

Table of Contents

Foreword by Karl G. Auer	9
Spiritual Healing	10
Why am I writing a book?	11
What do I want to achieve with this book?	14
Who am I?	16
The art of life	19
Everything is Energy	19
Our Mechanical Viewpoint.	21
Traditional medicine and Energetic Treatments.	25
Can medicine heal? Or is it possible to heal ourselves?	27
How can I identify myself with this body of thought?	28
Energy and Spiritual Healing	31
The Exploration of Health	33
Why is the world the way it is?	34
My Vision of a holistic being	35
My work as a »Therapist of Consciousness«.	38
My first Encounter with professional sports.	40
In our hearts	41
Energy is something special.	42
Cause and effect	44
Immunity and Immunisation.	46
My Body	48
World and olympic champion	49
Your true potential is within!	51
Consciousness and matter	52
Mind and Matter	53
We are unique	55
Consciousness is a fragile Plant	57
Love is everywhere	58
The true essence of love.	61
The olive branch	63
Joy	63

Freedom – our innermost Asset	65
The cycle closes	66
The fusion of masculine and feminine	67
Are we at the mercy of fate?	69
Are we the product of our past?	71
Combining old and new knowledge	72
Quantum world	73
What is reality?	74
Our thoughts are creation	76
Intuition – perception outside our five senses	78
Science and Progress	79
Where is the scientific evidence?	80
Science restricts itself	82
What should I study?	84
Where is logic and common sense?	84
Unity and intelligence	85
How does mass consciousness take place?	87
Perception and truth	88
Speak to your soul	89
The miracle of life.	90
Can Faith Heal?	94
Holistic Thinking.	97
Classic preventative medical check-ups	98
Energetic health care	101
Medicinal Drugs and Medication.	105
What is the Ideal Blood Pressure?	109
Sugar – the Sweet Side of Life.	110
Right or Wrong?	111
You are your Companion	112
Emotional Realisation	114
Live your Potential	116
Health and diagnosis	119
The way home	123
The Uprooted Human Race	124
Advertising that gets under your skin	125

Is politics in a coma? – Or how do I waste my potential?	126
The role of man in the ecosystem	127
Water Provision.	130
Evolution and Creation.	132
Society and Religion	134
Does God Exist?	135
The Angel of Perception	138
The Dream of a better World	139
Balance is the essence of health	140
The human instrument	142
Energy blockages	143
Fear of Viruses	146
Virus guilt	147
Virus Envy	148
Virus Jealousy.	148
Healthy living.	149
The statics of our body	150
Tension and power	152
Diagnosis and energetic treatment	153
Diagnoses, prognoses and their effects	157
Are statistics sinful?	160
The life expectancy myth	161
The heart	164
Cell adaption in cancer	167
In Harmony with Nature.	169
Interpersonal relationships and the success of treatments	170
Vaccinations	171
Exercise and relaxation	174
Sport – an important part of our society and lives	176
The future has begun	179
Do I want to Proselytise?	180
Why am I so optimistic?	182
Annex.	183