapiens sapiens is gradually transforming itself as a further step in the evolutionary development here on Earth into a Homo Universalis. It is a conscious shift that is taking place here.

Homo Universalis does not wage wars - neither for religious reasons nor for any other reasons. It is capable of loving its "enemies". Its culture is non-violent and is based on the principle of abundance, for in reality everything that humans, animals and plants need for life is available. Possession as we know of it today no longer exists; Homo Universalis sees itself rather as a custodian and a keeper. It is capable of sharing and is truthful in its simplicity. It uses the best technologies that are now at humanity's disposal, also in innovative ways. At the same time, it is completely in harmony with nature and Mother Earth. It is furthermore capable of putting to use metaphysical powers in the service of the whole. These are just some of the keywords referring to the nascent Homo Universalis, its understanding of itself and its expression in this world.

I know, this is quite a lot! And yet a great vision often begins to manifest with little things in everyday life. We can already see the beginnings of this: people who - quite consciously - lend a hand in their neighborhoods; who cultivate a piece of earth alone or together with others with love and care, who make their talents available to others as a gift, and who are honest and authentic in their interactions with each other; or they are running a company with the idea of Public Welfare Economics 6\*), they treat animals respectfully, are loving and wise parents who are present and awake when with their children, have great political ideas 7\*) or stand up for fundamental values in our world, create communities and repair shops, and so on. Little of this can be seen so far in the mainstream world of media. But the young Green is resolutely growing as a lively foundation of a New Culture.

This development can be observed especially well in Europe. It is as if a becoming is emerging from the certainty of Oneness, the Great Silence; a new culture of coexistence is emerging that in itself contains the scent of love and joy. It is the scent of Homo Universalis. Homo Universalis consciously and quite naturally stands up for the unity of Europe as part of the One World. This, in the deepest understanding, is a natural next step for Europe.

## Annotations, References

- 1\*) Today's consciousness makes it even possible to take a look behind traumatic occurrences and to perceive the deeper impulse that is hidden there. This can lead to a growing realization of how polarized powers take effect in the three-dimensional realm, within the One inseparable Reality. Only this kind of deeper understanding makes acting in a conscious co-creative way possible.
- 2\*) from "Tuschspuren" (Traces of Ink) by Tetsuo Roshi Nagaya Kiichi, Theseus 1989
- 3\*) Prof. Joachim Bauer, Freiburg, "Prinzip Menschlichkeit - Warum wir von Natur aus kooperieren" (The Principle of Humanity), Heyne 2006
- 4\*) "When you make the two into one and when you make the inner like the outer and the outer like the inner, and the upper like the lower, and when you make male and female into a single one ... then you will enter the kingdom". The Gospel According to Thomas, Logion 22.
- 5\*) cf. "Eine Welt, Eine Menschheit, Ein Bewusstsein - Grundlagen einer universellen Spiritualität" (One World, One Humanity, One Consciousness - Basic Aspects of Universal Spirituality), Annette Kaiser, Aquamarin 2015
- 6\*) cf. "Gemeinwohl-Ökonomie - Das Wirtschaftsmodell der Zukunft" (Public Welfare Economics. The Economic Model of the Future), Christian Felber, Deuticke 2010
- 7\*) cf. "Warum Europa eine Republik werden muss - eine politische Utopie" (Why Europe Must Become a Republic - A Political Utopia), Ulrike Guérot, Dietz 2017

## **About the Author**

Annette Kaiser is one of the best known contemporary mystics in the German-speaking world.

She has written more than ten books (recently published: "Eine Welt, Eine Menschheit, Ein Bewusstsein - Grundlagen einer universellen Spiritualität", Aquamarin Verlag / "One World, One Humanity, One Consciousness - Basic Aspects of Universal Spirituality"), and teaches as a spiritual teacher mainly in Switzerland, Germany and Austria as well as in the USA and in India, among other countries.

After studying economics and sociology at the University of St. Gallen (Switzerland), Annette Kaiser worked in development cooperation for many years and was responsible for the issue of women`s rights in more than 10 countries worldwide.

For 17 years now, she has been the spiritual director of the Villa Unspunnen in Wilderswil near Interlaken (Switzerland), a seminar house and a place of silence and encounter.

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