

# SPIRITUAL HEALTH SCIENCE (SHS)

*A simple - clear -natural way to create an inner, aligned support structure to manifest effortlessly those actions, thoughts and feelings that serve us to meet lifes challenges and to enjoy living in a state of ultimate health*



**BE HUMBLE  
and REMAIN A LIFE LONG LEARNER**

## I Introduction

### 01 Creation, Questions and Answers

12 years ago when I took my first attempt to write this manual not much had been written about internal health exercises neither about the connection of exercising as being a possible wellspring of spiritual wonder and discovery about life. By today many articles have been written about the subject and scientist discovered even how to create immortal cells. Research has proven that we have actually 3 brains (belly, heart and head) in the body and eastern traditions such as yoga, tai chi and energy training have found their way into the world of western health exercises to harmonise those brains.

The creation of this manual is intended to close and bridge gaps between the outer and the inner world of exercises and health. It also likes to guide us to achieve ever higher states of health on all four planes of our humanness such as the physical, mental, emotional and spiritual dimension and illuminate the connection to our 6 life time task fields; individual, relationship, group, world, universe and source as well.

Watching my children I realized that movement and exercises of any kind flow actually into action from inward to outward - from a deep natural impulse that I would call spiritual. Spiritual because it represents an act of freedom, respect for testing limits and a search for meaning of life and a longing for perfection.

Spirituality as an inner approach and the inner secret of achieving equanimity, detachment, compassion by a more meditative path, stands in many ways in contrast to the outer approach and path of physical exercises in the western world of health. The spiritual aspect of moving-exercising is connected to potent natural forces and therefore is able to satisfy our deep hunger to connect with a realm of giving us meaning for life. Our ancestors believed exercises to be a gift of the gods, something with a divine purpose. It was about transcendence and to retain power to intensify experience and awaken within us a larger sense of being.

I played intensively sports and exercised 4-6 hours a day since the age of 9 years old. Yet it took me 20 years to find out why I always felt that something was missing during performing and another 10 years to be able to clarify and research how and in which ways health was a divine gift. It became clear that **exercising merely on a physical plane would never lead to a state of ultimate health**. Finally I used another 5 years to know how to retain power in order to intensify experience and awaken within us a larger sense of being and therefore connect the inner with the outer.

Simply said by doing physical exercises for 20 years as an outer approach I discovered finally that there was an inner approach, inner drive and an INNER SOURCE that continually provides information through our 3 brains of which the INTENT is to make us aware of **PRIMORDIAL FORCES** that in other times were called GODS. By making a SHIFT from the outer to the inner approach I was able to become AWARE of those inner forces (gods, nature forces, inner intelligences) and see how they affected my life and health on the outside life. I made also the discovery that it was possible to make creative interventions in order to move those forces in our desired direction and ultimately **enjoy the manifestation of our own creation**. It is this power inside of us which allows us to shape shifting our reality from inside out and it is exactly the hidden inner potential of the self-mastery I was looking for by the path of physical exercising most of my life. I discovered the hidden dimension of PHYSICAL EXERCISES, ITS SECRET LIFE, and THE SPIRITUAL MEANING OF SPORTS AND EXERCISES THAT GOES FAR BEYOND JUST PHYSICAL EXERCISES.

Yet do discover this INNER SOURCE FIELD, THE INNER SECRET OF MOVEMENT, EXERCISES, and SPORTS AND THE STUFF BEYOND PHYSICAL EXERCISE and to do its related inner work, physical exercises demands from the participant to go beyond the physical exercise itself into the rigorous application of skill, intelligence and creativity within the inherent designs of exercises. Life demands us to cultivate our inner life of body, mind, emotion and spirit. Finally it requires knowledge how to keep a passion fire alive in order for the inner potential to discover experience and cultivate an

inner flame as the hidden gift of exercises that the modern vehicle of sports bestows on us. Finally a quality in us will emerge, when the outer and inner meet and come together again as one single unity (I call this quality the Middle Meeting Point Quality) which will awaken in us the possibility of a **ULTIMATE STATE OF HEALTH AS A REALITY**; the inner feeling-knowing of our immortality.

I always remember the magical moments in my sports career, when a perfect combination of actions took place in an atmosphere of total tranquillity within myself and when this happened I wanted to stop the game, grab the microphone and shout „That’s what its all about“ „it is more than a physical, mental game ore emotional game, its truly magical, it is truly spiritual“ and a JOY IN BEING overcame me, yet I knew at the same time this was just a glimpse, a gap, a little opening of a window to see what was possible if I would open up to this inner life. Yet those magical moments would be over in a split second and I would experience a let down, because there was nothing I could do at the time to bring it back consciously, so I kept it secret to myself with a deep inner wish „THIS IS IT, I WANT TO KEEP THIS GOING AND I NEED TO FIND A WAY **TO BE THERE ALL THE TIME**, NOT JUST FOR SECONDS ORE A FEW MINUTES in either the zest of a great action or a great victory; I WANTED IT TO BE PERMANENT ACCESSIBLE not just by means of exercising and I wanted to know how to be able to **SHIFT** anytime I wanted into this realm of **JUST BEINGNESS**, where nothing had to be added nor being taken away from, a flow between all opposites, being in silence and bliss at the same time, the very ground of our own being and in oneness with the Source of creation.

I also had to learn, that as a culture we have come to associate profound experiences of our sense of BEINGNESS with religious contemplation or communion with nature, yet such experiences are extremely common in the athletic field. In the field of sports and daily life they are described like:

Being in the flow, Being in the zone, playing out of his mind,  
Qualities in our Being are experienced as: profound joy, acute intuition (which at times feels like precognition) a feeling of effortlessness in the midst of intense exertion, a sense of the action taking place in slow motion, feelings of total awareness and perfection. Also we can feel fully in the present moment, not moving out of it, just being there, utterly calm and confident, peaceful, still and full-empty at the same time.

Knowing of many such moments in my career many questions arose for me:

Is the purpose of exercises to help people to get into the „flow“ more frequently?  
Once we are there how do we sustain the experience for prolonged time?  
Is there „a formula“ for this experience? Is there a structure, a map, guidelines which help us to get there easier and sustain the experience. Can it be intentionally cultivated?  
How can we fit such experiences into an overall view of life and integrate them into all areas of life, especially daily normal living. Shall we, can we and if yes how can we make use and benefit of such experiences. Is there more to these experiences and if so to what shall they motivate us for and towards? Can only individuals experience this ore can a whole group experience this state together!

Many more questions arose as I got more answers. This manual gives some answers to those questions and I hope it inspires you to ask many questions and experience the joy of your own answers. A few sentences shall inspire you to read and enjoy this manual:

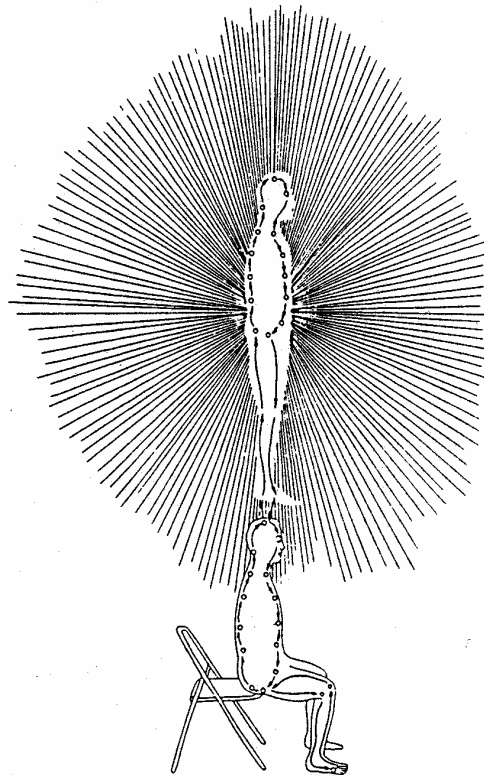
- Enlightenment is a accident, but some activities make you accident prone
- When you seek after enlightenment, enlightenment will elude you, yet without seeking it you will never realize it
- To study the natural way is to study the self. To study the self is to forget the self
- Enlightenment just is, yet is in a way the end and beginning simultaneously

## **02 Inner Motivation and spiritual Independency**

My passion for outer and inner health exercises as well as my deep and growing contact to my inner source inspired me to create something unique, simple and practical not only for the fields of sports, but for everybody who seeks to grow over time into a ultimate state of health and live a long, healthy life.

Spiritual Health Science is based on individual practice, experimentation, and personal experience. One great common ground for spiritual independence and enlightenment lies in the ultimate flow of health on all levels. The following illustration depicts the **spiritual independency** of a Spiritual Health Science practitioner, who neither depends on temples nor churches or sources outside of himself, but solely on his own experience and mostly his innermost connection to the Source field in reaching the ultimate state of health. It means that we are building our inner resources to become a fully integrated human being and in service to all the fields we are living in. Such health practitioners come to know that we are all interrelated, interconnected and interdependent, yet see clearly what is in their circle of influence and control and what not.

### SHS DATA BASE PO5-1



SP I R I T U A L I N D E P E N D E N C Y

### 03 A new educational approach

This manual is intended to help you cultivate a beginners mind in regard to sports, and a new mind set and receptivity for viewing physical fitness in a more natural, all encompassing and realistic way. It can serve as a gateway to your appreciation and cultivation of a real and in-depth harmony of body, mind, emotion and spirit. Western health education will need eventually to expand beyond the single dimension of physical science to embrace the study of mind, emotions, and spirit, and to treat them not as separate entities but as integral parts to a unified whole.

This manual is for exploring a more holistic and spiritual consciousness for the field of health. The contents will demonstrate how this process begins with taking responsibility to examine one's own **individual wellbeing**, and to continue ones evolution to ever higher states of personal health.

### 04 Sports (or physical exercise) as a path to ultimate health?

I have always viewed Sports as one of the most intriguing acts of creation. My passion and fascination for sports began when I was 7 years old and started playing soccer. Over the following 35 years of my life I spent most of my time in and around the world of exercises via the vehicle sports and martial arts. I earned a teaching degree from the Institute for Sports & Sports Sciences at the Swiss University of

Bern, and became a professional Handball player on the Swiss Junior National team, and later played as an adult on the National team. I served as a handball trainer, and as a Spiritual Health consultant and additionally I have been training energy work for over 20 years.

I continue to observe how despite the outer changes in style and equipment technology in sports, the essential dramas remain the same. No where more than in the sports arena have I experienced the challenge to balance my own inner subtle body-mind, mind-emotion, and body-emotion relationships, to learn to blend and balance all these aspects into a unified wholeness. This exploration and confrontation with the emotional and psychological spectrum, including the victory and defeats, the anger and joy, the ease and the chaos, is what makes the process so captivating. It seems to be the inner dynamic of sports, the drama, more than the outer trappings that grabs and unites us all on an individual, group, national, and even global level throughout the Sports world. The influence of sports is seen and felt everywhere: in business and advertising, education, entertainment, recreation, health. It is indeed a universal and powerful language with all its positive and negative aspects, yet still many believe that it is only for the top athletes to experience this kind of inner harmony, joy and bliss and that it either happens or not. **So simply doing sports or exercises is clearly not enough to life in an ultimate state of health.**

The aim of the Spiritual Health Science and its 4 dimensional health related work is to provide a framework that an ultimate state of health can be easier achieved if body, mind, emotion and spirit are exercised together in a simple, natural and balanced way.

## 05 Eastern Philosophies and Taoist Wisdom

As I said earlier, a deeper meaning and essence behind sports was missing in my western health education and exposure. This led me to investigate a wide spectrum of concepts for health and consciousness. I began the journey by living a year at a community dedicated to spiritual education. I learned there that a lot of people were very spiritual yet very weak physically. I also learned what it meant to work with love, to understand the concept of service, the importance of real self-discipline, and to listen to others in a way that supports the self transformation process. I was able to examine and change my out-dated and limiting patterns of thinking and behaviour which kept me from experiencing inner freedom, self-empowerment, and personal effectiveness.

My greatest lesson was to connect with my own inner teacher, the part of myself that knows exactly what I need to learn, and constantly creates opportunities for this to happen. At the same time, I explored and deepened my knowledge of the path of Taoism, which lead me to develop and understand how my inner strength, thoughts and qualities contribute to my reality. Having studied, experienced, self-observed and taught aspects of this ancient wisdom, over the past 12 years, I realized its value and hidden potential in its application to the world of health.

The western health concept is often associated with the medium of sports, while the eastern health concepts incorporate a view of the individual as a whole person consisting of body, mind, emotion and spirit. Both concepts aim to achieve an ultimate state of health, to increase overall fitness and well being. However, it seems that the western world of sports has lost much throughout its history with the rampant development of materialism. Much can be gained by viewing the ultimate state of health, harmony, balance, peace and enjoyment as a life-long **PROCESS**, and not a **STATE**, only to be reached in isolated incidences. Throughout the world people exhaust their body in favour of momentary performance, forgetting for example to be thankful to the body. Too often the emphasis is placed entirely on what happens outside of the body, with little or no contact to the inner life. No one particularly likes to look at their weaknesses, we tend to resist gaining awareness and therefore remain ignorant to the mysterious tensions and illnesses that plague our bodies. **The Spiritual Health Science offers you a goal and meaning for life which is limitless and endless: Learning to be **AWARE** and growing continuously more and more into **BEING A FLOWING PROCESS**.**

While western science and education have taught me to act physically on the body and then observe the results from the outside in, eastern studies have taught me about introspection, to observe the body self from the inside out. Western external studies on sports date back only about 250 years. Yet, the internal approach of the eastern philosophies and studies are over 8000 years old. The name Spiritual Health Science reflects this blend of some of the best of both the scientific western and more spiritual eastern findings. The key approach in blending all this knowledge is **BALANCE**. A highly refined, tuned and balanced Spiritual Health Scientist carries the knowledge and experience that everything he needs is found within him. Step by step, this manual leads the reader to higher and higher states of being and expressing himself so she lives her life and moves easy and effortless through all the fields of existence.

## 06 Health, Longevity and Aging

One difference between the eastern and western approaches to health is that ***Eastern exercises loosen, stretch and relax the body. They have a slow and rhythmic pace, encouraging the collection and storage of vital energy. Western exercises tighten, compact and tense the body, often in a fast and fitful manner, contributing to the depletion of the body***

***This generalization leads to the observation that in the west we refer to the ultimate state of health as a (STATE) of absence of sickness or injuries, or simply good over all physical health. This differs from the eastern traditions in so far as the ultimate state of health is seen as a life long process (FLOW) which finds its expression through the refinement of body, mind, emotions and spirit at which point this ultimate state of health (enlightenment) becomes the very life process itself.***

Statistics and reports prove that many people doing exercises do not necessarily live longer than the average person, nor do they seem to be appreciably healthier for all their strenuous efforts. The frequency of injuries, premature aging, and even one second death are occurring in the sports world more and more frequently which contradicts the western belief those daily purely physical exercises will help to slow down the aging process or prevent fatal diseases. The belief that sports fend off death is a popular fantasy. Athletic competition has influenced our concepts of health far too much in over glorifying the physical, at the expense and neglect of the spiritual, as well as the mind, emotions, body systems and internal vital energy circuits. With such a system the ideal of immortality will never be realized.

Our natural birthright of real body wisdom has most often been sacrificed in favour of the outer trappings of money, success and uninspired performances throughout the amateur and professional sports world. The phrase "he plays like a god" has lost its meaning. The original intention of this phrase was to express when an athlete was able to transmit to the audience his internal feelings of a trance or dream-like effortless performance, totally relaxed in concentration, in total union of body, mind, emotion, and spirit, while experiencing a sense of pure oneness with everything around and herself feelings of rejuvenation and effortless performance were the real victory.

Today, western professionals, athletes, sports teachers and amateur sports people expend enormous amounts of energy to attain levels of fitness, or to claim a position of rank on a team and in life. They overdraw on their resources for long periods of time, and their body systems lose the capability to feed such exhaustive requirements. The inevitable effects of aging then impede them until they no longer can compete. They delay their exhaustion with vitamins and nutrition, but their digestive capabilities usually decay with age, making a dependency upon food and vitamins even less effective. Nutrition and physical exercise, even when combined, are not sufficient comprehensive approaches to health. In fitness training we may indirectly exercise the internal organs and glands. Yet, if you do not emphasize their cultivation above and beyond the muscular system, you ultimately do more damage than good. The organs and glands nourish every function of the body just as the bone marrow nourishes them through the production of blood. Still, we unknowingly tax the internal systems beyond their limits because we believe that muscular development should take precedence.

Without the energy supplied by the internal organs and gland, there can be no lasting muscular development. In other words, muscular strength and stamina may not be the best measure by which to judge physical health and fitness. The approach of the SHS is very different, in that exercise and discipline are always initiated internally. An emphasis is placed on the direct cultivation of the organs and glands. After organ and glands have been nurtured, the needs of the tendons, bones and muscles are addressed accordingly. Only when the outer is supported by the inner will we be able to have continuous satisfaction in performance, and in life.

If for example the cells, our inner-most units and our tissues are healthy and regenerating constantly then we will not degenerate "get old" as fast, nor will we experience death as we are used to experience it. In other words, we need to know how to draw from a source within ourselves, which we have got to train so it naturally recharges us, which in turn nurtures our whole body to be constantly renewed, regenerated and supported.

To go an even a step further we need to learn about the differences in awareness of mortality and immortality. How you age depends on how you metabolize your experiences. In many ways how you metabolize time is one of the most important aspects of the process towards mortality or immortality feelings. **TIME** is the psychological enemy of man, meaning that we are psychologically undermined and deprived of our real selves by feeling that time is an absolute over which we have no control. We somehow forget, in the first place, that we can choose whether to **make time our enemy or our friend**. It is possible within the frame of mortality and immortality attitudes to have actual experiences of timelessness and when that happens, there is a shift from time-bound (mortality attitude) and feelings towards timelessness awareness (immortality attitude). A person who is consumed by success and deadlines, urgency addiction and depends solely on external motivation would be living in mortality awareness and therefore creating that reality. A person who lives only for "God", whose experience of Being is constant and certain, represents the extreme freedom of immortality feelings. Most people do not manifest either extreme and float in the search for either one. Awareness beyond the polarities and the ability to differentiate between the polarities of mortality and immortality shows

**that ONE'S AWARENESS IS THE SOURCE OF ONE'S REALITY.**

Out of this awareness two totally different realities result. All of us experience aspects of both realities, because awareness is fluid. It can bring us devastating moments of grief and fear, and wonderful moments of peace and power. We can choose to identify with the limitations of a physical body and a selfish ego, or we can break free transcend and expand. **This flexibility is the true genius of human awareness, "to be aware of your own awareness"**, because it leaves all possibilities open.

## **07 Sports (physical exercising) as example for interconnectedness of all 6 life time task fields**

I have chosen the field of sports in order to share another important aspect of this manual. It serves to illustrate the transcendental link between all 6 fields (individual, relationship, group, world, universe, and source) and that those fields are interdependent, interrelated, interconnected and interpenetrated. In the world of sports the fields could be called like this: **Individual (=Sportsperson), relationship (=field between coach and his athlete or between two team members), group (=Teamatmosphere), world (=different nations and cultures in sports), Universe (=Olympic Games), and Source (=the original creation of physical exercises).**

In general life a man or woman one could choose within the 6 fields for example the following roles:

	<b>Men</b>	<b>Women</b>	
I =	Man	Women	
RS =	Father	Mother	
G =	Employee	Astrologer	The activity they have within a group of people
W =	Entertainer	Coach	The job they have in the world
U =	Nature lover	Researcher	The role they see in connection with the universe
S =	Taoist	Co-Creator	Their view of role with the Source

Each individual is free to what kind of a role it wants to play in each field. The roles have to serve us and not the other way around, they got to serve as a vehicle for creativity and expressing ourselves fully in all the 6 Life Task Fields. How to create a synergy between those roles in each field is a challenge waiting for all of us. It is easy to see in the chain how everyone is linked to everyone else and influences can go from either field to the other. A top athlete in tennis moves by his actions all the other fields and a new idea such as the creation of a snowboard will affect also all fields.

This concept demonstrates on one hand our unique and powerful position and at the same time limited ability, to participate as a co-creator within all of creation. The point is that each life and each of our actions matter. We each have a responsibility to attain an inner and outer balance, to develop our own sense of centeredness and relative positioning in the face of human evolution and periods of chaos. It also demonstrates in an easy simple way our responsibility towards all the other fields. It also washes away the negative psychological side effects of winning and losing without overlooking the positive values of competition. Intuitive insight reveals that success over others is only a relative victory, but **victory over oneself is an absolute and transcendental experience.**

To be our own teacher and student at the same time brings us close to the realization of how much we win even when we sometimes "lose". This takes a deep cultivation of one's spiritual muscle. It is my dream that the awareness for those fields will shift one's consciousness because only with greater awareness can change be achieved. Only then can competition towards external opponents or the environment, which often creates an atmosphere for aggression and conflict, shift towards a competition against the many inner selves. Finally there will be nothing to compare, nothing to compete, nothing to fight in the external world. Instead there will be inner joy, love and peace. The ultimate state of health is realized within as a by-product of the inner journey to higher and more refined states to being more fully alive, and the realization that you are always teacher and student at the same time.

In realizing that one is interconnected with all, the healthy „exercise, fitness and sports“ person is able to demonstrate and catalyze the changes and evolution we all have to go through to reach greater levels of consciousness and effectiveness. Rather than compete or fight against others, the spiritual health person will aim at cultivating an inner refinement of body, mind, emotions and spirit. Exercises would again be for the joy of fulfilling one's unique potential, bringing human beings together for pure fun and giving their individual best amongst brothers and sisters who are trying to help each other to live up to their own full potentials. Seeing clearly the need for the other player to be there for me to grow to my full potential I have no other choice eventually than to love “the enemy”.

## **08 Conclusion and my personal contribution for a future 4 dimensional healthy world**

To live in a human body is a tremendous and precious gift. Through the body we experience our lives. The ultimate health conscious person will illustrate an appreciation for the body as a source of self-knowledge, self-healing, love and compassion. His mastery in the art of exercise will naturally influence his mastery of life. By reawakening the perceptive skills of feeling, sensing and intuiting, we allow the wisdom of body, mind, emotion to emerge, inform and guide us in ultimately returning to our spiritual nature and energy. This task is at the same time both simple and challenging. Health and exercising can be a great vehicle for this simply because such wisdom is our natural birthright, not requiring any other equipment other than what we already have: **BODY, MIND, EMOTION, SPIRIT, our energy and awareness.** The challenge is that our entire structure of society runs counter to this way of thinking, a fact that should neither discourage us, nor turn us into hysterical revolutionaries. By working sincerely and directly with our present situation, moment to moment, step by step, we can begin to live in our bodies, thereby affecting our own lives, as well as the lives of others, and live into the dream of immortality. On our way to immortality we will have a lot of wonderful and deep insights into the mystery of life and hopefully experience at least once the complete union of body, mind, emotion and spirit.

Another intent of this manual is to help dissolve some of the dangerous aspect in the exercise and sports world that erode individual character and personal dignity. Sometimes sports are called a

harmless substitute for warfare. It is often used as part of military service training in many countries. Whether as a spectator or participant, the effect is the same, teaching us to expect success by force (rather than power) either over ourselves or over others. We learn to habitually think about ourselves as part of one group pitted against another group. We become addicted to the struggle to gain control over others, to desire the fruit of victory at any cost. Those attitudes translate too often into our daily lives and cause us a lot of troubles in Relationships as well as in our personal health. Yet if we are able to dissolve the struggles and control issues then what is left is the best of all: **physical enjoyment and cultivation of ones inner life to reach an ultimate state of health, our uniqueness as an individual, personal enlightenment and service to the world.**

**SPIRITUAL HEALTH** has the power to demonstrate that bodily life itself becomes the very ground for mutual respect and caring in human relationships. The greatest lesson is that for this aim we need nothing more than we already carry as precious gifts constantly with us: **BODY, ENERGY AND AWARENESS.**

## ***II Spiritual Health Science (SHS) and 4-Dim. Health (4-DH) Consciousness***

### **01 Living life's questions in wonder and joy**

Many teachers often raised more questions within me than they gave me answers. They did so in order to animate my serving spirit in my mind to fulfil my wishes and therefore giving me the possibility to gain wisdom (first hand experience of my questions) rather than knowledge about my own state of health. Out of this experience I choose to add almost in each chapter some exercise in order for you to to gain first hand experience yourself. I also discovered that brilliant questions lead to brilliant answers and the chapter 22 – how to ask awareness questions is especially designed to help you understand the power of questions and supports you in creating awareness questions for yourself as well...

I also realised after a while that there were basically 3 larger realms (heaven, human, earth) I was stimulated to ask questions about and to receive answers from. Some of those physical, soul and spiritual questions will be for ever in our lives and we have got to live those questions as the living answers of those questions. If we are able to learn to enjoy living those questions in wonder and curiosity eventually the answer will present itself. Having the answers will be often not enough – we will need the energy to manifest the answers in a very practical way as well as to integrate them into our living situation. Here now a little selection of some questions that stimulated some answers in the manual – may they animate our spirit in finding your own answers.

#### **EARTH      BODY      PHYSICAL QUESTIONS**

What is my purpose (contribution) I want to manifest here?

Who do I want to be in life?

Who am I in relation to my 4 dimensions of body, mind, emotion and spirit?

#### **HUMAN      SOUL      EMOTIONAL-MIND QUESTIONS**

Where did I come from and what did I bring with me?

Where do I go after that and what can I take with me?

What is life and death about?

#### **HEAVEN      SPIRIT      SPIRITUAL QUESTIONS**

What is enlightenment and what are keys to enlightenment?

Is there the possibility of being instantly enlightened?

Who am I and how do I create enough love and joy?

#### **4 DIMENSIONAL HEALTH QUESTIONS**

BODY	<b>Am I</b> a body?	<b>Do I</b> create a body?	Do I have a body?
MIND	Am I a mind?	Do I create a mind?	Do I have a mind?
EMOTION	Am I an emotion?	Do I create an emotion?	Do I have an emotion?
SPIRIT	Am I a spirit?	Do I create a spirit?	Do I have a spirit?

## SOME OTHER QUESTIONS

- 01 How to face any present situation under any circumstance.
- 02 How to take 100 % responsibility on all levels for one's own actions.
- 03 How to gain insight into one's weaknesses and strengths in a gentle and safe way.
- 04 How to apply awareness in dealing with and following inner conflicts, relationship conflicts, group conflicts, world conflicts, universal conflicts, and source conflicts, respectively.
- 05 How to be able to intervene into present circumstances of sickness, aging and premature death

### And after all a major question we are all looking for:

- 01 Is there a Source that can reveal hidden veins of richness and uncover treasures of which we never dreamed?
- 02 Is there a power that we can call upon to give us fulfilment, ultimate health and happiness as well as spiritual enlightenment?

Yes there is. Fully integrated human beings have demonstrated the efficiency of truth principles that will work for you too, if you give them a fair trial. Success in life does not altogether depend on ability and training; it depends on your DETERMINATION to grasp opportunities that are presented to you. Opportunities in life come by CREATION; NOT BY CHANCE. You yourself, either now or in the past have created all the opportunities that arise in your path. Since you have earned them, use them to the best advantage. If you use all available means (physical, mental, emotional and spiritual) as well as your natural gifts, talents and abilities to overcome every obstacle in your path you will develop the divine power, love and wisdom of the SOURCE FIELD. You will discover within you an unlimited source and realize the innermost forces of your beingness and from where we truly manifest the outer events in our lives. You will realize that you possess the power of thought and will as well. Utilizing to the utmost those divine gifts is our challenge in all the 6 Life time task fields.

## **02 Eastern Spirituality and Western Science**

The **SHS** is a source of support for those who seek to train, cultivate, practice and improve their health. SHS combines philosophies and practices of eastern Taoism as well as western health science and psychology and touches on 3 main aspects of life: Body, Self and Service.

Anyone can achieve longevity, health, spiritual wellbeing and even immortality - or ever-lasting life. The steps of the SHS covers every aspect of our daily existence and serves the purpose to satisfy all our bodily needs so that we are able to grow with continuous trust until one day we reach the long yearned for goal of immortality. In that regard **Eastern Spirituality** and **Western Science** have come to the same conclusion: that we are influenced by a huge field which western science calls the Great Attractor, and eastern philosophy refers to as the Tao, Nameless One, still others call it God and the SHS calls it Source-Field. In the East, the experience of the Tao, being in the flow, mastering the inner life has been cultivated for over 8000 years and is exactly what the west is seeking more and more. Only ignorance has kept us from acknowledging that our western health system is only a few hundred years old and can learn a lot from the east. Today, many western science health professionals are beginning to realize the importance and intelligence of learning from and adapting information the ancient Eastern wisdom and teachings are offering.

To achieve ultimate health we need the best of east and west, therefore we choose the name **SPRITUAL HEALTH SCIENCE**. One of the underlying truth principles we apply from the east is, that **ALL IS ONE, with its symbol of the empty circle**. This circle encircles opposites – which means it is not either or, but as well as. It demonstrates the fact that a human life is both a multidimensional experience and a process as well as a complexity. In that we are challenged to accept that no singular science is enough to provide the whole answer. Only a multidimensional network of many health

sciences including a spiritual health science will make it possible to live the ultimate state of 4-Dimensional Health. SHS offers an approach that shows and attempts to unite all aspects of human health. It is not only focused on the physical dimension, but on the interplay and network of all 4 dimensions as well as looking on being healthy in all life fields of existence. So far the following sciences have been incorporated in this manual:

<u>SCIENCE</u>	<u>ESSENCE GOALS WITHIN THAT SCIENCE IS</u>
01 Physical	strengthens all body systems, exploring body wisdom, cultivate centeredness
02 Mental	neutralizing the mind in order to cultivate stillness
03 Emotional	energy transformation and stabilization of emotions to create peacefulness.
04 Spiritual	realization of our inner contracts, cultivate essences such as joy-love-truth
05 Energy	Conservation, transformation of energy and rebalancing of energy system
06 Intuitive	To honour a valid source of wisdom by establishing clear communication pathway between our 3 brains (belly, heart and head)
07 Field	how to follow and understand processes in the 6 Life Task fields Individual, Relationship, Group, World, Universe, Source

### 03 Inside out approach

Our education system needs a shift in attitude. Rather than assuming a responsibility **for people**, it has to assume the more positive approach of honouring a responsibility **to people**. In this way health educators can help empower people to re-claim responsibility for themselves, to recognize the rewards of working continuously on reaching their own internal and external balance, to connect muscular force with effortlessness, and thus to realize their maximum performance in life joyfully. Only when people are able to be **aware inside and observe from there the outside** will it is possible to create changes towards their ultimate health. SHS works from **INSIDE OUT** in order to enrich our world with our inner genius, unique gifts and talents as well as our health.

To expect that one day all our problems individually and collectively will be removed is unrealistic. There will be always challenges and problems to face regarding our health. However, even though we cannot change the outer circumstances we can change our **inner life and live from inside out**. The ultimate cause of health and peace of mind is not to be found externally, but within ourselves. Physical, mental, emotional and spiritual health are only reachable if we network the different sciences into one unified whole and apply whatever is necessary on each level to shift back into health where we were out of health. Regeneration, Rejuvenation and Longevity are an art and needs to be educated from early age on. To think the right thought, feel the right feeling and do the right action about our internal health is as essential as learning to brush our teeth. If we have war in our internal health systems we will have war on the outside as well. We need to learn how to become the creator of our own ultimate state of health by learning the right principles and tools to do so, independent of any religion, education or culture.

### 04 Being on purpose in relation to our health

One fundamental need of humans if not the most important one is to understand ones full nature. The steps to understand ones nature are from physical (fully be aware of all our body systems) to emotion (recognizing the emotional intelligence of our heart as well as the importance of heart to heart human relations) to mind (identify, develop, use, recognize our talents and strength) to spirit (a sense of transcending purpose ore meaning).

The spiritual aspect drives us to discover and fulfil our Life Purpose, which is vital to your health, because without being aware of our life purposes we will never feel the level of fulfilment that is possible in life and work. Also if we want to be successful it is said that we will experience success in life to the extent that we are clear about our life purposes. It provides a reason for being, a quality one brings into everyday life and the motivation for ones activities. In order to feel healthy we have got to realize that

there exists an overall life purpose and a unique life purpose. The first is related to our essential nature, to the essence which is relatively unchanged over one's entire life and the latter to our essential self which is the essential expression of our unique qualities manifested through the integration of our personality into our individuality. The essential self can change as our life circumstances change.

The goal of our **OVERALL LIFE PURPOSE** is to discover our essential nature and as much of our essential self as we can and to express our essential self through our lives to the greatest possible extent. The goal of our **UNIQUE LIFE PURPOSE** is to see the essence qualities you have come to express and develop on earth; your calling, the type of service you are here to render, the segment of the planet you have come to enhance or improve: your mission, it is the theme, quality, or passion we choose to centre our lives around. Your unique life purpose is mostly fun, joyful, and playful - it moves you and you feel blissed in, complete happiness, peak experiences and it is completely unique to you in the way you approach it. No one else can fulfil your unique life purpose in the way you do. I noticed for example during my western physical education that there was a lot of theory about body, mind and spirit. Yet in actual practise, there was very little that was offered in guiding us to train our health in a holistic way that incorporated all dimensions of existence.

SHS found its existence this way and has chosen some purposes like:

- 01 To gain Oneness feeling, the "flow" or "zoning experience" with nature, life and universe.
- 02 Cultivation of the way rather than the goal; cultivation of flow rather than a state, to follow the process rather than resisting it and therefore gain control over our own lives.
- 03 Recognition of the body as our foundation and source of information.
- 04 Enjoyment of the process and the experience of a total deep inner sense of true happiness.
- 05 Experience a way of being that supports, trusts energy that moves through all living things.
- 06 Conservation, transformation and balance of energies on all levels throughout daily life.
- 07 Creating a new perspective on health with new values and attitudes.
- 08 How to prevent and intervene in the cycles of sickness, aging and premature death.

SHS stresses especially one life health purpose „to be a 4 dimensional healthy individual“. It is a life purpose that encourages us to look directly into the Relationship of body, mind, emotion and spirit and all living fields within the entire creation. For your ultimate state of health the SHS will support you in creating an inner and outer support structure. Amongst many other things you will create:

- 01 A unique, personal 4 dim. health mission statement, which contains your conscious choices of what, where, and how to make a positive contribution to our own 4-dim. health, to others and the world.
- 02 A 4-dimensional daily health management plan which allows you to simply oversee your life on one sheet of paper. Daily, weekly events are connected to your overall health purpose
- 03 A simple decision framework in order for you to choose wisely and to create your reality
- 04 Your own toolkit for self-mastery and illumination

SHS empowers people in their absolute 4 dimensional daily health management because it enables people to tune into themselves and fully understand the 4 dimensions in all its facets. This will allow optimizing health and the effective and effortless expression of their unique purpose with full inner support from the aligned body, mind, emotions and spirit as well as from the deepest core of belly, heart and head. In order to really fulfil and manifest our unique life purpose and enjoy it to its fullest we believe that ultimate health is the necessary foundation to do so. We also think in a way of **BE-DO-HAVE** attitude and approach to life. Be healthy, do healthy and have health. Being healthy starts in your thinking and using our free human gift of being able to think anything you like. The outcome of being a 4 dim. healthy individual is guaranteed if our intentions, thoughts, actions, values, beliefs about health are aligned and anchored in our inner support structure.

**When** you enjoy the feelings of patience, humour, self-surrender, gratitude, and freedom in your life and trust in the experience that everything happens automatically and out of its own accord, **when** you are aware of your crystal clear mind, **when** you sense security, peace and calmness deeply within, and

radiate abundant energy, **when** you feel relaxed and loose, yet at the same time centred and present, **when** you cultivate joy and happiness and are moving effortlessly along your way. then you might say that you are **ALIGNED WITH A WAY OF BEINGNESS** the SHS aims to foster. A beingness that connects you deeply with the Source field - an experience commonly called many names; being in the flow, moment of enlightenment, in the zone etc.

All the SHS really can do is support you to prepare the ground to do your very best that this inner realization happens. **And this is a lot.** Our aim is to support in how to create a subtle balance of matter (body) and anti-matter (spirit) fused at the core of your heart producing a moment to moment enlightenment feeling. This feeling becomes stronger the more your Individual Field becomes connected with the Source Field – to **BE IN SOURCED** so to say. Being able to appreciate now that each Individual is a part of the Source field we discover our original spiritual drive for being in service and so enjoy quite naturally contributing to our world in healthy ways of living. Our health journey becomes utterly joyful as we achieve a 4-dimensional healthy flow leading to the experience **TO BE HERE NOW**, fully and undivided as **ONE**. It means perfect alignment of the 4 dimensions amongst and to each other so soul and spirit can take full residence in the body. It is meant to master body, mind and emotions ore more **specifically to release tension in body, relax resistance to feel all feelings and emotions and loosen the attachment to the mind (our thoughts).** Cultivating this we will eventually be able to rest in ease in the perfect Middle Meeting Points between all pairs of opposites such as right / wrong, good / bad / pleasure / pain and being just aware of all experiences continuously returning to the Middle Meeting Points qualities such as centeredness, peacefulness, stillness or joy, love, truth and furthermore sensing the singularity of all at all times.

SHS education takes the challenge and responsibility to share how we as humans can reach a beingness, where we feel both acutely aware and relaxed simultaneously on a physical and soul level. It demonstrates how it is possible to be balanced, in a state of equilibrium, how to be in the middle of dynamic activity and yet remain totally relaxed and loose. It shares that is possible to get in touch with our body systems and to work with them in harmony rather than against them. We share how we can prefer making vertical experiences rather than horizontal experiences and always stay close to the **MIDDLE PATH** to experience more and healthier ways of being ourselves.

It is about noticing when we shift out of balance into unhealthy ways of being. Sometimes we even stay out of balance all together for a long time till we manufacture a crisis, sickness to remind us to shift back into the vertical experience. Here a first very simplified impression of what choices we have to cultivate if we want to stay more in the vertical experience, which we call real health, rather being stuck in horizontal plane where we experience illusionary health.

### A) Cultivating the vertical experience

Learning to shift from the horizontal into the vertical experience is one of the main themes within the SHS. It is the realm where we approach human perfection, health and well-being and where peak experiences and blissful feelings become a constant rather than a singular experience.

Some of the central core qualities that **produce real health and strength** are to just **BE** joyful and centred, the qualities that **magnifies your talent** are the capacity to be **HERE** in love and peace and the qualities that **manifest your genius** are to be in the **NOW** speaking the truth even silently to yourself.

When we realize how to blend core qualities of different centres in the vertical experience, such as

BE	HERE	NOW
JOY	LOVE	TRUTH
CENTERDNESS	PEACEFULLNESS	STILLNESS

blended with each other into a SINGULARITY (for example BE-HERE-NOW) – A SIMPLE BEINGNESS will emerge leading us easefully and gracefully to our ultimate state of health; our personal enlightenment.

**HORIZONTAL  
EXPERIENCE**

BEING IN POLARITY  
BEING DEVIDED  
BEING SPLIT  
BEING LACKING

WIN  
be right

**VERTICAL  
EXPERIENCE**

BEING IN BALANCE  
BEING UNIFIED  
BEING ONENESS  
BEING COMPLETE

WIN-WIN

**HORIZONTAL  
EXPERIENCE**

BEING IN POLARITY  
BEING DEVIDED  
BEING SPLIT  
BEING LACKING

LOOSE  
be wrong

**WE CHOOSE TRUTH RATHER THAN TO BE RIGHT OR WRONG**

STILLNESS  
TRUTH  
NOW

PEACEMAKER  
good - be in harmony

TROUBLE MAKER  
bad - be in conflict

**WE CHOOSE TO BE HAPPY RATHER THAN IN HARMONY OR CONFLICT**

PEACEFULNESS  
LOVE  
HERE

OPRESSOR  
Powerful

VICTIM  
powerless

**WE CHOOSE TO BE EMPOWERD RATHER THAN POWERFULL/POWERLESS**

CENTERDNESS  
JOY  
BE

**05 Cultivation of our ultimate state of health**

There are a great many factors to improve health on all levels. Factors such as work and satisfying hobbies are very important. Taking at least one week a year vacation, having enjoyable leisure time, regular daily routines, continue to grow and learn are all keeping us healthy – yet still we age often faster than we like.

A decision to follow important factors about health can lengthen your life by 20-50 years and even more important you are able to enjoy it fully. If you can integrate from the 4-Dimensional Health recommendations into your daily life as much as 1-3 habits you will live approximately 21 years longer, 6-7 healthy habits will lengthen your life by 33 years and just changing to the simple habit of eating regular breakfast gives you 11 years more to life. But like always the choice is yours to cultivate them ore not. Throughout the SHS programs we grow 4-DIMENSIONAL HEALTHY HABITS and learn to enjoy the process of cultivating our health throughout the stages of relaxation, rejuvenation, regeneration, longevity, agelessness and immortality...

To be **active and live fully**, to **love and laugh at your** joyful life, and to **learn** success in the everyday needs a **healthy spirit** operating via a **healthy soul** in a **healthy body**. The process to absolute health has no limits and the SHS. supports and fosters this process through

**4 dimensional health weeks**, as well as educational courses towards goals such as **Regeneration, Rejuvenation, Longevity and Immortality**, which are natural side products of the SHS approach in cultivating ones own health. Each of those goals are individual achievements that come primarily to those whose expectations are high enough to reach for it. In essence SHS will foster your self-observation, self-cultivation and self-knowledge in order to increase your self-awareness and ultimately live, love and learn in joy and health on this planet.

<b>REGENERATION – REJUVENATION – LONGEVITY – AGELESSNESS - IMMORTALITY</b>
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higher life quality and performance in 6 Life Time Task Fields



control and transformation of your own states of feeling in life and the everyday



guiding yourself constantly in and towards higher states of 4-dimensional health



understanding of your own ideal inner 4-dimensional health balance



increased self awareness



Self-Cultivation – Self-Observation – Self-Wisdom



<b>SPIRITUAL HEALTH SCIENCE</b>
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### **III How do you live-love-learn as a Spiritual Health Scientist?**

Everyone who wants to live longer, happier, healthier and wiser can be a Spiritual Health Scientist. Everyone who engages on the search to reach these goals by applying the best of eastern and western sciences is a Spiritual Health Scientist. A successful SHS is a student of life, dedicated to self-study, self-cultivation, self-observation, and using the vehicle of health as a tool, in order to gain insights into life, nature and the universe.

The SHS uses the 4 dimensions (body, mind, emotion, spirit) , the 6 life time task fields (individual, relationship, group, world, universe, source) as spiritual tools available to us on this planet to illuminate the consciousness of the seeker in all aspects of his life, as well as to reveal and manifest the divine in the outer world. Health and consciousness are two powerful streams. If we train to strengthen our spirit it will help and support us to do exactly what we want to do and to follow our inner thirst for more light, truth and joy.

The SHS works deeply on herself in order to eventually transcend herself. With her best performance in life she serves herself as well as others. She trains, exercises not to gain victory, fame, or to overpower others, but rather to express her own inner potential. She can serve to reflect to others and inspire them in expressing their own inner potentials. In this way we engage in a playful confrontation, and our „enemies ore opponents“ becomes our teachers and friends. Such a **SPIRITUAL APROACH** will inspire us. Instead of tension, fight, and struggle, when she releases the goal of victory or defeat, she gains joy in her own performance. All fields become then a vehicle for this kind of joy, harmony and inner peace.

Western concepts for exercising and sports, i.e. winning at any cost, have reached the level of extremes. As an extreme is at the end of the spectrum, a form of death either internally or externally inevitably takes place. In other words when one moves to the extremes he experiences strong contractions in mind and body, including the emotion of fear. To overcome the situation or fears one needs a concentrated focus, a crystallized conscious mind, which allows the soul to expand in order to touch a new reality, which then induces release in both mind and body.

These two directions of extreme tension and extreme release are well known in the world of sports, and are increasing in intensity, often resulting in physical self abuse, death, or burn out. Yet there is a **THIRD WAY – A ALTERNATIVE**, known **as the middle path, the path of the heart, the path of respecting the body**. Both of the other extremes are serving to help us locate the real path, the experience beyond death/life, good/bad, etc. The **MIDDLE WAY** is what we really want, but because we do not know how to experience it directly we create extreme swings in the death-life experience, i.e. the more we die, the more we can live.

We often search for death in order to find life. When we extremely and unconsciously push our limits, we finally find death. Yet physical death need not be the result. What has to die in us is the barrier (Ego, emotions, limited mind) to express what we are all searching = *to be fully alive*. Extremes are sought in order to get in touch with ultimate reality. Fear is a hindrance, barrier and extreme emotion, which we need to let go of, if we are to touch ultimate reality. Subconsciously we all know this. At the same time, we unconsciously search for dangerous ways of doing this, or to challenge our friends and comrades to show and guide us towards the middle path.

The SHS decides not to operate in the fields of extremes, she cultivates the awareness that we are all searching for the same thing for each moment, **TO DIE IN ORDER TO LIVE FULLY**. Instead of choosing a short, intense, effortful life, we aim 180 degrees different attitude;

To foster a training that promises us a long, intensive, effortless life, with a high degree of awareness on maintaining health in a effortless yet blissful thrill, ecstasy, orgasm and for very long periods of time, to experience the *effortless hereness-nowness-iness*, which is simply the „**absolute 4 dimensional beingness of life**“, which allows you to achieve the power of **BEING HERE NOW**, fully-undivided-completely and releasing joy-love-truth in abundance in our lives.

#### **IV Educational principles within SHS**

##### **01 Natural teaching - the natural way to learn**

Our present education system continues to fail us in teaching how to learn. On top of this, we are led to believe that learning constantly needs to be combined with the great effort of trying hard. I feel that once we learn how to learn, we only have to discover what is worth learning. The meaning of learning for me is to be able to change my habits (patterns of thought and movement) without attachment, without moral judgment or interference. Returning to the natural way of learning implies gaining an understanding for the way children learn. Observation shows that children do not interfere with their own natural (unsought) learning process, because a child has not yet learned how to judge or interfere. Without interrupting thoughts (because they have not developed the concept of a bad habit, or having a problem) the child simply lets go of any behaviour which is not serving its function anymore in this present moment. Therefore the child is free and able to simply play, explore in wonder and curiosity and adopt simply new ways of being.

If we think we are controlled by a habit then we will feel we have to break it. This is a most painful process, because to break something involves effort. Instead we have to learn that habits are statements about the past, and the past is actually gone – non existing anymore unless we recreate it again and again in this moment to the degree we have formed a believe structure which is recreating for us again and again the same habitual structure. Yet in reality I can not even be certain that a habit really exists since I do not experience it, except as a memory, or as a concept in my present mind. In short a

new education system has to teach that there is no need to fight old habits. The task is simply to learn to replace unnatural urges with natural ones, rather than to suppress them.

## **02 How do we like to approach life and learning?**

We like to make two assumptions in our SHS education. One is that happy learning is possible and secondly that the next thing we need to learn is already there presented to us by life in grace and for free. Those two assumptions require from us receptivity to learning what is life, love, truth and to leave always room for improvement (learning more in each moment of existence). A genuine curiosity and wonder attitude is a great skill to implement into your life in order to have fun with learning.

We approach life as it is happening in the 6 fields. Roles (like mother, employee, teacher and so on) are helpful to adopt in each field because they can then be synergized together. Those self-chosen roles are important in your life and serve us as containers to exercise your 4-dim. health with the opportunity to demonstrate fully living, loving and learning in magical ways as well as to live fully from your essence, talent and genius. In addition we suggest in the SHS to enrich your self with accepting and inviting roles such as

STEWARDSHIP	meaning you are entrusted with sth and take responsible care for it
SUPPORT PERSONS	being chosen and choosing a friend who sees only the best in you
HEALTH COACH	is a kind of watch-your-back person to help you focus on your strength, talents and transform your weakness and become a genius in what you love doing into your life situation to keeping you on track with lifes challenges.

We also apply a Win-Win strategy to living with others because it rewards us with real creativity and new possibilities, great adventures and a joyful living.

### **A) Wisdom of guiding (giving in sharing) and being guided (receiving in sharing)**

In the SHS there are no followers in the usual sense, all are equal masters of life and titles and roles in the SHS have only the purpose of being organized. We are using the timeless wisdom of GUIDING and BEING GUIDED in our approach to the TEACHING (giving) and LEARNING (receiving) PROCESS. As we grow towards ultimate health so our roles will be different and it can include roles such as being a health student, animator, facilitator, teacher, instructor, master and mentor depending on the situation and needs of yourself and others in that moment.

Our education is structured in such a way where learning is based on the method of individualized, tailored, one-to-one environments for giving and receiving the gifts of wisdom and where the time-honoured process of mentoring is highly valued. This process is possible through a system where we find ourselves shifting between being a student to being a teacher as well as guiding and being guided throughout our education.

The process of mentoring means “the enlightened stepping aside to create room in the centre for the next deserving person to step in and take charge. The concept of being able to step out of the centre, be it the individual, relationship, group, world, universe or source centre is important along the studies of SHS. Mentoring takes courage and the process instils courage by giving permission to follow our hearts and passion in all that we do as well as encouraging others to continue the journey of heart which is the work of noble mentoring. As part of nature this ancient art of mentoring is continuously introduced and cultivated into all relationships.

The modern concept of mentoring incorporates Taoist Wisdom and teachings of contemplation, self-reflection, simplicity, openness to others and sharing of ourselves. The result is SHS mentoring, a process of learning in which reward is not only in reaching ones goals but also in the very process of guiding and growing together, by living, loving and learning throughout our education. Both the one being guided and the one guiding mutually benefit from this dynamic interactions as ideas, support and the joys of success are exchanged and shared. In this way we are filling the beginning empty space of relationships with creativity, trust, cooperation and mutual understanding.

In order to be successful in this process of mentoring we regard the three steps of evolution as very important because they give us the possibility to progress joyfully in a step-by-step process of helping ourselves, helping others and becoming immortal.

### **03 Three evolutionary phases or stages of development**

In my journey of growing towards ultimate health I learned to distinguish between 3 phases of potential growth. They do not follow each other in a linear way, rather you grow in all three levels simultaneously and we can have spontaneous experiences on each level at any moment in our journey. Yet in the level of conscious integration those 3 steps seem almost universal.

#### **A) Help yourself (mainly concerned with the PHYSICAL body realm)**

In this level of personal growth we are working on self-healing and it is geared towards creating your own unique energy and discover the creative power within - not only try to follow our process but also cultivating the inner support ground and energy to do it. Energetic Science is a vital part of this level as we are learning to control our own life own life force and discover that

- the body can store and contain energy
- the mind can guide the gathering, condensing and storing process of energy
- the emotions can serve as a the fuel for our energy body (soul body) ultimately serving as a bridge to the higher spiritual realms  
to feel a feeling = quality of energy behind the intellectual words are experience
- the spirit shows us how to make wise use of the powers acquired through the refinement process of body, mind and emotions.

The energetic tools such as Microcosmic Orbit, Inner Smile, Iron shirt, Nourishment and sexual practises build the foundation to have the strength to be spiritually independent and to discover a place of source within us, the silent ground we all share, a spiritual realm beyond the physical.

Further we learn to heal ourselves physically, get emotionally stable and contact the cell memory in order to clean ourselves on a very deep level. The individual makes the connection with creative energy via sexual energy and has the experience that sexual energy is the key to ones creative potential. The insights that sexual energy is on the physical plane biologically transmitting the genetic lineage, on the emotional plane harmonizing love between men and women, and that on the spiritual plane it provides us with the tangible link between the creative powers of humans and eternal creative processes of the Source (Tao, Cosmos etc) is part of this first level learning.

To stabilize our experiences in the physical realm and to recognize our inner energies develops a strong support in ourselves. To be aware of our own awareness is a very special training to increase the inner support structure by being aware of what I am feeling, how my energy is moving as well to sense my emotional energy in its first charge. Living 4-dimensionally healthy is the aim of this level.

#### **B) Help others (mainly concerned with the SOUL (mind-emotion) body realm)**

Now that we have a solid physical foundation we are able to give birth to our soul and spirit in a healthy physical body. It is easy for our soul and spirit to feel at home in a strong healthy body. This soul realm is concerned with awakening that part in ourselves which acts freely of all influences and developing a

higher consciousness of compassion and balance within ourselves. We learn to recycle our own garbage and not dump onto others which leads and helps us to have more stable and enjoyable relationships with others. The cultivation of virtue energy in yourself makes others feel good around you and you start to be of positive influence on the people around you. We celebrate sexual life in a new way and it becomes a pleasure, springboard to transform sexual attraction into personal love and into spiritual awareness and service. We learn how to modify our response to the other person in such a way that the other person feels better. We also discover our purposes and align ourselves in our many roles we play on earth.

### **C) Become immortal (mainly concerned with the SPIRITUAL body realm)**

This realm is becoming aware of your potential for being immortal. It means giving birth to spirit in body and development of our immortal body, which can also be seen as being a fully authentic being. We use all sensory experiences for the nourishment of spirit in body and discover what is eternal and for ever. The realm of self beyond death and life is explored and we become comfortable with place after death. We learn to join immortal body with physical body and let energies work in our body as rejuvenation. We are capable now of separation of body soul and spirit at will. We are becoming really open and realizing I am me and everybody else too. That means if I have somebody's feelings extended towards me then I sense clearly that I feel the way somebody feels about me. If somebody loves me then it means simply that I need to learn how to love me more. If somebody disagrees with me it is good to realize that I disagree with myself. We are being a surfer (server) on the wave and being the change as well. So following the Tao in modern terms means following the flow of energy as it appears in the various channels experienced through our body without resistance or attachment.

### **04 A study path in stages**

Learning, growing and changing takes time, especially to integrate new aspects into our daily life. Therefore SHS shares the material in stages. The start and **first object** of SHS studies is the need for balanced reintegration of the 4 dimensions of Body, Mind, Emotion and Spirit into a unified whole.

**Secondly** it is the understanding, learning and practise of a purification process within the human body's main 3 information fields; Belly, Heart and Head. The 3 centres of those fields have been called and associated throughout history with many names, aspects, virtues and qualities. Those 3 essential qualities interact and influence each other. The 4 dimensions interchange information via those 3 centres in the following combinations or as we call it the 9 complexes:

<b>Exchange stations</b>	<b>BELLY</b>	<b>HEART</b>	<b>HEAD</b>
3 Complexes	Body-Mind	Emotion-Mind	Mind-Body
3 Complexes	Body-Emotion	Emotion-Body	Mind-Emotion
3 Complexes	Spirit-Body	Spirit-Emotion	Spirit-Mind

**Thirdly** by fostering the cultivation of the 3 spiritual complexes we enhance the harmonising, cooperating and interlinking of the 3 essences within the 3 centres. The purpose is to produce a new combined refined energy which allows for a complete, perfected, absolute physiological (body), psychological (mind-emotion) and spiritual (spirit) health.

**Fourthly it** is a practical (step by step) health educational system to learn to **help yourself, to help others, and to become immortal**. - the discovery of your immortality is to experience the dimension of your being that we call Source Field (others call it essence, god, Tao) which is not limited by time and space. A spiritualized body is not bound to time and space. With immortality you attain complete happiness, peace and freedom. You are one with the Source, the Universe, the world, the team, the relationship, and with yourself. We see those steps as a process which can be attained by every human being. **The more you become aware of the principles, the more you will draw to yourself health, energy and nutrition necessary giving you strength, power, and resilience.** Becoming aware of ourselves first means also learning to become aware of how we perceive things. Then we are able to observe how others perceive, and ultimately we are able to learn how the nature, Universe and Source

(Tao) perceives things. In refining all these states of perception and awareness we will ultimately realize pure awareness, and our own spirit will have learned to be naturally and spontaneously aware all the time, at which point we enter the gates and then we are on the path to total freedom and inner feelings of eternity and immortality.

**Ultimately** the studies guide us towards inner regeneration, rejuvenation, longevity, agelessness and into immortality by working within the 4 dimensional health pyramid and 4 dim. health needs pyramid. It leads us towards higher and higher states of health consciousness, of which the awareness of our immortality is the highest. But if one's consciousness is directed only to bodily instincts for survival, then the consciousness will develop bombs, a war to satisfy the needs which in the end will leave us even more empty than to begin with. Those needs will only be satisfied by the awareness of our inner space. If the need to satisfy the instinct is more important than the real need of satisfaction for love, joy, happiness, we will never taste the fruits of immortality. We therefore must learn how to first strengthen our spirit and understand some health and longevity factors in order to give us the picture and motivation for achieving ultimate health, longevity and even immortality.

### **05 Support and guidance of SHS students**

Our education intent to guide you in how to set the correct goals for living a life of health, love and wealth for all. If one is striving toward a goal (actually doing, moving), he may have already selected the wrong goal for himself. Therefore the problem is 6-fold and the SHS offers the following approaches to solve the problem. A spiritual health scientist is guided in the following ways:

- 01 He must first be provided with the instruction and guidance, with the **EDUCATION** which enables him to choose and select the proper goals for himself (for example healthy lifestyle)
- 02 Then he must be encouraged to strive towards a goal, an actual process of **EXPERIENCES OF** doing, becoming.
- 03 She must be awakened to a **CONSCIOUS CONNECTION** with the unlimited energy source within herself enabling her to access higher energies in order to put her goals (conscious /unconscious) and needs fulfillment into action.
- 04 She must be guided to make a **DEEP INVESTIGATION** into what is her paradigm (the way we view things from inside out) and what kind of principles are held at her centre.
- 05 Then the energy gained through that investigation must be directed towards a **MEANING FULL MISSION**. A mission without energy behind it is like an empty balloon and will collapse and not fly high. Energy not channelled consciously in a direction towards a meaningful Mission (direction, life purpose) is basically vested and will not increase your basic living quality.
- 06 Finally we support the **DEVELOPMENT of WILL POWER** and willingness to create deep integrity and fundamental character strength to achieve self-mastery in life. Integrity gained by making deeper and deeper commitments builds eventually **DEEP TRUST IN OUR ORIGINAL SELF**.

Those steps guarantee that a spiritual health scientist will reach their objectives in an effortless-effective-efficient way as well as enjoy the learning and growing.

### **06 SHS Education online**

On our future webpage and online courses you will be able to read many SHS missions of different topics (4 dimensional health, relationship, cooking, etc) and you will be facilitated to create your own personal ones as well. You will also find on the internet a complete overview of all the integrated

sciences and experiential educational subjects within the SHS. The international SHS education is built upon a „Unikat (degree) system“ which provides insight into the elusive nature of this health science while producing and exciting series of goals in life. There is no better way to guarantee progress and insure genuine movement towards mastery than progressing through the Unikat system. Each Unikat is accumulative, the material from each prior Unikat must be demonstrated at a higher level. The Mentor-Unikat is the highest level. SHS encourages anyone to progress through the Unikat system in their own timing.

The SHS students actualize their commitment by progressing through 3 major steps, whereby each major step is supported by 3 programs, each ending with a unification-degree. With each Unikat degree the student realizes that each program **requires more responsibility** for and a bigger commitment to the understanding and communication of SHS in his own life as well as in the world.

<b><i>PROGRAMS</i></b>	<b><i>PREQUISITS</i></b>	<b><i>UNIKAT AS</i></b>
I	None	4 dim. health Starter
II	Program I	4 dim. health Integrator
III	Program I, II	4 dim. health Balancor
IV	Program I, II, III	S.H.S Student
V	Program I, II, III, IV	S.H.S Animator
VI	Program I, II, III, IV, V	S.H.S.Facilitator
VII	Program I, II, III, IV, V, VI	S.H.S.Teacher
VIII	Program I, II, III, IV, V, VI, VII	S.H.S.Coach
VIII	Program I, II, III, IV, V, VI, VII, VIII	S.H.S.Mentor

## **07 Description of our programs within the three evolutionary steps**

### **Step 1                      Help yourself**

**Course 01 - Beginner**

**Course 02 - Integrator**

**Course 03 - Balancor**

This Basic Trainings are an investigation into what we already are, what we can be as human beings, and into the nature of Being. It offers a powerful opportunity for us to encounter ourselves in a personal and direct way on the 4 dimensional health levels. In this level the fundamental consideration is being awakened to yourself, the environment, others and relationships.

### **Step 2                      Help others**

**Course 04 - Student**

Our participation in this step starts with the transformative program, which facilitates the creation of an opening. The basic focus and objective as a student is to share, communicate and facilitate to others what the SHS is.

In the program this centres on keeping the international Spiritual Health Science courses functional and providing the services that the student body requires to make the communication of the SHS available to others. What shows up in taking on that task is how we typically are in the world. Observing how we do this work, as well as study it, then becomes a field in which the more advanced student can reflect other students back to themselves. It is a life encompassing endeavour in that anything and everything in our lives is available as transformative material. Also the nature of this program is such that all of our lives are touched. The purpose of this is realized through getting and demonstrating distinctions such as commitment, accountability, creation and excellence. After this program there exists possibilities that were not there before and there exists a sense of clarity about how we are in the world. We are more awake to who we are and there is much more power and possibility arising out of the being that we now express.

### **Course 05 - Animator**

This program encompasses the purpose and goals of step 1 and more. Students of this program are asked to animate, support and motivate students to realize their own animation, support and motivational health behaviours. It is an in-depth study of the teachings within the beginner programs and allows therefore grasping the essences provided within the SHS teachings, providing the necessary springboard from being an animator to becoming a facilitator.

### **Course 06 - Facilitator**

Students of this program are asked to partially facilitate the participants in all the courses up to these programs in making the distinctions which are at the heart of the SHS. Since we must experience the distinctions ourselves in order to facilitate others in making them, and have the skill to communicate our experience to another so that they can get it for themselves, we face a much greater demand and expansion in our own transformation. The student is required to get what the SHS is, to communicate that and to create openings for other people to get it as well. All the teachings are sourced from the same place and the student needs to get the source, as well as the particulars of the different courses and classes. It is a general consensus that participation in this program clarifies and makes more real our understanding of the step 1 programs.

## **Step 3      Become Immortal (developing authentic potential)**

### **Course 07 - Teacher**

Students in this level are asked to represent the committed heart of the SHS through learning how to teach the basic courses in 4 dimensional health. It offers the students the opportunity to teach ourselves to the study of the SHS. Stewardship, Supervision of students and internal apprenticeship has been traditionally used as the fastest and most complete way to learn an art and to move into position of mastery in relation to that art. At SHS the art we are studying is masterful experience and expression of our unique Being as a model to others. Our endeavour here is to constantly deepen our experience of Being and thus increase our level of Freedom and Capacity.

### **Course 08 - Coach**

This program is designed for students who want to be Health Coaches, or who simply want to use a powerful method towards personal transformation. It provides another level of growth for any student who is committed to questioning the nature of Being, and being awake all the time. By addressing the whole being, this program requires courage, it demands that we expand beyond previous limits and uncovers the most hidden aspects of ourselves. It touches the very core of our being.

It is confronting, direct and demanding and the most powerful means for transformation available. As a student we are responsible for care, communication and running of every facet of the SHS education. An integral part of the program is the realization and creation of effortless and powerful ways of being responsible. The purpose of this program is to move us closer to a position of Being. This shift in Being is marked by the experience we have of moving beyond our all too familiar limitations into a more powerful and workable way of being in relation to others and to ourselves. Students have an opportunity to look at the assumptions and beliefs they hold and to shift and create openings so that transformation is possible not only in the understanding and experience of SHS, but in our life, sport and the every day. We find ourselves enlivened and empowered as we become more conscious and awake.

### **Course 09 - Mentor**

In this level we find students seriously committed to the SHS. The promise to those who enter this program is that in 3 years we will have the understanding of the SHS. Having gone through all the previous programs we know will enter into the mastery of the skills and the understanding necessary to facilitate others in all the step1-2 programs. We are asked to be present, aware, alert and available for

students. This necessitates a constant letting go of our self-importance. We become the resource people of SHS. like being the Original meeting point of the great wheel of life, relating to the whole and functioning as the focal point. Completing this program will significantly impact the direction of our lives. Once the communication of SHS is mastered in can be taken into the world and communicated to others, with the possibility of further enfoldment in your own unique way of Being. This program is the fastest and most complete way to achieve a real facility and experience of the SHS. as an art of mastering our life, nature and the universe. It is geared towards a high level of transformation and moving in the realm of developing a physiology, psychology and philosophy of immortality.

## **V Essential SHS concepts, tools and structures**

### **01 Physiological, Philosophical, Psychological and Spiritual Health Awareness**

In order to be completely healthy all levels of our beingness have to be touched upon and realigned into proper health structure. The highly condensed overview chart on the next page shares with you the very essence of what we are sharing within the SHS. All the items mentioned are aimed reuniting our body, soul and spirit in a harmonious whole.

The physiological level

gives us a deep sensation of what nourishes our physical body and what sustains its optimum health to move effortlessly through life.

The philosophical level

gives us the necessary understanding of what to learn, how to study and integrate conceptually what we are here to experience.

The psychological level

gives us the in depth feeling of our soul and provides the fuel to move forward with inner guidance.

The spiritual level

inspires us to live for a purpose higher than self and gives as direct experience into the elusive nature of spirit itself.

Eventually we will come to experience that the paradoxical essence is part of the spiritual impulse as well as the drive to our psychological, physiological, philosophical, and spiritual growth.

# BODY - SOUL – SPIRIT

## 4-DIMENSIONAL CAPABILITIES - INNER HARMONY OF 3 BRAINS

We all are influenced by a spiritual impulse which gives us an innate drive for wholeness, completion, joy, ecstasy and a compulsion to recover our true selves. The paradoxical essence is part of the spiritual impulse as well as our physiological, psychological, philosophical and spiritual growth.

	<b>Essential Nature</b>	<b>all have it</b>	<b>enlightenment</b>	<b>not to be</b>	<b>subordinate to higher cause</b>
<b>Paradoxical Essence</b>	<b>Essential Self</b>	<b>uniqueness</b>	<b>self-realization</b>	<b>to be</b>	<b>to be yourself</b>
<b>S</b>	<b>SPIRITUAL</b>	<b>Awareness</b> Leave a legacy	<b>Meaning for Being a Seeing Being</b> Self-Transcendence = living for a purpose higher than self is the highest need sense of meaning, purpose, personal congruence, contribution, value clarification, meditation Meaning-Vision, connects to mission and principles Drive for Freedom see bigger picture=more happy, satisfied, contribute more	<b>(OSHO)</b>	<b>ESSENCE</b> GRACE Faith Conviction Gratitude

**self-awareness**      **Yi power**      **S**      **UNIFY**      **awareness**

ONE = 3 complexes into ONE  
*personal journal (results, successes, scripting, commitments, discipline)*  
 enlarge separation between stimulus and response = neutral energy  
 use to explore our needs and capacities and integrate them on very essential level  
 use to examine paradigms, explore our motives  
**TO BECOME AWARE OF OUR CONSCIENCE** and how it works within us  
 we set goals with realistic stretch and stay open to conscience-driven change  
 empowers us to have other awareness – we listen to our own heart and can so to others heart  
 we allow ourselves to be influenced by others, we have respect, humility for others  
 because we have a **CHANGELESS CORE** – we can be willing to be changed

<b>E</b>	<b>EMOTIONAL</b>	<b>Psychological</b> Love	<b>soul to soul, love and being loved</b> Fuel that moves us (emotion = e-movere = moving out) involves relationships with others, relate to other people our relationship to ourselves affects our relationship with others to love - be loved, to belong, rich satisfying relationships service, empathy, synergy, intrinsic security	<b>(CHRIST)</b>	<b>LOVE</b> COMMUNION Generosity Beauty Peace Presence
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**conscience**      **Centre of heart**      **S- E**      **TOLERATE**      **compassion energy**

*learn-listen (still-reflect-meditate) and respond, come in contact with principles and universal laws, talents, wisdom of heart, INTERNAL GUIDANCE SYSTEM (fear or love), inner voice, collective UC, get in touch with both the unique (purpose) and universal (principles that create life quality) we connect with passion of vision and mission and the power of principles, our avenues of contribution because we understand conscience we can know what it is to be part of the collective Unconscious and we see the importance of working together*

<b>M</b>	<b>MENTAL</b>	<b>Philosophical</b> Learn	<b>mind to mind, grow, learn, study, read</b> requires learning how to direct energy, reading, visualizing, planning, writing (clear language) develop, grow, ongoing personal and professional development virtues of honesty, integrity, humility, fidelity, justice, patience, courage	<b>(BUDDHA)</b>	<b>TRUTH</b> COMMUNICATION Wisdom Clarity Stillness
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**creative imagination**      **Centre of head**      **S- M**      **OBSERVE**      **neutral energy**

*visualization to improve health quality of life, see your new reality, visualize uncreated worlds of potential. MIND POWER, envision sth, create sth in our mind all the way to the end +give meaningful expression to conscience inspired vision and values by creating an empowering personal mission statement and visualise ourselves living it we envision possibilities and synergistic, creative ways to achieve it contribute our own creative imagination to the process of creative synergy help release the potential of others, create third alternative solutions*

<b>P</b>	<b>PHYSICAL</b>	<b>Physiological</b> Live	<b>food, water, sleep, exercise</b> Creation tool, expression requires or creates resources eating right foods, sleep, drink, clothes, shelter, vibrant health, economic well being exercising, avoid harmful substances, stress management, endurance, flexibility, strength	<b>(RENTAO)</b>	<b>JOY</b> COMMUNITY Contentment Vitality Innocence
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**Independent will**      **Centre of belly**      **S- B**      **RESPOND**      **centred energy**

*make and keep promises to yourself with integrity (neither over-promise nor under-deliver)*  
**ENERGY TO ACT**, to transcend, to rewrite our scripts,  
 passion of vision gives us a new understanding of independent will – it releases the power that connects discipline with its root word disciple. We become followers of our inner imperatives. Key to motivation is motive. IT'S THE WHY - the deeper YES burning inside that makes it easy to say no to the less important.  
 we make purposeful choice and carry it out; we have integrity to walk our talk  
 can work to achieve interdependent will and win-win situations for us and others

## 02 The essentials of SHS

In order to prepare your consciousness for the tools we will use throughout the manual I'd like to share in the form of very short condensed sentences what the SHS offers.

SHS teaches in essence the integration of our personality into our individuality, wherein lies the causal factor of purpose and potential. SHS acknowledges the spirit of evolution as CONSTANT CHANGE and aims to JUST BE AWARE OF all facets of the mystery called life. We hold the truth that ALL IS ONE and therefore take responsibility to empower people to re-claim responsibility for themselves and to experience that progress in life comes in the moment I and you take 100% responsibility for absolutely everything that happens in our life and we are manifesting in creativity and love out of our inner Source. Working with the 3 main aspects of human life; body (as a manifestation of spirit) self (as a created self) and service (contribution I come to share here) we have a solid foundation for fulfilment and becoming whole.

Within those aspects we foster the understanding of 3 evolutionary phases: HELP YOURSELF - HELP OTHERS and BECOMING AWARE OF OUR POTENTIAL OF BEING IMMORTAL. The discovery of immortality is to experience the dimension of your being that we call Source-Field (others call it essence, Tao, God). A spiritualized body is not bound to time and space. With immortality awareness you attain complete happiness, peace and freedom. You sense, feel, think and act in ONENESS with the Source, Universe, World, Groups, Relationships and with yourself.

The conscious use of ENERGETIC INTENTION AND AWARENESS allows us to becoming worthy of health, love and wealth because our intentions can be monitored by our awareness in order to correct the intentional course we were projecting into the future. To even empower this more we make use of a tool called **AWARENESS CHAIN(S) (INTENTION - THOUGHT - WORD - HABIT/ACTION - BELIEF - VALUE - DESTINY - AWARENESS)** in order to intervene more easily where there is a false link or misunderstanding in our matrix of living our life in a healthy way.

4-Dimensional Health Consciousness is fostered in order to know how to optimise our 4-dimensional health and 4-DH is made understood by a 4-dimensional health pyramid and a 4-DH needs pyramid. In order to integrate the learning's the 4-Dimensional Health Management creates all the outer support structures that we need to exercise 4 DIMENSIONAL HEALTH of BODY - MIND - EMOTION - SPIRIT and integrate our 4 DIMENSIONAL HEALTH NEEDS in our daily life effectively.

We play by living, loving, learning in the 6 fields of existence INDIVIDUAL - RELATIONSHIP - GROUP - WORLD - UNIVERSE - SOURCE. The work with our 3 bodies, PHYSICAL-SOUL AND SPIRIT, allows us eventually to reunite the 3 realms of human existence EARTH-HUMAN-HEAVEN via the unification and cultivation of the essences in BELLY - HEART - HEAD.

Ultimately we become aware of the difference of living in mortality or immortality awareness and recognizing your unique purpose and mission for BE(ING) AT THIS PLACE (EARTH) HERE NOW.

All those different stages, concepts and tools will be shared step by step throughout this manual in order to guide you to your own state of ultimate health and to let joy and fulfilment overflow in our lives.

## **VI What is needed to work with this manual?**

You do not need to belong to any philosophy, belief system, or religion, to train and practise the tools provided here and to integrate them into daily life and your field of exercise or sports. All the tools and theories in this manual are considered to be compatible with any way of life. What you do need is to make a choice, an inner commitment and to set some time aside to work with this manual.

To gain the most from working through this manual, an open and receptive attitude is required. Unfortunately many Students are so blinded by their own self-importance that they lack the humility required to really learn. To be humble is to "lower" oneself. The lower one is, the higher the potential is to learn from the abundant knowledge of a teacher. Similar to a gravitational pull, this phenomenon is just like water that flows from a higher place to a lower one. A successful student must always be humble and receptive to learn in order for the dynamic flow of knowledge to occur. In traditional martial arts training, there is no dignity for the student in front of his teacher.

What this manual shares with you is not the truth, for truth is a personal experience. My hope is that the reader will have a student's attitude to bring the contents of the manual into his own inner experience and make it his own daily, personal practice.

This manual is my task supported out of a deep inspiration that comes from a continuous, inner, moment to moment alignment with the Source field. This supplied me with the necessary energy needed to give myself the power to choose to make a commitment for this task. Therefore, I ask the reader to view this manual not as a perfect, and completed work, but as a vehicle to a never ending process of inner development and personal growth for all of us together towards ultimate health. The following attitudes I share have helped me along the path of completing this manual:

### **A beginners mind**

to be open to new experience that comes out of my own creative centre. To be receptive to new ideas and perspectives.

### **Appreciation**

for the mystery of life, nature, the universe, and the difficult situations involved in this mystery.

### **Deep respect**

for myself. To enjoy myself to the utmost and to attract much positive feedback from others and from my environment. Respect others path and spiritual independency

### **A sense of self**

through self-study, -observation, -knowledge to increase my own awareness for what the Source wants to guide and inform through me.

### **A willingness to follow**

the Individual, Group, World, Universe and Source processes as closely and clearly as possible.

### **Acceptance**

that I am forever learning, and that I am able to make mistakes.

### **Forgiveness**

To forgive myself and others daily for our mistakes and shortcomings.

### **Improvement**

The daily spirit of constant improvement in little things, step by step, is very valuable.

Let's begin by BEING-HERE-NOW

Enjoy your SHS process