

THE
COSMIC
BODYBUILDER

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THE BIBLE OF THE BODYBUILDER

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Be yourself!

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HIGHEST CONSCIOUSNESS

THE HEART

There are pure hearts, and there are dirty hearts. A pure heart is very rare. It is so rare that one can lose the faith in it.

We live in the age of darkness. In the age of darkness the dirt rates high. One has to beware of humans with dirty hearts. They come along with dirty tricks and are always on the top. They have learned to move in dirt. A pure heart is too empty for them to give something for it. They live in the outward appearance. They are like gilded lumps out of dirt.

A pure heart lives on divine love. Seeing and living divinity is fertile ground. Dutiful activity and inner tranquillity are best love-seeds. With time the love-fruit comes as a feeling of the heart. And therefore 'to love' also means 'to feel with the heart.'

Dirty hearts weep sometimes, then, with the tears, some dirt runs and relieves the heart. Why hasn't one foreseen it? Why did one cling to the transitoriness so firmly? If one had only had a pure heart!

Pure hearts build on the eternity. Any death is only a transition for them. The outward, the transitoriness cannot take them captive. A pure heart is solely created by the inner life of the soul. A soul is perfect when it realizes that everything lies in the heart only. The outward is refuse, it lies as dust on a nugget.

Loving humans are regarded as stupid and naive in the world. But secretly they have recognized the love as the highest reachable consciousness. They who have the love in them are ripe for the golden city of God.

The golden city is God's home for ever. Whoever lives in it has comforts of all kinds. Not only that the eternal love flame has its home in it, but also all that what is brought to life by love.

Sometimes God comes down to the earth to go for a walk. Many is the golden lump which is bursting under the big feet, and God loves this bubbling walking. Sometimes God is pricked by a nugget, then God picks it up, rubs it clean on the chest and says, 'See - a little piece of gold! I will take it with me into my home.'

THE JOURNEY INTO THE HEART

The humans travel and travel to the most distant lands and to the remotest islands. What do they want there? They want paradise. Such easy journeys have never been in my interest. I dared to go on the most difficult journey at all: the journey into my own heart. There I found paradise. Not in the dream it would come to me to leave it alone. The temptation, to plunge myself into arrogance and smugness, is great. My special being, absolutely to be something, to tower over others and only to think of the satisfaction of my ridiculous, moody urges, vanished into eternal love of my heart. My heart is my God, and its love is more to me than all that in the world and in me.

I know that all what I am must have been in me all the time. My leaving and my finding was only the odyssey of my unknowing. My leaving was the rush for the world of my insufficiency; my finding was the resurrection to the divine omnipotence. What more can I demand?

To know that what I do not live; to hear what I do not feel; to eat what I do not digest? After all, if my love and my happiness is all what I have and demand, what am I interested in that what I do not have and is worth nothing to me!

And if somebody told me there that there were something, more beautiful than all that what I had, of what use would it be to me as I would not have it and would have to be satisfied with that which I cannot surpass.

My sinking into duty is my fulfillment completely. Nothing else but only the unceasing duty to give everything to dive into the ocean of freedom. In constantly giving and breaking away I receive more than I can take hold of. What else can exist for me but the fulfillment itself and the living in it?

My wealth is my emptiness, which adheres to nothing and therefore cannot be taken. Whoever wants to be free must give all that what he has, that then he receives to a greatest degree because that is the life and the eternity. But he who is more of a taker than a giver, he decays with everything he believes he owns and his life turns into darkness.

To give and to take - it is the same to me. That what one takes away from me I do not have and that what I have is eternal. That what one gives me I have, and that what I lose was never mine.

See, that what I am I am in the heart, and my heart is my God. If God decays, then I decay too and it is nothing to me. If God decays never ever, then I am too and it is everything to me. And if something is not there in my heart, then it is nothing to me. If it decays, so I stay because God alone is everything to me. And if it stays, then I decay because it is nothing to me.

That what I am I am in my heart. And if something wants to have validity, then it come to me and it will be blissful.

MY REALM IS NOT OF THIS WORLD

I am a very rich human. But only a few begin to divine what sort of richness that is. My richness occurs only in my inner and has nothing to do with the outward world. One can be rich or poor, inwardly or outwardly. The outward richness decays in any case. Inner riches are everlasting. He who wakes the life in his soul knows: The outward is of no worth.

Outwardly one can be borne rich or poor. But inwardly everyone is borne poor. The life is a learning process and one who learns rightly and lives rightly, is going to be rich inwardly very quick. One who is rich outwardly can be a poor peon tomorrow. One who is rich inwardly will be it outwardly as well tomorrow.

One can do with his richness as one likes. He who is rich outwardly can give away his richness and soon he will have nothing. Because of others staying poor, he can be rich. He who is rich inwardly can give everything he has, but in spite of that, he will be rich and richer.

Properties of perfection like sense of duty, love of truth and self-knowledge make up the inner richness. Meaningless things like material possession and scholarship as well as pleasures and pastimes of all kinds make up the outward richness. He who is rich inwardly can devote himself to outward richness without losing something. It is only fun for him. Everything is pure for the pure and from that point of view, everything is in order. He who is rich outwardly carries his material, roughly sensorial view, filled with passion, into his inner. So his inner is full of outward senselessnesses like greed for money and obsession with fame and pleasure causing such inner badnesses like anger, wrath, envy, love of lie, unknowing, frigidity and psychoses of all kinds. Such a one who is 'rich' inwardly, or just full, must become 'poor', or simply empty. A human, inwardly freed from outward things, is therefore a poor or empty human. One can say that first someone must become poor (in outward things) or empty in order to become rich (inwardly) or full.

One who devotes oneself to the inner life goes the way of consciousness. Consciousness is only another name for God. No matter whose life is filled with God, with consciousness, is rich. God

and consciousness are the highest things a human can strive for. Whoso realizes God so reaches the highest consciousness, is right at the top. From the top one has a magnificent view, becomes rich and mighty and sees that at the bottom everything is just as it has to be from the view of consciousness. One being at the bottom only, without the wisdom of consciousness, does not realize the deep sense which is inherent in everything and despairs of the senselessness of the worldliness. Only the conscious one knows: At the bottom or at the top, it is the same.

The world is an old woman and talks a lot of nonsense. A spiritual searcher realizes the world as being God and finds highest wisdom in it. It does not matter to him whether a teacher is competent or not - he himself must be it. The competence of a searcher is his own life.

Life is activity. The more a searcher refrains from activity and withdraws onto the bench of observing, the more he loses competence.

A searcher plunging into physical and mental work, will be a knower of life. Sooner or later he is touched by wisdom. Wisdom leads to the love, and only one who lines up activities with the love will develop love. And just there the secret lies that only the love worker reaches the highest consciousness.

One ask oneself what one really wants. For the will is the core of love. Lasting selfreflection and questioning down to the smallest matters lead into the airy-fairy abysses of the soul. There the true will must be laid bare. Thereupon one go

from the inside to the outside and build up one's soul again. This happens in such a way that one remains true to one's own realization and does not throw it into the ocean of unknowing again. The changing point of view must review the old habits again and again. Restructuring of the own life is own transformation.

Knowledge seeks action, action brings knowledge. So the circle is closed by the seeker and the bringer. Where is the aim? Look at the circle from the side! It lies in the dirt of the world and spirally winds itself into the heaven. There is the aim. It lies in the highest reachable consciousness - in the own heart.

MUSCLES AND CONSCIOUSNESS

Highest consciousness is love. It is the spirit living in you for ever. Wake it with pure self-knowledge and it will radiate brighter than all suns in this world. If you have come so far, who should serve you the dirty water of cheap, worldly wisdom? In the blink of an eye it would evaporate into impenetrable unknowing-fog.

The body is a power. Revere it. Give it the little what it needs to be useful to you. Refer to simplicity and naturalness. It is too good for dangerous experiments. In particular when the damage could be irreparable. Consider that the body is just a transient means to reach the highest consciousness and by that immortality.

Devote yourself to the really important work. Muscles without consciousness - that does not work. Muscles as a gift do not change the real core of consciousness and you lose them easily. It is something different if your consciousness gives you the mass you deserve. The consciousness forms the basis of everything. If you do

something without consciousness, it is of no worth in front of the eternity, and you cannot derive true benefit from that. Concentrate on the consciousness and let all your actions flow out of it, that way you let the consciousness play. Do not take care of success and do not calculate the future, but have everything penetrated by your consciousness, here and now. Lull yourself into this absolute security of consciousness, which constantly makes you harmonize with the world, although it is a mystery to you and you recognize your way only if you are at your aim. For only then the eternal spiritual sun lights your entire way, and you know: 'Everything is wonderful! The consciousness includes the existence and non-existence of each and every atom in the whole universe.'

Let your body have its incomprehensible power unconditionally, just as you abandon yourself totally to the mysterious consciousness. If the body, from one second to the next, gave you all its processes for steering, you would realize your total incapability. Take care of the few simple tasks which it leaves to you. Carefully choose the food. Experiment and find out whatever agrees with you. It is no easy matter. It needs some years to make a success of own experience and

the knowledge of others. To inform and to try is the maxim here. Your deepest wish, your experience, your realizations, your maxims, your life - all that is your consciousness. Let your primary power of consciousness work, then the secondary - the success whether you realize it as such or not - comes inevitably.

NUTRITION, ENLIGHTENMENT, BLISS

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Wine, women and song is my nutrition. Nutrition is absorption. Nutrition is emission. One who gives and takes correctly nourishes oneself well. Absorption and utilization is build-up. Cancellation and emission is demolition. One who builds up and demolishes correctly, nourishes oneself well.

Nutrition is fully comprehensive. It even includes things as fine as thoughts. Thoughts are like the light - sometimes light, then dark again. Sometimes they miss, sometimes they burn. If I recognize a right thought, absorb it and utilize it, it builds me up. If I recognize a wrong thought, refuse it and emit it, I demolish myself. Realization, assimilation and emission is my nutrition.

Nutrition begins on the lowest realization level. I take the apple and drop the faeces. I drink and irrigate. I smell and give off. - Realization demands consciousness.

Nutrition goes the higher ways of consciousness. My soul-will takes and my will lets drop. My mind-cognition drinks and my mind irrigates. My heart-nose smells and my heart gives off. - Realization demands assimilation. Nutrition emits.

Holistic nutrition embraces will, mind and feeling. Song is the innermost of my heart. My secret will is the realization of my heart and the separation from my soul. The relish of a full wine is the perfectionism of my mind and the separation from my unknowing. The cosmic power, the divine mother, which acts in collusion with my divine spirit, is my wife and its love is the separation from my coldness. - Consciousness sees realization.

My will reveals the most beautiful song of my heart to me - the spiritual sounds and the right way of the world.

My mind gives me the fullest wine of pure realization. Its perfect work, which fathoms out the word of God and thus grants me true relish, only comes to a stop at the door of my heart.

Oh, my heart! Oh, my cosmic power! Oh, my

world, that you are penetrated by the cosmic power! Oh, my cosmic power, that you are penetrated by my heart! You are father and mother. You are consciousness and cosmic power. You are will, mind, feeling and realization. You are heaven and earth. You are emission and assimilation. I myself am the realization. By right assimilation and emission I equilibrate you. My perfect trine, composed of will, mind and feeling, brings me divine harmony. My harmony with the world lets me realize in it.

Realization, assimilation and emission - that is my saturation. Harmony is my enlightenment. Saturation and enlightenment - that is my bliss.

THE PATH

Make your life the world-spanning philosophy. Disappear from the material daydream, which is only transitory. Begin to comprehend that the inner difference exists. Lay the benchmark in the quiet of your soul and do your mere duty only. Give the quality of truth, which breaks the world, into your inner. Be the eternal seeker and the winner who has never lost himself.

Waste no time, for it is about eternity. Shed all the weaknesses within the time remaining for you. Let the stony have their stones and dig for gold only. Give all that what you have, let it fall, the ballast. Disappear from your home, which has just shackled you. Become free and hang on to nothing. Just stay steadfastly in you, otherwise you have nothing.

Go the way of honesty and you find reality. Do not shrink from heaviness - it is your life. Overcome yourself, otherwise you have no aim.

THINKING

Always examine the premise. Realize the void surrounding it, accompanying you until you believe to know. Just see what you do not know. Live in it and you are in the know. A new world will open, you will find out the secret laws. Then let your thinking go away. It is perfect. What else shall it hand you?

EXPERIENCE

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What concern is that of yours what others say - do you want to go under with them? You, go your way. Step by step. There is no other way.

Your life is all that what you are. Let it have an effect on you and grasp the concreteness of your experiences. Extract the essence. See the mistakes and formulate the laws which avoid them.

Experience is the only thing you have in life. Each experience holds a secret information - discover it! Solve yourself by seeing through the mystery of your experience. Make you and your life, thru your pureness and openness, so transparent that your secret task reveals itself to you.

Let the mistakes of the world be past. Only be aware of your task and your life. Let the labile future, it has never existed. The present is all you are.

The way of consciousness is full of safety. Do not doubt your realization but live it up. Your way leads you through the darkest forests, but the light of consciousness is your guide. Continually look at this light, do not see about the left and do not see about the right, and never glance back! The left is the foolish worldliness. The right is the excessive solicitude. The last is too dark to be recognized because your eyes are already full of light.

Do never look away! What do you want to find in the darkness, then, where you only lose your way and must spare your every bliss?

Go unfalteringly and unchecked. Augment your consciousness and you have profit which nobody can ever take away from you. But if you wallow in worldliness only, you will have nothing for the eternity.

Go fast and do not devote time, for what keeps you back is the unconscious reality. The more you become entangled in it, the more dark your light becomes and at the end you see nothing.

Gain from the unconsciousness by leaving it. Sink into yourself, into your consciousness. Take the basis of life as a starting point and you will have life. The consciousness forms the basis of everything. Without consciousness you lose all the safety. Worldliness can just give you what it has: suffering, decay, disintegration.

You want to know the subtle difference between consciousness and worldliness? All right: In the darkness you tread on a rope and become afraid because you take it for a snake. Then you switch on the light, recognize the rope and start to laugh. - The snake is your worldly unknowing. The light of knowledge is the enlightenment of your consciousness. And the laughter? - Your bliss!

ANGST, REALIZATION, LOVE

Realize that you own nothing. All your worldliness has to go away in the hour of death at the latest. Do not cling to any possession and the angst of losing it. Use the things, which were left to you for a certain length of time, for your inner development. Live the inner life, on it the outward finds quiet.

Inner life forgoes the outward and it is concerned about own advancement only. Thus total self-knowledge is the aim of the inner life. Do not let the outward become the parasite of your inwardness, but become steady and lasting in your inner, then the outward will toe the line. Become the law of life, not the plaything of sheer shallownesses!

Absolute self-knowledge integrates all secret laws of life and immerses itself in pure love activity. The slightest spiritual realization, which you can have, is the yearning for bliss. Will and love, which are connected by the mind as a bridge, grow from it.

Perfection! Become so perfect that you are free from weakness of will and foolishness. Then the feeling of your heart will develop if you preserve it in absolute pureness so that it, as a warm light, grows more and more and engenders an absolutely gently and calmly vibrating feeling of total harmony in you. This harmony is the unison of your soul with your innermost self - the feeling of your heart.

SILENCE, LOVE, ETERNITY

Be silent you and give your inwardness to you.

Be silent you and unveil your timelessness to you.

Be silent, discover the love, remain in the rhythm and become eternity.

You speak of having so little time. Have you forgotten in your hurry that you are eternal? Take your time for your eternity and devote yourself to importance. Let yourself have the rubbish for an end which will possibly never come.

Once you have licked the salt which wakes the life in you, let the cry of the outward die away. Softly glide into you; do not let your eyes see what they see; be completely in you, untouched by the outward. If you feel the silence then, which permeates the whole world, as the purest life in you, how can you deny what you are, when the whole life is in you?

Remain silent, silent, silent. Let the quiet seize your soul. Do you feel the fine whiff then, which is in you, which hurts your heart a bit and elicits bliss from it; then let it stay that it can fulfill you. And when now and then you do the one or the other, then just think of that what can fulfill you. No sooner do you remain true to yourself than you have the love and the whole life.

To love, to love, to love. Go around, you, be full of love; just feel what comes across you and let it penetrate you. Just feel your heart radiate. Just see your soul live. Experience yourself as you transform yourself.

Swing yourself into your own rhythm. Realize that you yourself are all that. The way you see the things, that is you yourself. Remain true to your heart, remain in the rhythm of time and you have eternity.

YOUR WAY

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The only right way is the own way.
Find your own way and you are safe.
Do not go away from the way you have
chosen.

A deepest will and a shining heart are your
guides. Entrust yourself to them, then you are
safe. Do not go away from the insight of your
soul, which you want to win.

Take the things as they are. You are it yourself.
Do not doubt, just be yourself and you are safe.
Be yourself in your world, which you are.

The own way is not easy. It is the most difficult
of all ways. No fortune and no safety. Loneliness
and lostness. An aim in unattainable vastness; a
darkness and no end. Questions and questions.
A light but in you, continually widening itself
but without any realization. A world only in it
far beyond any comprehension. Surmounted
thousands of obstacles - where is my aim?
Disappeared from a thousand dangers - where is
my redemption? It is not there.

The faith alone. The inner life, sole and clear.
What can be except for myself and my soul?
Grasp yourself in you - the world lies at your feet.

Darkness upon darkness do I drive through all eternities. Who wants to understand? Magic of wonderful worlds is my reality.

Found the beginning, slaved away day by day;
year by year spend in deep night; where is what I do not see and do not find? - It is in me. It is a secret. It is my secret. The inner life. And it claims realization.

Where is my realization day? Where is it? How much longer to wait? How much longer to search? God, tell me, when does my realization day come?

Live the perfect day! The perfect day is your realization day. Strive for perfection, day by day. Defeat yourself, make your night day and it will be your realization day.

FIGHTER OF THE LIGHT

LIVING, DYING, ETERNITY

To die. To die. To die.
To live. To live. To live.

What does it disturb you what death takes away from you, what has never meant anything to you? - Come to the life; let it go, the ballast, which has caused you a lot of worry. What do you mourn this world, which gnaws you, in which you only decay?

In you the eternal light of God shines, sense it in your heart, let it live! The eternal is yours. It is your life. It is in you. - To live. To live. To live. Feel it, how it lives, how it fulfills you. Your life is your life.

My friend, if you go now, never forget: God is eternal. Immerse yourself in the universal consciousness. Be a part of the eternal immortality. - To die. To die. To die. Sense the last material waft as it leaves you. Here you have eternity. There is the life. - To live. To live. To live.

The material death is a double-edged sword. By both left and right he strives to separate you from God. His words are life's mockery. He challenges you to a fight. First he wants to talk, then he wants to cut. Do not let him cut you. Do not let him talk you to pieces. Tell him that you are realized and he goes silent. Tarry in consciousness, it is God, it is eternal; it is the time, the life and the eternity. Take up position. Wait. Only a blink of eternity and the material entity decays. What a laughable opponent!

You be the scabbard which takes up the sword. In you have the vacuum, which the material entity cannot escape from. Show him the void, which he cannot destroy.

Then see his countenance, a sobered glance. Now he takes off the tails, shows you that he ails.

RESURRECTION

37

You have to die in a thousand deaths to really rise. Take the cross of life and humiliate yourself. Let the inner live and forget the outward death. Go the way of divorce, which lets the wrong drop. Look at that what is left, then you have aim and valence.

Dispatch body and mind to hard discipline that they lay the foundation in general wisdom. Align them with the aiming point which is deep in you: your heart. For this is the highest point in which the feeling of the soul manifests itself. Have the soul's imperfection gone down, thru mind and body, to the heart's perfection.

REBIRTH

38

Experience how that what you perceive, how you perceive it and how you react to it changes constantly. All that together, your perception, what you believe to be and your action constitute your consciousness.

Concentrate on the subtle balance between the water of your mind and the fire of your heart. Balance out one another and you have unison and perfection.

Give the mind what it owns, but let the will have the heart that it totally take it. Be purer still than pure and let everything leave you. Create an equilibrium in you, which means everything to you, and take the wish of love.

Once the yearning brings the love to you and you are full of love, which neither gives nor takes, bliss is in you. When bliss blends into sadness then, you have the beloved eternity. Yes, be full of love. You be the love itself. Just be yourself and shed a tear full of love.

LAST REALIZATION

THE LIFE-NET

I live and weave the net that I am. Nothing can shake me. Events, they roll like dewdrops and do not moisten me. Yet I catch it, the small animals that no one wants. They make me tremble, and when they swing right, then I put them away. A delicious meal, a pleasure in the bargain to grow from that what holds together the world in its innermost being. When a thick chunk comes then, which cuts up my net, it just falls thru, and as if I would have heard nothing, it is pasted shut so that the current of air does not disturb me. That way I stay in training and improve my skill until one day then I can spin perfectly. Maybe finest etherdrops grow here and there. I nibble and I lick them, I live for ever then.

Your consciousness is your plan and you realize yourself just as you fulfill it. Unnoticed it instills ideas in you, safely guides you to the aim of any life and gives you highest happiness. Your action builds the novel world in you, which holds on eternally. Outwardly not seeable your inner submerges in the divine consciousness ocean. Worlds of transformation come between consciousness and unconsciousness. The inner is your realm now and there you are king for ever.

The secret ways, you know them all. The labyrinth of unconsciousness was the great trap. Escaped from it, spun your net. Living at a highest height, clear: soft sighing creeps into your ear. - Bees, bells and rumble of thunder herald the highest consciousness. But the actual light, you do not see it.

LIGHT

42

Uninterrupted activity in selfforgottenness weaves you into the universe. Highest consciousness is your life, your transformation and your freedom. Now you are ripe that God takes away the barrier which gates your Third Eye.

Raging red fire, then yellowy shimmer and glaring green. Blue ether will flow and merge into soft purple. On the cosmic rainbow you glide into the light.

Now stride into the white hall of last realization. Angels will welcome you to proclaim the highest aim you have attained. Receive the crown of eternal bliss and come over the cosmos till the end of time.

Farewell!