



Self-Knowledge

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People must constantly be supplied with new life energies, namely those that arise from their thoughts and feelings and that allow them to lead a life of inwardness. In order to find their conscious path to inwardness, they must dare to take the first step towards removing all the boundaries that constrain them. But in order to make the energies and powers of true inwardness shine, it is necessary to know what it actually is and what values it contains. Inwardness is the inner state of one's very own being, which is surrounded by true love and accompanies people everywhere, enabling them to change their lives for the better at any time. But to do this, it is necessary to get to know oneself, because only self-knowledge makes it possible to find access to one's inner being or to reach one's true inner nature. But this involves much more than just looking at external things, such as the way one speaks, behaves, and acts and the thoughts and feelings shaped by everyday life.

The truth is that countless people do not know themselves or know very little about themselves and are therefore infinitely far removed from real self-knowledge, and consequently are not aware of who, how and what they really are. The fact is that dealing with the purely physical side of life is just as insufficient as superficial thoughts and feelings in all imaginable relationships. If a person wants to be a true human being and experience what he and his consciousness as well as who and how he really is, then it is essential that he is able to understand a comprehensive knowledge of himself and thus also of his inner being. Inwardness does not only mean the true inner being, but also being turned inwards and thus an internalization and the depth of the inner life. But this is reality in every person, even if many do not consciously perceive it or only believe in it.

However, mere belief in it is not enough, because everything must be consciously recognized and perceived with clear thoughts and feelings, because the great wealth of the inner life of the inner being must consciously enter consciousness and thus also directly into life. However, this is in truth only possible for very few people, because they cannot see the inner life of their inner being, because they do not strive for their own self-knowledge through internalization. This is also the true reason why they do not perceive, understand, consciously apply and evaluate the energy and power of their consciousness and their thoughts and feelings. Therefore, they are not in a position to recognize the true beauty and deep meaning of life and to cultivate and preserve the values that arise from it. Basically, countless people lead their lives only concerned about material things, and therefore they live their existence only for purely worldly things that lie at the very edge of everything valuable in their inner life.



Deep down in his inner being, man wants to allow love, peace, freedom, and harmony to flow into himself, but because of his ignorance of his inner self, he does not understand how to bring about this experience and the experience that results from it, either directly or indirectly. But this would be possible at any time if he were motivated and willing to make the effort. All that is necessary is to take the knowledge of the creative-natural laws and recommendations as an opportunity and use them to open up one's own inner being and to approach the inner life through internalization. So, all that is necessary is to focus on the inner being and to consider the inner permanent aspects of life that have already existed and will continue to exist. Only the person who is not aware of himself as such and of his real inner and outer value does not ask who, how and what he is, how he lived well or badly in the past, how he lives now and how he will live in the future. Only the person who is able to internalize and recognize himself through introspection, who shows himself honest compassion and kindness, and who holds steadfastly to all the values that determine a life that is appropriate to existence through the creative-natural laws and recommendations, really does this and gains an infinite amount of love, peace, freedom and harmony from it.

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