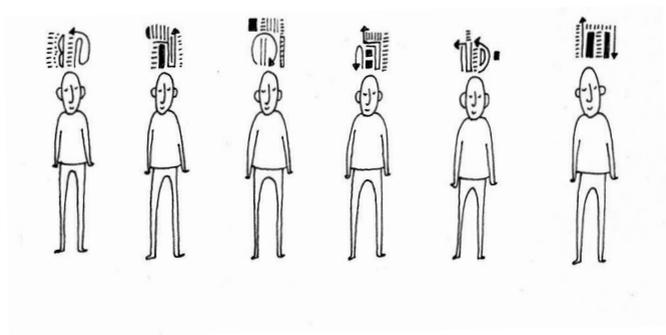


# A CURRENT TRUTH

ANNABELLA RANDEL



What is truth? Is there one universal truth? Is it true what parents tell you? Who decides what is true? Does it need to be scientifically proven? Do emotions offer truth or does a rational state of mind? How do you know something is the truth? Is my truth your truth? Should I convince others into my truth? Does everyone has their own truth? Is a truth still true when it hurts ? Will I ever know the truth of another person? Is there a specific truth in every family? Does truth change with my mood? Can truth drive you to action?

I finally received the *script* to my first twenty-five years. It feels satisfying to connect the dots.

Once the Earth was flat but then it became round. Once the Sun took its course around the Earth; now Earth revolves around the Sun. Once women were not allowed to vote; but then their voices counted. Once impressionistic paintings were non considered art; now one cannot imagine a major museum without them. Once Germany was divided into East and West. Now it is the Federal Republic of Germany. Once the hierarchy in a class system was sacrosanct. Today, one is not born into a life of farm work; the freedom to choose asks just for one decision.

One truth is replaced by another truth. What appears as the final form, a sincere fact, a firm reality, the truth, can loose its validity throughout the centuries or even the next morning. There are decent truths, that may last for a week and there are heavy truths, engraved in time and flesh. A truth can be subtle and quiet; the color of your eyes. A truth can be harmful; declaring the difference of value between human races. A truth can be inescapable; everyone is born into a family system. A truth can be a liar and a judge.

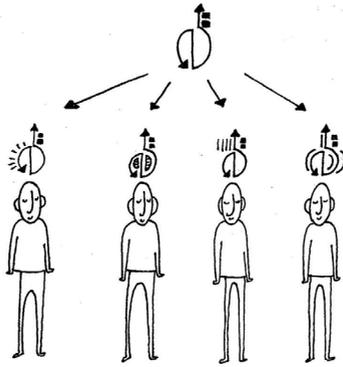


We are all looking for a sense, an order, a meaning to add to our lives and to give our actions meaning. That meaning is not necessarily a deeper meaning like healing the planet or saving the trees. The scale of the word 'meaning' differs from the choice of a wine label to the choice of which school we send our children to; daily decisions that are easier to be made when there is a direction for orientation.

Whether we follow religious rules, are a strong believer in political systems or part of a green sustainable lifestyle, each direction provides answers, guidelines: a framework. We like to know what is happening in our surroundings. We like to name it, because it gives us the feeling of understanding. And to understand means being in control. The human mind likes to be in control, the feeling of safety and stability. By the time we created a collage from the scattered pieces of our 'framework', a truth is formed and becomes our deeply-rooted view on the world. The brave one questioning a current truth may evoke displeasure. You only hear what you want to hear.

For a long time the sources of my truth were fashion magazines, diet guide books and my classmates opinion about me. They played a significant role. The sources of a growing teenage girl were mostly concerned with being beautiful and accepted. From an adult point of view one can see the danger and illusion of such a truth, that comes from an industry -focused questionable image of beauty. But for a young girl it can be a cold and inescapable truth.

What is the most sincere fact for someone at some point, might be a doubtful truth for another person that stands at a different point in life. Truths are the judge and the liar in one. Truth changes its credibility, depending on the angle you look at it from. And as it appears so often, it is easy to question other peoples truths. But when it comes to oneself one might easily become blind and defensive.



If a certain truth is valid for one and invalid for the other, who keeps the overview?

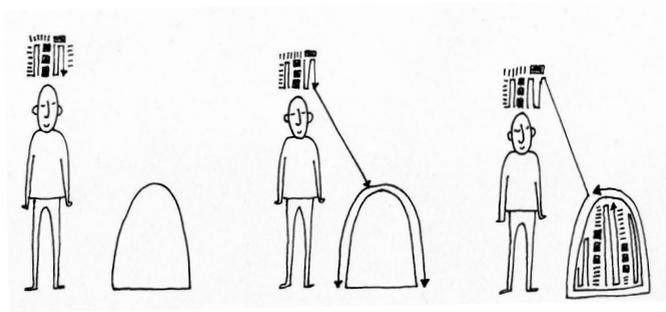
And who is in charge declaring a truth as true?

Truth comes in various forms. Truth appears on a global size, such as the earth's circular form. A country's highest power is the president elect. Food and water are necessary for survival. Truth appears as common sense; for a country, a community, via languages, traditions, rituals and laws. And truth appears in the smallest universe: the individual human being. One's origin, family, feelings - and thoughts.

Though the scale of truths is endless, there are standard, common truths, that a majority accepts as a guide. While religion took the place as the highest order in the last centuries (and still does in an alleviated form), science took over as the new religion. The change did not occur over night, but slowly took form. Since the classical antiquity, the relation between science and religion has been discussed. Scientists, philosophers and theologians were the brave minds question truths that were declared as sacred and incontrovertible. Galileo Galilei, to name one well known example, put his freedom on the line just to prove heliocentrism. The Catholic Church, a master of declaring truths, was once decisive in shaping a common mind of truths.

As with the Catholic Church, which in modern days has been replaced by politics, advertisement, science, the pharmaceutical industry and the food lobby, behind a truth stands a particular force. Truths are spread often with the aim to control a person, a group, a nation. And the more people adjust to a certain truth, the more powerful and incontrovertible it is.

But a common truth is the result of an individual truth.



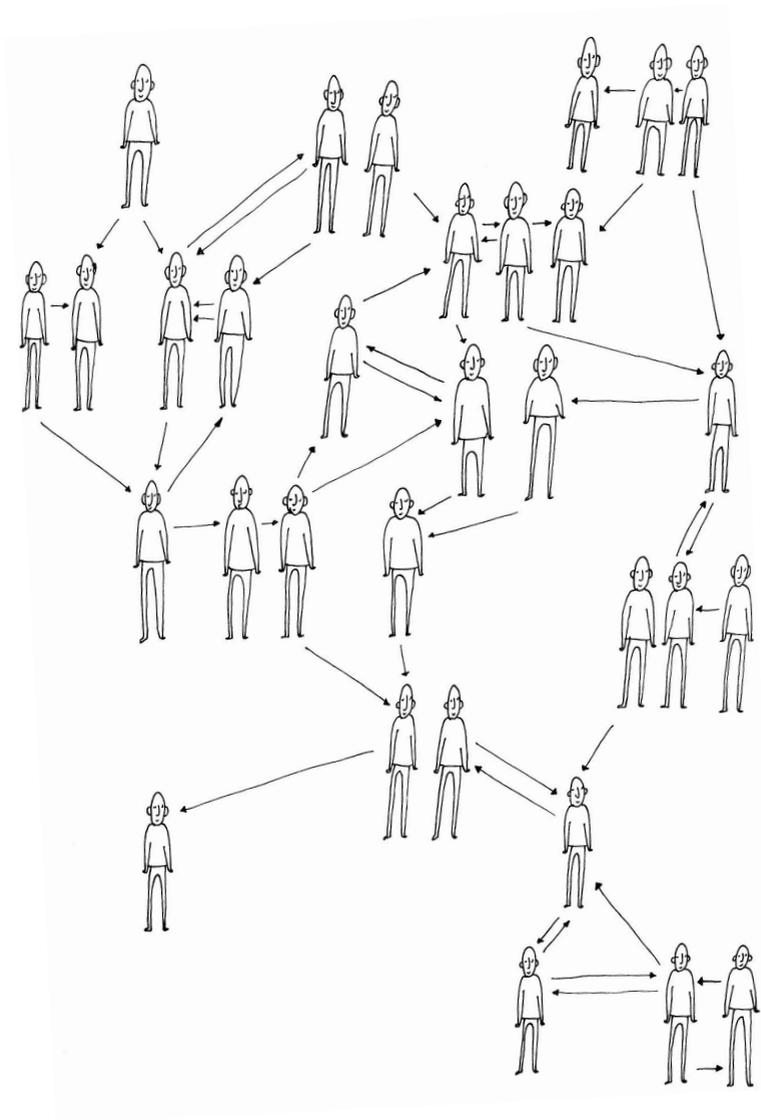
Where does truth start?

Truth is an unique and almost laughable phenomenon. Unique - I might say it only exists because of the human species. It appears to me that nature, in all its forms, does not concern itself about truth. I believe the earth could not care less about the assumption if it was round or flat or square. The sincere and acceptive character of nature seems far away from our species which puts judgement and information on things - leading to the birth of truths. And that is the funny part in this play: how we invent truth and declare it a universal statement.

My truths seemed to be the most sincere of them all.

After I absolved my expected duty of finishing school, I decided to leave my familiar city, country and family to move to Amsterdam. I was enthusiastic about the first time in my life that I was able to choose wherever I wanted to go, without returning back after the summer break to the sticky classrooms. Being tired of constantly putting knowledge in my head and proving it to people, working as an Au Pair seemed a challenge which asked for my real physical presence and not my ability to learn things off by heart.

The moment I was responsible for the care of three young children I turned into my parents. Repeating my childhood once again but in the role of my creators was confusing and eyeopening. It never occurred so clearly to me that even when I was 751 kilometers away, the traces were deeper than distance can record. Deeply rooted truths, playing constantly like a stuck record, formulated over years; bringing automated behavioral patterns into my mouth. And I could hear them. Astonishing me and making me see, that I was following certain truths all my life.

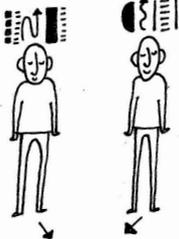


As a daughter and sister, growing up with my parents, an older brother and my relatives, I came in touch with truths from the very beginning. Especially in a family system a truth does not appear out of the blue. The most common form of a family truth is handed over from generation to generation. If I knew that when I started my journey on this planet, things may have happened in a different way. But as an average child, I was put under the spell of people who run in the same circle as everyone.

Family is a strong and fundamental system that hardly gives any distance to see an engrained truth.

The human body is a stunning and wonderful universe. Billions of cells, working to their optimum but the average human mind is too slow to grasp that wonder in its full dimension. Entering this world a great and individual potential is given to each. The infant is not familiar with the rational mind. It sees, and smells, and touches, and feels, and explores its surrounding purely. The young child's awareness is a physical, very present nature, that does not live in the past, present and future at once. Without a rational understanding of time, the child has the privilege to be stuck to the moment; a luxury that almost no adult's mind holds. Then, growing up, the trouble begins.

Although as an infant the truth about its identity is being attached externally (boys get the blue romper suit and girls get the pink one), the infant does not concern because it is not building up a cloud of thoughts yet. Still the result of the families truth will come back to the infant. In gestures that are soft, warm, cold, rude, overprotective. Yet it is this primary state the infant is in: the same as a tree that exceeds its given name; the oak or the chestnut. Regardless of the given name, the leaves will grow and fall and grow and fall. But unlike the tree the young child will grow and start to adapt.



A truth can only be perceived by a (human) consciousness. Nothing in this world exists. If a tree falls in the forest, would it make any sound if no living being is there to hear it? Things become 'things' the second a human consciousness gives it a name, attaching information, identity, and a story to it. Nature and the infant is immune to that, simply because there is no such rationally constructed consciousness yet.

The tree will continue its cycle but the child will adapt to the human world and within the first two to three years, the *me myself* and *I* is taking form. The child's mind is a sponge that absorbs everything it gets without being able to question it. These observations, words and images, will be translated from its surrounding into the truth; translated into thoughts with an emotional substrate. The child takes in all information without filtering. The identity, the cloud of thoughts, starts being constructed by what the child is told by its parents. Willingly and unwillingly the parents shape the mind of its child.

But who proofs the content of their truths? Who is responsible that the child does not take on a harmful truth?

The feedback a young mind is receiving from its surroundings is essential for its development. The deep bond between parents and child makes their truths seem ultimately credible for the child. And because truth starts with such a deep emotional bond and is filled with personal, existential meanings, it shapes how one sees the world. The chance to progress to the point to see that the 'whole picture' is only one piece of the puzzle may happen or not.

And because our parents are our first teachers, we believe everything they say.



Everyone is born a child. And most become parents themselves. But that does not necessarily mean becoming aware of the role as the 'first teacher'.

Does that mean that everyone is adaptive and continues to adapt a new child's mind?

When will be the point, whether one becomes a parent or not, to see the influence of ones truth? When will that cycle be broken?

As I suddenly got aware that I was repeating, literally, the truths of my parents when I was Au Pair, it made me question if my parents repeated their parents and so on. Was I just the speaker of a long line in the family tree? Was there a point when my parents decided to communicate a new truth? And am I able to see my truth? Are parents aware of the impact of truth? And do parents first have to see their own parents impact before they can see that their truth will have an influence on their own children?

I am aware that knowledge and its realization are not always happening smoothly.

Although I tried to deny it, I was following an established principle of education, from time to time in my days as an Au Pair. A global principle of punishment and reward. I found myself often coming back to these applied methods of educating. Because I did not know of another way to solve a tiring and stressful situation. For feeling tired and overstrained myself, I was the one sedating with sweets or reacting with cold behavior. Although I was aware that my actions would have an influence on the children and that it was my responsibility to act in a supportive and understanding manner, my individual daily condition influenced the realization of my educational goals.



And that occasionally had the consequence that I was not able to clearly see the children's need and escaped the task by administering sweets. Although I held high values of how to deal with a stubborn child and how to be responsive, it was hard to apply them to real life.

I doubt education that makes a child fit in. Much more I do believe in an effort to look for an individual response within a child's behavior. But as I experienced: knowledge and feelings can make very argumentative brothers and sisters.

The most deep and painful example I experienced repetitively since a young age, was a harsh voice inside my head telling me to stop eating 'guilty' food; to be disciplined and thin, while at the same time that overwhelming maelstrom screamed for endless sweets to feed me. My truth of wanting to be thin and my truth of wanting to eat lot of sweets equally accompanied me side by side. What a constant and energy sapping struggle because both truths were as strong and sincere to me as the other.

Are these then hurtful truths? A truth of how I should be (thin) and a truth of desire (wanting sweets) - ambivalent truths that exclude each other but are equally strong.

Why did I choose such a harmful truth, that made me feel so unworthy, as the only truth there is? Is that the outcome of a trying-to-fit-in-education and society?



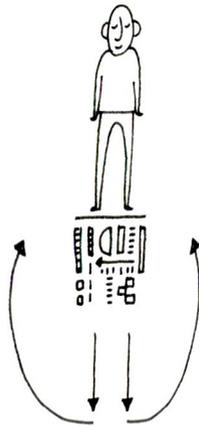
What influence do emotions have on truth?

The tricky thing about truth is that it comes with emotions. If the underlying thought of a truth is lovingly and supportive, the emotion will be cheerful and energetic. If the thought is harmful and scornful, the body's physical reaction will be stress and anxiety. And because most truths are shaped in an early childhood stage, it becomes unclear as an adult to see where a certain emotion comes from, or even to discern the thought that activates that emotion.

For a long time I tried to escape any unpleasant feeling that appeared vividly in my stomach by eating. Up to a point that my stomach was full and pushing away any nervous anxiety. I was eating a lot because that feeling always came back to me. That was my approach to numb and suppress the feeling. And although it never cured any unpleasant emotion, to the contrary, I always ended up stuffing myself because I did not know how to handle it another way.

I find it hard to distance myself from my emotions, this overwhelming explosion and implosion, and it becomes difficult to judge something by not being influenced by how I feel. It is almost impossible to take a distance to my truths because it appears so physically real to me.

The body is the first truth that allows to experience this material world. On the one hand through senses and on the other hand through what is felt. That vivid mush in my stomach. That plates of lead on my chest. The corded up throat. The emptiness. The warm embracing presence of nearness and trust. The giggling joy. Over and over again. Always transforming but never gone. I am not able not to feel.



Truth always comes hand in hand with an emotion. Which makes me assume that even people around me go through same storms of emotions. Some I know do for sure; some need a closer look to see that they might have emotions as well. Never be fooled by what the eye only shows you.

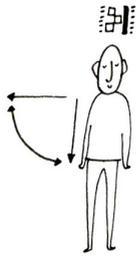
By realizing the influential power of my emotions on my truths, I am wondering if hence everyone's truth is also affected by ones emotion. Would that explain why it is so hard to understand another person's truth? Would that explain why we misunderstand each other so deeply sometimes? And why people feel offended deeply when another person is criticizing their truth? Are overwhelming emotions the reason why religion and elections become such a tense conflict?

Although we live in a world that focuses on rational qualities, it does not mean that emotions are out of the program. Oppression of emotion is one option. Removing that unpredictable power that is hard to be handled is tried repeatedly. Being twenty four hours online can be a useful tool. But did oppression ever solve any issue?

However, emotions are better kept as a personal matter and a person who openly expresses themself is sneered at. Never have TV shows with highly dramatic actors, video games, porn etcetera been so successful, to be a valve for accrued emotions.

The mixture of a certain thought and a created and connected emotion makes a truth fundamentally working.

Even if we try to push that emotion as far away as possible.



But where do my emotions come from? Out of the blue?

The brain is the crown jewel that we humans are so proud of. That is a very common truth. It is the base of giving order within milliseconds. Before I lift my leg, I think to lift my leg. Before I feel I think. Before there is an emotion there is a thought. So a thought also comes with the result of an emotion. Mostly self harming or stressing thoughts come with an unpleasant emotion and the other way around.

But the principle is simple: I think - I feel. But because that happens physically so quickly, it might be hard to see that connection at first sight. Is truth exactly that? I think, I feel: it must be true. That sounds so simple. But in `real life` it is usually not so easy to recognize and to spot a thought that activates an overwhelming emotion again and again. And no pill cured it yet.

The conscious and the unconscious - part of the human tragedy. If the conscious would be the size of a hazelnut, the unconscious would appear as a watermelon. The unconscious is our friend. It saves us from painful memories, it makes life in general more pleasant by hiding information deep down so it will not bother us anymore (which does not mean that the issues are solved, just buried deep.)

But yet 80 percent of our behavior is imitated unconsciously, because the human learns and adapts by imitating. Every child imitates its surroundings perfectly; but it can only imitate what is offered. A child can be born with a huge potential for example to play the piano, but if this potential is never recognized and encouraged by the outside world, it might stay inside forever. So our truths are mainly adapted unconsciously without us being aware to see how they emerge.



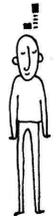
That also means that the root of it - our thoughts - behind our emotions are unconscious, and it sometimes becomes a riddle to understand where a certain strong emotion suddenly appears from. Overwhelming emotions and the feeling of being constricted is not always welcome. But if that belief, that certain thought, which activated that emotion repetitively is discovered, the thought can be seen. If something is seen and recognized, it can be changed. And if the thought changes, the emotion will transform as well.

Yet there are a lot of oppressed emotions happening on the streets out there. Traffic is one 'brilliant' opportunity for suppressed feelings to appear. I will never forget all the swearwords that I learned as a child while my mother was driving the car. Or my fathers fingers turning white, claspng the steering wheel. Or myself, avoiding every conflict but suddenly being overwhelmed by anger and frustration while cycling during rush hour. I would be ready to kill a person on a scooter at that moment. And I wonder where that anger comes from.

But if everyone is acting unconsciously, who teaches us to be aware of our actions? If running a daily program where we think we have control actually is an illusion, does that mean we do not have real control? Because we only act by our conditioning?

And how to achieve the freedom to be able to choose?

Children will be sent to kindergarten and school to be prepared for life. But something makes me think that being prepared for life in our current society, means being taught to fit in, to develop a proper social manner. To be polite but not fake, smart but not a smartass, communicative but able to shut up, capable of filling a program of given facts but not questioning them.



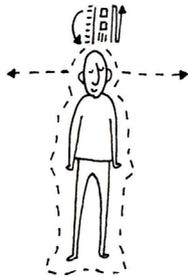
Being successful to make your parents proud. Being successful to be effective. Being effective to be a proud member of the society- but only within the given frame. School, the tool from a government to make one fit in. A punishment and reward system - good grades - good student, bad grades - no skills at all.

There is no such thing as one kind of student that fulfills all these expectations. Yet the educational system pretends to make everyone fit in. The ones who struggle with that will be the loser or problem case, labeled as displaying behavioral problems.

A school system passes various truths onto its students. Truths that come from historical facts and include lots of year dates and body counts. The truth, that imparts the worth of a student who gives the 'right' answers. The truth, that learning fast and effective is the goal and the weak one will be out of the race. The teachers judgement on a student has a deep impact, both on the student and the parents. Whether the teacher is able to judge wisely or not, the school teacher can be another fundamental force of shaping ones truth.

I had the chance to attend a school that offered a various curriculum that focused on the creative and social aspects of developing as well. Yet I wonder why I had to learn so many facts by heart that I forgot a week after the exams but never learned something that fundamentally helped me to deal and understand myself and hence my surrounding.

Where was that knowledge about life and truth which I think is essential for everyone? I learned a lot of facts about the world around me. How to do math, the interpretation of a poem, how to write an analytical report of a chemical reaction, about German history, how a volcano works.



The closest that came towards me, or the human individual, was biology. But the images of augmented cells became an abstract picture, a painting, and it was far to see myself in that.

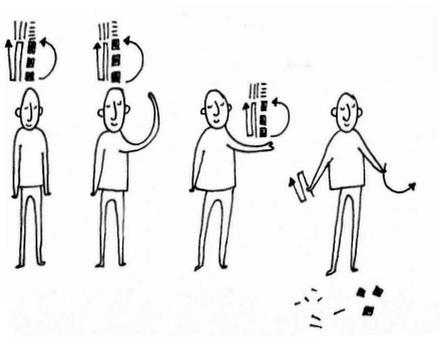
But how am I supposed to see and understand the world and others, if I am not able to honestly take a look inside. There was the world around me, mainly created by a lot of facts, from books or the internet (its content is highly disputable) or fashion magazines. But I was alone with my understanding of what goes on inside of me. Nobody could help me with understanding and truly feeling my emotions such as shame, guilt, anger, feeling ugly, too fat, insecure. Judged. Natural feelings of a vulnerable, growing human; dangerously defeated by them. Nobody taught me about the impact of my adaptive, created truths.

Nobody could honestly and caringly guide me through making failures and that it is the best thing to learn from and to grow. A guidance to what it means to become a woman. Nobody told me that feeling fat is not solved by replacing chocolate with nuts and counting calories. There was no lesson that tried to guide me, to understand, who I am. Besides my name, gender and physical appearance, who am I. Besides being slow in understanding math and enthusiastic in drawing lesson, who am I.

Strangely no educational system teaches that.

But obviously I am not the only young adult in need of guidance.

In fact, we learn the opposite of being free to choose.



Common schools do not teach to take distance, to question, to analyze and to reflect oneself and oneself behavior. And hence to understand some others usually inexplicable behavior as well. To question parental influence.

Instead of learning historical facts and seeing the world in good versus evil, trying to understand what could be the personal constructed truth of a person declaring one human as more valuable than another, judged on ones skin color and origin.

Trying to conceive a persons truth that seems to be the acquittal to harm an `improper´ person. Learning how to see behind the scenery instead to judge.

Tools to start understanding and seeing:

That truth is so individual for each of us. And the assumption that my truth is valid for others may lead to misunderstanding and conflict. And the importance to understand yourself. So you will be able to understand the other one. To tear ones truth apart. Make the blind and defensive become able to see the coherences.

The truth about my body image was based on fear. Of not being worthy enough the way I looked. And it became a constant feeling that had influence in various parts of my life. Pain can be a driving force looking for answers.

Where does pain come from?

The consequence of the prevalent fitting-in-education is profound.

If we are raised to fit in, to adapt and concentrate on a manner, quality and skill that will make us feel worthy, it means at the same time that we get ashamed of the parts that are not appreciated. These parts will be hidden and the fear that one will discover them will stay. The feeling that something is wrong with us appears.



The child intuitionally understands what behavior will get the most appreciated attention from its parents. Every child is condemned to long for its parents attention (as long as you live). Thus the child will try to fit into that expected shape that makes him/her feel the most accepted. Some children will find out that part to fit in easily because their parents frankly show it or say it. But some children will find it hard to please their parents and the longing for their attention will turn into the opposite behavior. The cycle is turned upside down: forced attention by 'inappropriate' behavior. Becoming a rebel as a last try to get the existential parental approval.

The vicious cycle lies with the unreflected values in families and education that are handed over from generation to generation. The parental 'love' for the child comes with conditions. It will be 'loved' when it is tidy, quiet, pretty, strong, smart. And it will be punished if it is too noisy, stressful, stupid, fat. The truth is formed by the parts that are approved and the ones that are not. The child will adapt and believe in the existence of its wrong sides as well.

As a result a lot of our truths are based on fear. The fear that someone will discover the 'ugly' sides. The fear that we are not good enough. Hurtful truths, that judge aspects of our essence, character or body as wrong, bad, ugly, unworthy. Coming with an underlying fear that if somebody would find out these parts, the 'love' would be revoked; Just like our parents used to do, even in non obvious ways. Cold behavior. No good night story. A harsh comment. A slap in the face.

Everyones hurtful truths are on a different scale. But the main complication is the belief in that truth of not being worthy. A tragedy how children believe even the most harmful truths.



The feeling of not being good enough can become a constant companion. Not consciously being noticed as such but expressed in the need to be revalued by external sources. Revalued by objects. Technical devices, clothes, sweets, property, expensive jewelry etcetera. The concept of shopping works because we are constantly trapped by the illusion to become worthy with that new object. But after a few days the unpleasant old feeling comes back. And we consume again. And again. And that is also why advertisement works. Addressing our `unworthiness` and promising a solution. An external solution. Again and again. Especially in our western culture, consumption became the new religion. We shop far beyond our existential needs. Property and objects become part of ones identity and worth.

I wonder for how long this cycle will go? When will it be realized that filling an inner emptiness is not solved by external articles? That worth does not come from the outside, and that the truth of unworthiness is shaped by an unworthy state of mind.

It is a tragedy that we run that cycle again and again and are not aware of the slavery we are in. Not being able to see our unconscious need to be appreciated, seen and loved. The same need that every infant has in order to survive. The tree gets that love from the sunlight, the air, the water. Nature is the love for a tree. And the tree is love to the Earth.

We grow up and part of that means that we get hurt. Hurt by truths from our parents who are not aware of their impact and never learned it another way. Hurt by our own belief in our flaws. If we could only understand and teach in schools, that it was only the limited and conditioned view from our parents and surrounding that made us believe in the unworthiness.



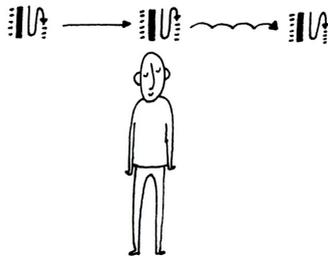
If we could see, that our parents act from a point where they do not know better and never made it to the moment to question their truths.

And it becomes so important to understand the character and creation of truth: to see the liar and the judge. To dismantle the personal constructed truth. Hence to understand the truth of ones parents and the people in ones life. To discover the invalidity of a hurtful truth. And to learn how to adapt an acceptive and loving truth that is not based on indiscriminate judgement.

Our truths are deeply engraved within our system. It takes work and energy and conscious observation to step by step evolve a self loving and supportive truth and to cripple old or harmful truths that do not feel suitable anymore. Accepting and loving each part, including the 'ugly' ones.

It is so easy to blame everyone around us for our misery. It is easy to blame family, friends, society. Especially society, this big powerful yet anonymous force. But we forget that society is shaped by countless individuals. And thus again the importance to understand myself and others to comprehend a current situation of society is needed.

I came to realize that the cause of my struggle was that I took my truths and the ones from around me too seriously. Not seeing the dubiousness of that situation, I did not have the distance to analyze and to laugh about it.



The last five years I spent at a place that I choose to. I always had the fantasy that if I would change location I would be free to be whoever I want to be. Instead the last years became a clear mirror of the opposite. Yet I had the luxury of space to develop and a place where I could do what naturally always helps me to distance or deal with my thoughts and fills me with excitement: being creative. This time I could translate my cloud of thoughts into something physical. My truths made it from my head into something I created with my hands. Yet the constant fear of being judged or rejected influenced how I worked. Partly I was too petrified and there was no space left for creative expression.

Fears do not disappear by changing location.

We observe. We observe through filters. We observe through filters that are based on past experience. We observe through filters that are our truths. Because that is what a truth is: an old picture, constantly repeated. Everything that is apprehended is an interpretation of a past occurrence. We do not see. We judge. Over and over again. Between the beholder and the 'thing' is first of all the sense perception. Though my ears hear crystal clear, my grandmothers listening is restricted. Another might be colorblind. One does not smell. Cognition through our senses is restricted to the quality of our eyes, ears and nose. And these qualities are different for each. Perception is individually joined. The second filter focalizes on what is expected to be seen. Expectations based on truths.

The distorted image of my body and the value that I put on an ideal made my view focused on everyone who was thinner and had the 'perfect body'. 'Everyone else' became more valuable than me. So my focus became on how little I was worthy and I only recognized the people around that were more skinny. My expectation was fulfilled.



And after twenty-five years there it is. The *script*. Answers. After long sleepless nights of analysis. Hours of not being able to move because my stomach was hurting from the storm of candy. Moments of looking in the mirror and feeling powerless of trying to fit into an unreachable shape. My view has shifted. Accepting the deeply influenced picture into an understanding perspective.

I have my focus. And you have your focus.

We think we know everything and we think we see everything. What a mad assumption if one is not even aware of its own conditioning. I am sure that a majority did not read the *script* yet. You never see what you do not know. You never know what you do not see.

But even there is an unique truth within everyone, it does not mean it will only have an effect on that person. One truth affects another truth - every person's truth has an impact on its surrounding: humans, environment, nature. Truths, expressed verbal, mimic, physically always come with an effect.

I can more and more let go of the impulse to blame my parents, classmates, that called me harmful words, and I can let go of blaming myself for not being good enough. Since I realized that everyone is living their own truth and that every reaction is based on that individually created source, I stopped taking things so personally. That does not mean I do not care about my surroundings anymore. Rather the opposite. Because through honestly getting to know myself, my fears, my insecurities, and my aspirations, it enabled me to see that struggle in everybody. I am able to see behind the scenery and that gives space: the space that is needed to understand myself and the other and others.

Currently I am busy with reorganizing my truths.



THANK YOU GEORG FOR ALWAYS BEING THERE FOR ME.



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