



Man Must Take Care of his Own
Affairs and of Himself, but Not of
the Affairs, Things, Problems and
Worries of Others

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Man Must Take Care of his Own Affairs and of Himself, but Not of the Affairs, Things, Problems and Worries of Others

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Since ancient times, spiritual teachings, or rather the "teaching of truth, teaching of the spirit, teaching of life," have held that it is important for people to take care of themselves and their own affairs first and foremost, rather than worrying about the needs and problems of their fellow human beings. This is correct, because only when people are completely at peace with themselves and have put all their necessary affairs and things in order, or have necessarily put others in order, can they be happy, content, and joyful. And only when this is the case are they able to take care of the affairs and things of their fellow human beings in a correct and helpful way. Only when this is the case and they themselves are happy and content - which is the most important point for being able to take care of their fellow human beings in a contented way - can they really be helpful to others. So when unwise people - who have created religious beliefs that have become delusional beliefs among the people of Earth - stupidly and absurdly claim that it is more important to look after others than oneself, then this is just as much a malicious and stupid false claim as the stupid talk that looking after oneself first brings a lot of suffering and disorder. In truth, this completely idiotic false doctrine, put forward by all the stupid inventors and teachers of religious doctrines, is effectively a crying-shame, namely that it is wrong to first create peace, freedom, joy, happiness, harmony, clarity and order within oneself. Religions and their stupid false teachings in this regard claim that it is more important to look after one's fellow human beings first than oneself, because otherwise the burden on people increases and they contribute to chaos, misery, suffering and distress generally expanding and increasing.

An insane religious claim and heresy beyond compare, which has brought enormous misery and harm to many people on earth, because they have become unhappy and dissatisfied and psychologically ruined by constantly "being there only for others" and "taking care of others" instead of themselves. In this respect, religious people or religious and sect believers have achieved truly outstanding achievements since time immemorial, but have disregarded themselves and their own well-being, trampled on them and stumbled through their existence unhappy and dissatisfied. They constantly interfered, as many unhappy and dissatisfied people continue to do today, in the affairs of other people without taking care of themselves and putting their thoughts, feelings and psyche in order, and consequently they go through the world unhappy and dissatisfied as if in a twilight state and taking care of others, but not concerned about themselves. Therefore, people must stay away from this way of life and not become like this wrong way of life, because they must master their inner disorder in a healthy way and realize what good things they must do and give to themselves. They must not do evil and bad things to themselves, because their way of life must not result



in a brooding, life-condemning and dull dawdling, nor in old age a life-weary and self-pitying loneliness and sitting around in their homes or in a retirement home, as is the case with all those people who are unhappy and dissatisfied all their lives and cannot get away from it. So, they must get away from everything, because they must free themselves from all their unhappiness and dissatisfaction and make an effort to do something with themselves and not just be there for others, waiting dully for someone to want something from them. People do not need to constantly worry about others, but about themselves, and do so in relationships by creating love, joy, inner peace, as well as inner freedom, harmony, happiness, and contentment for themselves. They must look after themselves and not continue to keep their unhappiness and dissatisfaction as an unhealthy hobby and believe that their self-destructive thoughts, feelings and psychological behavior have something to do with self-love and real life because that's just how life is. That is nonsense, and they must finally stop this self-destruction and realize that their wrong thoughts and feelings and their wrong behavior are only distracting themselves from their own fears and problems in life, which they do not consciously overcome, but constantly nurture unconsciously and subconsciously and disguise with confused thoughts and feelings.

People need to remember that fear and worry have never had a positive effect on them or really helped them, but have only burdened them heavily, because fear and worry have nothing to do with caring for a person or an animal, etc. Fear and worry upset thoughts, feelings and the psyche and thus cause harm, both to the person and to others. However, if a person cares for a person, an animal, a plant, etc., then this has nothing to do with fear and worry, but rather with a willing, joyful and responsible care, acceptance, mothering, looking after, caring for, taking under one's wing, etc. But if a person is afraid and worried, then these lie like tons of weight on their thoughts and feelings and burden their psyche, which then triggers thoughts and feelings of guilt. And this happens in all kinds of situations, both in relation to oneself and to other people. The whole thing also has the effect that one does one's work without enthusiasm and one's sense of duty sinks into the abyss. So it is of utmost importance that people make space for themselves and look after themselves in the best possible way, consciously in every respect, so that they also look after themselves in relation to their thoughts, feelings and psyche and also manage their own affairs and things themselves. This alone frees them from their thought-feeling-psychological burden and gradually gives them effective and lasting happiness and constant contentment.

Even as an unsatisfied and unhappy person, they want to be looked after in every conceivable way, want to earn their living, have the necessary food, enough and proper laundry, and have their household and their existence properly organized. He does not want to live in isolation from the world, but also with and in society, but this requires that he put aside the bitter aftertaste of his unhappiness and dissatisfaction and thereby do himself a service of love. So, he must give himself the gift of self-love, peace, and harmony as



well as his own freedom, happiness and contentment. He must close his unconscious account, in which he has falsely deposited the guilt he has assigned to himself, and he must open a new account with a credit side in which he books love, inner peace, inner freedom and harmony as well as effective happiness and true contentment, from which he continually gains interest and compound interest. In this relationship he makes a silent deal with himself that constantly brings him new and best benefits.

Even if man, in his unhappiness and dissatisfaction, is a person who constantly thinks of his fellow men, this does not mean that he is thereby doing them a service of love, nor does it mean that he is doing himself a service, for as often as he directs his thoughts and feelings toward others, he cannot at the same time be with himself.

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