

# Laws of Life Movement

The book of Equipoise

宇宙量

## **The goals of the Laws of Life movement**

The foundation of the Laws of Life movement has the following goals ;

- to assist and support in personal development in every way of the individual
- bring individuals together to form groups of likeminded for connected development
- to set up special gathering places for meetings
- stimulate development of research and development communities with special targets

The above must be realized by the use of an organization with membership to guarantee continuity.

Members are supposed to be free minds and spirits with the goal to research their personal life and benefits and share these with other members. Finally we share the benefits with the community and environment for the good of all.

The Laws of Life movement is led by Arnaud van der Veere who considers a constant self-improvement and development as one goal in life we all need with respect for others who do not consider this as the highest goal in life. His vision is to develop groups of people around the world who share his visions and be strong as a movement to energize others. He wants you to join and become a member of an ever growing movement.

## **There must be a beginning and an end.**

**宇宙量 = universal energy/power**

That is what we demand, that is what we expect. Because we are human and our life has a start at birth and an end at death. We need to be sure all that we can grasp has a beginning and an end so we lure ourselves in many positions to make believe that we are right. But we are not. Energy has always been there and knows no beginning nor an end. It is here and has always been around.

I call this energy LIFE as it is the source. Life is more than the energy as we know it. Energy as we know it is a currency difference of positive and negative energy flowing into a certain direction. But LIFE energy is different. The energy of life contains more than just electrical power.

LIFE is transferring the source energy of what we know as life itself. The life energy contain the source of all energy in the Universal powers. Each of these powers is far greater than we are. Some people call this source of power God. In my vision that is far to limited for the power so great we are not able to comprehends nor describe. When we give it a God definition it localize the energy on a place inside one entity. Some call this a heaven others have other names for it, but all use simple arguments of a fixed place. But Life Energy has no body, no entity and is all around us covering the entire Universe.

It is correct that religions in the past have done the right thing to create a story to make people understand the magnificent power of Life Energy as we are confronted with in the everyday situation. Religions have made the not to understand greatness of powers into a concept that was needed to let people feel more secure. But the real powers are beyond imagination. We have passed thousands of years of the moments most religions started. Our species have evolved and we have worked hard to understand more of what is going on around us. It is time to realize that all religions need an update to what we experience now. To do this I will introduce you to the “secrets” of life as we know it now.

Your first realization must be that life knows no beginning and no end. In contrary of what has been thought our life does not start at conception. Life is transferred from two individuals by conception. The transfer takes place at the moment the sperm cell enters the egg cell and the uniting of two living cells in the womb of the woman. The moment of conception is the start of a new individual which carries on the life of the others and not the start of life as suggested. By controlling the moment of conception we are able to give life a certain twist and are able to connect directly with our future offspring. You are the person who transfers life and by doing so you have some control which can be used if known how.

Life energy must be seen as a bundle of different frequencies of energy. A bundle that varies in size, different frequencies, strength and length for each individual. It is a well-known fact that Universal powers influence this. Different ancients sciences have studied and recorded the effects of the Universal powers on Life. The moment life energy gets attached to a source, the new created individual conception, it will start to change and multiply itself with the same speed as the dividing cells do. The

frequency of each cell is different and not every cell is able to communicate with the others. In some cases conflicting frequency occurs which causes malfunction and even death of cells and possible the organism. Disease or disability is the best known disturbance of energy frequency. We find a clear proof of the existence of life energy through the Ayurveda and Traditional Chinese medicine which prove the existence of life energy by its treatments.

In both ancient science, equally the Ayurveda from India with an around 10.000 year history and the Traditional Chinese Medicine with an around 4000 year old history, the foundation of the treatment is the flow of “magical” energy through the body. This flow of energy cannot be proven by the current limitations of science. The instruments we have created are not yet able to measure the strength of energy of life itself. The fact of existence of this energy has been proven by healing and experiments. Millions of people have been treated and are treated for malfunction of this cosmic life energy in a variety of ways. The use of treatment may vary between the different life science methods but the origin and understanding is there to get results.

Life energy does come in a bundle of many different frequencies. Each Life bundle carries different constant changing levels of power and frequency which interact with the environment constantly. The best way to imagine it is to look at the rainbow. The variations of light in a rainbow can be compared with the different levels of energy in the bundle of life energy crossing the universe and which occupy every cell in our body. Each color has a different frequency, strength and function. Inside each color there are many shades of this color with each again a different function and actions. The levels of energy interact in function, strength, frequency and other ways. These interactions can and lead to disturbances in a cell, sometime to serious disruptions. When these problems occur it is important to get them in control. These disturbances and disruptions can be treated to restore a flow within the life energy. Treatments test, control and restore balances and are needed for every living being. Your life depend on them.

We all want and have to control our own life energy, if possible control it and get a positive life result. Life energy has a direct effect on our mental and physical health. To channel the different frequency of energy takes effort, training and proper guiding. The way to do is handed down to us by generations of masters. Life Energy is influenced by our environment and interacts constantly with it. To control and influence we must pay attention to the ways we influence our life energy and the conditions of interactions. The way you relate to your environment delivers more positive or negative energy actions. Control must be thought by the masters of the Laws of Life movement.

Life Energy does not have a constant balance. A full balance exist when all positive and negative factors are cancelled out. This is hardly possible to reach but we can strive to come close to the nearest situation of balance and understand what life energy really is. Teaching and training makes it possible to feel life energy flowing through your body and get some control over it. For a very few masters it is possible to connect the personal life energy with the universal or cosmic life energy and become part of that.

Becoming a part of the Universal Life Energy source allows you to be a part of the cosmic energy and understanding. With the teachings we offer you it is possible and likely you will accomplish more in your life than you ever did before. The results are amazing for your personal life. You will no longer be alone, your mind is occupied by the powers of the Universe and you love without limitations of the human mind. No longer you are possessed by the negative forces of nature and your body should reach the balance needed to cancel out negative and positive energies.

To control Life energy and be a part of the Laws of Life give you the freedom needed for growth, exploration of the unknown powers, good health and a never exhausting spiritual lifestyle. To share with likeminded people, be a part of the movement and let it grow like a tree gives you the opportunity to grow as a human being into a master. A master who control destiny, time and life itself. The one able to create and end life when feels like that cause when you tap into the sources of Life Energy and understands the Laws of Life you are aware that Life knows no beginning and no end. You will be able to control the destiny of your Life energy. Life is no longer restricted but offers you the ability of being unlimited.

### **How our life energy display itself to you?**

In our daily life energy occurs visibly and invisible. One way it shows is by static electric discharging. When we wear certain fabric our bodies become charged with electric overload and by touching other objects we see and feel the light sensation of electricity going from our body into another object. Static energy is seen as one of the lower forms of energy, it has some practical use but in general it is only a trespassing form of energy. The fact that our bodies can absorb energy like a battery is important. When we are able to charge our bodies unconsciously with this kind of energy imagine yourself what you can do with many other forms of higher energy.

Another form of energy we cannot see but surely we do feel is the magnetic energy between two persons. When we come closer to a person and are able to look into the eyes there is a connection or opposition, in most cases the eye contact does not reveal the difference in energy between two persons right away. The eye contact is made for the fast mind-to-mind interaction which displays the energetic level of two persons instantly. A light touch, such as shaking hands, transfers energy between the bodies. Touching can be considered a discharge of negative energy or a grounding of energy for both parties.

If two persons have equal charging or opposing energy levels which are able to connect to each other, the connection goes to a deeper level. Suddenly the persons feel attracted to each other without any intellectual explanation. The levels of energy seem to have a need to connect, a need to interfere with each other. This attraction is not always of a sexual kind but it is likely that the sexual energy turns on at such moments of interaction. When a mental connection is made the physical connection is likely to follow, but not a necessity.

Another individual, measurable display of energy is the aura. The aura is not visible by the naked eye but can be photographed and has been displayed in arts of all kind. Most interesting of the aura is the fact that in every religion the gods, saints and holy people are surrounded by the energy of the aura. This is not only a prove of its

existence but merely a proof that the aura energy is recognized by every believer of every religion through the ages. The aura is a display of life energy, it shows the importance of life energy is the only source in nature that is able to cross the borders of the human mind and limitations of religions.

Life energy can be found as far back as the beginning of mankind. If we study the ancient cultures of the Maya, Inca's, Egypt, Persia, Vikings, Stone Island and all Asian civilizations from the beginning of time we find the expressions of the aura back, the display of life energy as the source of life itself.

## Your relationship with the Universal Power

The life energy inside you belong to the greater universal powers called ?. This ? is the collective energy of the Universe and connected with the source of life, death and continuity. It is the source that never begun and never will end, the foundation of knowledge and the spiritual center of all. Each cell in our body is energized with this life energy and belongs to the Universal powers of ?.

The power of ? is not just the energy that you feel every day, it is also the power of your thinking, your mental awareness, your emotions, feelings, it support your six senses and helps you to be who you are. The importance of ? is almighty and cannot be described by the use of words. In this book I bring you the knowledge of the source of life energy and how you can be trained to get benefit of it.

Life is an evolutionary process which start at birth and goes through different phases. Each phase has unique virtues which delivers the knowledge and emotional development that we need. The moment we become aware of the powers of ? in our life we are able to take control over our life and love and become a stronger personality.

Most people think that they are born alone and need the help of others, the help of spirits that surround us. We are the carriers of the highest power, the strongest and most divine power in the Universe as we are a part of it. We are not alone, we never are, but we need to know where is the power inside us and how we can connect to it. Life is more than just living, eating, multiplication and dying, we have a task to fulfil, a very important individual goal which is different for every individual. This goal is not just there to see for every person, to find that purpose of life we should dig deep and go through the core of our being, the temple of our energy, the spirit of life inside us. Our life is meaningful, powerful and worth living when we are able to understand and control the spirit of ? inside us.

To manage your personal ? powers takes energy to create more energy, the powers of Life are like a nuclear fusion reactor. The more energy you enter the more you get in return. Like with a nuclear reactor we have to take time to build and operate it. The knowledge does not come overnight. To operate the an energy source like the sun needs care and structure, you need to have the knowledge of what is right and wrong, what are your limitations and how to cross borders. You need to know how all is related to each other and what your personal role is in the mixture of spiritual and physical life on earth.

## The question of good and bad

In life there is no absolute good or absolute bad. We do not have a black and white vision on both. When we need energy we turn it on and it flows, no matter the consequences. Electricity never demands isolated cables or a secure surrounding. To protect ourselves we need to use it for our own sake, not for the sake of the energy flow. To prevent bad things as accidents to happen we should protect ourselves.

The question of good and bad and the result on our life is something that keeps us busy most of the time during our life. We have to make choices based on this all the time. Behind this constant balancing of good and bad is the knowledge of what has been thought to us from birth till the last day of our life. The judgment of Good and bad is based on two principles that both have been developed by the human society. During the development from hunters to city dwellers we have created a certain code to live by.

The codes of morality and justice are the primary rules on which we base what is good or bad. Nature never gave us rules of what is good or bad, these rules are decided by society and implemented by rulers over their followers. In Nature we always have opposing factors to make life keep moving, such as positive and negative, male and female. It is particularly interesting to see that in Chinese medicine the positive energy is considered warm and male and the negative energy is considered cool and female.

In language we have created a positive feeling about positive things and a negative feeling about negative. This is equal to the discussion of good and bad. Male and female. The suggestion is that negative is bad and female. A wrong doer should be cold and negative which on itself has a relation with being female. If we look at most criminals we are perfectly aware that those, in general, are male oriented personalities, more or less macho. Here we can clearly see that the use of language suggestions do not suit reality nor morality.

To understand ourselves and nature we should respect the positive and negative in an equal matter. In nature we find also energy of the same polarity as a normal existence. Nature did not exclude same polarity energy from life and action. In this vision we can also understand that nature has created homosexuality for a reason. This reason will be explained to you. Opposing polarity is needed to create stronger energy. With other words the “conflict” between the genders is result driven. This drive creates many situations which can be considered good or bad from the point of view of the sufferer or the inflictor.

In my studies I found the story about Karma one of the most intriguing results of the interaction between the good and the bad. This philosophy explains that all actions provoke reactions. When an action is considered good or positive it is expected to attract more positive matter later on. But when you do something wrong it is expected that you will experience bad things later on. With other words positive (good) creates positive (good) actions and results and negative (bad) will do the same. Hereby the Karma philosophy turns its back to the law of attracting the opposite. Already many

ages people believe and trust this philosophy and not surprisingly it has been “proven” right many times.

The reason why we can proof Karma to be right is based in the knowledge of the use of Karma by the believer. When a believer does something wrong he/she knows that the reaction of the wrongdoing will be negative by society. Often punishment or other things will happen. Even when the punishment does not come the believer will seek for a way to compensate the wrongdoing in a try to come to a balance. This is not always possible as some deeds are larger than we can imagine at the moment we do the action and create an effect that will make compensation a near to impossible job.

Let me give an example ; there was a man who's duty it was to guard the dike. His duty was to alarm the citizen behind the dike about the weather and the dangers of the water. He performed his task as always until one day, during a heavy storm his mind was occupied with personal matters. On a certain moment he decided to work on the personal matter instead of inspecting the dike during the heavy storm. At that moment the dike broke and water start to get through. If the man had spotted the breakthrough in time he could warn the citizen in time and they all be saved. But the man spend his time dealing with his personal affairs and forgot all about his duties. For his personal affairs he was doing good, he took care of them well but at the same time he lost his sense of duty and due to that many people died.

If we take the position of the man we understand that he was thinking that he did well by dealing with his personal problems. Probably he solved them which in term of Karma should reward him with a positive feedback but instead the dike broke and many people got killed. He forgot his duties to deal with his own matters. From a Karma point of view he got a load of bad Karma which was impossible to repay later on. He killed people by neglectance, by failure.

He did well by solving his personal problems and he did bad by neglecting his task. In the first case he made the life of close people better and ended that of others. His decision must be balanced according to the rules of Karma and judged. The question is , who will judge it? The law of Karma does not judge. It reflects the laws of energy as we mention. When you bring in a lot of positive energy you may expect negative energy to come in for compensation. Having too much equal powers often ends in a flash and a short peak of exploding / imploding energy.

The Laws of Life follow the laws of nature in relation to good and bad. Every action provokes a re-action. This is a fundament of balance. Negative actions create positive re-actions and positive actions have negative re-actions. For our peace oriented conscious we prefer the option positive actions will be rewarded by other positive actions and negative actions by negative re-actions. We want to get better from our actions. Society deals with good and bad by rules and regulations which are made to protect society and leaders. Most of all leaders of any society will use a good and bad approach to control the masses and rule a society. Most laws are made to control and not to distinguish good and bad.

On a complete personal conscious and sub-conscious level we deal with good and bad in a different way than we deal with the same rules of society. Good and bad are both personal perceptions which have a specific individual meaning. This meaning is

and cannot be communicated with the outer world even if we want so. These are our hidden private values. Most of these are not clear and have no outlines. The concept of good and bad has no shape, borders or limitations in the individual mind. We do not have a clear conception of what is exactly good or bad, we only know that it is situation depended.

It is not easy to deal with the concept of good and bad alone, many people get mixed up and are emotionally disturbed by it. The search for a clear vision leads people toward believe, religion, superstition and all other ways. It is a spiritual journey which need strong guidance. The Laws of Life movement is focused on the causes of good and bad. Together we analyze situations and guide our members through the mazes of the mind to find the solution of problems in the past into solutions for the future. We help you to bring good and bad together in future and hope.

### **Intention**

Good and bad are directly related to the intention of the action. When an action is taken without the intention to harm it is in nature a good action. Every person knows when an action is taken , the real intention behind the action. I do not refer to the intention you think consciously but the intention behind it from a sub-conscious level.

The intention of the deed creates a certain level of energy that will provoke the re-action. If the intention of the deed is positive it will provoke good re-action. But when the intention of the deed is unclear and maybe a negative vision is behind the re-action could be of an unexpected nature.

Let me explain this ; when a man makes love to a woman he can have two intentions, eager and love. When his intention is eager he will not be happy when the woman is pregnant and his intentions will become clear the moment the woman announces her pregnancy. His actions will speak clearly when he demands abortion or denies responsibility. Even this man announces that he wishes to stay with the woman his true intention is clearly not to have a family with her. His deeds (the sex) were his true intention, the result ( a child) will become the victim of his deeds. But the man will also suffer from the child cause his lack of love and passion for the woman will reflect in the child and it will show when growing up.

On the other side we have the woman who lure a man in marriage by creating a pregnancy. When the man is responsible he will take care of the child as his own. His intention will lead him to the acceptance of the child and often a good relationship with the child but the woman will feel dis-attachment to the child due to her own bad intentions. After all she took the child not with the intention of love but to get a visa or financial reasons. The child will know the intention from the moment of conception.

In every action we take there is a certain intention to start the action. Most of the time we do not think about the effects of an action as they are repeated actions with no other intention than doing the “job”. But when we take a new action or an action we do not know the effects of it is important to consider the re-actions before taking the actions or let your intention be as pure as possible. When you clear your mind and vision from any bad intentions you can be sure the re-actions will bring no harm to others and if it does you need to see the reasons why it happened.

During our courses in the groups we go deeper into the intention of a deed, the reasons why we do the things we do and what we expect as outcome. How can we influence the outcome of an event by setting the right intentions? How can we use our internal powers to influence the situation and maybe even the future? It is important to learn the way of thinking that connects your intentions with the results. You are able to take charge of your life when you are able to set the right intentions to the right goals.

## Responsibility

One word with a thousand meanings. A word that is explained by many as a one way stream of events, something loaded with emotions. But responsibility is a very personal matter concerning others, you as a person should feel certain responsibility toward others. A responsibility to yourself is considered discipline.

What is responsibility?

At first we have to separate the two major forms of responsibilities you face during life. The first form is a responsibility is caused by your actions. Your actions have created the responsibility, for instance a pregnancy. The moment you have sex and the conception takes place you have the responsibility to take care of that new life. You are the cause and you should carry the responsibility as long as needed under any circumstances.

Second there is the responsibility that is handed down by others to you. This kind of responsibility is not always given to you in good faith or with the right reasons. To accept this kind of responsibility needs careful consideration but often it needs time to be understood.

Responsibilities in life are major players for emotional peace and stability. To most people responsibilities are there to disturb the equipoise. They are there every day of your life and will occupy your mind most of the time.

They demand a lot of energy of the mind and body. During our life our choice of responsibilities bring opportunities and blockades on our road to the future.

I would like to recall that the most important responsibilities are these who are caused by yourself. How can we tell if a responsibility is created by us or given to us through others? This urgent question is on the mind of most people and we need to focus on these as an urgent matters of the mind, something that could avoid wasting time. Bring your “problem” to one of your leaders, members of groups for open discussion. Together we analyze and make suggestions. We go over your problems step by step until we find a solution.

The first question we should ask ourselves is what is the cause of a responsibility, what is the moment it did enter our life. If it is a pregnancy we may not be able to calculate the moment but we sure can remember the events and possibilities that it was caused. But the causes are not always that clear. Sometimes responsibilities come in a string of events.

To explain this I would like to add a story ;

Bob was driving his car at the right speed when suddenly a person crossed the road. The first reaction of Bob was to hit the brakes and stop the car to limit the possible damage as much as possible. While hitting the breaks Bob realized that the road was slippery and the car started to spin. Because of his fast action the spinning car did not hit the road crossing man but a parked car. Inside this car a mother and child were waiting for the husband to return. Bob's car smashed into the parked car and killed the mother and child. The door of the car flipped open and did hit another person of the pave way causing serious damage.

In the string of events Bob took a proper action with the right intention but finally caused death and damage of people who were not part of the start of the event. My question here is ; is Bob responsible for the string of events or is the initial person who suddenly crossed the road to be blamed ?

This affair seem to be complicated as serious damage is inflicted on innocent people and Bob should be held responsible for his deeds. The problem is that a responsible person like Bob will carry the event with him the rest of his life but is not responsible for it. Bob did not start the line of events but the man crossing the road did. We can tell Bob over and over that he is not responsible but he will always feel he is.

But we also did see another thing happen. The door of the parked car flew open and did injure another person heavily. The question that occurs here is the responsibility of the person who left that door open. Can we held that person responsible for the problem the door caused? There is nobody to be found, or it must be the victim, who will consider to hold the owner of the car responsible for what happened in the event of things. In this case we do not consider that person responsible for anything at all.

When we review this event the responsibility of every following action should be on the shoulders of the man crossing the street but nor that person nor any other will hold that man responsible for the serious injury of the last person in the row of events.

From this story we can see that responsibility is a complicated matter and hard to get to the core of an event to put specific responsibility to a single person, no matter how hard we try.

It is my vision that personal responsibility in relation to events is the emotional attachment of a person to the events and its guilt feelings for what is happening. We can say that we have to analyze an event on a very personal way to understand our responsibility.

In this show case we can see that the number one way of responsibility often flows over in the number two responsibility and we have to make a real choice in most cases. In fact there are only few cases we will have a direct choice to what we consider our direct responsibilities and what are not.

The question how we need to choose our responsibilities in life and how we can live with them is one of the most stringing and urgent questions to ask in life. To get answers to this question we need to focus on two important issues involving the way

we are able to carry the matters of life. One of the major factors is our relationships with others and the communication with people we care about and wish to share with.

Most people need a community of friends and people they can trust to resolve the urgent questions of responsibilities as they are hard or impossible to answer on your own. When we can share our thoughts, emotions about responsibilities our life will be less of a burden.

### **The everyday implications of Life energy**

Religion is believing in something far greater than you of which you have no part or share. Life energy is you. It is there in every move you make and you are a part of it no matter you want or not. It is you in every way you like or not like it. Life energy rules your life in every aspect from morning to night and from birth till death.

With a religion you can forget the Gods to be involved in your life, you cannot feel, hear, see or smell any part of them in the daily situation simple because you do not aware of in them for every moment of your life. You do not need them at all time, they are there only for your convenience and not for the sake of your life. This is completely opposing the fact that Life energy is surrounding you, influencing you and taking part in everything you do, from breathing to eating, from activity to sleep, everything is influenced by your personal life energy.

Life energy does not ask for believe it demands participation, a partnership. Life energy must be trusted, it is reliable, controllable, changeable and most of all it is the only partner in your life you are depended on with your life. There is no closer, more intimate relation in your entire life than with your Life energy. It is the core of your existence, the root of growth and the center of decline when getting older. Unlike religion Life energy is something to deal with, to believe in with unlimited power and never to let it go.

Why do you want to relate with a God?

- You need someone with greater powers to trust, who you can rely on
- You wish somebody loves you unconditionally, accept you for who you are , completely
- At times you want to turn to someone in sorrow and pain, someone to listen to your inner difficulties, someone to share your most secret issues
- When you did wrong , you wish forgiveness of your deeds, you seek salvation of your own gravings, your own sorrows , fear and regrets
- Religion is something you follow because other people follow it, to most people following a religion is by social pressure. Most believers go to a holy place to meet others, to share interest with likeminded people and feel safe. The protection of fellow believers give the individual the feeling of protection by a group, you belong to something,.
- In every religion we find leaders and followers. A religion is organized and the larger the amount of followers, the more leaders and institutes are available to accommodate the followers. As with every organization religious practice is expensive as the buildings need maintenance and the leaders need salaries. Followers do need to pay for the comfort of having a shelter to meet and to

hear the preaching's of the leaders, all this cost money. There is no religious organization that can drive without sufficient funding's.

- Religion is needed to explain our lack of knowledge, the gaps in history of which we have no explanation. We need to explain everything to make us understand. Religion explains everything with nothing and request followers to believe in the explanation not in the facts.
- Your religion does not pay interest in the most important thing in your life ; your health!. Did you ever wonder why they are not interested in a persons in good health?
- Did you ever ask yourself why most religions are reluctant to help you to become intellectually developed?
- Most religious movements do not have respect for others. When we believe and our religion does not pay clear attention to respect for others in the world what does it say about the organization? Be sure that the foundation of every true religion and its founders did have the intention to respect other life on earth but most organizations did lose this and did draw rules and regulations to deny others this respect.

Your relation with LIFE energy on the other hand is completely different from a relation with a God power. Instead of looking up to a power outside of your body and mind you come to realize that the power of the Universe is collected inside your own body, you are a part of the almighty powers surrounding you and who are dealing with everything in the cosmos, seen and unseen, you are a part of it.

### **Understanding your participation in Life**

The process of living is something we learn by doing it. It is a given fact we have to find our own road in life as it continues. There is no option else than to live or to die, these are the only choices you really have. Choosing for one or the other have direct implications for the future.

Your participation in life starts with the choice of living. Maybe you want to live longer, better, more useful, adventurous, exciting, devoted, intellectual or just a healthy life with the prospects of happiness. Even you carry the source of life inside and consider yourself being able to develop it, guidance is needed to do it the right wayu. Guidance of experienced people. Persons who went thru the development themselves and are able to give you a first hand assistance. If you want to lead a fruitful life and answer to the most important, questions in your life you need to find people to relate to, people who are willing and wanting to share life in its full intensity with you. Your share becomes a part of an organization of Life and will improve the life of many others. All make sense when you understand the basic rules of life and connect with them through what we do. The answers why, what, when, where, who and how will be answered along the road and happiness is a guarantee. Follow or lead, it is your choice and partipicle your only realistic option.

## The foundation of life

As mentioned before, religion is an institution that places responsibility, love, care and knowledge in the hands of a superior being. We do not deny there is a superior force in the Universe that goes beyond our understanding and the main reason is that we are just a part of it. We are like the cells in our body, each cell has the knowledge of the whole but the capacity of just the cell alone, not more and not less. The cell will never be able to become the organism no matter how hard it wishes. We are the cells of life in the Universe and it is our duty to improve this life in any way we can. To understand and be able to do this I have set the rules of the Universe down for you to study, apply, discuss and carry on. These are the rules I have set and you can follow them at ease, every day and all your life.

### Respect;

- We respect life in its purest form and do not destroy it unnecessarily
- Respect the opinion of others like we respect our own
- Respect the ethnicity and culture of others as our own
- Respect young life and the elderly as we have been and will be them

### Communication;

- We improve and enhance communication with our environment
- We use communication to improve our life and the lives of others

### Emotions;

- Emotions are a part of our live, we try to control them as far as we are able to
- We involve emotionally with others
- We try not to harm others
- When a person is emotionally hurt we help without benefit or selfishness

### Intellectual development;

- We do everything to develop our intellectual capacities
- We respect the limitations of intellect in others
- We assist others to develop on an intellectual level

### Health;

- The foundation of a happy life is a good health. We protect health.
- We strive to improve health and regain it if needed
- We assist others to improve and regain good health
- We assist others who are not in good health.

Each of our 5 principles of proper living interact with each other. In our lessons of life we see the interactions of the 5 principles at all time of the day or night. We cannot separate any of them. During our meetings, lectures or reading this book you discover the virtues of life in the interactions between the 5 principles.

**Respect:**

- We respect life in its purest form and do not destroy it unnecessarily. Life is essential to all of us. To stop a life by unnecessary killing cannot be justified . We do not consider life as something only to belong to human, it is also the right of animals, plants and other living species. If there is no reason to destroy this life or the reasons are based on a selfish act we have to stop it. To respect life in its true context is to protect all life from being wasted.

- Respect the opinion of others like we respect our own. The world has billions of people, each person with its own mind , thoughts and expectations. Like the differences in DNA our thoughts are different from person to person. There are no restrictions on thoughts. To respect others is to respect their privacy of thoughts as long as they do not break with the respect for others.

- Respect the ethnicity and culture of others as our own. We are born in a place, a culture and an environment which we have not chosen as adults. Each life has a purpose no matter how poor or rich we are born. Culture gives us value, a reason to live, an environment to develop and often a target in life. We need to protect cultures, respect and understand them. Cultures should communicate with others without losing or forced to lose identity. At the same time any culture should respect the existence of others.

- Respect young life and the elderly as we have been and will be them. Life starts at birth and grows older with the day. A young and old person needs protection and assistance of others. It is compulsory that every person must help others in need to survive and create a window of opportunities for them to evolve and grow or live a decent life.

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## Communication;

- We improve and enhance communication with our environment.

Living is communication, no matter how we are born, we need to communicate to survive. It is important we improve communication inwards and outwards.

Communication is a vital tool of life and every living being is communicating with its environment. To develop communication we receive tools during our lifespan. Most people do not use this tools to its full potential. It is important to know how to use all tools of communication for a better life of yourself and your environment.

- We use communication to improve our life and the lives of others.

We divide communication into internal and external. The external communication is already mentioned. Our internal communication is important for personal development of our life, love and intelligence. There are different ways to develop internal communication and most depend on culture and intelligence.

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## Emotions;

- Emotions are an important part of our live, we try to control them as far as we are able to. Life is an emotional issue from the start. At birth we receive a flood of impressions which convert into emotions. It is important we receive the right environment to control these flood of emotions and learn to gather others safely and in control. Very often this is not the case. Emotions play an important role in most people's life and control is needed.
  - We allow ourselves to be emotionally involved with others. Emotional involvement with others is often connected with "love". Love is a unique personal emotional state which differs from person to person. To love another person has two components; to have a love where physical contact is a part of the process and a form of love were physical contact is not a part. It is important to allow ourselves to become emotionally involved with others for personal growth and development. But there are limitations to this which are also of personal nature.
  - We try not to harm others emotionally. To become emotional involved with another person has a personal reason which might conflict with the interest of the other persons live and causes harm to others, willingly or unwillingly. One sample is the involvement of a single person into a married couple, this causes harm and often end in misery for all parties.
  - When a person is emotionally hurt we will try to help without benefit or selfishness. Emotions cannot be controlled at all-time due to the involvement with others. Interpersonal contact in such situations is important. We have to help and assist a person in need to give this person a positive ground of living.
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**Intellectual development;**

- We will do everything to develop our intellectual capacities. Every person is given a certain intellectual ability in life, we are not all equal. It is our duty to live to our maximum capacities and be active in developing this.
  - We respect the limitations of intellect in others. Not every person is able or willing to increase their intellectual capacities to the maximum limit. In fact most people will not do so as the goals in life do not promote to do so.
  - We assist others to develop on an intellectual level. It is our duty to promote and assist each person willing to strive for a maximum of capacities to develop its intellectual possibilities. Before we devote ourselves to this task we have to recognize that intellect is not a solid issue. Development of our intellectual must continue with the same pace as we have implied at all time through the ages.
  - We seek opportunities to add new challenges of intellectual development to the current existing and will not stop exploring the Universe doing so.
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**Health;**

- The foundation of a happy life is good health. We protect health as much as we are able to. Happiness depends on the conception of health. Health is different to most people. If a person is born disabled he or she can still be a healthy person.
- We strive to improve health and regain it when problems occur. To most people health is a given thing, something to never worry about. But health is fragile and instable. Most people are not able to control their life habits and need support to control health and support in case of recuperation. Our goal is to protect health, support aging and assist upon recovery.
- We assist others to improve and regain good health. Fellowship in health is needed as loneliness is one of the most destructive issues of health. Taking part in physical activities is nicer with more people than alone. In our target settings we stimulate the mutual actions of all people to take part in activities in a group. Our organization assist in improving your opportunities to meet the right group or to organize one.
- We assist others who are not in good health and help where needed. Being sick often leads to isolation and loneliness which on its turn does not improve the health. It is our goal to improve social contacts leading to a more stable connected life and a recuperation of health. Creating support groups for the sick and lonely to improve health and personal wellness is important for the increase of overall happiness in society and personal growth.

# The road explained

This book is written to enlighten your path in life. The purpose is to guide you in your everyday activities and assist you in time of trouble. Life is not as easy as it seems when we are young. Events occur and sometimes changes happen to our lives for the better or the worse.

Your road to “happiness” does not only go thru rigorous meditation or hours of contemplating religious texts. Freedom of your mind is not bought by praying nor offering to Gods. In our current society we have less time for the lengthy discussions about topics that are not much of our daily concern. Religion gives hopes and targets to many but settles you with limitations, borders and fear. Most of all fear for life it selves, fear for the death and fear for a personal opinion. But this was never the goal of the prophets and messiah. These people did search change, reasons for living, explanations for life and above all they tried to bring down teachings for a different way of living.

Religions are old. They have been passed on to us for hundreds or thousands of years. Brought into organizations which used religions to control people, to start wars and to justify their wealth. The current religions are organizations, strong and financially powerful. Your individuality does not count, you are a number who needs to contribute to the organization. Religion should make you free from sorrow and hardship but often does the opposite. It is time for you to reconsider your life and seek the real issues of life in this time. The old stories do not apply any longer.

The Laws of Life movement is your partner when you need it. We are created with the current knowledge and what we expect in the future. The Laws of Life are funded on the knowledge gathered of the history. A history not linked to a country, a nation, nor a tribe. We have collected the religions of the world, compared them, took the cultures and researched them. Our knowledge is not bounded by limitation but by the experiences of thousands of years, millions of experts and is still evolving. The Laws of Life continue a path of enlightenment of the Universal powers and a return to our source of energy of Life. With this book to guide you and your participation at the meetings we are stronger than the individual. As a movement we go thru life and take all hurdles together, we help and assist each other in time of need and with the knowledge of empowerment of someone who will be beside you in life all the time.

The road of life starts at birth and develops along the way. None of us is able to know what life will bring to us. Life has hidden secrets and we are not able to control them alone. The most important part of life is to relate to others. We need to know how we can develop relationships, how we can manage them and most of all on who we can rely or not. In our movement we pay a lot of attention to the way we are related to each other, our interactions and how love and respect play a role in this.

Your life is like a spider in the web, you are the center of your personal network. To control and enhance that network you need understanding and the right methods, the right people and the right environment to do so. With the activities of our movement we provide you the shelter and care needed to grow higher than you ever expected.

Life can be a burden or a blessing, we have a choice and the road ahead is paved with promises but you are the one who will need to make them come true one by one and you are never able to do so alone. Now you found likeminded people who walk the same road, who are prepared for the same destiny and who are willing to share their valuable lives with yours.

Our books are your tools of knowledge, your stronghold when you are weak and your energizers when you feel stronger. These tools are there to be used , to discuss with your fellow men and most of all to apply in your everyday life.

## **Meetings**

To understand and apply the Laws of Life it is important to take part in the movement, come to the meetings and take part in activities. Your energy and confidence will grow when you participate. Life brings you a lot but you have to know which opportunities to select. Together you are stronger and wiser.

The Laws of Life meetings are open to all. We distinguish members and visitors. Everybody is welcome. Members are requested to follow the road to complete development which enables them to become independent personalities in every way. To become a member takes an application to the headquarters in the Netherlands. It is easy to do and you are always accepted, we have no limitations nor membership criteria, you are welcome the way you are.

Meetings are organized by members. Members take the initiative to spread the words of wisdom and Life. When a member is interested to organize a meeting he/she is supposed to announce this to the HQ. Together we promote and assist each other to reach the maximum amount of people.

## **Projects**

Our movement is based on practical application of your mental and physical enhancement and happiness in life. To imply what we learn and experience in daily life with our teachings we take part or initiate projects around the world. Our team leaders select special programs suit with our group and often in reach of travel or in relation with the needs of our environment as we want to see and keep in touch with the results of our efforts. Our groups initiate these projects as a whole and as many as possible people take part in it. A project must be no longer than one year and has a start and finish. We follow up projects and come back after certain time to see if our activities had the right results.

## **Woman rights**

Woman need a stronger position in society. Through the ages women had an important place in the continuation of a tribe or society. After a war woman had the task to regain the male population but did not get the honor needed to do so. Some society did honor women by the use of virility Gods which always did refer to the breeding of children. Only in the last fifty year we see women getting a chance to grow to leadership functions. They proof to be capable leaders.

Who is the main earner in the house. To understand this better we need to go to the animal world. As humans we are on top of the animal world and be considered the highest developed one. But we also carry all the behavior of each animal in our genetic pool. In the animal world we find species were the woman is the leader and the male takes care of the children. In physical sense we see animals were female are much bigger than the male. In other species the male is the only provider and the woman serves the male in every way. Other species have an equal dividing of work and care for the offspring. It is important we understand that as the final bread still represent earth nature in all its aspects even in the relational ways.

In a human relationship we find any kind of relationship found in the animal world. For our sexual needs we have not grown above this level since we have combined the need for multiplication with the desire for satisfaction which is a dangerous combination in some cases. To control our specy from running in overdrive , getting involved in extreme habits, some form of control is needed. Our society have reached the habit of law making as a form of control. But written laws are made to be tested and broken.

Our society made discriminating rules to woman. Rules were made by male in times were woman had no chance to fight. Currently time is changed, woman have taken life in their own hands and time to change is here. In our organization the women have equal rights in every way.

### **Application of the teachings**

Our teachings can be used in theoretical and in a practical way. In my daily life and work I prefer to use a practical approach. We are no longer able to go for a long period of retreat in a forest or monastery, at least not for most of us. Choosing a spiritual life in the care of the monastery or a lonely retreat to a spiritual inspiring place is for most people an impossible act in life.

How did I find these practical road to a better spiritual life ? The most simple explanation is that I combined sport, study and work in a daily practice. In my daily life I also had the care of a family with children, a housekeeping, shops and employee. As to all people sometimes the situation became so tensed that I had to find a way to beat the reality of the day.

To beat this is a test for each individual in the world. We all are tested every single day in our lives. In a city environment even more than on the country side. Today more than yesterday or the ancient centuries. Throughout the centuries there have been wars and crime always. But due to the amount of people it was less possible to become a victim than in the current day. Our society has changed and we all have come under a constant treat. No longer of a visible enemy, most of the dangers come from hidden places, from places we cannot see, feel or touch. We fight with unseen enemies that are threatening our daily lives.

The Law of Life is the road of the middle. I mention enemies and friends in separate chapters but in fact they are the same. In our mind we make a strong distinguish of who we like and want and who we prefer or not. This is all based on our emotional connection and conception of people surrounding or in contact with us. We want

friends but due to events we also get enemies. We never ask for enemies but get them anyway. Enemies are also created by exclusion for instance people who do not like us from the size of our shoes or the color of our hair or skin. Our target is to learn how to find a way to understand our enemies. It is easy to love our friends but being positive or even neutral of our enemies is one of the most difficult tasks in life. One of our main powers is respect. We respect the enemy for its virtues even we do not like them either. Every person has some positive points we can see. We protect ourselves against the enemy by the power of our group, the power of your own community of Law of Life partners.

When we look at the life time warrior which we are, we see that no matter who we fight against in the competition of life, we need to fight, friend or enemy alike. We need to show respect and have the right mentality while fighting. Our fight is to control and not to let our emotions take the upper hand. The warrior of life knows that when emotions take over he/she will lose the fight.

When we wake up we should use a personal routine that we develop and change over the years. Learn and adjust. One of the first step we should take every day is to visualize good and bad. Look around you and distinguish what you consider good and what you consider bad for that moment. The second step is to take a distance from your thoughts and become an interviewer. Imagine you are standing and watching from a distance with a microphone or camera in your hand. You are no longer a part of good and bad events. You analyze how good or bad these events are. Is good really that good and bad really that bad ?

Example ; life is precious to us. We all wish to protect life. But when it concerns to food many people let go of their emotions toward the protection of life. We need to survive. Our basic instinct is to kill to survive. We kill animals as we do see them as inferior to ourselves. One of our basic Law of Life is to protect life and avoid ending it. But we also need to eat. This is a moral complex situation. It is important we make the right decision at the right moment.

Some people decide not to eat any form of meat. We have to respect their right to do so. Others prefer to eat meat. In both cases it is a personal decision that led to this choice. There is no right nor wrong. But we should face the fact that animals have the right to live under the best possible circumstances and not caged and tortured. We have to protect them as we will protect the weak and defenseless. Animal rights should be respected and cared for that is the duty of every human being. To understand what is right and wrong we should place ourselves in the position of the animals and undergo their faith. From there you have to take a step back and humanize the situation, what if this happens to a human, what will be my position?

Respect is based on justice. Your first task in life – this is the first task for every member of the Law of Life movement - is to learn to distance yourself from an everyday situation, become an observer. Control your emotions. Becoming an observer makes us less emotionally involved. Less personal. Life is connection but to live life in full you need to dis-connect sometimes to oversee it.

## Meditation

The word meditation recalls sitting people with closed eyes in different positions. The target of their meditation is to find inner peace. They organize their mind in a quite or even tranquil position. Meditation is considered a passive way to reach enlightenment.

But meditation can be very active. When I train hard, I meditate. Working out is a combination of mental and physical activation. To reach the perfection needed in a movement demands control from mind over body. The focus of the mind is strong and directed. To reach the best performance the mind should be focused and completely empty of influences.

Meditation knows passive and active forms. The passive forms are easier to reach than the active forms. During a passive form the control of the body is turned to the absolute minimum were during active meditation the control of the physic is a need to reach a higher state of mind. Movement controls breathing, breathing controls oxygen and the brain controls the mind.

Both forms are important to be used by a member. The mind has different levels of consciousness. To influence our life energy we need to do so on more than one level of the body and brain. Our physical abilities and limitations are an important part. During our life time the body will change and so will be the possibilities in meditation.

Meditation is not bounded to religion or lifestyle, it is used by all and for everybody.

We need to create time to get space in our life to evaluate the teachings and pay time to think and meditate. In the beginning we must combine a physical and mental exercise together for the best result. The best way is to use a short Lillt as a way to focus on exercise and mental awareness. Mindfulness is an important step to be aware of what we do and how we do it. This exercises help you in the struggle for daily sorrows, you become aware of the faintness of them, the temporary effects of each event in life.

The most important part from your study of the teachings is what you personally can do with them. This sounds egocentric and selfish but to apply each part in your daily life needs understanding.

The spiritual value of life must be combined with your everyday practical work.

Teachings must be implemented and used, the value of the teachings are found in the enrichment of your reality, your daily affairs.

After you read this, look around you. Ask yourself the question ;is this the place you want to grow old, is this the place that allows you to reach a higher state of mind and make use of your full potential? Look at who you are , your responsibilities, your ambitions in life and most of all toward the satisfaction of the current life. Are you satisfied, are you able to grow here ?

I am sure that most people think that they do not have a choice in life. But the fact is that we all own our lives and that everything we do is based on the choices we make. Every minute we make choices ; do I drink tea or coffee, will we turn right or left, if I want to catch that buss shall I run or wait for the next. Everything we do is owned by yourself , your choice. But we do not have a 100% control of the environment as everybody around us also needs to make choices all the time and the interaction between these choices create new situations which we cannot control all the time. In the pure form we can find the solutions for the everyday problems as you will discover.

When I ask you to look around, what did you discover ? Could you get a clear image of your life? While looking around your mind flows from one thing to the other. Your mind swings from an internal to an external thought. We register objects, people, light, movements, smell and sometimes touch. Our senses are open for more than one influence. No longer you care about yourself or your mental state, you care about the environment.

When we are young our responsibilities are only too school and parents. We need to study hard to get the right result and everybody looks happy. The better our marks the more satisfied they are. It seems simple till the moment we get into a down period. Our performance goes down. Marks are no longer high and people start to be impatient and sometimes even angry. You do not know what is happening cause the harder your study, the more time you spend on the homework the lower the marks become. This is something nearly everybody encounters some day in life.

Our body and mind are no longer stabile. We have lost the stability in work / learning ability / performance. Something happened that made us lose control. The urgent question is what happened ? . Most of the time the young person becomes frustrated and is trying to find ways to break the 'spell' . Parents and school also try different ways, most use 'force ' as a way to improve results.

F/orce is considered a negative emotion toward a person. It takes away the free will of choice and throw a person into a vicious cycle leading to an emotional struggle for results and understanding. Numerous proves are delivered that force leads to destruction and hardly ever to positive results.

The best way to help a person in distress is to show mindfulness. We know the task of a child is going to school. Yes, it is clear that "we" know it but does the child knows? In our society pressure is used for everything. To most people this pressure builds up over the years. The pressure and forcing makes people insecure and unstable. To balance life we need to find ways to relieve us of this constant pressure, get ways to "escape" this destiny. During our meetings we pay attention to the daily affairs and this building of pressure. We use stress relieve as an important part of the activities.

We all search for the path to end suffering of our daily life. But in most cases even while walking on the right path we are unable to see it as we are so much occupied with our imagination of the future. Our eyes are directed to the benefit that may come in the future . Like looking through a house with open doors. We forget that a house

with open doors can cause severe danger to our health, it is hardly possible to heat or cool it and there is never any privacy.

Our first step is to start with closing doors in our life to create a better living space. When we close the door to a room we are able to control the environment such as heat or cold, and make it more comfortable. With the door closed we can see the shape of the walls and room better. A certain control comes to existence..

During our meetings we train you to become an observer. We teach you how to start seeing your own suffering and that of others. The demands we put on others, the pressure system that we undergo and use and most of all what this hunting for fame and fortune actually is doing to us and others.

### **Laws of Life movement and religion**

The Laws of Life movement is fact based and is organized to assist and educate its members. Our members promote a positive society. We want a society where people can live together in harmony. People of every religion are welcome to join us and participate actively in our groups.

#### **Cycle of life**

Life has never started and will never be gone. This saying is based on the essence of life itself. Life is energy. Energy can never be wasted. It can be used but it will return in one form of another.

Let me explain Life more clear ;

We consider life as it has a human shape. But life is more and not bounded to biological definitions. To understand the limitations of the current thinking I would like to show here what now is called the definition of Life ; the condition that distinguishes organisms from inorganic objects and dead organisms, being manifested by growth through metabolism, reproduction, and the power of adaptation to environment through changes originating internally.

This definition is thought to us in schools and elsewhere with the target to make us think that biological known life is superior to other forms of life.

When we look closely to life and re-define it in a way that should be the source of everything we can say, Life is moving energy at any time in any speed and for any reason. With this definition we come close to the source of what is life.

We are living on a planet. Earth is a living organism. According to the biological definition it is not. But earth has a “bloodstream” called lava which is in constant motion. The skin of earth is the surface we are living on and it happens to move often. The planet is rotating around the sun and the moon, which together forms an escalation like a chemical compound. It is built in a way we can find back on atomic level such as with atoms and molecules.

When we study on atomic level we found that each atom again is built from smaller particle which on its turn are again built from smaller parts. This goes on and on like a never ending system. On the other hand when we take the same atomic building

structure into a larger framework we see the planets following the same patterns. Like giant molecules interstellar systems running around each other in changing motions on a timescale unknown to us.

There is no planet which has no motion. Something without any motion at all cannot exist in Universe. Life is motion, it is energy.

Our life is also depended on motion. Without motion there is death. But death only can touch our organisms but not our source of energy which continues to exist under every circumstance. Life energy is a part of the Universe and can be moved from the temporary life form we are on earth to less temporary as the planets of the Universe. Life is a matter of time and our energy is cycling with the shape. Place and time. When we control it, we can become whatever we want to be.

## Our style of life

### Work and duty

How often do we really focus on the work we do ? Most of our work is routine. Every day we have series of performances we do as a perfect routine. Duty seems boring and for most people it is. Boring is a negative emotion that restrict a person to open the mind and see the positive effects of the work that is done and to come. Routine work is a mind killing thing. To be involved in routine work is considered a low status.

But duty is responsibility and demands focus at all time. Let me tell you a story to understand why duty and responsibility are important; Imagine a machine worker who needs to check the water pipe system every day. His duty is to control the water flow, the quality of the water, the pressure and more. He needs to do this every working day a few times. When he is doing this he needs the right concentration to the job. If he does not have that he will miss the moments that things can go wrong.

For most people the word 'duty ' already contains a form of mental pressure which calls for resistance. A duty refers to something you have to do, a force from outside. To most people it feels like something you need to resist against. We all have this feeling sometimes. The main reason why we wish to resist is that 'duty ' plays with our 'Ego', our individuality. The Ego is who we think we are and not who we really are. It is our own impression of "self".

Let me explain the importance of routine by explaining the way we perform a prayer or a meditation. The power of both, the pray and the meditation, is in the use of routine. Routine movements, thoughts are needed to create the right state of mind to enhance our level of performance. Each movement and thought needs to be perfected. It is the same in sport or in any expertise you want to master. The routine is the basis of becoming a master in what you do. The more often you perform the same things the better you will get in it as long as your mind is open to improve. To most people routine comes boring as they do not find a learning moment or any improvement inside it. But if an expert or a top-sports person do not perform the

same thing a thousand times there will be no result, no gain only the same as before. But to excel over others we need to make routine more challenging, more open for enhancement and improvements.

To make your daily routine more interesting and exiting you need to share it with others. During our meetings we share with you.

### **What is lifestyle ?**

Lifestyle is the way we live. The term lifestyle connects all we do in daily life to a set of behaviors, thoughts and actions of an individual. A lifestyle shows how a person handles his relationships (levels of respect), communication, emotions, intellectual development, health, consumptions, entertainment, dresses and displays the “image” a person wants to show to the outer world. Currently we have made the term lifestyle nearly equal to image. With the display of lifestyle a person carries out his / her image to the rest of the world. But image is a superficial word that does not display the real content as mentioned before. We see lifestyle as the way you are in a world surrounding you. Your lifestyle must be a sample of how to live right with a conscious mind and body.

### ***Lifestyle as displayed In Commerce***

From a commercial point of view, "lifestyles" are used to show a consumer with a set behavior by using specific products to display a certain desired lifestyle to the outer world. This lifestyle reflect the demographic factors (the habits, attitudes, tastes, moral standards, economic levels and so on) that define an imaginary group.

Humans traditionally live in family-based social structures. In the past survival skills were necessary for the sake of the individual and the community; food needed to be harvested and shelters maintained. There was little privacy in a community, and an individual was identified by social order. Jobs were assigned out of necessity rather than of a personal choice.

Individuals in many (older) cultures primarily viewed their self-existence as a tiny part of the universe and the role of the living to serve the mighty powers such as gods, ghosts and other spiritual beings. People found their identity not through their individual choices. The individual, if requested to do so, would identify itself by the community it was living in or into the membership relation of a church, sect, political direction or employer. The concept of an individual lifestyle did not exist

The concept of personal lifestyle also tends to be associated with the way individuals dress, the food they eat, their schooling and further education as well as their hobbies, leisure activities, and cultural interests. Increasingly, a person's daily life is also influenced by their leisure use of consumer electronics such as televisions, computers and the Internet, mobile phones and digital cameras.

Due to the commercializing of lifestyle we are facing great problems in our society. One of these is the most important of all ; our lifestyle can threaten our health. Due to a wrong lifestyle many people get in danger. Their health becomes critical. During our meetings we pay attention to our own lifestyle and health as a part of the emotional

communication and our intellectual development of health. A commercial vision of lifestyle results in endangering our self for the benefit of others. It is important we understand the treats targeting us to protect our own body and mind from these over commercialized influences. Products can enhance our lives when used in proper ways. Together we find you the way to do this.

### ***Life Style in your free time activities***

The way in which individuals make use of their free time plays an important role in defining their personal lifestyle. In general, leisure activities can be categorized as either passive, in cases when no real effort is required, or active, when substantial physical or mental energy is employed.

Passive activities include watching television, listening to music, watching sports activities or going to the cinema. The individual simply relaxes without any special effort.

Active lifestyles may be more or less intensive ranging from walking, through jogging and cycling to sports such as tennis or football. Playing chess or undertaking creative writing might also be considered as demanding as these require a fair amount of mental effort.

Our life's are based on the lifestyle we desire and wish to accomplish. To build your own lifestyle needs good guidance and discussion. It is not easy to create your own unique way, it takes time. Lifestyle is influenced in many ways. I would like to share with you how these influences work on you and what you can do to make use of it or understand more. When you join our meetings we will share the ways to enhance your lifestyle and make things really happen in reality to improve your life in every way.

### **Influence of a relationship on the lifestyle**

Every relationship has a direct influence on a person lifestyle. In fact we can say that the lifestyle of a person only depends on the relationships he or she has.

Lifestyle is strongly influenced by the environment. A person will always search for an environment he/she will feel comfortable in. Most people create also an image due to the lifestyle of the environment. Lifestyle creates a binding between people. People with a similar lifestyle search for each other to form groups of interest. Often persons within the group will start relationship with each other as a similar lifestyle brings likeliness toward others who think the same way.

### **Expectations in life**

Expectations are a part of desire and can be closely connected to greed. Most of the time we can say that expectations is the source of disappointment. To expect something is to plan for a result, and outcome to an event in the future. Most people create expectations on a not solid fundament of thoughts and hope. Expectations are always a source of sorrow and emotional changes.

In my vision, to expect is to walk a road of creation of disappointments. When you start to expect you have a result in mind. A result that is uncertain but to you the result is already a fact before it occurs. To have expectations start at a very young age. As baby we expect to get food in time. If the food does not come we cry. When we growing older we expect to play and people pay attention to us. Again when it did not come we cry or shout. In other words we always did show that we were not satisfied if the expectation did not find fulfillment.

Expectations become a part of our development and they are even forced upon us. When we are very young people start to expect things from us. Think about the time people expect us to have tooth or to walk, to talk and learn. They told us that they did expect to see results and when they did not get what they wanted they showed that they were not satisfied with you. We had to deal with internal and external expectations all the time. When growing we found that expectations became a ruling factor of life itself.

### **Daily expectations**

Daily you set the alarm clock and expect it to ring in time. When it does you are satisfied for the ringing, not for waking up. But what happens if it does not ring in time? You will be late, people are angry, you get frustrated and blame the clock. The day start with the expectation that the clock will help you. But the clock is a thing which only follows your guidelines, your exact instructions and the energy supplied.

At school or job you are expected to work hard and you expect to get good results. In both cases there are multiple factors that influence the outcome of your activities and you have limited control. When you understand that your influence on expectations is little it is easy to follow that any expectation involving unclear or uncontrollable factors is only a chance and never a fixed result. Your daily expectations are gambling on future outcomes, nothing more. We surely can say that expectations are equal to betting / gambling.

Gambling is considered a negative habit by by most people. But gambling is also associated with changes, with hope and desire. The feeling that goes with gambling is one that easily lead to addiction. We can conclude that most people are addicted to their expectations and these of others.

Expectations are a foundation of our daily lives. We have expectations oriented on future events on a short or long term. Due to our future expectations we no longer live in the present time.

Expectations close our perception, it changes our observations and manipulates our thoughts on people and events. It is clear that expectations create a none existing world for us. Our own expectations make us start believing things as we want to see a positive result toward every expectation.

When expectations become goals or even a focus of living the reality is stressed and suffering starts. To most people expectations are the foundation of suffering and reason of depression and failures. It is important to ask a third party, for instance during our meetings, for an opinion about your expectations in life and how realistic

they are. The only way to avoid severe disappointments is to be confronted with the reality of life and adjust your visions.

### Love expectations

Love expectations are based on wanting, getting and receiving love. People are looking for love all over the world. They look for love in a “I want to **get** love” way , they are under the expectation that people will love them. They often wait for a person who is willing to scarify their live for them. Not one moment the thought occurs that love is something we should give more than expecting to receive.

First we have to practice understanding to what love is before we can start to apply it through mindfulness. Love is a universal conception of connection, it connects mind and often bodies together into a harmonious relationship. Love is the presentation of the opening of it “self” to another in strength and weakness, in good and bad times.

Most people do not know what ‘love’ really is. When we search for an answer the opinions differ as much as the colors of the rainbow. But love is not as abstract as people wish to make it. It is very simple if you feel love for someone or something you feel attachment. You want it or him/her to be close to you. Love knows no distance, place or space, it has no form and shape , it can never be taken but only given. You can accept love or refuse it, but love always demand an action. Love has a beginning and an end. It is considered that love is always positive. To a meaningful development of the mind and body love is needed like food for the body. Without love there is no life. A child born from a union without love will suffer the consequences every day of its life.

We all expect love in our life as we know that without it our life is empty and cool. When we are babies we expect love to be given by the parents or caretakers. A baby is weak and unable to ask for it so it expect to come all by itself. It is the first step to expectation that love will be brought to us. When we are children we try to make friends and expect to receive friendship back. We give to expect things back, that is a complete natural expectation, it is a built in natural mechanism.

When we are young we expect love to come to us one day, we study hard, focus on duties and move on. Most of the time we do not think about love at all. Our lives are busy and occupied with so many important, stressful or interesting things. But sometimes we sit down and realize that life is not the way we did expect it to be. We miss that important factor in our life, we miss the love. Suddenly we think it is time to find someone willing to give love to us and in our mind we are already sure that we are able to give love back as much as needed. But is that really true ?

Do you think that you can suddenly give love to a person which comes into your life? Are you thinking that you will have no doubts, no regrets or suspicion to that person? Think again. Imagine you meet a person who is interested in you, he or she pays attention to all you say, gives you a perfect feeling, makes you feel beautiful and desired and most of all gives you a feeling of true and unlimited love. At first you enjoy it, second you fear it and third you mistrust it. It is human nature to hold back. This person is giving you so much and not asking for anything in return. This makes you suspicious. You are used to give to take, in your mind there is no

free giving. You have always worked hard for all you received so with love it must be the same. But it is all so much different with real love.

Real love is not demanding return, it is given without any request or desire to get a return. Someone who gives real love will never expect a return, it is given and gone for the best. The giver will not ask for your response, neither he/she will stop the giving. To give seems to cost energy but actually when you give love it creates energy, a strong positive never ending energy.

When you wait for love or you expect to give love with a reward, it will be returned and interest calculated. Giving without expectation of return will not call for rewards, interest or returns. Given love is a universal source of energy and the more you give the more you get.

The groups of Laws of Life are centered around the topic love. We suppose to give and not expect returns. It is the energy of giving that will accumulate our Life energy every time when we give without demand, give without expectation.

### **Wealth expectations**

Wealth is connected with goods, products, houses and more possessions. Most wealth is directly related to temporary things. In my vision all I have in this life is for the borrow, I use it well during my lifetime with respect and thankfulness. All products help me to survive and make life easier.

To most people wealth is a dream, a target, a desire. Living in wealth is something most people would love. Being wealthy is a status and gives a 'face', people will respect and know who you are. To most wealth is the possibility to buy and use whatever is of their wishes and desire. But in every life the moment comes to realize what is wealth without health?

When I visit churches, mosques, temples and monasteries I see many people praying for good luck and fortune. They come to pray for wealth and expect a higher being to help them to get it. Before they sit down they already realize that the higher being will not throw the desired products from heaven to earth. They realize that no God delivers instant children. All they do is to sit down and share the frustrations of life with themselves as no God nor higher spirit will influence on the daily matters on the suffering people. No, the gods are not home for wealth. But people still believe in it and why not? Everybody is praying for something personal, something to get?

We expect wealth to bring us happiness and luck. To most people wealth brings live to a higher level and probably it will do so when your wishes and desires do not go higher than the material level you are able to afford and handle. To many people being rich is the highest ideal to expect in life.

We do think different about this and according to my knowledge in every other religion or belief and even the rich and famous do agree with me. If life was only the products that surround us now, how poor were all our ancestors, how terrible their life should have been. No cars to drive, no planes to fly, no music festivals to visit and no Jacuzzi to bath in. But still they had a wish for a spiritual life.

We are born naked and die 'naked'. Nothing will be taken to and from this earth. All we have is for the use of making our life easier to live. We may use them, they are there for temporary time. Wealth is a borrowed gift.

Being wealthy is a blessing and a curse. Wealth brings problems, often more than we can handle. These problems are based on greed. Not only the greed of the person who is wealthy but mainly that of others. Officials are greedy to take part in wealth by taxing, others will come with charity requesting gifts. When you become known to be wealthy it feels like you are the honey and attract flies from all over the world.

### **Health expectations**

Health is a general perception. A person is healthy when he or she has a feeling of wellbeing. Healthy is not only a physical concept based on medical terms. Real health is a combination of physical and mental wellbeing. A good health gives a person the ability to do the things as wanted. To most people a disabled person is not healthy, I do consider this a wrong perception. Most disabled persons feel themselves perfectly healthy as they came into peace with their disabilities and accepted their life as it is. This is a very healthy concept of which many able persons should take sample of.

Health is fragile. It easily can be shattered, hurt or destroyed. Most people have clear health expectations but never think of their health at all. Daily we take actions that could be dangerous to our health. To be healthy is taken from granted. Health is something we have only limited control about. In many of my books you can read the sentence ; "you are what you eat ". As we are a part of society and food is something we have very little control about when we live in a city. Food is also one of the main point of concern when living in a community.

When we study religions the concept of health is rarely ever a topic of major importance while it should be the center point of life itself. Our health is our life and without it we do not have the capability to enjoy, improve and make it fruitful. Our health is the center of our being, is the most precious of all we own.

"We respect life in its purest form and will not destroy it unnecessarily" This is one of our first rulings. In cities most people do not know the source of meat anymore let alone they know if the meat is killed for them or not. The application of that rule in ancient time was easy as all meat was killed in low amounts and transported on short distances. In the current situation we do not know how old the meat is not where it comes from.

Being healthy in one, staying healthy is a complete other thing. To use conscious living concerns to our daily matters such as food. It is important to understand how we can take care of good food and at the same time improve our spiritual powers.

Eat as less (red) meat of four leg animals as possible. This meat is often from bred animals in large farms and have used all kind of medical appliances to stay "healthy" and grown fast. Fruit and vegetables are important for our body and should be taken daily. The influence of it on our mental stability is strong and long lasting.

To eat food we have to choose the time of the day wisely. Most people work during the daytime and the most important meal of the day is breakfast in the morning. Eating the right meal in the morning will enlighten our mind and body and preparing it for the tasks to come. The better we are prepared the more we have energy for doing the right efforts.

During the day, depending on your daily work, it is good to divide the meals in small easy to digest portions, something like every three hours a small meal. These meals must be easy to digest and not to contain heavy carbohydrates (such as fried rice or potatoes) or proteins (such as red meat) to keep a clear mind. Food is an important part of physical and mental development and it strikes me time and again that so less time is paid to a healthy lifestyle in nearly all teachings. A healthy body is the temple for a healthy soul. In all my teachings I made students aware of these facts.

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# **BOOK – EMOTIONS**

## **The concept of relationships is the foundation of respect**

### **Emotions are the foundation of our spiritual life**

From conception to death we are fed with emotions. When we study life we study the results of emotions. It is a general fact that all our emotions are related to our relationships. Only physical emotions which are caused by trauma are not related to our communication with relationships. We are emotional, relationship driven beings.

In our daily life we spend a great deal of time to control emotions, develop and express them. When we look at our emotions we realize that they are involved in everything we do and relate to. It is important we understand how our emotions are related to our relationships and in which way we are able to and connect and control them.

This chapter is to help you to understand your relationships with others so at the end we will be able to help you to control and be the master of your emotions and your life. Emotions need understanding first, control later.

### **What is a relationship?**

We are all involved in relationships from the moment we are born till the time of death, but do we really know what a relationship is? To understand this we need to study who we are. In all religions and philosophies people search for answers to understand who we are and what is the meaning of life itself.

You want to know what is expected from you by others. We explore the role of relationship in our life from the day we are able to communicate. The Human is not a solitary being. In nature we can withdraw ourselves temporary from social contacts, think for instance of the hermits of Hinduism and Buddhism who go to the mountains for contemplation and meditation, or the monks who get into a monastery living a solitude form of life. But we always need to get back to the “world” and connect again. This proves that humans are social beings and in need of contact.

Every person need to be a part of a community. Our community is the protection and life support. A community can be a family or a larger environment. Communication combined with emotional feelings, in some cases also physical attachment, toward members of the community and environment is called a relationship.

A relationship is a combination of emotional attachment, communication at all levels and social behavior toward other members of the community or environment.

We are in need of relationships. Everybody needs multiple relationships of different nature to live a proper fruitful life. In our society we have been taught that relationships are important but most people never understand the skills to start or maintain a relationship.

To understand a relationship we need to know the process of how a relationship works, how it starts, develops and ends. The first and most important part of every interpersonal relationship is communication.

Every relationship follows a certain pattern. When you wish to successfully communicate with a target in mind you need to understand how every relationship is created.

Step 1 – **Acquaintance** - Becoming acquainted depends on existing and previous relationships, the place where you are at that moment, the first impressions, and a many other factors. We know the saying that the first impression always count the most and “there is no such thing as a second impression”. (even in internet relationships). Here the “falling in love” stage exist. This stage takes around 6 to 12 months.

Step 2 – **Building the relationship** – During this stage people begin to explore each other’s background, goals, opportunities and common interests to find reasons to continue the relationship and build trust between the persons. In this stage choices are made, specially by woman, which direction a relationship will go. Women are more focused on a monogamy relationship. Men usually keep more options open than woman. After the “falling in love” here the “being in love” stage comes around. This stage is around 3 years.

Step 3 – **Continuation** – When a mutual ground of trust is found the relationship can develop further to a directed level as friendship, romance or even marriage. In general we can say this is a long term phase. In this phase a relationship stabilizes and gets a solid fundament for a longer period. This stage can take a lifetime but generally speaking a time of 20-30 years is most common. In the modern situation we see this time is shortening.

Step 4 – **Deterioration** – Every relationship show signs of deterioration, it strongly depend on both partners how to handle this. We recognize some phases of “downgrading” in the different forms of relationship. The major sign of trouble is boredom, dissatisfaction with the other person, less communication, avoid self-disclosure, loss of trust, less participation in common activities and so on.

Step 5 – **Termination** – the end of a relationship, in the most ideal way, can be by death or separation. To most people separation is more difficult than death..

The “steps of relationships” are important to every personal but also group relationship. When you join a group you often go through the same phases. When you join the Laws of Life movement you experience the first few phases soon after meeting other members. Being a member must be challenging and exciting for you. Your input becomes output by time. A good relationship will strengthen you and brings your energy to a higher level. Your life will be filled with the happiness of connection you always desired to have.

A healthy relationship is built on a (strong) foundation of attachment. I have created a set of guidelines to understand your own ways and compare to what is considered a regular development of a relationship.

- The will to **share knowledge** about yourself and to receive knowledge of the other, this knowledge can be personal and intimate, depending on the level of the desired relationship. In the beginning you will share only general information but when love hits the information channels open up like a waterfall.
- **Enhancing behavior** to the mutual interest of the relationship. Both sides are willing and actively working on a change in behavior to fit with the partner. Women watch this part seriously while men tend to see it as not “really important”.
- **Acceptation and respect.** In a relationship we learn and accept the personality of the other person and appreciate its uniqueness. At first we have to be open for the “new” persons.
- **Active input** in the relationship. To maintain the relationship we have to put energy in it, we actively must participate in the relationship enhancement
- **Persistence in development.** A relationship is an ever changing entity. To continue a relationship we have to create new opportunities, follow up developments of events already happening this all with the target to continue the relationship. For instance buying a house, making future plans etc.

Communication between partners is built on the internal events and also consist of external information brought into the relationship by the partners. The external gathered information is a tool to learn more of the other. Good and bad news are important starters of a communication that could lead to a relationship. Language and body language is an important part of communication. It is important to know that positive news is a better way to build lasting relationships than negative. During our meetings we pay a lot of attention to the right ways of communicating with each other.

From this we conclude that;

- Every person is biologically driven to form attachments with others, the process of forming attachments is influenced by experiences.
- Persons form different kinds of attachments depending on the expectations and beliefs they have about their relationships. These expectations and beliefs constitute internal "working models" used to guide relationship behaviors.
- Internal "working models" are relatively stable even though they can be influenced by experience.
- Individual differences in attachment can contribute positively or negatively to mental health and to quality of relationships with others

Every person builds a series of behavior models during its lifetime. We call this a personalized working model. A working model consists of the following aspects;

- Experience and the personal reaction on experience.
- Knowledge and learning.
- Physical abilities and performances.

- Environmental influences.
- Genetic influences.

To understand a relationship better we have to compare the child with the adult. Although it is usual for the mother to be the caretaker and be the primary person for the child, infants form a relationship with whomever the caretaker maybe. It often happens in the past that the grandmother took the role of caretaker instead of the parents. Children became more attached to the grandmother as to their own parents.

The security of attachment is very important to the child. A secure child has no need to focus on the caretaker and its behavior. It is able to use the energy to explore the environment. Insecurity takes this opportunity away from the child and leave a person incapable of strong relationships. In relationships we divide the kind of relationship when in comparable with this security feeling. This is one of the reasons why we focus during our caterings on a secure relationship amongst members of our movement. When you feel secure you are able to develop the best in yourself.

### **What are the main factors of a good relationship?**

The relationship between persons is one of the most valuable and difficult things of our life. During our life we start relationships and lose others. There is hardly any person who has the same people around from birth to death. The environment of friends and others changes. One of the most important parts in the Law of Life is the fact that we need to consider ourselves as part of a constant changing society and we need others to live our life's. Arnaud's vision of relationships as the cornerstone of life is shaped by this knowledge. In general we can say that the following are the indicators of a good relationship.

In this part I mention the most important. With these indicators you are able to look every time at your own relationships to see if they are still holding up and the relationship has chances to survive. When you can answer over 60% in a positive way you are still able to continue. With a percentage lower than 40% it is time for you to reconsider the relationship or search for counseling with our groups:

- Good communication. Happy couples talk and listen to each other. A couple willing to communicate finds a way in daily life to start this without much distraction from outside sources.
- Resolving conflicts in a positive way. Having conflicts are part of every relationship. The goal of a conflict is to solve the problem with communication in as many ways as needed to find a solution. It is most important to look for positive solutions.
- Having realistic expectations. When people first meet, they put their best foot forward and try to mask their flaws. This is normal, but couples should realize that as time goes by, the "real" person will emerge. Relationships develop over time, but unrealistic expectations of a partner, or of a relationship, can cause undue stress.
- Paying attention to details of your partner's life. People in strong relationships know their partner well. They know major events in their partner's past, and they know each other's likes, dislikes, hopes and worries. And, they keep updating this information as their partner's world changes.

- Experiencing more positive interactions than negative ones. Successful relationships have five times as many positive interactions as negative ones. Giving positive responses to a partner's bid for attention -- whether it's a question, an extended hand, or just a glance -- strengthens the relationship.
- Building trust. Most people started with a full trust in a new relationship. Often too much trust. That amount will decrease fast and gets unstable. After a while it seems all trust is gone but in fact the level of real trust is changing to a more durable one. For people who have been in a relationship it was strange to feel a 100% trust one day they fell in love but after a while doubt started to rise and a new kind of trust needed to be build.
- Spending time together. Sharing experiences is a good way to build a relationship. Couples who enjoy doing things together -- rather than feeling obligated or forced into doing things together -- have a stronger, healthier relationship.
- Shared values. Couples who start out with a wide array of shared values -- who agree on what's important in life -- have a better chance at building a solid relationship.
- Shared responsibilities. Both partners have the obligation of nurturing the relationship, keeping the household running smoothly and working toward common goals.
- Adapting to change. People and relationship change over time. That's to be expected, not feared. Even people's expectations of a relationship do change.
- We are in relationship to learn how to negotiate with the other, not to "win" over the other person. Part of the package is that being in a relationship will teach you where your limitations are. The "job" of your loved one is to pinpoint at your weaknesses! Be grateful about this information! Thanks your partner for teaching you where you need to improve, on the part of the info that is really true, and change it to a better attitude.
- What is the most useful phrase in your relationship? "I'M SORRY," followed by a good try at making things better next time.
- There are many differences. What used to marvel you in the beginning, that the other was so different from your own experiences, is now a source of irritation. STOP, and remember that you are in a relationship exactly because the differences were exciting and a source of learning for you.
- Thinking differently does not equal to confront or disagree with you...if you need your loved one to be on your side, just ask: "This time, I will explain to you how I see this issue; can you try to see it from my point of view? I need your support on this please. "
- Think of the differences in your relationship as assets and always ask: "Do you have a different opinion we need to consider here?" before proceeding to implement a joint decision.
- Being in a relationship is not a commitment exclude from other interests. You need to develop a well-rounded personality, with many interests, so don't think that you have only to pursue shared interests. Having your own pet hobbies will give you a different take on reality, from which you can share your learning with the other person.
- You are in this relationship by your own will, and responsible to make from it the best experience you can...If something is required from you, at home or elsewhere in the relationship, just deliver promptly and with a smile. Doing something extra builds a lot of good will for the future.

- Nobody is perfect, be grateful that you found someone to learn with, warts and all...as a work in progress, don't take yourself too seriously; you are only a little bit of the universe, and looking at yourself in this context is humbling.
- Be aware that you fulfill the same role for the other person, being a witness and a help...so you have permission to laugh at yourself and at your mistakes...
- However, be certain that you are always faithful to your life mission!
- Being faithful to the relationship is most important of all. Faithful is something both persons in the relationship think different about. In all your communication you must find the borders of the relationship in this. The question is; what does my partner consider faithfulness. This accounts for every relationship.

A good relationship starts with reliable communication. In communication we need to separate three forms on which we build any relationship.

- a- Vocal skills , communication in words
- b- Nonverbal skills, the communication via body language
- c- Subconscious communication, this is a so called "sixth sense"

The vocal skills are not the most important ingredients for a start of communication. Non-subconscious skills set the first step to contact. We know that we meet people "just by chance" in a given place / surrounding. The question is if that meeting was really so accidental as we thought. At some meetings we know that we have been destinies to it. This is the unexplainable sixth sense theory, which is not confirmed neither fully true.

Body language is based on cultural aspects and added with the environmental specialties. People from the same language area are able to connect better than when from different areas. The main reason is that in each area the movements are adjusted to the local customs. In some area's movements can have an opposite meaning.

The subconscious of the mind is very strong but we do not know how it affects our daily life. We know from experience that over the years we learn many things that became reflexes or automatic moves. Our bodies are programmed to eat, sleep, wash, walk and so on. If we would think of these things all the time the conscious short term memory would be overloaded all the time. It is like a computer work memory and the hard-drive. The hard-drive contains the software for the everyday work but the actual work is done in the board memory. When the board (RAM) memory has a low capacity it will shuffle not needed information directly in the sub-conscious. When entering the subconscious the memory is stored in a "file system" and not yet driven to the long term memory department. The "man in charge" of filing select files to a level of importance to specific places in the brain. Each memory has an area in the brain of its own.

We are complicated beings and that is why our relationships are never easy and straightforward or even logical. Understanding what are the main reasons of having a good relationship are depended on so many different factors. When you take into account that all factors play a role in your everyday life, you understand that having good relationship is not easy at all.

## The difference between man and woman

This chapter shows the general differences between men and women. In real life we know that nobody is a black / white person but has many shades of grey. Be aware that your friends and family can fit in more than one category and always be open to variations.

1. All over the world we can say that an average man is taller and heavier than an average woman. The main reason is the muscular and skeletal structure.
2. In general men have more bodily hair than women do, especially on the chest and extremities.
3. Women are more sensitive to sound than men. This is also one of the reasons why women respond more strong than men to words / language.
4. Men are over 30% stronger than women, especially in the upper body.
5. In general, girls begin puberty changing approximately two years earlier than boys.
6. Men have larger hearts and lungs, this volume difference is due to the fact female needed space for the reproductive organs.
7. The higher levels of testosterone in men cause them to produce greater amounts of red blood cells.
8. The difference in intake and delivery of oxygen translates itself into some aspects of performance: when a man is jogging at about 50% of his capacity, a woman need to work at over 70% of her capacity to keep up with him.
9. Female fertility decreases after age 35, ending with menopause, but men are capable of making children even when very old. This is one of the main reasons that in most cultures there is a high pressure on woman to deliver children at a young age. In the Western world more and more female deliver children after 35 years and the mortality rate is rising together with the amount of unhealthy born children of whom most will suffer a defect till the end of life.
10. Men's skin has more collagen and sebum, which makes it thicker and oilier than women's skin. In all media this fact is used for cosmetic advertisements all the time.
11. Women have a greater body fat percentage than men.
12. Men and women have different levels of growth and recovery hormones; for example, men have a higher concentration of androgens such as testosterone, while women have a higher concentration of estrogens.
13. An average male brain has approximately 4% more cells and 100 grams more brain tissue than an average female brain. This is not connected with intelligence! Research points to no overall difference in intelligence between males and females. However, both sexes have similar brain weight to body weight ratio's.
14. Men have better distance vision and depth perception, and usually better vision in lighted environments. Women have better night vision, see better at the red end of the light spectrum, and have better visual memory. In general women easily remember visual aspects combined with words and events, they connect those better than men.
15. While males are physically more aggressive, the females tend to be passive.
16. Females are more emotional and express great intensity of emotion when compared to males.

**Brain differences:** Several studies have proven significant biological differences between male and female brains. Some differences are located in both the primitive regions, and parts of the brain called neocortex. Men and women process information in other ways because of size of the brainpart called splenium, which is larger in women than in men, and has more brain-wave activity. A brain wave can be measured with special machines called EEG. Surely you have heard about them in hospitals. To record the brainwaves electrodes are placed on your head and they measure the size of waves your brain is producing. There are different wave types such as Alpha, Gamma and Beta waves. Each wave shows a specific activity of the brain.

**Intelligence:** In many different studies and millions of school tests it is definitely proven that men and women are equal intelligent. In these test some difference can be found such as;

- An average man performs better on tests of spatial and mathematical ability, while women perform better on tests of verbal ability and memory.
- Men's IQ has greater variance, there are more men than women in the very high and very low IQ groups.

#### **Behavioral differences:**

To understand the differences between the genders more we have to educated the least educated of the genders and these are the males. Most males have no idea how and why woman behave as they do. For the sake of a good relationship males should pay attention to the needs of the woman.

There are some proven behavioral differences between men and women. and the most common are:

1. Men are more physically aggressive.
2. Women are less likely to successfully commit suicide, but more likely to attempt it.
3. Men have more positive attitudes about sex then women do. Women have the tendency to consider sex as a relationship binder more than men.
4. Men are more prone to taking risks. Women hesitate more often before taking a risk.
5. Women express their emotions more readily and experience a greater intensity of emotion. In relationships most women take the leading role when expressing emotions.

6 Women have a way of exaggerate of events and feelings. Men exaggerate about facts, job, salary, speed and **success**.

7 Most men seem to be scare of permanent relationships. It often seems they do not want to be bound to a woman. But woman are seeking strong thighs with man and want to be bounded if possible in marriage.

8 Men take more physical space than woman when in a group. Most men wish to create private moving space by using large size body language gestures. When a man and woman sit they also use different body gestures. Woman are trained to sit polite with the knees closed together while man cross the legs and sometimes even

put the ankle on the other knee taking a very large space. Women try not to take much place as she is more social oriented and man self-centered to get attention.

9 In general when men shop they go for a target. Entering the shop means he need something and will prepare before going in. Women love to go randomly in and out shops just to look around, search for bargains and entertain themselves. Most men do not like to go shopping with woman.

10 Men can find happiness in their job, carrier and possessions, women will find happiness mainly in relationships.

Beside the physical differences woman are mentally completely different from men. But by saying so what are the differences?

- Women are more sensitive and emotional than men, the emotional cycle is also completely different and has more hills and valleys , women also dare to show this
- Woman are trained to be polite and behave well from a very young age,
- Women learn to play and share with others, not to compete
- Women look for security and safety
- Women wish to create (emotional) connections between persons
- Women have a highly developed communication, in spoken, written and physical way. This fact is due to the better connection between both sides of the brain and the function of the bridge between the brain sides.
- Women are enabled to collect and store unorganized details.
- Women are not good in directions , space development and use of that
- Women are more short term development and result oriented
- Women have a better developed smell because of the better development of the limbic system in the brain
- Women have the visual ability to distinguish differences and equalities in two look alike pictures faster than men
- Women have a better developed motoric sensor system making precise movements easier
- Women are better in the communication of emotions, they are better able to formulate and explain specific emotions.
- Women are better able to handle pain in most different forms
- Women are able to perform monotomeous tasks longer than men
- Women are less risk taking than men
- Women grow mature faster than men, this also explains why school love affairs are often finished as soon as the school period ends
- Women look in mirrors or mirror like objects much more often than men
- Women have a special memory file on love ones. Most woman build a memory file of each love one with details of everything past in the life. Often the negative aspects and happenings do get a priority in the file.
- Women are better liars than men. Men are not able to see the non-verbal signs of communication which indicate a lie.
- Women have a wider visual field. In general we can say that the angle of sight of the woman is tens of degrees wider than from men.

- Women are able to have a single sharing relationship. When we study voluntary polygamy groups we discover that women do not mind to share a single partner with other women they know and appreciate but they mind to share the same man with a stranger.

The conclusion is that woman need attention not only from men but also from other women. Another conclusion is that women wish to be taken care of. The nature of a woman is the need to feel protected, feel safe and secure. Woman consider it the duty of the partner to provide the right environment and circumstances to grow children in or at least to live a proper life. This feeling of security is vital to the emotional equipoise of the woman. It is important to know that the same “needed” woman is also willing to work very hard to get it. One does not disclose the other.

The Laws of Life movement recognizes the needs of woman and decided upon foundation of the movement to give them a leading role. We appreciate and cherish the quality of woman and their ability to have multiple relationships at the same time. Woman are also able to have a single relationship with the creator or founder while doing their work for the movement.

### **Relationship between parents and child**

Childhood is the foundation of every person on this earth surface. We came as baby from a mother. All great psychologist, psychiatrists and mental philosophers at least have one point they agree on. The mother – child bonding is the most important in every person’s life.

After the first disconnection, the pregnancy / birth process, the direct connection between mother and child is broken. The connection stays all life even when the child is taken away for adoption or the mother dies. The broken physical connection is the first “trauma” of life a child must conquer. To be completely physically disconnected during the delivery process can harm a new born dramatically.

Most children survive birth without harm and those children start a mental and physical development Independent from the parent even when still connected with them. During this process the father seems hardly to play a role. Researches have proven otherwise. Father can play a very important role to the unborn child. The love of the mother for the father is one important factor of influence to the child. Love produces chemicals and these chemicals are in the blood stream of the mother. The blood moves everywhere included into the unborn child. This child is chemically influenced by an unknown factor called love and care. During the prime development of the brain the chemical effect of the love has a calming and balancing effect on the neurological system of the child. The saying real love makes lovely children story come from this fact. This fact makes it very important that unborn children are wanted and made of love.

But we also have to note a very strong Nature versus Nurture effect. In the past (in East and West) children were born from arranged “love” affairs. The child was a product of an arranged bonding of faith of two persons who did not love each other. Each child was grown with the best available care for their social standing. This could be a beggar to a king all suffered the same faith.

With the fact of partner arrangements in mind we can ask ourselves the question; “did love exist during these times?” The answer to this question is very hard to give. Personal development became an important factor of life in the last 100 years and in many countries even shorter than that. Arranged relationships were and are still normal in many parts of the world.

The general age is around 16 +/- for the women. In the past most people were confronted with war or violence of some kind. Society was highly hierarchic organized. Every society was divided in levels, no matter east or west. It was hard to move up through the levels, down was never a problem. Each new born got itself a place in society at birth. Parents knew the duties of the child and fed it up in accordance to that. The relationship parent – child was clear.

In the past 100 years a lot has changed. Due to economic and industrial development the relationship parent – child underwent radical changes. Children have changed places from providers of future security to the crown jewels of the relationship. In the past the child depended on the status of the parent and was a “second ranked” citizen. Children in current time seem to be “first class” citizen and the social and society care of these defenseless groups has gain priority.

The first four years of life of every person are vital for the rest of the life for many reasons. During this period the care and digestive system is build; life is just eating, sleeping and being nurtured. The child is a product of the food and given care. Good food is also important for mental development.

Why do I mention food? Contact moments during feeding time are very intensive and the connection between parent and child is tested all the time. Breastfeeding is considered a very important mother – child moment to create a stable mental health of a child and stimulates the formation of a healthy digestive system. Food is a bridge between the parent and child. The care around the digestion of the food, the changing of diapers, washing the body, the care of taking care of the skin and so on. Growing up is first of all food related and second a social training for the future.

When a child is born it has a sixth sense for the emotional connection between the parents. It feels exactly how the love relationship between the father and the mother is arranged. The child chooses unconsciously side between one of the parents, especially in unstable relationships. This may change during the growing cycles. In more harmonious surroundings the child will grow up stable and secure able to develop a balanced social interaction.

Growing children in the last 20 years have experienced a fast changing society everywhere in the world. No longer we are countries or isolated in our cities and villages. We are global citizen with a window on the world all the time. For many people the world is forced into your life. This has brought many changes for all of us.

A child is growing up with TV and communication devices such as computer and mobiles. Distance is losing importance. Children cut the walls of culture down, destroying the borders of carefully build national feelings and are no longer limited to the narrow environment of the past.

This all has great influence on the parent / child relationship. If the parents do not keep up with modern times the children become strangers to them and conflicts are on the rising. A parent need to understand what is happening and create borders for the child to continue a balanced social development. A child must learn social skills by direct physical contact with other children and not only from virtual figures who live ideal lives in boxes. It is important that good guidance is given which we provide you when ever needed.

In the coming years we see the development of single parent families growing. As love, faithfulness, desire, targets in life and other factors are more important in relationships than in the past more people will decide to walk the road of life alone or with the child. In our movement we pay special attention to single parent families by support groups where parents are able to share care and knowledge with others to be supported and cared for. To have this social network will help to improve the quality of life and creates chances for personal development and relational expansion.

In a one parent family the role of both (father and mother) comes on the shoulders of the caretaker. This is a heavy burden when also this caretaker must be the financial provider. The solution to this problem is the old know community. A group of people living “together” in an environment to share the responsibilities of bringing up the children.

#### **If you do not want to have children, is that right or wrong ?**

Having children is sometimes an option and sometimes it is not. I want to address a few different situations.

A person does not want to have children is blamed by many others in society. In our current society we still us thoughts of a hundred years ago when a person was seen as only complete if having children. In the current situation we have many people who do not want children for many real obvious and caring reasons. To have a child gives a lot of responsibilities, I would like to address a few reasons here. During our meetings I show many more.

Having children needs a stable family – if you are in a position you cannot offer a child a stable family to grow in, you should consider the benefits of the child higher than the procession of it. It is my vision bringing a child into this world to start a new lifeline is a long term responsibility that does not end with your child growing up. You have the responsibility of a bloodline. Offering the child the safety and assistance of a family will benefit a stable mental growth. Here I would like to mark that stability does not always depend on two parents. Some parents are perfectly capable of offering a stable family situation as a single parent. If you do not feel that you could offer a child such a situation and you know that the moral implications are not applicable for you, it is your right – and sometimes duty – not to take a child.

Do not want to have children feeling – I have met an increasing amount of people who do not want to have a child. Most of these people are very responsible personalities, they are often not egocentric nor have mental problems. They have made the decision to end their bloodline with them. We had long discussions why

they made such a decision and most could not entirely explain it with reasons and facts. They had a programmed feeling that it was not good to have a child. I did discover this feeling with male and female. One of the most interesting things I discovered in their energy was a certain block, a part of the energy could not move. From that I must draw the conclusion that after the person departs from this earth his or her energy must go elsewhere to continue at another place. The energy connection with earth had to be cut off completely.

Cannot get a child due to biological reasons – an increasing amount of people are not able to produce a child. The reasons may vary from a genetically problem, a biological or something caused by other sources. It is likely these persons do want to have children but are not able to have. In this case there is a problem with the continuation of the life energy flow and due to this I can imagine that most have serious mental problems with the knowledge that they are not able to continue the lifeline while the energy “demands” it. Inside each person the energy is following conflicting streams which are opposing each other constantly. We can compare this with a constant turning of magnets, a pushing and pulling of energetic fields. To bring balance in the body takes lot of practical energy manipulation training and it will take time and effort and should be taken seriously.

When a person does not want to have children or is not able to get is not a wrong doing, neither in morality, socially nor in relation to our life energy. We should respect the choice and help the needed.

### **Relationship between adult and family**

At the point of family responsibility Asians and Westerners go far apart. In the Western world the adult when leaving the parental housing for study or work carries no responsibility for the family anymore. When living with the parents in some cases the adult child participates in the financial situation by paying a share of income to the head of the family but not always.

An Asian adult always feels the “burden” of responsibility toward the family. This duty toward the family is a real cultural issue, everywhere a person goes it is stressed that they have a strong responsibility toward the family. In the past the responsibility for the family was put on the shoulders of the eldest son. He divided the responsibilities amongst brothers and sister if they were available. Most elder son would leave the parental house for work on a distance and other members of the family took care of the parental home. The amount of sons decreased and the task was transferred to the daughters. Daughters took this task with an even greater responsibility than the sons. Currently many of these daughters are single due to this high task in responsibility.

Being single for a woman is not easy. The environment and often the parents put a lot of pressure on a single woman to get married. Family and friends start to arrange dates without concerning the opinion and possibilities of the single woman. One of the strongest issues from the unwanted single woman is the care of the parents and time to meet a person to build a relationship. This combination of factors increases the idea that the woman is not willing or supporting the “finding a husband” procedure

although she is and willingly and wanting but not able. During our special single meetings we pay a lot of attention to this problem and offer solutions.

When the child grows up we can consider they have certain responsibilities to the family.

- Support the elderly and weak to have a proper life (respect and care)
- Assist the younger to receive education for a better future (education)
- Be ready in time of need to take your role in the family (responsibility)
- Try to show the right way of living (being a sample figure)
- Help and supply to create or maintain the basic living standards of life

Adults have a strong responsibility toward the young and the elderly. For the young and old it is important to feel protected and taken care of, the security of care gives an equipoise of mental development or lives ending. It is my vision that adults should continue to find and save existing ways to secure the lives of others. It is a financial and moral responsibility for a better society.

### **Friendship relationship between man and woman**

We need to create more understanding between the genders and cultures in which man and woman live and share the same environment. A relationship between the different genders is considered the most complicated one.

The main question we need to ask is a simple one; can a man be a good friend of a woman without love or sex being involved?

The answer is yes. Statistical we can say that 95% of the friendships between man and woman end in a love affair involving one way or another physical contact, wanted or not by one of both sides. Only 5% of this kind of relationship are true and honest friendships.

This percentage is very low compared to equal gender friendships. Keeping a man and a woman in one room creates tensions and these tensions are often stronger than the psychological advantages of a good friendship. In most cases the man is the weaker factor.

Why is a man a weaker factor in a relationship between man and woman? The main reason is that women are able to a higher emotional control. In a relations we have several important factors that account for this pressure (three systems);

- Sexual desire / physical attraction
- Availability (distance / Proximity)
- Reward oriented (wants results that can be measured, protection)

Women are able to shut down feelings of sexual nature from **all three systems**. A woman is able to do that for protection and when growing children. Man can never fully shut down all systems at the same time as they need them for survival. When man and woman are together the woman automatically will shut down all these systems as with a friend she will feel safe and protected. The man on the other hand

will always keep one or more open causing mental disturbing. Only few men are able to control these desires.

In most cultures women get the blame for the fact that men lose control with a woman while the woman is perfectly in control of herself. If man say that this is nature I always reply with the simple question why we have so many man raping woman and so very few woman raping man.

In Asia we can find proper man/woman friendship in great numbers to a certain age and extend. It is good to see that man have control over the desire of sex while with their friends. This makes Asian man (specially Chinese) reliable friends for the woman till a certain age and level. Most relationships occur during school periods and from research we found that most relationships like this ended the moment they leave the school situation. It is said that when men becomes aware of his sexuality by his co-workers they start to change. In my research I found this differs between 18-22 years of age. In the Western situation the age of children realizing their sexual differences is much younger.

In my Western work I found that boy as young as six already were aware of the gender differences and took interest more than regular in the bodies of the girls. This strong difference between East and West is remarkable as the limitations of the so called “freedom” of the West places strong limitations on the “freedom of friendship between genders”.

Friendship between genders is an important issue in our work and we strive to reach harmonious friendships in our groups and society.

### **Friendship relationship between equal gender person**

A good friendship between equal gender is next to a love relationship the most important relationship in everybody's life. We all need friends, good friends and friends who only will stay a short time in our life. Friendship is one of the most important social events in our life. With a friend we share our hopes, desires, wishes, plans and more. We share the energy of the days and the nights and follow a trail to the future we plan together. A friend is supposed never to leave you and when we are young it is always sure we will be friends forever. Often a friend is closer than a lover as we are able to share the most secrets in good faith.

But did you ever understand why we need a friend?

Friendship dates back at the beginning of time when we were still hunters. A hunter could seldom go on his own and needed partners to go with him. All partners had one target to find good pray for food. While hunting they needed to cover each other's back, this must have been a full trust as not only the animals where dangerous also the competition between groups was fears. Men never have changed since then, sharing with strangers has never become humans greatest possession. From these events (and from war situations) we have the saying; you cover my back and I cover yours.

With a friend you spend more time than with a lover. Some societies still consider a relationship between equal genders better than with the lover or wife. Men always

have been competitive and all friendships are based on the competitive element in men. A friend is a person who fills gaps in your own personality, who is supportive and able to understand you and your needs. You are the same for him. As men are in a constant competition in daily life, friends are a need to survive. In our groups we mimic nature by supporting lifelong friendships. We consider it one of the most important factors of success to get people befriended with each other.

For woman it was different. They needed to stick together for more social reasons. Woman had the care of children, of housing, of the food and clothing. Even in the days back then a woman had many social tasks to fulfill while men went out for hunting. For protection woman had to live in communities, share facilities and had to warn each other in case of danger. A woman always would try to save the children of another woman considering it was a member of the community they were in. Women have the competition feeling only hidden in the mind, it only will be ready for battle when their direct family is under treat.

Women have developed a complete different approach to physical touching and closeness. Men are only able to touch each other for competitive reasons. They prefer hitting each other than showing affection. In Asia you still can see man are allowed to show affection toward a friend in a normal accepted way, in the West, where homo sexuality said to be accepted, men never dare to touch each other in fear of being seen as homosexual. Women on the other hand are more physical, they love to touch each other and with the touching they show emotional connection. We accept this from woman as they also have been taken care of children. Men always have been standing in the shadow while raising children. The part of growing and taking care of children is vital to the development of emotional / physical connections. Most men have been disconnected with a proper physical / emotional development. *This missing connection allows them also to kill others in case of war or hunt. If they had a close connection toward other natural beings our history would have been radically different.*

Women are willing to touch others for other reasons. In the emotional way woman want to be beautiful and attractive, not only for others but for themselves. Beauty is a personal matter, shaped by the environment and often empowered by the friends around. Dressing, make up and playing are all routine efforts to increase the social / emotional connection between women. Often done at toilets and bathrooms in a private atmosphere. These moments of connection are something man will try to make up in bars and other social gathering places, but they dramatically fail to reach the level of woman. The main reason is their constant need for competition.

When I started the first “be my friend” courses only very few people did turn up. Most were people who had poor social skills and had hope that a training will bring likeminded people together. They were right. During our group meetings people started to share interests and within a few meetings many new friendships were born. From this we can conclude that opportunity creates friendship and we should often create opportunity to enlarge a person’s circle of life. Opportunities are created and organized by members of our movement and when you join us you will take part in our meetings and even one day organize them. To share is to care. Be part of the world and share your personal experience with a friend and your group.

### **Are human social beings or “einselganger” by birth?**

In many religions and political manifestations the leaders speak of men as social beings. A social being is operating in groups. These group activities strengthen the individuality of each person by confirmation of the group. To understand this we have to look around the animal world.

In the animal world we can distinguish animals who can live a complete individualized life (solitary / a sample it the snake) or only in herds (group dependent / sample Buffalo). Many animals live parts of their life in a group and at other times as single beings. They have no knowledge why they do so, nature provides them the instinct to do it. A good sample is the bear. When young the bear needs care and company to become a strong surviving animal. When grown up most bear will have a solitary lifestyle. Specially in wintertime they search for their own sleep place and will not allow other bears to cave in with them.

All monkeys are social beings. They live in groups, travel in groups and have social rituals belonging to the groups. They form different groups depending on territory, tribe, lifestyle and food availability. We see a hierarchy in each group. The stronger individuals are the leaders the rest follow but the leader always will receive challenges from his fellows. When a monkey was thrown out of the group it faded away and did die in a short period. Loneliness seemed to kill the individual monkey and is a serious danger to his health.

We are often born in a family. If not, for instance when a baby is born and immediately is taken away to a foster or orphanage home, the child will get a social disorder of some kind. It has been scientifically proven that a human is a social being that needs the attention of others to become a healthy mature being. If he / she has a lack of proper attention the personal development will take a different path and psychological changes take place. These changes are also expected in humans who are not treated well enough. The treatment of kids in a social order is very important for its development. If a child is wrong treated in the first 10 years of its being it surely develops minor or even heavy psychological disorders.

During my interviews some people told me that being an “einselganger” was something that deserved great respect for the endurance of that person. In Asia we have some “religious” practices that stimulate the merit of the hermits. Persons go to isolated places to seek peace and Enlightenment. Those people seem to successfully break with the social being code and declare themselves different from all of the environment they live in. Are those people have become “einselgangers”?

All persons who decide to leave society for isolation are people who did study some kind of life philosophy that honors the position of loneliness. In fact their wish is to join the rankings of solitary persons. This again will place them in a social context toward others who were before them. They follow samples not invent a new situation. By following the samples they become part of that group and even when living in solitary they are connected mentally with former or even current members of that social group. One of the main important things to understand is that everybody who chooses for this solitary lifestyle had already a real life amongst people behind them

so in mind they are connected to all this relationships even when he said to have broken with them on the moment of retreat.

Conclusion; a human is a social phenomenon and will never be able to completely grow from baby to adult in full common sense when in isolation. The human is a relationship oriented being. As a movement we have to stimulate meetings to create a strong social foundation for each member and guarantee them a better social network for a life time.

### **Rituals of Life**

Many things in life are routines. We need routine in our everyday situations to enable us to perform to the best of our abilities. Routines allow us to do many things without thinking. Take driving a car, imagine that you have to deal with every movement at any time you drive a car. After a few weeks your brain will suffer overload of information and your decision system is probably ruined.

Rituals are created to combine routine actions and mental focus. There are different rituals such as mental and physical. Some are performed very individually others in groups. Most rituals are created to initiate a membership or to connect people. In general we can say that rituals are secretive and hidden from the outer world to avoid criticism and attack.

In my personal vision we need rituals to use for connection. To participate in a ritual brings the members in a specific state of mind which enables them to go through a spiritual change and observation of reality. Sometimes we need to get out of the day to day reality to experience other parts of life which are not as confronting.

To stimulate, recuperate or regain your life energy, rituals can make a difference. To perform specific rituals to improve your energy is important for everyone. These rituals are not secretive but the essentials must be transferred from master to students in personal contacts. I have tried to write down some of these rituals but due to the individual choices and adaptations it shows impossible to generalize the procedures.

When you are interested in participation of Life energy ritual you should join the special classes and meetings to gain the knowledge of rituals.

### **Emotional control**

Respect is one of the difficult but also most rewarding emotions. By respecting others you are able to learn and understand the behavior of other people. The word respect is often used in different ways. If we relate respect to emotions we allow others to have and display their emotions without comments from our side. We observe them happening, we keep on a distance and do not judge them. In this case we accept them without judgment through respect. In some sense we can say that to respect is to delay a personal judgment or involvement.

Emotions must be controlled in different ways. Control is different from suppressed. In most cases suppression of emotions lead to more complicated built up of emotional explosives in our body and mind. Emotion are electric loaded components in our body. Each emotions creates a chemical charging of the cells. Large emotional issues will electrify many cells and created a strong loading which occurs in high muscular tension. We can consider emotions fast energizers of the body and mind.

When emotions built energy in our body we need to consider a way to reduce excess energy levels by control and relieve. To relieve emotions we need a variety of ways as every single emotion is different. Some emotions need an explosive reduction by expression such as crying, shouting, laughing or anger. Others need a more subtitle way as touching, tenderness and sex.

We are now able to classify emotions and ways to relieve them. To learn control we should experience the emotions one by one with a clear mind and conscious observation. During our control meetings we move into a world of emotional control and relieve with people we trust and care for , our groups relate to each other as in ways we have described here. It is important to take part in these sessions for your ability to control life and love.

### **Influence of a relationship on the lifestyle**

Every relationship has a direct influence on your lifestyle. In fact we can say that your lifestyle only depends on the relationship you have.

Samples; if a person grow up in a dirty environment and start wearing nice clean cloth it is confronted by the fact the cloth get dirty fast, the people around start asking questions, it creates aggression and desire amongst others and last but not least it definitely create certain distance between that person relatives and friends.

Lifestyle is strongly influenced by the environment. A person always search for an environment he/she feels comfortable in. Most people create an image due to the lifestyle of the environment. Around us we see many samples of people using dress codes, tattoos or symbols to distinguish them from others.

In most situations lifestyle creates a binding between people. People with a similar lifestyle search for each other to form groups of interest. Often persons within the group start relationship with each other as a similar lifestyle brings likeliness toward others who think the same way. There is a saying; Birds of the same feather flock together.

### **Influence of relationship on health**

Every relationship has a direct effect on health. Positive oriented relationships improve the health. When two persons fall in love, the energy seems to increase a tenfold. The reason is an increase in hormonal activities. All these hormone activities have a rejuvenating effect on the body. The muscular tension will improve, the heart rhythm changes, the blood circulation improves, as **the veins open wider** and some parts of the brains are blocked. We all know the funny saying love makes blind. The

reason is that in our brain certain functions that normally will analyze and reason the reactions toward a situation will not function well if at all. This can be positive to the health situation when the relationship is a proper one but when it is not the situation can change toward a very negative effect on the health.

We know that positive love affairs are healthy in the first year of occurring. It is known that this positive effect will decline after approximately a year. The positive effect on health is completely different for man and woman.

The positive effect of a love affair on woman mainly depends on the regular confirmation of the man of the existing relationship. As long as the man gives those confirmations the positive effects continue. But men in general neglect to do so. Men on the other hand needs “freedom” the positive effect of their love is when the woman let him have his “freedom”, confirm her loyalty toward him, position him in a positive way and give him a good feeling about his manhood.

### **Influence of a relationship on work or study**

Every relationship is important for work and study. In work and study one is never able to complete a task alone. Often you have to work closely with other persons. The effect of being close to another person holds the “danger” of a close relationship.

Work relationship; in many work environments people spend more time with college than with their own love ones. Spending time with other people creates interaction. It is normal to have good conversations with your fellow employee or even with members of the staff. In fact this kind of communication improves the quality and often the quantity of the work. In some situations man and woman take advantage of the situation and lower defense to come closer in the personal circle \* of the college.

The main question we all ask ourselves is; are relationships on the working floor good or bad?

Answering this question has two sides. One side is from the working place itself. Personal relationships while working on the same floor, project, or any other area that the lovers can be confronted with each other every day is not advised. In fact it is recommended to separate the working place right at the moment a love relationship starts. There are many reasons to proof that a love relationship on the same working floor is not healthy for all the college involved nor for the relationship itself. A good boss / manager will also take care that the lovers will be separated from the same working area to protect and the relationship and the work.

Study; during study most people will be able to meet a lover. We see a difference between east and west. In the western world the schooltime and study is also a time to relax and enjoy life. In western countries we put pressure on students only on certain periods of the year. This pressure is divided over the year and students are able to calculate the amount of work to put in their study. A right result is the passing of an exam not the highest mark. In Asia we see a constant pressure on students to pass many exams with the highest possible score. This pressure gives very little space to develop good relationships with the other gender.

In the West students are famous for parties and fun, in Asia for hard work and high scores. In the Western world students spend time to build relationships with fellow

students during practical tasks and social events. During these events many outsiders are attracted and introduced. Most students meet their life partner during this time.

Making friends is very important to relieve yourself from the heavy burden of constant pressure to deliver the best results. Often you become friends to help and protect the other and receive it back. Friendships build during study periods often last a life time cause each know well how much they can depend on the others.

All over the world people focus on education, often the higher the better. But for many reasons it seems that education does not improve social and emotional relationships nor good family life.

### Relationship and tradition

Our relationships are depended on the tradition of family and environment. Most people obey the cultural traditional aspects of the environments when starting or getting a relationship.

At around hundred years ago and in most regions in Europe the parents searched a partner for daughter or son. To most parents religion was the important reason to choose a son or daughter in law. In the West we have a specific saying which makes this all clear; with two believes on one pillow the devil is always sleeping in between. With other words it was not allowed to mix different religions. Parents and church saw to it this practice was implemented in every life of their children.

Here I would like to show how Western man thought of their woman in the past. I must admit that even in current time many man are brought up with these ideas. Some samples of this thinking can be found in;

Wife and Servant are the same but only differ in the name.  
Mary Chudleigh, 1656-1710, English poet, *Poems, To the Ladies*.

A girl, a young woman, or even an old woman should not do anything independently, even in her own house. In childhood a woman should be under her father's control, in youth under her husband's, and when her husband is dead, under her sons.  
*Manu Laws, Traditional Indian Code, I Century b. C.*

It is only males who are created directly by the gods and are given souls. Those who live rightly return to the stars, but those who are 'cowards' or lead unrighteous lives may with reason be supposed to have changed into the nature of women in the second generation. Plato, 428-347 b.C., Greek philosopher, *Timaeus*

*Confucius remark on woman is "who is the most difficult to deal with is women and flunky"...*

It is not good that man should be alone; I will make him an help meet for him.

Bible, *Genesis*

In many religions women are considered the help of men or being, in one way or another, inferior. In the whole world daughters often suffering more strict home ruling than the son of the house. In many countries the dress code for woman is to cover most parts of the body. Covering the body is used to make the woman less desirable to men.

The history in Europe got into real changes between 1960 – 1970. These ten years brought the flower power movement, the feminists, the protesting students, the rallies for new politics. Lots of labor changes and a complete new social law structure. These years brought drastic changes to the entire Western world. One particular event made an impact on the way we looked at relationships in general. This event was called “the sexual revolution”.

Man and woman demanded more sexual rights, the right to love the person of choice, to end a pregnancy when demanded for and chose a life form other than marriage. To reach these targets the young people created lot of social unrests everywhere. These events led to a change in politics about the way people are related to each other.

In the Western world before 1960 it was not possible that two unmarried persons shared the same room. When they still decided to do so they became social outcast and could lose job and house. The social and religious pressure to marry was very high. Marriage was not always based on love but many people had a certain freedom of choice. After 1960 new relationships occurred such as living together without marriage, LAT relationships (living-apart-together, in this relationship two people keep their own house and live a few weeks in one house and then move to the other house and some time they both live in their own apartment), contract relationships (people agreed to live together for a period of time) and many other variations to these. According to the traditions none of these relationships was acceptable. Changes were needed in relationships, the time for traditions were over.

In many countries living together without marriage is still seen as not proper. But in fact this practice is very common in amongst the poor people. Most poor people cannot afford to get married. A marriage party would cost too much for them. These people decided to start living together to maybe one day marry officially. Amongst the poor this is a widely ,but silently, accepted situation.

The tradition of parents looking for a marriage partner is vividly alive during these days. The arrangement of so called blind dates are rarely leading to a proper marriage but parents still believe in their interference in the affairs of the young people. In my research I found that men find the tradition convenient as they do not need to put energy to date a woman by themselves. The ladies on the contrary are, in general, against this for them very degrading tradition. Most women consider it as lottery or animal farm. For a descent woman this blind dating is so humiliating that some did try to commit suicide to avoid the shame it did bring on them.

Parents of today are no long aware of the social cycles of their children. Most children have wide social cycles due to internet and school. Via social websites they inform each other of events. The movements of parents and the arrangements of

blind dates are widely discussed on these social networks. When it concerns a woman in certain position (social, political or in business) she can lose face dramatically when parent arrange a wrong blind date. Some women are confronted with employees, cheaters and worse.

Beside local changes the new generations will have to deal with the international relationship. The international relationship is a cross border relationship. Not only between different cultures but also between persons of the same ethnical background but in different countries. These relationships will break with all traditions just for the fact that they never have been a part of the traditions and offers lot of new prospect to the young and older generation.

In my research I found the following statement covers the differences in relationship between east and west for a great deal;

- Some people will start a relationship *to complete their own Identity*, the relationship is a part of their own identity
- Western people start a *relationship on basis of commitment*. The Western relationship is based on an equal amount of input from both sides without losing one's own individuality.

These basic rules make intercultural relationships very difficult to deal with.

*Conclusion:* relationships are always built on traditions. In the past the traditions were all from long term sources, today the time span of a "tradition" has grew shorter and shorter depended on communications tool, transportation and migration. During our meetings we discuss the topics of relationships in the broadest possible way to interact with your daily reality.

### **The concepts of love seen from a cultural side**

In every culture love is seen as the fundament for a relationship but it does not need to be there to start a relationship. This is the vision often found in cultures with arranged marriages. Love will come over time.

In the past people did mix love and marriage a lot. When two people were together it was accounted as a love binding, no matter what those people had of private opinion. Often the religious culture around those people forced a permanent binding on them. Culture has never been in favor of real love. In reality culture in general has no connection with free love.

Culture is an unwritten set of rules and regulations describing the life patterns, behavior and expressions of an individual within a community. The individual obeys the majority and follows the rules as given from generation to generation.

In this unwritten regulation a relationship between persons was often handled under strict guidance of an authority of some kind within the community. These rulings described how people supposed to meet, when they should go into a relationship, how long it approximately would take before a child should be born, who had the

highest authority in the relationship and what were the duties of the woman. In nearly all cultures women have duties, men have power to rule.

After her daily work matters the woman got a set of responsibilities to carry out like feeding the child and caring of the males. Caring was the focus of the relationship. Women fell in love with the response of the husband on her caring. When a husband treated the woman kind and nice she could consider herself lucky and sometimes even fell in love with the man. In some cases the man chooses a woman to be his wife. That man often had a higher position in the society. If the woman was lucky she was able to feel some binding to the person before taken to bed. The time did teach a woman to obey not to love.

Rulers in every culture were able or allowed to possess more than one woman. In Christian cultures the ruler was married to one lady but was using the service of others and by using the service he avoided the Gods ruling of adultery. In Asia and Arabia rules openly displayed a numerous orgy of chosen female and a never decreasing row of children. Some rulers had as many children as day in a year.

In every culture love is equal to commitment. When two people love each other they need to reach a moment at which they decide to continue or to break. To be sure you understand the difference between love and sex I would like to pinpoint you to the fact that love is a deep emotional feeling that gives chemical changes in the body which are measurable, you can feel for a long lasting period and they are directed toward a specific person.

### **Intercultural love affairs**

Love knows no borders nor limitations. In the thousands year that past we became able to travel fast and cross borders without limitations. Time and distance are of no concern anymore. Due to TV, computer and movies we are used to other cultures and skin colors. But we have to ask ourselves how much do we really know about other cultures? How much do we want to get involved with them?

Some people go far and fall in love with or another culture and often with a person of that culture. Here we get a cross cultural relationship. When both enter in this adventure of love they will discover the problems involved with that. When love crosses cultures both will be confronted with the differences and the resentment of one or both of the cultures to the relationship.

Most cultures are not open to people with a different color of skin, a different believe or behavior. In general people tend to accept only relationships of people from their own environment. When a border is crossed by getting into another culture by a relationship the traditional personal environment will not easily accept the newcomer.

To cross the boundaries of culture with a love affair demand good communication and strong will. Determination is needed to understand the other culture but also to learn about the reasons of (wrong) behavior of people in the environment. It is a common fact that male not female is accepted to get along with another race in many communities.

During our cross culture relationship meetings we discuss the problems a couple meet when they travel or decide to live together in a certain environment. In some countries it is hard to get work and even harder to life together while not married. We assist in these cases as we have a wide experience in it.

### **What do we consider love ?**

Love is to care, to give care and to receive care when needed but also when not needed. Care is thoughtfulness from you about others and the others about you. The caring is from the heart and not for a benefit. If you can say that you honestly love a person you will be caring without any wish or demand for a reward of any kind.

Love is attention = mindfulness. For most people attention is a present or a temporary moment given toward a person or received. But attention is to keep someone's wishes and needs in mind. You give attention in the form of remembering, reminding, communication and sharing time and space with a person.

Love is connectivity. People connect with each other and love someone without ever having seen. A good example of this is that many people love a God, a writer or even a artist without ever having seen him or her. They fell in love with the words, the image and their own vision. This kind of imaginary love affair can be very strong and connects people even stronger than between real human beings.

Love is lasting. Real love is not a temporary affair, it starts and built and at moments will feel stronger than ever before. Love crosses time and space and knows no limitation in time.

It is clear that love fulfills an important role in every person's life. For most people love is also the biggest problem of their life. Love is strongly connected with expectations. As we have seen what expectations can do to a personal life we understand that love will do all the same. To love another person is only possible if you are able to love yourself. To be connected with yourself is to be able to connect with others. In our meetings we go deep into the roots of love and care, help you to understand that to love yourself allows you to love others. A person who loves him/her self in a proper way has a lot of space in the heart to love others. We help you to create that space as with us you are already in a safe and loving environment that you need to develop self-esteem and mental power.

### **What is internal love ?**

Internal love has a few important sources as roots for our life ;

- The given love at childhood
- Personal – probably genetic – characteristics of the person

Childhood is a very important time for love. Every child comes to life in full dependency and in need of care. To a child it is important to feel loved and cared for. A child feels love with its six sense. Love connects the child with its caretakers, these do not always need to be the parents. It is common knowledge that mothers have a close connection with their children but this is not always true. Some women reject their child conscious or unconsciously. This reaction is always felt by the child with the mentioned sixth sense of the child.

I have experienced several times that at the birth of my own children the father is very important to the child. A father must feel fatherhood as a pleasant and happy duty, a reason and target in life. It must be the responsibility of the man for its family. When father and mother gives the right love and attention to the child it will become a stabile personality. In our society the attention to the child suffers great pressure. Often the child care consist mainly in supply and demand of material things. When a child is not taken care of in a spiritual way it feels neglected and will develop all kinds of problems which leads to low spiritual and physical levels of existence.

On the other side when a child is spoiled by material matters it becomes extremely narcissi and denounce proper spiritual development . Only children taken care of in a dynamic stabile way are able to develop their own mind and spiritual being. Children pass lots of life tests before getting spiritual wellbeing. A child must receive proper care and has to find its own way into society with certain risks and pressures should which not be banned from their life. They have to learn by experience. Some children will be faster than others but all will come at crossroads in their lives having to make choices.

An important part of internal love is a character issue. The character of a child is formed by partly the issues and mentioned before but also other influences are important.

- Family matters outside the father/mother (genetic issues)
- Environment
- Health

The environment is hard to control. When the child is able to communicate with its environment , such as making friends and getting around with others, it builds a character based on these experiences. Some children do not have a natural ability to communicate and have a terrible youth. This growing up period strongly influences the character and future abilities. These people often turn to me for help and advice. Most have difficulty with the 'internal love concept'. To them loving themselves is a complicated and sometimes even impossible matter as the environment does not love them, so why should they love themselves. This concept of self-pity is fed by the environmental denial of an existing problem.

In a city environment more people are suffering of this problem. Pressure of schools, work, friends and family to accomplish something is too hard for them. Women feels this pressure even harder than men who are often overprotected by their mothers. Growing up in these circumstances makes the need of a safe community environment a need or at least a place where these persons can find spiritual rescue. This is where our community services fill the gap of the needs the individual has.

Under all this pressure it is not easy to develop a proper internal love. Internal love is foremost acceptance from who you are and your situation. To love yourself is to accept who you are and your faith as it is. When you find peace of mind you give love a chance and will be able to chance your situation once and for all.

### **Food and relationship**

Upon first thought food has no connection with a relationship. But food is one of the cornerstones of every relationship. First of all food is one of our prime important needs. In the modern time the knowledge of what basic needs are is lost;

- Shelter
- Food
- Clothing

These are the fundamental needs of every person alive. Eating together has a significant social importance. Food takes an important role in many religions. In some religions it is the absolute absence of food Ramadan, the holy month of Muslims that makes the difference and in other religions it is the sharing of food like Catholicism, or the time of eating in Buddhism.

Food has become a statement to express protest. People choose for Macrobiotics to show their conscious mind for a healthy living or vegetarian to show the affection for animals. All these statements show something of the personality. In a relationship it is very important to understand these statements. Imagine yourself offering a beefsteak to a vegetarian, you could not offend a person more.

Food is a very good point for any conversation. Talking, writing or chatting about food gives information on the communication partners as we know that food is always on someone's mind.

The use of food shows the health of a person. In all my books I mention the phrase `you are what you eat`. It is a fact that the way a person eat, what he or she eats, when, how and where tells a lot of that person. Easy living people will choose for a fast food restaurant, they do not care of the food is really good for them but they go for the taste, the amount and speed of the products. A relationship with these persons can end in a fast-food like relationship. Short, fat, heavy on the stomach and easy to digest. The problem of all this food is that people become fat. Finally it makes them suffering from diseases. The relationship will never be a healthy one.

A health food person is always considering the quality of the food, the origin and the way how to cook it the proper way. The food is an important part of life as they consider it a strong part of their health.

People need to enjoy food, every day as fresh as possible, in an **easy way and nutrition outbalanced**. I always consider shopping for food together an important moment to connect. You discuss the coming days, plan what you going to eat, share thoughts on ingredients and freshness, exchange information on the food and finally be aware of the prices. Nothing is nicer to buy and good food and save money.

Going out for a meal, it does not really matter what kind of meal such as breakfast, lunch or dinner, is a matter of choice. You can, like the mentioned fast food junks, go to a local quick eat and run shop or to a nice relaxing restaurant with good service and environment. Choosing a place to eat is time consuming and interesting. Doing that together with a relationship gives a binding and communication to learn about the way the other person makes its choices.

Food includes alcohol in general. I have never drunk a drop of alcohol in my life. This is always difficult for other people, never for myself. It is funny to see how people

react when you refuse a drink. In many countries they are insulted when their offer is refused. Some even get angry. I met people who got aggressive toward me trying to force me to drink. When you read our stories you will get the idea that all people are able to communicate, I would like to warn you that when alcohol is at stake communication turns wild and most people are not able to create even a bit of common sense in their head. My past as professional Muay Thai fighter did prevent many times people from hitting me or an did avoid an over aggressive approach. But with this story I warn you that alcohol can build but also ruin a perfect meeting.

Alcohol can play a role to relax your body and mind but it is easily too much. In a relationship it is very important to monitor the intake of alcohol all the time. Some people will spoil the partner with giving in to their desires of more and more alcohol. This will lead to alcoholism and addiction and breaks every relationship. Drinking moderate alcohol on occasions is good.

*Conclusion:* food is a very important part of every relationship. The choosing, cooking, consuming and finishing of a good meal is a social issue that can connect persons into the soul of their being. Choosing, preparing, cooking and consuming food are important parts of our getting together in small groups. Members organize home stay meetings with food as a central issue to benefit life, love and understanding. Food is where the Love of Life meets the Laws of Life.

## **Getting older**

Time is essential in the human life. We all have a certain given time on earth. It is unknown when we will part of this earth. Most people are worried of tomorrow and cannot enjoy today. Today is when we actually live, our experiences are made in the present time and not in the future. It is for sure that our past involves and even predicts the future. But we are never certain. Most people want to live in security and need a guide to protect them from future events.

One thing is certain we all get older day by day. To accept the process of getting older is not easy for many people. Before age thirty hardly anybody worries about the future. But when reaching the age of 30 suddenly the worries seem to come. You look back as your past and the results and make plans for the future. You start to realize that age is counting and measures should be taken. But what are these measures?

We are living in a constantly speeding society, everything in life must go faster and we seem to have lesser time in the day than we ever had before. When young each day seems never to end and time was off plenty. With the introduction of faster communications our time starts to show signs of shrinking. We had less time and more to do. This is illusion. Time is still the same but we are taking more and more tasks to finish within lesser time. It is not time that play with us, we are playing with time, it is our approach of time.

Getting older is to manage time, accept change and most of all go with the flow. Every stage of life comes with new experiences, we gain some capacities and lose some. The most important thing is that man need to lose their competition oriented feelings toward age. It is impossible to beat age but we surely can manage it.

If we look at the past the general age of man was around 40 and woman often 38. In current time we consider this half way of our life in most countries even less than that. Within hundred years we have gained a whole life time and it seems we are still winning more time. When you feel down look at this proven facts, know you could be death already.

In the book of Health I will explain more of how to get older in a healthy way, this part is about the emotional state of mind while getting older. Growing older emotionally is based on acceptation of today and tomorrow. Acceptation of your changing capacities and abilities. At a certain moment you are not able to run a hundred meters in ten seconds, that is for sure. But if you use to be good ion it you can still run a hundred meters in a good time.

Compare your life to an engine. At the start of life we are like a bike, each step cost energy and careful planning. When you know how to cycle a little engine gets attached and your speed of events is faster. At age 12, surely this differs individually, the gasoline engine starts and life gets into full speed. Events come and go and time seems never to bother you. Between the age of 30 and 35 the gasoline runs out and the engine gets to electric or diesel. Speed slows down but your determination only got stronger, you do not like to give up. You know you cannot give up for many reasons.

After 35 a very interesting period in life starts. When we read all these old religious and other books you should keep in mind all those people with only few exceptions did not get older than 40-45 years of age. You must understand that all what they wrote down is with the mind of a person of that age, with the rage of battle and the fear of everyday life in their blood. Few of them had the knowledge of age like we have now and some of the literature of these people got important.

When we age we need the time to consume and digest our experience, we need time to reason and understand. Most people do not take the time to understand today which make them worried about tomorrow. The changing body brings a changing mind. When your body is getting older your mind should adapt. Things you can do today are not guaranteed tomorrow.

Aging is an emotional process. It is inevasible. There is no way to avoid but surely there are many ways to make life acceptable. Every day is a given day. You should try to make the best of every day. Age does bring beauty in a different way. When you are able to take the confrontation of life and challenge it by activities you will find yourself being in the attention of many people and get the respect that you deserve. To age with respect is one of the most important pillars of a balanced life. When you are able to share and care, be active and passive at the right time, life has a lot to offer and you age with satisfaction.

In my research on people of very old age (over 90+) I found that most of these people had a rather simple life with many different routines. Most of them had a good social life and were active. They kept active physically and emotionally in a way that made them look out for every new day. They wanted today to be good and had the hope to make tomorrow another day of joy.

With our Law of life movement we want to set up places where old and young gather together in harmony. A sanctuary of knowledge and transfer between young and old. It is important to ask your group leader about these plans.

## Death

The end of life and the only thing which we cannot avoid and all will go thru is dying. To die is to most people a very scary idea. The reason why we are scared is the fact that we do not know where we will go, we have the knowledge that there will be no other day to come. We are also scared to leave the people we love behind. Together we are scared of the future that will be there for the people who are still alive.

But is death really that scary? Can we see death also as a solution to life? If we talk about older people, people who had a long life behind and had experienced it well or who are in pain and suffer of being alive, most of us will take death for granted and accept it as the final faith.

But when a young person die, when we encounter a serious disease or even confronted with accidents how can we deal with death ?

To understand death we need to understand life first. Life is conceived in the mother at the moment of conception. Scientist and religious leaders have taken years of discussions to set a date on when we can call a growing cell mechanism a living being. Some say this is in a few months others talk about the moment of conception and from a religious side they believe that life only starts when the body receives a soul.

In my conception life continues the moment of conception and the first cells divide. When the fertilization takes place the mechanism of life, which is energy, starts to act. The moment man and woman come together an already living cell, the sperm cell swims to an, also very alive and moving, egg cell and the moment of conceiving is there. The discussion of when life starts is very simple. Both the egg and the sperm cells are fully alive and carry the energy of life inside it to form a new life. Fact is that we are talking here about continuation of life, a transfer of life from one organism into the other. It is a complete futile discussion to talk about when life starts as it is transferred and there is no start of life at all.

I think that we all belong to one life pool. Our bodies transfer the energy of the past into the future and this energy will grow like a tree. It is important to see that our human race is growing like every organism around us.

Let me explain this more clear. Every organism, even a planet or a star starts small, sometimes with a single cell. After the first "conception" it will grow bigger and bigger till the moment comes the energy to grow is fading out and the maximum capacity is reached, after this the downgrading sets in and death is certain, no matter what organism we are talking about. That is the cycle of life, unavoidable and a law of life.

Humanity did start somewhere in the past and via the road of change we reached to become the human we are now. In the past the situation and possibilities to grow as

a population were less favorable as they are now. Currently we are living closer and multiplication is a standard wanted process, even demanded to some extent. Like a tree the amount of branches and leaves will grow until the soil is no longer able to feed the tree. Beside the leaves a tree produces fruits or seeds. These seeds spread out as we human supposed to do in the future over the universe. These seeds will start a new tree and the cycle of life continues.

Most people think of us as individuals and you bet we are. But we belong to a much larger organism called life of the human race. We are like the leaves of the tree and have a temporary function. Some leaves fall soon of the tree because the wind is hard, the rain takes them away, a storm tares the braches of or worse the tree is cut by lumberjacks.

Death on the other hand is the annulation of one individual, a discontinuation of a single part of life. It is like the leaves of the tree, we have no control over the environment but it controls us. Life is something given for the borrow and not with a guarantee of length, quality or time.

If we look at the cycle of life we may understand that there is a beginning and end for all of us, why do we feel so bad if a person we love dies? The reason why we feel so bad is that we lose a part of our reflection of love. We give love to receive love and the closer we have been to that person the more hurt we are. It is impossible to understand the size of love until we lose it. Most of the time we take love for granted.

When a person dies the energy of life returns to the source of life which is pure energy. Our soul is the battery of this energy, the spark that lights us up every day. I compare this with a the spark that starts the engine of your car. When you turn the key the little spark of energy sets a complete engine in motion. When the battery is flat the spark no longer lights the fire of the engine and the engine is no longer able to move. As you can see the tiny little spark is the energizer of a large machine like life itself. The moment we die is the moment the “spark” energy leaves our bodies, no matter our age or circumstances. When the spark dies, live ends.

The spark is the energy that returns to a place unseen, untouched and which cannot be found as we are in the middle of it. Life surrounds us all the time. Everything we see, feel, touch, hear or smell is life. Life is not defined the way we do in biology. Real life is not depended on food but depended on energy. Only energy rules nature, nothing else. If there is a lack of energy there is no life.

Our life is temporary energy and our individuality depends all on this energy. When we make children we pass a bit of this energy to a next generation. Our energy lives on. But even we do not our life energy will pass on to a next generation in a less direct way. One of the most important laws of natures is that “energy is never lost” , it changes shape and existence and can move between levels and even dimensions.

When a life ends the energy is not lost, it is gone to another place and is not lost. Some energy stays around most will go away. Energy is never far and we also cannot be sure it leaves our side. Sometimes energy is the source of distance life. It seems not to have direct effect but returns a lot later. To explain this I would like to continue with the tree as sample.

Every tree let the leaves go. The leaves fall down on the foot of the tree. Slowly these leaves become part of the soil. The soil sinks and fertilize plants which grow and die and together they all become the source of new life such as other plants and new trees. Our energy is not leaving when we die but can stick around a certain place. That is the reason why people can feel the energy of people who did pass away still around them.

When we die the energy leaves the body and often it will pass on to other energy levels and disappear, there is no connection anymore. But sometimes the energy is contracted by other energy and will “stick around” . The main reason for this process is to compare with magnetism. When we use two contra polar energy levels of the magnet they will stick together, sometimes strongly at other times weak.

But death brings emotions to the people left behind. These emotions are often strong. Grieve is something we all suffer when a person we really love dies. The main reason is that we feel it as a loss, we lose a part of our own identity or our self. The death person did reflect our internal love and gave us the external love we needed. It is a missing of what we had in the past and we are very worries we will not get the same back in the future. Grieve is a bit selfish.

Grieve is a strong emotion and one we should take very serious. To some people grieve changes the chemistry of the body. We should address grieve never alone, it is important to get support and confirmation of the grieve. But company should not be pushed upon the grieving person as in all cases the grieving person also needs moments of complete privacy to address the inner love and get the mind in order.

To work on grieve we should talk, open up and disclose our inner fears, hopes, wants and wishes. What do we miss in the person who did pass away, what was his/her position in your life? It is important to see your fears for the future, what do you need to give up and what is left over for you? It is important to know and express what the person meant to your hopes and wishes, did you have plans and how should you continue. Grieve must be shared and sometimes can take a long time to pass by. To most it will lower by time and for some it will never be far or gone.

## **Suicide**

Death supposed to come natural but for some people they feel the need to take their own life, the end comes by their own choice. The moral question is this good or bad is an issue that moves many people. We can compare suicide with killing, the difference is that the person is not killing another but him/herself.

We have to make a difference between suicide due to the mental status of a person;

- Suicide at a young age, in general till 18 years old
- Suicide among adults
- Suicide among mental disturbed persons

In general we can say that suicide at a young age is due to environmental pressure which can be avoided. Often these young people give a lot of signs to the environment but this lack to read them. The sudden death is caused by an overheated brain with too many problems to handle and to little opportunities offered

by life itself. This form of suicide is sad and I do think it should be handled as a murder case more often. These children are often killed by bullying, overpressure and over demanding. Their future gets bleak and they will withdraw from activities. This should be recognized by the environment such as school, family and friends. Most of these children can be saved by getting involved at an early stage.

Suicide among adults is a very complicated matter. In our current society the pressure of finance, work, relationships and other topics seems to be higher than ever. This pressure results in a “no way out thinking”. The person who commits suicide is often not a depressed or sick person but one who sees suicide as a way to escape an mountain of problems and an increasing pressure. To them suicide is a way out of all the problems and often they take others with them in the idea to protect them from others. We will see an increase of these kind of suicides in the years to come.

Why do those people commit suicide is a question bothering many scientists. The main reason for those people is based on the unrealistic expectations they have had in life. Often they had specific expectations for life and family, for fortune and fame and for love and peace in their life. When these expectations are different from reality they get into mental conflicts. Their mind starts playing tricks with them as their vision is one of circles, they are not able to escape from a mood where their reality is the only reality possible. This is a closed circle of which no escape is possible. When the circle is closed the only escape seems to be death. I already did refer to the cycle of life, when a person kills himself they expect to end the problems and move to the next cycle of life.

To commit suicide is a process and not a one moment decision. The feeling to take your own life is something that builds over time, it slowly takes shape. Most or all people who finally commit suicide have looked for other options. When they run out of options one by one the direction to a final escape is made by planning. A person planning suicide is careful in selecting place and opportunity, often they study the patterns of others and create a possibility. When the possibility occurs they take action and end their lives.

How can we solve people committing suicide? The only way is to offer an escape route to problems. In my vision we should build places of refuse for “end of the road” people. Places where they can get food and shelter for a few days and talk with people in the same position and experts. These places must be outside cities and everybody coming should be allowed to go there un-identified. I call these places “New Land” , simple village like places where people offered a temporary stay under no name and no registration. The participants should get work, day activities together and a place to stay. Often people who commit suicide are active persons with a good mind and body, they are willing and able to find an escape as long as they are offered opportunities to do so.

Suicide due to mental problems is a topic I always discuss in closed groups as it is depending on many reasons why a person finally decide to end life permanently.

## **Abortion**

To end life is a complicated and serious issue. As I mentioned before life is not something that occurs suddenly but it is transferred from one to the next generation. In case of pregnancy there are always two persons responsible. Sometimes the responsibility on the female side is little or none due to the handling of the male. When a woman is raped or being forced to have sex, is pressured to mother a child for another person, in case of a mental problem and some more cases were a woman cannot hold responsible for the fact she had become pregnant an abortion should be tolerated.

But as I mentioned, to get pregnant you need two persons. Most men seem not to understand their part in responsibility and think that making a woman pregnant is no big deal. In my vision the man should be hold responsible for every child he creates until the age of eighteen. If I say every child it implies every child even when he does not want the child, he had no plan to make the woman pregnant and so on. A man should at all-time carry the responsibility for his deeds even the unwanted part. We have a great saying for this "If you can't do the time, don't do the crime".

Abortion is not a matter of just the woman, it is a matter of responsibility of both genders. As mentioned before it takes two to produce. If only one needs to suffer that is unfair and not realistic as an abortion is not to be taken easy. To abort a child crates a biochemical drastic change in the body of the woman which has a direct effect on her mental functioning. This effect can last months or even years. To abort must be a careful decision taken with more than one person and always by professional medicals who are capable and experienced.

In many places in the world there is a discussion when an abortion should be allowed. This discussion is generally based on or religion or medical idea's about life. In my vision the discussion about the start of life is futile as I already mentioned the start of life. We should focus on responsibility and also the liability of the male. Male should learn to be responsible for his deeds as we have created every possible tool to protect from pregnancy. If the man is so irresponsible not to use any of these products he should be punished for his deeds with the (financial) care of the child under every circumstance. If we press this topic harder there will be much lesser unwanted pregnancies.

## **Euthanasia**

To end a life when a person does not want to live anymore must be an option to all. When you are at full senses and able to make a balanced decision it must be possible to end your life with the help and guidance of others.

There are many reasons why I person wants to end his/her life. If life becomes a burden through disease or other reasons this person must receive first the guidance of professional people who are able to assist mentally.

When you have had a life but the life has become too heavy to carry on, ending it must be a possibility. To come to a decision to end your life takes time and a balanced decision which is not made overnight and shows the outcome of all possible other solution. If these solutions does not show an improvement in the quality of life, options to continue the life in the same or another way and is linked to a continuation of suffering, we should give a person the option to end life.

As I mentioned before life is just a continuation from former generations and to end this life will not damage the chances of others not harm it. Euthanasia is a perfect possibility to end your life in your own terms and pass it on to other generations.

LOL

# Book of Knowledge

Life is based on what we know. Some know more and others less. The results of life are directly related to our internal feelings. Happiness is one of the most important feelings. We cannot understand the greatness of happiness if we do not undergo the pains of sorrow and betray. To understand who we are we should go to our most hidden and often not understood part of our being. Knowledge has many shapes and is not limited to science. Real knowledge is based on the facts of perception combined with universal facts and the Laws of Life.

## Positive thinking

We all think. Our thoughts are the foundation of our being. We are who we think we are. Thinking influences all you do. To understand how your thoughts it is needed to know how we think. First of all I want to start with a positive thinking. The Laws of Life movement promotes a positive attitude toward life.

To understand your thoughts we have divided thinking into category ;

1 / Problem oriented thinking. People do encounter a problem and start considering the problem from every side. The problem becomes the source of many other problems. People start bothering on how to solve the problem and base al thinking on the problem itself. The focus is the problem.

2 / Solution oriented thinking. Not the problem is the target but the solution. When the problem occurs immediately solutions are offered. This solutions are listed and researched. The focus hereby is to find the best solution to minimize or eliminate the problem.

The way of thinking is cultural related. Asian countries are problem oriented thinkers while Western countries are more solution oriented. This important difference is also one of the big differences between the genders. Women tend to think via the problem way and men will make more efforts of the solution orientation.

The result of problem oriented thinking is that the risk of spiraling to negative thinking. Often when a problem is complex the owner of that problem will go into a downwards spiral thinking to discover it is harder and harder to get out.

Problem oriented thinking is magnetic. When you encounter one problem soon after that you discover another and again more others. It is proven that problems are “magnetic” they never come alone and will attract one after the other causing stabling. The thought is that when they have solved the mayor problem all others will disappear after that. But the pressure of the follow up problems often becomes higher than that of the original one.

Solution directed thinking relieves you from the pressure of a problem right away. The first thing you do is to visualize the problem and strip it of all unnecessary emotional or factual itineraries. With other words you “undress” the problem. After this you put up as many solutions as you can think of and start trying them.

Sample ; imagine we have a piece of wood with round holes of different sizes. We also have a number of marbles that must go through these holes. The approach of the different thinking method is as follow ;

1 / problem oriented – the first step is to measure all marbles and holes, second step is to connect the measurements together and try to get the marbles through the holes

2 / solution oriented – all the marbles will be thrown onto the wood and let them go through the holes one by one

The first impression is that method one is more careful, thoughtful and very target directed. But the method takes a long time and if mistakes happen during measuring you have to start all over again. The second method gives a sloppy impression but it is very fast and shows direct effect. It is possible to discuss about the method but the effects are clear. The solution oriented method is faster with clear results. But that does not account for every problem!

### Think positive

Life is a burden to many people, we are faced with problems on a daily basis. To counter these problems we have to use a positive solution oriented thinking method. I would like you to change your life by using this positive oriented thinking method.

This is a short course positive thinking. Try this every day and the results are show clearly and directly.

Basic rules ;

- stay close to yourself
- do not blame the others
- listen to positive options
- learn from experience
- be positive to others

Exercise this way of thinking every day and if possible all day long, the more you try the easier it get and the better you feel yourself. Consider it like physical exercise, constantly trying brings results and finally the championship in our case a happier life.

There are many ways people have programmed negative thinking into their daily life. In this columns you can see which and how we can change them into better positive combinations with a better energy;

I do not like to drink coffee	I prefer tea
I am in no mood to do this	I like to do something else
I am not hungry no feeling to eat	Let us eat another time when real hungry
I feel so stressed	I go to relax now
I am bored	I will find something interesting now to do
I do not like sport	I want to go for just a walk

I cannot sleep	I try to sleep later
I wake up tired	When I wake up I will feel fresh again
I do not like that person	I prefer the contact with others
I cannot do that	If I try it in a different way it is more successful
<b>AUTOMATIC THOUGHTS</b>	
Oh I made a mistake	Hey I can do this better
This person does not like me	This person does not know me yet
He is not worth my time	I can spend a little time for him
I feel stupid	Let me look at it again
I do not have time for this	Can I do it another time ?
Hurry up	Is there another way ?

The mind controls all. In fact you build your future only based on your thoughts, cause all your deeds are controlled by the thoughts. Each thought delivers an action. When you think negative your actions come out negative, when you think positive the result is positive.

All thoughts should have a positive direction. It is important that you think and consider every sentence, take away a negative word and replace this by a positive one. Your way of talking is slower for the time being but when you are used to it speed will return. You discover a new positive orientation that makes life more worth living. You can be sure to get reactions of people in your environment, they will remark on the positive attitude as fake because they know you the old way. It is a guarantee persons who are negative oriented, will try to convince you that the old “you” is better than the new “you”.

Let me introduce Focus training to you. Focus training is short term result oriented training to make things happening to get believe in yourself and get realistic results. Believe and facts must be shared in the same sentence.

Positive actions must be specific and with a clear target that you address directly !

Set short term targets such as ;

- I will enjoy my favorite music tonight (mention name band and title song)
- I want to get me a bike (search for a specific trademark)
- I want to walk at least 5 km today (tell from where to where)
- I want to get that book (name of author and title)
- I will save this amount of money (make realistic amount)
- I will go out for a spa treatment (set date and time)
- I finish this (specify what) amount of work than I go away
- I clean this room in the house , tomorrow I clean that room etc. (specify which room per day)

Positive actions are result oriented. You need to believe strongly in the fact that you are able to complete the task. That is the main reason I want you to start with clearly specified small tasks.

Everything is connected, every connection creates interactions. Each interaction create more actions and like the waves of the sea it is a never ending stream of action and reaction. Understand that you are the center of your own life, your own space, your own personal universe, it is all in your hands. If you think you cannot do something you surely will not succeed in doing it. Give yourself a freedom to try and do what is suggested in the list of positive actions. Start working on yourself to see that after every little result, whatever how small it may look you will feel the satisfaction of success !

### **The negative side of Information**

Information is the source of knowledge. Since childhood we are thought to collect and use information to improve ourselves. Information is a source of happiness but also one of stress. Due to past experience we learn to use the information at all cost. Most information has no place in our daily life. In our daily life we discuss and use the information as communication with others. We talk about others based on received information. With the passing of time we are no longer able to distinguish the difference between information, fact and fiction. When this happens, “false” information starts to influence our lives, thinking and daily affairs.

Non digested information can cause brain congestion and leads to overload. When a person is overloaded it will influence other mental aspects. The best known influences are sleep disorder, stress and burn out. At night when our brain is selecting and filing the information it seems not possible to find structure in the load of information. Without hierarchy in information gathering it is not possible to orderly make a start. If no start is made within around 30 minutes after moving into a rest position one becomes restless and starting turning around in bed.

If you are a person who regularly cannot sleep because of worries on what is going on in the world and feel the need of running over the day again and again, consider all what is said by or about others or just constantly is busy going over all kind of information at the moments you need to rest it is time to prioritize information.

The first thing to do with information is to make a clear selection with a:

**DO I REALLY NEED THIS INFORMATION ? list**

1 / needed information for your work, interest or else but choose only 1 to max 3 topics

2 / concentrate only on this information for a few days, order it, make a note of how important the information is for you and make a list according to impotence

3 / note what kind of information is actually used during the day

4 / short the list and prioritize till you get a short list with max 3 topics

It is important to work every day with shortlists. On such a list not more than 5 topics are allowed and all need to be used in a specific day. At the end of the day the short list must be finished and used. It is important to create a short list for every day and finish first the points on this list before moving into other topics of interest.

### **Stress**

What is stress ? Stress is a long term negative emotional state of mind that reflex in a physical appearance by an increased muscular tonus, instable emotional state of mind and a tendency to search for not existing solutions and problems. This form of stress builds itself and if not treated well it will increase overtime and is hard to cure.

Stress is also a positive reaction on an action. It is called the fight or flight reaction. This stress only last for a short period of time.

We need stress, in nearly every situation. Imagine if we need to cross the road. Our stress keeps us alert. You are able to avoid danger. But being in a situation of constant alert is wrong, it keeps you in the wrong state of mind and turns into negative stress.

For most people the big question is how can I reduce my stress ? First we have to locate the source of stress. What is caution it and most of all what keeps it coming back or even increase it. I need to simplify the idea of recovering to make it easy to understand.

You are the driver of a car. When you get in the car behind the wheel you have to make choices. This first choices are ;

- 1 / you need to start the car, drive away and take a direction
- 2 / for going to the target, you need to consider time and speed
- 3 / around you there are many traffic participants you have to react on all of them

It is a complex situation right from the moment you get behind the wheel. You have to make many decisions simultaneously without hesitation. Without thinking you do as it is programmed. A good driver can drive in any place in the world without getting more or less stress than in the hometown. An insecure driver will create much more stress when going out of town. Stress depends on abilities, mental stability and capability of the driver.

To test yourself I want you to do a test ; imagine yourself getting into the car. What are you doing at first ? Do you check the mirrors ? The chair or other things. Do you happen to do this every time when you get in the car ? If you do this even in your own car you do not have enough confidence in your own way of working, we need to improve that. The best way to improve is feeling more “home” in the car. Make the car a part of yourself, decorate it the way you like, a way that makes you improve confidence, makes you feel stronger and safer.

Stress is related to security, safety and information. Women feel less safe in relations than men do. Men think of themselves in a higher position than they really are. Most men consider it easy to “get another women”, but often reality will prove them wrong. Women are less confident in getting a stable relation and build up stress over it. To get a relationship and maintaining the relationship demands a high toll on the mental state of the women.

One of the main reasons of this stress is the “need for change”. A women enters a relation with her view of how the man should be. Hardly ever the man proves to be that special person. Upon discovery the wheel of changes comes in action. The woman will try to change certain parts of the man. While trying she discovers more

and more things in need of change. The more she is trying to change the more troubles will surface. This is causing stress.

In general we can say that relationships and expectations are the main causes of stress related problems. Stress has proven to be a slow builder and will not pop up suddenly. When we keep a positive mind on life with a vision and expect setbacks, the building of stress is lower and the tensions that it will deliver within the borders of what we can handle.

### **How to avoid stress**

Stress comes from information received through different channels. This information is considered negative by you. Due to the received information you feel uncomfortable. Sometimes the information could create a shock effect, for instance the sudden death of a beloved relative. This kind of information is hardly possible to prevent.

Most stress related information gathering is possible to reduce or even prevent. Today we all follow world news. We learn to know what is happening on the other side of the globe and some do consider this important for their own lives. Most people get upset or even involved in the affairs that are not of their direct concern.

Reducing information is a must. Stress is often related to the intake of information you are not able to control nor even can be involved with. You think you only listen, take it by heart for a moment and forget it. On the contrary, information seems to stick in your mind, you use this information and related it to your direct environment, even implement it as possible to happen to you self.

How can you check if the information you receive will cause you stress ?  
To do this I have designed a number of easy to practice rules :

- 1 / is the information directly related to your close environment ? If yes, take it !
- 2 / is the information directly related to your personal situation ? If yes take it !
- 3 / is the information directly related to your family and friends ? If yes take it !
- 4 / is the information directly related to your job ? if yes take it !
- 5 / is the information directly to your health, your hobbies or else ? Take it !

If the information does not answer to the criteria mentioned above than leave the information for what it is. Do not pay attention to it and if it comes to you do consider the rules and if it does not fit, again delete it.

Stress also comes from over tasking. Some people take more workload than they actually can handle. Mostly they are YES types. These persons are not capable of saying “NO” when requested to do something. If you are such a person it creates lots of stress as other people are pushing you to complete tasks that originally are not yours. To avoid this we have come up with a list to hang on your desk. Please do refer all tasks to this shortlist and if a task is not confirm this list you cannot take it. You do not refuse it, you just need to refer to the list to any person coming to you.

What can I do list ;

- 1- I focus only on tasks that fit in my job profile
- 2- If it fits in my job profile it must be authorized by my superior
- 3- I can only take new tasks when the former are completed, do not leave any task when it is not ready as it will haunt you later on
- 4- My private time is private and only consumed by friends and family, do not get around with college if not related to official duties or to company activities. To know your partners is important but to spend your life with them always evolves in stress situations.

Stress also that comes from personal relations with family , friends and lovers. It is hard to avoid this stress from occurring. But you can limit the impact. To do this you can use several methods.

A – limit your inner circle of contacts. This way must be chosen by a personality which is easy to be influenced and bothered by gossip talks and back lashes. Keep in mind the inner circle is the range of friends and family which you have a regularly contact with = over 4 times a week.

B – be clear, tell what is on your mind. People are used to tell you what is on their mind and by this try to influence you doing things for them. My advice is to share the events of every day with those persons and ask them for their opinion, their advice and how they can help you. Asking advise, help or support will bring stress the other way. Asking is giving the others an opportunity to help you. Help is one way to relieve of stress.

C – never take part in gossip. You do not like people talking about you so do not talk about others. Be sure they always will talk about you and when you hear it keep in mind that when they stop talking you are of no interest any longer or you are death. People need to talk and if you are the topic , let it be, they probably envy you even when you cannot figure out for what reason.

D – only visit family gatherings and important events. Do not go to places you know people do not really welcome you, even when these are family events. Avoid places with negative energy when you feel stress is bothering you.

Remedies against stress are ;

- Shout and scream sessions. During these sessions you shout and scream as hard as you can in different directions to imaginary people, do not visualize anybody !
- Hit, punch and kick sessions. During these sessions you hit, punch and kick a bag or soft (!) object as hard or often as possible.
- Sing and dance sessions. Loud singing and dancing actively helps to get rid of excess stress for more artistic person.
- Talk sessions.

The Law of Life movement takes stress very seriously and wish to partner with to combat yours. Share your experience and add join us more often.

**Energy should be maintained.**

You have to recharge a battery when it is empty, a simple rule which you are daily aware of. Around you are a lot of products you use that need to be charged or plugged (electrified) to operate. Without the proper energy level it will not function. It is important to maintain energy levels high enough to operate. This accounts not only for the equipment you use.

Look around you at nature. During winter time everything works at lower speed, shows hardly any sign of life and prevent itself from energy loss. Each part of nature is conserving the energy individually, there is no sharing nor caring. Nature is focused on the survival of the fittest.

When spring is near, nature starts to prepare with a huge rise in uptake of energy by consuming foods and sources. When the time is right nature start to show every sign of life possible. Trees get leaves, flowers open up, birds lay eggs, animals breed and we see life is in full bloom. It is strong and willing. Even a storm or other set back by elements strengthen the strongest more. With other words the strongest getting stronger and the weakest die. Nature sounds cruel but leave only what is able to survive challenges.

We human left the roads of nature at the moment we decided to gather together in cities. A city is a truly human way to gather together to reach a capital benefit. Our need to be together is to communicate and exchange as fast as possible. We need the relationship of others to reach our individual goals. If we look at from an energetic point of view, cities are the concentration of energy needed to survive for the masses. Most citizen are not able to survive in the reality of nature, which makes them different from countryside people but never inferior.

Due to the gathering of energy people in cities often do not feel the need to recharge their own batteries. Being constantly surrounded by energy feels like a re-charging but this is not the case. To explain this more I would like to use the sample of a real battery. When we want to have the full effect of a battery we have to unload this battery sometimes completely to recharge it in full. If we do not the content of the battery will come “lazy” and recharging is no longer full. Bit by bit the level of energy will go down till the battery finally will not recharge at all. Our bodies have a near same response to activities.

How do we recharge our energy? It is important to move our bodies to maintain and improve the energy levels. Our bodies are under the force of different energy frequencies. These frequencies are connected within our bodies without us feeling anything but an internal power drive. There is one energy stream from and toward earth, gravity is one of the best explanations for this. One stream of energy comes from the top of us and “hits” the head first and our internal energy cycle which is in constant contact with the two mentioned. Between these energy levels is a constant exchange. Due to this exchange of energy our bodies are in constant change.

Food is another way, beside the daily needed physical activities, to recharge the body. Choosing the right food is something we need to learn step by step.

LILT ;

Life is like a candle in a large room, we need to add many other candles to read.

Life itself is a the spark of an engine to make it work you need to add fuel.

## **Burn out**

The name Burn Out suggest a total finish of fuel, a moment that the energy stops to flow. When a person suffers from a Burn Out he , or she, can do nothing anymore. The body cannot be moved much, there is no energy for anything, a sufferer wants to sleep the whole day but when waking up feels even more tired. Every day is a struggle for survival. Each new day feels as a burden to the soul, a torch of dark fire in the mind and a mind that cannot think of anything anymore.

Burn Out is the total collapse of a person's mental and physical energy. Having a Burn Out can take weeks, months but more often years and for many it ends in a suicide. We consider Burn Out a managers disease but it occurs more and more with the employee due to the rigorous working system.

It is hard to cure when treated with the traditional medical ways. To treat a burn out is to learn a complete new lifestyle, a change that takes time and must be guided by specialist in that field. In the world there are currently only very few specialist. A Burn Out (BO) is a mental problem that slowly starts and over time controls the body completely. It start with little signs in the body. At first the body gives different signs that a persons need to slow down, the body sends information that it needs time to rest and be taken care of.

At the beginning of the Burn Out process we see a slow building up of the problem in following pace ;

- Skin rashes or other irritations with an unknown source
- Pain in muscles and joints without any relation to exercises
- Problems to focus and concentrate
- Feeling tired
- Sleeping and sexual activity problems
- Eating disorders

When these problems start to show in combination with each other we can consider it as a build up to the more or less permanent Burn Out. The person who suffers from a Burn Out can consider her life ended and her professional career finished. This is a terrible but al to realistic thought. When this occurs to the person it can lead to a chronic state of depression and more serious events like suicide. You understand that we need to treat Burn Out as a very serious problem and not taken lightly.

Can we treat a Burn Out ?

During my thirty years of working with addiction and other mental problems we discovered a number of ways to treat the persons who suffers of a BO. It is important for every person who wants to have a professional career to know the signs of a beginning burn out. People who know they have the first signs of BO start to look for treatments as her medical doctor is not able to find the source and starts giving drugs. When the drugs do not work the sufferer start to look for her own ways. These ways are often in the direction of special medicines, alcohol or drugs.

Woman will go to meditation and yoga classes to learn to relax. “Self help” is considered a real managers need to survive. But this kind of “self help” ends often in a worsening of the disease.

Healing a Burn Out is a combination of treatment and mental education. At first we explain a new lifestyle and help to strengthen the positive personal powers which are already available. The medical world treat them as patient, more often medical problems, but they are not ! A person suffering from a Burn Out does not have a medical problem. They have a mental lifestyle problem.

We focus on the strength and weakness of the person. We enhance a person’s qualities and improve performance.

The steps of curing are simple and effective ;

- Communication via the CMF/CSM modelling. It is very important the person explains its daily life and routine behaviors. Every step of the day can lead to important facts which can trigger the start of a Burn Out. The home situation with family and friends, with lovers or external relationships, intimacy, work and career and all that matters to life will pass the communication lines. A picture of lifestyle occurs.
- The “treatment” starts in a unfamiliar place. This place is never a medical center as we consider the person not sick but temporary out of order. We use the power of nature, the possibility to breath well and use space as a way to enlarge the human mind. In a narrow place with artificial light it is very hard to recover.
- To help a person we need to have focus points in specific order such as;
  - o Environment analyses. We map the environment where the person works and lives. During this process we make suggestions of change and improvements.
  - o A health = wealth plan. We map the persons health by interview, tests and performance. From this we draw a new lifestyle plan that can be implemented in steps such as a
    - Physical activity plan
    - Food and drink planning
    - Relax and entertainment planning
  - o A new approach to life management. We introduce a new vision on how to manage life.
  - o A personal plan to happiness. This plan is designed with the person to set up a series of goals in the future and a route toward them.
- After we finish the initial treatment procedure we focus on the re-emerging of the person in society. As a team we work toward a re-energizing and life fulfillment.
- Test period. For most persons this period is about one week to a month. After this the person and our expertise center comes together for evaluation of the period and analyses the planning to reality of the person .

My DIY tips to prevent yourself from going down the ladder and suffer from above mentioned problems ;

- Take one day a week off for personal affairs, it does not matter which day and also not really needed to be a specific day but you need to plan this day at least one week in advance
- When you are a woman : Career woman have the tendency to copy men behavior , that is ridiculous and dangerous. Being a woman does not mean you need to be in front of the mirror all day or go for shopping. A real woman loves to care of her body, find the moments of peace in music of words, take time to love and be loved, get a massage or beauty care.
- Take time for a relationship. Most man / woman cannot find a man / woman relationship that fits all their demands. Most likely the man / woman is able to find a person that comes at least close enough to be trusted and to share intimate time with (not meaning sex !). To be clear a visit to a public woman / man is not considered a relationship.
- Plan but do not over plan. An agenda is a tool and you can lose it. Do not plan your life on the minute. Stress often occurs when you start counting and expecting. Expectation on events , payments, contracts and more are the source of suffering. Sometimes you have to accept things go another way than you have planned, relax and let it go. Search new goals, we will hand many to you in this book.

## **Education**

Looking at education we can say that in the last hundred years we have come a long way. In most countries Governments and authorities are still looking for the right way to organize education. The foundation of education is science. Children are trained to learn knowledge and in some cases apply knowledge.

Knowledge evolves all the time and things that are true today can be false a few years later. In current education we are trained to learn facts as something fixed and static not as a fluid principle. When things are proven to be false it makes a person unsure and lead to mistakes later on.

Our education should be split in different parts that are useful to every person at all time in their life.

- Communication. During these lessons we teach step by step how we communicate with our environment. Hereby we pay attention to
  - Written communication
  - Visual education
  - Oral expression
  - Expressive communication
- Basic science and technology
  - Nature.
  - Biology
  - Calculations
  - Technology
  - Chemistry
  - Applied science
- Flexible science
  - History
  - Science of the mind
  - Geography and cosmology

At the first years of education we need to do individual assessments to discover if a person thinks with “his/her hands” or with the “head”. Most people are “hand thinkers” they learn by doing practical things. Less than 20% of the people are “head thinkers” , people who are only use the brain to accomplish things.

Our current system is a “test driven” way of teaching. People are prepared for fixed test which offer no challenges but are founded on “facts” which need to be thought, learn by head and repeated in a test. The student actually do not get practical knowledge nor full understanding of the topic and most important of all, students forget over 80% of the material which is waste of energy and time.

Test are a need in every educational system. It is only the way we need to test that is important to gain the right knowledge which will stay with us as long as we live. As mentioned before most people are “hand thinkers” people who will keep a memory only when they actually use the knowledge. To test these people should be done with practical tasks were they have to solve a problem based on what they did learn before.

In real life most people need to work in groups. During the education process it is important to learn children at a young age to work together to accomplish a task and the group as a whole is tested for the result. During this kind of tests we discover individualists and group oriented people. In these group activities some become leaders and others followers that is a natural process but not a permanent process. Many children on primary level change from leaders to follower at a later age. The real personality is created soon after puberty. Tests on personality and cooperation should continue till University level.

From primary school until University level teachers should use a personal stimulation program. This program is to stimulate the development of individuality. As mentioned before some people wish and are able to function better in groups then as individual. Most scientist, artists and many other professions are individualistic. When these children are force only to work in groups we lose very important people in the masses. Individualism need to be taught and shaped by tasks and performances. People with a strong will to act on an individual level need to be offered that possibility.

Nature has created individuality by the grace of the group. Individuals only can survive if the group allows them to do so. The group supports individuality in many ways. This concept must come back in the way we study and work. During our education we should be thought to respect individuality but also the function of the group as a support element. This is the reason that individuals, no matter how bright, must take part in group activities.

Practical education must not only be based on the needs and wishes of industry and society. During our history it has been proven numerous times that the education is always behind reality of the society and cannot keep up with the fast changes. To avoid a competition or a race between education and history we should have practical systems based on the development of the adaption of a person to and a group and individual activities. We need to develop integrated knowledge by creating

participation of students in society from of the secondary school by at least one day a week as an involuntary part of the education system.

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# BOOK OF HEALTH

Health is the most important and yet the most venerable we have in life. Most people play with life as if they have many of it and will never lose it. But health is precious and fragile, but not being active will harm it. Life is based on activities and to be and stay healthy we need to be active. If we are not active we get sick. Some sickness can damage our health completely. That is why we stress the importance of health and activity at all time, not just a day but a lifelong.

When I did study religion in general I found that none of them paid interest into the most important part of our life, that is our health. Without proper health we are no longer able to function the way we want and are able to. Health is the major reason why we are alive and able to function. If our health is damaged our functional levels go down fast. In my vision a good organization that has your benefit in mind should pay respect and attention to your personal health as an issue of high importance.

## Physical activity

Physical activity is important. Our bodies are made to be active. Basically we are hunters, travelers and movers. The body needs activity to produce energy, to consume energy. Energy needs to run through our veins, activate muscles, create contractions and pump the blood around.

To be active is a need for survival, a need for health.

Every day we need to eat, food is energy and energy needs to be consumed or is stored. In the past if we had a lack of activities we automatically reduced the intake of food. The lower intake of food causes a lower blood sugar and lack of concentration. Having a lack of concentration makes people feel dizzy and you do not want to exercise.

Lack of physical activity causes changes in the body, especially in the blood circulation. Blood is not only pumped around the body by the heart. Every muscle has a function in the blood circulation. By contraction and relaxation the muscles presses the blood through the veins. When the muscles have a tension below the needed standard the blood becomes “stuck” in the veins, the heart becomes the only muscle to push the blood. If that is the case the energy level of the heart is degenerating and the overall oxygen level in the body gets lower than what it has to be. Oxygen is the source to burn the carbohydrates, which provides the energy to the body.

Movement creates a need for more oxygen in the body. It stimulates the muscles to contract and assist the heart. More energy is consumed and a need for reloading starts to occur. The reloading is done by regular food intake, the best way is to take small portions as the body needs a constant source of energy and will have no products left to store (fat !).

To sleep we need oxygen and a good functioning vessel (blood) circulation system. If only the heart is responsible for the circulation we have a lack of oxygen and a relatively lot of energy stored in the muscles. Unlike a warehouse, stored energy is changing from shape to shape. A consumed carbohydrate comes from a very simple

molecular structure by combining with other simple structures to a more complex carbohydrate called glycogen. When even the glycogen is not used it becomes a fatty acid and later fat. When it is fat it keeps on changing to more complex forms. The problem of all this moving from shape to shape is the form it takes every time is more difficult to be used in the energy process. You understand that this process is also the cause of Obesity.

You understand that activity is needed but the question is how much and what kind of activity. The answer is more simple than you expect. Just get moving, there is absolutely no need to join a gym at once. Do not stand by helpless waiting for someone to grasp your hand to get moving.

The fastest way is to climb the stairs, take a walk, go that extra street for shopping, cycle to work and back, get into a park and watch others do exercises and look at stimulating movies. If you get out and do not wish to be disturbed get yourself an MP3 player and earplugs but never use too loud otherwise you destroy the ears.

What is happening when you start moving ? First of all you promote your neural system, to move your brain needs to send all kind of instructions to the nerves of the muscles and bloodstream to get the action going. The muscles start to contract and the action starts. At the same time left behind pollution such as lactose is removed by the action and with moving you are actually cleaning the body.

It takes time to learn the muscles moving, you have to start at the beginning, just like a child, feel happy with moving, feel the effects, the range of motion of most body parts improving, your condition getting better, that is a real good feeling.

After a while you increase activities step by step, you walk a little faster, take a short run sometimes like you are in a hurry for something, climb the stairs a little faster or even better run get down faster. Take longer cycling trips in the weekend and get out for some hiking. Make time for the fun of activities. Life is not worth living it only for the money.

Movement is interactive and not a one way stream. When a muscle becomes active it has to send a “report” of movement back to the brain. This “report” is very complicated package with all kind of information on functioning and the need for more or less activity. This information is used by the brain in two ways. On the left side of the brain it will calculate the use of energy, the distance taken and the amount of contractions and all other solid information. The right side of the brain thinks back of the experience , the feelings, the emotions, the views you had, with other words your impressions of the activity.

Your right side of the brain is very sensitive for impressions and feelings. When you think positively about the activity and concentrate on the good side of what you are doing, the right side will reward you with more positive input and send messages to the left side that the activity must increase to get more positive vibes.

What is the difference between physical activity, exercise and sport ? Physical activity is everything directly related to movement, from a walk to a stair climbing. Exercise is a more direct approach of movements and put in a motion pattern. We

can say that exercises are pre-fabricated movements in a specific order and frequency. Sport is exercise with a target. Most people do associate sport with competition and in one way that is true. When you go for sport you have a form of competition with yourself, you want to make a better time, press a higher weight or play a better game. Sport competition can be stressful for some, so if you are sensitive for stress due to competition, you better avoid this in free time.

How much physical activity is needed for a healthy lifestyle ? We use a 30 minutes per day minimum. For everybody in the world only 30 minutes of medium intensive exercise is possible to do but you always have to keep in mind to train on your own level and never be pushed by others unless it is a physical professional who knows what he/she is doing, cause whatever you do only your own physical benefit counts !

Physical activity promotes sleep by the interaction of brain / muscle pathway. Muscle tension is lowered, hormone production gets better and the connection between body and brain lowers tension in the body and relieves stress of the brain. This is a win-win situation at all time.

Some Laws of Life groups organize physical activities at which you can participate. If your group has one, join it and enjoy life in full. If your group does not have it ask to organize your own activities and let members participate. You have my support !

### **Home and everyday life hygiene**

Home hygiene pertains to the hygiene practices that prevent or minimize disease and the spreading of disease in home (domestic) and in everyday life settings such as social settings, public transport, the work place, public places etc.

Hygiene in home and everyday life settings plays an important part in preventing spread of infectious diseases. It includes procedures used in a variety of domestic situations such as hand hygiene, respiratory hygiene, food and water hygiene, general home hygiene (hygiene of environmental sites and surfaces), care of domestic animals, and home healthcare (the care of those who are at greater risk of infection).

At present, these components of hygiene tend to be regarded as separate issues, although all are based on the same underlying microbiological principles. Preventing the spread of infectious diseases means breaking the chain of infection transmission. The simple principle is that, if the chain of infection is broken, infection cannot spread. Hygiene is based on identifying the routes of spread of pathogens in the home, and applying hygiene procedures at critical points at appropriate times to break the chain of infection.

The main sources of infection in the home are people (who are carriers or are infected), foods (particularly raw foods) and water, the direct environment with which we are in contact every day by opening doors and windows and domestic animals. Additionally, sites that accumulate stagnant water—such as sinks, toilets, waste pipes, cleaning tools, face cloths—readily support microbial growth, and can become secondary reservoirs of infection, though species are mostly those that threaten “at risk” groups. Germs (potentially infectious bacteria, viruses etc.) are constantly shed

from these sources via mucous, faeces, vomit, skin scales, etc. Thus, when circumstances combine, people become exposed, either directly or via food or water, and can develop an infection. The main “highways” for spread of germs in the home are the hands, hand and food contact surfaces, and cleaning cloths and utensils. Germs can also spread via clothing and household linens such as towels. Utilities such as toilets and wash basins, for example, were invented for dealing safely with human waste, but still have risks associated with them, which may become critical at certain times, e.g., when someone has sickness or diarrhea. Safe disposal of human waste is a fundamental need; poor sanitation is a primary cause of diarrhea disease in low income communities. Respiratory viruses and fungal spores are also spread via the air.

Good home hygiene means targeting hygiene procedures at critical points, at appropriate times, to break the chain of infection i.e. to eliminate germs before they can spread further. Because the “infectious dose” for some pathogens can be very small (10-100 viable units, or even less for some viruses), and infection can result from direct transfer from surfaces via hands or food to the mouth, nasal mucosa or the eye, 'hygienic cleaning' procedures should be sufficient to eliminate pathogens from critical surfaces. Hygienic cleaning can be done by:

- Mechanical removal (i.e. cleaning) using a soap or detergent. To be effective as a hygiene measure, this process must be followed by thorough rinsing under running water to remove germs from the surface.
- Using a process or product that inactivates the pathogens in situ. Germ kill is achieved using a “micro-biocidal” product i.e. a disinfectant or antibacterial product or waterless hand sanitizer, or by application of heat.
- In some cases combined germ removal with kill is used, e.g. laundering of clothing and household linens such as towels and bed linen.

Hygiene is more important for life and our levels of energy than you expect. To live in a hygienic environment keeps body and mind healthy. It is important for the movement to spread our vision of hygiene and practice it in our own environment, assist each other to improve and maintain it well.

### **Body hygiene**

Body hygiene refers to hygiene practices performed by an individual to care for one's bodily health and wellbeing, through cleanliness. Motivations for personal hygiene practice include reduction of personal illness, healing from personal illness, optimal health and sense of wellbeing, social acceptance and prevention of spread of illness to others.

Personal hygiene practices include: seeing a doctor, seeing a dentist, regular washing/bathing, and healthy eating. Personal grooming extends personal hygiene as it refers to the maintenance of a good personal and public appearance, which need not necessarily be hygienic. The benefits of body hygiene can be diminished by the risks of excessive body hygiene, which is hypothesized to cause allergic disease and bodily irritation.

### **Food**

From a psychological and cultural perspective, a healthier diet may be difficult to achieve for people with poor eating habits. This may be due to tastes acquired in early adolescence and preferences for sugary and fatty foods. It may be easier for such a person to transition to a healthy diet if treats such as chocolate are allowed; sweets may act as mood stabilizers, which could help reinforce correct nutrient intake.

It is known that the experiences we have in childhood relating to consumption of food affect our perspective on food consumption in later life. In the 4 years after our birth the digestive system is created. All enzymes are made to fit the local diet and will be focused on these foods for appropriate digestion the rest of the life. From this, we are able to determine ourselves limits of how much we eat, as well as foods we will not eat - which can develop into eating disorders, such as anorexia or bulimia This is also true with how we perceive the sizes of the meals or amounts of food we consume daily; people have different interpretations of small and large meals based on upbringing.

The keys to a healthy diet are:

- Eat the right number of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat too much, you'll put on weight. If you eat too little you'll lose weight. The average man needs around 2,500 calories a day. The average woman needs 2,000 calories.
- Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.
- When getting older change your food intake as follow ;
  - From high carbohydrate take in to a low intake
  - From a relatively low protein intake to a high intake combined with concentrated portions when aging over 60

### **Variation in meals**

Unlike the promoted change of food patterns which are promoted generally we come with a complete different theory which is proven by the thousands of people reaching the age of hundred and over.

Our bodies are not made for variation of foods. At current time we are stimulated to each many kinds of foods which are alien to our system and at times they do not belong to our food pattern.

Everybody is working according to a biological rhythm, this is called the biological clock. The clock of every person is slightly different but connected with the climate we are living in. This climate is influencing our energetic system in different ways. Around us is a continue electromagnetic and sometimes magnetic field which shows a variation of powers depending on the time of the year, of the month or even of the day. It is a fluctuating energy influenced by the turning of the earth and the moon. We can see this in the rise and fall of the sea levels. This interaction of energy is daily different.

After we are born food is slowly distributed to us by the parents or feeders. This food is the foundation of the development of enzymes and bacteria in the digestive system. Within the first four years of life our digestive system is programmed, only small changes can be made after this time. If the food variation is wide during this months it is possible that a very healthy baby will adapt and create a wide range of enzymes and bacteria. In most people this will not be the case. The genetic programming of the digestive system does not allow a wide variation. If people with this kind of limited enzymes and bacteria, this can account for at least over 60% of the population, takes a standard large variation as recommended it will lead to diseases. He digestive system gets over stressed as it must react and consume to many foods it is not able to digest.

When we study older people, namely these over 90 years old, we find that those people have a long term tradition of eating the same kind of foods. These people consume a relatively monotonous food pattern. Often, most of the time daily, they eat the same kind of food. Their digestive system is well programmed for the digestion of these foods and will consume the maximum of the intake and produces as little as possible waste material due to an efficient digestive track.

Eating regularly the same kind of food shows a more efficient use of the digestive track and less waste products. When the system is programmed to get the maximum of nutrients out of a specific food, it will do so. Elderly people have proven in health and in age that the system of the body does not need much change and surely not much variation. It is my vision that variation in foods is not good for the human digestive system and it should be not advised as such.

### **Fake foods**

We are living in a dangerous time. Profits are luring everywhere and people are getting more and more greedy. One of the dangers in our food consumption is greed and profit, things that do not match with safety and security.

Fake foods are foods that look like original food products but are made of artificial or lower degree content. Most fake foods are dangerous for the health as there is hardly any control over it.

Taking care of your food and tracking down fake food should be a priority for your own survival. It is important to recognize fake foods before you buy them or at least consume them.

Food production deserve care and safety. In cities we are depended on suppliers we do not know and we need to trust. Due to the increase of distance between producer and consumer the chain of events is long and knows more participants. Each part of the chain is able to make changes on the food, some will add things and others take parts away. If there are many adding and removals the difference between the original and end consumer product can be a lot. In my vision you should be aware of what is going on with your food as it influenced your health.

My advice is to create some home production. If you are able to create a small personal family production of basic food materials it will prevent you from danger, at

least partially. I have called this home-growing. You can use a small cupboard with a light system to be installed in your house to grow small crops of vegetables. When you use the tower function you are able to provide yourself with seasonable products which are clean of chemicals and pure in production. During our meetings we pay attention to these ways of production for your safety.

### **Exercise**

Your body is your temple, a saying that resounds in every mind, but does it bring you to follow up the guidelines of health? In most cases it does not. Health is taken for granted and most of the time as a necessity or a nuisance when it bothers you. But your health is based on the energy driving your body, the core of life is that energy. Unlike a machine our body needs stimulation to create more energy, continue to improve and most of all the energy is needed to perform every day again. Your body needs passionate care and devoted practice. When you give this to your body it will repay you with many things as a good concentration, healthy body, great love life and a proper aging process. You are rewarded for care and discipline.

Physical activity is mentioned before. Here I want to explain you more what you should do to continue a healthy mind in a healthy body. Your first act is to create daily time to move. It is important that you spare at least thirty minutes daily for your body. If you spend thirty minutes per day in the morning or evening for your body it will give you some years of healthy living extra at the end. Discipline in exercise is the first criteria of creating a long term good health. Intensity is the second important. Variation the third.

Your body is made to move and to do so in many different ways. Our physic is complex and able to do many different things. Unlike food intake the body need variation in movements. These variations are needed to stimulate muscles and nerves. By the rising of age the neural system is deteriorating Bit by bit the functions of the neural system fade away if not stimulated.

Exercise can be taken as a game in a group or alone but also as a very serious matter such as with gymnastics, yoga and martial arts. To most people being physical active must be just leisure time, time to relax and enjoy. Some need the focus, the concentration of the mid to close down the daily matters. Competition, excitement or tension of the activity give these people the option to relax.

Within the Law of life movement we are very serious with the stimulation of activities to improve health as we know the more we pay attention to this part of your life, the happier your life will be. Setting up or joining internal groups to stimulate each other are promoted.

### **Mental health**

Physical health without mental health is not possible. It is important to take care of proper mental health to achieve good physical health. To reach a proper mental health we should not only exercise the mind in metaphysical way but on a more direct way. Your mind need to be flexible and strong. Sometimes you use exercises to be

flexible such as resolving questions and at other times you need to be strong as with pushing forward some tasks.

Flexibility is created by questions that allows you to think “out of your comfort zone” or “out of the box” , you need to consider a topic that is not on your usual way for instance how should you create a car if you are an accountant by profession. You will not physically take part in the making but have to consider the idea from the drawing board to the manufacturing process. You do things in mind you are not use to do.

To train strength of your mind you should focus on a specific task which demands an intensity your are not frequently use too. This kind of focus is forcing your mind to read fast, solve a problem in a short time and all that is related to a force of time and effort.

During sessions we focus on the mental fitness of our members so they will be able to get into a higher conscious during other training sessions.

Why Traditional Healing Methods do not work so well anymore

Traditional healing methods do not work so well as in the past. While studying the people I found that the physical activity of most is getting lesser and lesser. The foundation of most traditional healing methods is based on flowing energy thru the body. To let energy circulate in the body there must be activity. In traditional medicines the healers go from the point of view that the patient has an active lifestyle, with other words they have physical activities who allow the energy to move.

But in our current time most people have no or very little physical activities. Due to industrialization most workers get less or no physical activity at all. Workers who do get a form of activity does get monotonous movement patterns which lead again to injuries.

Our bodies are made and demand a variation of physical activities to stay healthy. Physical active is one of the core issues of being human and does not differ us from the animals. If you look at the animals you see that nearly all are active for one reasons or the other. Some animals are not active a part of the year. These animals close down their metabolic system to save energy. Their metabolic rate lowers down to a near death situation. A biological clock wakes them at a change of the weather. Here we can see that the change of environmental energy has a direct influence on the hibernation situation of these animals. Often we say “the call of nature” , this call is the change of energy levels influencing these of the animal to call for activity.

Our human race is made for activity, we are a part of nature and should understand that this cannot be taken out of us. The current lifestyle of most people is less active with a direct result in a change in metabolism. When we look around it is obvious that more people suffer of a higher body fat rate up to an obese level. These people are no longer able to reach an high age due to the complete change in metabolism.

When our basic metabolism is changed we have come a long way from our natural physic. The change in energy gets a dramatic change which involves the whole chemistry. If the chemistry of the body changes the effects of original natural

products lose their powers on the particular individual. I have to emphasize that the original powers of the medicines are still there but due to the changed metabolism they are no longer able to do the right job.

In my study I found highly capable doctors making judgment errors only due the fact that the original metabolism of the patient and the obese physic they had to treat did not match in anyway. The research results of the anamnesis and the facts they saw where far apart and gave disturbing information, so a guessing factor took over. The uncertainty of the predicted results are the foundation of failure of a treatment.

Traditional medicines can only work on people who live according to the more or less know traditional activity levels.

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## **The road to freedom**

There are many roads to free your body and soul from the daily sorrows and pains. Our movement is based on the study of multi-cultural methods and selected a few in this writing to introduce to you. During our meetings we offer many more different methods, roads and guides or assist you on the road to personal happiness. You cannot buy freedom but you surely can work for it with the right people beside you.

### **Travel**

One of the best methods to reach a form of mental freedom is to travel around the world. Traveling needs flexibility of the person. Where ever you go adaption is needed. Nothing is the same a at home.

There are many ways we are able to travel in our time. We can take long trips with a plane to other countries and meet different people but we also can research our surrounding environment. Each person may set a target of experience by will and wishes.

When we travel we need to adapt on constantly changing situations. Routine is hardly an option. Where ever you go you should pay attention to safety, food, accommodation and topics of interest.

We need to travel with a goal, a clear target in mind. This target can be experience or more directed as an art exhibition or a fair. Whatever your personal goals are you will need flexibility to perceive them.

One of the goals of the Laws of Life movement is to promote international exchange and travel. We wish to exchange cultures by traveling and sharing, to house members of other communities around the world and learn of each other.

### **Camps of freedom**

Camps of freedom are basically places where young people get together to experience the Laws of Life. Our camps are set up in a natural environment with the goal to exchange the knowledge of relationships and cultures. The camps always have a special theme to support.

### **Walks of freedom**

Some initiatives that have been passed on thru the ages is the walks of freedom. At some moment in time a small group of people will start to walk from a departure point toward a selected destination and other people can join in when and where ever they want. Sometimes the walk of freedom has a specific topic to collect money or to demand attention. One of the best ways to perform a walk of freedom is to visit other member groups in different location.

## **Music and play**

Sharing in art is one way to freedom we can take without any holding back. Music is universal and sharing this with others is an ultimate experience for an artist. Members of the Laws of Life movement are stimulated to participate in artistic events namely music and expressive arts.

Arts are important to reach a mental and often even physical freedom (dance). But arts do offer more as the possibility to combine the different forms of arts together leading to a multi-disciplinary performance. The combination of differences gives the members the possibility to experience freedom.

## **Concentration and meditation**

We have to move thru many different levels of our mind to understand what we are able to do and why we do it. These are the parts we will need to go thru to get to meditation first ;

- Prayers and devotion
- Concentration and focus
- Breathing and postures
- Active and passive pre-meditation
- Meditation
- Contemplation

In this part I talk about all prayers, no matter your religion or faith, no matter the God you chose to pray too. I would like to make clear I will not use a HE or SHE to address a supreme being because in my vision a God does not have or need a gender. It does not need to follow our human rules where we wish to separate ourselves in male (considered by most more superior) and female (considered by most as inferior). A supreme being does not need a body like we do, no gender to make children or anything that comes even close to our limited human mind. A supreme being cannot be described by the limitations of our language, let alone our intelligence. As I mentioned before I focus on life as a never ending and never wasted energy.

Why should it be “supreme being” if it has all human features ? Humans wrote books to tell about the Gods, to tell about their wishes, needs and wants as if they could understand and even explain the thinking of these supreme beings.

Let us be simple and clear ; If we could understand and explain their thoughts, what would make them superior to us ? Yes exactly they would just be the best person of the class not more, not less. Nothing really superior to us. But be sure there are powers beyond our comprehension, with intelligence so far over us that we are not able to understand a percent of it and in a shape we cannot image. The answer to all who pray to a supreme being or God is that they have the right to do so.

Prayer and devotion are the first steps to a free mind and body from earthly affairs. To most people the word prayer refer to religion. In my vision a prayer is a mental focus that bundles your wishes, wants and thoughts. Many people use prayers to

sum their bad deeds and habits to find a solution to their guilt feelings. They know they did something wrong and want to get forgiveness. For these people the prayer is a “letterbox” to drop a confession of wrongdoings to get over with and continue life as usual. But prayers are the first stage to recognize powers that not belong to us. In a prayer we show humility to others which we probably will never face in real life. When we are praying our deepest wishes and sorrows will surface and concentrate in our conscious mind. We place all these problems in front of a higher being and ask for help, to assist to solve them. In fact a prayer is the first step to recognize the things that are really bothering us. Things we need to get solved before we are able to step any further in our development as human beings.

All religions use prayers to let the followers focus on the higher powers and admit they are only human and not able to solve a problem on their own. They need help. A prayer is a very important moment in a person’s life. The moment of a prayer is chosen and often carefully prepared. Prayers come with a message to the supreme being and yourself. We have to learn to listen to both messages before we can move to any other level. It is important to learn to pray before we learn to meditate.

Praying is not just fold your hands and say a few words. To pray we need to know what we would like to bring forward. The intention of praying is that we want to place an, for us, important fact in front of a superior being, by some called a God. Before you take the position to pray it is good to know what the words and intention of the pray will be. Are you going to talk about daily affairs or serious matters ? If about daily affairs it is good to reconsider the content of your prays. Millions of people will offer these prays to the supreme beings. Do you seriously think they will have time to bother about every bodies daily affairs ? That would be too much for even the highest being cause it can never interfere in the daily life of every human being. Why not ? The answer to that is simple ; a supreme being gave you a brain to think , a conscious to consider and a body for action. All these are the gifts of the being to you so you will be able to solve your own daily affairs. It will never consider something you should take care of by the things it did already hand to you.

When you pray it is important to convey an important message, something you really need and want to share. You are going to give some of your inner secrets away to someone you do not understand. The moment you close your eyes you need to feel trust, patience, believe in a solution and above all you need to focus on the prayer to send it loud and clear to whom you believe in. A prayer should not be disturbed by other thoughts, an unclear mind or second thoughts. Your prayer must be intentional and from the heart. To pray is to give yourself up, devote and hand over the most inner secret of yourself to something you never met before. You pray to get a solution.

Good praying goes hand in hand with devotion. When you are not devoted to the supreme being you wish to pray at, the pray will never arrive at the intended place. Let me visualize this more for you. All of us have a mobile phone. You dial a number and when it answers you tell your story, you do not listen who answered the phone nor you will reply on questions. It is a very useless phone call, you have wasted time and money for no reason. Telling your story is not the intention of a prayer. You want a solution for something bothering you. A good pray needs complete emotional involvement. A devoted person comes into the right emotional state of mind when

he/she is able to focus on the right combination of content of the prayer and the knowledge of the supreme being. This knowledge often comes from books or stories of others.

To become devoted needs knowledge of who you want to pray to. Devotion comes from stories you hear, from the place where you go to for hearing these stories, from the content of these stories and most of all from the attraction of the supreme being, his prophets and disciples you feel attracted too. Devotion comes from identification with other believers and followers from that religion or philosophy. When hearing or reading the stories you feel emotionally touched. Believing is a strong emotional involvement. That is why I think praying is very important to start with. To pray is to believe and to believe is to be attached and to be attached is a strong emotional event that is life changing for the believer. A real believer will change his/her life completely to follow the advises of the believe.

We can use a believe constructive or destructive. Each believe has the same basic rules and regulations. It does not matter where you move into this world the basics of every religion or philosophy is the same ;

- We should not kill
- We should not steal
- We should not cheat

These rules are always the same. They are basic and we all break them. Gladly not all of us break the first rule or the second, but the thirds is broken so often that we know how to conceal this happening even to our own conscious soul.

Chanting as a part of prayer routine is not really a personal pray but we can use it to go from a level of personal prayer to a higher level of mind development. This higher level is called concentration. When we chant our body and mind are able to get into a so called cadence, a rhythm with a meaning and a target. Chanting allows us to focus our mind and concentrate our soul and emotions, we are on the way to control and dominate our emotions. We do not suppress emotions, this is never a good way to deal with them. Suppression is like putting a “jack in a box” , it will come out at the most unexpected moment and can disturb or even annihilate all your progress.

We have to combine chanting with concentration or pre-meditation training to learn how to control our emotions. During our prayers we did learn that the intensity of the prayer could move our mind and often body to strong emotional reactions. While chanting we discovered that our mind got into a state of tranquility by the sounds of the chanting, the vibrations of our voices had a calming effect on our bodies and mind. This knowledge must be used in concentration training.

The best is to start with object focus. Concentration training by object focus is one of the easy methods to learn to control your mind direction. By the single object focus all other thoughts must be banned from the mind. The object must become a complete part of our mind, we need to be able to look at it from many different sides. First we need to look from different angles, later from above and even under it. When able to focus well we also need to get inside the object to see / feel how it is to be inside the object. This is a hypothetical focus training which needs to be done only when you are able to visualize something from the inside. Concentration training on objects is more a visualization training. It is easier than the thought focus training as during

these sessions the mind easily slips away to other thoughts. That is why I always start with object training.

When you are able to focus on an object it is time to move to thought control. Thoughts are difficult to control. During these training sessions we teach you to become an observer. You have to become an observer of your own mind and later also your body. The first thing you need to do is to take a distance of all your own thoughts. Imagine yourself in a corridor and sitting aside on a bench watching the thoughts passing by one by one. In the beginning they all seem to rush through each other like traffic on a Beijing road. It looks messy and without any organization or structure. You have to organize them first. Get all in order. The only way to do so is to handle them one by one without getting involved with. You see the topic, the content as an observer. It is important not to think it over, but to keep on a distance. Bring family matters to family matters, school to school, work to work, separate private from work or school, try to create categories. Learn to organize your mind.

In our training we call this dissociation, to bring yourself to a distance from yourself, become observer and not a participant. In the beginning it is a weird feeling to look at your own thoughts and mind. In a later state we will promote to look at your complete self, this include your body.

From passive training we move to active training. Breathing exercises are based on active movements. Many of these movement we also can find in Martial arts like Tai Chi and Wu Shu. In Martial Arts all participants should train meditation and breath control. Breathing is from vital importance to the quality of oxygen in the body and the working of the brain. When the oxygen supply is sufficient it is possible to reach a higher state of mind.

Some forms of meditation practice we use during our meetings ;

### **Laugh mediation**

How can laughing benefit our meditations ? First of all laughing relaxes you. When you laugh the muscles will receive extreme strong impulses to contract and soon after that to relax. This is why people are so much more relaxed when having a pleasant time with lots of laughter. When you practice meditation you must be able to relax body and mind.

Laughing has more functions than to relax the body. When you laugh you take in deep breaths with oxygen. The oxygen is vastly taken into the bloodstream by the lungs as all bronchium open up to take in the higher amounts and distributes it faster. When laughing the hearts speeds up its beats and increases the blood pressure. The very closed body / brain membrane seems to let more oxygen passes through and the brain gets more 'food for thought ' . In the brain some more actions occur. The stimulus of the laughing and availability of oxygen increases the production of different hormones and hormone groups. This is a biological explanation of what is going on in your body while laughing. It is a health promoting and physical exercise happening.

It is possible to train yourself before joining a group. One way is to buy some funny movies and enjoy them. This is an external stimulus and not something you are able to control well. Some jokes you like and others not, the variation in stimulus is not under your control. Another way is to focus on funny events and remember them. You will discover that after a while the fun of these topics will be diminished or even gone. All these are temporary solutions.

A good laughing training is a combined sound and breath training. The first action you take is to mirror yourself literally, you sit in front of a mirror. While looking at yourself, smile. Use a friendly kind and warm smile. Imagine the reflexion to be another person. Bow your head and greet the person. Brighten your smile and start producing the sound of laughter, first only with your voice and slowly involve your chest and stomach let the sound come from as deep inside you as possible. Increase the volume slowly. See how your eyes change, your facial expressions change and feel that your emotional state changes to a positive oriented one. Check your physical and mental state after the session and you will understand the positive effects of this exercise.

I prefer to laugh in groups as the effects are often stronger and it will lead to more human connections and border breaking approaches of the mind. Laughing together breaks down the most limiting emotions and barriers in us. Laughing let depressions and negative emotions vanish. Enjoying a group session gives a multiplication of positive energy which reflects on each individual.

### **Dance meditation**

What is dance meditation? It is meditation in where we use rhythm, intuitive state, movement and sound to bring our mind and body into a 'higher' state of mind.

Dancing is a part of virtually all religions. Religious dancing is common in many cultures, and it was surely a part of ancient cultures often guided by shamans who would dance to enter a trance state. In nature-based societies and religions, the rhythm of dancing was an imitation of the rhythm of nature. Dancing was and still is an attempt to understand and unite oneself with those rhythms. In most cases, religious dancing became scrutinized and it lost its sacred meaning. Dancing is exploring life and spirituality. Dancing is self-discovery. Particularly improvised dancing where we dig deep into our feelings in order to find a way to express our most inner self.

When our body becomes energized through movement, we differentiate more clearly the energy of our body and the relation to the energy of the surrounding worlds; our body becomes less of a solid mass and more of a sacred focal-point of spiritual power within the physical world. To explore different aspects of ourselves, we can dance with a variety of musical styles, including jazz, rock, classical, and international music (Middle Eastern, African, etc.).

Dancing is a means of expression. Many mystics have said that words cannot communicate their visions and ecstasies; some of those mystics have used dance to express those inner experiences and their devotion to a deity. A simple hand-gesture (body language) can depict a revelation for which there are no words; the gesture

might be understood by other people, whereas words might have provoked confusion or disagreement.

In a group, dancing is a means of ego-transcendence. We re-define the separate ego as we merge into the group's common activity, emotion -- and rhythm. Each rhythm induces a different state. Even if we are not specifically meditating on the dance's rhythm affects us in various ways:

It influences the cadence of our heartbeat and breathing, which in turn affect our psychological state.

It affects the functioning of our brain;

It affects us through "entrainment." In a religious setting, where our thoughts and emotions are aligned toward spirit, our rhythmic dancing reinforces and develops the group's spiritual orientation. This is a group meditation which uses the energy of the physical body to supplement the subtler energies of the mind and emotions in order to create a transcendent state.

Traditionally, Meditative dancing was accompanied by the rhythms of drums. Drums are pondering on the beating of our heart. That constant beating sound is a meditative. The rhythm moves us into a state of meditative mind when the rhythm is unbroken, and constant. Focusing on the beats and letting go the emotions a gradual dissociation with your ego takes place. During the dance your emotions burst out and your mind refills itself with a positive energy leading your mind to a more tranquil state. After the dance you have a long lasting effect.

We can distinguish a number of different meditative dancing methods of which I will only describe a few here ;

- Free dance. Hereby movements are not generally described, when the music starts each person is requested to move in whatever way he or she wish to do. It is also called intuitive dance.
- Sufi dance or twirling which got most famous because of the Twirling Dervishes of Turkey
- Trance dancing. A drum related dance which is mainly used for shamans to get into a transcendental state of mind.
- Pattern dancing. Hereby the dancers follow a strict routine that is repeated again and again.

### **Hypnosis, meditation and trance**

Before we start to compare the different states of mind we must understand something of our brain. Our brain works on certain levels of conscious which are directly related to a wave pattern called Beta, Alpha, Theta and Delta.

Beta Brain Waves (13-30 cycles per second). The fastest, representing the most intense state of alertness. The result of heightened mental activity. Maximum mind power. All five external senses, logical mind, memory from the five senses & logical thinking.

Alpha Brain Waves (8 to 12 cycles per second) This brain wave indicates a relaxed state of mind.. State of relaxed alertness, good for inspiration and learning facts fast.

A meditative mind. In this state tap into internal “antenna” like qualities. Visions, powerful ideas, mindless creation of the incredible. Internal feeling & sensations.

Theta Brain Waves (4 to 8 cycles per second) Deep meditation. Deep inward thought. This is associated with life-like imagination. High state of mental concentration. A magical mind. Internal pictures / visualisation. Intuition, inner guidance. Access to unconscious material. Dreaming.

Delta Brain Waves (0.5 to 4 cycles per second) Deep dreamless sleep. Deep relaxation. State of oneness, whole body feeling. Pure being & will.

For a deeper understanding we also need to explore more of the body and mind. There are two nervous systems: the central nervous system and the autonomic nervous system. The central nervous system regulates motor responses to sensory impressions via the brain and spinal cord. The autonomic nervous system regulates the internal systems. These internal systems are usually not under our voluntary control. They include the heartbeat, pulse, glandular activity and digestive processes.

Within the autonomic system are two divisions. These two systems are in direct opposition to each other. The first is the sympathetic division. It is responsible for mobilizing the body's energies to meet emergencies. For example, it causes the heart to beat faster and more strongly, the blood pressure to rise, respiration to accelerate. It releases blood sugar from the liver and adrenalin from the adrenal glands.

The condition of "stage fright" is an apt example of the sympathetic nervous system in action. Stage fright includes the following physiological responses: knees and hands shake, heart beats faster and faster, perspiration increases on the palms and face, the stomach has unpleasant fluttering or hollow feeling. These symptoms are caused by the sympathetic nervous system's response to the person's fear of standing before a group. This constitutes an "emergency" situation and the body prepares for a fight or flight response.

In direct opposition to this is the parasympathetic response. The parasympathetic division slows the heartbeat, reduces blood pressure, produces visceral responses typical of periods of rest and relaxation. The parasympathetic responds in such a way as to restore the calm operation of the organism. It conserves the body's energy.

These two systems -- the sympathetic and the parasympathetic -- cannot both be active at the same time. Hence, utilizing Hypnosis to activate the parasympathetic response of relaxation before the sympathetic response of arousal can begin, is one approach to eliminating the problem.

Additionally, removing the fear stimulus reduces the sympathetic response. So, if the fear stimulus can be reduced enough -- while the relaxed, calm response is being heightened -- success becomes even more imminent.

So, as an example with stage fright: Hypnosis would be used in a calm atmosphere. The person would be taught relaxation away from the actual stage. Once the subject is able to achieve a calm state -- a state of strong parasympathetic response -- he will

be asked to imagine looking at the stage. This is an action which might increase sympathetic response. However, since the parasympathetic activity is so strong, the person will be able to stay relaxed while imagining that he is looking at the stage. The sympathetic response is not triggered.

Then, the Hypnotized person might be asked to imagine himself walking toward the stage. Again, he is doing this in the safety of the distant setting and can imagine himself calmly walking toward the stage. Again, the sympathetic response is not triggered.

Further relaxation instructions and Hypnosis-deepening directions are given. Then, he is requested to imagine himself walking onto the stage. Once again, because the parasympathetic response is strong and directly opposes a sympathetic response, the sympathetic response remains absent.

Through rehearsal to actual walking onto the stage and speaking to the audience. This way of working is successfully performed by the person because the parasympathetic response continues to provide the person with the desired control.

Emotions are very hypnotic. Did you ever felt the emotions ; in lust? Love? A rage? In fear / in anger ? Think about how focused and suggestible (and disassociated) you become in these states. But a more well-known state of trance is depression. All these stages are the borders between hypnosis and trance. Anyone who can make you more emotional will also be making you more suggestible. When cults (or politicians) want to influence people's belief systems, they try to raise the emotional pitch. And such charismatic people are naturally more hypnotic. Hereby it is proven that hypnosis isn't 'just a state of relaxation' as you might think. It is much more than that. Hypnosis, used purposefully, generally have a very specific psychological (and therefore behavioral) aim.

Meditation has the effect of making us calmer day-to-day, but it's not used to stop someone addiction or to treat a specific phobia. Likewise, clinical hypnosis, whilst wonderful for 'just relaxing', isn't generally used with the sole intention of helping someone achieve an 'empty' mind or objective 'mindfulness' - although we can certainly use hypnosis for this effect.

Some hypnotic states could be more like quiet meditative states, and I'm sure some people who meditate experience profoundly hypnotic imagery sometimes. We use hypnosis to help people detach from destructive emotions and calmly begin to see wider and happier possibilities (such as feeling calmer around spiders!). One meditation technique, that of 'mindfulness', seeks the same result as the person meditating seeks to name his or her feelings whilst not disentangling themselves from them. In this way, meditation can help people. But again, people in hypnosis will often report feeling totally focused in the now.

The benefits of self-hypnosis are similar to those of meditation, because the same brain wave states, chiefly alpha and theta, can be achieved in self-hypnosis. Therefore, if one is choosing a method to reach these brain wave states to accrue their beneficial effects, the choice of self-hypnosis or meditation is an individual one.

Self-hypnosis is more commonly associated with providing suggestion to the subconscious mind with the goal of changing behavior than meditation is; however, meditation upon a given phrase or desired goal can also provide this type of suggestion, so in some ways the lines between the two techniques blur here as well.

The chief differences between self-hypnosis and meditation lie in the primary goal and the method of achieving the trance state. The primary goal of self-hypnosis is most often to provide positive suggestions for change to the subconscious, while the primary goal for meditation is usually to achieve a relaxed, thought-free state in alpha or theta, with the goal of training the mind.

Trance is reached by a form of meditative action. We cannot be forced to do anything in trance which goes against our sense of ethics but we need to be free from worry that anyone will impose their will on us while we are in this suggestible state. This is one of the reasons why professional trance performers are often so witty. They want to avoid any interference in their trance state.

It is suggested that trance runs through nearly all different levels of brainwaves. Depending of the nature of the trance ;

- Speaking with the death, the Gods or other beings
- Finding a cure for a disease
- Creating a spell or destroy one
- Performing special rituals
- Predicting the future
- Virility rituals

And so many more different reasons, the trance person or shaman or wizard is considered away from this earth. The best trance performances are done in Theta brain wave level.

The method of achieving the trance state is a significant point of difference. While there are a variety of different techniques to achieve either self hypnosis or meditation, self hypnosis is generally achieved in a more structured way, by following a count-in or a proscribed method of tiring the conscious mind by counting objects, etc. Meditation is generally less structured, achieved by either closing one's eyes and repeatedly bringing the focus back to the breathing or focusing on a point such as a flame, while gently releasing thought. If analyzed carefully, someone experienced in both meditation and self-hypnosis will recognize that both methods of entering the trance state involve the same mechanisms of tiring the conscious mind, through eye fixation or confusion, etc.

Therefore, since the benefits of entering the trance state (e.g., alpha or theta brain wave states) through either technique are similar, and both techniques can be used for relaxation, brain entrainment, and programming the mind with positive suggestions, the choice of meditation or self-hypnosis is really an individual choice. Often this choice comes down to which method works best for the individual to enter the trance state quickly, easily and reliably.

I think a warning must be given at this point. Do not practice any of the above mentioned without proper guidance nor supporters around who are able to assist in case something goes wrong. The use of meditation or hypnosis needs a proper

environment without the use of (medical) products or drugs and a possibility for escape. Many people seek shortcuts which are not available on the “highway to heaven”. With our Laws of Life movement we strive to give you the best opportunities to reach your desired goals but also are aware of the needed safety for doing so.

### **Create your own Lilt**

It is important to be creative with you own development. If you do not want to continue using the regular lilt you have to create your own by using following guidelines ;

1 / first consider your own feeling of the moment. As you are stressed, write down – stressed, if you are tired write down – tired and so on. After you have analyzed and written down your negative feelings we move to the next step.

2 / Now you write down a series of points with ; I am stressed , I am tired and so on

3 / After this you write in a column next to the negative emotions the opposite , like “I am relaxed”, “I feel energetic” and so on

4 / when you read the column of positive energy you start making sentences such as “Today I am very relaxed and full of energy .....

5 / When you are ready with a few sentences like this , never more than 5, you write them down on a nice card, or even better a few cards, and hang them at places you often visit, like the kitchen, bedroom, car and so on.

6 / Every time you visit this place read the Lilts out loud while smiling.

Within an couple of weeks you will feel yourself very positive and energetic again. It is also possible to create Lilts to be used as powerful energizers in your daily life. To create and energizing Lilt you have to collect first positive and negative emotions that crosses your mind in the daily situation. The best way is to collect these emotions for a week and write down the moment you experience them.

After a week you make a list of positive and negative emotions. Use columns for it. After this do the same as before, use opposites but this time you create a sentence of all these opposites. The sentence does not need to make sense in the beginning. One of the best ways to make a Lilt is to continue thinking of a proper way to make a sentence of your collection of words. Keep trying till you find a sentence that is easy to remember, needs a certain speed to reproduce and is possible to sing in a monotonous voice. Discuss the content with members of your group and exchange ideas. To create the perfect Lilt takes time and effort.

### **The movement**

We are a movement in development. Unlike religions should we continue to develop and change with time. Our development goes with the input of our members. Each member is supposed to contribute to the movement by her/his involvement and

actions toward others. To improve our lives we need to increase knowledge and all other factors as mentioned in this book. We need your participation on every level.

### **Individual or group ?**

Spiritual development is an individual perception, in fact we all must search and walk the path of life as purely individuals. We are not able to share our mind with anybody. From the first till the last breath of life we need other people. Humans are no hermits for life. Some people retreat themselves to a state of hermitic life. They escape from the world by searching for the inner self on places hidden from mankind.

To them the confrontation with real life is often too confusing, too hard. Most hermits seem to be rather autistic in nature because they are able to live a life under harsh circumstances. Buddha himself went to the jungle to study the life of the hermit and decided that it was not a life that could lead to enlightenment. After years of suffering and torturing himself the Buddha decided that he should not physically suffer from life as the mental suffering was already enough. He went back to the living world and sat down under the Bodhi tree. From that time on he could meet people, discuss life and living and teach.

He passed the stages of highly individualized person to a group leader patiently and thoroughly as most religious leaders have done. During the passing they found that to guide others you guide yourself also. Teaching is a learning process. When you are a good teacher you learn from every student. Here we see clearly that even you live a life as ascent you need others to help you along the way by communication and in most cases guidance.

Individuality is a great thing and when we are able to be in a good group all members will help and support the strengthening of individuality. The group grow in quality if the individual members share and support with the other members. When a group has targets set they can help each other on equal basis to grow.

It is my opinion and experience that a group which respect individuality will support your personal growth. Growing together is a matter of respect and support.

As we read before is individuality the core of the group. We are all individuals gathering together to unite our powers and share a common goal. A group of likeminded is stronger than a group assembled for no specific reason. From this we understand that a group only has advantage to you if they are like minded and they have the same goals as you have.

A group is needed for our own development as a reflection. Each individual need to have reflections on thoughts and behavior to improve himself. In the beginning I stimulate mix groups for some obvious reasons ;

- Males are visual oriented creatures
- Females are sound related creatures

When in a group this works complementary. Male and female have a different way to direct the same problems, through communication and sharing it will strengthen each other to help the individual members of the group. One of the best results in basic meditation training is reached by visual / sound training programs.

Living in a group or community, even when it is temporary or on a visit base, helps to strengthen your own individual growth. This is the idea behind the monasteries in the world. The founders of every believe, religion or philosophy thought that the individual development is depended on the group and environment he/she lives. When we supply the individual with the right environment it will speed development.

### **The advantage of the individual**

As individual we are born and as individual we will die, in between we share life and space with all others. There are only few places you can be a complete individual and only one you will be all your life and all the time ; inside your head ! To some this is a very depressing thought to others it is a happiness. It is my target to make you consider it as an opportunity.

Our body is a temple in which we suppose to live a good life. When we are young the temple is used to play and challenge. Our minds develop with the body no matter we are able or disabled. The body carries our soul and conscious living. This is our individuality. When you get older you often come to some important individual states were you have to make choices. Women goes through more stages during this life long process than men.

When the temple is cracked with the growing of the baby it takes time to recuperate and sometimes it will not come back into the desired shape. Your temple has changed in shape and you need to accept it once again. It is a fact that the woman's mind must endure more experiences and is swept through the higher seas of emotions than men ever will experience.

Men have a relatively simple life compare to that of the women. His life is like a time line slowly going up, flattens and goes down. But the men have other problems. Competition is a build in programming. Men need to compete with themselves and others. This competition gives emotional stress. Men must deal with women which are often a complete different specie to them.

As individual we try to find bindings with others, it all start with parents, family , friends, lovers and children. At older age we can count the grandchildren or even more steps. But all these will not touch our individuality in body and soul. There are some exceptions ; Twins, they share more than single born.

It is possible by meditation and guiding to reach to the core of your own permanent individuality, the core of your existence , the real identity of your own personal self. The advantage of individuality is your ability to search for your own place in the Universe, your own universal identity which will last forever. Individuality can make you free from suffering, free from all earthly matters and will release the core of your existence.

It is most interesting to know that you only can reach this supreme form of identity with the help of others.

### **International signs of connection for Laws of Life members**

To connect with people of your own group it is important to have signs of connection. The signs we use are ;

**Greeting** ; to greet each other we use an old traditional symbol. We cross both arms across the chest with fists closed and the opening directed to the chest. We bow our head a little. The greeting says ; you are in my heart and I protect it with my life.

After this greeting some may show more affection by turning the open hands with the palms forward to the persons who is greeted and both touch each other's open hands. With this greeting we show an open and honest connection. The meaning is, I am defenseless for you and open to take.

**Meeting**; a member meeting will open and close with the ceremonial gestures and group medi-pray. A medi-pray is a combination of a meditation combined with a pray. The words of the pray are thought to all members upon initiation of the complete membership. The reason to open and close is to signal the start and the closure of the serious part of the getting together, the appreciation for all members who showed and took part of the meeting.

**Songs**; we have conducted songs to share. Each song is an expression of life and the flow of energy. Songs are written by members and joint by others.

**Art expressions**; we stimulate art expressions of all kind. Sharing of art is very important for the expression of involvement and emotional attachment. It is important to express your inner feelings and connection to the movement by artistic impressions of any kind.

### **The founder**

Arnaud van der Veere was born in 1960. At age 4 he started with Judo and swimming as part of his exercise program to combat chronic asthma. Till his 11<sup>th</sup> year he frequently faced death into the eyes and had many near death experiences due to his disease. From the beginning of his life he was cared for by different people. One of the main caretakers was of Indonesian origin which explains his connection with the East.

At age 8<sup>th</sup> he started with Muay Thai and a library study of Chinese. At that time there were no language courses and his intention failed. Muay Thai is the red line in his life. Until today he practice the sport with love and passion.

Due to his rather fragile constitution he was a focus point of bullies and had to fight his whole school period with groups of boys to defend himself. At a later stage he started to defend others also To care for his fellows was something he inherited from his parents who were always very considered to the less fortunate.

Lifestyle is considered a virtue or a curse depended where you live and how you dare to defend it. Arnaud van der Veere choose not to smoke, drink alcohol, use any kind of drug, take part in gambling activities or use paid sexual services., these rules have

become of influence during his whole life. These self-inflicted rules did not prove to be easy in his social life and often made him run into awkward situations.

He followed a rather unusual school pattern. Advised by the school to start with a MAVO he finished there with top-marks and went on to MBO – done in one year instead of 2 – to HBO and University. He finished University in 1981 in Biochemistry. In 1975 he took his first, unauthorized, trip to Thailand to learn Muay Thai from the origin. His parents were shocked as they got to know his whereabouts only after he called from Bangkok. In Thailand he trained in various camps and competed from 1975 till 1991 in different stadiums, open markets and fun-fairs from the lowest to the highest level.

During his stays in Thailand he lived amongst the poorest in slums like Kloeng Toy and other areas where people thought him the typical Thai values of life, Buddhism and culture. He also fought and travelled to all other Asian countries such as Burma, Laos, Cambodia, Vietnam, China, Hong Kong, Singapore, Malaysia, Indonesia, Brunei, Philippines, Japan, Korea and further.

During this period he never stopped to educate himself and went to Wat Pho for massage courses, back to University to study Marketing, followed numerous courses such as commercial Sport (from production to retail, included all related to transportation and taxes), Personal Training, many different Healthcare courses, journalism, Travel business and so on. He got also a Cambridge English certification.

In 1979 he started his first gym in Rijswijk, Netherlands in a church. During this period he was requested by the municipality to assist drug addicts, “border line” and problem children. He started to experiment with training and mental education as one of the pioneers to find effective treatments to bring his groups back in line with society. From that time on he worked for and with many different organizations such as the Dutch Government, the Municipality, Parnassia / Breider group for this target.

From 1979 till 1991 he owned different gyms such as Hiyaku, Ranava Gym and Martial Art Academy. In 1984 he opened a new shop starting with second hand articles in a squat in the center of The Hague. With only a 100 guilders in his pocket the business got its first appearance. At that time he was also married and had one child. Over time four children had been born of which three are happy, healthy and alive.

The business grew steady with the gyms, his fighting career, travel business, publication of his books and articles in an increasing number of magazines. In 1991 he sold the gym to focus more on the business side of life. After the selling of the gym he could focus on national and international seminars and trainings. He thought acculturation at the University of Leiden and Amsterdam. Organized many seminars for medical professionals in health & protection, prevention, self-defense and others. The business developed strongly and grew to unexpected size.

In 1987 he was challenged by the rulers of Vietnam to promote the country for tourism. The consumers thought the country was still at war and wary of visiting it. With the help of CBI (Dir. Mr. de Man – Center for Promotion of Import Development

countries of the Ministry of Foreign Affairs) Vietnam was developed and an estimated 15.000 consumers did visit the country in 1991. The project was a big success. On the other hand the success did not lead to more understanding as the Vietnamese Tourist Authorities suddenly demanded payments for services Arnaud delivered. This became an awkward situation and both Arnaud and the CBI did stop the contributions.

Imports from different Asian countries were growing. It was important to visit, control and keep in touch with suppliers and service providers and Arnaud had to travel up and down to Asia regularly, developing new markets and assisted other companies as consultant in tourism and trade. During this time he developed different courses which were used for educating travelers, international trade specialist and people who needed personal marketing.

From his first publication around 1978 in the Samurai magazine till today Arnaud has published thousands of articles on health, wealth, travel, sport and other issues. He did publish books in over 65 countries in different languages. His poems are spread out around the world and his song texts are used by different musicians.

During all his life there is a clear red lines.

- He refused always the use of toxic elements in life (smoking, drinking, gambling, drugs) but did not denounce others to do so, he promoted moderation and control. -
- Physical activities are important for personal growth and health, he did stimulate thousands of people to enjoy moving and understand fighting arts for what they are
- He promoted personal development for the benefit of society, where we should share our wealth and knowledge with likeminded and respect the people who are not able or willing to do so.
- Provide the needed with the right care but stimulate them to self-improvement. He is against a giving society where groups are depended on benefits.
- Parental guidance. Parents need to be able to be parents and persons. Around the world more and more people become a single parent and there is a need to share experiences, time and care with each other. To form groups of single parent communities is one of his wishes.
- His major strive is to accomplish communities with Laws of Life supporters who will focus on development of sustainable energy and food supply, health and wealth and self-development living together in selected areas around the world.

**LAWS OF LIFE**  
**Kranestraat 46**  
**2512AE The Hague**  
**Postbus 693**  
**2501CR The Hague**  
**Netherlands**  
**Ph. +31703927335**