



Man Lives in Disharmony with his Past

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If a person is constantly unhappy and dissatisfied, then he is at odds with his past, which weighs on him and which he constantly recalls with conscious and unconscious thoughts, feelings, and emotions, even though he rejects and represses them. These memories are particularly rooted in his childhood, youth and upbringing, although the memories are not clear, but diffuse and filled with images that he can no longer recognize and interpret clearly, even though his memory is fully functioning. Nevertheless, many things seem very blurry to him, and the reason for this is that the whole of his childhood, youth and upbringing was neither edifying nor enjoyable for him, because many things happened to him that weighed heavily on his thoughts, feelings and psyche, made him unhappy and dissatisfied and shaped him for his later life. In this way, as a child and teenager, he became withdrawn and closed himself off from happiness and contentment. In doing so, he also unconsciously – perhaps consciously – resented those who raised him, especially his parents, and developed an aversion to them and their incorrect parenting practices, a dislike that he has retained up to the present day. In this way, he never created peace, freedom and harmony between himself and those who raised him – such as his father and mother or other people – but unconsciously – or perhaps consciously – dragged around his experiences and what he had experienced as a child and teenager, bumping into them again and again and remaining in his unhappy and dissatisfied state of thoughts, feelings, psychology and consciousness. And since this is actually the case, he must finally recognize and learn to understand that he became badly entangled with his educators, usually his mother and father, during his childhood and youth, and that he has unconsciously carried this into his present day. He must also consider that even during his childhood and youth he was dependent on himself in terms of thoughts, feelings, psyche and consciousness, because even at a young age he had to be encouraged by himself to control his thoughts, feelings, psyche and consciousness world by his own power and to shape it correctly. However, if he is unhappy and dissatisfied today, then he did not fulfill this personal obligation when he became capable of the power of his own thoughts, feelings, and decisions as well as self-related actions. So, he did not give himself attention and care, but rather he wrongly tried to subconsciously obey his parents or other educators in order to gain their attention and care. This inevitably led to serious entanglements, which he carried into adulthood and which he now has to bear and gnaw over, unhappy and dissatisfied. He feels this in his relationships with other people, in his own family, in his acquaintances and friends, and also at work.

Of course, people should finally let their past rest and not constantly consciously rummage around in it, but they must bear in mind that they do so unconsciously and subconsciously anyway, because their peaceful



past is constantly stirring within them and making itself known through unconscious thoughts, feelings, and emotions. And they must understand that these are not only stirred by their subconscious alone, but that they only draw impulses from it, whereby the unconscious, which is superior to their conscious mind, then unconsciously triggers thoughts, feelings and emotions in its own way, which unconsciously burden them and cause bad, unhappy and dissatisfied, as well as peaceless and disharmonious feelings within them. It must therefore be understood that the unconscious and the subconscious are two fundamentally different factors, because the subconscious is a storage part directly attached to the conscious mind. embodies its 'archive' in which all the past is stored, while the unconscious of the conscious lies before it and is, so to speak, its 'secretariat', which determines what first comes into consciousness unconsciously and what does not. Through this 'secretariat', which is placed before consciousness, unconscious thoughts arise, the feelings of which can be noticed and defined. In this way, thoughts and feelings arise that are not subconscious, but solely unconscious. The conscious and subconscious are divided into two parts, with one part of the processes taking place consciously and the other part subconsciously, which is however registered in the consciousness and perceived by the person, while what happens through the unconscious, which is placed before consciousness, is only perceived by the person when a corresponding feeling arises. For example, when a person concentrates on a task with full attention or does or says something consciously, then his consciousness takes over these activities. Many of the daily activities take place in this conscious mode. A much larger part of everyday life, however, is determined by another part of the consciousness, namely the subconscious. The subconscious controls all the things that happen subconsciously, while the unconscious, which precedes the conscious, controls the unconscious things. Unfortunately, even in today's consciousness science or consciousness research, the fact that there is not only a subconscious subordinate to the conscious, but also an unconscious precedes it is still unknown.

The term 'science of consciousness' may be new today, but the field of research can build on an enormous tradition of research into 'humanities'. There are also connections to modern developments in physics, neurobiology, and psychosomatics, which undoubtedly belong to a holistically understood science of consciousness. If we look at this new science, the following areas of knowledge are important:

1. Consciousness

Consciousness is necessary for the totality of experience and all its contents, as well as for the process of experiencing and experiencing it, which is a basic prerequisite for all forms of shaping one's own consciousness. There are different degrees of consciousness, from momentary awareness to the ability for effective awareness and continuous awareness, as well as deepened and expanded awareness.

2. Consciousness technology

When we talk about consciousness technology, we mean the ability to control our own consciousness at any given moment and the associated state of consciousness. If the actual core of a consciousness



technology is defined, this means awareness of the current situation and our own ability to control and shape things, as well as a broad range of skills from the ability to observe and self-control to conscious intuition or even recognizable presence.

3. Consciousness design

Consciousness design describes self-leadership and self-management, but also the ability to participate and shape relationships, and therefore the whole thing also means the ability to shape complex situations and events and self-design in the sense of configuring our own competency structure, which aims at a competent and fulfilling lifestyle.

4. Consciousness art

In relation to consciousness art, this means the design of life experiences and life processes according to aesthetic, creative and artistic aspects in the sense of the art of living. This also includes the conscious evolution of one's own consciousness, towards changed and higher forms of consciousness and towards participation in collective consciousness processes.

Well, people must know that their troubled past is constantly at work within them if they have not overcome it and made peace with it. Every minute and every hour and day after day, everything pulsates into their reality and causes them unhappiness, dissatisfaction, joylessness, disharmony, and all kinds of other mental, emotional, psychological and conscious suffering, as well as physical suffering. And the longer they wait before reconciling themselves with their past, the more they prolong everything that burdens them mentally, emotionally, psychologically, and conscious and makes them unhappy, joyless, disharmonious and dissatisfied. They must understand that their past exists within themselves, in their memory and in their subconscious, exactly as they experienced it and lived it, but not as they remember it incompletely today and think of it in this way. He must be aware that everything is stored in his subconscious not only since his birth, but from the 21st day after his conception, namely from the moment he was inspired by his spirit form and his consciousness and subconscious became active. Since that time, all his still unconscious thoughts and feelings as well as everything related to his physical development and all events have been stored in his subconscious, although he was not yet able to perceive it intellectually and rationally at the time. And just as everything happened in the womb, it continued to happen after his birth, although he was then shaped by his parents or other people who raised him in relation to their upbringing, without him being able to defend himself against it. As a result, he became an image of his upbringing, to which he was assigned, and accordingly, as a child and young person, he began to react to other people in the way that his parents or other people raised him, and to assess and treat them according to his behavior. And as I said, he did this in his childhood and youth and made it his own, and consequently he carried it into his adulthood and kept it that way to this day, making himself increasingly unhappy, restless, joyless and dissatisfied. So the person has retained everything that was unworthy of him in this regard from his past and has not forgiven



his parents or other people who brought him up for their wrong behavior in relation to their wrong methods of upbringing, even if he thinks he has done so. In truth, the whole thing still lingers in him unconsciously today, which leads to impulses rising from his subconscious into his unconscious, which then struggles with unconscious thoughts and creates corresponding bad and nasty feelings. which he perceives and which inturn seduce him to consciously see only the evil, negative and bad things in life. This leads to unpleasant life crises and unpleasant changes that tear him out of his daily routine and throw him off track again and again.

And since his feelings, which result from his unconscious thoughts, catch him completely unprepared day after day, he finds no way to deal with them and the accompanying changes, and is therefore completely helpless and overwhelmed. The whole thing seems completely normal to him, although it is as abnormal as can be. The whole thing is, so to speak, a chronic illness from the past and is giving his life a completely wrong direction that he cannot control because he is not prepared for which unconscious feelings from his unconscious thoughts will reappear, and he cannot therefore defend himself against them.

Four factors inevitably arise here:

1. The person does not want to accept everything that results from his unconscious feelings, so he simply denies them because he denies the new crisis and resists any possible change.
2. He feels completely powerless against the unconscious feelings, feels fear and hopelessness, begins to harbor self-doubt, and falls into insecurity and anger.
3. He looks for ways out and possible solutions to reorient himself but does not succeed.
4. He cannot find balance and cannot accept or define the new situation of the new unconscious feelings, so he is always consciously digging around in an endless chaos of thoughts and feelings, thereby becoming ever more entangled in unhappiness, disharmony, joylessness, and dissatisfaction.

In all his wrongdoing, he can get stuck in one of the factors and fall into self-pity and bad memories from his past. This in turn leads to him arguing with his fate and angrily asking why all this has to happen to him. In such a state, he sometimes looks for a new perspective on life, but he cannot find one because he persists in his old behavior, which of course has a very damaging effect on his conscious thoughts and feelings, on his psyche, his consciousness and on his body. But this leads to the risk of addiction, that is, that he becomes addicted to his behavior in this regard - if he is not already -, with all of this resulting in depression and physical complaints, such as cardiovascular and gastrointestinal problems, as well as headaches and back pain.



Well, as an unhappy and dissatisfied person who suffers greatly from everything, he must be aware that there is also an opportunity for him in everything, because there is effectively a way to get out of every crisis and overcome it. Basically, such crises, which hit him again and again in his unhappiness, joylessness and dissatisfaction, or which have created a permanent state of crisis in him, tear him out of his indifference and help him to realize that he is far from reaching his own limits and does not have to give up. He can therefore always recognize that he is in an emergency and can overcome his crises and find valuable solutions to break out of his crisis habits, his unhappiness, and his dissatisfaction. And he must use this opportunity and make the following fourteen points clear to himself:

1. He must honestly value his everyday life and life in general again and take it seriously.
2. He must make an effort to recognize his own needs again, take them seriously and fulfill them.
3. He must take himself seriously again and value himself in order to be himself again in every respect.
4. He must give his psychological and physical needs their justification again within the framework and fulfill them as they demand of him.
5. He must understand that the meaning of his life is different and much better than the one he gives it in his unhappiness and dissatisfaction.
6. He must accept his fellow human beings and himself as a person more.
7. He must take himself, his acquaintances, his closest friends and his friends very seriously.
8. From now on he must set different priorities in his life and in his lifestyle and life design and from now on he must consciously understand these.
9. He must learn to know and question everything in order to find the effective truth within himself instead of believing, be it in relation to a religion, sect, philosophy or worldly view.
10. From now on he must do everything imaginable for the good of his thoughts, feelings, psyche, consciousness and his physical health.
11. From now on he must live his life consciously and consciously cultivate his thoughts and feelings.
12. From now on he must consciously divide his time in order to always do the right thing at the right time.
13. He must be clear that he must end his state of unhappiness, joylessness, disharmony, disharmony, and dissatisfaction.
14. He must consciously determine his own destiny, for he alone is the architect of his own happiness.

The person who is unhappy and dissatisfied must remember that his despair will grow steadily the worse he assesses his unhappy and dissatisfied state and the less he thinks and feels about being able to overcome the evil that burdens him. If he does not think about improving, he will succumb to discouragement and despair, and he must therefore hopefully change his thoughts and feelings for the better and find a good solution that will give him new strength and bring him back into balance. He must



challenge himself in this regard and overcome this challenge, using his own strengths that lie within him and that he can call upon and mobilize at any time. And if he does that, he will quickly find consolation when he achieves his first successes and overcomes his constant crises of unhappiness, dissatisfaction, joylessness, and disharmony. However, people must not get so caught up in their actions that they lose their objectivity, because if they exaggerate, the extent of their problems will become so immense that they will feel miserable and disappointed. It can also be good for them to find someone they can trust, someone they can confide in about their problems and talk to them about them, especially if they are feeling very lonely. It may also help them to write down their thoughts and feelings in a diary, or to read a good book that leads them to different and better thoughts and feelings and gives them new perspectives, or perhaps even opens up good and positive solutions to their problems, their unhappiness, their disharmony, joylessness and dissatisfaction, and gives them the courage to face life. Life-affirming works can be useful for this; Poems, good and valuable psychological guides and writings on life management, etc. It is also necessary that he lives from one day to the next if he cannot free himself from all his problems, his unhappiness and dissatisfaction, etc. and feels so overwhelmed that he cannot imagine continuing to live in this complicated way or even having to endure all the problems and all the pain associated with them for the rest of his life.

If that is the case, then it is very helpful for him if he does not think about what tomorrow will bring him, but only about what he is doing right now and what life is offering him at the moment, what he has to deal with right now and what he can do and carry out in the present day in order to ensure his survival for the present day. In the worst case, he can only consider what he is able to do on the present day. This alone gives him a meaning and perspective in life, and he no longer feels like a victim of his fate. So, he just has to mobilize his strength and use his chance, accept his own challenge and enrich his life with his new work.

If a person is unhappy and dissatisfied, then his thoughts, feelings, psyche and consciousness are entangled with his parents - or other educators - because they raised him wrongly and did not give him the freedom in his childhood and youth that would have enabled him to develop into a free and self-determining, happy and content person. Because he was unable to do this, he was unable to achieve inner clarity during his childhood and youth, which has also carried over into his adulthood. Consequently, even at his current age, he does not care about clarifying his past and does not learn to simply accept and process it as it was, in such a way that he simply detaches himself from it and turns to something new and valuable with which he fills his thoughts, feelings, consciousness and psyche, and also his entire life.

In this way, he must act in such a way that he perceives, accepts, and begins to love himself as he is, with all his thoughts and feelings, his fears, joylessness, his smallness, powerlessness, guilt and sadness, his



unhappiness, his anger and his dissatisfaction. So, he must first and foremost accept himself as he is, but do the right thing, which consists in turning to his thoughts and feelings with new values, slowly but surely adjusting them to the new and constantly expanding them in a good and positive way. In this way he constantly gains new impressions that slowly but surely give him valuable insights and make him realize that in order to be happy and content, he only has to clear his past by replacing it with completely new values that he creates through his thoughts and feelings and through the positive regulation of his consciousness and psyche. This enables him to reconcile himself with his past because he is prepared to let it rest as the past, no matter how painful it may have been for him. And only when he does this and sends the past back into the past in this way can he follow the path of a happy and contented life and not constantly attract and bind people to him with whom he knows nothing else to do than complain to them about his painful past and bring it up again and again because he unconsciously wallows in it and does not want to break free from it. If a person has had the experience in childhood and adolescence that he had to do without a good, positive and fair upbringing in love from his parents or other people who brought him up, and therefore felt abandoned, then this has continued into adulthood, and he must now learn to free himself from this feeling of abandonment by finding himself and realizing that he is not alone within himself, but is one with himself. The fact is that if he suffered violence in childhood and adolescence, then as an adult he will feel hatred, helplessness, anger, and despair just as he did then when other people become aggressive and violent towards him. But in his anger, he may also resort to violence himself, acting out this to his own detriment and that of others. If he was beaten in his childhood and youth, then in adulthood he will behave in such a way that he attracts aggressive people, possibly fights with them or with his partner and even hits his own or other people's children. However, if he learned in his childhood and youth to help a weak person, to show compassion to another person, to save or support someone, etc., he will do so when he grows up, because he is happy and content. But if he is not happy today, he must do whatever is necessary to become so.

If a person who is unhappy and dissatisfied is at odds with his past, with his parents or other parents, with his siblings, friends, acquaintances, with his neighbors or with other people, he must immediately sort this out and make peace with everyone. Arguments and discord in every relationship - even with oneself - must be a thing of the past from now on, because only peace, freedom and harmony as well as true love can lead to joy, happiness and contentment in life. People should remember that they are connected to themselves right down to their innermost core, but also internally through their subconscious with all people in this world, especially with those with whom they constantly have to do, with whom they live, who are always within their reach, who repeatedly cross their path and whom they cannot avoid. The only difference is in the relationship, that they are at peace with some and at odds with others. This is an indisputable fact that also proves that the negative and the positive are inseparably linked but can be balanced and regulated



in a harmonious way to create balance. So, everything is connected, and there is no effective separation, even if, for example, different poles exist, because inevitably both can only achieve an effect together. In this way, everything is universally ordered, and the cooperation of the negative and the positive can result in balance and thus a good value. This means that man is not condemned to unhappiness and dissatisfaction, nor to unhappiness, discord, disharmony, joylessness, and lack of freedom, because fundamentally he himself determines every single such state. He always has free choice as to how he views and judges everything, including in relation to himself and his fellow human beings. He alone determines his thoughts and feelings in every case, just as he determines the state of his psyche and consciousness, as well as all his actions, deeds, and behavior. Consequently, only he alone determines whether he continues to toil in his old thoughts and feelings, which result from the past and condemn him, which separate him from effective reality and its truth, as well as from the present and from everything to come, because he has already made them a habit in his childhood and youth. With his thoughts and feelings, he has become accustomed to constantly recalling the evil and bad things that caused him suffering in his past, instead of setting out to make peace with everything by turning to valuable new things and reflecting them in his thoughts, feelings, in his consciousness and in his psyche. The choice to do this is entirely his, his decision and his will. And if he wants to do it, then no one can stop him, so we can only recommend that he takes this path if he wants to become a happy and content person. And in order to create effective peace, real freedom, joy and harmony as well as happiness and contentment within himself, no other people are needed but him alone, because only he alone determines his own well-being and misery and thus also that he finally becomes a happy and content person.

A person who is unhappy and dissatisfied can only let go of his bad past and the bad thoughts and feelings associated with it if he has made peace with it. This means that he must consciously and willingly turn to completely new, peaceful, and positive events and values and learn to recognize, value and appreciate them. And only when he does this can he let go of his bad past, which unconsciously torments him and does not let him consciously understand why he is unhappy, unfree, unpeaceful, unhappy, disharmonious, depressed, and dissatisfied. So, if he wants to get rid of the bad past, he must accept the reality and truth of the present and future and with it everything new and valuable that is offered to him through his thoughts and feelings and through everything new. Only in this way can he manage to overcome the subconsciously stored and unconsciously working memory of the painful past and give himself a new life. If he wants to free himself from the past that burdens him subconsciously, impulsively, and unconsciously, mentally, and emotionally, he can only do this in the way described and meet himself lovingly and transform his unhappy, dissatisfied and joyless life into a peaceful and harmonious one. So, he should remember that it is never too late to learn to lead a happy and contented life by meeting himself and his true, creatively, and naturally given inner being and freeing himself from all entanglements that contradict this.



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