



Happiness

Nils Horn, 2012 Wikipedia / [Wikiversity](#)

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Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy. A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources.

[Wikipedia Happiness:](#) *Various research groups, including Positive psychology, endeavor to apply the scientific method to answer questions about what "happiness" is, and how we might attain it. Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion. Happiness in this sense was used to translate the Greek Eudaimonia, and is still used in virtue ethics. Happiness economics suggests that measures of public happiness should be used to supplement more traditional economic measures when evaluating the success of public policy.*



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Jokes

[Angel oracle](#): Laugh at life. Who rests in his own happiness, can laugh at the chaos of life. The angel of humor. He lives the joy. He makes jokes. He sees life as a game. Be positive as you go through the day. Do not take things too seriously. Today you can be a little wild and crazy. Have fun. :-) :-) ;-) :-)

Men and women

Nils: Men and women are different. There is no doubt about it. But rather than focus on the negative characteristics of men and women, why not praise the positives? Let's start with the women: women are compassionate, caring, and socially. Women cry when they are happy. Women bring joy and laughter in this world. Women are kind and loyal. They will not give up under any circumstances to get for the best for their children. Women have the ability to smile when they are so tired that she can hardly stand up. They know how to make a simple meal into a feast. They know how to comfort a sad friend. They know how to deal with children for endless hours! They know how to give a man the feeling to be king. Women make the world to a happier place.

Sybilla: WOW. Thank you ;-)) That feels really good just now!

Sonja: Thaaaaaaank you. Dear Nils, you nearly were a man to marry. Lol :)))

Nils: Alll my ten ex-women had an other point of view!

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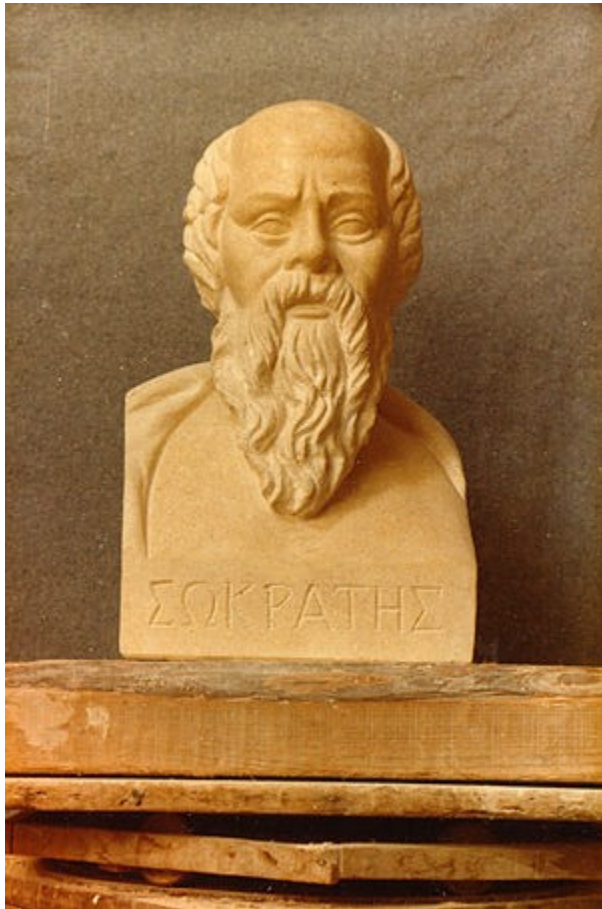


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Sokrates: *What is the true way of life?*

The philosophy of happiness deals with the nature of happiness and the ways for attaining happiness. --->[School:Philosophy](#)

Socrates

[Socrates](#) (* 469 BC in Athens, † 399 BC) is fundamental for Western thinking. Almost all the major philosophical schools of antiquity have to rely on Socrates. Michel de Montaigne called him the "master of masters" and Karl Jaspers wrote, "*Socrates to have in mind is one of the essential conditions of our philosophy*". (Eva-Maria Kaufmann: Sokrates. Munich 2000, p. 93 (Montaigne), p. 8 (Jaspers).)

Socrates was a mystic. There are many accounts of his extraordinary abilities. He could fall for hours in meditation, go barefoot in winter and consume excessive amounts of alcohol, without ever showing signs of intoxication. He lived in strict guidance by his inner voice, whose origin he regarded as divine. He prayed regularly. About life after death, he preferred an open perspective, "*Either it is a non-being, and we have no sensation after death - or, as it is told, it is a migration of the soul from this place to another.*" (Plato, Apologie, Stuttgart 1982, p. 36) It is interesting to note that a significant portion of

Plato's *Phaedo* is concerned with various arguments whose purpose can be seen to prove the existence of life after death. (Plato, *Phaedo*, 66a-67d.)

We can regard Socrates as the spiritual father of today's scientific thinking time. He was an advocate of reason. He was highly involved with the question of the truth. What is true and what is wrong? What is the way of a true life? Socrates had no ready answers. He left it to each of his students themselves, to find their own way of truth. Three things he gave them along the way: 1. Keep interested in the truth. 2. Make sure that your soul is as good as possible. 3. To get a good soul, maintain the four virtues of prudence, temperance, courage and justice (charity). (Plato, *Apologie*, Stuttgart 1982, p. 36)

Aristippus of Cyrene

Perhaps the first philosopher who has developed a complete philosophy of happiness was [Aristippus](#). He was a student of Socrates, but adopted a very different philosophical outlook, teaching that the goal of life was to seek external pleasure. Aristippus lived luxuriously. He is considered the founder of [hedonism](#).

Antisthenes

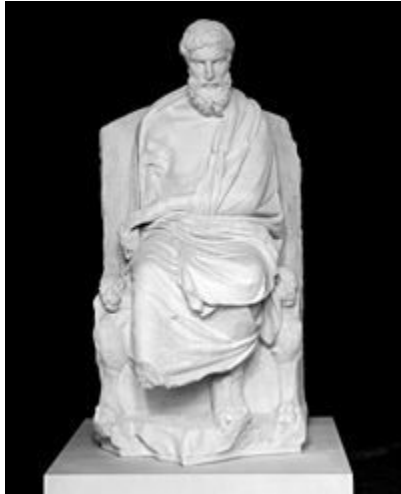
[Antisthenes](#) (c. 445 BCE - c. 365 BCE) was also a student of Socrates. He adopted and developed the ethical side of Socrates' teachings, advocating an ascetic life lived in accordance with virtue. Later writers regarded him as the founder of [Cynic philosophy](#). His most important disciple was [Diogenes](#), who lived after a legend in a barrel. The way of happiness of Antisthenes is similar to the Enlightenment philosophy of Buddhism, Indian Yoga and Chinese Taoism. Through a life of peace, simplicity, naturalness, modesty and virtue (mental work) dissolve the inner tensions. Inner happiness and enlightenment appear. We find Antisthenes praising the pleasures which spring "from out of one's soul." (Xenophon, *Symposium*, iv. 41.)

Plato

[Plato](#) lived from 428/427 BC to 348/347 BC in Athens. He was a student of Socrates, writer of philosophical dialogues, and founder of the Academy in Athens, the first institution of higher learning in the Western world. According to Plato the human soul consists of three parts: The reason, the will and the desire. A man is happy when all three parts of the soul are in balance. Plato has thought about how to build a good society. He proposed to transfer the leadership of a society to the wise. One could say that science (the philosophy of happiness) should be the center of happy society.

A student of Plato was [Aristotle](#). According to Aristotle, happy is he who develops his virtues and abilities. A man can be called perfectly happy if he is sufficiently equipped with external goods and spends his life according to virtue. (Nicomachean Ethics Book I.)

Epicurus



Epicurus meditating.

For Epicurus, the purpose of philosophy was to attain a happy, tranquil life, characterized by peace, freedom from fear, the absence of pain, and by living a self-sufficient life surrounded by friends. A life after [Epicurus](#) (341-270 BC) is happy when you live everything in the right degree. Everyone should know his point of enough. *"Whom is enough too little, nothing is enough."*(Johannes Mewaldt: *Epikur. Philosophie der Freude*. Stuttgart 1973, page 71.)

Epicureans often confounded with the hedonists. Both are completely different philosophical paths. An Epicurean embodies a moderate path of asceticism and a hedonist a path of extreme external pleasure. [Epicureanism](#) is wisdom and hedonism is unwisdom. Epicureanism leads to enlightenment (inner happiness) and hedonism to unenlightenment (inner tensions, addictions).

Epicurus taught positive thinking. A life will be happy when we constantly train positive thinking. Epicurus called it "philosophize." A person should philosophize every day. One should think about the meaning of life and reflect again and again to his positive goals. One should avoid it, to worry too much.

The inner happiness comes from inner peace. When a person calms down, inner happiness appears. Epicurus recommended it to live in inner peace, *"Then you live like a God (Buddha) among your unwise fellow men,"*(Johannes Mewaldt, *ibid*, page 48.) which an Epicurean also helps on the way: *"The friendship dances around the globe, all of us announcing that we shall awaken to bliss."*(Johannes Mewaldt, *ibid*, page 70.)

Enlightenment

Enlightenment is the central point to understand the philosophy of happiness. According to [Swami Sivananda](#), there are three main paths to enlightenment, the path of peace (live in rest), the [path of love \(do good\)](#) and the path of practicing (yoga, meditation). The best way is to practice all three ways.

Everyone should find the spiritual exercises that suit him well. In order to resolve our internal tensions and to awaken our inner happiness, we need exercises for the body (yoga, walking, meditation) and exercises for the mind (self-reflection, thoughts control, doing

good) . Basically you get to the enlightenment (to a life in the light / in God) through the personally right combination from meditation and mental work.

The basic principle of [Epicurus](#) was, "A philosopher lives like a God (Buddha, Enlightened) among the people." The most important enlightenment technique for Epicurus was next to a life in stillness the daily positive thinking. Epicurus called it "philosophize." A life will be happy when we constantly think positive and live with enough rest. A person should philosophize every day. He should think about the meaning of life, reflect on his positive goals and consistently go his path of truth and wisdom.

Undemandingness



Yogi Nils in his hermitage. 24 years living as a [hermit](#).

Epicurus taught to be frugal in external things and to focus on the inner happiness. His goal was to overcome all fears and to live as a God (Buddha) among men. He recommended the path of small pleasure. He was famous for the phrase, "Send me a small piece of cheese, then I can really enjoy."

Nils was from the beginning of his life in search of the great good fortune. He was looking for happiness in relationships, career and beautiful journeys. When he was thirty years old, there was a good opportunity to deepen his knowledge. He stood at the end of his legal studies. The written work of the exam had been completed. Now he had to wait three months until the inspectors had evaluated the work. These three months he was free. He wondered what he should do with this many leisure. Nils remembered his previously unsuccessful search for lasting happiness. He came up with the idea to read all books about happiness systematically. Maybe the happiness books could help him in his personal search?

He scoured in the libraries for scientific happiness literature. He looked through the whole literature on the word "happiness". He bought all the books that seemed to be helpful in this quest. Overall, he bought some twenty books. Then he retired to his study and read them all consecutively. At first he was confused by the diversity of views about happiness. But after about two months ago, he saw things more clearly. He recognized that some authors were on the wrong track. Most authors were groping in the dark in their search for happiness. They had actually understood anything. Nils recognized this by comparing their results with his own experiences of happiness. Some authors, however, had an eye for the

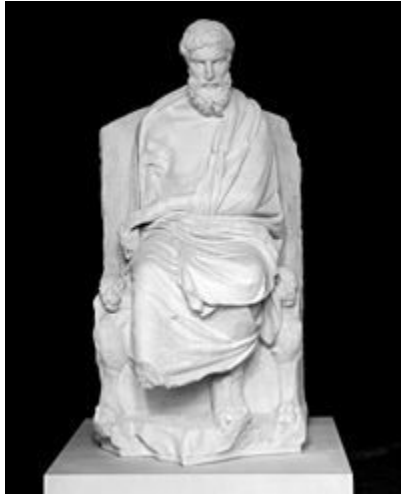
true way. They watched the people who are happy in their lives. And found that these people are essentially characterized by two special qualities: their positivity and their modesty. The most happiest men first thought positive and secondly, had a modest nature.

That positive thinking contributes to inner happiness is understandable. If you think positive, positive feelings are generated in your psyche. This is also confirmed by the happiness research. But what is going on with the property "modesty"? This property is at the present time very forgotten. We live in a first-person company. Modesty is considered to be unwise. Immodesty is the great idea of life. The more you want, the more you're gonna get. The problem of today's doctrine of immodesty is that the goal of life is located on the wrong place. The goal of life is seen outside. Today's consumer prophets suggest that maximum external pleasure automatically leads to maximum inner happiness. This is a false doctrine that is clearly contradicted by reality.

In particular, this approach does not work long term. May the outward pleasure be as great as it wants. After some time the mind becomes accustomed and will hardly notice it as something special. Even large external wealth does not make you happy on a deep level in the long run. You even get used to an attractive partner and good regular sex. You seek for decades after Prince Charming or work for material wealth. And then all additional happiness disappears a short time after you have reached your goals. Today's happiness research has found out that a sufficient material basis of life is important for the inner happiness. But then inner happiness is not growing more by external goods, but by psychological factors.

The pursuit of external wealth, professional success and the perfect soul mate turns out to be always after a while as a mistake. Some time after happy external events every man turns back to his normal mental happiness level. Who in his life wants to be happy at a deep level must focus on his inner happiness. He must reduce his inner tensions and maintain qualities such as inner peace, love and positivity. The real goal of life is the greatest possible inner happiness. We have to be immodest at inner happiness. We must strive for enlightenment. But we must be modest in outer pleasure. Most people confuse these two things. In Yoga we consider the more inner peace as the basis of happiness as positiv thinking. Who is relaxed internally automatically thinks positive. This is the main direction of [Yoga](#). Who wants to force his inner happiness by positive thinking easily gets inner tensions. He is only superficially positive. Anyone who is enlightened, is positive deeply in his soul.

What is Your Way?



Epicurus meditating

The center of philosophy is the question of the meaning of life. Who goes through life without this issue, lives unconscious. A person is one only by thinking philosophical. Everyone should be a philosopher. Blessed is the one, who finds his purpose of life through his philosophical thinking. He can live wisely and strategically. He will receive a full life. Live happily. Live with the happiness research and the philosophy of happiness.

Basically, the way of the outer pleasure and the way of the inner happiness are opposites. Follow the right principles of life. The way of the outer pleasure creates tensions (a big ego, wishes, inner stress) and you become inwardly unhappy. The path of the outer pleasure causes at the long-term a growth into the inner unhappiness. We are never internally really satisfied, and thus we seek to go more extreme the way of the external pleasure. Until we recognize its failure.

On the path of inner happiness, all inner tensions dissolve. We systematically resolve the tensions from the body and the mind. If the spirit becomes free of his fears (attachment to suffering situations) and desires (attachment to external pleasures), inner peace appears. We get into a cosmic consciousness. Lasting inner happiness evolves. We are content with ourselves and our lives. We have released all external things at a deeper level and thus realize our true self.

The people are different and have different ways of inner happiness. For some people it is good to live as an extreme ascetic (Diogenes). For some people it is right to try the path of the outer pleasure enough, until they are ready for the path of inner happiness. For most people, a mean way with some outer joy is the best spiritual way.

1. **Think about life.** What are your goals? What do you want to reach in your life? "My goals are ... "

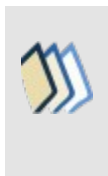
2. **Think about inner and outer happiness.** The happiness research found out, that happiness comes to 90% from inside and only to 10 % from outer things like a great partner, much money or a big career ([Sonja Lyubomirsky](#)). As a philosopher invest your energy in a healthy life, in meditation, in positive thinking and in working for a happy world.

3. **Think about enlightenment.** Enlightenment is the biggest happiness. Find your personal way of spirituality. Center your life in Logic (in a higher reason like truth, love, inner happiness or enlightenment). What are the spiritual exercise you want to do daily (yoga, meditation, reading, positiv thinking, walking, praying, doing good)?

4. **Make a good plan of your life.** In yoga there are four phases of a full life, learning in the childhood, work as adult, relationship or family and selfrealization.

5. **Live as a philosopher of happiness.** You can go the fast way to enlightenment like Diogenes (live like a yogi), the middle way to enlightenment like Epicurus (live inner and outer happiness at the same time) or the way of unenlightenment like Aristippus (outer pleasure and inner suffering). Test the best!!

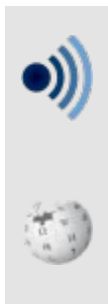
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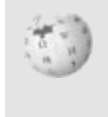
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Sunset Hopping.

Happiness research is the quantitative study of happiness, positive and negative affect, well-being, quality of life and life satisfaction. The field has grown substantially since the late 20th century.

[Wikipedia](#): According to a review in *Boston.com* on August 23, 2009, money doesn't buy much happiness unless it's used in certain ways. "Beyond the point at which people have enough to comfortably feed, clothe, and house themselves, having more money - even a lot more money - makes them only a little bit happier." However we can sometimes get more happiness bang for our buck by spending it in prosocial ways. A Harvard Business School study found that "spending money on others actually makes us happier than spending it on ourselves".

Psychologist Martin Seligman provides the acronym PERMA to summarize Positive Psychology's correlational findings: humans seem happiest when they have Pleasure (tasty foods, warm baths, etc.), Engagement (or flow, the absorption of an enjoyed yet challenging activity), Relationships (social ties have turned out to be extremely reliable indicator of happiness), Meaning (a perceived quest or belonging to something bigger), and Accomplishments (having realized tangible goals).

There have also been some studies of how religion relates to happiness. Causal relationships remain unclear, but more religion is seen in happier people. This correlation may be the result of community membership and not necessarily belief in religion itself. Another component may have to do with ritual, according to a 2009 article in *Frontiers in Evolutionary Neuroscience*.

The Ten Points of Happiness



Smile and be happy.

The most important results of today's [happiness research](#) can be summed up in ten points.

1. A Proactive Life is a Happy One

Happy people have positive goals and positive tasks. Proactive people are 15% more satisfied with their lives than more passive people. Happiness researcher Ed Diener explains, “happy people set goals for themselves again and again.”

2. An Active Life is a Happy One

Regular physical activity keeps the body healthy and makes the spirit happy. Daily walks raise the level of happiness 12%. David Niven says, “people who stay fit via sports are healthier, more positive, and more successful.”

3. Doing Good for the World is a Source of Happiness

Those who regularly do good things for others are 24% happier than those who only live for themselves. John A. Schindler wrote, “live as a giving person. Those who give are happier than those who only take. Those who give to others discover the beauty in the world.”

4. Rest and Relaxation Bring Happiness

The central point of a healthy and happy life is to find the balance between rest and activity. Besides, work, physical activity, and time spent with others, we need time to rest and relax. We need to get enough sleep. Scientific research shows that relaxed people think more positively and are happier. Every hour of sleep missed lowers the positivity one can experience during the day.

Where that point of balance between rest and activity lies, must be decided for oneself. Everyone needs to experiment a little to find this correct balance. We have to figure out how much sleep we need and how much relaxation time we need and at what speed we function at our best. We in the western world of „go, go, go“ who wish to stay happy and

healthy, must also live extra clever. We need to organize our lives in an intelligent way to facilitate inner happiness and find one's personal way to inner balance.

5. Positive Thinking

Those who think positively double their chance to realize happiness. Those who wish to be happy should think positively. The positive characteristics of wisdom, love, peace, inner power and joy in life should be set as the central point of one's life. One should exercise a conscious decision to be positive. For example, we can ask ourselves, "how can I go through the day in a positive way?"

6. Too Much Television Makes You Unhappy

Scientific research states, „every hour of television lowers the general quality of life by 5%“. TV orients people around superficial things, and the concept of superficial happiness. It raises desire, increases aggression, and creates sorrows. Those who would like to grow in terms of happiness, should stop watching TV. (David Niven: Die 100 Geheimnisse glücklicher Menschen. München 2000, Seite 32 f.)

The way to positive TV viewing consists of : a) choose your programs carefully. Avoid negative films. B) Find the correct amount of TV. Children should watch a maximum of one hour per day of television. C) After watching TV, one should practice some form of spiritual exercise (such as yoga, meditation, walking, reading, contemplating the meaning of life).

7. Foster Friendship

Build on your positive circle of friends. Women who talk to others reduce their worries by 55%. Cancer stricken women who met with a group once a week raised their survival chances to twice as high as those who didn't meet with a group. In the western world, there is a strong tendency towards isolation. There are many single and lonely people. People who have a good circle of friends are happier and not isolated. We should take care of our friendships and practice positive activities with them.

8. Facilitate Joy

Those who can find little elements of joy in their lives can raise their overall happiness by 20%. Nils once felt bad and in order to raise his spirits, he ate a lot of sweets. His spirit brightened more and more. Then he visualized the sweets in his stomach and awakened his kundalini energy. He awakened a strong energy which quickly brought him back into the light. Nils learned to thus connect outer enjoyment with spiritual exercises. One then needs less sweets. Just a bit of outer enjoyment is enough for inner happiness.

9. Humor

Those with a good sense of humor raise their positivity by 33%. We should foster our sense of humor and learn to not take things so seriously. We should learn to laugh at our selves. Those who are able to do so, can live lighter and brighter. It is good to see cheerful films, read funny books, and to visit joyful people.

10. Self-Confidence

Happy people believe in themselves. They believe in their goals, their wisdom, and their power. They see themselves as winners. They know they will prevail in the long term. In a world of doubt, all followers of the way of bliss need inner strength in order to go about their way successfully. The followers of inner happiness need a clear anchor in terms of wisdom, self-discipline, and self-confidence to avoid being brought back by materialism and doubt.

The ethics of transcendence



[Jonathan Haidt](#) is an American psychology professor. He wrote the book *The Happiness Hypothesis* in which he combines ancient philosophical and spiritual knowledge with the latest happiness research. His main teaching is the ethics of transcendence (living in God). Psychologically, it is shown that a person has in his brain an area for experiences of God. The enlightened one is happier than an unenlightened. Religion makes you happy, if not lived too dogmatic and intolerantly.

Haidt sees himself as an atheist, who does not believe in God, but advocates for reasons of inner happiness and health positive spiritual values, *"If we rely on balanced wisdom - old and new, eastern and western, liberal and conservative - we can choose directions in our life that lead to satisfaction, happiness and a sense of purpose."*(Jonathan Haidt, page 315.)

Positive psychology emphasizes positive values

[Sonja Lyubomirsky](#) is one of America's happiness researchers. She is a professor and wrote the international bestseller *The How of Happiness*. (Sonja Lyubomirsky, *The How of Happiness*. 2007.) She wondered what one can do if one wants to get a happy life. She accepted that, after the current state of research about 50% of a given human's happiness level is genetically determined. About 10% of happiness is affected by external living conditions, but 40% of happiness can be influenced by the mind of a person.

According to Lyubomirsky, the secret of lasting happiness is to turn our attention mainly to that 40% and constantly maintain our inner happiness. We should exercise regularly, avoid negative thoughts and encourage positive thoughts, maintain our social relationships and

have a positive task in our lives. Many studies demonstrate the positive effects of meditation on our happiness, "*Meditate every day. Begin with five minutes and increase to up to 20 minutes a day.*"(Sonja Lyubomirsky, supra, 257th page.)

Sonja Lyubomirsky developed a twelve-point program for personal happiness. The main point for her is gratitude. We should focus on the positives in our lives and be grateful. We should live according to principles such as optimism, joy, helpfulness, forgiveness, good social relationships, good health care and a positive task if we want to achieve a happy and fulfilling life.(Sonja Lyubomirsky, ibid, page 103 et seq.)

A happy society



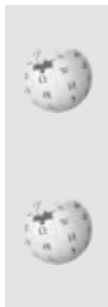
The Satisfaction with Life Index.

[Richard Layard](#) (born 15 March 1934) is a British economist. He was founder-director in 1990 of the Centre for Economic Performance at the London School of Economics. He argues that people in the West could live happier lives, if instead of focusing on the growth of the outer wealth, they concentrated on the growth of inner happiness. At the moment the unbridled selfishness destroys the growth of general happiness. People in the West need a new philosophy on the basis of the happiness research. The goal should be the greatest happiness of all.(Richard Layard, *Happiness, Lessons from a New Science*, page 142.)

Richard Layard stated, "*Although the people in the West have for decades got richer, they have not become happier. (...) Studies show that people are not happier today than 50 years ago. And this is despite the fact that the real median income in this period has more than doubled.*"(Richard Layard, *Happiness*, page 13.) On the contrary, people are getting richer externally, and internally unhappier. The likelihood of suffering from a clinical depression is now ten times as large as a century ago.(Sonja Lyubomirsky, ibid, page 49)

[Bhutan](#) is a small landlocked country in South Asia, located at the eastern end of the Himalayas and bordered to the south, east and west by the Republic of India and to the north by the People's Republic of China. [Gross national happiness](#) (GNH) is a concept introduced by the King of Bhutan in 1972 as an alternative to the Gross domestic product. Although the GNH framework reflects its Buddhist origins, it is based upon the empirical research of happiness, positive psychology and wellbeing. The philosophy of happiness of Bhutan rests on four pillars: a healthy environment, a good economy, a democratic government and the anchoring in a positive religion / culture.

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Peace, love and happiness

Positive thinking can be defined by the goal of health and happiness. It concentrates at positive qualities such as inner peace, strength, love, joy and happiness. In this direction research the [positive psychology](#). Positive thinking is a mental technique, that must practiced wisely. It should not be misused to repress feelings or problems. Positive thinking must used sensitively and healingly.

Wikipedia: *Optimism is a mental attitude that interprets situations and events as being best (optimized). A common idiom used to illustrate optimism versus pessimism is a glass with water at the halfway point, where the optimist is said to see the glass as half full, but the pessimist sees the glass as half empty. Optimism may be linked to health. Optimists have been shown to live healthier lifestyles which may influence disease. For example, optimists smoke less, are more physically active, consume more fruit, vegetables and whole-grain bread, and consume more moderate amounts of alcohol. The relationship between optimism and health has also been studied with regards to physical symptoms, coping strategies and negative affect for those suffering from rheumatoid arthritis, asthma, and fibromyalgia. A meta-analysis has confirmed the assumption that optimism is related to psychological well-being: “Put simply, optimists emerge from difficult circumstances with less distress than do pessimists. (...) Optimists seem intent on facing problems head-on, taking active and constructive steps to solve their problems; pessimists are more likely to abandon their effort to attain their goals.”*

The psychological learning theory



Flowers with butterfly

The psychological learning theory suggests that positive thinking can be learned. An athlete trains for several weeks or months an external behavior. He carries a certain behavior, and after some time he masters it. Thoughts can be understood as the internal behavior of a person. When we consciously practice some time a positive mental behavior, then our mind accustoms to positive thinking. It automatically responds to certain external situations with positive thoughts.

Positive thoughts lead to positive feelings. And positive feelings lead to health and happiness. To train positive thoughts has a great gain. It gives us a happy and healthy life. Especially if we practice also regularly sports (yoga, walking), enough relaxation (enough breaks, enough sleep, daily meditating) and a healthy diet (at least an apple a day).

How to learn positive thoughts? The learning method consists of four steps. First, we need a positive thought system that suits us like the philosophy of happiness. The philosophy of happiness teaches to make the happiness to the center of life. The essence of the philosophy of happiness are the five qualities of wisdom, peace, love, strength and joy. These five properties we practice every day.

The second step is systematically to train positive thoughts. The best way is to remember every morning on the five positive qualities. We create a positive plan of the day. We get up with a positive thought. We retain our positive vision during the day. And at night we think about the day and what we can do better the next day. We feel our negative emotions (fear, anger, grief, addiction). What negative thought is associated with it? What positive thought helps us to overcome it? Which thought brings us into a positive attitude towards life? Helpful positive phrases are, "I'm a winner. I reach my goals. Wisdom is to organize my life so that I can live healthy and happy. "

The third step is to observe consistently our thoughts throughout the day, and to stop all negative thoughts. If we recognize a negative thought, we push him away immediately. We consider what positive thought is helpful right now. We develop a positive thought and set it in place of the negative thought. If we make this at the long term, our negative

thoughts are becoming less and our positive thoughts grow more and more. Nils was able to overcome his depression by this technique.

The constant observation of thought is the essence of positive thinking. Often we overcome our negative thoughts already through the constant observation of our mind. We are aware of our negative thoughts and that already deprives them their power. Sometimes we have to intervene forcefully. And just at the beginning of our mental work we should be relatively strict with our thoughts. If our inner children are educated good, we can give them a little more freedom.

The fourth step is the stabilization of positive thinking. It is not easy all day to control our negative thoughts. We need strong helpers to keep us on our long-term path of inner happiness. Such helpers are the daily spiritual reading in a book, the daily oracle reading, the daily meditation, walking and a group of positive thinking people. Very good it is to distribute some caregivers throughout the day. We create our system of daily happiness exercises. We're putting so many exercises for us in right intervals in the day that we keep ourselves constantly on the path of the positive. We stay with perseverance on our way of wisdom and happiness. If we fall off the path once, we stand up again next day. In particularly difficult situations helps the constant change of lying (hearing meditation music), reading (praying, chanting), sports (yoga, walking) and work (doing good to others). We are practicing it for so long until our negative emotions have calmed down und we are positive again.

Overcome Pain and Grief



What feelings in you right now?

The supreme principle of conduct in suffering situations is outwardly behaving properly and at the same time managing the thoughts and feelings as well as possible. Is the difficult situation outside gone, we can heal our emotional wounds. At certain points of the problem we got inner tensions. This tensions must be resolved again when the external stress situation is over. When we don't heal ourself after stress situations, they remain

permanently in our mind. In the long term they affect our mental well-being. They lead to neurotic behavior and can cause physical illnesses.

If a problem affects you emotionally, it is good to do a helpful ritual. **Think first about the problem. Thinking leads to constructive engagement with the problem. You realize that you can do something.** You are not a helpless victim. You can live as a winner. You can solve the problem in any way. **What is your helpful idea about your problem? “My idea is ...”**

Read a few pages in a spiritual book. Think about which book you need now. A spiritual book has a positive energy field. If we spend some time in this energy field, we get a positive spirit. Which book will strengthen your positive energy? Read it! After reading, take a walk for an hour or dance 20 minutes as you like. Move all the rage and excitement out of your body. Think a Mantra (a positive sentence) and do a meditation (stop your thinking five minutes). Then think about your problem. Usually you will come to rest mentally in half an hour. Half an hour then go just you like. Then you'll see things clearly. You will be able to have positive ideas. Make after the walk some yoga exercises (creative hatha yoga) and a long meditation in sitting (meditation with the inner voice) or lying down. Hook up a nice music and remain lying down for so long, until your mind completely is at rest. Arise then again, eat something nice and think about what you need now. Give it yourself. Often it is very helpful to do something creative. We can paint, write, make music and express our feelings on our personal way. We can do something good for our fellow human beings and thus bring us into the energy of love. What is your way of love now?

If the problem is very big, you can do several rounds of reading, walking, doing good, enjoying and meditating. Usually you get then to the point, where peace arises within you. Be very gentle with you and heal emotionally more and more. If a problem can not be solved in one day, stop after a while your thinking about the problem. Forbid you every further reflection. Avoid harmful rumination, which leads to nothing and only reinforces the internal stress. For large problems, you can take every day a certain time for problem handling.

To solve emotinal problems is a creative process. You must feel exactly what you need now. What is currently the best way to solve your problem, to find inner peace and positivity? People are different and require different strategies. It is important to avoid self-defeating behaviors, such as tablets, smoke, drink, drugs, alcohol or eating too many sweets. It is better to manage the problem with the techniques of inner happiness. Then we grow spiritually on our problems. We grow inwardly on the problems of life until we will find ever lasting happiness.

Happy in Five Minutes



Tsongkhapa

In every life there is pain, loss, illness, loneliness and death. We have no claim to a long life still to be spared by fate. What is your pain today?

1. **The problem:** Describe briefly your situation and your problem. How exactly is your situation? What is the problem? Where is the center of the problem?
2. **The Emotions:** What are the feelings it in you? Fear, anger, addiction / desire, grief. What feeling is strongest? Where is the feeling sitting in your body?
3. **The thoughts:** What thoughts are connected with your feelings? Why are you sad, anxious, angry or longing? Count all your stressful thoughts down. (My thoughts are ...)
4. **Thinking:** What triggers your problem? What is the way out of your problem? What brings you to love, success, fulfillment, satisfaction? Think about your problem for so long, until you find a solution. Think about different solutions. Collect all the information you need.
5. **Implementation:** Follow your positive thoughts. Fulfil your positive life plan. Avoid meaningless brooding. Now is the time to realize powerful. Go your way to victory. "My positive sentence is"

Enlightenment and positive thinking

According to the Buddhist master [Tsongkhapa](#) enlightenment is created by the wise combination of positive thinking and meditation. Buddha used the term of right thinking. The combination of mind work and meditation is the basis of the eightfold buddhist path and the eightfold yoga path (Patanjali).

See also



Search for [Optimism](#) on [Wikipedia](#).



Search for [Positive psychology](#) on [Wikipedia](#).

- [Happiness research](#)
- [Philosophy of Happiness](#)
- [Everyone needs a spiritual centering](#)
- [The Five Principles of Health](#)
- [Happiness oracle \(Tarot\)](#)
- [A World of Peace, Love and Happiness](#)

External links



Search for [Learning theory \(education\)](#) on [Wikipedia](#).



[Wikibooks](#) has a book on the topic of [Learning Theories](#).

- [Encyclopedia Britannica learning theory](#)
- [How to Be Positive](#)
- [Reduce stress by eliminating negative self-talk](#)
- [Positive Thinking Your Key to Success](#)
- [The Power of Positive Thinking](#)



Buddha as a symbolic model for the path of enlightenment and universal love.

The most important thing in life is the spiritual centering. The spiritual centering consists of the personal philosophy of life. A spiritual centering should include the five principles of love, peace, truth, strength and joy. If we live with wisdom according to these five principles, we grow into happiness, into enlightenment, into a life in the light (in God, in fulfillment).

The path of inner happiness

Basically, the path of inner happiness consists of health practices and of mental work. Health exercises are sports (walking, jogging, biking - if necessary on the exercise bike), yoga and meditation. Add to this a healthy diet. Mental work means to avoid negative thoughts and to encourage positive thoughts. Negative thoughts lead to internal tensions, the destruction of the health and to bad social relationships. They are often associated with feelings such as fear, anger and addiction.

Positive thoughts create positive feelings and a constructive external behavior. Positive thoughts we get by self-reflection, positive intentions and reading in positive books. Important is a constant attention to the inner thoughts, feelings and positive life principles (love, peace, truth, strength, happiness). Recommendable are the philosophy of

happiness (Epicurus), Buddhism, Christianity and Yoga. **The positive psychology found many good ways to live a happy life.** It is important that we are always in touch with ourselves, our inner truth and love. A spiritual teaching gives us an orientation. For proper application in our concrete situation we are responsible for ourselves. What is good for us? What brings us forward on the path of happiness? What is useful to build up a happy world?

The easiest way of spiritual centering is the daily reading in a spiritual book. We can also read something positive in the internet. We must not read much. A small text, a meditation a day is enough to keep us on the path to lasting happiness. For many people a daily oracle card is helpful to get a positive outlook on life. For this we need each day just a minute. That time has everyone. The gain is long term immeasurable.

Think about your daily happiness practice. How can you integrate [The Five Principles of Health](#) into your life? What is your main way of spiritual centering (Yoga, Buddhism, Christianity, Philosophy, Positive Psychology)? Which spiritual role-model inspires you and gives you energy for a positive life (Buddha, Jesus, Epicurus)? What exercises do you want to practice regularly?

--> [Buddha oracle](#), [Angel oracle](#), [I Ching oracle](#), [Yoga oracle](#), [Happiness oracle \(Tarot\)](#)

The Way of Love



Let the love grow in the world.

- 1. Live in inner peace (calmness, stillness) and act for the happiness of all beings.** For some people it is important to live in the outer peace, to achieve the inner peace. Basically, the inner peace is the result of a calm mind. A calm mind we get when we focus in wisdom (Spirituality, God, Yoga) and work continually on our negative qualities, addictions, fears and aggressions.
- 2. Everyone should find his personal balance of rest and action.** Those who live in the right inner balance, save their energy, their physical and mental health.
- 3. Our mind grows into the light, if we strengthen the positivity and the love in us.** We should constantly practice positive thinking, positive speaking and positive doing. When we facilitate the desire for a happy world, then we grow further towards enlightenment. The secret to this wish is the connection from the inner to the outer world. We are not

spiritually separated from other beings. Their happiness affects us. When we visualize other beings as happy, then we also feel happy. Those who encourage the goal to a happy world creates positivity within. When we send light to all beings, then one day light will come through to our souls. When we do something good for the world, the world will reward us with a positive psyche.

4. We should make the inner happiness, not the outer happiness to the center of our lives. If we follow the two principles of love for God (inner peace, spiritual practice) and love for all beings, we will transform our minds. Our inner tension will dissolve and happiness will appear.

5. With inner happiness, we can see the positive in the world, in our fellow men and in ourselves. We live in the light and in the love. The longer we live and the longer we practise the way of love, the more we grow into the light.

Discussion



Jesus Christ as a symbol for a life in God and in the all-embracing love.

Michael: Spirituality should for us only be a fun factor. Otherwise we quickly get a religious-related neurotic disorder! Everything comes by itself?

Nils: From nothing comes nothing. If you look at life, religion and enlightenment as a fun factor, then you will shrink spiritually in the long term. **Who lives primarily his outwardly pleasures, who sees the sense of life only in fun, external wealth, career and relationships, gets attachments, gets internal tensions, he uses up in the stresses of life and blocks his happiness energy more and more. Unfortunately, it is true that a man must choose between God and the world, between fun and spiritual practice. The path**

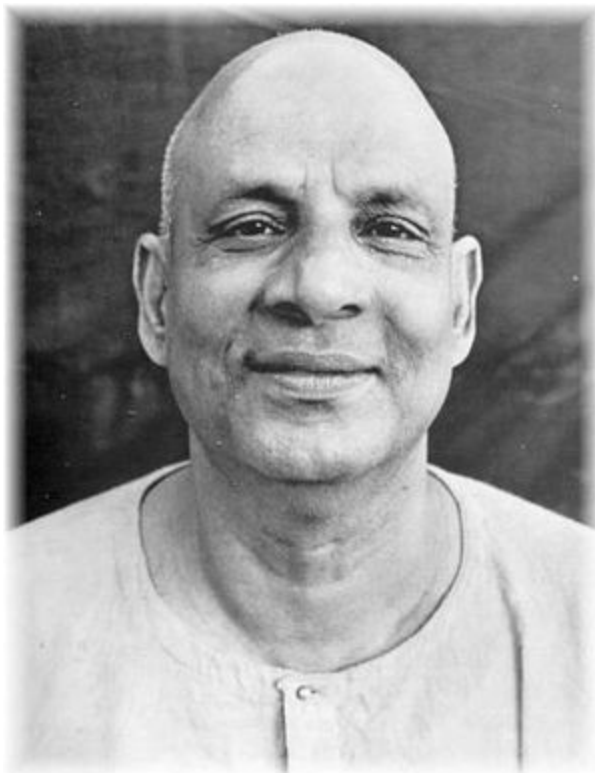
to enlightenment is persistent inner work. The more you practice, the faster you progress.

A religious neurosis arises when you are practicing spiritually wrong. **You should feel exactly what you need, what is good for you and what brings you forward spiritually.** Many Christians practice their religion without inner feeling only formally. It is also inconvenient if you are too dogmatic. Religious fanatics live out their religion from the ego and hurt themselves and the world.

If you undertax yourself on the spiritual path, you will not grow spiritually. If you overtax yourself, you produce inner tensions and block your enlightenment. You should find out exactly what fits you best on the spiritual path. And you must be persistent until the end. Shortly before you get enlightened comes a stage where you have to let go of the goal of enlightenment. Otherwise you tense up yourself too strong by the sense of purpose. **Many New Agers and many evangelical Christians believe that you just have to live your life and enlightenment (the grace of God) comes by itself. That's a big mistake. The Lord loves spiritually hard-working people. Otherwise, he gives not his grace.**

Woman: My inner happiness is important to me. Because it's good for my soul, it is also good for my body. If your body and your soul are happy, the whole person is happy. If a person is happy in himself, he can also have happy relations with his fellow man. Yes, I care for my happiness ... I try to think positively.

Swami Sivananda



[Swami Sivananda Saraswati](#)

I was tired of this false life of sensual pleasure.

This prison of my body disgusted me.
I sought the company of great masters.
And sucked their nectarine instructions in me.
I wandered through the harrowing forests of love and hate.
I wandered far beyond the world of good and evil.
I came to the land of astonishing silence.
And the glory of the soul caught in me.
All my suffering is over now.
My heart overflows with joy.
Peace has moved into my soul.
I suddenly live in the light.
A new life begins.
Love fills my soul and my heart.
I bathe in a flood of ineffable bliss.
I see God behind all names and forms.
And realize that I am light
which gives all people light.
See also



Search for [Positive psychology](#) on [Wikipedia](#).



Search
for [Happiness](#) on [Wikipedia](#)
.

- [The Five Principles of Health](#)
- [Have a Happy Relationship](#)
- [Have a Happy Family](#)
- [Be a Happy Single](#)
- [Have a Happy Old Age](#)
- [Have a Happy Job](#)

- [Happiness and Enlightenment](#)

Videos

- [Happiness \(2 min.\)](#)
- [Happiness is a Choice \(4 min.\)](#)
- [Just Believe \(2 min.\)](#)
- [Thank You, God \(3 min.\)](#)
- [Philosophy of life \(4 min.\)](#)

Five principles of health



Fruit Stall

Being ill is not nice. Being healthy is better. The main principles of [health](#) are healthy diet, no drugs (alcohol, smoking, drugs, eating too much), regular exercise, adequate rest and positive thinking. We can easily integrate them into our everyday lives when we want it. These five principles of health give us a long, healthy and happy life. If we live by these principles, we can avoid most diseases. If we are sick, we become significantly faster healthy.

1. **Eat healthy.** A healthy diet consists of fruits, vegetables, cereals, milk, potatoes, pulses, etc. It is advised to eat little or no meat and much raw food (raw fruits and vegetables). Raw food gives the body lots of vitamins and minerals that protect him from disease.

2. Avoid drugs, smoking and alcohol. That causes many diseases and usually shorten your life significantly. Too many sweets (sugar, fat), lots of salt and lots of meat are also unfavorable. Don't eat too much calories. You live longer, if you eat less (but not too less). Hear to your body. He knows what is good for you. Live wisely and stay healthy.

3. Do sports. Go walking, jogging, cycling, swimming once or twice a day (one half to one hour), to keep the body strong and healthy. It is also sufficient to train on an exercise bike (bicycle, treadmill) or to do dynamic yoga (creativ hatha yoga) for half an hour a day. Or to go for a walk on the weekend for an hour. It is important, that the body is well warmed through (practice until a slight sweating). It kills disease germs.

4. Relax sufficiently. Stress should always be put away by adequate recovery periods, yoga or meditation. For the inner happiness, it is important to live in the right proportion of personal activity (work) and rest (relaxation).

5. Think positive. Avoid negative thoughts. Keep your mind through conscious control predominantly positive. Positive thoughts lead to positive feelings and positive emotions have a positive effect on your body. Motivate yourself with positive phrases and ideas. Read positive books and have a positive task (hobby).

Quote World online (Germany, May 2011) *Who eats properly, may live up to 20 years longer," says the Jena nutritionist Michael Ristow. Eat plenty of fruits and vegetables, little meat and lots of fish. Meat is unfavorable. Ristow warns at vitamin pills. No amount of high-dose vitamin capsule can replace an apple with its hundreds of individual substances.*

Quote Focus online (2008) *Those who follows four simple rules of health, dramatically increases their chances of a long life. Four simple rules of conduct extend life by an average of 14 years: do not smoke, some sports, drink alcohol moderately and eate daily fruits and vegetables. British researchers have followed the fate of more than 20 000 subjects since 1993. This is the largest study on diet and health, which was ever made. The EPIC study (European Prospective Investigation into Cancer and Nutrition) extends more than ten European countries.*

---> See also [Portal:Health and fitness \(Wikipedia\)](#)

Interview about Correct Nutrition



The best thing to wear is a smile.

Interview with Prof. Dr. Dr. Karin Michels, [University Freiburg/Germany \(Quotes\)](#)

Is it better to eat cereals or lots of fruits and vegetables?

Professor Karin Michels: *Fruit and vegetables are the best thing you can ever eat. Whole grains should be included on a healthy diet. Products made from white flour and sugar should be avoided, they cause diabetes, obesity and cardiovascular disease.*

A hot topic is meat. Can we even eat meat?

Professor Karin Michels: *Red meat has no health value. You can easily do without it. Red meat promotes the development of cardiovascular disease and some cancers such as carcinoma of the colon. Vegetarians have a higher life expectancy and less cardiovascular disease. Therefore, red meat should be eaten not every day.*

What is the influence of alcohol?

Professor Karin Michels: *Alcohol increases the risk for most cancers. Already a glass of wine a day increases the risk of breast cancer by 10 percent to 20 percent.*

Milk is regarded as healthy food. Is that true?

Professor Karin Michels: *That's not my view. The milk we drink today is not the milk, our grandparents drank a century ago. The production has changed. To increase the efficiency, the cows are almost always pregnant, which is really not normal. The pregnancy hormones are always present in milk. So we drink large amounts of estrogen and progesterone, and these hormones promote the development of many cancers. So I would be very careful with milk consumption. Milk should only be enjoyed in reduced dimensions.*

Does the diet affect whether we die of a heart attack?

Professor Karin Michels: *Nutrition plays a huge role by cardiovascular disease.*

What is a healthy diet?

Professor Karin Michels: *Fruit and vegetables come first, along with vegetable oils, whole grains, and fish. What is still very healthy are nuts. Nuts have a excellent composition of high-quality fats and proteins. Other healthy foods are the legumes, which also have a high protein and are high in fiber, and are very often neglected in the diet. If one puts all that, you get to a balanced diet.*



Just love

Let's admit it. Relationships are not easy. Oh no, they are very difficult. Love and hate, what is it? So close to each other. But certainly also nothing is wrong. For everything in this universe has a meaning. We only cannot recognize it. Yes, living partnership is not so simple. If in the partnership the large and small crises pile up, the pressures in everyday life dominate, the stress at work determines us, if the talks only circle around problems, if the tingling dies by the daily routine, when sex becomes boring: then the question arises whether this is all in life? (a woman in the internet)

[Wikipedia:](#) *Interpersonal love refers to love between human beings. It is a more potent sentiment than a simple liking for another. Interpersonal love is most closely associated with interpersonal relationships. Such love might exist between family members, friends,*

and couples. There are also a number of psychological disorders related to love, such as erotomania. Throughout history, philosophy and religion have done the most speculation on the phenomenon of love. In the last century, the science of psychology has written a great deal on the subject. (...) The Christian understanding is that love comes from God. Christians believe that to Love God with all your heart, mind, and strength and Love your neighbor as yourself are the two most important things in life.

The secret of a happy relationship

The Seven Principles for Making Marriage Work. This is the title of the book by [John Gottman](#). Gottman has sixteen years scientifically investigated the differences between good and bad relationships. The central finding of Gottman is that you have to reinforce the positive aspects in a relationship if you want to have a good relationship. The focus of the relationship must be working on the positive. It is not enough to communicate well and make good compromises.

Many psychologists have difficulties with their relationships. Not the psychologists have good relations, but the spiritual people. This is the result of the modern happiness research. We must therefore strengthen the focus on spirituality in our relationship if we want to achieve happy relationships. We should also learn to communicate well and to make compromises. But most important is that we are centered in positiv thinking (in the five qualities wisdom, peace, love, strength and happiness).

The first secret of a happy relationship is to Gottman, to open up to your partner. You have really to want a good relationship. You have to give the relationship and your partner a sufficient space in your life.

The second secret is to think positively about your partner. Every person is out of himself valuable. Who wants to have a happy relationship, should treat his partner with respect. Everyone has faults. We must learn to accept the mistakes of our partner as part of his overall personality and focus on his positives aspects.

Gottman says about sex, both partners should be sensitive find the right path for them. Typical for happy couples is that they do not take differences in their needs personally. They view sex primarily as a way of near-contact. They do not define themselves by it. They hold sex not for the most important thing in their life. They have an other point from where they define their life.

As an example of different sexual needs Gottman calls Mike and Lynne. Mike wanted to have sex several times a week. Lynne wanted sex once a week or even less. Mike was frustrated and felt rejected. But the more he sat Lynne under pressure, the lower was her interest in sex. Gottman suggested that the two had to get rid of their inner tension during sex. Internal tension is anti-pleasure. It blocks the desire for sex. In the long term it causes less and less interest in sex. Lynne overcame her inner tension by becoming the boss about sexuality. She could now direct the evenings. She could decide when they made sex and what they do. Lynne began to feel safe. She could live her needs and got slowly more and more pleasure in having sex. Over time, her interest in sex was a little bigger. The couple had sex more often than before. Mostly they had sex about once a week.

Another secret to a happy relationship is the ability of both partners, to see not solvable problems as a normal part of any relationship. If we are anchored in the way of inner happiness, we can flow positively with the insoluble problems of our relationships. The pain points in a relationship give us the opportunity to grow in our inner happiness. Suffering and difficulties allow the partners to grow in the qualities of compassion and equanimity. This creates enlightenment. Suffering and difficulties in a relationship are a path to enlightenment, if we combine it with sufficient spiritual exercises (meditation, mind work). Then we rise above all the problems into a state of permanent deep bliss, even if the problems persist.

Twenty important rules



In every [relationship](#) both partners should be very sensitive to their special way to find a happy relationship. And consistently pursue it the long term. Happiness research ([Arnold Lazarus](#), [John Gottman](#)) has investigated how relationships work in the long term. The most important rules are:

1. **A good relationship takes work.** It is a false belief that one can let go completely at home. It takes some effort to make a relationship succeed.
2. **Live yourself and your needs so that you feel good in yourself.** Do not work too much.
3. **Avoid too much criticism.** Make criticism factual, sensitive and at the right moment. The basic rule for a relationship is to find at least 2 or 3 opportunities for praise for every 1 critical comment. [John Gottman](#)'s research concludes there should be **only** 1 critical comment for every 5 other comments.
4. **Avoid cutting off your partner too often when he expresses his wishes.** Say yes as often as is possible.
5. **Solve conflicts constructively.** Clarify the precise factual situation. Think about different solutions. Find the good common ground.
6. **Regularly spend time doing activities that give you and your partner pleasure.** For example, sex, dining, travel, excursions and a common hobby.

7. **Gladden your partner regularly with a little attention.** For example, flowers, small gifts, hugs and affection. Tell him that you love him. Take him in your arms. Rejoice with positive words and gestures.
8. **Avoid things that your partner does not like.** Work on your own negative characteristics.
9. **Fortify yourself adequately against negative behavior from your partner** (for example tantrums, violations of positive life principles). Do not reward negative behavior. Stay in an neutral frame of mind or say "No".
10. **Be a good team.** A good relationship is based on teamwork. A good team has a common goal. It knows its way to success.
11. **Be gentle with each other.** Stay out of the way, if you are aggressive. Be calm and peaceful before you communicate with your partner. Be more gentle than aggressive. Love grows on the basis of non-violence, kindness, wisdom and gentleness.
12. **Compliment each other.** Men love admiration. Women love gestures of affection.
13. **Be honest with each other.** Live in truth. Truth is the basis of every good relationship.
14. **Anchor your relationship with a positive principle.** Find a suitable name for this higher principle. Call it happiness, love, truth, spirituality, enlightenment or living in God. Connect yourselves regularly in all beautiful and in all difficult situations with your higher principle. Live in the center of your relationship from your higher principle.
15. **Forgive one another your faults.** Love means being able to forgive. Love means being able to apologize.
16. **Have patience.** Love means having patience.
17. **Do not demand too much from your partner or from life.** "Anyone who cannot limit his wishes becomes permanently unhappy. Who does not know his point of satisfaction will never be satisfied" (Epicurus).
18. **Take your partner as he is.** Everyone has strengths and weaknesses. No man is perfect. Love means to love your partner with his weaknesses. Accept the weaknesses in yourself, then you can accept the weaknesses in your fellow man.
19. **The main happiness of a person comes from himself.** Important for a lasting happiness are daily spiritual exercises such as yoga, walking, reading, reflection (introspection), positive thinking (cognitive work) and meditation.
20. **They who wish the happiness of all beings grow in their own happiness.** This is the highest spiritual wisdom.

Evelyn and Nils



Nils met Evelyn in a dance club in 1971. Evelyn had blond hair and large breasts. Nils paid more attention to the outer appearance than the inner quality of women back then. Evelyn's looks were very much to his liking.

Evelyn was searching for happiness in the context of a relationship. She was searching for the man of her dreams. For a time, she thought Nils could be just that man. Nils also tried to fulfill this expectation, but became overwhelmed after a time when attempting to live up to Evelyn's idea of a perfect relationship. It's hard to believe, but Nils wasn't perfect. He was particularly inattentive when it comes to external things, and that annoyed Evelyn after a time. Evelyn studied to become a foreign language correspondent. She had a difficult family life growing up as her parents had constantly quarreled with one another. She wanted love, affection, and a feeling of security. She hoped to find these things with Nils that she had lacked in her family and herself.

Evelyn visited Nils often. They went dancing together, talked a lot, and were affectionate and physical with one another. After a half a year, they had sex for the first time, then again and again and more and more often. They wrote love letters to one another. A particularly lovely sentence from Evelyn read, "life is like a strong current. Everyone tries to hold oneself above water. Many do this alone, and others have someone they can hold onto. That is a wonderful gift."

In their first year together, Evelyn and Nils were very much in love. That is normal. In the second year, they weren't quite so smitten. That is also normal. In the third year, they began to fight a lot. That is unfortunately also quite normal in today's world. Evelyn and Nils noticed that their relationship had reached a critical phase. They recognized that they had come to a turning point and that something needed to be done.

That was no easy task. Many couples first wake up to the reality of their situation when they first fully recognize the negativity that has risen between them. Then it is often too late to do anything about it. Those who can change their relationship dynamic in time, can often hold onto a long term happy relationship. But what exactly is the way to attain this long term happy relationship?

Evelyn and Nils tried to communicate better. They bought books about positive relationships and worked through these books together, but it didn't help much. The center of their difficulties lay with the fact that Evelyn expected Nils to live up to the demands she placed on him to be the man of her dreams. She expected him to make her happy on a deep level. Evelyn did not search for this happiness within herself. Those who cannot find happiness within themselves, need a partner to fill this void. Those who cannot be independently happy need extra happiness from the partner and often therefore overwhelm their partner with such a heavy burden.

Evelyn and Nils didn't know the way to achieve a happy relationship. A relationship often tends to be a sort of dependency, where those involved expect something from the other. They want love, sex, affection, security. When the relationship depends on wanting, the feeling of love becomes cramped and a constant power struggle ensues. The person who can fight the best gets the most. Love doesn't stand a chance in such a situation.

In the beginning of a relationship, the constant need for love is normal. When the relationship becomes long term, it must be based on a more spiritual foundation. The basis of the relationship needs positive characteristics such as wisdom, love, peace, and thoughtfulness. We need to anchor ourselves in a goal of inner happiness and not expect the partner to provide happiness. Often, we depend on outer happiness instead of looking for it within. We must find this within in order to provide positive thinking and a love based on giving.

When we can live our relationship destinies out in such a way, we can be happy in the long term. We can grow in happiness and in love. A sort of love addiction burns out after a time. A love based on giving is true love and can grow without bounds. A pure heart chakra can open the individual up to the highest plain of enlightenment, until we are only love itself, and as such live love and radiate love into the world.

The way of superficial happiness is based on the tendency to expect to be happy through another person. This is the way of "addiction". This means it is only destined to end in failure. Those who expect happiness from others will only be disappointed. At some point in time, the "honeymoon" phase is over and both people will revert to their usual tendencies. Most people blame the partner for their lack of happiness. They begin to fight or to draw back in frustration. We need to overcome this faulty philosophy of superficial happiness. Then we can live in long term happy relationships.

Evelyn got her ideas about the perfect relationship from Hollywood. Nils based his ideas on the psycho-analytic theories of Sigmund Freud. Both of these notions were incorrect and lead to unhappiness. Most actors, who live in the world of film, have unhappy relationships and split up constantly. The same goes for psychologists. The best relationships are to be had by those who care for the relationships with spirituality.

Instead of exercising positive thinking, Evelyn concentrated on Nils' personality flaws. A spiritual person busies him or herself only with his or her own flaws and concentrates on the positive characteristics of others. The Yoga greeting "namaste" means: "the light in me recognizes and bows to the light in you". Those who see positivity in others thereby awaken their own happiness. Those who fixate on negativity strengthen the negativity in themselves.

Evelyn saw the negative traits of Nils and this often enraged her. In the third year of their relationship, they had intense fights. Nils tried to understand what was going on. The sweet Evelyn had turned into a not so sweet individual. At some point, Evelyn began to see other men and Nils search for another woman. The happy fairytale came to a sad end.

Forgiveness



Woman: What others have done to me, I will not forgive. It is enough that I forgive myself. This must suffice. Forgiveness is only something for Holy.

Nils: It is not enough. You harden inside. You block your energy of happiness. You put this in all your future relationships. It is very important to obtain forgiveness. Even though it is sometimes very difficult. Forgiveness is something for Holy and Unholy, to become healthy inside. Jesus taught to love his enemies. The first step is to come to forgiveness. Without forgiveness, there will always be wars in the world. If you want peace, the world should learn to forgive.

Woman: Forgiving a person means to refer him to a subordinate level. That makes me bigger than him. Therefore, I do not forgive.

Nils: Who forgives, lets go of his ego. He rises with his fellows into the level of love, peace and light.

Heaven and hell

In the hell, people are living their relationships out of the selfishness. They enter into relationships in order to get something from your partner. They want security, contact, enjoyment and appreciation. Over time their relationship degenerates more and more into power struggles. Both try to get as much as possible and thereby they make each other more and more unhappy.

In heavenly relationships, people live love and giving. They are in themselves happy. In heavenly relationships people build a happy team. A happy team is working for the happiness of the world and for the enlightenment of both partners. It has a social and a spiritual task. Both partners help each other materially, emotionally and spiritually. They support each other on the path of inner happiness. In their relationship, the center is the inner happiness (spirituality) and not the outer happiness. They build their relationship on the values of truth, loyalty, love and peace.

In Buddhism, there is the image of hell. The people sit at the tables facing each other. They cannot eat anything because the spoons are longer than their arms. They can not take the spoon to the mouth. In the Buddhist heaven, people have also long spoons. But they feed themselves each other, and all are happy.

In heaven, people live the principle of love. In hell, people do not come up with the idea that there is a way of giving. In hell, people look for happiness in the wrong place. They do not even see the dishes.

The most important dish in the cosmos is the inner happiness. Who does neither know the path of inner happiness nor the principle of giving, will at long term never get a happy relationship. He will never really be satisfied with himself and the world. He will never come to deep inner peace and deep inner happiness.

In a spiritual relationship, we take care first well for ourselves. We make sure that our inner happiness grows in the long term. We pay attention to enough rest, enough time for ourselves and an adequate spiritual practice (yoga, reading, walking, meditation). We live the small giving. We give only as much as we have energy left. If we then one day are a Buddha (a self-realized soul) and have much happiness in us, then we can primarily give.

Children of the light



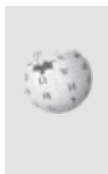
Two angels walk into the light of God.

We are beings of the light. We are children of the light. The cosmos is our great mother and our great father. We play games of happiness in God and thus grows the eternal happiness of all beings. The problem with most of our fellow creatures is that they can not distinguish between good and bad games. Bad games often make happy the short term and unhappy the long term. Bad games are all games who focus of worldly desires.

If we anchor ourselves in external things, we always long for more. We become tensed inside, our inner happiness decreases and it takes everyone down. We are allowed to live the external things. We can have relationships. We can play relationship games. We are permitted to make us the outside world beautiful. But we must bring the spirituality at the center of our lives. We need to play our life games out of the focus of spirituality. We have to play on the basis of wisdom, love and peace. Only those games benefits us.

This is difficult to understand. There are many little devils in the world playing negative games. Little devils are always poor devils. They lack wisdom and they end up harming themselves primarily. We need many angels in the world who can teach the little devils to play in the right way. If the angels are centered in wisdom, in their spiritual practices and in all-embracing love, then they win and that will be good games for everyone.

See also



Search for [John Gottman#Seven Principles](#) on [Wikipedia](#).

- [Have a Happy Family](#)
- [Be a Happy Single](#)
- [Have a Happy Old Age](#)
- [Have a Happy Job](#)
- [A World of Peace, Love and Happiness](#)

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Happy family



A good family strengthen us in our life.

In modern times we are experiencing a breakdown of families. The normal case is separation, strife, selfishness and aggression. Education is hardly taking place. The education is taken over from the television. It educates children predominantly to negative values. TV children make their parents, their fellow men and himself a hard time. They follow the false ideology of the outer happiness and thereby destroy their inner happiness and the happiness of their family.

Families lack the path of inner happiness. The basis of a happy [family](#) are positive values. These positive values must be fostered and promoted. This is in today's life no easy task. Most people are influenced by the negative values of television. A positive life in a predominantly secular society requires of us daily inner work. A wise education is neither too harsh nor too freely. It sets clear boundaries and gives the child at the same time sufficient space for self-determination. In the long term the goal is to let the child find his own way, yet also assume the responsibility as a parent to a positive upbringing.

1. **Find a family vision.** Describe family goals and dreams.
2. **A happy family depends on teamwork.** Create rules in your family.
3. **Foster positive values.** The most important values are love, wisdom, selfdiscipline, inner peace and happiness.

4. Work with a spiritual role model. Ultimately, the model gives us the strength to go a long-term path of positive life. Most people need the inspiration of a positive role model (Buddha, Jesus, the vision of a world of love, the vision of paradises, the vision of enlightenment, living in God). Each model includes positive stories. Often it is the stories that make a child related to a particular model.

5. Spiritual people are happier than unspiritual persons.

The greatest gift



Christian Family in America

The greatest gift we can give our children is a spiritual upbringing. We give them the knowledge of the path of inner happiness. We make them masters of life. We empower them to a happy and positive life.

A wise education is neither too harsh nor too freely. It sets clear boundaries and gives the child the same time a sufficient space of self-determination. The goal is to let the child long-term find his own way, but at the same time we live our responsibility as parents to a positive upbringing.

Each family can find their own form of spirituality. They can find their own spiritual ledger (their core doctrine), their own role models and their own rituals (daily exercise). They may develop a form of spirituality, with which they feel comfortable and that suits the family.

In our spiritual practice it is important that we keep in touch with our inner truth. The daily practice should not be an empty ritual. We can often creative find new words and try new exercises, so the feeling is real. Only true feelings cause spiritual growth. Only mantras with true emotional involvement lead us to self-realization.

Mother Teresa taught: "Children are the greatest gift of God." Buddha instructed all spiritual people: "Gather yourselves together. Gather together often and in unity. Be

mindful of your thoughts. Love your fellow man in works, words and thoughts. As long as you abide by these rules, it is likely that you will come forward and do not have to worry about your life. "

Lasting happiness exists. The great treasure of spiritual knowledge exists. There are the sacred books in which the spiritual path is described in detail. There are the enlightened masters who help us from a higher dimension. Let our family and ourselves get the blessings of spirituality. May we never lose our spiritual path. May all people be happy. May the world be happy.



A happy man in a rainy day

Be a Happy Single

In today's society there is a strong trend towards separation. More and more relationships break down. More and more people are permanently alone. In surveys, about 10% of singles called happy, 40% feel unhappy, and 50% see themselves in the middle. People in a partnership, to 40% feel happy, 10% unhappy and 50% in the central region. (Bernhard Grom (Autor), Norbert Brieskorn (Autor), Gerd Haeffner. 1987)

This shows that people are different. Some people feel happy as [singles](#), some unfortunate, and most live in the area between. However, there are four times more single people unhappy than people in a partnership. And most singles suffer from loneliness. The followings steps work for singles and people in relationships. Also people in relationships can feel lonely some times. Inner happiness is a good way for them too. But most important this way is for singles.

1. **Process the loss of your partner.** The first major step towards a positive single life is to overcome the loss of a former partner. Most people have had one or more relationships. The longer these relationships were and the more intense they were, the longer is the time of processing. We should live our grief completely. If we repress our grief, it will dig further into our subconscious. Talk with other people about your suffering. Forgive your partner and send him positive sentences. Want all beings in the world to be happy.
2. **Meditate.** Allow all our thoughts and feelings to come out. We let them come and go as they want. Only observe. Until they come of their own to rest.
3. **Think positive.** The way of positive thinking is to think about the meaning of life, to focus on positive goals and to overcome grief with positive sentences.
4. **View the single life as an opportunity.** Consider your single life as an opportunity for intensive growth to inner happiness. Make the path of inner happiness to the center of your life.
5. **Live with a spiritual plan for the day.** A spiritual plan is the great victory over boredom and the loss of meaning of life. The days are now filled. The schedule gives the single life a positive structure. He gives you inner strength and positivity. You live based on positive goals and will thus become internally positive. Find the spiritual exercises who awake your happiness every day. The most important spiritual exercises are yoga, walking, meditation, reading, and positive thinking (cognitive work). The spiritual way is a cleaning path. You clean your tensions with persistence and creativity each day, until one day you're living in permanent light.

It is very important for a single to see things clearly. The main happiness of a man is his inner happiness. It provides to 90% from her inner happiness, how happy a person in her life is. Who sees things clearly, focuses things right in his life. And then the single life suddenly become a godsend. According to Swami Sivananda the fastest way to inner happiness is to live alone and to practice spiritually a lot. Amma (Mata Amritanandamay) said that you will get ahead on the path of inner happiness five times faster when you live alone. Buddha even pronounced that the deep inner happiness (enlightenment) is difficult to achieve when you live in a relationship.

As a single one you have a lot of rest. This is a great burden and a great opportunity. Plenty of rest is the main path to enlightenment. Plenty of rest, and the inner tension dissolve almost by itself. **Connecting a lot of rest with regular spiritual practice is the optimal way to enlightenment.** Those singles who do not refuge from the rest, maintain many contacts with other people or constantly turn on the TV, but go into the rest and combine it with spiritual practices, grow into the inner happiness.

Enlightenment is a great grace for all singles. You are not lost. You can get to enlightenment in a relationship or as a single. But living alone usually offers significantly greater chance of reaching the goal. **Living alone is the harder way of life. It is difficult for the most people to live alone. But a life as a single gives us the big opportunity to get enlightenment. Let's use this chance. Let us realize ourselves. Let us become enlightened singles.**

Do Karma-Yoga



Give happiness to all people.

A great gift for singles is the path of Karma Yoga. He allows us to overcome our loneliness on a deep level. We can get into the energy of the all-comprehensive love. The center of the path of love is **the goal of a happy world.** We wish happiness to all beings. In our minds we are already seeing the goal of a happy world realized. We live with a positive vision. This gives us the power for a positive life. Our positive vision opens the gates of happiness within us.

The main practice of Karma Yoga is to **send all beings every day light.** We connect us every day with our friends. We connect us with all beings that touch us emotional. We think their names. We move a hand and send them love and light. We send light all over the globe. We wish that all people in the world will be happy. We wish a happy world. We wish a happy cosmos. We break through our isolation as a single. We live in a constant emotional contact with all other beings in the world. At some point, our feeling of loneliness will disappear. We are full of love.

We should manifest our desire for a happy world externally too. Otherwise, our subconscious mind does not believe us, and we do not really get deep into the energy of embracing love. **There are many ways to help our fellow men.** We can regularly do a

little positive action. We can donate money to the people in the Third World. We can give a person a smile or a positive word. We may work in a non-profit organization. We should find a way of helping that suits us and what is practicable in our situation.

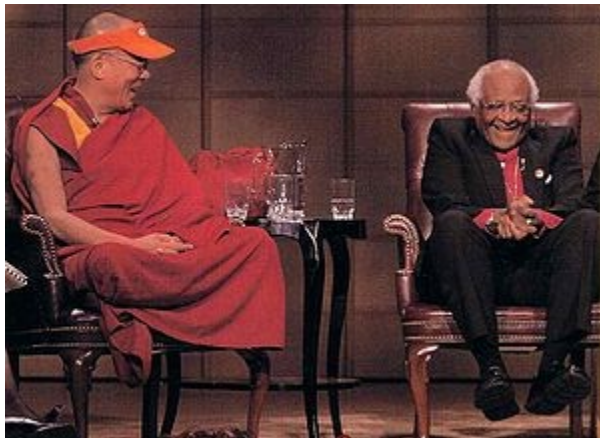
Computer Meditation

A guided meditation on the computer is a fast way of relaxation. Through simple yoga movements associated with positive sentences you can dissolve inner blockages and recharge your mind positive. Get peace, power, love and happiness in five minutes.

- **Visualize yourself as a Buddha (Shiva) or Goddess of Love. Think or speak the mantra: "I am a Buddha (Shiva). I am a Goddess of Love."**
- 2. **Move a hand and send light (happiness, peace, love) to all beings: "I send light to ... (name). May all people be happy. May the world be a happy."**
- a ▫ **Rub your palms in front of your heart. Connect yourself with the Enlightened (Saints) or God: "Om all enlightened Masters. Om inner wisdom. Please guide and help on my way."**
- a ▫ **Get inner peace und rub your belly: "I take things as they are. I flow positive with my life."**
- a ▫ **Put your hands on your legs or your belly. Calm your mind and speak (or think) one minute the mantra: "Om Shanti. Om Peace."**
- 6. **Stop one minute every thought.**
- 7. **Relax.**
- a ▫ **Find a positive sentence: "My positive sentence is ... (*Forward with love, peace, happiness and optimism.*)"**
 - The essence of spirituality is to build up inner strength, peace, love and happiness. Your inner energy can be awakened by positive visualizations in connection with mantras (positive statements, prayers).
 - On the spiritual path you're only successful if you always act in close contact with your personal truth and with a good feel for yourself. Practice the computer meditation therefore so that it fits for you personally and is good for you.

---> [Video Computer Meditation \(5 min.\)](#)

Happy old age



[Dalai Lama](#) & [Bishop Tutu](#)

The **old age** can be a time of self-fulfillment and happiness. But it must be lived properly. Most people have first time in their live the possibility to live themselves. But they misunderstand self-realization as the way of acting out the external needs. Living the external needs is for a short time of interest, but in the long run, it is rather unsatisfactory. It does not really make you happy in the depths of your soul.

At the old age the inner happiness must be cultivated. Extremely necessary is the path of inner happiness. Old age often brings energy loss, disease, meaninglessness, and many external problems. The nerves are getting weaker, and the inner positivity declines. At the old age it is necessary to make every day exercises to maintain the physical health and to strengthen the inner happiness.

1. **Practise [the five principles of health](#).** Healthy eating (raw vegetables and fruit every day), avoid unhealtha substances (drugs, alcohol, smoking, too much eating), sports (walking, jogging, swimming, yoga), positiv thinking and meditation.
2. **Do sports every day for one hour.** Go walking, jogging, swimming, cycling or do intensiv yoga. Visit a health center oder have an exercise bike. Sweat once a day and the illness goes away.
3. **Read one hour a day in a spiritual book.** There are many good books who can inspire you on your way of inner happiness. Reading is the best trainer for a positiv mind. Control your negativ thoughts. Find positiv sentences. Start every day with a positiv vision.
4. **Do yoga and meditation every day for one hour.** Awaken your enlightenment energy. Calm your mind and he becomes positiv. Find the spiritual exercise which are helpful for you. You can have every positiv religion or philosophy you want, but you must practice it to get the bliss.
5. **Have a hobby.** Life becomes positiv, if we live with a deeper goal like enlightenment, God or doing good. Live as a world saver and help every day with your possibilities. Find

your place and your task of doing good. Live in the energy of love. Do so much good that you get the feeling, that you are a mother or father of the world.

6. Have some friends. You can find friends in the internet, in spiritual and in social organisations. Meet regularly one or more people. Have a nice time together. Live is happy, if we have some friends.

7. Don't fear of dying. Your spiritual exercises will help you to get through. Meditate, pray or think a mantra (Om, Yes, the name of an enlightend master or of God). After your death you will earn the great benefit of your spiritual old age. You will get into a dimension of light, peace and love.

8. Motivate yourself every day. In the old age thinking normally becomes negativ. It is not easy to get every day the motivation to do spiritual exercise. Find every day a way to get the power to live a positiv life. Start the day with spiritual music or a reading.

Yoga Walking



Walking

Yoga Walking is enlightenment while walking. This is the ultimate kick! This is health training, stress reduction and inner happiness in one. Yoga Walking is your daily pilgrimage into the light. If you really pilgrimage, the pilgrimage will you turn into a goddess of happiness. Go first rather quickly (power walking) and at the end rather slowly (slow walking).

1. When walking stomp your anger into the ground. Let all the pent-up anger out. Think the mantra "Anger, Anger, Anger ...". What annoyed you today? Free yourself!

2. Solve then when walking your sadness. Feel in your sadness inside. What makes you sad today? Think several times the mantra: "I'm sad because ...".

3. **Shoulders rotate.** Solve the tension in your shoulders and your neck. In what way do you have to move the shoulders so that you achieve a good effect?
4. **Spine rotation.** Turn yourself when walking several times in the spine to the right and to the left. Also turn the head with.
5. **Massage a healing color from head to foot in your body, and think the color name as a mantra.** What color do you need now? "Orange, blue, gold, pink ..."
6. Concentrate when walking on the ground. Feel the earth. **Think the mantra "Earth" and breathe a minute into your feet.**
7. **Move one hand and send a person a positive sentence. What do you want to say to him today? Think the phrase several times as a mantra. Send light to the world and think: "May all beings be happy. May the world be happy."**
8. **Imagine the numbers 1 to 20 in the head, chest, abdomen, legs, feet, and in the ground (beneath the feet).** Solve so every day quickly and effectively the tensions in all major areas of the body.
9. **Visualize a beautiful sun in the sky and clothe yourself with a golden ray of sunshine. Fill you with light and think many times the word "Light" as a mantra.**
10. **Stop all thoughts.** Move five minutes when walking all the stress out of you, until your mind becomes calm.
11. **Walk freely.** Let all thoughts come and go as they want. Go the way you feel you want to do. Enjoy it. Observe how your mind becomes slowly positive. You are now back from your pilgrimage into the light. You did an important fact for your physical health and your mental well-being. Keep your happiness. The light will accompany you through your whole day.
12. **Never give up. Your sense of life is to be happy, healthy and enlightened.**

---> Videos [The Right Walking Workout Techniques](#), [Fats Domino & Ricky Nelson - I'm Walking \(Music\)](#).

Happy profession



How can we be happy in our profession?

[Wikipedia:](#) *Despite a large body of positive psychological research into the relationship between happiness and productivity, happiness at work has traditionally been seen as a potential by-product of positive outcomes at work, rather than a pathway to success in business. However a growing number of scholars, Boehm and Lyubomirsky included, state that it should be viewed as one of the major sources of positive outcomes in the workplace. The use of positive psychology in business has become an increasingly popular and valuable tool with which to manage and develop staff. One of the main benefits to a business with a well-planned and well-run program is increased productivity through greater output and less down time. Through a successful positive psychology program, staff can develop a deeper satisfaction in their workplace relationships, and therefore the quality of their work tends to improve, as well. A proactive business manager in today's business world caters to the needs of his or her staff either by ensuring a well-run in-house program or by bringing in experts to facilitate the development of one.*

The choice of profession

(Nils) My son has graduated the high school. Now he faces the big question, what profession he should adopt. What should I advise him? The choice of profession is a very important decision in one's life. I think about the situation.

My son is grown now. This means that he is principally responsible for his own life. He must make his own decision. If he makes a bad decision, he will have to bear the resulting suffering. If he makes a good decision, he will receive the blessing. I'm aware that I am no longer responsible for his life. I give the responsibility for the right career choice entirely to my son. I let him decide this question.

Nevertheless, I should have an opinion on the subject of career choice: *"The more information you have and the more thoroughly you think about a decision, the better is the decision. Especially with the career choice you should make the best possible decision. You should find out just about all imaginable professions. You should analyze your own interests and capabilities thoroughly. You should think about your personal life goals. You should take enough time and decide when the time is ripe for decision. Then you should consistently and successfully go your way. Thus live winners. This gives you a successful life."*

So what is my advice to my son? First, it occurs to me that he should think long term. He should not think only until tomorrow, but until the day after his death. He should have his whole life in the eye and ask what he wants to achieve in his life. Does he want a good career, a lot of money, lots of external consumption and enjoyment? Does he want to help with his work to build up a happy world? Or is it the main goal for him to develop his inner happiness and to become enlightened?

A great master of inner happiness was [Swami Sivananda](#). He said: *"Let your hands work in service to humanity. Work that is done for your ego, bonds you. Work done for the common good, frees the soul."* What does this mean? If we focus ourselves on the happiness of all beings, this resolves the long term our inner tensions. We strengthen the positive in ourselves. We are developing an awareness of the unity of the world. A unity consciousness activates the Kundalini energy and leads to enlightenment. The way of embracing love (Karma Yoga), in conjunction with enough rest and daily spiritual exercises (reading, prayer, yoga, meditation, walking) causes enlightenment. Our profession makes us happy, and even creates a happy world around us.

If a person works on the other hand primarily for his individual benefit, it reinforces on the long run more and more his ego structures. It strengthens his attachment to the body, to external things, to other people, to worldly pleasures and worldly recognition. He lives primarily for his ego and by this he creates growing internal tensions. His inner happiness shrinks in the long term. He has less and less inner peace, inner strength and positivity. He grows more and more into the inner suffering. We can see this clearly at the most working people.

What is a karma-yoga job? A karma-yoga profession is a profession in which the main goal is not making money, but the work for the common good. Ultimately, almost all professions can be practiced as a karma-yoga job. Inner happiness comes more from the subjective view (positive thinking) as from the external activity. Although there is a correlation between the two areas. It is most important, that we can see our profession primarily as a karma-yoga job. The point is, when does your subconscious believe that you are living primarily for the happiness of the world. We should structure our lives so that a karma-yoga-consciousness arises. We should do a sufficient number of daily karma yoga activities. We should begin each day with spiritual exercises and finish. Then we will be happy in our job and our life in the long term.

I worked my whole life for a happy world. The money came somehow always by its own. I only had to take it and to be economical with it. And I was always happy in my job. I did many jobs. As a schoolboy I was a class president. As a student I was a political leader. I was a lawyer. I was a researcher at an university. Then I worked as a psychotherapist, yoga teacher and writer. My relationship came to an end, my son was grown up and I turned to be a hermit. This for me is a fulfilled and a grace-full life. I got to know the whole life and my focus is on God. I look positively into the future. In my feeling the light is with me.

Stress at work



Too much stress is one of the main problems of today's professional life. Who is constantly under great stress harms the long run his health and his inner happiness. He becomes mentally negative, weak and often plagued the rest of his life from various diseases. Those who do not learn clever to deal with stress consume quickly their life energy.

The root cause of job stress lies in our current economic system. It creates profit for a small number of people and the majority of the world population suffers from increasing poverty and destitution. It produces on the one hand a lot of unemployment and on the other side many working people having an extreme pressure in their job. In the long term we need to make the inner happiness to the center of a new economic world order. The economy must be organized so that it provides everyone with sufficient food and labor, that the health of the working people is protected, that there is no destruction of the environment, and that the inner happiness grows. Not the profit (the money), but the love must be the engine of world economy. In the short term we will have to live with the unwisdom of the ruling politicians. The more important it is that all people care good for themselves and secondly, that we work as powerful as possible for a better world.

Every working person has to do enough exercises every day for his body and his soul. With a lot of stress at work for everyone a daily health and relaxation program is absolutely necessary. The law of life is relentless. Who does not care for his body has not very long something from it. A well maintained car lasts twice as long as a badly treated car. A human body can live 20 to 30 years longer if he is properly fed, sufficiently relaxed and

moved well. Who wants to live healthy, must first take a clear decision. Only this gives him the self-discipline for a healthy life. He must clearly define his health goals and create a strong will to do the necessary things. Just then man has the strength to live a long healthy and positive life.

Second, one must look closely at his life situation. One has to recognize what his body and his mind exactly needs. One must consider how to organize his life so that long-term he maintains his health and increases his happiness. One must create a clear daily schedule of sport, relaxation and a healthy diet.

Third, you have to implement your health care plan at least two months every day consistently. Then your mind gets used to it. The daily health practices are then part of your life.

Incorporate the necessary health exercises creativity in your life. At least you should go for a walk on the weekend for an hour. You can meditate on the train or during breaks at work. You can use any contact with your fellow human beings to practice love and full of positive thinking. The big secret for more energy while working is to sensitively put many small breaks in the workday. Anyone who takes a break five minutes every hour, doubles his work force.

Chronic stress we must avoid. If we cannot work long term in our profession relaxed enough, we are not suited for the job. Then we have to change something in our life. We should always think long term. Our job should feed us, and he should contribute to the happiness of all beings. He should not destroy us in our health and inner well-being. If our work over calls us, we must reorganize something, work less, or if necessary, change our profession.

The most important thing in life is to live in the essence. The essence of life is health and happiness. We should take good care of us. Who cares good for himself, sometimes must say "no". He must say "no" to self-defeating thoughts and self-injurious behavior. We alone are responsible for our life. We should organize our lives so that we at the end are happy with us. Not our job is the center of our life, but the spirituality. If you look at things this way, you can live much more relaxed. You can work relaxed. And you can let go your profession, if it needs to be. You set the priorities in your life right. Those who live by the right goals, know when and how they have to act.

The Happy Manager



(Quotes from Managerin glücklich.doc) How to discern the happy manager?

First. The happy manager is a lover of life. In practice, it depends on what you do with what you know. Knowledge is universal, situational practice, and each situation is unique. So the knowledge is never enough to cope with situations. This requires the wise person: self-willed, resourceful, inspired.

Second. The happy manager as role model. People orient themselves to humans, not methods. In the company it is not different to schools. Students learn, if they love their teachers. Employees work well, if they admire their boss. Small example from the school sector. A class in Switzerland ruined in two years six teachers. Now comes the seventh one, a 25-year-old woman teacher. Will she make it? "Yes," said one girl, "I see it in her eyes." The eyes are the window to the soul. As will be seen: love of life, happiness, strength, humor. Students need an incarnate desire to learn. To see their teacher it can show them that it pays to get involved in learning.


Third. The professional knowledge is of little use, if we don't love our work. We must like what we are doing: the product, the service. Otherwise we'll never find in our element. The happy manager has a libidinal relationship to his product. He treats his product as the lover his beloved, spoiled it, refined it, brings it in top form. The customers see it on the product that it is loved. And they use it, what makes the manager completely happy.

See also


- [Positive thinking](#)
- [Everyone needs a spiritual centering](#)
- [The Five Principles of Health](#)

- [Happiness and Life](#)
- [A World of Peace, Love and Happiness](#)


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Happiness and life



Children dancing

The modern Western consumer capitalism

The external wealth has doubled in the West in the last fifty years. At the same time the number of depression has increased tenfold. If we look closely to the situation we may find that Western capitalism leads to a large external wealth by a few people and a large inner unhappiness with the most people.

The model of Western consumer capitalism is a bad example for the world. Capitalist globalization will bring a few super-rich, a little wealth for a small middle class and massive impoverishment for a large underclass. It creates externally huge slums, crime and a lot of great addictive problems. The mass of the people becomes not internally happy by the predominant focus on external values.

If we make so on with no wisdom by the capitalist globalization, the destroying of the environment, the poverty and the mental impoverishment of the people will be horrible. There will be forever meaningless distribution wars. We need a globalization of love, peace and wisdom. The world must be comprehensive new organized based on the values of happiness and brotherhood.

I believe that a happy world can be achieved when we connect economics and happiness research. The world community should be centered in the principles of universal love, global peace, happiness for all, enough work for all, enough food for all and adequate health care for all.

The division in employed and unemployed must be overcome. The human right to work must be enforced worldwide. Enough land for landless farmers. Expansion of community service. Equitable sharing of work and income. Everyone is entitled to at least a one part-time work and enough money to live. This planning task the world community must deal with in the future. Anything is possible if there is enough political will. People create the world and not unwise systems.

In my ideal world, people work part-time, deal part-time with the development of inner happiness or the free service to their fellow human beings, have happy relationships and make joyous celebrations. They grow all their lives long in happiness and love.

The Western consumption television

The "main religion" of the world today is the Western consumption television. It teaches the path of the outer pleasure and destroys the inner happiness. Television reduces the personal satisfaction by about 5% per hour. Happy people spend less than one-fifth as much time watching TV than other people. (David Niven: The 100 secrets of happy people, Munich 2000, page 32)

The happiness research has recognized that Western television makes people unhappy inside and causes disintegration of positive values. The researchers investigated an Indian tribe in Alaska. Before the time of television, people lived together peacefully and positively. After that selfishness, discontent, violence and addiction severely attacked around. This process of disintegration of traditional cultures by the influence of Western television consumption is currently happening worldwide. (David Niven, cited, Page 160 f)

The people in India lose their traditional values. People in China are growing despite external wealth inwardly unhappy. The people in Africa want to go to Europe because they think they can be happy there. They are blinded by the external wealth and do not see the inner misery of the people in the West. After several years in the West, they are just burned out like the majority of people in the West.

After Richard Layard the present studies show clearly that the people are aggressive, the more they watch TV. (Richard Layard. The Happy Company, 2005, page 102). Much television promotes a penchant for violence ([Science ORF.at](http://Science.ORF.at)): *More than an hour of television a day by young adults promotes in the long run a propensity for violent behavior. If the daily TV time exceeds three hours, the rate of violent attacks such as assault and robberies increases dramatically.*

The television should be positive. It should give the path of inner happiness a sufficient space in its programs. The TV content should be based on the values of love, peace and wisdom. In the schools the children should be taught the positive use of the TV. All pupils should know the current happiness research, the principles of health, the rules of inner happiness and the way of a happy relationship. They should learn to deal positively with the television.

What should I do if I cannot find a meaning in life?



The Goddess of Power blesses you with the power of the tiger.

Lady: You have to give meaning to life by yourself. Pick something that you can really feel a passion.

Monica: Look, think on, and go into the silence. I speak of the silence, deep within you, where you will find the I AM, and this is responsible for your meaning of life. If you have lost the connection to the inner stillness, you lose your sense of life and chase after meaningless things just to fill this gap.

Nils: The sense of life is to live a good life. It is even better to be happy than to be unhappy. Find your personal path. Look closely at your skills, your life situation and the world around you. Then you know what you have to do. There is a way for everyone to be happy and to live permanently in the embracing love.

Sole: Attempt to draw your eyes on the positive. Get a diary of happiness. Every day write down three things that you've got (even little things!) - after 2 to 4 weeks you can see that every day was nice too. Meanwhile, I think every night before bed about what made me happy that day.

Power Meditation

1st Relaxation = We gently move our arms, legs and head. Our thoughts come to rest. We relax.

2nd Self-reflection = We look at our life. What are the main goals in your life? What is your way of life? Through which landscape goes your way? Does the sun shine? Does it rain? Is

the landscape flat, mountainous, desert or filled with flowers? Is your road to go easily, difficulty or straight?

3rd Power Animal = You meet your power animal. On the horizon lights up your goal. What is your life goal? Create a pictorial vision. Look at the way you have to take to reach your goal. What is your way of victory? On your way you meet your power animal. It embodies the qualities you need to succeed. What power animal accompanies you on your life? What does it say about you? Think his words several times as a mantra.

4th Meditation= Stop a minute every thought, until you are completely at rest.

5th Succeed = Moving the feet and hands. Rotate the spine from side to side. Relax. Link up again with your power animal and then go your way with optimism. Your power animal will always be with you. It will give you the ability to succeed.

Poem about happiness



Yogi Nils

May the sun shine forever.

May the flowers bloom forever.

May the masters always teach the truth,

all people realize their inner happiness,

all beings in the world live together in peace.

May a golden age arise.

May there be no more sorrow.


May the light be internally and externally.

May all beings live forever in the light.

May love, peace, wisdom and happiness

be everywhere in the world and in all beings.

See also


 Search for [***Happiness***](#) on [Wikipedia](#).

 [Wikibooks](#) has a book on the topic of [***Happiness***](#).

- i ▫ [Happiness research](#)
- i ▫ [Everyone needs a spiritual centering](#)
- i ▫ [The Five Principles of Health](#)
- i ▫ [Have a Happy Relationship](#)
- i ▫ [Have a Happy Family](#)
- i ▫ [Be a Happy Single](#)
- i ▫ [Have a Happy Old Age](#)
- i ▫ [Have a Happy Job](#)
- i ▫ [Happiness and Enlightenment](#)
- i ▫ [A World of Peace, Love and Happiness](#)

External links

 Search for [***Happiness economics***](#) on [Wikipedia](#).

 Search for [***Gross national happiness***](#) on [Wikipedia](#).

- [First World Happiness Report Launched at the United Nations 2012-04-02 \(Columbia University, Earth Institut\)](#)
- [UN Issues World Happiness Report \(2 April 2012\)](#)
- [On 2 April 2012, the first ever United Nations conference on happiness and wellbeing is taking place at the UN Headquarters in New York \(Action for Happiness\)](#)

Happiness and enlightenment



Enlightened Buddha

[Wikipedia: Enlightenment](#) means in spiritual terms the word alludes to a spiritual revelation or deep insight into the meaning and purpose of all things or a fundamentally changed consciousness whereby everything is perceived as a unity.

Happiness Can be Learnt

Woman: To be enlightened and happy are supposedly abilities one can learn?

Nils: Being happy is doable. Happiness can be learnt. A person can raise his or her happiness by 40% with simple daily exercises. American researchers who studied the topic of happiness found that to be the case. Enlightenment occurs when a person dissolves his or her inner tension through spiritual techniques such as meditation and thought work. An individual can relax through exercise. Inner happiness then unfolds on its own. A person can work for the conditions best suited to enlightenment, but the grace comes from God. If a person practices spiritually long enough, he or she develops inner happiness. How quickly this occurs depends on the intensity and nature of the inner conflict.

Woman: To be “free from joy and pain“ is nothing I consider worth striving for.

Nils: An enlightened individual has feelings just like a non-enlightened person: feelings of grief and joy. He or she simply lives at a higher level of happiness, in general. He or she has more peace, power, happiness, and love. There are two ways to approach feelings in spirituality. Buddha based himself in a great feeling of inner relaxation, free from intense emotions. He rose above feelings like rage, sadness, fear, and joy. The Dalai Lama in comparison, represents a form of Buddhism which emphasizes feelings. He cultivates feelings such as all-encompassing love and empathy. I teach the allowance of feelings of rage and sadness in my yoga lessons. I practice regular anger, grief, love, and joy exercises. Many yoga teachers overpower such feelings. There are also various ways to go in yoga. Man: I can think for myself, and decide for myself. I don't need help from enlightened people.

Nils: I consider it a mistake to not accept help from enlightened teachers, but everyone has his or her own way. Help is voluntary. Accepting the help of an enlightened master has the advantage that the teacher knows the goal and can help people from straying from it. Without an enlightened teacher, it is more difficult to come to self-realization. Only a few people can find the correct way and reach the goal without a teacher. It is ok for a beginner to read spiritual books and to look for the wisdom within, but if you wish to make real progress, it helps to have a teacher. A bad teacher is harmful, but a good one can help bring people forward spiritually. We should first check out our teachers before we truly put our spiritual lives in their hands. I recommend that you center yourself in your own wisdom, and view the master's wisdom as additional help.

Man: What is enlightenment energy?

Nils: Enlightenment energy feels like light, water, or a magnet field around the person. It has the characteristics of peace, power, happiness, and love. When the person is pure enough on the inside, this happiness energy fills the body and the space around the person. He is then surrounded by an aura of holy energy. Enlightenment energy can be sensed. In science, it is often debated as to what it deals with. I experience it as consciousness energy. I can create this energy through my spiritual exercises and spiritually control this energy and transfer it to other people. I also got enlightenment energy from my teachers. The center of initiation in yoga is the transfer of enlightenment energy.

The Path to Inner Happiness





Meditating Buddha

Inner tension and inner conflict occur when people prevent themselves from being at peace and from experiencing true happiness at a deeper level. This inner tension and conflict takes energy, destroys any chance for contentment, and lowers one's overall spiritual positivity. A highly tense and conflicted person tends to have negative thoughts. Love for oneself and others is blocked mentally and spiritually.

Inner conflict can mainly be traced to one's childhood. In a conflicted society, where pressure to perform and competition is a daily reality engrained upon its members, a tendency toward conflict and tension is passed on from parents to their children during their upbringing. Parents live out their worries, doubts, fears, aggressions, addictions, and thus influence the spiritual development of their children. Other childhood sources of learned conflict stem from television. Tension in turn then comes from professional stress, strained relationships, divorce, and more, as these children grow up to face similar challenges as their parents face or once faced.

The good news is, whenever this inner conflict builds up inside, it can also be eliminated. The bad news is this can take quite a while. Whenever tension builds over the course of several years, it will also take years to relieve. It is always worth the effort, however, to take on the challenge of curing oneself of such inner negativity. For example, illness later on in life can be avoided as a life full of peace, energy, and positivity is a healthier one.

The amount of inner peace a person possesses correlates opposingly to the amount of tension in one's body and spirit. The lower the tension, the more positive the life force present. Every person has the potential to find absolute peace and contentment. Everyone can achieve enlightenment. The only thing standing in the way of this goal is our own tension and negativity. Once these darker feelings subside, our inner positive energy grows.

A good way to go about curing oneself of this life force robbing negativity is to practice several spiritual exercises every day. We have to live in a way that facilitates a gravitation towards the light, instead of the dark. Most people in today's day and age are on a march in the opposite direction. They live day to day feeling egotistical and stressed out. They live their lives focused on creating more tension and end up burnt out, sick, negative, and depressed.

Tension can reside in the body and the soul. The body and the soul are connected, and in order to relieve ourselves of inner tension, we should practice spiritual exercises for both elements. Inner happiness can manifest on a deeper level only when we cleanse ourselves of this inner tension. As people are very individual, no two have the same sorts of tension and negativity. Everyone should therefore experiment with said exercises to find what is best for him or her to direct one's path in the appropriate way for him or herself to find inner happiness. True contentment can be found as one of the enlightened. The deeper purpose of life is to reach enlightenment.

The Five Basic Spiritual Techniques



Nils as a yoga teacher

Spiritually, humans can be compared to onions. Tensions and inner conflicts (inner stress) must be dissolved layer by layer. When one layer is peeled away, the next quickly appears at the surface until the inner core is revealed. At this point, a lasting inner joy is found, and the Yogi or Yogini lives in light.

Inner joy appears in a person when the tensions (Samskaras) in body and soul have been dissolved. We need exercises for the body (Yoga, Meditation) and for the soul (reflection, Positive Thinking). Buddha developed a very simple yet genius practice. This consisted of “sitting, going, and thought practice.” This is the center of a successful Hatha Yoga Practice. You need body work (Yoga, walking), mental work (reflection, reading, praying, mantra) and meditation (sitting or lying). And everything in balance, in the right moment and with the right technique.

When one varies one's activities between body work, mental work and meditation, the inner conflict and tension can be done away with. When a person only meditates, the spirit becomes dull and listless. Routine movement makes the spirit clear, keeps the body healthy and gives the person inner energy. If you only go or do Yoga asanas, the mind is restless. Inner happiness comes from inner peace. If the body is kept very quiet, well you can get into deeper dimensions of meditation. Meditation can be practiced either in a sitting position or lying down. Some people can meditate better when sitting, others when lying down. Those who fall asleep easily when lying down, should meditate by sitting. Those who cannot sit straight for a long time should practice meditation lying down.

In addition to periods of sitting and relaxing in combination with movement, working with the thoughts is important in getting rid of inner conflict. A Yogi or Yogini should develop his or her thoughts with love, wisdom, and self-discipline. He or she should learn to bring the thoughts into stillness, until the thoughts are always tranquil. Then he or she only thinks when thinking is required.

This basic model of stress resolution can be extended to the way of the five activities. The five activities are: lying down (or sitting and meditating), reading, walking (or Yoga asanas), doing good for others (work), and to enjoy life. There are two levels of meditation. The first level consists of purifying himself through visualizations, mantras, and breath exercises to activate the Kundalini energy. Then you stop all thoughts. The spirit comes entirely to rest. You let the thoughts and feelings come and go as they would. Suddenly peace and happiness appears.

Reading spiritual books helps to cleanse the spirit by helping let go of inner conflict. Everyone can read books to obtain spiritual inspiration. There are thousands of spiritual books available.

Another activity of those seeking enlightenment is movement, particularly cardiovascular sports such as walking, running, biking, swimming. Yoga is also a good form of movement. Even the Dalai Lama rides a stationary bike every day, for a half an hour. Swami Shivananda likes to take walks. There are appropriate exercises for everyone. Yogis living in caves developed the very well-known sun salute, for example.

The fourth activity is that of Karma Yoga (doing good). Karma Yoga opens the heart, gives inner power, and develops the consciousness towards all-encompassing love. Karma Yoga can be practiced one to six hours per day. Swami Shivananda recommended one hour, while Sai Baba is for six. Yogi Nils found three to four hours per day to be a good amount for him. Karma yoga can also be practiced by working people, but of course money is needed to exist in today's world.

The fifth activity consists of enjoying life. We should bring joy into our lives. That opens our hearts, and brings light inside us. Everyone is predisposed towards something. You can listen to music, eat something delicious, read a good book, watch a movie, find time for your favorite creative hobbies, and so forth. It is important though, to pay attention to the amount with which we busy ourselves with enjoyment. Too much of a good thing is not a good thing, too little makes life sad.

Also, too much direct contact with other people during the development of inner happiness should be avoided. A yogi should find out how much contact with others is good for him or her. At a certain point, physical rest can cause the energy of a person to go inward. The person no longer has to direct oneself towards outer activities, and puts more worth on the inner spiritual cleansing, the dissolving of inner conflict, and the development of inner happiness. This turning point must be discovered by each yogi for him or herself. It is difficult to find and difficult to hold onto. Life energy tends toward an excess of activity or towards dullness. Both need to be avoided with daily exercised self-discipline. When we keep inner calm, inner happiness appears. We can develop our true selves, and our sense of life.

Yogi Nils spiritual techniques are simple. They consist of walking, reading, helping others, and lying in bed. Everyone can do that. The secret here is the right application of the right

technique at the right moment. Then the inner tension dissolve and inner happiness appears.

Yogis know when they need which technique. When the body is dull and lacking energy, the Yogi goes for a walk. When he or she feels restless, he or she practices Yoga or meditates. When the spirit seems to rebel against the spiritual way, a book on spiritual topics helps to bring back the conviction towards enlightenment.

A Yogi senses the inner conflict and uses the proper techniques to dissolve the tension. That is usually what the body and soul wants the least at that moment. Wherever the neurotic tendency to feel repelled towards something is usually the way to the light. On the other hand, we need to sometimes give the body and soul what they would like, otherwise tension is built. The way to happiness requires a lot of wisdom and inner sensitivity. Yogi Nils asks his inner voice for spiritual guidance. He asks, "What is right at the moment? What is the way of truth? What do I need today? What do I want today?"

Nihilism or Holiness



Buddha of Love

Nihilist: I go more towards nihilism. I don't believe in the holy. I don't believe in righteous.

Nils: That is a big mistake. There is an absolute righteousness. There is a cosmos and in the cosmos, there are particular rules. In the cosmos, there is an order of happiness. The point of life is to be happy. The task of all people is to be happy and to create a happy world. In the cosmos, everything develops towards a higher purpose. The highest is the enlightenment consciousness. The task of all souls is to develop towards enlightenment. Then, these souls will be one with the highest consciousness. There is an evolution towards enlightenment. I have experienced great pain and great happiness. The biggest happiness I experienced in enlightenment. The cosmos has given humans the ability to move to wisdom. I can therefore say I would like to avoid suffering to the greatest extent possible, and to realize a state of happiness as far as possible. Those who have experienced intense suffering and intense happiness in life, know their lives' challenges. They know that there

is a correct way to the correct life. This could be called the holy path. Nihilists are confused people who inflict harm on others. The task of philosophy is to overwhelm nihilism and to give people sense.

Yogi Nils

The goal is not meditation, but to serve humanity.

The goal is to combine inner happiness and a life in all-embracing love.

First you wake your Kundalini energy,

and then you help with your spiritual abilities the suffering humanity.

The goal is to combine enlightenment and compassion.

This is the teaching of Buddha, Jesus and all the highly enlightened.

May all people be happy. May the world be happy.

Meditate With Your Inner Voice

The most important thing in spirituality is the inner voice. The inner voice is the voice of your own truth and wisdom. It is your feeling of rightness. You combine your intellect and your feeling. Then you will find the way to yourself. Follow your own wisdom. Find your personal meditation practice. Do meditation like is it good for you. We sit in our meditation seat (cross-legged, heel seat, chair) and in our meditation posture (hands on the legs or in the lap). The eyes are open, half open or closed.

1. Light = We send light to the world. We send in particular light to the suffering people. We use our television as a window to the world and wrap all suffering people with light. We visualize the earth, move a hand and think: **"I send light to ... May all people be happy. May the world be happy."**

2. Model-Yoga = We put the hands together in our lap. We visualize ourselves as a Buddha, Shiva or Goddess. We move our toes a little and think the mantra: **"I am a goddess (Buddha, Shiva) of peace. I go the way of peace. I live in peace."**

3. Cosmos = We visualize the cosmos around us, a universe full of stars. We make large circles with our arms and think: **"I take things the way they are. I flow positive with the live."**

4. Master = We rub the palms in front of the heart chakra. We connect us with the enlightened masters and think: **"Om all enlightened Masters. Om inner wisdom. I ask for guidance and help on my way."**

5. Inner voice = What tells your inner voice now? **"My positive sentence is ..."**

6. Mantra = We put the hands in our lap. The back is straight and our stomach is relaxed. We bring our mind completely to rest. **We think the mantra "Om" 5 to 10 times in our head, chest, abdomen, legs, feet. We think in the earth and in the entire cosmos: "Om Shanti, Om Peace ..."**

7. Stop thinking = **We stop a minute every thought. When thoughts come, we always push them away. Then we relax completely. Go forward optimistic. You will succeed in your life.**

See also

- i ▫ [God](#)
- i ▫ [What is God](#)
- i ▫ [Existence of God](#)
- i ▫ [What is Enlightenment](#)
- i ▫ [God and Enlightenment](#)
- i ▫ [God and Quantum Physics](#)
- i ▫ [Afterlife](#)
- i ▫ [Paradise](#)
- i ▫ [Christianity](#)
- i ▫ [Reincarnation and Christianity](#)
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- i ▫ [Buddha oracle](#)

Laughter Yoga



Laughing children

With more than 400 laughter clubs across the United States alone, and 6000 groups worldwide, laughter yoga is seriously taking hold as a "well-bumming workout". It's an infectious workout regime that helps you to stop taking things too seriously and to concentrate on the funny side of life.

Benefits

Laughter Yoga was started by Dr Madan Kataria in 1995. It combines gentle yoga breathing (Pranayama), stretching, and simulated unconditional laughter. When the laughter is practiced in a group setting, the laughter soon becomes genuine. Some of the benefits from laughter and Laughter Yoga include:

Health benefits: The health benefits of laughter are extensive. After laughing, the positive effects of laughter last up to 45 minutes, benefiting the cardiovascular system and reducing blood pressure;[6] indeed, studies have shown that people suffering from heart disease are 40 percent less likely to laugh in many situations compared to people without heart disease.[7] Laughter even speeds healing.

Stress relief: Laughter is a means to reduce anxiety and stress, as well as fostering a positive attitude and feeling of happiness. Within minutes of laughing, stress levels drop. It's an aerobic workout. Laughter Yoga workouts are good for your heart, diaphragm, abdominal, intercostal, respiratory, and facial muscles. As part of the "workout", endorphins are released, giving you a sense of well-being.

It restores playfulness in your life. Children laugh up to 300-400 times a day during their formative years, and this reduces to 10-15 times a day as an adult.

Laughter Yoga



Neighbors chat

Do not take things too seriously. Concentrate on the funny side of life. Go laughing through the day. Practice [Laughter Yoga](#). Laughter is healthy.

1. **Clap your hands** = We clap our hands in front of the heart chakra. We focus on the stomach and laugh "Ho, ho." We focus on the chest and laugh "Haha." Third, we change constantly between the abdomen and the chest up and down and shout, "Hoho, Haha, Hoho ..."

2. **Body** = We lay our hands on the head and laugh in the head "Hehehe." So we can clean the head of tension. Then we lay hands on the chest and shout "Hahaha". We lay hands on the stomach and yell "Hohoho". We concentrate on the feet and trample with our feet on the ground: "Huhuhu".

3. **Laughing Wave** = We bow the upper body to the earth. The hands are facing down. We focus on the ground. The hands go to heaven. We wail like a siren: "Hahahaha." We make the laughing wave several times. We connect through our laughter heaven and earth.

4. **Welcome laughter** = Within a group, we keep eye contact and laugh, until all people are happy. At home we look in the mirror and welcome ourselves. When we look into the mirror there is always something to laugh about.

5. **Hands to heaven** = We extend our hands to the heaven, concentrate on our chest and laugh a minute "Hahaha."

6. **Happy Mantra** = We think the mantra: "May all beings be happy. Let there be a world of laughing." We see all people in the world and ourselves as a laughing Buddhas, laughing gods or laughing holinesses.

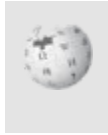
7. **Om Song** = At the end of our Laughter Yoga we sing one minute the mantra "Om". We sing it in our own melody. We sense in which part of our body Om resonates best. We sing the Om until we are calm. Then we go optimistic through our lives.

Videos

- [german laugh](#)
- [Benefits of Laughter Yoga with John Cleese \(BBC\)](#)

- [laughing yogi](#)
- [Laughter Yoga Steps](#)
- [LAUGHTER YOGA EXERCISE](#)

See also



Search for [Laughter](#)
[Yoga](#) on [Wikipedia](#).

- [Yoga](#)



A World of Peace, Love and Happiness.

There are two great goals a human can have. He or she can seek enlightenment or work towards a world of peace, love and happiness. At best, we combine the two. ---

>[Philosophy of Happiness](#)

Become a World Savior



Buddha of Love.

If the world were a village of 100 inhabitants, then one man is super rich. He owns a third of the country and 30% of the village's assets. 20 people have 80% of the total wealth of the village. They have much more than they need. 40 people have enough money. They live as small farmers, workers, employees and small self-employed. 40 people (40%) are the poor. Half of them are malnourished or starving directly. In their environment, there is no adequate disease prevention, severe addiction problems (drugs, alcohol) and an escalating crime. (Franz Josef Radermacher, Bert Beyers: Welt mit Zukunft. 2007, p. 115)

The external wealth has doubled in the West in the last fifty years. At the same time the number of depression has increased tenfold. The unregulated capitalism leads to large external wealth for a few people and hunger and unhappiness for ever more people. Capitalist globalization will bring a few super-rich, a little wealth for a small middle class and a massive impoverishment of a large underclass. It creates huge slums, crime and a lot of substance abuse problems.

The number of hungry people has risen significantly in recent years: in 1990 there were about 822 million, in 2008 about 963 million people. On 19. June 2009 the BBC told that now officially a billion people go hungry. That's about one in seven people on earth. Each year die about 8.8 million people, mostly children, from starvation, representing a death every 3 seconds. 50% of the hungry are small farmers. 20% of the hungry are rural workers without land, a further 20% live in urban slums, the remaining 10% are fishermen.

If we do the capitalist globalization with no wisdom, we will destroy the environment, poverty will become uncontrollably large and the unhappiness will grow. There will be many senseless wars. We need a globalization of love, wisdom and peace. The world community should be centered in the principles of universal love, world peace, happiness for all, enough work for all, enough food for all and adequate health care for all. The combination of ecological and social thinking with the modern happiness research can help us in building up a better world.

1. Help that all people in the world have something to eat. According to the Human Rights Charter of the United Nations food is a sufficient human right. The rich are

therefore obliged to leave the hungry people of their money so much that everyone can buy enough to eat.

2. Help that all people in the world have suitable work. According to the Human Rights Charter of the United Nations work is a sufficient human right. The rich are furthermore obliged to give the unemployed work, enough land, or money for job creation programs. Jobs may occur in the future much in the social field, if the overall economic wealth is distributed responsibly. Instead of the superfluous luxury of a few we should primarily develop the common happiness of all.

3. See the world. What is to do? There is the possibility of adequate taxation, protection laws for the poor and an agrarian reform. There is the possibility of a Global Marshall Plan and a global eco-social market economy. And there is the possibility that the poor organize themselves and jointly enforce their rights.

4. Consider your options. What can you do? Recognize the many opportunities that the internet offers. We can buy fair trade products. We can look for environmentally farming methods and do not buy products from child labor. Even as buyers, we have a certain power, who we should use. Help charity organisations. Help them with donations. There are many organizations in the world who work for a better future.

5. Develop your own inner happiness. Only happy people can build up a happy world. Only positive people have the strength to go a long way up to the end. Only strong people can not be deterred by difficulties. Only clever people recognize the way in which they can achieve their goals. Only wise people live in the right balance of health, activity and rest, so that they do not consume their energy, but grow by the work for a happy world in their own inner happiness.

6. Become a world savior. A world savior works within its means for a happy world. A happy world is a world of love, peace and prosperity for all. May the world be happy. May all world rescuers work together. Humanity is one family. In a good family, all family members contribute to the success of the entire family. May we understand this, accept our social responsibility and act powerful. Be good, think good and do good. This is the way of global happiness.

Save Africa



Starved girl.

Most of the extremely poor live in Africa. There is also extreme poverty in India, China and South America. But these countries are in an economic upswing. In Africa, however, the misery rises steadily. The International Monetary Fund (IMF) has tried for forty years with a neoliberal economic policy (privatize state enterprises, liberalize markets, social expenditure savings) to set the economy of Africa in motion. It has the opposite effect. It has failed in Africa.

The number of hungry people is growing not only in Africa but also in other countries in the world like the Philippines and India. In India the social movement [Ekta Parishad](#) works with non-violent methods for the poor. Its founder Rajagopal says, that the globalization has been good for India's middle class, but it hurts the poor. 80 percent of the Indians live as farmers. If they have no land, there is no food for them.

Industrial agriculture in developing countries leads to capitalist agricultural corporations, to a great dying under the small farms and to hunger among the rural population. The landless and land-poor farmers in the countries of the so-called Third World represent the majority of the undernourished. What they need above all a piece of land, so that they can feed themselves.

Africa has to learn from India. To overcome the hunger the poor need enough land, enough money to start, enough knowledge to be successful, Protection laws and a fair trade with the west. We shall start with those countries, who have a good Government, little corruption and who want help. They can build up a democratic alliance and help each other too. Each rich western country can get a partnership to a poor country of the world. They can give money, knowledge and experts to their poor partner country. They can promote mutual tourism and cultural exchange. Step for step we can build up a better world, if we go forward with wisdom, love and good cooperation.

1. Find out about development aid. Harvard Professor [Jeffrey Sachs](#) published in 2005 the book "The End of Poverty". In it, he makes concrete suggestions as to how extreme poverty

can be overcome in Africa. His main finding is that Africa itself can not escape the economic hardship. The rich Western countries need to help financially and with personnel. Jeffrey Sachs has developed a concrete plan for overcoming poverty in Africa:

- The agricultural income of the farmers could by good advice and some resources (irrigation, fertilizer, high-performance seed) can be doubled easily.
- For the larger crop is not eaten immediately, the population growth should be stopped by a specific family counseling and the free distribution of contraceptives.
- The funds must democratically be managed by the communities themselves so they do not disappear in the government corruption.
- The poor countries must be freed from their debt burdens, so that they have money to overcome the poverty.
- There must be an adequate infrastructure (schools, roads, health, electricity).

2. Orient up of successful models. There are examples of ecological self-sufficient communities, where aid workers can be based on. That sustainable development works, proved the actor [Karlheinz Böhm](#) in Ethiopia. He has personally supervised four villages and collected donations in Germany. He established an organic agriculture and thus preserves an entire tract of land from starvation. It took more than a decade, but today, the villages are self-sufficient in everything necessary.

3. Connect Help and Self-Help. The main solution to the world hunger problem is the principle of self-sufficiency through their own country. Every farmer should have the right to have his own piece of land from which he can live with his family. The landless farmers have to get fertile land by the governments.

The landlords must give a portion of their land to the poor. Without land reforms, the world hunger problem can not be solved. Some new agricultural land can also be created. This can happen by the forestation of desert areas. Deforestation must be stopped. Instead establishing monocultures (oil palm, biofuel) for export, each country should provide sufficient land for the population. Small farmers in developing countries must be helped with a good advice from agricultural experts, an effective organic farming, with cooperative structures and a fair global trade.

4. It is important to promote the common sense in the world. Without a return to the values of frugality, inner happiness, universal love and mutual aid the world can not be saved. If egoism dominates the happiness in the world has no chance. We need a world family, which consists of many small families, and where everyone helps everyone, so it all goes well.

5. Build islands of happiness first. The village communities should become places of happiness, so that rural migration ends. If people have arrived in the city slums, it is very difficult to get them back. In the slums we have to built up positive structures in a special way. But everywhere a new culture of civic spirit is very important.

6. Work for the cooperation of all positive people. We need a global change. This can happen only through a global alliance of all positive forces in politics, science, religion and society. And by the intensive efforts of many individuals, each in his place and within his

means. Do not lose heart. At the moment the selfishness is large in the world and the sense of community is small. But things can change. We only have one earth. If we destroyed our earth, we will all perish together. We are a world family. A good family will help the most vulnerable members and does not let them starve. In a good family everyone helps everyone. All work for the happiness of the whole family. So all become happy.

Poignant words of Jean Ziegler



Jean Ziegler, University of Vienna, 2009

The famous Swiss-globalization critic [Jean Ziegler](#) fights against capitalist globalization. Until his retirement in May 2002 he was professor of sociology at the University of Geneva. From 2000 to 2008 he worked as a UN Special Rapporteur on the Right to Food.

Quotes TAZ 2010: "I'll give you an example from Guatemala, where the rich landowners and the Western Fruit corporations have the land in the fertile plains. The descendants of the exiled Maya - 80 percent of the population - have only barren corn fields in 2,500 meters. The pawns are starving. The women view with 30 as 80. The equitable distribution of the country, education for all children, all this will not come because the multinational companies block it. They dominate the most important UN member states. They dominate also the government of Guatemala. A land reform will not come. The white colonialists who exploited Latin America 500 years, not simply renounce on their monopoly of power.

One billion people still live in absolute poverty. The 500 largest transnational private companies control over 52 percent of global GDP. The companies operate on the principle of pure profit maximization. For the victims of the world dictatorship of finance capital, the globalization is daily terror. Every five seconds starves a child under ten years. The number of hungry and poor is rising again. I call it the destruction of people through starvation. For this globalization, there is no excuse. Every child that dies of hunger could be my child or your child. Thereby all these horrible sacrifices are unnecessary. That's what shocked and angered me immensely. Humanity today has the opportunity to secure a happy life for all people. The great wealth that was generated under capitalism, gives us the possibility to feed all the people. The productive forces are increased dramatically. Therefore, there is no excuse for all this, no moral justification for suffering. The neoliberal delusion must vanish. The financial dictatorship must be replaced by a normative world social order.

There's always hope. In our times we are experiencing, as a new planetary civil society rebels against the injustice. At the World Social Forum in Belém, Brazil, in 2009 more than 8,000 social groups and movements were present. Today there is an increasing awareness that we can break the suppression mechanisms through democratic means."

World Happiness Report

(Quotes [First World Happiness Report Launched at the United Nations 2012-04-02](#) (Columbia University, Earth Institut))

The first World Happiness Report (download PDF), commissioned for the April 2nd United Nations Conference on Happiness (mandated by the UN General Assembly), reflects a new worldwide demand for more attention to happiness and absence of misery as criteria for government policy. It reviews the state of happiness in the world today and shows how the new science of happiness explains personal and national variations in happiness. The report shows that, where happiness is measured by how happy people are with their lives:

- Happier countries tend to be richer countries. But more important for happiness than income are social factors like the strength of social support, the absence of corruption and the degree of personal freedom.
- Over time as living standards have risen, happiness has increased in some countries, but not in others (like for example, the United States). On average, the world has become a little happier in the last 30 years (by 0.14 times the standard deviation of happiness around the world).
- Unemployment causes as much unhappiness as bereavement or separation. At work, job security and good relationships do more for job satisfaction than high pay and convenient hours.
- Behaving well makes people happier.
- Mental health is the biggest single factor affecting happiness in any country. Yet only a quarter of mentally ill people get treatment for their condition in advanced countries and fewer in poorer countries.
- Stable family life and enduring marriages are important for the happiness of parents and children.
- In advanced countries, women are happier than men, while the position in poorer countries is mixed.
- Happiness is lowest in middle age.
- The happiest countries in the world are all in Northern Europe (Denmark, Norway, Finland, Netherlands). Their average life evaluation score is 7.6 on a 0-to-10 scale. The least happy countries are all poor countries in Sub-Saharan Africa (Togo, Benin, Central African Republic, Sierra Leone) with average life evaluation scores of 3.4. But it is not just wealth that makes people happy: Political freedom, strong social networks and an absence of corruption are together more important than income in explaining well-being differences between the top and bottom countries. At the

individual level, good mental and physical health, someone to count on, job security and stable families are crucial.

Combine inner happiness with the way of love

There is a danger along the path of unconditional, all-encompassing love. We can overwhelm ourselves and work too hard and have no energy left for happiness. A karma yogi must practice rooted in inner peace. **A karma yogi must take care of him or herself**, as it is impossible to take care of others unless the self is cared for. Furthermore, a path of exhaustion only leads to burn-out, not enlightenment.

Jesus said, “love God and love your neighbor.” (Meaning, practice spiritually balanced for the development of the self and for the happiness of others.) Swami [Shivananda](#) said, “love, serve, give, meditate, purify, and realize your true self.” The [Dalai Lama](#) explains, “live balanced by helping and by meditating.”

[Sai Baba](#) said, “helping hands are holier than lips which pray.” Those who work towards happiness for all beings is holier than the yogi who only searches for self-enlightenment. Sai Baba taught balance and the connection between personal practice and all-encompassing love. He recommended six hours per day of helping the fellow man, six hours per day of meditation, six hours per day to enjoy life, and six hours of sleep.

---> Video [Dalai Lama: Inner Peace, Happiness \(2 min.\)](#)

Globe Meditation



Our earth.

1. Globe = We visualize the earth beneath us, rub the earth with our feet and think, “**May all beings be happy. May the world be happy.**”
2. Television = What man on television today touches you negative or positive? Clean the energetic connection, visualize him as a Buddha. Give him a positive sentence. Think the

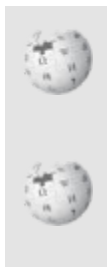
sentence as a mantra until you have overcome all attachment or rejection. Everything you see outside makes a knot in your soul. Create harmony in your mind. The first step to happiness is to create a positive world in your mind. We move a hand and send all the people in the television light: **"I send light to .. I wish him / her wisdom, love and happiness. May all people on TV be Buddhas or Goddesses of love."**

3. Goddess = We rub our hands before the heart chakra. We visualize ourselves as a Buddha, Goddess or Angel: **"I am a Goddess (Buddha, Angel). I go the way of the positive. I live in peace, love and happiness."**

4. Enlightened Masters = We rub the hands over our head and ask the enlightened masters for guidance and help. We connect us spiritually with their energy, **"Om all enlightened masters. I ask for guidance and help on my spiritual way."**

5. Mantra = We put our hands together in the lap, move our feet and think many times the mantra **"Om Shanti"** in our body, in our legs and in the whole world. We stop a minute every thought. We relax. **Live in peace and love and save every day the world. That is the correct way to become a Buddha or a Goddess of Love.**

See also



Search for [Happiness economics](#) on [Wikipedia](#).

Search for [Gross national happiness](#) on [Wikipedia](#).

- [Happiness and Life](#)
- [Happiness research](#)
- [Everyone needs a spiritual centering](#)
- [Have a Happy Relationship](#)
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- [How to Do Your Part to Save the World](#)
- [PEACEWIKI](#)

- [First World Happiness Report Launched at the United Nations 2012-04-02 \(Columbia University, Earth Institut\)](#)
- [UN Issues World Happiness Report \(2 April 2012\)](#)
- [On 2 April 2012, the first ever United Nations conference on happiness and wellbeing is taking place at the UN Headquarters in New York \(Action for Happiness\)](#)

Happiness Oracle (Tarot)



Blessing by the Goddess (Nature, Freya, Demeter, Great Mother)

The Tarot is a 78-sheet set of maps that will be used for psychological purposes, and oracle. The Tarot encourages self-reflection and strengthen your own wisdom. Click on a [random generator](#) on the internet (1-78 insert) and click Generate. Interpret the Tarot always with the principles of truth and love. The message must correspond to your inner truth and be helpful for you. The presented interpretation of tarot cards is based on the [Rider-Waite Tarot](#) and the knowledge of the [Enlightenment](#). You can print out the Tarot (left tools), write the numbers 1-78 on little peaces of paper and play it with friends.

---> [Download the Tarot in various formats \(PDF, Epub, Kindle\) for reading and give away.](#)

The Fool



1. [The Fool](#) strolls relaxed and carefree through life. He is on the right way for him. He lives as a free mystic. In his view, he is a wise and from the perspective of ordinary people is a fool. They all strive for outer wealth. They run for professional success, a dream partner and maximum consumption. Only the Fool lives otherwise. He follows the path of inner happiness and all-embracing love.

On the right shoulder he wears his walking stick. He goes relaxed but with self-discipline his spiritual path. In his left hand he holds a white rose. It symbolizes his love for God, his spiritual goal. A small white dog is with him. The Fool has some companions along the way into the light. The path of the Fool leads through the mountains of enlightenment. The sun is shining. The enlightened masters (God) guard his way. The fool is leaded by his inner voice and his good karma.

Oracle = Live today primarily from the pleasure principle. Feel just your physical and spiritual needs. Follow your inner spontaneous impulse. Be yourself. Live yourself. What do you want now? What do you need now? Enjoy being. Make yourself the day beautiful.

The Master of the Five Elements



Standing in the Germanic rune: Changing affliction into accepting.

2. The highest art of magic is to conjure from the five elements earth, fire, water, air and ether (space) the [Philosopher's stone](#). With the philosopher's stone, you can turn iron (a stressed soul) into gold (an enlightened soul). For the right recipe for the production of gold in the Middle Ages many people were looking for. They all failed because they did not understand that the doctrine of the five elements is a psychological method. Gold in the alchemy is a state of consciousness that means inner happiness. The inner happiness can be achieved if we consistently exercise the five qualities earth (joy), fire (self-discipline), water (a good feeling for the right way), air (ego resolution, taking things as they are, flowing positive with the wind of life) and love (unity consciousness, ether). For this, the magician (Master of the five elements) has on his table a coin (earth), a rod (fire), a chalice (water) and a sword (air). The fifth element is symbolized by the decoration of the room with red roses (love) and white lilies (purity).

The [magician](#) raises his wand in the air. He has the power to win. He is the Master of the five elements. He will get the inner happiness (enlightenment). He sacrifices his ego by putting his left hand to the ground. He thinks his magic spell (a mantra, a positive word, the oracle sentences). And turns into a golden Enlightened (King of the Coins). Above his head is a halo of a horizontal eight, the infinity sign, that means eternal life in the light. The posture of the magician shows the Germanic rune: Sacrificing the ego. A vertical line (standing man) that is crossed diagonally (arms).

Oracle = You are a Master of life. You win through the five elements. Live in the right moment and in the right amount the five qualities peace, wisdom, love, joy and self-discipline. Sacrifice your ego. Take your situation as it is. Let your false wishes go. Concentrate on your spiritual path (inner happiness, enlightenment, God). Live healthy and happy. Have some fun. Love all. Do good. Forward with wisdom and self-discipline. Success.

The High Priestess



3. [The High Priestess \(Mistress\)](#) sits in a blue dress (inner peace) in the temple of wisdom (enlightenment) on a throne. To her right is a black and on the left a white pillar (the left and the right Kundalini channel is activated). She holds in her lap a holy book (Bible). She is centered in her spirituality. On her heart chakra we see a christian cross. She has overcome her ego and lives in God (in the light of enlightenment, the higher consciousness). Behind the High Priestess is a beautiful curtain of palms and pomegranates. The palm trees and apples indicate victory and happiness. The High Priestess will triumph in her life because she consistently goes her way of inner happiness and universal love. At her feet we find a crescent moon. The moon is a symbol of the path of peace. The High Priestess lives in calmness and acts out of her inner peace, her intuition and her love.

Oracle = Live as a wise woman or wise man. Go the way of wisdom. In the outer life there is a constant changing of sorrow and joy. Nothing is permanent. Anchor yourself in your inner happiness. Consistently go your spiritual path. Make each day your spiritual practices (yoga, reading, praying, meditating). The most important exercise of the wise woman is the daily reading in a spiritual book (oracle). As a result, she never loses her wisdom and will after all external crises always return to her spiritual path. Follow your clear head and your inner sense (intuition). "My way of wisdom is ... Unwisdom is ...". Forward. Success.

The Path of Love



The Goddess (Empress, Great Mother)

4. Day of Blessing. The sky is full of light. From a forest, a river brings good energy. A grain field with ripe ears of corn indicates great harvest. Amidst the grain field sits the Goddess ([Empress](#), Great Mother, [Freya](#), [Demeter](#), [Mahadevi](#)) in a white dress full of painted roses (purity and love) and a crown of stars on her head (cosmic consciousness). To her right is a large heart with the Venus sign (love). The left hand is relaxed on her knee. The Goddess of Love is well grounded. She rests in herself and in her inner happiness.

In her raised right hand she holds a scepter with a crystal ball on it. The ball is a symbol of life in the light (in God). The Goddess (Empress) is enlightened. The light of God shines through her to the world. The Goddess gives her light to her fellow man. She sees herself primarily as a mother of all beings. The Goddess sits comfortably on a large sofa. She acts out of living in rest, being and happiness. Who goes the way of love based in his own peace and happiness, does not use up his energy. His energy, love and happiness is growing more and more.

Oracle = Go the path of love. Who lives in all-embracing love und does good to all, harvests a good karma (fate). What is the abundance in your life? What can you give to make your fellow people happy? Give you enough breaks. Don't exhaust your energy. Live in the balance of rest und acting. Give centered in your own happiness. Think the mantra, "I send light to (name). May all people be happy. May the word be happy." What is your deed of love today? Success.

The Path of Self-discipline



5. In a desert a [king with a white beard sits on a throne](#). Under his red cape, he wears a suit of armor. This points to his iron will. He is a master of himself. He has the ability of self-discipline. In his left hand the king holds a ball. The ball represents the spiritual goal of a life in the light (in God, in a unity consciousness). The king strives for enlightenment. He wants to realize his inner happiness. He can achieve his goal, if he does his spiritual exercise constantly and with self-discipline. Behind the throne, we see a blue river

flowing. The king must awaken his Kundalini energy. When the energy in him begins to flow, the king will become happy.

In his right hand the king holds an (Egyptian) cross. At the corners of the throne are four rams' heads. The king has to sacrifice his ego. He has to take things as they are. In the moment he lives in a desert, in the desert of unhappiness. The way to happiness is to take his situation as it is and to go with self-discipline his way of wisdom and love. The iron king symbolizes the strong God Father ([Moses](#) in the desert, the Yoga-God [Shiva](#), the German God of War [Odin](#), the Greek God [Zeus](#)). With wisdom, power and self-discipline he rules his land, his people and over himself. What goal he takes, he achieves it.

Oracle = Bring yourself with your spiritual practices into the light. Your way goes through a difficult phase. Listen carefully to the wise king in you. Take things as they are. Let your false wishes go. Live according to a clear schedule. Achieve your goals with self-discipline. "My goals are ... My way to reach my goals is ..." Forward. Success.

The Enlightened Master



6. In the temple of God, sits the spiritual Master ([Hierophant](#), High Priest) in a red robe with a golden crown on his head. Two keys lie under his feet in the form of a cross (ego sacrificing). The Master has the spiritual knowledge to open the temple of inner happiness (how to awaken the Kundalini energy). He knows what to do and what to let go of on the path of enlightenment. He can give every person the spiritual practices that personally are effective for him. Besides the two keys are two spiritual students (monks, yogis). One student has a red robe with roses. The other student wears a blue cape with white lilies on it. One student must live primarily as a helper of all beings to awaken his enlightenment energy. The other student must primarily do his spiritual exercises (yoga, walking, reading, meditation, mental work) to attain enlightenment.

The Master holds up the triple cross of wisdom, love and self-discipline in his left hand and swears with his right hand by God always to tell the truth. He sits between two pillars in the temple of God. He lives in the light (cosmic unity consciousness). His left and right Kundalini channel is activated. When energy is in the left and right side of the body, automatically starts the main energy in the middle channel to flow from the feet up to the head. This is represented here by a golden crown as a symbol of the activated crown chakra and also by the white stripe in the middle of his shell (body). The Master is enlightened and therefore has the possibility to bless us with true spiritual knowledge and energy.

Oracle = Your life is blessed. You will win on your spiritual path. Listen consistently to the voice of your inner truth. Find the right daily exercises for you. Live as a spiritual Master. Master your life. Help your fellow men on their way. Follow the path of your wisdom and

love. Think the mantra, "Om all enlightened Masters. Om inner wisdom. Please guide and help me on my way." Forward. Success.

The Light



7. [The Lovers](#). A man and a woman (Adam and Eve) walk together the path of enlightenment. Behind everyone of them grows a tree. Everyone has his own personal path. The enlightenment tree (tree of paradise) is a symbol of the Kundalini energy (the Kundalini channel in the middle of the body). Around Eve's tree ([tree of knowledge of good and evil](#)) winds a snake. The snake is a symbol of wisdom. The woman has a good contact to her inner voice (her feelings). Adam's tree ([tree of eternal life in the light](#)), however, is slightly larger. The man has more power and self-discipline. To get enlightenment (a life in the light) we need the quality of wisdom and the quality of self-discipline. We need love and strength. If the male and the female aspects in us work good together, we can reach our goal and stay permanently in the light.

In the middle between Adam and Eve, rises the mountain of enlightenment. Over the hill appears God in a cloud. Above him shines a large sun. The sun symbolizes the energy of God (the light). God lives in the light and blesses us with light (with spiritual success). He spreads his hands over us and guides us on our way. God has great wings in the Tarot card. He can be seen as a Guardian Angel. In any case expresses the card that we are protected by higher powers. We are protected as a single person or as a couple. The card can also mean that a relationship succeeds.

Oracle = You are protected. You can go your way with confidence. God (the enlightened Masters, the Guardian Angel) is with you. Follow your inner voice of truth and love. Go consistently your personal way of rightness (wisdom). Then you will conquer. "The right way is ... Not right is ..." Forward with optimism. Success.

The Path of Rest



8. [The Chariot](#) reaches its goal of enlightenment (healing, happiness) by doing nothing (living in rest, [wu wei](#)). It is pulled by two seated sphinxes. One of the sphinxes is black and the other white. White is the color of purification (doing exercises) and black

symbolizes the path of rest. Rest and spiritual practices are the way to healing and holiness. In the chariot, a man stands with a crown of stars on his head (cosmic consciousness). He wants to come to enlightenment. Behind him is a blue curtain with many bright stars. He wants to live in being, in God and in happiness.

The secret of enlightenment is to live in enough rest so that the energy of a person turns inward. Normally a person uses up his energy in outer activities. At a certain point of rest, the energy turns inwardly and resolves all tensions. Whoever finds this point of calm and consistently lives in it, grows to enlightenment, healing and happiness. He comes into a life in the light. The body heals the tensions nearly by its own. We have only to do also some spiritual practices for our body and our mind. We can do some yoga, meditation, going, reading and mental work (positive thinking). We have to feel what we need and what brings us to inner healing and happiness.

Oracle = You need plenty of rest. Live today as a Buddha (Sphinx) of Rest. Let all external goals go of. Avoid hyperactivity. Relax. What is your way of rest now? What spiritual exercises do you need? Get to inner peace. Enjoy your life. Bring so much joy in your day that you feel well in your life.

Self Mastery



9. [Strength](#). We see a dry desert, at the horizon a blue mountain, and in the foreground a white woman who tames a lion. The lion is a part of her inner self. The woman is fighting with herself. In her fight her spiritual wishes (inner happiness, enlightenment, living in God) with her worldly desires (career, relationship, consumption, outer wealth). The woman will win. She has a flower crown on her head. The sky is yellow. Optimism. The name of the card is strength. Forward with strength.

The woman is struggling hard. With wisdom and inner strength the woman solves her problems. She thinks carefully about her situation, her goals and her way. She makes a clear decision and walks her path of wisdom consistently. She closes the lion's mouth. The lion cannot eat the goddess. She controls the animal in her. Step by step she succeeds on her way (to the blue mountain of enlightenment). Step by step she realizes the goddess in her. Above her head is a horizontal eight, a symbol of the eternal life in the light.

Oracle = Wisdom is to distinguish the essential from the inessential. Wisdom is to make health, happiness and all-embracing love to the center of your life. What are your goals? In what way can you achieve your goals? Educate your thoughts and you'll grow into happiness. "Wisdom is ... Unwisdom is ..." Forward with self-discipline and fortitude. Success.

The Hermit



10. A [hermit](#) in a gray cloak stands on a snowcapped mountain with a lantern in his right hand and a long staff in his left hand. Around him is only the blue sky. The man symbolizes a yogi who lives and practices separated from his fellow men. His lantern shines a bright light. The lantern is a term for the interior of the yogi. The inner light enlightens him, shows him his way of practicing and enlightens also the world around him. Because of the inner light, he can live happy in his seclusion.

His body forms the position of the Is-Rune. The old german word "is" means ice and symbolizes the technique of meditation. In meditation the mind becomes quiet. It is like frozen ice. The hermit practices meditation in sitting, standing, going and lying. This is the original buddhist way to enlightenment. Living in secluded rest, meditating and working on the mind (finding thoughts of peace, love and wisdom) is the fastest path to inner peace and happiness.

Oracle = You need a lot of rest to find yourself and to develop your inner happiness. Success on the path of seclusion, rest and spiritual practice ([yoga](#), [walking](#), [meditation](#), reading, positive thinking).

If you are in a relationship or together with other people (a group), find every day some time for yourself. Make some spiritual exercises. Come to rest and inner peace, until the happiness awakes in yourself. Then you can live in giving. This is the best way to lasting happiness in a relationship.

If you are a single, use the opportunity to fast spiritual growth. Those who live alone, may well develop their inner happiness. Enlightenment occurs through a lot of rest connected with enough spiritual practice. Most singles flee the silence and the resulting boredom. This boredom is only a transitional stage to enlightenment, when we combine it with spiritual exercises. Then there is no more loneliness, but only egolessness, unity consciousness, happiness, positivity and all-embracing love.

Good Destiny



11. In the sky appears the [wheel of Fortune](#). It is the signpost to a blessed life. Around the wheel are the symbols of the five elements. The lion represents the daily self-discipline in

spiritual practice. The eagle can differentiate with his good eyes the essential from the inessential in life. The angel follows the path of all-embracing love. The bull is a sacrificial animal. If we sacrifice our ego, we come to enlightenment.

The fifth element is the wheel itself. Its circular shape means cosmic consciousness (wholeness, oneness, the zen circle). On the wheel sits a blue [Sphinx](#) (Buddha) with a sword. The Sphinx has overcome her ego and awaken her enlightenment energy. Besides the wheel, we see a jackal (egyptian God of death Anubis, sacrificing the ego) and the Kundalini serpent (awaking the inner happiness).

Oracle = After initial difficulties tends the day (your life) to a good end. Who sows good fortune will harvest a good destiny. Live wise and get a good karma. Organize your life as a way of fortune. Plan your life well. Become a happy Sphinx (Buddha, Holy, Goddess, Enlightened). Follow the goal of inner happiness and all-embracing love. Transform your life into a paradise. Be a wise eagle, a strong lion, an angel of love, an egoless bull, and a happy Sphinx (Master of Destiny). What is your way to a good destiny? "My goals are ... My path of a good destiny is ... " Success.

Rightness



12. [The Tarot card Justice](#) means rightness. Go the right way in your life. Then you win. A King in a red coat sits in the temple of wisdom on a throne. In his right hand he holds a sword and in his left hand a scale. He looks exactly at the problem, thinks about it, weighs with good inner feeling all arguments, makes a clear decision and carries it out with power. So he comes into the light. Above the king shines a yellow sun. Who wants to live in the light, must consistently follow the path of truth, wisdom and rightness.

The term justice comes from the Bible and means in today's language rightness. In the cosmos there are laws of happiness. Anyone who adheres to these laws grows in his happiness. Those who violate these laws will be punished. The laws of nature are inexorable. It is wise to recognize this and to walk in his life the way of wisdom. The king shows us his right foot. The foot is white. We should consistently go our path of wisdom.

Oracle = Success on the way of your personal rightness. See your situation. What are your problems? What are your possibilities? What are your abilities? What solves your problem? What is your road to a fulfilled, happy and healthy life? A person has two measuring instruments for a right decisions, the mind and feeling. He can think about a problem and he can feel how to solve it. It is optimal when the mind and the feelings come to the same decision. If we have to make an important decision, we should think so long about a problem until our mind and our feelings find together. Right acting brings a good fortune and wrong acting leads to suffering. This allows us to distinguish a good from a bad decision. We should collect all the information that we can get. We should ask the experts

(books, science, internet). We should consider the impact of our actions to the future. Forward with clarity and wisdom. "My right path is Not right is" Succeed.

Equanimity



13. [A man hangs](#) upside down from a tree. His right foot is bound on the tree and with his left foot and his arms, he makes a yoga exercise. The man can not avoid his situation, but he can act internally. He can create happiness in his mind with his spiritual exercises (yoga, meditation, positiv thinking). He can activate his Kundalini energy. He can flow positively through the difficult situation. He has a halo around his head. An enlightened can overcome outer suffering through inner happiness. Spiritually the hanged man practices a reversal position, through which the Kundalini energy can be activated. In Yoga we have the candle and the headstand. In the legends of the ancient Germans is reported that the God Odin hung nine days upside down from a tree. Then his enlightenment energy awoke and he was able to free himself from his bad situation.

Oracle = You go through a difficult situation. Sacrifice your ego and take things as they are. Think positiv. Make your spiritual exercises (yoga, walking, meditation, mantras, praying) and awake your Kundalini energy. Take the pain in your life with equanimity. Flow with serenity and inner happiness through all outer suffering. Concentrate on your positive goals. Transform yourself internally into the strong and happy God Odin (a Buddha, a Goddess, an Enlightened). Equanimity and optimism. Success.

Transformation



14. [The death](#) appears on a white horse with a black flag in his hand. In the black flag we see a white rose. The white rose is a symbol of the love of God. With spiritual exercises (meditation, positiv thinking), we can succeed in our transformation (spiritual cleansing process). The land on our side is a dry desert and in the land of the other the sun is rising. We have to focus on our spiritual goal (a life in the light). Before the white horse, we see four figures. They represent four different attitudes towards our destiny. The king fights against the changing. He must suffer, because he can not let go of his ego. He cannot take things as they are. The bishop sacrifices his ego and so comes good through the difficult

time. The woman in white dress is living her grief. She sacrifices her ego by mourning. The child trusts in God as a great father and great mother. Who connects himself every day with God (the enlightened Masters) is protected in all phases of change. He will awaken in the light.

Oracle = Transformation. Big change. Something old stops and something new starts. Death of the ego. Take things as they are. Let your false wishes go. Those who sacrifice their ego and are connected with the enlightened Masters (God), can go optimistic and with trust through all times of change. Walk over the big river of transformation to the land of light. A good destiny awaits you. The current cut is painful. But the future will be good. "Om all enlightened Masters. Om inner wisdom. Please guide and help me on my way." Forward with self-discipline and optimism. Success.

The Middle Way



15. [An angel in a white dress](#) stands with one foot in the water and the other on the earth. In the background we see our spiritual path leading up to the top of a mountain, where the sun is shining. To get inner happiness we have to resolve our tensions. If we exercise spiritually too little, we will not solve our tensions. But when we exercise too strict, we can get tensions by practicing. The angel holds in his hands two cups. He pours wine from the left into the right cup. Under the left cup, we see yellow lilies. Yellow is the color of joy. We must take the middle road with some self-discipline and some pleasure principle to succeed. On the chest is a triangle (love to God the Father, the Son and the Holy Spirit) and on his forehead an open brow chakra (intuition, inner voice of wisdom). The angel has around his head a golden laurel wreath. He is a winner.

Oracle = Find the right balance in all things. Live in the balance of spiritual practice and enjoying life. Slow down your speed. Bring so much joy into your life, that you can walk your spiritual path positively. You win balanced in joy and strength. Today a lot of fun is allowed. Success on the middle path.

The Ego



16. The [devil](#) sits on a stone in the black world of suffering. Under him are a woman and a man. Both are chained to the rock of the devil. The woman has fruit at the end of her tail. She is bound to the world of suffering through her attachment to external pleasures (relationships, career, outer wealth). She always wants more and more. Her wishes are growing permanently. The tail of the man is burning. His problem is anger. He creates suffering through his aggressiveness. He cannot take things as they are. He cannot live in peace with the world and himself. The devil is not chained to the stone. He can move freely. He can free himself from his suffering. What must he do? The devil is a symbol of the ego of man. The ego is based on the attachment to external things, on the rejection to suffering situations and on ignorance of the way of inner happiness (unwisdom). If we focus on the development of inner happiness, we can come from hell to heaven. We have to let our false wishes go. We have to take things as they are. We have to be modest in outer things and to concentrate us on the development of inner happiness.

Oracle = Free yourself from your darkness. Bring yourself with your spiritual practices into the light. What is today the suffering in your life? What is your problem? How can you solve your problem? Be a master of life. Transform yourself into a Buddha (King, Goddess) of happiness. Live primarily as a being of light. Live centered in yourself (inner happiness) and in giving to all (work for a better world). Move one hand in blessing and think, "I send light to (name). May all people be happy. May the world be happy." Success.

Steadfastness



17. A lightning strikes in a tower with a crown. [The Tower](#) are you. An inner or outer storm shakes you. Around the tower there is chaos. We see rain, gray storm clouds and a black sky. But the tower stands on a rock. You go stable through all the difficulties. Two figures flee head over heels. The man wears a crown. The woman has a red cape. The woman embodies the attachment to external things and the blue man the rejection of the given destiny (lack of humility). We have to overcome our ego and to take things as they are. We must let our false wishes go of. We have consistently to make our spiritual exercises (yoga, walking, meditating, positive thinking). Then our Kundalini energy begins to flow. Through the crown chakra cosmic energy flows into us and fills us with light. Therefore, we see a large crown on the tower. It does not fall off, but only shows the way of the cleaning power (Holy Spirit). The cleaning starts in the head (thought work) and then heals the whole body.

Oracle = An internal or external crisis cleanse you spiritually. It brings you forward on your spiritual path. You grow by the difficulties into the light. A mental flash resolves tensions (energy blockages) and the Kundalini energy begins to flow. You stay in spite of the crisis firmly on your spiritual path. High praise. Stand up again. The difficulties have somewhat shaken you. Set your crown back on and be a king of your destiny. You are a jack. Bethink

yourself on your spiritual path. Realize your life goals. What are your goals? What is your way of victory? Go forward on your path of truth, wisdom and rightness. Succeed with steadfastness and endurance.

The Lucky Star



18. A naked woman is kneeling at a source and cleans herself. She brings herself by her spiritual exercises to strength and happiness. With her right hand she pours water into a source (root chakra) and awakens her Kundalini energy. With her left hand she watered the tree of enlightenment and brings her Kundalini energy to rise up in her spine to her head. Then her spirit becomes happy. On the tree sits a small bird. It is the inner voice of the woman. It tells her the best way of exercising. The woman is in good touch with her inner wisdom. Above her a large yellow [star](#) is shining in the sky, surrounded circular by seven small white stars. This symbolizes the cosmic consciousness of an enlightened (living in God).

Oracle = Forward with self-discipline along the path of purification (healing, happiness, enlightenment). Your life is under a lucky star. You will have success. Save yourself with your spiritual exercises. Bring yourself into the light. Follow your voice of wisdom. What exercises do you need now? Practice yoga, walking, reading, doing good and meditation. What is your deed of love today? Optimism. Success.

Small Steps



19. A little cancer walks a long way to [the Moon](#) (inner happiness, God, enlightenment). In the foreground we see a pond from which the cancer starts. Before him lies the long road into the light. The cancer must travel through a desert. He has to pass two towers, which stand at the entrance of the land of light (the left and right energy channel, activating the Kundalini energy). Behind the two towers we see the blue mountains of enlightenment with the moon in the sky. A dog and a wolf are howling at the moon. The cancer must transform himself from an animal into the moon goddess. He has to overcome his animal instincts and to put God (the inner happiness) into the center of his life. The moon is a symbol for a good intuition. The cancer follows his intuition (inner wisdom), and thus finds

his way into the light. He has only little feet. He can only go forward with small steps. Drops of light fall upon the earth. The small cancer gets help from the moon goddess.

Oracle = You are now only a small cancer. You have little strength, the situation is difficult and the road is long. But even small beings can win if the light is with them. God (the moon in the sky) is merciful to you. You will reach your goals. What is your way of success? Listen to your inner voice. Go forward with wisdom and perseverance. Accept yourself as you are. Go with a clever strategy by the day. Find your way creatively and sensitively. Forward with small steps. Success.

Optimism



20. On a white horse is riding a naked child. Its arms are open to life. It trusts the future. It accepts the will of the cosmos. It takes all things as they are. It flows positively with his life. A large sun shines in the sky with a friendly face. The enlightened masters (God) protect and guide their child. Therefore, it can optimistically ride into his future. A red flag next to the [sun](#) indicates the victory of light. Sunflowers on the horizon say, that abundance, joy and happiness come to us.

Oracle = Trust in life. Define your goals clearly. Go your way with patience. Everything will be fine. The light is with you. "My goals are ... My way is...." Forward with optimism. Success.

Resurrection



21. In the sky appears from a cloud an angel with a trombone. On the trombone is a flag with a red cross on a white background (ego sacrificing, mental cleaning). On earth, the dead rise from their graves. They stretch out the hands to the sky. It is the [Day of Judgement](#). God powerfully awakens the dead to stand up and to go into the light.

Oracle = Restart. End of repression. Reconciliation. New beginning. Hope. Wake up. Don't stay in the darkness. Bethink yourself on your goals. Go your way powerfully. Save yourself with your spiritual exercises. What is your trombone today? What idea can awaken your spirits again? Be a spiritual lion. See you as a yoga tiger. Visualize yourself as a powerful

Goddess. Be the angel with the trombon. Overcome your laziness. You are a fighter. What actually brings your life energy to flow again? Rub yourself with cold water. Turn on loud music. Do yoga exercises. Go for a walk. Forward with force. The power is with you. Success.

The World



22. [The World \(cosmic consciousness\)](#). In a large laurel wreath dances a naked woman. In each hand she holds a wand. Around the victor's wreath we see an eagle, a lion, a bull and a man. The eagle stands for wisdom, the lion for strength, the bull for ego sacrificing and the man for love. The woman is a Mistress of the Five Elements. With the five qualities inner peace, wisdom, love, happiness and self-discipline she transforms her world into a paradise. The circle (laurel wreath) symbolizes the cosmos. The woman in the circle has a cosmic consciousness. Through her two wands (spiritual exercises), she can hold herself in an internal equilibrium and an enlightened consciousness. Her world is in order. Everything is right as it is. She is naked. She is free. She has given up her ego. She flows positively with her life. She lives in harmony with herself and her world. She is content with her life and can see her world as a paradise.

Oracle = Be a Mistress of the Five Elements. Keep up yourself with your spiritual practices in internal equilibrium. Practise always in the right moment wisdom, peace, self-discipline, love and enjoyment. Then you will conquer. Live in calmness, do your spiritual exercises (yoga, meditation, walking, reading) and bring the love into the world (do good). Flow positively with your life. Go ahead with trust. Be content with yourself and your life. Everything is fine as it is.

Ace of Wands



23. God appears in the grey sky. Out of a white cloud a hand [gives us a stick](#). God gives us the strength we need for our success. God is with us. The power is with us. The enlightened Masters strengthen us. Under the stick, we see a river, a green country and a white castle on a hill. The white castle is our goal. Our goal is to live in God, to live in the light, to be enlightened. White is the colour of purification. We have to purify us

spiritually. We must do every day our spiritual exercises (yoga, walking, meditation, mental work). The river is the border between the material world and the world of light. We have to overcome our ego to get into the light. We have to live centered in spirituality (in God, in wisdom, in the principles of inner happiness). Lasting happiness is only possible if we make the wisdom (God, inner happiness) to the center of our life. We must be centered in rest (calmness), wisdom, love and self-discipline.

Oracle = Live as a winner. You can do it. You have enough strength to win. God gives you today all the power, you need to get through your current difficult situation and to achieve your goals. Beshink on your power. Think your mantra of victory. What sentence gives you the power to succeed? "My word of victory is ... (I got the power. I will win)." Think your sentence as a mantra. Programm your mind to win. You'll achieve your goals. Forward with self-discipline and optimism. You will conquer your inner or outer enemies. The power is with you. Luck. Success.

The Bodhisattva



24. [Two of Wands](#). A conqueror stands on his castle wall, looking out into the wide world. Before him lies the sea. He is on the beginning of a journey. In his right hand he holds a world globe. He concentrates on his goal. The left hand stamps out a large staff on the ground. Behind him is a second rod. The conqueror activates with the two rods his kundalini energy and thereby gets the power for a successful journey. On the left side of the castle wall we see the image of a cross of red roses and white lilies. The red roses indicates the path of universal love and the white lilies the path of inner purification. The conqueror wants a happy world and is doing his part for this. At the same time he is also working on his own inner happiness. He makes his spiritual exercises and gets a cosmic consciousness (enlightenment). The essence of Christianity is the way of the twofold love, "Love God (spiritual exercises), and love your fellow man (doing good)." This is the best way of a happy and fulfilled life.

Oracle = Get a fulfilled life. Live as a [Bodhisattva \(Karma Yogi\)](#). Work for a happy world. Don't work for your ego, but for the happiness of all people. This is the fastest way into a cosmic consciousness (enlightenment, a life in God). There is one great danger on the Bodhisattva way. Don't exhaust your energy but grow in your energy. Give you every day enough rest. Make every day enough exercises (sports, recreation, meditation, mental work). Awaken every day your inner power (Kundalini energy) with [yoga](#), [walking](#), [visualising](#), praying (mantra) and meditation. Feel exactly what you need. Then you win internally and externally. Success.

Patience



25. [Three of Wands](#). A merchant with a rod in his right hand is watching his three ships on the yellow shimmering sea sailing into the wide world. The sky is orange. Justified optimism. The merchant simply needs to wait and see. The ships sail by itself to its target. Behind the back of the merchant we see left and right a rod. The man lives in the right balance of rest and activity. He is wearing a dress made of five colors. The red cape gives him strength. The green cloth means hope. Below is a yellow cloth for some joy. The sleeves of the hand holding the stick is blue. We can interpret blue as the color of loyalty. The man sticks to his goal. A black sash with white dots indicates sadness and inner cleansing. Who wants to reach a goal in his life, has always to sacrifice something. The man makes the necessary sacrifice for his successful path.

Oracle = Patience. Everything is evolving from its own. It is only a matter of time until success occurs. What did you start? What success do you expect? The future will be good. Hopeful expectation. Optimism. Luck. Success.

Jubilation



26. [Four of Wands](#). Four bars covered with a garland of flowers stand on a still blank square in front of a castle. In the background we can already see some people celebrate. Two women swing bouquets over the head. They move from the background of the card toward the fairground. But they are not yet arrived at their destination. The goal is the spiritual self-realization, enlightenment, living in God. This goal is indicated by the castle in the background. The two main routes into a life in God are the path of universal love (doing good) and the path of spiritual practice (meditation, mental work). The right woman is wearing a red cape. She goes the way of love. The left woman has a white dress and a blue cloak. She cleans herself through spiritual exercises (reading, praying, walking, meditation). The flower garland hangs over both women. We have to combine the path of love and of spiritual practice to grow optimally in the light. The background of the tarot card is orange. Optimism. The women walk successfully the way into the light.

Oracle = Before Thanksgiving. Your actions will lead to a big success. Your efforts will bear good fruit. Great joy awaits you. Something good is coming towards you. You can be optimistic about the future. Jubilation. Celebrate the day.

Pleasure Principle



27. [Five of Wands](#). The sky is blue. Five young men tussle in the free nature with big sticks. The number five points to the theory of the five elements. We succeed with the five qualities wisdom, self-discipline, peace, love and some enjoyment.

Oracle = Go ahead playfully. Live mainly from the inside out. Feel your inner spontaneous impulse. Who exactly lives himself, gets by this much inner strength and reaches his goal by the power of joy. Ask yourself, "What do I want now? What do I need now?" What is your way of living? Be creative. Have fun. Succeed with the pleasure principle.

Victory



28. [Six of Wands](#). The sky is blue. A rider on a white horse is holding a lance with a victor's wreath. He wears a laurel wreath on his head. Around him ride five other fighters who acclaim him. The rider is a winner. He has worked hard for his success. Now he enjoys his success. He was victorious in his fight. He is satisfied with himself and his life. He has cleaned himself inside and realized his higher self (inner purity, the white horse). He fought for a better world and realized the cosmic consciousness (enlightenment, a life in God). To that refers the victor's wreath in the form of a circle.

Oracle = The winner. You have won or you will win. Visualize yourself as a winner. Live as a winner. What are your goals? What is your way of victory? Think the mantra: "My goals are ... My way to win is ..." Although the situation is difficult and you hardly believe in your victory. Just go ahead with a clear winner will, a wise strategy, optimism and perseverance. At the end of the fight, the victory is waiting for you. You'll achieve your goals. The light is with you. Success.

The Fighter



29. [Seven of Wands](#). A giant man stands with a large stick on a hill and knocks his enemies down. The man is strong and has a favorable position. He is stronger than his opponents. He has a green suit (hope, optimism). The sky is blue. That indicates inner peace and strength. Seven is a number of completion. But for this the man has to fight still some time. The man stands alone against a multitude, but he dominates the fight and will win. His opponents are smaller than he. We only see their six rods.

Oracle = You have to struggle a bit. But you are strong and your position is favorable. Do not let yourself overcome by your internal and external problems (enemies). Forward with strength and endurance. You will win. "My enemies are ... My way to win is ..." Optimism. Success.

Concentration on the Goal



30. [Eight of Wands](#). Eight arrows fly through the blue sky into the land of light. The land of light is our goal. The land of light is inside and outside. Outside we can work for a happy world, outer wealth and a good life. We can transform our world into a paradise. Inside we can develop happiness, enlightenment and a life in God. We can transform our mind into a paradise view of life. Eight is a number of harmony and positivity. Under the eight arrows, we see a great river. To pass the river, we have to overcome our ego. We must purify our inner self with our spiritual exercises to get into a paradise feeling of life. In the green land of light on the other side of the river we see on a hill a white castle. This white castle is our enlightened self. The goal is near, but the big river is not yet crossed.

Oracle = You have to work hard, but you will reach your goal. You succeed, if you concentrate on your goal. Think at your goal. Motivate yourself with your goal. See the benefits which you get when you reach your goal. Forward with all your power. Cross the great river. Overcome your ego. "My goal is ... My way of victory is ..." Success.

The Embattled Fighter



31. [Nine of Wands](#). A fighter stands with his spear on a gray road. He looks skeptical about the future. On his head he wears a white bandage. His clothing is torn on his right shoulder. He has a hard fight behind him. But the battle continues. The fighter has already his sleeves rolled up. Behind him are lined up like a garden fence, eight rods. The fighter has a strong backing in God (in himself, his wisdom and his strength). Behind the fence we see under a blue sky, a green country. The fighter is defending his land (his place, his position, his people). The land is slightly undulating. His task is moderate to handle.

Oracle = Bethink yourself on your strength. You are struck something. See you strong today. You are a giant, a strong man, a powerful woman. You are the Germanic God [Thor](#), the God of Thunder. You are the powerful Goddess [Freya](#). You have enough power to go on your way to success. Your task is to deal with. Forward with self-discipline and endurance. The light is with you. Success.

The Hard Worker



32. [Ten of Wands](#). The sky is blue. A strong man brings ten large bars to his house. The man is dressed in green, the way is green and the house is green. Green is the color of hope. The man will do his job. But he carries heavy on the bars. His way is not easy. The man has to spend a lot of force to achieve his goal. Ten is the number of completion. On the horizon we see green trees, fertile fields and some houses. The man is building a happy world.

Oracle = The road is hard, but you have enough power to reach your goals. You have to work hard for your success. Enlightenment is hard mental work. A happy world is not easy to do. Forward with self-discipline and endurance. Optimism. Success.

Self-Reflection



33. [Page of Wands](#). A young man looks at his wand. He is a student. He has to find his goals of life. He has to find out who he is and what his task is. On the horizon to the right we see three mountains. The mountains (of enlightenment) are the goal of the man. Three is a number of action and energy. First, find your goals. And second, go on with power and self-discipline. The sky is blue. On his head the young man wears a white hat (internal cleansing) with a red feather (power). He has a yellow robe with black salamanders. The salamanders are animals of the fire element.

Oracle = A new beginning. Think about your life. Reflect your goals. Find the best way to go forward. Awaken your Kundalini energy with your spiritual exercises (yoga, walking, visualization, mantra, meditation). "My goals are ... My path is ..." Forward. Reach your goals. You can do it. The power is with you. Optimism. Success.

Full Speed Ahead



34. [Knight of Wands](#). A knight in armor of iron gallops on a brown horse with a lance in his hand through a desert to three pyramids in the left background. The pyramids are his goal (peace, love and happiness). His journey goes through the desert of renunciation. The knight has to renounce of some external things, so that he can achieve his goal of inner happiness (enlightenment, a life in God). He must overcome his inertia and go with power his way of wisdom. Then he will achieve his goals. The knight wears on his helmet a red plume. The robe over his armor is yellow and full of circular salamanders (small dragons). He will overcome his ego and jump into the light.

Oracle = Full speed ahead. The situation is difficult. You're a bit tired on your way. Be a knight, a spiritual hero, a winner. Look at your goals and go your way with power. What are your goals? What is your path? " My goals are ... My way to succeed is ..." Forward with courage, power and optimism. Success.

The Strong Mother



35. [Queen of Wands](#). In a yellow dress with a blue cloak sits the queen of wands on a throne. In her left hand she holds a sunflower (love to her goal) and in her right hand a big wand (power). On her head she wears a crown (wisdom, enlightenment). Over her head and on the sides of her throne are four lions. She has the power to rule successful her land (the kingdom of flowers). She rules her country, her people and herself. Thanks to her power and clear vision she leads her people and her country into the light. At the feet of the queen sits a black cat. The black color indicates egolessness. The Queen has given up her ego. She takes things as they are. She is subordinated to the will of the cosmos (God). She flows positively with all situations. The cat embodies gentleness, softness and strength of will. What a cat wants, it enforces it. It can purr lovingly. It can also convert itself into a small tiger.

Oracle = Take things in your life as they are. Keep your goals. Work for a world of love, peace and happiness. Put your world into a good order. Be a strong mother of your family. Visualize yourself as a queen of wands. The power is with you. Forward with wisdom, love and power. Success.

The Strong Father



36. [King of Wands](#). The king of wands sits on his throne with a golden crown (enlightened master), a red dress (good motivation) and green shoes (hope). In his right hand he holds a big wand. The power is with him. He rules successful his land. There are many difficulties in his country. The people need a strong king. Where self-discipline is necessary, he enforces it. Where lightness (joy) is possible, he admits it. In case of problems he always finds a solution. At his feet we see a little black lizard and on the back wall of his throne are lions. The king of wands is a beggar in God (egoless) and a Buddha (a lion) at the same time. This is the secret of his power. His power comes from God, from a consistent spiritual life (enough rest and enough exercises).

Oracle = You're the boss. The power is with you. Success. You have all the power you need to fulfill your job. Rule your land (family, company, yourself). Live after a clear day plan of health and the inner power will always be with you. Put as many spiritual exercises in your day so that you always stay in strength and happiness. Do the five principles of

health. Make every day endurance training (walking, jogging, cycling, yoga), eat healthy (lots of vitamins, low in calories, at least one apple a day), avoid harmful substances (smoking, alcohol, drugs, too much TV), relax enough (breaks, meditation, sleep) and think positive (optimistic).

Ace of Coins



37. [Ace of Coins](#). A hand appears in the sky from a cloud (God) and offers a golden coin. God offers you the way to peace, love and happiness (enlightenment). The coin contains an abstract drawing of a man (self-realization). Under the coin, we see a door in a tall hedge. The door is open. You only have to go your path into the land of light (the blue mountains in the background). Before the gate grow white lilies (inner cleansing) and in the hedge red roses (all-embracing love). The path of happiness consists of spiritual exercises (white lilies) and working for a happy world (red roses).

Oracle = The life offers you a great opportunity. A door opens up. You have only to go the way. You must make a clear decision. Then God (your inner wisdom) will guide you on your way. You will reach your goal. Recognize that you own a great treasure. You got the knowledge of enlightenment. You got the knowledge to transform your word into a paradise. You got the knowledge to become a Buddha, a Goddess, a King of Coins. Go your way into the light. Decide yourself to be happy and to live a fulfilled life. "My way of wisdom is ... Unwisdom is ..." Use the favorable situation. Get the great treasure. Succeed.

Dancing with the Chaos



38. [Two of Coins](#). The sky is light-colored blue (things are not too difficult). On the path of life a man in a green dress and with green shoes dances with the ups and downs of his life. He wears red trousers, a red belt, a red skirt and a large red hat (love and wisdom). He's a good dancer. In his hands he juggles left and right a gold coin. The two coins are connected by a green band, which forms a horizontal eight. On the horizon we see big waves and two sailing ships. A ship passes up a wave and the other ship is flowing down. Life is an eternal up and down. A man of inner happiness dances wise with all events of

life. Through his spiritual path, he stays in his inner balance. The two main spiritual techniques to get equilibrium (two gold coins) are regularly body exercises (yoga, meditation, walking) and mental exercises (self-reflexion, mind control, positive thinking).

Oracle = Flow flexible with the outer chaos and keep your inner balance. A master of his mind lives permanently anchored in the light (God, enlightenment) and dances wisely with all outward situations. Live in rest and act out of the rest. When the body is quiet, you can more easily hold your mind quiet. Stop your negative thoughts and focus on positive thinking. Do every day something nice that opens your heart. Forward. Optimism. Success. "My positive thought is ... (I'm a master of life. I live as a winner. I am always optimistic.)"

A good Plan



39. [Three of Coins](#). A sculptor is working in a church on an ornate column. The church is a symbol for God, for a life in the light, for the big goal of enlightenment (lasting happiness). The column stands for the path to reach this goal. To succeed, we need a good plan. On the right we see the creator in the green cape with a white scroll. Next to him stands the abbot of the monastery. We can look at him as our inner wisdom. At the top of the column are three coins. Our spiritual victory depends on a good plan, on a good contact to our inner wisdom and on a good self-discipline (the sculptor).

Oracle = Succeed with a good plan. With a good plan of life you will receive a successful life. With a good plan of the day you get a successful day. First set your goals. With what strategy you are victorious? Go forward in your speed. Give you enough rest and spiritual exercises (yoga, walking, meditation), so that your energy lasts for the whole day. Get also some enjoyment. "My goal is ... My successful strategy is ...(I succeed with love to my goal, self-discipline, enough rest and a little bit pleasure)."

Contentment



40. [Four of Coins](#). A rich king sits on a stone bench. He has four large coins. One coin he holds convulsively at his heart. The sky and the earth are gray. The king experiences his world as gray. He is not satisfied with himself and his life. His problem is that he doesn't know how to get contentment. He doesn't know how to live happily. The Greek

philosopher Epicurus taught, that we have to limit our worldly desires, if we do not want to become its victims. We should define our point of enough. We should think about how much for us is necessary on external things. We should give it to us. And then we should find contentment and let no other external desires arise in us. When they arise, we should overcome by positive thinking.

Oracle = Nothing is taken for granted in the universe. Nothing really belongs to you. It is the right of life to take away everything at any time. Be content with what you have. There once was a Sufi Master who gave his students an apple with a bad spot and said, "This is the apple of paradise." The students focused on the bad spot and were dissatisfied. The master saw the whole apple and lived in paradise (in God). Limit your worldly desires. Find your point of enough. Today is a day of satisfaction. Be happy. Everything is good as it is.

Compassion



41. [Five of Coins](#). Two poor people go through the snow. The woman is barefoot. She has no shoes. The man is hobbling and supported by crutches. Both suffer from the life. But the man in the blue cloak wears a bell around his neck. He is a man of knowledge. He knows the way of inner happiness. Him makes the external cold not much, because he is warm inside. With his knowledge, he can also help the woman. In the black night appears a shining church window with five gold coins. The world needs the five values of wisdom, compassion, love, peace and happiness. Only through positive values, the inner and outer poverty of the people in the world can be overcome. The task of the wise is to share his wisdom with his fellow men.

Oracle = Today helps you the way of compassion. It frees you from the attachment to your suffering. It opens your heart and heals yourself emotionally. Think more of others than to yourself. Concentrate more on the suffering of your fellow man than to your own suffering. Wish that all people in the world are happy. Live for this goal. A poor man helps another. So both get into the light. If you just look at the world around you, then you know where your help is needed. Forward. Success on the path of compassion and universal love. For people in relationships this card means that they should form a team of happiness. If both work together positively, they can get a happy relationship. They should accept the suffering in their lives and focus on the development of inner happiness.

Give and Be Happy



42. [Six of Coins](#). A merchant gives two poor people some of his wealth. He is standing and the poor are sitting. He can act and they not. The poor can not help themselves. They can not rescue themselves from poverty. They need the help of the merchant. Only the merchant has the potential to which the poor can be saved. Around him are six gold coins like a halo. The merchant gives the poor with his right hand. In his left hand he holds a scale. He gives every poor exactly what he needs. One poor has a green and the other a blue cape. The green poor needs love and hope. The blue poor needs strength and self-discipline.

Oracle = Giving is today your way to happiness. Recognize that you are rich. Share your wealth with the suffering world. Help the poor. Help spiritual and material. What possibilities do you have to do good? What is your deed of love today? It makes you happy when you give what to whom? Success. Move a hand in blessing and think, "I send light to (name). May all people be happy. May the world be happy."

Relax and Be Content



43. [Seven of Coins](#). A man stands in front of a green vine. Everything grows well. The fruits are not yet discernible. The wine growers has to wait. He puts his chin on the handle of his hoe. The farmer can only let life take its course. Everything else now depends on the sun, on the right moisture and ultimately on the fate. The cosmos is the master of the fate and not the farmer. The dress and the shoes of the farmer are green. He is full of hope and optimism. A yogi can make each day just his physical and mental exercises. He can not force the harvest. Enlightenment comes of the grace of the cosmos. The seven coins refer to the seven main chakras of a human being. When the seven chakras are released from their tensions, the energy rises up in the kundalini energy channel. The yogi then feels internally happy like a vine full of grapes. When the energy reaches the crown chakra, the mind of the yogi unites with God. He wakes up in a life in the light.

Oracle = Come to rest after the hard work. Relax. Hand over the results to God (to life). Everything evolves by itself. Be content with yourself. Everything is fine as it is.

Diligence



44. [Eight of Coins](#). A craftsman sits on a wooden bench and worked diligently eight gold coins. In his hands he holds a hammer and a chisel. With the chisel he imprints to the gold coins the drawing of stars. The craftsman works for a happy world. He is a Bodhisattva (Karma Yogi). He works not for his ego, but for the happiness of all people. He works for the enlightenment of his fellow men and thereby gets enlightenment himself (six chakras on the tree of enlightenment, one is in work and one is for the world). So he transforms himself by working for a happy world into a life in the light. He is wearing a dress made of four colors. He is successful with the qualities wisdom, love, self-discipline and optimism (hope).

Oracle = Diligently working forward. Steady patience with achievement kept in mind. Get yourself into the light. Realize your inner happiness and lead your people into to the light. Connect yourself every day with the enlightened Masters (God), listen to your inner voice (feeling of correctness) and find your way to a fulfilled life. "My goals are ... My way to success is ..." The light is with you. Ahead with self-discipline and perseverance. Success.

The Mistress of Mind



45. [Nine of Coins](#). The Mistress of mind stays in front of us in an orange dress decorated with flowers. She holds a tamed falcon on her left fist. The falcon is her own spirit. She controls her thoughts. She masters her mind and her life. Right and left are growing two trees. The land is green and the sky around her head is yellow. The mistress of mind has activated her Kundalini energy (the right and left Kundalini channel) and lives in the light (in peace, love and happiness). With her right hand she touches nine golden coins, which lie on the ground. She is surrounded by mature vines. The golden coins and the vines symbolizes enlightenment, inner happiness, a successful life. She carries on her head a red cap. She goes the way of all-embracing love and lives as a Karma Yogini (Bodhisattva) for the goal of a happy world. A small snail at her feet says slowly with small steps forward. The mastery of the mind is a long way.

Oracle = What spiritual practices help you (yoga, meditation, walking, positive thinking)? What is your problem? How can you solve it? Work on your thoughts. Be a Mistress of your mind. "My way of a successful life is ..." Slowly forward. Success.

The Old Master in the Background



46. [Ten of Coins](#). The old master with white hair sits inconspicuously in an archway at the entrance of the city (the world of wordly people). He wears a coat of red grapes (inner happiness) and magical characters (spiritual knowledge). Ten coins form a picture of the enlightenment tree. The old master is enlightened. He lives in God (unity consciousness), in rest (inner peace) and in happiness. Before the master we see two white dogs (his spiritual disciples). He helps his people, but he lives in another dimension. He keeps himself secluded from the world of addiction energies and can thus keep his enlightenment energy.

Oracle = Stay in the background. Remain unobtrusively. Do not get caught up in the struggles of the worldly people. Help them as a secret Master. Mainly help the people who want your help. Help through the power of your arguments and not through negative emotions. Occur not as a Master, but as a friend of all beings. Go the way of all-embracing love. Appear small and friendly. Behave unobtrusive and modest. Then you win.

Think about Yourself



47. [Page of Coins](#). A young man in a green dress (hope) with a red hat (love) holds a large gold coin in front of his face. He looks at his richness, his potential, his way of happiness. He reflects on himself and his goals in his life. He creates a positive vision (concept) of himself. He wants to be a Buddha, a Goddess, an Enlightened. The sky is yellow (optimism). The land is green (growth). And at the horizon we see the blue mountain of enlightenment.

Oracle = Self-reflection. Take you as you are. The spiritual path always starts at the point where you are right now. Accept you with your faults and weaknesses. You may be small. You may be sad and afraid. You may have flaws. Even a small can win spiritually when he connects himself with the enlightened Masters and consistently follows the voice of his inner wisdom. What we lack in spiritual forces, we get it from the enlightened Masters. They give us the energy we need for spiritual victory. Think the mantra, "Om all enlightened Masters. Om inner wisdom. Please guide and help me on my way." Think about

yourself and your richness (potential, skills, goals). What do you want in your life? What are your wishes? What are your goals? What is your way of wisdom, love and happiness? Optimism. The light is with you. Success.

Do Your Job



48. [Knight of Coins](#). A knight sits on a black horse. Next to him is a brown field. The field must be cultivated. The knight holds a golden coin in his hands. He got the seed of happiness. He has to plant it. Then the field will bring a good harvest, the harvest of a fulfilled life (enlightenment, happiness). The helmet of the knight is decorated with oak leaves, as is the forehead of the horse. The Knight is a winner. He has the necessary skills to win (knowledge, self-discipline, love of the target). To achieve his goals, the knight must bring a sacrifice. He must give up something in order to win. The horse is black. Black is the color of mourning, the resolving of the ego and the entry into the cosmic consciousness. The knight has to go through the darkness to get into the light. The sky is yellow. Optimism. The light (God, the enlightened Masters) is with him.

Oracle = Do your job. Work on your field. Set plants of happiness, remove all weeds, care every day for your inner growth, live in love, do good and harvest a life of happiness. You got a great treasure. You know the path of a happy life. Forward with wisdom and endurance. What is your necessary sacrifice to reach your goals? "My goal is... My sacrifice is.. My way of victory is..." Optimism. Success.

Paradise View of Life



49. [Queen of Coins](#). The Queen of Coins sits on her throne in a happy world with many flowers. She is clothed with a red dress. She lives in the all-embracing love. At her feet plays a little rabbit. In the background shines the blue mountain of enlightenment. The Queen is focused on the gold coin in her lap. She lives in God, in the essentials. She exercises to recognize herself as a Goddess (Enlightened) and her world as a paradise. Thus she awakes her Kundalini energy, gets a paradise feeling of the world around her and becomes inwardly happy.

Oracle = Today be gentle with yourself and your fellow people. Concentrate on the positive in your life and your world. Be happy with what you have. Count to five positive things, "Positive in my life is ..." What thought makes you feel your world as a paradise? "My paradise thought is ... (I live in the essentials. I have all what I need to be happy. Everything is fine.)"

The King of Spirituality



50. [King of Coins](#). The King of Spirituality sits happy on his throne. He holds a big golden coin in one hand (he owns the big treasure of enlightenment) and in the other hand a scepter with a crystal ball (living in God, in a unity consciousness). He wears a coat with painted red grapes and is surrounded by ripe wine grapes. The king has reached his goal. He lives in the light. Four bull pictures on his throne show that he has overcome his ego and succeeded with great self-discipline. On his head he wears the crown of a Master of Spirituality. He is a Buddha, a Siva, a Jesus, a Socrates. He is a ruler in the land of light and lives in the all-embracing love to his people.

Oracle = What is your spiritual role model? Buddha, Siva, Jesus, Socrates, the Goddess, to be a Master of Life? Find your role model, meditate on it, awaken your Kundalini energy und thus stay every day on your spiritual path. Then you will one day realize your role model by yourself. Find an inspiring picture of your role model in the internet (Google) and copy it into your computer. Connect with its energy, identify with it and get his spiritual power. Feel how his energy flows in you by thinking the mantra, "My goal is... My role model is..." Be a winner in your life. Today is a blessing day. The enlightened Masters are with you.

Ace of Cups



51. [Ace of Cups](#). From a cloud in the sky a hand appears, offering us a golden chalice (the Holy Grail). A white dove (the Holy Spirit) comes from heaven and fills us with spiritual energy. From the cup flow five energy streams in a big pond full of lotus flowers. God (the life) makes us the gift of spiritual purification. Life gives us the opportunity to transform into a Buddha / a Goddess (King and Queen of Coins). The dove is holding in its beak a

white wafer (Host) with a cross on it. Jesus Christ gave bread (wafer) and wine (in the chalice) on the eve of his crucifixion to his disciples. He transmitted them his enlightenment energy. He enabled them to become a son (daughter) of God like him. The Tarot card symbolizes the baptism (spiritual initiation). After the baptism by John, Jesus meditated forty days in the desert. Then the devil (his ego) disappeared and the angels served him. Jesus could help his fellow man with his enlightenment energy.

Oracle = Day of blessing. Initiation. Great transformation. Something changes your life. You go through an inner cleansing process. You get spiritual knowledge or spiritual energy. The chakras are opened and the Kundalini energy starts to flow. Go your way into the light. There might be some difficult energy processes in your body or in your mind. Go through it. Think of the grace. One day you will realize great happiness and a life in the light.

Healing



52. [Two of Cups](#). A man and a woman with a laurel wreath on their heads give each other a chalice with healing energy. To win, we must connect our female and male energies. We succeed with wisdom, love, self-discipline and much rest. Above the man and the woman raises a healing wand with two snakes and a winged lion's head. With the energy of the lion and the wisdom of the snakes we will reach our goal. The land is green and the sky is bright blue. Ahead with optimism.

Oracle = Healing. Success through the combination of female and male energy. Succeed with wisdom, love, self-discipline and much rest. Live by the five principles of health (healthy diet, regular exercise, plenty of relaxation, positive thinking, avoidance of stress). Build enough exercises every day in your life so that you resolve your internal tensions. What is your suffering? What is your way of healing? "Om all enlightened Masters. Om inner wisdom. Please guide and help me on my way." Follow consistently your inner voice of wisdom. Forward with a wise daily schedule of healing. Heal yourself. Success.

Great Success



53. [Three of Cups](#). Three women are toasting each other with their cups. One woman is wearing a white dress, the second a red and the third an orange. The woman with the orange dress maintains in her left hand blue grapes. The main route to the great victory is the Trimurti Yoga, the yoga of the threeness. Trimurti Yoga is the wise combination of payer (connecting with the enlightened Masters or with God, Bhakti Yoga), all-embracing love (doing good, Karma Yoga) and spiritual practice (meditation and mental work, Jnana Yoga). Anyone who connects himself regularly with the enlightened Masters (praying, reading, oracle, meditation) will be led to the great victory on the spiritual path. Who makes every day some spiritual exercises (yoga, walking, meditating, reading) resolves his inner tensions and grows into the light (in his inner happiness). Those who work for a better world come into a cosmic consciousness and thereby get enlightenment. The white woman walks the way of wisdom (Jnana Yoga). The red woman lives in the all-embracing love. And the orange woman holding the ripe wine grapes practices Bhakti Yogi. Together they got a great victory. They received a great harvest for their work. On the ground we see many fruits.

Oracle = A great success. A great victory. Rejoice. Make yourself aware of your success. What did you work for? What have you harvested? Celebrate your success. Think: "My success is ... My victory is ... I am thankful for ..." Forward with joy. Rejoice your day of victory. "My act of joy today is"

Come From Sadness to Happiness



54. [Four of Cups](#). A young man sits propped against a tree. He thinks about the sense of life. He seeks his path in life. From the blue sky a hand appears out of a cloud and gives him a cup (an idea). Three golden chalices stand already before the man. What do the four cups? After the system of the Tarot, the four cups are symbols how to come into the paradise (into a life of happiness). The three cups in front of the man contain the qualities of wisdom (eagle, mind work), self-discipline (lion, exercises), and ego-sacrificing (taurus, take things as they are). The fourth cup is filled with love and joy. All four qualities together are able to awaken the energy of happiness. They can bring the tree of enlightenment to grow. The first three qualities are necessary to be successful on the path of inner happiness. But without love and joy the way is hard to go. The young man must bring more love and joy into his life to come from sadness to happiness.

Oracle = Go your spiritual way with enough joy. What makes your mind positive? Activate your Kundalini energy with spiritual exercises (yoga, walking, meditation, reading, positive thinking). Look for a positive purpose in your life. Have enough fun every day. "The sense of life is... The positive task in my life is.... My deed of joy is..." Come from sadness to happiness. Forward. Success.

Mourning



55. [Five of Cups](#). A man in a black cloak stands with his head down, looking to three fallen chalices from which the liquid has leaked. The sky is grey. The man has suffered a great loss in his life. He is sad. He lives in a world of suffering. Behind the man are standing two more chalices. They are filled. They help him to walk over the white bridge in the background into the land of light. In the middle of the paradise we see the castle of God. If we live in the essentials, we can transform our mind into happiness. The task of the man it is to cross the blue river and to reach the land of light. How can the man come from the land of suffering into the land of light? Only our inner tensions hinder our enlightenment. If we resolve the tensions with our spiritual exercises, our inner happiness awakes. We must only practice the exercises long enough and effectively. Tensions can sit in the body and in the mind. We need exercises for the body (walking, yoga, meditation) and exercises for the mind (reading, positive thinking). The main route into the light is today the activity.

Oracle = You had a big loss in your life. What is your loss? Think several times: "I'm sad because ..." Live your grief. Grief is a way of inner cleansing, of letting go. Go through the grief into the light. Make as long your spiritual exercises (yoga, reading, walking, meditation) until you are in the light (in a positive state of mind). Realize the Sat-Chid-Ananda (being-unity consciousness-happiness). Bring much joy (enjoyment, lovely things) in your life. Forward with optimism. Success.

Day of Blessing



56. [Six of Cups](#). A young boy gives lovingly a little girl a golden chalice with a white star flower. He shows his girlfriend how she can successfully practice the spiritual path. He makes her the great gift of wisdom. He gives her the knowledge of the path of inner happiness. The girl is wearing a white glove. She is willing to take the spiritual knowledge. She is ready for spiritual truth. She is willing to go the spiritual path successfully.

Oracle = Success on the spiritual path. Ahead with peace, joy and optimism. What is your act of love today? If you are the giver, stay small and modest. Do not give to strengthen your ego, but to strengthen the happiness in the world. If you are the taker, be thankful for the gift. Students and masters are blessed from God. Celebrate the day. Today is a day of a great gift.

A Vision of Your Life



57. [Seven of Cups](#). A visionary (black figure) sees seven golden chalices, which appear in a cloud in the sky. The center chalice contains the higher self (a person in a white triangle). A golden snake symbolizes inner healing. A head stands for a positive vision of oneself. The castle means a life in the essentials (in God). The great treasure in the life on earth is the way to enlightenment. To get permanent inner happiness we have to overcome our ego (the blue dragon). To win on our spiritual path (laurel wreath) we need endurance. The first step to victory is to create a positive vision. The second step is to find the path to realize our goals. The third step is to go the way until we have reached our goals.

Oracle = Get clarity. Create a clear vision of your life. What do you want to achieve in your life? What are your goals? What is your idea of a happy life? What visions appear in your mind? Those who have positive visions, also have the power to live positively. "My goals are ... My positive vision is ..." Realize your dream of a happy life. Stay on your track. Go consistently your way of wisdom and hope. Forward. Success.

Flexible Forward



58. [Eight of Cups](#). A man in a red coat is walking with a large stick through a landscape full of shoals and rocks. The moon has moved in front of the sun. The man finds the right way, because he follows his inner wisdom (intuition) . The red coat means that he goes the way of all-embracing love. He sees the suffering of others and helps them within his means. The path is difficult to find because it is dark. The man felt his way with his stick. He looks exactly at his situation. He listens carefully at his inner voice of wisdom. He avoids the water holes, goes his way flexible forward and reaches his goal.

Oracle = The situation is difficult. Go slowly forward with a good feeling for the right way. Hear at your inner wisdom. Feel in each moment what you need and what is your path of victory. Look exactly at your situation and find flexible your way. Optimism. Success.

Completion



59. [Nine of Cups](#). A contented man sits with arms crossed on a bench. He has spent force and effort to get to his current success. The man got a great triumph. The success is characterized by nine golden chalices on the blue podium behind him. Now the man lives on a winning level. His green shoes indicate that he may go his way forward with optimism. The fortune will be with him. Everything is good and will getting better and better.

Oracle = Completion. The good thing is done. You have won. High level of satisfaction. Now you are allowed to relax and to enjoy your life. Be happy about your success. Celebrate your victory. Dedicate your victory to all beings. "I dedicate my success to the happiness of all beings. May all people be happy. May the world be happy."

The Rainbow



60. [Ten of Cups](#). On the blue sky appears a rainbow with ten golden chalices. The people in the green country under the rainbow are happy. The children dance. A man and a woman are jubilating. They look to the rainbow in the sky. The rainbow is a symbol of fortune. It points to great internal or external happiness. The rainbow is a semi-circle of light. If we extend the rainbow, we get a circle. Enlightenment can be well represented by a circle. The circle symbolizes the cosmos, wholeness, inner harmony. The enlightened is in harmony with himself and his world. Enlightenment comes always by grace. We can only do what we can, but the Holy Spirit (the light of God) comes into us by his own. We have no claim on luck in our life, but life can bless us if it wants.

Oracle = Great grace. Great happiness. Day of blessing. Something very happy has happened or will happen. Which happy event has happened in your life? What has come to completion? What are you thankful for today? If you start something, this card shows you a great success. Celebrate the day. The heaven has blessed you with great fortune.

The Inner Voice



61. [Page of Cups](#). A young man with a blue hat (intuition) stands on the shore of the sea (in front of his own subconscious). He holds a chalice with a fish in his right hand. The man speaks with the fish. He asks him for advice, for guidance and help along the way. The fish is his inner voice of wisdom. The inner wisdom is a combination of clear thinking and inner feeling. If we think clearly about a problem and explore our feelings, we find our personal best way of life. Who is good in touch with himself finds his path to spiritual self-realization. We can consider our inner voice as the voice of God (the enlightened Master) in ourselves. In a higher dimension the enlightened Masters are connected with us through the energy of truth. They can lead us through our inner voice of wisdom into a life in the light. All we have to do is to follow consistent our personal way of wisdom (rightness). The knave of Cups is wearing a blue dress with white and red lilies on it. He goes the path of inner purification (white flowers) and the path of universal love (red flowers). He is good in touch with his inner voice (the fish in the chalice). Thus he will be a winner in his life.

Oracle = Consider carefully your inner and outer situation. What are your goals? What is your path of wisdom? Listen to your inner voice. Connect yourself with the enlightened energies (with God). "Om all enlightened Masters. Om inner wisdom. Please guide and help me on my way." Forward with a good inner feeling, wisdom and endurance. Optimism. Success.

Creativity



62. [Knight of Cups](#). A knight on a white horse (power, inner purification) passes the great river from the land of suffering to the land of light. He follows his inner voice of wisdom and succeeds. In his right hand he holds a big golden chalice. The chalice represents his wisdom. It is the Holy Grail. Anyone who follows his inner voice of wisdom finds the path of spiritual self-realization. He can turn his hardened (iron) soul into a golden soul full of happiness and light. The knight (spiritual hero) wears the insignia of the God Hermes (winged helmet and winged sandals). He is a Bodhisattva. He brings the people the message of the way of love, peace and happiness.

Oracle = Overcome all difficulties creatively. Stay on your track. Listen to your inner voice of wisdom. What are your goals? What is your way of wisdom. "Om all enlightened Masters.

Om inner wisdom. Please guide and help me on my way." Think about, "My way of wisdom is... Unwisdom is ...". Forward with wisdom, creativity and endurance. The power is with you. Success.

The Holy Grail



63. [Queen of Cups](#). On the beach of the sea sits in a white dress (inner purification) with a golden crown, the Queen of Cups. The stone throne (self-discipline) is decorated with mermaids (a good inner sense). The Queen concentrates at the ornate chalice with a cross on top in her hands. Two angels on the left and right side pray to the chalice. The ornate chalice is the [Holy Grail](#). It represents the holy life in God. It represents a life in happiness, holiness and love. It shows us the goal of enlightenment. The way to reach this goal is not easy to find and to go. We need a clear thinking, a good feeling and much self-discipline. By the grace of God we will succeed. This Tarot Card shows, that the grace is with us. We hold the Holy Grail in our hands. We can find our way into a life of happiness. We only have to go our spiritual path with wisdom and endurance. The Queen of Cups is in a good contact with herself. She is a Mistress of spirituality. She finds creatively her way to her goal.

Oracle = Focus on your goal and flow creatively through all difficulties. Save yourself with your spiritual exercises. Practice at the right time meditation, walking (sports), reading, doing good and enjoying the life. Be a master of an effective happiness practicing. With a good inner feeling you find your way into the light. Forward with endurance. Success.

The Master of Dance



64. [King of Cups](#). In the midst of the wild sea of life sits the King of Cups on his throne of stone (serenity). He is buffeted by raging storms. The clothing of the king is blue (inner peace). His cloak is orange (love) with a red border (power). Around his neck he wears a necklace with a gold fish. He is the king of wisdom and good inner feeling. In his right hand he holds a golden chalice (wisdom) and in the left hand a golden scepter (power). He sticks to his wisdom and rules with power himself and his world. Ultimately, the King of Cups represents an enlightened master who can retain his enlightenment even in difficult

situations. In Tibetan Buddhism he is called a Master of Mahamudra. In Yoga we speak of a Siddha, a master of the spiritual energies. As a symbol of this, there is the dancing Shiva ([Nataraja](#)), who sacrifices his ego (under his feet), lives in the unity of the cosmos (in a circle of light) and holds himself with the five elements (arms, legs and head) in internal equilibrium. Thus he can dance with the life and always keep his happiness.

Oracle = You are a Master of Dance with life. You stay even in the greatest external chaos internally stable. With the five elements of serenity, self-discipline, wisdom, love and enjoyment you keep your internal equilibrium. You dance with the difficulties and grow by that into a life in the light. High praise.

Ace of Swords



65. [Ace of Swords](#). Out of the gray sky (a situation of suffering) a hand (God) gives you a sword with a golden crown. It is the crown of the spiritual winner. To get enlightenment (happiness, a life in the light) you have to sacrifice your ego. You have to give up something to break through into the light. At the crown are hanging an olive branch and a palm branch. You will succeed. From the golden crown are falling six tears to the ground. The waiver is not easy. But the expected fortune gives you the strength to perform your sacrifice.

Oracle = Who wants to achieve a goal has to sacrifice something for it. He must give up something (companionship, pleasure) and has to invest something (effort, work, self discipline). An athlete trains every day to win the competition. A worker is working every day hard to obtain external wealth. A yogi exercises every day consistent to get enlightenment. The cosmos makes you today the great gift of success. He blesses your path of sacrifice. You'll achieve your goal. If you now make the necessary sacrifice for your goal, you will get a large external or internal win. What sacrifice is necessary to achieve your goal? "My goal is ... The necessary sacrifice (waiver) is ..." What do you need, so that you can go your way positively? Give it to you. Forward. Get the victor crown. You will one day be a king of happiness. Success.

Inner Sense



66. [Two of Swords](#). On a gray beach in the dark night a woman in a white dress is sitting on a stone bench. Her eyes are bandaged. Her arms are crossed protectively in front of the heart chakra. Behind the white woman is the sea of her subconsciousness with some rocks and the land of paradise (happiness) in the background. To find her way, she must carefully explore her subconsciousness. She must feel exactly what blocks her inner happiness. What wrong desires, attachments and fears are in her. A half moon shines on the sky above her. She will find her way to her goal (happiness) with a good inner sense (intuition). In her hands she holds two swords, which show like two large sensors to the left and right top in the sky. The swords are her feelers on the way to happiness. The two swords to resolve inner tensions are wisdom (a clear mind, clear thinking) and a good feeling for oneself.

Oracle = Follow your truth (reason) and your inner feeling (intuition). When reason and inner feeling work together well, they can bring you to happiness. Inner happiness is created by the resolution of the tensions in the body and in the mind. What exercises dissolve your inner tensions and bring you into happiness? Physical (walking, yoga, sports, meditation) and spiritual exercises (reading, mental work, all-embracing love, positive sentences) are required. Explore yourself, find out what you need, live on a wise spiritual schedule and organize your day well. The path in the moment is hard to see. Stay on your track. Go slowly forward. Feel what is right in each moment. Success.

Suffering



67. [Three of Swords](#). The sky is grey. Sorrows. It's raining. Grief. A big red heart is pierced by three swords. Pain. Go into the nothingness, sacrifice your ego, accept your fate and transform into fullness. By killing your ego with the three swords of wisdom, spiritual exercises and all-embracing love you can get to happiness. Live as a spiritual practitioner, as a helper of all beings and in God (being-unity consciousness-bliss). There is a way to overcome all suffering. This is the path of enlightenment. Walk consistently the way of inner happiness and reach a higher level of life. At this level you integrate all grief and stay anyhow in the light, because the happiness comes from inside (from God).

Oracle = There is suffering in your life. You can overcome the suffering. Sacrifice your ego by doing your spiritual practices (meditation, reading, walking, doing good, enjoying the life). Accept all the suffering, bring enough spiritual exercises in your life and live primary for the happiness of your fellow man. Flow positive with life. Forward with wisdom, self-discipline and optimism. Succeed in five steps.

The problem: Describe briefly your situation and your problem. How exactly is your situation? What is the problem? Where is the center of the problem?

The emotions: What are the feelings it in you? Fear, anger, addiction / desire, grief. What feeling is strongest? Where is the feeling sitting in your body?

The thoughts: What thoughts are connected with your feelings? Why are you sad, anxious, angry or longing? Count all your stressful thoughts down. (My thoughts are ...)

Thinking: Think about your problem for so long, until you find a solution. Collect all the information you need. Think about different solutions. What is the way out of your problem? What triggers your problem?

Implementation: Succeed. Fulfill your positive life plan. Avoid meaningless brooding. Now is the time to realize powerful. Go your way to victory. "My positive thought is(I will win. I will get happiness. Forward.)"

Ego Sacrificing



68. [Four of Swords](#). A dead knight lies in a grave chamber on a brown coffin. Above him hang on the wall three swords. A fourth sword is beside the coffin. The knight (spiritual hero) has his hands folded in front of the heart chakra. He prays to God (the enlightened Masters) and God will help him. In a stained glass window in the upper left corner of the Tarot Card we see the resurrected Christ, who blesses a kneeling disciple. The way to come from suffering to happiness show the four swords. They point to the head (wisdom), the heart (love), the solar plexus (power) and the whole body of the knight (ego sacrificing).

Oracle = Take the suffering in your life. Let your false desires going on. Pray: "Om all enlightened Masters. Om inner wisdom. Please guide and help me on my way." Come to resurrection. Stand up. Free yourself. What is your problem? What solves your problem. Go consistently your way of wisdom, love and happiness. Make your spiritual exercises (meditation, walking, reading, mind work). Live in the all-embracing love and find your way of doing good. Go ahead on a middle path. Bring enough enjoyment into your life. Forward with self-discipline. Success.

The Enemy



69. [Five of Swords](#). Storm clouds move across the sky. A difficult situation. External or internal chaos. But you will win, if you go forward cleverly. A smiling man carries the two swords of his enemies on his shoulder. He has defeated his enemies. The enemies go away sad. In his right hand the winner holds his own sword, and on the ground lie two other swords. All in all the man has five swords. The number five points to the five elements of the Tarot. The man succeeded with the five qualities wisdom, power, serenity, love and joy. He is a Master of the five elements. The way to win is firstly to recognize clearly the internal and external opponents. If we see them clearly, we find their weaknesses and can overcome them with a clever strategy.

Oracle = You are a winner on your problems. What are your goals? Look exactly at your situation. Where are the difficulties? What is the way to go through? What is your (inner or outer) enemy? How can you overcome him? Be creativ. Be clever. What is your way of victory? Think: "My opponent is ... My way to win is ..." Forward with optimism. You will succeed.

The Ferryman



70. [Six of Swords](#). A boatman takes his family (a wife and a child) with himself on his way across the great river into the land of light. In the boat stick six swords. Working as a spiritual ferryman is a way to sacrifice the ego, to live in the all-embracing love and to attain enlightenment. Many spiritual people have lost themselves on the way of helping. If a not enlightened man wants to work as a spiritual teacher (priest, yoga teacher, psychotherapist, life coach), he must be aware of the ego traps and able to control his negative qualities. After any contact with his unenlightened fellow men he must spiritually cleanse his mind. Who is not fully enlightened and works as a spiritual teacher has to be aware of his actions. He should focus on his own practicing, connect every day with the enlightened Masters and check himself on pride, greed, attachment, careerism, and sexual lack of clarity. A real spiritual Master is more a beggar than a Buddha. He is anchored in the egolessness and not in the idea to be a great enlightened. He is more a servant of his fellow men as their king. He lives in being and giving and not in wanting to be admired.

Oracle = Working as a spiritual ferryman gives you the strength to bring yourself to enlightenment. Help your fellow man. Rescue spiritually your family, your children and all people associated with you. Give them the great knowledge of inner happiness and the path of all-embracing love. Keep yourself small. Stay humble, modest and as a servant of all. Connect yourself every day with the enlightened Masters (God). The enlightened Master will lead and protect you. "Om all enlightened Masters. Om inner wisdom. Please guide and help me on my way." Success.

Cleverness



71. [Seven of Swords](#). A man with a red hat (love) sneaks up on tiptoe, with five swords in the arm from a tent camp. He robs his opponents their power. He is very clever and careful. The sky is yellow. Optimism. The man wins on his way. Two swords stuck behind him in the ground. The man is good earthened. He holds himself small and unobtrusively. Therefore his opponents underestimated him. They slept and he uses the situation to succeed. In Norse mythology there is the figure of Loki. Loki the sly knows how to help in any situation. He is a cunning fox. He can always think of something. He is clever, creative, flexible, and usually at the end victorious.

Oracle = The clever spiritual master. Do good. Help your fellow man on the spiritual path. Connect love and wisdom. Then you succeed. The situation is difficult. The enemy is strong. Consider the conditions. Recognize your opportunities. Be aware of your personal strengths and weaknesses. What is your goal? In what way can you reach it? "My situation is ... My way to victory is..." Flow clever, creative and flexible with the circumstances and you will win. Forward with optimism. Success.

Sensitive Feeling



72. [Eight of Swords](#) A woman blindfolded and with arms shackled goes her way through a country full of water holes. The sky is gray. The situation is difficult. The woman can feel the right path only with her feet. She can only go forward slowly. Around the woman stuck eight swords in the ground. The number eight points to the path of love (karma yoga). In the background we see a white castle on a hill. The white castle is the goal of enlightenment. Who is innerly purified lives in God (the cosmos) as in a castle. Nothing outwardly can destroy his inner peace and happiness. The woman wants to get enlightenment through the path of all-embracing love. She wants to destroy her ego by doing good to all. The way of embracing love is hard to go. There are many traps lurking along the way. If a person works too little for the goal of a happy world, this dissolves not his ego. He does not get into a cosmic consciousness and develops no inner happiness. If a man works too hard for his fellow people and cares too little for himself, he loses his enlightenment energy. A Karma-Yogi must therefore live in the right balance of external work, sufficient rest, and spiritual practice. Ideally, he should work out from the rest (God) for a happy world.

Oracle = The situation is difficult. The path is hard to see. Look carefully at your situation, your fellow man and your personal options. Success through a sensitive feeling for the right way. Go forward step by step. Thus you will reach your goals. "The right way in the moment is... Now I do best ..." Success.

Mourning



73. [Nine of Swords](#). Nine swords lie horizontally on a black wall. Great sacrifice of the ego. A woman in a white nightgown sits weeping on her bed. She holds her hands over her face. Great mourning. On the bed frame we see a picture of standing man who kills a seated man with a spear. The seated man symbolizes the sad woman. Something has killed the ego of the woman. She has to let go her false wishes. Mourning is helpful for that. On the legs of the woman lies a beautiful blanket with red roses. If the woman takes her hands from her face, she can see the beauty in her life. The way to overcome her grief is love (red roses) and spiritual practice (blue drawings).

Oracle = After the crisis. Overcome your grief. Let your sorrows go. Think about your positive goals. Get up, be active and succeed in your life. What is your way of a successful life? What are your goals? "My goals are... My way to win is..." Success. Optimism. Go forward to happiness. Enjoy the day. Do something you like.

Twilight of the Gods



74. [Ten of Swords](#). On the ground lies a dead man. He is covered by a blood-red cloth. Ten swords stuck in his back. The sky is black. Ten is the number of God. The man gave up his ego. He has let go of his worldly desires. He has accepted the suffering in his life. He has sacrificed himself in his spiritual path. He expects only happiness from himself, from his spiritual exercises, from a life in God (inner happiness). The outer world is dead to him. He recognized his worldly desires as an illusion, as a false dream. Some life in him is still there. His white left arm shows at us. His hand forms a mudra (energy awakening through spiritual exercises). Under the yellow horizon we see the big river and the land of light. We have to stand up, to cross the river and to awaken our inner happiness. We can be happy amidst all the chaos of life. We only need to let our attachment to the world go and to live

in enough rest, enough spiritual practicing and in the all-embracing love (doing good to all, working for a happy world). Then our body will be filled with enlightened energy, and we feel strength, love, peace and happiness in us.

Oracle = The path over the great river into the land of light runs through the death of the ego. Let your false wishes go. Take the things how they are. Stand up and go into the land of light. Make your spiritual exercises (yoga, meditation, reading, walking, doing good). Forward with strength. Success.

Self-Confidence



75. [Page of Swords](#). On a hill stands a young man and swings his sword. He goes his way with self-confidence. The blue sky shows some clouds. He has to fight a little bit. But the problems are small and the page can do it well. The sword refers us to the path of sacrifice. The young man must cut his worldly attachments. He has to concentrate on his spiritual goals, and focus himself on his spiritual path. Above the head of the young swordsman are flying ten black birds. Ten is the number of God. Black is the color of ego sacrificing. To come into a life in the light, the young man has to go through the darkness. The boots of the young man are red (power), the pants are green (hope), the vest is brown (serenity), the collar is white (wisdom) and the sleeves are yellow (happiness). The young man will succeed on his way into the light.

Oracle = Look at you as a winner and you will conquer. What are your goals? What is your path? Think: "My goal is... My way of victory is..." Trust in your own power. If you trust yourself and go consistently your path of truth, the victory is with you. There are some minor difficulties and problems. Go forward with confidence and firmness. Success.

Save the World



76. [Knight of Swords](#). Chaos in the world. Stormy clouds. Black trees. The land is parched and needs water. A knight (spiritual hero) in an iron armor (power) with a red cape (love) comes on a white horse and saves the world. He swings his sword. He fights with all his power for a better world. If the world were a village of 100 inhabitants, then one man is super rich. He owns a third of the country and 30% of the village's assets. 20 people have

80% of the total wealth of the village. They have much more than they need. 40 people have enough money. 40 people (40%) are the poor. Half of them are malnourished or starving directly. In their environment, there is no adequate disease prevention, severe addiction problems (drugs, alcohol) and an escalating crime.

The external wealth has doubled in the West in the last fifty years. At the same time the number of depression has increased tenfold. The unregulated capitalism leads to large external wealth for a few people and hunger and unhappiness for ever more people. Capitalist globalization will bring a few super-rich, a little wealth for a small middle class and a massive impoverishment of a large underclass. It creates huge slums, crime and a lot of substance abuse problems. If we do the capitalist globalization with no wisdom, we will destroy the environment, poverty will become uncontrollably large and the unhappiness will grow. There will be many senseless wars. We need a globalization of love, wisdom and peace. The world community should be centered in the principles of universal love, world peace, happiness for all, enough work for all, enough food for all and adequate health care for all. A world savior works within his means for a happy world. Humanity is one family. In a good family, all family members contribute to the success of the entire family. May we understand this, accept our social responsibility and act powerful.

Oracle = Forward. Look at the misery of the world. Don't look away. There are always people who need help (the poor, elderly, sick, lonely). There is always something that we just can do. Anyone can send light to his fellow man every day. Anyone can participate in a charity. Anyone can donate some money. Anyone can live as a world savior. We can spread the knowledge from the path of wisdom and love on the internet. We can strengthen our fellow people with positive thinking. We can organize social activities. The internet offers great opportunities to work for a better world. A Bodisattva (Knight of Swords) concentrates on the suffering of the world, awakes his compassion and grows by this to enlightenment. He gets an unity consciousness by working for the poor and suffering people of the world. Work for a world of love, peace and happiness. What can you do? "My way to help is ..." Sacrifice your ego. Overcome your dullness. Forward as a hurricane. The power is with you. Success.

Queen of Love



77. [Queen of Swords](#). The Queen of Love sits in a white dress (cleansing exercises) with a golden crown (mistress of wisdom) on a stone throne (self-discipline) in the midst of gray clouds (outer misfortune). She lives in a world of suffering, but her head is clear. Spiritually she lives in a dimension above her outer suffering. The Queen holds a sword like a scepter in her right hand (power) and blesses with her left hand all people with love and wisdom. The sky is blue and a black bird flies over her head (ego sacrificing). The tarot card shows the Queen not frontally but sideways. She takes her fellow man more important

then herself. She lives in the center of life as a Bodhisattva (Queen of Love) and thus can rise herself above her own suffering.

Oracle = The bad news is: "You live in a field of suffering." What is the suffering in your life? The good news is: "You can still be happy and just because." You can transform your field of suffering into a field of spiritual growth (Buddha field). Your suffering can be your great helper on the way to inner happiness. Without the suffering in your life you'd probably never practice consistently spiritually. The secret of a happy life is that happiness is not primarily an external but an internal matter. If happiness is mainly an internal matter, then we can grow even in outer misfortune to inner happiness. We only have to do enough spiritual exercises (yoga, meditation, walking, reading, mental work). We only have to resolve our internal tensions. Then at some point happiness and enlightenment appears in us. We only need to organize our life so that we grow spiritually. We must develop enough self-discipline. We must live on an effective daily spiritual exercise plan. And we should live in the center of our life as a karma yogi (Bodhisattva, person of all-embracing love). We must take our fellow man more important than ourselves, so that our ego dissolves and we get a unity consciousness. Transform yourself into a Goddess of Happiness. Do your spiritual exercises. Move a hand and send all people light: "I send light to... May all people be happy. May the world be happy." Happiness on the way of spiritual exercises and all-embracing love (doing good to others). Forward. Success.

The Master of Life



78. [King of Swords](#). In the land of suffering (black trees, grey clouds) sits the King of Swords on a stone throne (self-discipline) in a blue clothing (inner peace). He has a red cape over his shoulders (love), a crown on his head (wisdom) and a sword in his right hand (ego sacrificing). He has to take things as they are. His left hand lies on his knees. On the middle finger we see the Philosopher's Stone. The King of Swords is a Master of Life. He owns the knowledge to transform unhappiness into happiness. His secret is the combination of love, wisdom and spiritual exercises. He lives by a consistent spiritual day plan (going, reading, meditating, resting). He practices consistently mental work (overcoming negative thoughts and feelings). On the backwall of his throne is a drawing of the paradise with Adam and Eve, two crescent moons (a symbol for God) and many butterflies. His vision is a happy world full of love, peace and wisdom. His vision is to live in paradise, to transform his world into a paradise.

Oracle = Forward on the threefold way of wisdom, love and spiritual exercises. Succeed through consistent mental work (self-reflection, positive thinking), doing good (working for a happy world) and enough daily exercises (yoga, walking, meditation, oracle reading). Give yourself enough rest and enough pleasure. Go with a clever strategy through your

day. Transform yourself from unhappiness to happiness. You master your life in a difficult situation. Forward. Success.