

THE CENTRAL

The great majority of us (humans) live their lives to a large extent out of the framework of a little child in distress – disguised in the appearance of a grown-up. We can recognise this easily, when we consider how we kill each other by thousands and millions or how carelessly we see to our playground, the planet. But with a little distance, you can be similarly shocked, when you hear yourself arguing with your „lover“ or become aware sometimes of the relentlessness of criticism towards your „brothers and sisters“.

As soon as things get difficult, most of us are continuously on guard and surrounded by enemies. And we might not at all want to see it like this.

This is very immature behaviour. We don't take it as such, because we have become used to it.

There was a time, when this was completely different. As little children, we often found the ways the grown-ups talked to each other unbearable. We could even feel their thoughts time and again and found them unbearable, too. But gradually, we became used to it.

All this happened around the days when we were expelled from paradise. When we were (often lovingly) forced to sacrifice our spontaneity, our directness, our aliveness, our passion, our curiosity. In order to have a place in our culture, in our family, we gave up who we were. In order to be seen, recognized, appreciated, we abdicated our essence, our innermost truth. Then we belonged.

Particularly in the last years, it has become evident to many people that we have to learn how to find back to ourselves, to our essence. We live in a crisis, and we need to understand that in the worlds we create (from a stressed child's point of view) almost everything is upside down: We don't find happiness, when we make a lot of effort. We strengthen aspects of our behaviour when we try to get rid of them. We cannot force ourselves to become friendly, and our fear doesn't go away through positive thinking.

Each of our lives has a *red thread* going through all the different realms, private and professional. I don't know why this is so, and perhaps it is just my way of looking at it, but I've found this perspective to be fruitful for many people. I think it has to do with the purpose of our life, the reason why we are here on this planet. The red thread equally shows up like the major theme in our essence. There it appears in an undistorted way, whereas it's all twisted, complicated and crooked in the world where a 5 (or 8 or 10) year-old tried to come to grips with his or her innermost needs and at the same time with the requests of the outer world. Our trade-off once saved us, and now it has become our biggest challenge. It basically creates all our difficulties.

I call the red thread the „Central“. In the workshop, I would like to assist you to get an felt understanding of the two states of consciousness that you can live in: in your learned way of „adaptation“ (the „Old Central“) - and in what is waiting „behind“, the one who you really are, your true being, the Central of your „Essence“.