



Man, as such, Must Determine his Own Destiny

By <Billy> Eduard Albert Meier





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When a person is unhappy and dissatisfied, he behaves in such a way that when he talks to other people about everything that has happened to him in his daily life, he speaks in a tone that makes it clear that he is constantly complaining about the hows and whats of his fellow human beings and about the injustice of what his life has brought him, both from the beginning and today. He complains about everything and anything and believes that his life itself, unlike his fellow human beings, treats him wrongly. He complains about his life and takes it to task in the same way that he does about his fellow human beings when he assumes, or sees, that something is wrong with them that annoys him. He is completely under the false impression that, unlike his fellow human beings, he has been short-changed in all aspects of his life and that life itself has given him everything in the wrong way and that life itself should therefore apologize to him. But if he complains about his life in this way, then he should pay close attention to the tone of his voice as he complains about the alleged mistakes and injustices of his life, and does not notice that he is only ranting and raving about himself, and his wrong behavior, and does not notice the negative, bad and evil things he is doing to himself.

If he is unhappy and dissatisfied, then he mistakenly believes that life owes him something and that he can lay claim to it and demand what he imagines life should give him. But the fact is that he is unable to perceive or see any connection between what he radiates in terms of his thoughts and feelings, and his attitude to life and to himself and what life responds and gives him back in terms of his mental and emotional impulses and his attitude. Basically, he simply does not want to know that it is explicitly his thoughts and feelings that are deforming his psyche and are responsible for his life going wrong, and for him being unhappy and dissatisfied.

And the fact is that, as a result of his wrong thoughts and feelings, he repeatedly falls prey to confused fears, angry anger and resentment, as well as strife, defiance, rage and wrath, in which he behaves defiantly and angrily demands something from life that it cannot give him, precisely because he has to give it to himself and only he is capable of doing so. He does not realize that in this regard he is simply following his own whims and wishes, for which he cannot hold his life responsible, but only himself. He quarrels with life and does not realize that he is really quarreling with himself and that in doing so he is condemning not life but himself and waging a hopeless inner war with himself.



If a person is unhappy and dissatisfied, his life cannot turn out any other way and cannot play out any other way for him than the way he himself designs and leads it. If he harbors evil, negative, and bad thoughts and feelings, nothing good, positive, or valuable can come of it. The way he forms his thoughts and feelings results in the same effects, i.e. what he sows mentally and emotionally, he also reaps. The direction and quality of his thoughts and feelings determine his basic behavioral attitude, but he is not accountable to himself for this because, due to a completely false belief, he is not aware of what he is really doing to his psyche with his false world of thoughts and feelings. So, he must learn to form and direct his thoughts and feelings in a positive and correct way, and consequently he must also become aware of what he thinks from morning to night about himself, his life, his fellow human beings, and his environment. Only when he does this does he learn to know that he can expect and find the appropriate answers in his life with a certain amount of time, only when he brings himself to the intellectual and rational maturity that enables him to recognize and understand reality and its truth.

If a person is unhappy and dissatisfied, he must be fully aware that life in general - and consequently his own life too - follows clear laws and recommendations; consequently there is no good luck, no bad luck, and no fate that is determined by any other power than himself and his thoughts and feelings. Predestination by any external higher power is absolutely never given, because he alone constantly determines the causal relationships that determine his fate, his good luck and his bad luck. In any case, he alone is his guide and the architect of his destiny, and he alone determines his life and his way of life, but he must realize this himself.

In doing so, he must look at his life with curiosity, openness, without prejudice and absolutely neutrally and be prepared to see everything as reality presents it, in order to recognize it as it really is, because only then can he orient it towards something better, progressive, good, new, positive and valuable. Recognizing everything as it is means that it must be recognized in its basic features, because only by gaining this knowledge can it be determined where it is being attacked and what needs to be changed. Recognizing something in this case does not mean that something should be accepted, but only that it should be recognized and held on to for analysis. And that must happen with what is currently and right now revealing itself to the person in his life, because now is the moment when he must take hold and free himself from everything that makes him unhappy and dissatisfied. He must now gain his experience from it and also experience it, because he can only recognize the meaning of an experience if he opens himself to it and also experiences it. Only in this way can he recognize that everything in his life has a meaning, because the principle of causality or cause and effect always prevails. If he looks at everything closely, he can recognize and learn to understand the meaning of all things in life and in everyday life, which often happens relatively quickly, while other processes take more time because they may be a little confusing or



complicated. This refers to the individual person himself, to all his mental and emotional impulses and the state of his psyche, and he must therefore treat himself and his impulses appropriately. But if he does not treat himself lovingly, then he must ask himself why he does not do so and whether he loves, honors and values himself at all. He must ask himself what attitude he has and how he thinks of himself, and whether it is perhaps now time to start a completely new phase of life because he is simply fed up with continuing the life he has had so far, because he has been wasting it for far too long in a fruitless and unprogressive way. If his thoughts and feelings are negative and bad, then he must ask himself what he honestly thinks and feels about it and why he has treated his psyche incorrectly, negatively, and badly for so long that his psyche has become sick and miserable, and he has fallen into unhappiness and dissatisfaction. He must effectively strive to change for the better, good, and positive and to improve his urgently needed needs in terms of good and positive thoughts and feelings. But he must decide this for himself, and he must do it and not just want it, because only by actually doing what has to be done, he can achieve success. Wanting something will never achieve anything, because wanting something will always remain wanting, and only doing, acting, and doing will bring effective progress and success.

If a person is unhappy and dissatisfied, he must give up and push away what he does not love. On the contrary, he must create love within himself for everything that he is and embodies, and for all that he has peculiarities, habits, and behavior. Only love in this regard corresponds to the substance that holds him together in the totality of his thoughts and feelings, as well as his psyche and his interests and desires.

Therefore, he must love himself honestly and correctly, as well as all his various emotions, for it is this love for what he really loves that remains in him constantly, flourishes and grows, and makes him bloom like a flower when he himself determines that it can grow and blossom. Man himself is like a plant, and to it he must pay special attention, day after day and night after night, by his own determination. And he must do this by thanking himself for his existence and for paying attention to himself and giving himself what he needs to be happy and content. And if he gives himself this attention in all necessary things, then in a short time he will be surprised that he differs in a good and positive way from many of his fellow men who are unhappy and dissatisfied and are constant complainers and stubborn people. And when he realizes this, he also knows that life has not treated him unfairly, but that he himself has done it and that it has only changed for the better, good, and positive because he has understood and learned to control himself. This is the time when he has learned to act positively and correctly towards himself, instead of accusing and demanding himself and life and withdrawing into himself, sulking and defiant. When he is finally ready, he no longer finds life unfair and unjust and is no longer angry with it, because that is the moment when he has found his way out of his stronghold into real life and has become happy and content. And this is also the time when his attitude to life has become meaningful and offers him great security against that part of



the environment that is cold and loveless and in which all those who are unhappy and dissatisfied vegetate. Because he has finally found himself, he no longer has to protect himself from them, because he knows how to protect himself and is under his own control over his life, his attitude to life, his lifestyle and his way of life. And when he is in control of himself and gives himself the attention he needs, nothing will stop him from loving himself and from the inner, valuable gifts that life gives him again and again. And when he has torn down the walls that have prevented this up to now, he can dare to devote himself freely and openly to real life again and no longer feel hurt by what happened in the past, because he has become capable and has learned to heal the old wounds.

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