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# Important Questions that People Must Ask Themselves

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## Important Questions that People Must Ask Themselves

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Regardless of whether a person is a man or a woman, if he wants to be happy and content, there are a number of factors relating to himself that he must know about and therefore reflect on and find the effective authenticities, namely his abilities, his love and its forms, his body, his special talents, his virtues and his behavior and his own fundamental and effective value. In this regard, he must also become aware of what he loves about all these factors and why he loves and likes them, as well as why he does not love them, dislikes them, criticizes them, despises them, and condemns them. There is also the question of how he sees his life so far and how he thinks about it, which also raises the question of his work and other activities, which he must judge according to how he feels about them, namely whether he faces them and therefore likes them and happily pursues them, carries them out and fulfills them, or whether he dislikes them and detests them. He must also think about his own life and that of his fellow human beings in this way. He must therefore look for the meaning of his life for himself and for other people, and the meaning of other people's lives for him. And if he finds the right answers to his own questions within himself, then they will guide him on his way to a new, happy, and contented life and existence. However, this requires concrete and conscious and deliberate steps that he must take, which will then, over a shorter or longer period of time - weeks or a few months - fundamentally change his life and turn it into a happy and contented one. He must therefore proceed step by step and not try to achieve something immediately by force and coercion, because everything and anything takes time, so it is of no use if he wrongly believes that he has to hurry and put himself under pressure. Such false aspirations, thoughts and feelings lead to exactly the opposite, that everything progresses much more slowly and is ultimately doomed to failure because, as a result of the lack of success, patience is lost, and all efforts are abandoned. The whole thing is an act in the sense of "haste slowly", which means that although something is done quickly, patience must be cultivated, which in other words also means that everything in its own time, "Rome was not built in a day", "time makes roses", and there is strength in calmness". It is also said that "what is to be good takes time", or a good result does not come immediately, many things have to mature in order to be good, etc. And that is exactly how it is when people want to be happy and content, because noticeable changes only occur when, if, he really makes a conscious and deliberate effort to take his steps one after the other, to motivate himself again and again, to follow the path he has chosen and to walk faithfully along it. And by walking this path faithfully to himself and towards his goal and also remaining true to himself, he can shed layer after layer of his previously unhappy and dissatisfied life and build up new, valuable, happy and contented layers and grow into them.



When a person has found the path of noticeable changes to a new, happy, contented life and is following it, he no longer needs to look for other paths, nor does he need to reinvent himself. The fact is that he is completely present within himself, if not absolutely, so he only needs to bare himself inside to recognize himself, to understand himself and to realize that happiness and contentment are present deep inside him and are only slumbering. He has mixed these two factors and has shown them through his bad exterior until now because he has suppressed his true inner being and stifled it with his unhappiness and dissatisfaction. But he must now change this for the better and bring about noticeable changes in this regard, by taking the necessary steps with motivation and loyalty and growing into a revised and newly formed consciousness. And he must do this even if his mind does not yet understand that the change will make him a happy and contented person. So, people do not have to believe or have any kind of belief-based fantasy that everything can or will be fine, they just have to do the right thing that makes them happy and content. They just have to do the right thing and let the success that comes with it come to them, but then also recognize and accept it when it happens. People were born as lovable and innocent beings, and they will always be that way again when they are happy and content again and go about their lives as righteous, honest people. This may seem crazy to them because of their previous false and depressing, unhappy and dissatisfied thoughts and feelings, but it is absolutely not, because it is the full and effective truth that everything in their world of thoughts and feelings turns out for the best and good when they look within themselves, really recognize themselves and become themselves. And if he does everything attentively and consciously, explores himself and begins to understand and accept who, how and what he really is, then he will perceive, feel, understand, and accept within himself that this is effectively the whole truth about himself.

Man should seek and find the way to himself and his inner self and learn to understand that his inner world must fundamentally determine what he does in the outer world. It must not be the other way round, that the outer world determines his inner world, and consequently he should not make what he experiences and experiences outside his inner life. Basically, what highly educated psychologists and psychiatrists claim, that the inner world of man determines what is experienced outside and that everything external determines the relationships and events of man's life, is complete nonsense and rubbish, because that is not true, and not only corresponds to the ignorance of the psychologist-psychiatrist guild, but effectively to idiocy. Contrary to the erroneous and confused claims and false explanations of psychology and psychiatry in this regard, the symptoms of the physical body are not a reflection or consequence of the inner state of man, and therefore it cannot be concluded that the decisive changes take place in the inner world. In truth, the inner world cannot and will not set the course for the outer world, so it is completely wrong to claim that the law is 'as within, so without' and that life follows this law.



That is absolute nonsense, because the inner world of man is of a good nature and constructed according to the creative-natural laws, which are designed so that man is good and conscious of the laws of creation, that he follows the creative-natural laws and recommendations, which are not given by a God, but by the nature of creation, which works across the whole of the universe. And this nature of creation – whereby creation corresponds to the all-encompassing universal spirit energy – is omnipresent and active in the inner world of man, even when it is suppressed by the outer world of man, except that at that moment it only works subterraneously and cannot penetrate to the outside. And this inner and true creative-natural nature of man cannot work and cannot penetrate to the outside, or inside cannot penetrate into the outside world and thus into the thoughts, feelings and actions of the person if he does not allow this and shapes and implements his thoughts, feelings and actions according to his external environment and its diverse machinations etc. So, he does not shape everything in his inner world, which is creatively and naturally conditioned, balanced, good, and harmonious, but in his external world. This means that he usually unconsciously influences his superficial consciousness and thus naturally determines his thoughts, feelings, actions, wishes, desires, and longings etc., which in truth form his external world, which does not conform to the inner world. And all this misery comes about through incorrect upbringing and a lack of self-education, as well as through incorrect external teachings, influences and experiences, events, ideas, indoctrination, environmental influences, and concepts. This creates the external world, which has nothing to do with the internal world, which is absolutely and in any case untouchable and cannot be negatively influenced by the external world. The internal world therefore always remains in the same creative, natural state, even when it is suppressed by the external world or by the external influences of thoughts and feelings as well as by the psyche. As a result, it is always possible, if the external world is revised and everything is changed for the better and good, that the internal world can very quickly become active on the outside and can transform and control it in a positive way. In a certain sense, one can only speak of inside and outside when one is talking about an inside-to-outside change, and when one speaks of the inside setting the course for the outside, whereby the inside does not represent the inner world, but only - symbolically speaking - the storehouse and forge for the outside world and thus for external actions and behavior. Only in this sense, when one starts from this inside, can one say «as within, so without». but not from the nature of the inner world, because this is of a purely creative-natural form and absolutely taboo against all external influences of any kind, and this corresponds to an absolutely irrefutable creative-natural law.

Man must understand everything that has been explained above and now decide for himself to pull himself together and in this respect to educate himself through his own thoughts and to experience and begin to live the effective truth of what has been explained. In doing so, he is gifting himself with the greatest value of his understanding, but it is also absolutely necessary that he penetrates deep into his inner world, which lies deeper within him than the inside, which is only a component of his outer world and a sub-level of it. So



from now on he must make an effort to regularly seek out and walk the path into his creative-natural inner world and clear the way for it in order to be able to have an effect on the outside world. In doing so, he must deal with all the decisive things and make himself happy and content mentally and emotionally, as well as free himself from his messed-up past, which he has always made his present and has not let go of. The past is the past and must remain the past, and therefore people only need to ask themselves important questions, such as what they want to do and undertake to find a way out of the mess of their unhappiness and dissatisfaction, and how things must proceed from now on. And by 'asking important questions to yourself' they must not and cannot mean 'asking important questions about yourself', because that is not what is really meant. The only correct thing to do is to 'ask important questions to yourself', or rather 'important questions that you must ask yourself', without setting yourself up as 'important questions', because 'asking important questions to yourself' means that people closely observe their external world and its inner life as an external observer in an absolutely neutral form from a higher perspective, perceive everything, judge it neutrally, and change it just as neutrally for the better, good, and positive. However, if that were to say 'asking important questions about yourself' then 'important questions' would be the case, then this no longer means neutral external observation, determination and perception, but the whole thing corresponds to a process of self-recognition or self-knowledge, which is to be defined as knowledge in relation to one's own person and character as well as in relation to certain abilities and faults, etc. The opinion is therefore based on the fact that people "ask important questions to themselves" in relation to what they perceive, recognize and determine in and within themselves in relation to their external world and its inner world. Consequently, the whole procedure in this regard is the same as when people, for example, look at an object, a person, an animal or creature, an insect or something else material in a neutral way, observe and perceive how everything is, etc., in order to analyze, judge and evaluate it, etc. So it must be clear, that he does not ask himself questions about himself, because that would mean exactly what must not and should not happen, namely that he asks "questions about himself" and not "questions to himself" and thus undertakes a process of self-discovery instead of determining as a neutral observer what is going on in his external world and its internal form. It must therefore be clear that he does not ask himself questions about himself, but only questions to himself, by determining from a higher observation point, so to speak, what erroneous actions he is committing and what wrong behavior he is subject to. Asking questions to oneself therefore means perceiving and experiencing what is going on inside and inside a person as an inner part of his external world and what is constantly brewing, which then penetrates outwards and determines his actions and behavior. And if he can recognize and define these diverse factors, then he can slowly but surely influence one after the other consciously and in a positive way and transform them for the better and good. The next step is then - when he has brought his inner world and his outer world under control - that he turns to his true, inner being, or rather his creative-natural inner world, explores it and consciously brings the relevant values that he gains from it into the outer world, into his



current thoughts and feelings as well as into his actions and behavior, and in this way changes everything for the better.

From now on, people must no longer burden themselves with the past and with everything that has caused them grief, problems and worries since childhood and adolescence and prevented them from finding the right path in life, but instead made them sink into unhappiness and dissatisfaction. Now it is a matter of moving forward, living in the present and also living into the future. And in this way, people only have to live their lives and bring them to life so that it is in their bones, with and through everything, that makes them happy and content in the present and future. So, they must take enough time for themselves every day to consciously ask important questions about themselves, namely how and what and who they really are in their failed, unhappy, and dissatisfied state - and how, what and who they want to be effective. They must take enough time every day and they must ask themselves these important questions, because they must learn to know how, what and who they really are. People can choose the time for these important questions and their assessment every day, be it in the morning, at midday or in the evening, or at any time during the day, because they always find time for it if they really want to. It does not have to be an hour, it can be just five or ten, fifteen or twenty minutes each time, but they will gradually bring them success, insights and slowly but surely inner peace and freedom. So they should also allow themselves to withdraw into silence for a while in their daily free time and also at weekends and on vacation and be completely alone, be it in their room or in the great outdoors, on the one hand to ask themselves important questions or to concentrate on penetrating and exploring their inner world and then allowing the knowledge gained to penetrate outwards into the outside world. In this way they can consciously reform, reshape and use their actions and behavior and gradually create happiness and contentment within themselves. Therefore, in this way he consciously devotes himself to what is essential, especially his relationship to himself and to his own life.

From now on, people must cultivate the important questions about themselves, because they must be a part of their lives. By sporadically asking themselves important questions to themselves, about what is going on inside them, how, what and who they are and how they handle and understand everything, they always know where they stand with themselves. And in this way, they also learn to understand that their life is something infinitely precious and a priceless treasure, a jewel that they can consciously make shine through their healthy thoughts and feelings and their new-found happiness and contentment. They must always be clear about this - and this must be repeated again and again - that they are the most important person in their life, and as such they deserve to always take the time and peace for themselves, as far as they can, to ask important questions to themselves and to find the right answers to them. He is also recommended to regularly carry out suitable meditations, which he can choose and form at his own discretion, but he should not use forms based on faith, but rather those that correspond to reality. And this is because he



himself is not a product of faith, nor is his life and existence, but a living person who leads an effective material life in his existing existence, who forms and controls it entirely according to his own will through his consciousness, thoughts, and feelings. He must be clear and aware of this, because this realization and the knowledge that arises from it contributes, among other things, to the person being able to fundamentally change his life for the better and positive. Doing everything according to everything described to him is part of all the effective things that he can find in himself and through which he can change into a good, happy, and content person if he asks himself the necessary important questions and finds the necessary answers from them. These are the things that help him to act and behave correctly in his external world and thus to find a new direction in his life, leaving behind and resolving all the bad and miserable things and all the life problems that burden him, which have turned his life into a psychological nightmare and a source of unhappiness and dissatisfaction due to the bad influences from his past. But in order to do all of this and to achieve all of this and to achieve all of the best, good and positive things, he must consciously take on responsibility himself and actually bear it and live up to it, because only in this way can he really overcome his wrong, negative and bad thoughts and feelings, which have left him helpless to act because he has simply let himself go uncontrollably.

It is now finally time for people to open their thoughts and feelings to their new life, but they must also be clear and aware that everything they find as answers through their important questions to themselves must be implemented in a good and positive way. But this applies to everything they perceive in the inner part of their external world as well as in their body, in all their relationships in and with themselves, as well as with other people, nature and its fauna and flora, and with the entire environment. And they must also be aware that they themselves have unconsciously created and attracted everything to themselves, so it is not any other people or the environment that have stamped their unhappiness and dissatisfaction on them. Even if they had a bad upbringing, it was ultimately they themselves who made themselves unhappy and dissatisfied because they simply let themselves go in a defiant or depressed way, just as they did not make an effort to carry out their own upbringing during puberty, which would have been extremely important.

And of course, he did not know that this was very important, because it was not explained to him during his upbringing in childhood, and so he could not know what he had done to himself and what he had hurt and what he had thereby caused to those people who were close to him and who are still close to him. Due to his self-condemning thinking, which has shaped him since his youth, he has become a victim of himself, of his fellow human beings and of life, and this reinforces his own condemnation of himself as well as of his fellow human beings, his life and fate, and consequently his thoughts and feelings in relation to himself and the entire environment revolve around a victim existence. So, it is the thoughts and feelings of man towards and about himself, his life and fate and his fellow human beings that make him unhappy and dissatisfied in





his external world and within it, create his wrong ideas, choose his equally wrong words, commit the wrong actions and display the wrong behavior. And he has been doing this for a very long time, usually since childhood, and in doing so he terrorizes himself and his environment, in which he sowed evil and bad things long ago, which he reaps in the form of his unhappiness and dissatisfaction. But this is exactly what man must learn to recognize and understand, which he can only do by asking himself important questions in such a way that he can recognize the damage in the inner part of his external world and correct it in a good and positive way. He must recognize, grasp and understand everything related to this, then create energies and forces within himself, in his thoughts and feelings, which he uses and sends out into his entire external world of all his impulses. He must take hold of everything weak and bad he finds in his external world and transform it into the best and good, in order to then replace it with all the best, good and positive things from his creative-natural inner world in order to become happy and content. Man, as such must be his own creator and grasp and use every good form of energy and power from his creative-natural inner world in order to manifest it in his outer world and its inner self. In this way, on the one hand, he gains in his outer world all the high and positive values from his true innermost, creative-natural being, which is his effective inner world, and on the other hand, his life as such is provided with health, peace, freedom, happiness, harmony, confidence and contentment. So, the whole thing means that his life itself heals in every way, every illness, all lack and unrest, all disharmony, depression, and heaviness disappear and that all these evils are replaced by true happiness, harmony, lightness and satisfaction.

Well, if a person recognizes all that is right and sensible and decides to do it, and sees himself as a valuable person, as everything has been presented to him, then he can only win. From now on he must make a sincere effort to be his own creator, as is fundamentally prescribed for him by nature's creation in his innermost being, in his inner world. And if he does that, then he frees himself from his lifelong well-cultivated victim consciousness and becomes a self-creative, free person. In other words, that means that from now on he must take on, bear and exercise his own creative responsibility for everything and anything that he experiences within himself by asking important questions to himself. And he must also perceive and implement the creative responsibility for everything, including the quality of his entire life, as well as what he finds in his life itself, be it in relation to his body, his thoughts, feelings and psyche, his ideas, needs and desires, as well as his relationship with himself, with other people, nature and its fauna and flora and the entire environment. From now on, people must be prepared to consciously and lovingly take their lives into their own hands, to direct them and make the best of them. And if they do that, they open a door to a path that leads them out of the helplessness of dependence on their messed-up thoughts and feelings and their shattered psyche and into the freedom of happiness and contentment. They must build up their own creative power, perceive it more and more, implement it in reality and thus create a new, good and positive as well



as free, happy and content life that allows them to live a completely fulfilled life in balance, peace, freedom, harmony and love.

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