



# TINTENSTROM - Theater In The Hidden

EDITION 5 – THE ART OF LIVING



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## THE ART OF LIVING

"Life is an infinite substance with infinite properties, which is the cause of itself."

Spinoza

The game 'The Art of Living' is designed as a field of research. What happens when we leave the normal, limited perception of our existence and embrace the unknown? It is a game that supports those who wish to follow their longing and move from mere survival to real life.

The limited perception sees the body as a material vehicle that barely goes beyond its basic functions and ignores the wonders of existence. But it is only a matter of the spirit of inquiry to penetrate into the hidden worlds where the body is an access to ecstasy and bliss and one's presence is in the infinite substance of existence with its infinite possibilities.

So we have either the conditioned, limited state in which individual bodies perceive themselves as separate from the whole, or the natural state that is connected to the full potential of life. At the same time, a body breathes into the universe or the universe breathes into a body. The art of living is to perceive this difference and live in the possibilities of the hidden. It means to live not from the limited perception of the individual, but from the center of being.

In the state of limited perception, the human being is loaded with the burden of conditioning, full of old recipes for happiness that do not work, consisting of outdated assumptions that were once helpful but have long since become obsolete. Conditioning is well-intentioned, but it is the primary cause of psychological suffering.

Conditioned patterns drive people in their struggle to survive. Although they are often dysfunctional, they keep providing new ideas for not leaving the supposedly safe status quo. It is as if you are in free fall when you turn your back on this deeply familiar world and entrust yourself to your natural state. Nevertheless, the art of living is dedicated to the natural state, for there is hardly a more successful life than one that is freed from the burden of conditioning. Through liberation from the pressures of



survival and the desires of the conditioned personality, we experience the happiness and inner peace inherent in the natural state.

On this journey, the unconsciously learned and accumulated assumptions and ideas about ourselves and the world gradually fall away like old, unneeded clothes, and a silent presence pushes into the resulting gaps. Its timeless taste alone is enough to convince the conditioned personality to end the struggle for survival and open its fists.

The art of living does not want to chase after a perfect idea, but sets sail for this hidden realm of the natural state and begins the expedition step by step, especially since some clear markers point the way. Of course, the outcome of the journey is uncertain, and what kind of adventure or game would it be if there were no obstacles and dangers? Nevertheless, we try. And isn't that the most endearing thing about human beings? To try anyway?

## CARDS

The cards represent certain aspects of the human condition. It would be a pity to read them only as mental information, because then you would miss their true gift. If you let the different aspects lead you to your own potential, if you really live in them and feel their vital content in direct experience, then their work is done. The cards represent those realms of reality that exist outside the known mental dimension. It is an invitation to travel from your ideas and opinions about yourself and the world into these realms that are waiting to be discovered.

You can feel it yourself when you approach these aspects of your reality, when you not only recognize them, but feel their essence. Then you have won them, then they belong to your own repertoire and can be called upon when the occasion arises.

The cards consist of an image and a description of a particular aspect of being human. Their true potential unfolds only in the encounter with the reality of the viewer. What they trigger in him or what he recognizes in them is unique and has a very specific message for him.



The cards are painted in watercolors. The idea of a uniform style was soon abandoned in order to express the different energetic qualities of the cards through the way the brush is used. Thus a certain seriousness and realism underlines the sound of the card for 'Cracks', while an expressionistic style is used for 'Power' and pointillism for 'Consciousness'. The content of the cards is thus conveyed not only by what is depicted, but also by the way it is painted.

Not only were the painting styles of art history used for the design of the cards, but also their works - from prehistoric art to Indian miniature painting to modern art - were used as pictograms in a kind of collage process, whose combined sensual effects describe the respective card. The images used on the cards were mostly pre-existing images that were reinterpreted for the game, similar to how a jazz musician brings new life to existing standards.

You can draw or select a card for the quality of the day, for a particular situation, or for a question you are asking yourself, and then spend some time tracking the quality of that card in relation to your own life.

At the end of the booklet you will also find spreads of classic Tarot where several cards interact and can be used to explore their combined effects on the question at hand.

## ABUNDANCE

Is the glass half full or half empty? Do we experience the world from the perspective of scarcity or abundance? The principle of scarcity is that there is never enough - at most for a short time after a goal is achieved, but soon there will be something missing again. Scarcity wants something and is afraid of not getting it.

When you become aware of the attitude of scarcity, the possibility of choice opens up at the same time. Abundance is an equally real alternative. Life does not calculate how much it has; it gives in abundance. Experiencing the principle of abundance creates joy and ease instead of the fear that accompanies scarcity.



Life is giving and wants to continue to give infinitely. We are part of it. Whatever we need will flow to us from the abundance, like a spring leaning against a village. This abundance is contagious; it wants to be shared.

## ACCEPTANCE

When you allow what is happening anyway, something changes. The experience you are having, whether pleasant or unpleasant, becomes whole and connected to the intelligence of the whole event, from which the appropriate solutions come.

The phenomenon of acceptance, however, only unfolds its effect beyond judgment. When the present experience is observed in a value-free way, it becomes what it is: an echo of the whole dream.

Usually in the world of experience one holds something back, one does not fully engage with it. Allowing what is pushes one into the present experience, and something becomes whole, unquestioning, and simple.

## ALCHEMY

"In the cave you dare not enter lies the treasure you seek."

Joseph Campbell

Alchemists have the task of transforming the seemingly worthless into something precious. In a sense, this is the opposite path of the ego, which regards what it has as inferior and longs for something better. Life gives bread, and the ego is dissatisfied because it wants toast. The alchemist, on the other hand, patiently works all his life on that which is least valued and gradually transforms it into the true treasure.

The alchemist sees the secret even in the seemingly worthless and finds ways to recover it. Hidden within is the knowledge that can turn any experience into gold. A human being has a multitude of qualities. Some of these aspects are welcome, others are not. But it is these unwelcome aspects that



are the "raw material" for transformation, and with a little pressure, temperature, and mindfulness, they reveal their gift.

The alchemist knows that the redemption of human suffering does not lie in the future, is not achieved through effort or sacrifice, but arises in the moment when one sincerely turns to oneself, when one needs oneself most.

## ANCESTORS

According to indigenous knowledge, the human body is like a library in which the experiences of seven generations of ancestors are stored. Ancestral lines are like roots that provide the individual with nutrients and resources from a specific geographical and cultural soil.

We can assume that our ancestors lived their lives in the best possible conditions, and the fruits they produced are part of our heritage. It often takes a reconciling gesture to enjoy these fruits, to have access to this land and this source of strength. What was, was allowed to be.

The voices of the ancestors are in the rustling of the leaves, in the wind, in the singing of the birds, in the sound of the raindrops on the dusty earth. When you draw this card, it is wise to listen to the call of your ancestors. Tracing your own roots, listening and receiving.

## ART & CULTURE

"Science is the mind of the world, art is its soul."

Maxim Gorki

Art has been communication about the essential since the beginning of mankind. In the sometimes overwhelming fact of existence, signs have been set again and again. Be it with charcoal on rock walls, with chisels in stone, with words, with one's own bodily functions or with artificial intelligence.

These signs could be read and developed by subsequent generations, and so cultures emerged. Something was expressed in people, and at the same time various artists were seized by a spiritual





wave of evolution and found expression for it. These artists are the channels through which the new comes into the world.

Inspiration ensures with compelling effect that it goes on and on. The images and values it sows in the individual find their way into the cultures of the world. Values that an individual or a society consciously chooses to develop are cultural achievements. Inspiration happens by itself, but its realization is work. If an individual wants more beauty in his life, or a society wants to develop more humanity, one must strive for it.

#### BEAUTY

In ancient Greece, beauty and leisure were at the center of culture. In our modern society, their importance has been somewhat lost. But with the loss of beauty comes a loss of quality of life. Simply functioning is enough to survive, but not enough to live well.

Cultivating the ability to perceive beauty helps us regain this quality of life. Cultivating beauty means constantly engaging with it, letting it affect us, feeling whether it triggers an emotion or motivates us to express ourselves.

It is about rediscovering the world. Beauty is in movement, in the quality of touch. True beauty shuns neither light nor darkness. It is in the journey of our life, in winning and losing. Experiencing beauty is one of the sources of power that leads to real life, whatever that real life may mean to us.

#### BODY & SOUL

The body is a good ally. It shows exactly what is going on. Is it tense, constricted, or open and permeable? Is there a nagging sense of dissatisfaction or a sense of ease? The body immediately indicates when you leave the natural state in favor of an imagined one.

Conditioning tries to ensure a relatively safe life. It achieves this by trying to control the body and mind and to hold on to what is familiar. Thus, body and soul are often inhibited in their natural



expression in favor of something that seems more important. However, our ecstatic potential, as well as the happiness inherent in the natural state, lies dormant in the wisdom of the body.

The soul realm of the human being, the connection to the whole, opens up through the body. This connection does not work through the mind. The realm of thoughts and ideas is endlessly fascinating, but without the ability to feel in the body, it remains hollow. Any trace of joy, beauty, intimacy, or gentleness, no matter how small, opens a person to the soul.

#### BREATH

Whether you are happy or unhappy, young or old, successful or unsuccessful, whatever you are, one thing is certain: between birth and death, you breathe. Breath and life are one and the same.

Breath is a bridge between you, space and time. It touches the body and the non-body, the known and the unknown, the end and the beginning of the whole dream and thus the eternal cycle of death and birth.

When you breathe the best of yourself into the whole dream and mean it well, the reality changes, deepens. Not immediately, you have to hold on a little, but then man and life begin to embrace each other.

#### CHOICE

We are the only beings in the universe who have been given the gift of choice. This seems to be both a curse and a blessing. We have the choice to create our lives. This is done either unconsciously, automatically, through conditioned behavior, or consciously as a creative choice. If it happens unconsciously, we are condemned to repeat old patterns that negatively affect our quality of life.

Conscious choices are active answers to the question: What do I really, truly want? They are the basis for a successful life, they help us to do what we know deep down to be true. Basically, we all know what is good for us. We know it in our hearts. When we choose our behavior and make conscious



decisions, a happy life unfolds. Instead of being victims of circumstances, we are creators of our world.

This creative space has been given to us in the form of absolute freedom of choice. One of the most interesting possibilities is to live the answers to the questions: What does life want in us? What might evolution want? Would the development of humanity be a successful answer to the crises of our time? We have the choice.

#### CONDITIONING

The conditioned mind is the sum total of all human experience. From the beginning it has collected data to ensure survival. These safety programs were designed to serve us, but have now taken on a dictatorial dimension.

In essence, we are all equally conditioned. For example, the belief that something important needs to be repaired or achieved, or the feeling of not being okay, and so on. We have been told that we should be a certain way, and when many people believe and repeat this, it has great power, but it is simply not the truth. It seems to be true, but it is only true until someone questions it, and then it collapses and loses its power.

The dictatorial dimension of security thinking can hardly withstand the enormous effort of trying to control unpredictable life, but fears total collapse as soon as it lets go. This changes when it develops enough confidence in the sustainability of the natural state.

#### CONNECTION

The expulsion from paradise and the parable of the prodigal son are symbols of separation. We also know from modern trauma research that the sense of separation is the most prominent feature of the wound.

Being human is closely related to the theme of an original separation, which is the cause of all suffering and which can be transformed into connectedness through the process of becoming



conscious. Regaining connectedness means being consciously present in the situation and doing the right thing.

Since we don't always know exactly what the right thing is, it often takes several attempts. The success of the effort is immediately apparent: the feeling of separation is accompanied by a loss of aliveness, while the feeling of connectedness is imbued with aliveness and self-evidence.

#### AWARENESS

The most important and central event of our time is the shift in consciousness. Until now, most of humanity has identified with the conditioned personality. One has learned to perceive the world from one's own perspective. Me and the others, as if consciousness were located somewhere in space.

The amazing transformation that is increasingly taking place in individuals is shifting this perspective. Presence extends beyond the person, it is limitless, it is in the totality of experience. The present self is not bound to a specific place in space and time, but is universal, everywhere, timeless. This change happens by itself, but it is in the power of the person to open up to this change.

It seems to be a necessary change. An art of creation that elegantly solves the fundamental dilemma - the separation that the ego suffers from. The feeling of being a lone fighter in a hostile world cannot be sustained in the interconnectedness of all being. When the 'I' is boundless, there is no 'other', only one awareness.

#### COURAGE

"In the end, this is the only courage that is required of us: the courage to face the strangest, most unusual, most inexplicable experiences that happen to us."

R.M. Rilke



The world of conditioning seems clear and relatively safe. Most of the time we know what comes next because it is always the same. But sometimes these repetitions become unbearable and the longing for the real arises. But to leave this world and go into not-knowing takes courage.

As we approach our natural state, the guardians step out of the shadows. What we have created as security is now warning us not to go further, urging us to stay in our comfort zone.

But the supposed safety comes at a price. The price is stagnation. Moving forward requires the courage to face real or imagined threats. You enter the red zone, the old voices warn, the alarm bells flash. The open unknown awaits. The cost of life is courage.

CRACKS

"It is a serious matter

To live simply

In this broken world. Mary Oliver The broken is not simply there to be mended. Likewise, darkness is not simply the absence of light. Darkness holds secrets that light does not know.

In this broken world."

Mary Oliver

The broken is not just there to be made whole again. Likewise, darkness is not simply the absence of light. Darkness holds secrets that light does not know. There is wisdom that only cracks can articulate.

There are fabulous spaces that only reveal themselves in the face of the stubborn presence of an obstacle. Perhaps losses are openings to more essential parts of ourselves. Perhaps depression and hopelessness are the low frequencies of cosmic music that only reveal their true melodies through nonjudgmental listening.



The whole dream has many faces. There is life everywhere, in the highs and the lows, in the noise and in the harmony. Sometimes they alternate, sometimes they exist simultaneously. As Lawrence Weiner says: "Broken into pieces, in the still of the night."

#### CROWN CHAKRA

In the modern Western world, people operate primarily on the mental level. However, human experience also takes place in other dimensions. The chakras offer seven different realms in which one can experience oneself.

The crown chakra is the energetic bridge to the spiritual plane. It is not the valley, but the peak of our existence. This area is password-protected, it is not freely accessible. The psychological personality must be left at the door. Unfortunately, the ego has to stay outside.

Surrender is the means of choice. The more you can renounce the desire for security and control and surrender to not-knowing, the clearer the spiritual realm becomes. Just as it remains completely hidden from the planning and desiring ego, so it reveals itself to the gentle, silent Presence.

#### CURIOSITY

Be like a beginner, like a child standing alone for the first time at the entrance of an unknown forest. At first, the entrance between the bushes seems dark and inaccessible. But after the initial hesitation, you give in to your curiosity.

There is so much to discover, inside and out! Imagine it is the first day of the world. It has suddenly appeared, fresh, still wet from the morning dew, without a past. You hear voices and sounds for the first time, see faces and the dance of leaves in the wind as never before.

It is as if the secrets of the world can only be revealed through someone who is fully present, body and soul. The way the new morning exudes its scent reminds the curious how to give their own gift to the world.



## DEATH

"In a world where death is the hunter, there is no time for regret or doubt. There is only time for choices."

Don Juan Matus

The Bird of Death has been circling at the edge of existence since the beginning. It accompanies the journey of life and is always visible from the corner of the eye. Death has the unpleasant task of pointing out when something has already passed and it is time to move on to new horizons.

Each of these cards also has its origin in a death. As long as the ego machine is running, nothing truly new can arise. To reach the source of the new, the machine must stop. But when it stops, it is synonymous with death; all images and desires dissolve, the driving force of willpower extinguishes, and nothingness yawns at you.

Out of this namelessness the new pushes into the world, unfamiliar, perhaps unwieldy and often unrecognized, it finds its way like a leaf from a branch. With death as a friend, losses are also sad or annoying, but ultimately they only open new doors. With death as a friend, all roads are open. With death as a friend, life is just beginning.

## DISCRIMINATION

"Wherever the crowd goes, go in the opposite direction. They're always wrong."

Charles Bukowski

Discrimination becomes essential when the time of decision has come. When you are at a fork in the road, you have to discriminate. What do you really want? Conditioning tries to steer us in a certain direction, while life demands only one thing of us: to be happy.

If you can discriminate between what you really want, you have to figure out which path will lead you to your goal. Being able to discriminate can be very practical. Based on experience. What have you tried before to get what you really want? Did it help?



The ability to discriminate is the basis for deciding what is important. When you are clear about what really makes you happy and what doesn't, you have the strength to go after what you really want and leave the rest behind.

## DISTRACTION

The automatic activities of the mind constantly create distractions. It randomly fills the void with things as long as it is filled. Even when a person wants to interrupt this process to really focus on something essential, the mind throws a stick in the bushes to continue its tirade of distractions.

We are living in an age of distraction. It is almost as if the collective psychological mind has ensured that there is no more emptiness, that we no longer have to be bored. The digital world in particular offers an incredible abundance of distractions.

It is like in the Odyssey, where Ulysses' companions, when they stopped to eat the lotus flowers, became lotophages, losing track of time in the intoxicating pleasures and forgetting their home and the purpose of their landing. Mindfulness helps us to continually awaken from this trance and silently remember our home and the purpose of our landing.

## DOUBT

"Whoever is without doubt is the true you. Find out who this true you is and concentrate on him."

Ramana Maharshi

Doubt is one of the most powerful servants of conditioning. It is capable of completely obscuring realities such as the omnipresence of love. And it is not even necessary to consciously doubt anything in particular. Doubt has already manifested itself throughout the human system, operating in the subconscious. It even affects bodily functions, not to mention world views.

But, as always, there is good news: doubt determines our quality of life only as long as we do not get to the bottom of it. Doubt reigns in opinions or sentences like: "I don't see...", "I can't...", "I don't believe...", "I don't understand...", etc. When you discover it in the given situation and remove the





"not" from these sentences, the true human potential in its natural state becomes apparent: "I see...", "I can...", "I believe...", "I understand...", etc.

Even when the walls of doubt seem insurmountable, there is something that knows the truth deep in the heart. Something that knows that on the other side of the wall, the true, the unspeakable, is always there. And that is what needs to be addressed. Even when the old voices of conditioning try to hold us back with all their might, the heart knows the truth unwaveringly and speaks to it. Nowhere has man evolved more beauty than here.

#### DO YOUR WORK

Just do it! Learning comes quickly in direct experience. You don't need to see where it's going. If you find the quality of the touch and make the best of what you're capable of right now, you're connected to the intelligence of the workflow right from the start.

Just keep going! Get to know it, try it, risk it. Whatever interests you is worth pursuing. Whatever idea is on your mind becomes tangible when you work with it.

In our work we find our own expression and get to know ourselves. Even when we fail, we learn to trust and find a better way. Work challenges us, spurs us on to try the seemingly impossible, and from this we grow in strength and new abilities.

#### EASE

"Easy is right."

Osho

When life becomes psychologically exhausting, it is safe to assume that we have been too involved with the mind - the center of conditioning - and have once again fallen prey to its eternal demands. Then it is important to find our way back to ease. Ease goes hand in hand with the certainty of the abundance of life and its unimagined possibilities.



When the interconnectedness of all being and its inherent intelligence is not just assumed but experienced, the desire to control and get things right can relax. You can let life happen, knowing that you will be taken care of when you need it.

The ability to accept obstacles also helps to maintain a sense of ease. When you understand the nature of blockages, you no longer believe that they cloud your happiness, but recognize their evolutionary necessity.

And ease has to do with liking. When you stop liking what you are doing, the dominance of conditioning is back. Once you have rediscovered liking, ease returns.

#### ECSTASY

Our experiences in everyday life are more or less limited. It is only when we get to know our energetic body that we enter into realms that are limitless. Basically, we are ecstatic beings. Within us is the ecstasy of the sun and the foaming sea.

In general, however, we have certain ideas about ecstasy and other states that are beyond our ordinary experience. We think we know what it is, unconsciously assume that it is beyond our personal reach, and fade it out.

Where the familiar everyday dissolves is where ecstasy begins. When you find something within yourself that transcends the boundaries of the physical body, such as beauty, truth, awareness, love, etc., and you stay there, the subtle body opens up, where ecstasy already begins to glow and blossom, and this is quite possible.

#### EMOTIONAL FLUIDITY

Emotional fluidity is the ability not to hold on to certain feelings, but to allow them and dance with them. Becoming aware of one's emotional life and finding a constructive way to deal with it is a central way out of the power of conditioning and the key to personal growth.



As long as you are at the mercy of the unconscious workings of conditioning, you remain a victim of your own feelings and spin in the eternal cycle of samsara. By exploring feelings as a scientist would, you come into direct experience with them instead of being trapped in reactive patterns.

By accepting and allowing the full rainbow of feelings from ecstatic to sad, we allow ourselves to be human, for feelings are not personal, they are human. Even the most unloved children of the emotional spectrum, such as fear or helplessness, just want to be held in unconditional love. When we open ourselves to this, we are free.

#### EMPATHY

Empathy is the ability to walk in the shoes of another and accept their reality without judgment. Empathy applies both in our own realm and in the social realm and beyond, to all forces and beings in the world, because when we make a separation somewhere, we ourselves fall out of unity.

The conditioned personality cannot be empathetic because it is a child of separation. The body feels separate from the mind, the personality feels separate from others and believes itself to be separate from the rest of the world. The heart is the organ of compassion; it represents connectedness.

Heart compassion is truly limitless, it must include everything and everyone, including the selfishness of conditioned personalities and their collective impact on the ecosystem. It cannot avoid including people with destructive elements. This does not mean condoning this destructive behavior, but it does mean recognizing the innocence in the existence of these people.

#### EMPTINESS

The state of unconsciousness is complete identification with the world of things while ignoring the invisible dimension from which the world of appearances arises. People can maintain this state of unconsciousness throughout their lives without ever perceiving the other dimension of being.



This other dimension is characterized by its boundlessness. It is in matter and at the same time boundless. It is in the laws of things and yet remains untouched by the world of appearances. This intelligent emptiness has many names, it is in the world but not of the world.

Man participates directly in both dimensions. We live in the world of things as well as in the consciousness of the world. Although we are mostly trapped in a state of unconsciousness, an echo of emptiness reaches us in moments of wonder, beauty, or happiness. If we can live in this invisible, limitless dimension and recognize it as our true nature, this echo becomes reality for us.

#### FALLING / FALLEN

"Fall, fall, let yourself fall"

Red Fulca

"Letting go is the only way to be."

Anne Brun

Falling out of the dream of separation and falling into what is. Being completely there, not just floating above it. Inhabiting what is, without thinking of what comes next, yes, completely forgetting that there is anything else at all.

In the ability to be totally in the moment, things can unfold and continue until something is complete. It's about enjoying the details and also paying attention to the unobtrusive - the small.

It is about letting yourself fall deeper and deeper into the flow of events, without a back door or escape, giving yourself completely to life and being happy to have finally arrived.

#### FEAR

"Courage is fear endured a minute longer."

General Patton



The dualistic worldview determines our behavior. Our hands can kill or heal. Everything we create, from hammers to artificial intelligence, has the potential to destroy or create.

We have the gift of choice, but we cannot always make a clear decision. Our behavior is driven by either fear or love. Fear can be very powerful and make the choice of love almost impossible. Fear is the driving force of the conditioned personality, while love is the essence of the underlying consciousness.

Consciousness is a non-dual, fear-free space. If you find the doors to this realm in time - in the silent gaps between words or perceptions - trust in the connection with love begins to grow. While the head warns against leaving the safe path, the heart takes one step at a time.

#### FOOL

To be a fool is to be in the prime of youth. Perhaps without the experience of consequences, but full of innocence and the magic of the first step. In India, fools are equated with saints because they live in the innocence of a child.

If the fool loses himself in the waves of the grass, it is because he is experiencing so directly. If he loses himself in the rays of the sun, it is because he is completely absorbed in what he sees. If he forgets himself in the chirping of the birds, it is only because he is causally part of it, because the same song is playing in him.

The fool may not be a good companion in the struggle for power and prestige, but he already possesses the greatest treasure: the purity of the heart. When you draw this card, it's all about direction: Is the realization of your plans your goal? Is the fulfillment of your desires your happiness? What is truly important to you? Who or what do you serve? Where do you seek your treasure?

#### FLOW

Just as conditioning likes to keep us in certain places, the essence of the natural state is to flow. Flowing with the Tao is the way the river of life has always moved, always changing.



The conditioned personality has certain ideas about how something should be and feels like a winner when it is and a loser when it is not. This resulting struggle with the flow is often the cause of suffering.

In the natural state, on the other hand, you experience the fundamental kindness that comes from moving as part of the whole. Since there is no prescribed behavior for this movement, it requires presence and a willingness to turn as best you can to the here and now and to trust the flow.

#### FREEDOM & RESTRICTION

"The only way to deal with a world that is not free is to become so absolutely free that your very existence is an act of rebellion."

Albert Camus

Restrictions are part of conditioning. You carry them around with you for so long that you get used to them. You often don't even notice their restrictive effect, even when they are dragging you around like a farting camel.

To break free, you can fight or flee, scream or rebel. You can defend yourself and make your point. You can defend your boundaries and stand up for yourself. But true freedom means not having to fight anything anymore. Even the power of conditioning is allowed to unfold according to its nature. Freedom is one of the things that is not subject to duality. Freedom is free.

#### HAPPINESS

Just as a mother or father simply wants their child to be happy, life wants us to be happy. It simply asks: Are you happy? And our being is the answer.

It is important to distinguish the phenomenon of happiness from other experiences, such as pleasure, because they have different characteristics. Pleasure is the satisfaction of needs - in other words, a temporary gain in pleasure - while Happiness is...



- independent of needs
- Independent of conditions and circumstances at all
- the radiance inherent in being
- Sinking into the arms of the moment
- breaking through the thin ice of the world of imagination into the vastness of being
- The living simplicity of being - like being a child with your grandmother.
- the feeling of coming home
- Being at one with yourself and with creation

#### HEART CHAKRA

"Love told me to reject reason  
and mind as well. Live with me.  
For a while I did. Then I went away,  
came back and left again.  
Now I have come to stay."

Rumi

"It is nonsense, says reason. It is what it is, says love. It's stupid, says prudence. It is what it is, says love. It is impossible, says experience. It is what it is, says love."

Erich Fried

The heart chakra is the energetic center of love and compassion. The heart is a place of transformation. Everything wants to go to the heart to be transformed by love. The heart has endless possibilities. No matter how many times it is broken by the forces of this world, the love within it cannot be harmed. Love is free; as soon as the slightest condition is attached to it, it is no longer love.

The forces of life draw us, as if by magic, to the face of fear or to the face of love with eyes older than the stars that speak of a deep connection. A day without love feels lost, no matter how much you have achieved. To find love is to find yourself. Love is always there where something or someone is allowed to be as it or they are.



The mind is an instrument of separation, while the heart connects. There is hardly a greater discovery in human experience than the ability to love unconditionally. Not as an idea, but as a lived reality, it transforms any hut, however humble, into a temple. This is where you meet life head on and give the best of yourself on this fresh morning, no matter how broken the world may seem.

#### HERE AND NOW

It is always primarily about being here, wherever you are. Being here perhaps begins with the fleeting sense of one's own conscious presence. Every whiff of it, no matter how uncertain, reminds us of who we really are.

This being-here deepens with practice and experience into a presence deep in mystery. If one could shed the conditioned personality like a suit, this sense of "I am" would remain. As soon as you stop thinking and trying, you just are.

The here and now is a magical place. Life is here and now. It is the truest experience of one's existence, and it deepens the more you trust it. Being in the here and now gradually leads us out of the trance of illusory thoughts onto sacred ground.

#### HERMIT

The hermit engages with the world, but remains completely within himself and does not get lost in its entanglements. He discovers all that is essential in himself.

The hermit knows when it is time to withdraw. He finds a place and enough time to go inside. Some hermits choose a particular method (meditation) or environment (nature, monastery) to help them do this.

A simple place without disturbances or distractions is enough to get in touch with oneself and life. You don't need any special skills other than the willingness and an honest and open curiosity.





The Hermit should also be prepared for fierce arguments if he wants to recognize himself in the mystical mirror. If you drew this card, it could mean that the time has come for you to become a hermit, at least for a while.

## HORIZON

The horizon is a symbol of looking forward, into the distance. You see the blue mountains in the distance and wonder what lies beyond? It is the direction of longing that points to a new tomorrow. The longing for the horizon awakens the spirit of adventure that is already planning the first steps of the new journey. Whatever awaits us beyond the horizon may not make us happy, but the journey there can.

The journey may be dangerous. But even if the uncertainty of not getting what we want causes us anxiety, even if obstacles in the form of people and events get in our way, even if we are plagued by doubt, the rewards unfold after the first step. Even intention makes us grow beyond ourselves and beyond the horizon.

## HUMOR

"Everything has three sides, a positive one, a negative one and a funny one."

Karl Valentin

"Try to find the funny side of the current situation. If you're too close, it gets serious. The further away, the funnier it gets."

Steve Martin

When we trip over our shoelaces on the way to something great, humor comes into play. When we chase the dog that won't understand he's unwanted away ten times and he keeps coming back, at some point it just starts to look funny.

Humor is one of the most important forces in the universe. It has an inherent magic. The conditioned mind tends to take things seriously, it knows irony and sarcasm rather than humor. But you can also laugh heartily at the same situation.



Laughter disarms and unites. It brings ease and new courage. A situation may be hopeless, but it doesn't have to be serious. As Karl Valentin said: "You don't have to take things as tragic as they are."

## INNOCENCE

The inner child is an excellent metaphor for innocence because we all know this value from direct experience. Although we outgrow this innocence over the years, we still carry it within us as a treasure to be guarded.

Animals are also free of guilt and therefore a guide in this area. In the Qur'an, animals are called true Muslims because they cannot help but fulfill the will of creation. They have no other choice.

Angels are also said to be able to do only the will of the One. It seems that only adult human beings are endowed with the blessing and curse of choice. However, the original innocence can be immediately regained if one turns to life with sincerity.

## INTEGRATION

Integration is an essential element in ensuring the flow of life. The flow of events always comes to a halt when something that appears in it cannot be integrated. The principle of the conditioned mind is based on judgment, so thinking always has a problem with integrating something.

Something is either right or wrong, good or bad. This dual distinction makes it difficult to accept what appears to be wrong or bad. The inability to integrate leads to separation and struggle. The task, then, is to reintegrate what has been separated.

Integration is the opposite of separation. It is a matter of the heart. It takes mindful presence to recognize what has been separated and to open the heart to it. In this opening, connection occurs through integration. Whether it is a feeling or a situation that needs to be integrated, through integration something that was previously separate becomes whole.



## INTERBEING

"The state of interbeing is a vulnerable state. It is the vulnerability of the naive altruist, the trusting lover, the unguarded sharer. To enter it, one must leave behind the apparent protection of a life based on control and protected by walls of cynicism, condemnation, and blame."

Charles Eisenstein

The term interbeing, coined by the Vietnamese Zen master Thich Nhat Hanh, means that every object and every living thing does not exist in isolation, but is connected to and contained within everything else.

Our bodies contain trillions of non-human cells such as bacteria, viruses, and fungi. The same can be said of our planet: the whole earth is a gigantic, living and breathing organism, whose parts and cells are inseparable from each other.

Common to all beings is the timeless and spaceless living silence that exists in all life forms and beyond. It opens the door to interbeing. Shamans, as travelers of silence, have always mediated between the dimensions of spirit, human, animal, plant or mineral.

## INTIMACY

"Everybody always thinks they're right."

Sagmeister/Walsh

"Relax, nothing is under control."

Adi Da

"In to me I see"

There are many ways of not being vulnerable. For example, the tendency to be right, to be in control, or other strategies that seem to provide security but only hide one's vulnerable intimacy.

To grow, you need the ability to let go of defenses, to step out of protection, to be aware of your own vulnerability, and yet to face the forces with confidence.



There is nothing more beautiful than meeting the world with an essential intimacy and being touchable. Nothing is under control, but the view is clear, free from the filters and veils of conditioning, accompanied instead by beauty and desire.

## LUST

"All lust wants eternity. It wants deep, deep eternity."

Friedrich Nietzsche

Few things are as taboo in our society as lust. In many cultures, it is practiced in secret; distorted versions of it populate the Internet and brothels. People use each other to get what they want. In tantric cultures we find a rich approach to pleasure as a gateway to the highest ecstatic realities of which a person is capable. On this path, lust meets feeling, power, love, creative expression, vision, and cosmic connection.

In this expanded understanding, you experience lust not only with yourself, with one or more partners, but with all of creation. In the warmth of the sun, in the touch of the wind, yes, in everything there is a tangible element of lust. Lust is all about consciously enjoying rather than consuming.

Lust allows us to live life to the fullest. The more alive you feel, the more present lust is, and vice versa. Resistance to life melts in the face of lust.

## MAKE MISTAKES

"Don't be afraid to make mistakes, there are none."

Miles Davis

When you dance, you sometimes stumble, and when you paint, you sometimes fail. But these "mistakes" don't have to keep us from the ecstasy of dancing or the flow of painting. If you lose your rhythm, you just keep going, and if you make a mistake, you integrate it, maybe change the plan, make another mistake, and see what happens.



We have to have the experiences we're here for, and we have to make mistakes to find out what we really want, what suits us and what doesn't. If we don't allow ourselves to make mistakes, we will never dare to really live. This freedom begins when you do what your heart desires, knowing that you can't go wrong, because everything guides us, especially our mistakes.

Allowing yourself to make mistakes is allowing yourself to be human. Making mistakes frees you from fictional, perfect ideas about yourself and the world and brings juicy forgiveness: it is what it is. So, make mistakes, do everything wrong, be completely wrong, be a walking disaster! No matter how many times we fall, we always fall back into love.

#### MIRROR

Life is a mirror. If you love it, it loves you back. If you hate it, it will hate you back. What we sow, we reap. Life is a teacher. Through its feedback we learn what it means to truly be. We have the freedom to try anything. When we can't take the feedback, it's time to try something new.

If we firmly believe that life has limited possibilities, then so be it. If we dare to believe that life is full of unlimited possibilities, then so it is. There is nothing and no one to keep us in lack, yet many spend their lives in the absence of happiness because they believe in unhappiness.

We don't have to trust the hesitant instructions of the conditioned mind that thinks it knows how life works. The good news is that we can fill our time with what we really want. We can also dare to go on an adventure into the good, the true, and the beautiful. \*

#### MYTH

Mythical creatures like Pegasus, the Minotaur, goblins, mermaids, fairies and the like abound in parallel worlds. The museums and stories of our cultures are filled with fantastic figures. Throughout most of history, human-like creatures with wings, humans with horse bodies, bulls with human bodies, swans with women's heads, and all sorts of hybrid creatures populate the world.



What was real in the pre-Christian pantheon is still part of our collective subconscious. Art testifies to the existence of these creatures within us in glorious diversity. Is the boss with the bright red head a Minotaur trudging through his hopeless labyrinth?

Or is the absent-minded social media influencer a mermaid, half-submerged by her emotions? Are thoughts flickering like angry snakes around Medusa's head that only a mirror can silence? If you drew this card, trace the mythological figure you want to know better and experience the world from their perspective.

#### NATURE

The sound of rain on the window in the early morning. The presence of the stars and the infinite space between them. The wind and the warmth of the sun on your skin. Nature doesn't just touch us, it shows us who we are. If you have drawn this card, it is about coming into physical contact with nature.

In nature everything is connected. Its laws are in harmony with what is. Animals have no choice in their behavior, they follow the One, they are an immediate part of the whole. Man knows the starry sky as the river knows the ocean.

Conscious connection with nature heals the crazy effects of living in an alienated society and brings things back into harmony. Since nature is everything that is not man-made, it can be found almost everywhere. In the changing light of the sky, in the weather, even in the small green spaces of the city. The important thing is to connect with nature, whether by admiring its beauty or consciously immersing oneself in its moods.

#### NOT KNOWING

When we look closely at what we can learn about our true nature, which lies beneath the known personality, we find nothing. This is good news, because before we begin to explore, we unconsciously assume that we are limited individuals. We think we have enough evidence based on thoughts, sensations, and bodily sensations.



But since we cannot find out what we really are on closer examination, this investigation at least takes us out of the realm of supposed knowledge, which is demonstrably unfounded, and into the unknown. Here we are in a state of not knowing who we really are; we do not know whether we are limited or not.

In this state of not-knowing, we know how to cook, how to give a lecture, how to drive a car, etc. This not-knowing refers specifically only to the realm of what we really are. Living in not-knowing is a radically revolutionary attitude. In not-knowing, one no longer lives in familiar assumptions about oneself and the world, but remains a witness to how life unfolds.

#### OBLIVION

"Imagine that there is a block of wax in your head. And when we want to remember something, the wax absorbs those impressions like the seal of a ring. We can remember the imprint as long as the image lasts, but when we no longer have access to it, we forget it and no longer know it".

Plato

It seems that we have forgotten what the natural state, real life, feels like and are content with what is left. Although on the surface we appear to be a people who have forgotten, there is something within us that remembers.

The nightingale that sings at half strength during the day to sing its song at night, the wind that sweeps through the shadows of the leaves, or the birds that fly over the river in the evening remind us of the silent secret that is within us.

In truth, the path from the conditioned personality to the natural state is a path of remembrance. We don't have to invent anything new, we just have to remember who we really are and stay there, with that deep, quiet, inner knowing.



## OPENNESS

Being open and available prepares the ground for authentic perception. Presence that is open attracts. Life flows into an open heart like water into a hollow, bringing all that is needed.

Will alone cannot open the most beautiful doors; sometimes they close even tighter. So what can we do when the strategies of the mind - such as manipulating, complaining, and threatening - do not help?

What remains is the open movement of the heart to let life flow in, especially when we want to close ourselves off, even if it means experiencing inner devastation. Sometimes the old has to go to make room for the new.

Showing yourself in your openness brings beauty into play. When you show yourself, the gods hold their breath. The mysteries of life cannot close to an open heart. They simply cannot. There is nothing more seductive than an open heart.

## PEACE / PEACE

"How do you recognize a person who has found peace? It is someone who has put down the knife he uses against himself and others."

Sufi Saying

Sometimes the ego closes up shop. The blinds go down. The "closed" sign hangs on the door. Wanting and doing stop. It closes its eyes and peace spreads like a scent in the night.

Nothing, absolutely nothing, wants anything anymore. The old moon puts the clouds to sleep, as it has done for a thousand years all over the world. Sounds emerge from the shadows and the world draws closer until you can feel its breath.

Peace, like love, is the background of life. Everything that happens is projected like a movie on its invisible screen. Peace is powerful. When you choose peace, you drop the knife, but only to exchange it for something truly powerful.





## POETRY

Collect deep touches like jewels. Finding poetry instead of reason. Breathing between the onset of rain and the distant ringing of church bells. Breathing through the fog of time into the center of the whole dream.

Over time, everyday poetic collage elements come together to form a world that reminds us of the essential. Of bathing in the silence of the early morning. Of the choice to turn toward rather than away.

To see the poetry in what is lost, to see the beauty in what is broken. To let yourself be taken by the hand, moment by moment, into the depths and heights of humanity, to marvel at the existence of the whole dream and to recognize yourself in it.

## POLITICS

In the context of this game, the influence of society on the individual and vice versa is understood as political. Since the "art of living" is a form of creation, politics is not seen as something God-given, but as something that can be shaped.

Change goes beyond the individual. It requires an understanding of the interaction between society and the individual. What leads to constructive and what to destructive cycles?

What might a policy of constructive interaction look like? What kind of policies are needed for the development of humanity? What kind of care is needed for beings and environments that have little or no voice?

## POSTPONEMENT

Postponement is a strategy of avoidance. You don't have to deal with the essentials, you still have to do something important. Procrastination is like a paralysis in which you lock yourself in, waiting indefinitely for some external force to give you permission to make your own luck.



In procrastination, there is a feeling in the background that you are not quite there yet, as if something is missing, something that you urgently need before you can turn to the real thing.

It's a matter of priorities. It's time to go back to what we all know deep down inside - the real thing - and then go for it. To be radical. Not to externalize your authority. Stop believing the old voices and focus on what is essential as a top priority.

#### POWER

To be in his power is not to be at the mercy of the dual forces of this world. A king is able to be the space where these forces meet and to withstand that meeting.

This card reminds us to live our own brilliance and potential. Right now it's not about exercising that power, it's about simply allowing it. Getting to know the powerful aspect of our own identity, playing with it, enjoying it.

Life sometimes requires us to be strong, to live the power of our full presence so that what is needed can unfold in its safe space. Real power means standing in your light and putting doubts, shadows and demons in their place.

One who is in their power comes fully forward, stands at their peak, but does not rise above others. A true king is aware of the vulnerability of all beings, uses power wisely, and does not abuse it.

#### PRESENCE

"The power of presence is the superpower of our time."

Otto Scharmer

In every moment of our lives, we have only one real choice: either we turn to the present moment and find this limitless presence in it, or we turn away from it and lose it, exchanging it for the realm of conditioned thoughts, mental agitation, doubts, beliefs, and so on.



It takes courage to be present, even when we rationally understand the benefits it brings. Old wounds do not agree to invest in this direction. Only love for ourselves and the experience that on the other side of conditioning the grass really is greener and the natural state is full of gifts encourages us to go further.

The moment conscious presence comes into play, we turn to the source of being, feel this presence in silent awareness and get to know its attributes such as unconditional joy, unconditional love, abundance, inner peace, connection and natural happiness. By turning completely to the here and now, the celebration of returning to the natural state begins. This is where the magic of 'It is', 'I am' and 'It is me' comes from.

#### RELAXATION

Tension and relaxation are natural. If you put a cat in a car for the first time, its body will tense up and relax after a while. As soon as a movement impulse occurs in a living being, its muscles tense up, and this is quite natural.

There is also tension in the body that comes from the belief that we are separate individuals. This is not true, because our bodies could not exist separately from the environment, but nevertheless the unconscious assumption forces a kind of suspicious tension in the system.

It is helpful to locate this specific tension through self-exploration and to give friendly attention to the affected muscle group. The mere awareness of this brings change, and the natural relaxation that occurs in the security of the whole dream can pave the way.

#### REST

The conditioned personality is unstable, it believes it is separate from everything. Its nature is restlessness, there is no rest within it. Deep rest comes only when the personality is no longer at the wheel.



Calm arises as resistance to life melts away. Because of its instability, the personality distrusts what life brings. Only when this struggle with what is is over does it become truly calm.

This stillness is not merely the absence of noise; it also underlies activity. It is the fragrance of confidence in life, of safety in the eye of the storm, of certainty in the unknown, of peace in the incomprehensible.

## RESISTANCE

Resistance wants to maintain the status quo, resists change, and rejects anything that might challenge the status quo. The conditioned mind, as the master of denial, finds a thousand plausible reasons why it is better not to invest further in change.

Resistance has many faces, including every delaying tactic or unexamined assumption used as a shield. What all attempts at resistance have in common is a certain protective function. Resistance seeks to defend the illusory island of security at all costs.

But something wants to see through this illusion. Even when you realize that you have created the prison in which you suffer, the joy of being free when you realize this outweighs it. It is an incredible relief to be able to give up resistance.

## RITUAL

Rituals are recurring events that serve a purpose. The Art of Living recommends always making time and space for direct experience. Life is like a mirror, it reflects what we show it.

If we show it how we move from one distraction to another, we will get more distractions. If we dare to look into the mirror with a spirit of adventure, we get adventure. If we open ourselves to ecstasy and blessing, that is what is reflected back to us.



Ritual spaces offer us the opportunity for holistic experiences. Through repetition, new aspects are revealed. The intention with which we enter the space opens the mirror game and we find and experience ourselves in the expression.

## ROOT CHAKRA

In the modern Western world, people operate mostly on the mental level. However, human experience also takes place in other dimensions. The chakras offer seven different areas in which one can experience oneself.

The root chakra provides a connection to the earth, to our ancestors, and to sexuality. According to Tantric teachings, sexual energy rises in the form of a snake (kundalini) from the Kanda - an egg-shaped energy bulb in the pelvic floor - up the spine, nourishing the other chakras and, together with the breath, generating life energy.

Since the root chakra houses an essential foundation of the human energy center, it is advisable to develop a culture with it. This means freeing this area from taboos and inappropriate ideas and revealing its inherent splendor and glory in the form of natural desire and catharsis.

## SACRAL CHAKRA

In the modern Western world, human beings operate primarily on the mental plane. However, human experience also takes place in other dimensions. The chakras offer seven different realms in which one can experience oneself.

The sacral chakra is the place of one's home, one's abode, one's grounding. It is about birth and death, basic emotional needs and unconscious desires. When we meet the portals of birth and death with deep acceptance, we can more easily open ourselves to change.

This center is closely related to the root chakra. The rise of the Kundalini energy is hindered when one becomes entangled in emotions and unconscious (sexual) desires. When one learns to deal with



one's feelings and desires - which is mainly done through conscious acceptance and permission - the Kundalini energy can rise unhindered.

## SAINTS

In ancient times, saints were seen as guides to the realization of human potential. In modern times, this possibility has receded into the distance. Such dimensions seem unattainable.

And yet there are moments that give us a glimpse of the reality with which saints come into contact. Moments between trains of thought when we recognize the living emptiness from which the world of appearances emerges and disappears.

Moments when something profoundly fundamental shines through our lives instead of the stale, bare survival. Moments when silence becomes almost tangible, creating distance from the struggles of everyday life. In the grace of these moments, we are already guests at the table of the saints.

## SELF-INQUIRY

Here one's own nature becomes a research laboratory: Why does the mind constantly form thoughts, usually without conscious instruction? Why do chains of thoughts arise? Why can one get caught up in them for a lifetime? Self-enquiry gets to the bottom of things. You really think assumptions through to the end and test them for truth. Self-enquiry demystifies. It is a way of direct experience. What counts is what is, not what you want.

Self-enquiry is a logical method. You first accept the status quo of the thing you want to explore, and then you systematically go about finding out whether the assumption you have about it is correct, or whether you can get to the bottom of it by examining its true nature.

As you follow the insights or inspirations that come from listening with inquiry, you also begin to recognize your own nature. By getting to the bottom of it with sensitivity and mindfulness, you can go beyond it to the elemental source energies and ultimately to the ineffable.



## SELF-REALIZATION

"Man, know thyself."

Oracle of Delphi

When a person recognizes and lives his true nature, the fundamental task of humanity is fulfilled. Consciousness has created the fascinating possibility for man to know himself. If you wish to answer this call and begin this journey, you can begin by asking yourself the question: Who am I?

Am I this body? Is it the body that is writing these words? Or is it the consciousness that inhabits this body? Is this consciousness within the boundaries of this body or is it limitless? He who asks these questions knows himself.

Since self-realization is THE adventure of evolution itself, the journey towards it is already full of far more rewarding results than, for example, the journey towards success and recognition of one's own person could ever be. Even the signposts of the journey are under the sign of the One. Even in joy as a compass and awareness as a sail, the echo of the underlying mystery resonates.

## SILENCE

Silence is the center, the well, the source. This is where the world renews itself, where solutions and connections arise. Silence is not the absence of sound, but the presence of what is. When you let the sun of awareness shine on the field of silence, the harvest will soon begin.

The sounds of the world play in the silver sky, and one reaps the silent fruits of gratitude, joy, and homecoming. Silence is not a mental concept; it is a living being. Once a person surrenders, he sinks into the silent arms of being. As soon as one stops the noisy train, one finds one's harmony and arrives.

Silence is the living ground state of the universe, it is intelligent, open and available. It is the birthplace of the world, recreating itself again and again. Silence connects the individual to the source, from which comes unquestioning simplicity.



## SOFTNESS

The dimension of inner peace and joy opens up when a person can no longer maintain their hardness towards themselves and the world. If one were to use a brush to soften one's perceptions, one would get closer to the essence. When viewed with gentle openness, the edges of things seem to give way.

We usually divide the world of our experiences into what we like and what we don't like, according to our conditioned patterns. We identify with them and no longer see what really is. We pass through the world instead of moving in it.

Softness is a way of identifying with the subtle. The subtle has meaning. Softness removes the sense of being at the mercy of conditioned patterns and opens access to deeper inner knowledge.

## SOLAR PLEXUS CHAKRA

"Never deny your own majesty."

H.W.L. Poonja

The solar plexus chakra is about coming into your own power. It is the center of your own power. The place of the inner king. The king opens to the vastness of day and night, faces the infinite and does not shy away from any greatness, not even his own.

The color of this chakra is yellow and makes the solar plexus area in the solar plexus glow. It is also an area of contradiction. Can you hold contradictions and be the space that can hold pairs of opposites?

Strength and vulnerability, light and shadow. This is not about making choices, but about being able to combine different positions. By being the space for both, you can truly grow into your power.

## SPACIOUSNESS

Spaciousness is the space of total freedom and possibility. There is nothing that blocks this space, nothing that is forced upon you. Spaciousness is unrestricted space for growth. Life gives you as much spaciousness as you need.





It is neither meaningful nor meaningless. It is space with the meaning you give it. Spaciousness challenges creativity. Spaciousness does not offer ready-made plans. It is up to you and your own abilities to decide what comes of it.

In spaciousness, you are like a cloud in the sky, moving gently. The goal is where the wind takes you. You may find yourself drifting along for no apparent reason, content to let life surprise you.

#### SPIRIT

Spirit is the dimension that underlies existence. But in the noise of the world it does not seem to exist. In a gentle, open presence, the hidden opens up and reveals its intelligent, majestic nature, while the noise of the world disappears.

Basically, there is only one event, a kind of symphony that needs to be heard. In listening, we find harmony and discover our part in the great song.

Spirit expresses itself through inspiration. Something hits us like a wave, accompanied by the need to find an expression for it. Inspiration is the way the spirit expresses itself through its forms and brings them into the world.

#### STAMINA & RESILIENCE

There are times when our strength is overwhelmed. Fears for life and limb block our path like overpowering dragons. Kali rattles her sabers and brandishes severed heads. Sometimes the nightmarish threatens to overwhelm us - in whatever form.

Stamina is the force within us that stands firm, that does not back down in the face of danger. It is willing to endure the seemingly overwhelming. In the midst of a hurricane, it simply will not yield until the dragon shows its true face. Until Kali gives her blessing.



But we cannot always resist. Sometimes the forces of fate present us with impossible tasks that are simply too overwhelming. Then formative wounds arise that shape our lives. But even then we are not lost, for it is the time of resilience. The strength that picks us up from the dust, straightens our crown, and lets us try again.

#### SURRENDER

Knowing the difference between good and evil drove us out of paradise. Now we carry the emotional burden of separation. Will we make it? The imagined responsibility for our lives weighs us down. Sincere surrender brings back what was lost.

Too much activity in the world and its entanglements makes us dense and tight and brings dissatisfaction. Through surrender, we become more permeable and transparent, and the flow of life can nourish us more easily.

In these bodies where fear and bliss are mixed, surrender is needed to sink to the true ground. Surrender is active and passive at the same time. It is not about surrendering to "something" somewhere, but about being fully present, feeling and listening.

#### THE NATURAL STATE

When the conditioned personality, the ego, breaks down or ceases to exist for whatever reason, we do not fall into a dangerous nothingness, but into that indestructible awareness that is the ground and substance of our being, always new, without beginning or end.

The conditioned personality is constantly being built, stabilized, and maintained with great effort. The natural state, on the other hand, is already present without effort. It is only prevented by certain ego mechanisms. When we understand these mechanisms, the free fall into the bliss of the natural state begins.



The timeless miracle happens by itself, and you are so much a part of it that it seems as if there is no one separate from it who could observe it. In the natural state, everything is one; I and you become we.

#### THE WHOLE DREAM

"The dream is not your problem. Your problem is that you love one part of your dream and not another. Love everything or nothing."

Nisargadatta Maharaj

The whole dream refers to the sum of all phenomena, events and perceptions, the whole package of existence, just life. When you go through life with a planning mind, you are only dealing with partial aspects of reality. You rarely see the whole picture.

If you want to move in the whole, you have to follow different laws, you move more like in a dream. In a dream, events flow into each other without any pre-planned initiative, and the characters of the dream theater move with the same ease.

While the conditioned personality ignores everything that is not in its focus and is mainly concerned with the past and the future, the whole dream requires not knowing. You don't need to know next steps. Because you are connected - in the midst of the phenomena and events - you feel the next step.

#### THE WOUND

Trauma is separation, it separates us from others, from the world and from ourselves. In this sense of separation we try to find our home again because we miss ourselves. Modern trauma research (e.g. Bessel van der Kolk, Gabor Matè, Thomas Hübl, Peter Levine) speaks of intergenerational traumatization. The trauma and the resulting behavioral patterns are passed on from generation to generation, making it almost impossible for the individual not to be traumatized.



Conditioning is the keeper of the wound. We long for the natural state, true life, and at the same time we are afraid of it. Living with trauma is exhausting; in the unconscious a whole circus of behaviors arises to hide it, repress it, blame others, etc. When the trauma is transformed through awareness, all that energy is released for the next level of presence. Trauma is not just bad news, it is the release to authenticity. It forces us to act from the truth.

Actually, we have always known how to deal with the wound. Almost everything indigenous people did-dances, chants, rituals, and ceremonies-allowed the body to remain in pleasurable movement rather than frozen in trauma. Neuroscience (Stephen W. Porges) also confirms that any activity that makes us feel alive, such as creativity, joy, or beauty, helps to transform the energy associated with trauma into life energy.

### THIRD EYE CHAKRA

"When the soul wants to experience something, it projects an image of the experience before itself and enters into that image."

Master Eckhart

"When you ask for something, believe that you have already received it and it is yours."

Jesus of Nazareth

When you desire something, long for something, or want to get rid of something and remain passive, a lot of time can pass before a change occurs. This has to do with the fact that there is an attitude of lack inherent in desire or longing, and at the same time a certain fear of not getting what is desired.

Vision, on the other hand, is based on an understanding of abundance. Life is abundance, and the only thing that separates us from that abundance is the belief in lack. When we remove the power of this belief, the paths are open to silence, sexuality, ecstasy, blessing, happiness... nothing and no one can stop us. The vision mobilizes, it brings you into your own power. It is a process of gradually growing together with what is to come. One actively lives in the future that is just beginning to emerge.



It is a merging with the anticipation of what it will feel like when what you want is already there. As you live into it - into that initially delicate present - it becomes more and more real. Creating a vision is a powerful tool for improving your circumstances, but it is good to know that it is not capable of making you happy. Happiness lies elsewhere.

#### THROAT CHAKRA

The throat chakra is all about creativity and expression. Creativity is a place of transformation. This is where the things of the world are transformed. Raw materials are refined, lead becomes gold. Creativity is a direct experience. When you engage in a creative process, you become part of its magic. Suddenly you know what you need without knowing how you know it. You put all your trust in the intelligence of your intuition.

You don't need any special talents or abilities. It's just a matter of refusing to submit to the harsh commands of performance mentality and insecurity, and sensing your own presence as best you can. And, at best, to feel a trace of joy, love, or gentleness within yourself. A little of that is enough to make the air crackle and to pick up the trail.

People who consistently engage in creativity mature in it, and their possibilities grow like the annual rings of a tree. They grow organically as they learn to see more deeply and how open they are to the flow of inspiration. Creativity is not something you can do, it is a blessing of being alive.

#### TRUST

"Why carry your burden when you take the train? It carries you and your burden, whether you carry it or put it down."

Ramana Maharshi

"Actually we trust in life. We trust that we will continue to breathe, that our digestion will do its work, that our heart will continue to beat."

David Steindl Rast



Trust is the opposite of control. Controlling life is an extremely exhausting, if not impossible, task, yet we spend so much time doing it, usually without realizing it.

The way we live our lives can be inspired and joyful. But it can also be driven by fear, whether consciously or unconsciously. Fear demands control and security.

Trust releases this tension. The burden of presumption, of having to carry everything, of having to find the solution, disappears. Trust arises by itself when you feel the nature of life, its unconditionality, its infinite possibilities and surprising twists. By trusting and testing its ingenuity.

**WINGS**

The mind is the past. Everything you get out of it comes from the past. The best place to spread your wings is in the moment. It's like standing on the edge of the world.

When nothing is attached to the past, it is easy to glide into the new. But you have to stay alert to circle in the new, because as soon as the past interferes again, you lose altitude.

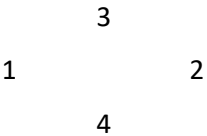
The wings carry you into what is not yet formed, but is already sensed or longed for. You sail towards what is already emerging and fulfill your destiny in flight.

**APPENDIX**

LAYING SYSTEMS OF THE TAROT (Source: Internet)

*The Cross*

How to better assess a particular situation or issue.



1st card initial situation

2nd card the wrong way



3rd card the right way. 4th card the solution and the way to it.

### *The Way*

To a specific destination

The cards are arranged in two columns. The top card (1) is the starting situation. The left column (2-4) represents your previous behavior, the right column (5-7) indicates a new way. Cards 2 and 7 represent conscious behavior. Cards 3 and 6 represent an unconscious attitude. And cards 4 and 5 represent the outer attitude. In this form a total of 7 cards are drawn.

	1	
2		7
3		6
4		5

Card 1 represents your goal. This is your issue, this is what it is all about. The second card shows your previous attitude, what you have believed so far. The third card reflects your feelings or your subconscious attitude. The fourth card shows you how you appear to the outside world. You can also see your facade. The fifth card shows you which attitude you best embody. What feelings should you open yourself to? The sixth card tells you. The seventh card tells you which outer conscious attitude is best for you.

### *Decision Game*

The Tarot can help you to recognize tendencies. In this reading you will be shown two different paths. Finally, you decide which is the better and more coherent way for you.

		5
	1	
3		
7		
4		
	2	
		6



The first path is illustrated by the first, third and fifth cards.

Cards 2, 4 and 6 give information about the alternative second way.

Card number 7 represents the initial situation of your question.

### *The Simulation Game*

helps with questions about how to do something. For example, what are your options for achieving a goal? How can you advance professionally or personally? A total of 5 cards are drawn..

2                    3  
                  1  
5                    4

The first card clarifies the initial situation.

The second card tells us what unconscious forces are at work.

Are there inhibiting or reinforcing influences from outside? The third card tells you.

You cannot realize your plans this way - the fourth tarot card tells you.

How you can successfully realize your plans - the fifth card gives you hints.

### *The Blind Spot*

is for situations where you do not know where you are and need to know what is going on. The cards can clarify where you can direct your perception. Both inner and outer points of your personality are illuminated. A total of 4 cards are drawn with the Blind Spot.

1    4  
3    2

The first card you draw gives you clues about your identity: how you perceive yourself.

The second card symbolizes the blind spot. This behavior and these characteristics are only seen by others.

The third card describes your hidden side: this is how you see yourself, but you do not share it with others.





There is also a side that is not known to you or to those around you. The fourth card shows what these powers are.

#### BRIANT ROKYTA

Briant Rokyta runs Permanent Creation, an artist's studio represented on the international exhibition circuit through createart GALLERIES and MAG Montreux Art Gallery. He is a certified holistic art therapist and since 2009 he has been leading the art therapy department of a rehabilitation clinic in Austria. In this therapeutic work he accompanies people with burn-out, depression and loss of meaning in processes of change. Since 2020 he is responsible for teaching at the Academy for Art Therapy in Vienna. As a lecturer he creates understanding for change processes and shows practical methods how their mechanics can be used for the benefit of the client.