

*Cycles and sunglasses:*

*The 7 paradigms of life  
here on Earth*



*Heinrich Kleinschmidt*



## **Cycles and sunglasses**

The 7 paradigms of life here on Earth.

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# Cycles and sunglasses

The 7 paradigms of life here on Earth

By

Heinrich Kleinschmidt

(An e-book teaser)



## DEDICATION

I dedicate this offering to all:

- Who reminded me to remember and were willing to be mirrors for me throughout my life here on Earth, especially my loving wife and best friend, Glyn, and my parents.
- Who are life, love, light, beauty and wisdom.

## ACKNOWLEDGEMENTS

- I thank God for his guidance in compiling these writings and bringing the spiritual language into sight.
- I thank each and every being that came into my life here on Earth. Each One of you was there, for the right reasons, at the right time to re-mind me.
- To all the authors of the approximately 150 books I have read over the last 25 years and all the teachers I have sat under, formally and informally, for the contribution that you have made towards my own personal learning, I thank you.
- Thank you also to Glyn, Hilton, Christa and Dorian for all your valuable editing and inputs to form and shape this book.

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Re-Member?..... **Error! Bookmark not defined.**

## *I n t r o d u c t i o n*

### **Cycles and sunglasses**

In my mind, life works in *cycles*. Such cycles are contracting, expanding or constant. What cycle we experience, depends on our point of view.

For example: Let us see if the day cycle on Earth is contracting, expanding or constant.

A 24 hours day indicates a constant cycle.

If I live in the southern hemisphere of the Earth, and I ‘only look’ at the day[-light] part of the day, during January, I ‘see’ this as a contracting cycle, because the days are getting shorter and shorter. If I live in the northern hemisphere, I experience an expanding cycle. From here, if I *only look* at the night part of the day, I will *see* it as a contracting cycle.

What is the point?

The point (of view) is that every one of us ‘sees’ everything on Earth (and beyond) through some or other ‘point of view’ or specific perspective. I use the metaphor ‘colored sunglasses’ to refer to the way we see things. I hope you were not under the impression that this book is about the cycles we ride. ;-)

We all wear different colored sunglasses. Most of the time, **we** do not *realize* that we are ‘seeing’ the world through these sunglasses. Sometimes **we** [humans] even go to war with each other, because

we wear different colored sunglasses. Often we refer to these ‘war-making sunglasses’ as ‘religions.’

Have you ever seen newborn babies bring along their own sets of  
colored sunglasses?

Then, where do we get them?

Our parents gave us a few pairs. They told or ‘programmed’ us that we MUST wear them, because “the Sun is too bright” and our “eyes will be damaged”.

Where did they hear that?

Oh, I know, from their parents.

Then we go to school. *Now* each teacher gives us another pair of a different color with the same (or slightly different) *program* or interpretation. “The sun will blind you.” Then we go to a religious gathering and the same happens. Our friends give us a few pairs, so too university professors, government, and so on and so on. In the end, we have many sets, with various different colors. We end up *not knowing* the color of our own eyes or the color of the sky any more. In addition, we are very *fearful* of the sun.

All right, so what are these ‘7 paradigms?’

They are another set of 7 *colored sunglasses*.

Do I present them as any form of ‘truth?’

No, I only present them as *data* for our *reflective observation*. It is not important whether they are *true or not*. You will understand why as you venture further. I am not concerned whether you agree with everything or anything in this writing, or not; *I am only my purpose*.

As you will see, there is nothing ‘new’ in these paradigms; we have *known* them for ages and ages. I merely present them in a format

that will [hopefully] help *remind* us to *remember* them. They intend to prompt us to:

- ‘re-program’ (or rather *re-mind*) ourselves
- real-I-se[e] and
- take *responsibility* for our own ‘seeing,’ by taking off all our colored sunglasses (even the 7 I am offering you), *re-member* and then go and have a dance...

Oh, by the way, did you notice the *italics* and the ***bold italics*** formatting? And the bold ‘[ ] ( )’?

I have chosen different formats to enhance your *awareness* journey and your *learning experience*. I describe these special ways where relevant. For example, all *italic words* denote an important aspect that *has been* or *will be* elaborated within one of the 7 paradigms. The main reason for this *italic* formatting is that all these lower level aspects, similar to *life here on Earth*, *inter-are* so much as *cycles*, that it is impossible to present them in a logical sequence. Everything in normal ‘editor’ [square] brackets is unnecessary. Its content is implicit, but it provides clarification and prompts you to ‘edit’ the way you may have looked at it. Please be *aware* of all the special formatting so you do not miss the fun and *learning*. The formatting provides clues and exercises your eyes to become aware. If you find it disturbing, you may read over it.

Have you ever had the experience that you cannot hear the specific words of a song? This is normally when the ‘colors’ of the words do not fit in, with our colored sunglasses.

Have you experienced that when you listen to it again later, you can  
clearly hear the words?

Alternatively, does it have a different meaning to you?  
Normally, we discard some of our sunglasses. New ones allow us to  
'see' the words.

If you cannot clearly see the dual messages in the concluding  
chapter, it may be worth it to re-read this writing again after a while.  
Until you clearly 'see' the formatting significance and the dual  
messages.

Have you ever had the experience of falling asleep while listening to,  
or reading some profound 'spiritual' material?  
Do not be concerned (rather be glad) if you keep falling asleep, or  
hover between sleep and wakefulness, while reading sections of this  
book. It may mean that the specific section stretches the boundaries  
of your existing paradigms. When this happens, we choose to go  
into a subconscious state to *conceptualize* these new ideas by  
validating it against our subconscious models. They may still be  
outside our conscious models.

So, have you noticed the questions clinging to the right hand  
margins?

This book raises more questions than answers. For some of the  
questions, I attempt answers from my own *experience*. In most cases,  
I do not provide an answer. To some of these unanswered  
questions, I may *know* the answer. For most, I do not. Questions  
enable you to see that you are wearing sunglasses, without me  
challenging the color of your sunglasses. If you are committed to  
*learning* optimally from these writings, you are allowed only one

answer to all of these questions. This answer is ‘maybe, maybe not.’ It is the short version for: [It] maybe [like that], [but] maybe [it is] not [like that]. The other reason for the questions is to offer you possibilities to *expand*. *Open* yourself up to the *maybe*. All of us still need to learn a great deal in this *life here on Earth*.

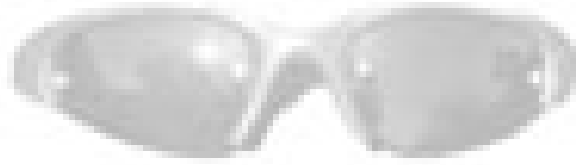
Enjoy.

With the advancement of global communication, various quotes, passages and stories come included in e-mails as extracts from ‘popular quote’ web sites, thought for the day, newsletters, etc. without formal reference to the origin or sometimes even the original author. Some of the tales are so old that they are public domain by now. I also have the knack of remembering a good quote for years, even if I had only seen it or heard it once before. Whenever I used any of these quotes or stories, I have tried to source the Internet and contact the authors for permission.

If any author still feels that I did not give him/her enough credit or infringed his/her copyright, please feel free to contact me.

# Cycles and sunglasses - The 7 paradigms of life here on Earth

## *S u n g l a s s e s*



### ***The 7 shapes, sizes and frames***

I use certain concepts frequently throughout this writing. As sunglass frames serve the purpose of holding the glass, these concepts provide a framework for the main paradigms. I will define these concepts in this first introductory chapter.

#### **Some conventions**

Whenever I use the word 'we,' you can view it through the sunglasses you prefer. You can see it as only yourself (with 'we' denoting the four levels of your being-ness), you and I, your immediate family or religious group, the whole of humanity here on earth, the universe or cosmos. The choice is yours.

Another convention: I sometimes do fun Internet searches with some key phrases or words. Due to the size and integrated nature of the Internet at the time of writing, I see it as a representative sample of what humanity is busy with. Although it is biased towards users of technology, it should represent most of those whom the readers of this book interact with. I use the Google search engine most often. In spite of doing the searches in English, it searches across language barriers.

## The 7 shapes, sizes and frames

In various places, I use certain concepts, but mostly names, without clarification. Examples are Maslow, Kabbalah, Gnostics, etc. If you do not know them please consult the Internet for numerous references. Clarification would distract the flow of this writing.

### More Cycles

Perhaps ‘**cycles**’ need a little more ‘flesh.’ Few things in nature do not work in cycles. Let us look at some examples of natural cycles.

Earthly day cycle:	24 Hrs
Lunar cycle:	27 days, 7 hours, 43 minutes, 11.5 seconds
➤ sidereal time (reference to the stars)	
➤ lunar month (different point of view)	29 days, 12 hours, 44 minutes, 2.8 seconds
Menstrual cycle:	c. 28 days
Earthly Solar cycle:	365 days
➤ Superimposed on this solar cycle is four alternating seasons:	c. 3 months each
Uranus day cycle:	17 hours 15 minutes
Uranus year cycle:	84 years

When working with very short cycle times, it is easier to work with the inverse, which is frequency. The full continuum of the spectrum of light and the full spectrum of our brain waves are examples of such short cycle times in nature. The amplitude or extremity of the cycle is the *level of vibration*.



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There are many man made cycles. The one you use every day is alternating current (AC) electricity with a cycle time of  $1/50$  or  $1/60$  of a second, depending where you live. These cycle times compute to frequencies of 50 or 60 cycles per seconds or Hertz. The *level of vibration* is either 110 or 220 Volt.

We can carry on and on with examples, but do you get the general idea of cycles?

Our whole life also runs in cycles: Cycles of love and fear, closeness and detachment, dependence and independence, learning and teaching.

Why do we forget that?

Is that why, when we disagree, we easily extrapolate the result as a straight-line trend instead of a cycle?

We easily blow up what could have been a short, unimportant cycle, to become even a divorce.

### **Solid versus Gaseous cycles**

Do you remember the different types of cycles?

Let us investigate *expanding* and *contracting* a little further:

What happens if water (or any liquid) expands (through a combination of pressure and temperature)?

It becomes steam or a gas.

What happens if water contracts?

It becomes ice or solid.

In gaseous form, water is 'open' and therefore easily *penetrable*. Two 'different' gasses can simultaneously co-exist within the same space.

## The 7 shapes, sizes and frames

Imagine the area above a boiling kettle's outlet. The steam mixes with normal air and you cannot distinguish the steam any more. You can easily penetrate this area by pushing your finger into this mixed air. Now push your finger into a block of ice, or let two blocks of ice simultaneously occupy the same space. Slightly impossible.

At a basic molecular level, what is the difference? *Nothing*. All three states are still physically H<sub>2</sub>O. Due to additional *energy*, the *level of vibration* of the gaseous form is much higher than that of the solid form.

If energy, such as heat, is added to ice, its level of vibration increases.  
If this continues, it will eventually be open, penetrable, invisible and completely one with other gases in time and space.

Please take note how this special message evolves.

### The Teaching concept

There is a story about a little girl whose mother teaches art. When thinking about teaching this tale comes to mind.

“The little girl enquires, “Whom do you teach?”  
Her mother responds, “I teach the adults.”  
The little girl asks, “What do you teach them?”  
The mother replies, “I teach them to draw.”  
The little girl's eyes open wide, “You mean they've forgotten?”” \*

By now, you probably think that I should have taught you something.

This teaching concept is simple, yet profound and is relevant to the spirit in which I present this writing:

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*I cannot teach anybody anything.*

*I can only **remind** them to **remember**.*

*Or is it rather **re-mind** them to **re-member**?*

You can read the second statement in light of the previous tale. Later you can re-view it through the *colored sunglasses* of the first paradigm. We already *know* all the things contained in this writing. *I* am only reminding *you* to remember what *we* already *know*. How the last statement differs from the second one, may not make immediate sense. Once you have ventured through all seven paradigms, please note the special language in the concluding chapter. You will experience the power of the ‘-‘ in the English language to be(-come) an(-)other language.

Is it closer to *our* authentic spiritual language?

I cannot teach you anything in this writing, or in life, for that matter. I can only present you with some [hopefully] interesting pieces of *data* for your *reflective observation*. You *need* to take the full *responsibility* to *learn*.

### **Interdependence versus Interconnectedness**

Authors have written much on ‘interdependence.’ They use different words such as ‘inter-are’ and ‘co-dependence.’ The dictionary also offers the synonyms ‘inter-reliant,’ ‘co-dependence,’ ‘mutual dependence’ or ‘mutual support.’ I prefer to use the term **interdependence**. Throughout this writing, I frequently use the aspects of ‘need to’ and ‘want to.’ In combination, I propose from basic principles that:

## The 7 shapes, sizes and frames

- **Dependence** manifests as a ‘must’ or ‘need to,’ mostly even against our will.
- **Independence** manifests, as Frank Sinatra said; ‘I did it MY WAY.’
- **Interdependence** manifests as ‘want to’ or ‘willingly.’

The important aspect here is: to be interdependent you first need to be independent from your dependence on other people, *objects*, *illusions* or substances. Each one of us begins life as a newborn baby completely dependent on our parents for everything (even their colored sunglasses). Gradually we became increasingly independent, on the *physical level*. Only a small percentage of people achieve full interdependence on the physical level. Another important aspect about interdependence is that both sides still ‘need’ each other in essence. Yet, this is mutual and not one-sided as in dependence. Interdependence leads towards a bigger purpose - not merely basic survival, as is the case with dependence. The overriding difference is that we *willingly want* the relationship from both sides.

What is the difference between interdependence and interconnectedness then?

Have you ever walked into a lift with mirrors on both sides?

The following tale comes to mind:

“The Empress asks the Sage “You talk of interconnectedness. What is all this interconnectedness?”

The Sage takes the Empress into a hall covered entirely with mirrors - the ceiling, the floors, the walls, the doors. Wherever the Empress looks, she sees her shape all the way to infinity. The Sage hangs a crystal ball from the ceiling and places a lit candle next to it. Wherever the Empress looks, she sees the candle reflected in the crystal reflected to infinity.

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The sage turns to her “That Empress is just a hint of interconnectedness.” \*

Have you ever looked closely at the hologram on your credit card and wondered how it works?

Each minutest part of a hologram contains the entire image, as represented by the whole hologram. If we could change the whole image, each minutest part would also change in exactly the same way. This metaphor provides a further hint of interconnectedness.

### **Win-win relationships**

The two **values** that *I am* here to *remind* us of are **fairness** and **balance**. If both of these successfully manifest, we have a ‘**win-win relationship**.’ If we do not *mutually* express both fairness and balance, one of the sides will feel that it is not winning. We will disengage more and more from the relationship, until there is no longer a relationship.

There is no such thing as ‘win-lose’ relationships. It is either win-win or it will be ‘lose-lose’ in the end. Win-win relationships thus require interdependence. Fairness and balance from a *spiritual* perspective imply that there are no servants and masters, but all of **us** need to be equals and viewed as peers. (We are recreating the same concept in the ICT industry today, as elaborated in a later paradigm.) Were these two values manifest on Earth, there would be no discrimination at all.

Is any discrimination not based on a win-lose premise?

## Event data

If we look at any event, what is the raw *data* we need to *observe*? For my Ph D I investigated ‘The computer assisted integration of complex processes’ during the full lifecycle of complex human made systems, such as aircrafts. This included the full spectrum of *creating*, using and phasing out of such systems. If we go back to the basics, as I did in this thesis, we can also describe any **event** in these basic parameters of a process. The basic parameters are:

Who?  
[Did] what? (verb)  
On what? (subject)  
When?  
Where?  
With what? (object)  
[For] how long?

There are three universal operators which operate on any process, namely ‘How?’, ‘Why?’ and ‘What thereafter?’

The ‘how’ takes us to more details of lower level events. One can describe or observe these events in exactly the same parameters. We can carry on almost infinitely with the question ‘how?’, until we observe what each atom in this process is doing. If only we could observe such detail.

The ‘why?’ takes us to a higher level with less detail, to the *purposes* or reasons for this event. We can again describe all of these within the same parameters and ask the question almost infinitely, until we can link each event to some universal *creation purpose*.

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The ‘what thereafter’ operator handles the inter-are or *interdependence* of events. The event on which it operates becomes the *trigger* with a network of subsequent *caused* events. Again, we can describe the result of this question within the same parameters and ask the question almost infinitely in the reverse. We can also view this reverse as a ‘why’ – because it produces other *triggering* events that *caused* it. If we could observe all earthly events in its full trail, these reverse trains for all events will end up in the creation of Earth.

If we use all three operators and we could be *aware* and *observe* properly, we might have the situation that something happened to me yesterday, because you kicked a dog twenty years ago. I am teasing. ;-)

In chaos theory, this is known, however, as the ‘Butterfly effect’ and is due to our *interconnectedness*.

When we observe any event with our five senses, we record all this information plus fragrance, taste, sound and touch in our memory banks. This is the ‘**raw event data.**’ Anything more than that may just be the ‘**observer’s story.**’ Any interpretation of ‘why’ it happened mostly enhances the observer’s story. This is mostly because we are not *aware* enough to see the correct *interdependence* or *interconnection* of events. Things are not always, as they seem.

## **Purpose versus Vision versus Mission**

Based on various web-based discussion forums, books, training workshops and my own ICT consulting, I am aware that there is much confusion in people’s minds about the difference between

## The 7 shapes, sizes and frames

these three concepts. The problem is that all three aspects are associated to each other. This is valid, whether applicable to countries, companies, or to us as individuals. Different people could interpret these aspects on different levels of granularity. This can result in hours of debating about who is *right* or which interpretation is *true*.

We can apply the same basic principles as those of *event data* here. I will only utilize the action or function part of the full process parameters. The function of a process can be described as what (verb) [is/needs to be done] **on what** (subject), for example 'Love people,' 'Create systems,' etc. I will only use this special underline bold formatting in this paragraph to provide clarity. The two universal hierarchical operators, namely 'How?' and 'Why?' are particularly of interest here. A reminder: 'How?' helps you to drill downward to more detail in the same action format. 'Why?' takes you upwards to the 'core' or 'source,' again in the same action format.

For example:

I love **people**.

'How' do I love **people**?

By opening up to **people** or caring for **people**.

'Why' do I love **people**?

To manifest **love**.

In my *colored sunglasses*, we can therefore see:

- **Purpose**, as the highest core or source level of what *we need* (or *want*) to achieve.
- **Vision**, as the first level of 'How' the **purpose** will be achieved.



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- **Mission** as ‘what we already are,’ to enable us to go after our *vision* (to achieve or manifest our **purpose**).
- **Mission** can also be seen as ‘what we are here for.’ This completes the cycle. Mission is now the same as purpose.

What if our individual purpose here on Earth is in the form of ‘what we (individually) already are’ or ‘I am...’

In this case, mission is again the same as purpose.

Is it worth our while to try to distinguish between any of these aspects on a *spiritual* level?

This book will therefore use ‘**purpose**’ to denote any of these three aspects for our *purpose here on Earth*.

1 – We are spiritual beings having a human experience

*Paradigm 1*

# 1

## *We are spiritual beings having a human experience*

“We are not human beings having a spiritual experience;  
We are spiritual beings having a human experience.”  
- Pierre Teilhard de Chardin \*

In the early 1990’s this quotation crossed my path with its author unknown. At that stage, I was still living out certain ways of my childhood *programming*. Our childhood *colored sunglasses* can make it difficult for some of us to make this switch. It is particularly valid if nobody prompted us to think about it consciously. For many years, I have used this quotation as a question to myself. Today, when I want to challenge someone’s sunglasses, I still use it as a question. My investigation attributes this quotation to Teilhard de Chardin (1881 – 1955), a French Jesuit scientist. My Internet search yielded 594,000 hits on all the words of ‘We are spiritual beings having a human experience.’ It is part of our consciousness.

The term *soul* or *higher self* will be used throughout this writing to denote this *spiritual being-ness* as opposed to *you, our* or *us* for this *physical human being-ness* (also seen by some people as our ego-

1 – We are spiritual beings having a human experience

self, personality or the 1% realm of Kabbalah). Although **we** as ‘holistic beings’ consist of four levels of being-ness, namely ***physical***, intellectual, emotional and *spiritual*, you will notice that the main emphasis of this text revolves around the specific two extremes, ***physical*** and *spiritual*. I think more than enough is written already on the intellectual and emotional spheres.

Different people use different terminologies such as ‘being-ness,’ ‘self,’ ‘I Am ness,’ ‘spirit,’ etc. to denote our *spiritual being-ness*. They may even see differences between them. That is not within the scope of this writing. In some instances, you may view the intellectual and emotional aspects as part of the physical.

If you have been aware (as requested in the Introduction), I endeavored to make the difference between the two levels of being-ness more noticeable by utilizing ***bold italics*** and *underlined italics*. This is the most important formatting. Please note it specifically in the concluding chapter....

The important question for this paradigm is:

When did ***our souls*** originate?

Was it [long] before ***our*** conception or birth or sometime thereafter?

## The paradigm

‘Wherefore my counsel is that we hold fast ever to the heavenly way and follow after justice and virtue always, considering that the soul is immortal and able to endure every sort of good and every sort of evil.’<sup>1</sup>

- Plato

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Although this paradigm seems to derive from a Jesuit scientist, who may have been influenced by Plato, what did Jesus have to say about this?

For interest, the Internet search on 'Jesus' yielded a result of 23.2 million hits, versus 3.35 million for 'Buddha' as another example.

'For I have come down from heaven, not to do my own will, but the will of Him who sent me; and this is the will of Him who sent me, that I should lose nothing of all that he has given me, but raise it up at the last day' <sup>1</sup>

'I know Him, for I come from Him, and He sent me.' <sup>2</sup>

- Jesus Christ (The Bible)

If ***our colored sunglasses*** permit ***us*** to see that:

Jesus came from and was sent by God,

He returned to God,

He promised us an eternal life,

Eternity cannot have a beginning if it has no end.

Is it now not a possibility that *our souls* are immortal?

That *our souls* *WILL be* and therefore *HAVE been* forever?

This paradigm does not have anything to do with re-incarnation, only with incarnation. While reading this writing, you can therefore wear your own '*re-incarnation sunglasses*,' whatever color they may be. The only aspect of relevance here is that ***we*** are in essence spiritual beings. That implies that ***our souls*** did exist before ***we*** were physically born into this *Earth school*. Whether it has been, or will be again, is not relevant to this book.

The important aspect here is that it is possible that we are here on Earth only for some or other temporary assignment.

1 – We are spiritual beings having a human experience

Can this paradigm ‘work’ for *you*?

If you do not already feel comfortable with this concept, I suggest you complete this *learning cycle* first, (refer to the other paradigms) to see if it *works* for you and not if it is ‘*true*.’ The remaining paradigms rest strongly on this foundation as an assumption. Most of them will not make sense to you if you do not experience this *learning cycle*.

## Conclusion

So, if we are *spiritual beings*, why would we be so foolish to come down to Earth as *human beings*?

To *do* what?

What is the temporary assignment that we are here for in this ‘foreign’ physical realm?

For whom are we doing this temporary assignment?

Does *remind to remember* have a different color now?



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### *P a r a d i g m 2*

# *We are here **to learn** [about love]*

“Love is the law of God.  
You live that you may learn to love. You love that you may learn to live.  
No other lesson is required of Man.”  
- Mirdad \*

In the mid 1990's, a dear friend faxed this quote to my wife and I. It is the most concise summary of this paradigm and the biggest part of our *lives here on Earth* . I traced the quote back to ‘The book of Mirdad,’ hosted on the Internet by the Essene Nazarean Church of Mount Carmel.

I need to elaborate some further concepts, to expound this paradigm fully. These concepts are also important for the subsequent paradigms. This makes this paradigm the longest of them all.

### **The Learning concept**

From the time, in the late 1980s at a facilitated ‘bush conference’; the following **learning cycle** has suited the color of my *sunglasses*. I

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have adapted it for various applications and have brought it to the attention of many of my honors students - to *remind* them. Unfortunately, the presenter did not attribute it to any specific author. Apparently, the concepts originated in the 1940s.

The concept entails that **we** all learn in four basic steps. Once we complete all the steps, another [expanding] cycle will begin, as long as we keep on learning. Each one of **us** goes through these basic processes, always in the same sequence. Yet each person differs by the amount of time that he or she spends in a specific process for a specific cycle. The amount of time a specific person spends in a specific step, will normally be approximately the same percentage of the full cycle. This profile of percentage time spent per process, by a specific person, will be like a characteristic learning signature of this person.

My friend Dr. Dietmar H Winzker has a phrase in one of his presentations: 'Data. Info. Knowledge...'. I also merged this concept into this learning cycle.

The first step is that we have some '**concrete experience**' that something or some concept is 'not *right*' or 'not the *truth*' or 'not *working*' for us [any more]. Sometimes we have an 'intuitive feeling' (being brought *in sight*) that something needs to be learned. You probably had such a feeling about *life here on Earth*; otherwise, you would most likely not have bought this book.

This experience leads us to '**reflective observation**' of this specific aspect, when we re-look at our past and current experiences to gather **data** on the subject. This writing only contributes to this step of your learning cycle.



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This leads us to the third step namely ‘**abstract conceptualization.**’ Here we build our own models, theories, *paradigms* or rather *colored sunglasses* that ‘fit’ or ‘describe’ our observed data about our experience. This creates **information** from the data.

In the last step we will ‘**actively experiment**’ to test and validate these models in the ‘real world’ or *reality*, whatever we perceive it to be. Once we have made this assessment, we will [have] **know**[ledge] whether our information conceptualization of the observed data, of our experience, is valid or not. This will complete the cycle and provide us with a new **concrete experience**. Now the next *cycle* starts, either refining the current *paradigm* or *creating* a new one, if the previous one was invalid.

Learning is a *positive, expanding, cyclical* process or spiral. It continues for as long as we are *willing* to learn.

For a cyclical process to expand, the amplitude must increase, which is the level of vibration.

As we go through these learning cycles, we therefore want to increase our levels of vibration and become more like steam, than ice.

## Balance again

After all these years, this specific learning concept still works for me. It traverses or alternates from *active* to *passive*, *concrete* to *abstract*, as well as through all four levels of our being, namely *physical* to *spiritual*, *intellectual* to *emotional*. In addition, although the process is

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*universal*, the average percentage time spent per process step will be *uniquely personal* to each person.

It has helped me to swing naturally, without resistance, through these extremes like a pendulum, thereby completing *cycles*. Thereby I keep the *balance* in my *life here on Earth*. It is much easier to walk on two legs, swinging like pendulums and creating balance, than on one leg. In this book, the concepts oscillate between our own *individual* and the bigger group or *universal* aspects in the same way we need to operate on a spiritual level. We need to balance these two aspects.

### Knowing

Have you had the experience that **the more you learn** about something [spiritual], **the less you know** about it [in %]? **No paradigm is complete or perfect.** We will inevitably find [if we are *aware* enough] new *data* that does not fit into our existing paradigm(s). If there is one single piece of data that we cannot explain with a specific paradigm, we need to take that paradigm through another *learning cycle* to re-test its *workability* in *reality*.

Numerous models, such as the Johari window, work on various concepts of knowing. For example, what we know, what we know we know, what we think we know, what we know about ourselves, what other people know about us, what other people don't know about us, what we don't know about ourselves, what we think we don't know, what we don't know, what we know we don't know. On and on it goes. Most of these models try to assess these aspects

Cycles and sunglasses - The 7 paradigms of life here on Earth in terms of windows or percentages. I have come to take a simple view about our *lives here on Earth*:

There is a minute percentage, which **I know that I know** (*experienced concretely*).

The rest **I know that I do not know**. Any other classification is irrelevant.

As I stay aware, I learn and re-write my paradigms as quickly and regularly as possible.

The moment **we think we know**, we become too clever and we may lose awareness. Invariably we do lose this awareness.

Should we be attached to any of our [in-complete] paradigms? What about the *colored sunglasses* we received when we were still children. I think it is dangerous for our *spiritual purposes*. We can use our paradigms while they *work* for us and prove useful to our growth and expansion. We do not need to be attached to them. At the first sign of it 'not working,' we need to 'discard' a paradigm and go through the next learning cycle. Maybe, we *do not know*. Maybe, we do not need to be 'right.'

When I was 4 years old, my mother spoke about our black dogs. I asked her 'Who says they are black? Why is it not white?' meaning why can black not be white. Her response was something to the effect of 'It is like that and you should accept it as such.' And that became my sunglasses for a while. Yet it did not work for me. I learned quickly that a number of conventions like this are human made and need to be challenged continuously. Even today, I do not understand some colors used by women. To me 'peach' is a fruit, not a color. 'Camel' is a desert animal, not a color. *I know that I do not*

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*know* what [a] ‘mauve’ is. Perhaps even our X- and Y-chromosomes tint our sunglasses. ;-)

## A question of Truth and Judging

From a **philosophical, judicial and religious perspective**, **we** are very concerned as to whether something is ‘true.’ At the top level of this paradigm of, *we are here to learn*, there should be consensus between most of us. But then:

*How* do we learn?

Even on this next higher level of detail, we can have hours of debate about whether something is ‘The truth’ and whether you can ‘believe’ something.

Is truth associated with belief?

Can we believe in something because it *works*, without it being the truth?

Alternatively, need we first prove it as truth before we can believe it? Belief implies a shadow of doubt. *Knowing* implies certainty.

Can you therefore believe what I tell you in this writing? Consider the first rule of Kabbalah, which suggests that we do not believe a word we read, but rather test our *concrete experiences*.

When does something become ‘a truth’ or even ‘The truth’ here on Earth?

To me there are two types of truth, namely an ‘**own personal truth**’ and a ‘**group truth**.’

What is a group?

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In mathematical group theory, a pre-defined '**relation of membership**' defines a group. For example humanity, animals, blonde-haired people, men, blood family, etc. In philosophical theory, this relation of membership defines a '**circle of belonging.**' Some people are inside this circle and belong. The circle excludes others on the outside.

Now, for something to be a group truth, every *member* of the specific group needs to agree that this set of *colored sunglasses*, under consideration here as the group truth, is also his or her own personal truth. This set of colored sunglasses now defines the relation of membership for the circle of belonging. Very complex.

Now the problem starts:

What about those [of us] who do not see this aspect as their own  
personal truth?

Do we *judge* 'them' and not allow 'them' to join our group?

Do we throw them outside the circle of belonging?

Do we *know* enough about the specific truth [and its different  
viewpoints] to empower us to judge?

Are we even allowed to judge?

Do we sometimes even go as far as killing 'them' for differing from  
'our' truth?

Draw a circle on a piece of paper with a dot in the center.

What object does that represent?

To *actively experiment*, ask a number of people around you this question and see what answers you get.

Can it be a three dimensional ball? Can it be a flat plate circle?

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Can it be a cylinder seen from the top? Can it be a cylindrical cone  
seen from the top?

All objects and events **we** perceive here on Earth [as the truth or *reality*] not personally *observed* in the immediate *now*, are distorted through at least one, but even up to three pairs of sunglasses. These pairs are our own, the **observer's** and the **reporter's**.

Are we sure we looked at the *raw event data* and not the 'reporter's story' when we decided that a group truth is also our own personal truth?

Through how many observers or reporters did our group truth go?

Is it perhaps then a story of a story of a story...?

Is it still *reality* or has it become *observer's* and *reporters' stories* about historic *events*?

Does that make it just an *illusion* for us?

Concentrate on the [factual] *raw event data* and beware of the *observer* and *reporter's colored sunglasses*. Their *stories* will inevitably have the same color. *Now* there are even more complications:

Is it possible for all of humanity to agree on a certain aspect, to allow it to be a 'humanity truth'?

Could we even have a clue of any 'universal truths'?

Can someone else determine your *own personal truth* for you?

Whose interpretation of whose illusion (which they may not even realize) will determine the truth of your paradigms?

Is it your parents', teachers', friends' or religious leaders' illusions or paradigms?

You need to take responsibility for your own paradigms and your own personal truths.

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Is every single word in all the religious/holy scriptures on Earth the truth?

If not, which of them are?

Who decided that and according to which color sunglasses?

Which group of humans did, or will, decide what needs to be included in such a scripture?

Who were the observers and reporters?

That is; who did the listening, looking, interpretation, writing and translation of the *events*?

What *colored sunglasses* did they wear?

We will accept that they were all Divinely guided.

Is this [or any other recent] writing Divinely guided?

Or did Divine guidance stop at some stage?

Let us take an example from the Bible. The Bible is a widely known, accepted and used religious writing. An *observer report*: An Internet search with 'Bible' recorded 22.9 million hits, versus 0.9 million for the Koran/Quran as another example.

Luke *reported* that Jesus said:

<p style="text-align: center;">‘Do not judge and you will not be judged. Do not condemn and you will not be condemned. Forgive and you will be forgiven.’<sup>3</sup></p>
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This is a very simple message regarding our right to judge. No if, when, or but.

Does this at least provide you with some *workable* answers for some of the previous questions?

Paul, in his letters to a divided church in Corinth, gave a whole number of circumstances and scenarios under which he judged

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certain people in the church. He gave the church in Corinth [and therefore us?] this same right to judge.

Let us look at both these within the context of the foregoing questions: Both these opposing concepts went through the same set of translations through hopefully the same set of colored translator sunglasses. Paul's writing is the 'real' thing. He wrote his letters himself. He is therefore the *observer* and *reporter* in one. Jesus' message is a *reporter's story* with Luke and Matthew being the reporters. Paul did not even know Jesus personally and could not observe him.

Did Luke know and observe Jesus personally?

Should we believe what Jesus' (and God's) real intent is, regarding our right to judge, through Luke or Paul's sunglasses?

*Do you know what you know?*

Can we expect from anyone else to *know that they know?*

Does it need to be the same as ours on everything?

Each one of us has our *own personal truths* inside us. These truths will be *revealed* to us as and when required.

Why is it necessary to determine whether anything is 'The truth?'

Is it to judge and kill our own [other] *One*?

Alternatively, expel 'them' [or is it us?] from our group as Paul proposed?

This causes much more division than unity; more war than peace.

Do we even know what truth is?

Has truth become an escape route out of the *learning cycle*?

Are we too lazy to *actively experiment* and *know* from *concrete experience*, whether something *works* for us, or not?



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Alternatively, is it because we are too lazy to *learn* at all?  
Do we just accept our *childhood sunglasses* as the truth and do not  
*know what we know?*

Is that why we judge ‘other religious writings’ because ‘someone’  
said so, without even doing any *reflective observation* of our own?  
If anything in nature stops growing, it withers and dies. We need to  
grow and evolve through an *expanding learning cycle* or we may also  
wither away and die. Alternatively, we may end up *illusioning* the  
world through the *colored sunglasses* our parents gave us. That will  
then be our course for the rest of our lives here on Earth. We will  
not even get around to our *purpose* for be-I-(ng) here.  
These uncertainties and our stubborn adherence to *truth* and *judging*  
seem to be the biggest reasons why it is so difficult for us to be *One*  
*here on Earth*.

## The Learning paradigm

Being an Engineer, I suggest that:

Whenever we *learn* from a **scientific or spiritual perspective**, it is  
unimportant and unnecessary to establish whether something is *true*. This  
is even more valid for group truths. We rather need to establish whether  
it actually *works*. While it works, we can still use it as our *colored sunglasses*.  
If we still perceive it as important, we can even assume it is *true*. That is  
until we receive the *realization* that it is our *own personal truth*.

Do I propose that we should not *believe* any religious scriptures?  
Not at all. Quite the contrary. We need to use every single word  
written today and in history and ‘see’ it firstly, without our own

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sunglasses, only as *event data*. Secondly, we need to remember that *observers* and *reporters* observed and reported it through their colored sunglasses. They also added their own stories for their own reasons. Thirdly, we assume that it is the word and work of God. This is if we believe that creation came forth from the word and work of God and that God is almighty and in us. God still works through people. We then need to go through our own individual learning cycle. This is to assess whether it *works* for each of us in our *illusion* of our life here on Earth. If it works for us, let us use it as such.

Alternatively, do we *believe* that some being messed up this word or  
work of God?

If it does not work for us, we need to discard or refine the paradigm and carry on with the next learning cycle from the *reported event data*.

When something works for us, we can lean strongly on Divine guidance to get *in sight*, as to whether it is also our *own personal truth*.

We need not be concerned whether 'it' is a *group truth*. The opposite is equally valid; that we do not only believe in our own personal truths once a number of other people agree with us. Group truths are divisional and not unifying. One day we will *know* again, fully what 'universal truth' means. Our *own personal truth* of what the Word of God is will be revealed to each of us. The same will happen to our *own personal truth* of Divine guidance. If we only seek, ask and learn. We will then be ready to real-I-se[e] it.

(This concept is of course especially valid to each paradigm in this writing. All the *colored sunglasses* presented here work to give meaning to my *life here on Earth*. I only present it as [hopefully] useful *data* for your *reflective observation*, to assist you to *conceptualize* your own

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*paradigms that work for you in your life here on Earth. You then need to realize your own personal truth.)*

## What about love?

“The first is, ‘Hear, O Israel: The Lord our God, the Lord is one; and you shall love the Lord your God with all your **heart**, and with all your **soul**, and with all your **mind**, and with all your **strength**.’

The second is this, ‘You shall love your neighbour as yourself.’

There is no other commandment greater than these.”

- Jesus Christ (The Bible) <sup>4</sup>

Is love that important in this *life here on Earth*?  
To me, yes, because ‘I am Love.’ Of course, it makes me biased. Yet various other important people throughout the ages also thought so. It seems that a number of us here on earth seem to think so, because my Internet search on ‘love’ yielded a result of 116 million hits.

Although all of us talk, write and sing very easily about love, do we *know* what love is?  
When asked specifically, very few people can even give you any definition (*abstract concept*) for love. I ask you then:

What is love?

Is it an emotion? A principle? An action? A choice? A decision?

Energy? A force?

Yes, love can be all these things. That is why it is so difficult to define. Let us rather go back to basics and look at some of these aspects separately:

## Love as an emotion

Emotions are popularly 'seen' as 'feelings.'

What does love 'feel' like? What does 'being in love' feel like? What does 'be(ing) love' feel like?

Love and fear are mutually exclusive.  
Where there is fear, there can be no love.  
Where there is love, there can be no fear.

Are love and fear then different sides of the same coin? Do you fear anything? What does fear feel like?

We can see emotions as the inter-are *cause* and *effect* between the *physical* and *intellectual*. We can thus describe it as a physical reaction (feeling or effect) caused by a specific intellectual thought.

What are typical physical reactions in this scenario? Mostly we experience an adrenalin rush, with an increased alertness for action. This can cause: Sweaty palms, increased heart rate, dry mouth, blurred or improved vision, improved audio perception and smell, decelerated time perception, hollowness in the stomach area [solar plexus – the energy seat of emotions] and a number of other symptoms.

Are all these reactions possible in either a love or a fear situation? Yes, the number and awareness of these physical reactions only depends on the amplitude or extremity of the love or fear.

That is, is it a 10 Volt or a 10,000 Volt love?  
What is the difference between love and fear?

Love is a positive, expanding, enlightening and opening cycle.  
Fear is a negative, contracting, protecting and closing cycle.

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Is the original emotion causing intellectual thought, as a reaction to  
any such external stimulus, under our control?

We decide how we *want* to respond to any external stimulus. It is not always easy. This is particularly valid if we are *solid*, heavy and *contracting* instead of *gaseous*, light and *expanding*. The main reason for this is that we are then less '**response able**' and are inclined to **react** instead of **respond**. However, we can still choose...

Is the resultant physical effect under our control?

No, it is **instinctively programmed** to prepare us for a fight/engage or flight **reaction**.

Is love [as an emotion] then a *choice* for all of us? Can we *decide* to  
have this loving thought?

### **Love as energy**

We least understand 'Love as energy' and its power in this form. This is independent whether we look at it from the perspective of love or from the perspective of energy.

For years, I have searched and experimented to *learn* about this aspect of love. Many authors have documented various *workable models*. From *experience*, I have found any exchange of this energy between two people to be the most amazing. This is especially valid when we make 'slight physical contact' or 'secondary contact.'

Why would that be?

Does electricity, as a form of energy, flow [and circulate] more easily  
when there is direct contact and it is a closed loop?

Yet, can it flow over distance?

Surely, you have seen how far a lightning flash can travel. Electricity flows much more easily at lower potential differences, which is

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volts, when there is direct contact and a closed loop. The same is valid for love as energy. A 10,000 Volt love do not require any contact to flow.

This exchange is also the most misinterpreted if one of the parties does not *know* this energy *consciously* and we make slight physical or secondary contact.

Possibly, because *I am love*, I am more *aware* of this energy and its polarity. I am still amazed at how we can [mis]-use this when our own levels of vibration are low, by stealing other people's energy through our control dramas. Instead, we can believe in its *abundance*, *open up* to it, draw on the universal supply and circulate it. The next time someone establishes slight physical contact and looks intensely into your eyes [as the window of your soul], they may be trying to circulate love energy to increase both your levels of vibration. They may not necessarily want to take you to bed.

I am still amazed by the powerful results of 'Reiki.' This is independent of whether I am providing or receiving treatments, or hearing or reading about it. Reiki means 'universal life energy.' The 'Rei' describes the universal boundless aspect of this energy. The 'ki' is the vital energy force that flows through all living beings. Certain theories postulated from practical experiments on the natural interaction between humans and dolphins suggest that dolphins also possess and may even instinctively understand and utilize this 'ki' energy better than we do. My dogs also love it when I do Reiki on them in the morning. Sometimes they almost seem to 'ask' for it and seem to position themselves for the best effect.

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Do the higher levels of animals, such as dolphins and dogs, remember and practice love in this form, better than we do?

What about other animals?

Does your dog ever have a bad hair day? ;-)

As with all other forms of better-known energy, is it possible to create this energy?

No, we can only transform it from one form to another. A reminder; in the physical world 'kinetic energy' is transformed to 'potential energy' by physically lifting an object. To complete the cycle we transform the potential energy back to kinetic energy by dropping the object again. Most forms of energy are such cycles. It continually transforms from one form to another or has its own frequency vibrations. In the case of love, we need to learn to *open up* and draw on God's universal supply. By channeling it through our own energy centers into other beings, it converts into a more usable form to increase the amplitude of our vibration. Although most other models do not explicitly see it as such, I see this form of energy as love. As love and fear are mutually exclusive, the love energy cycle will oscillate between love (+) and fear (-). In a specific relationship, it may also oscillate between love (+) and hate (-).

Love as energy, is again a *positive, expanding, opening cycle*, whether you give or receive it.

It does not just flow or keep on circulating and converting.

We need to mind it. Love in this form is therefore also a decision.

This form of love is the most powerful of all love's forms.

Do you still remember the 'ice' shape, size and frame?  
Slightly shortened and adjusted:

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If energy, such as love, is added to humans, their level of vibration increases.

If this continues, they will eventually be open and penetrable.

### Love as an action

Within the wider perspective of defining love, 'love as an action' is the most important. It is also the most difficult to define.

So, what can we learn from 'love as energy' and the utilization of it during Reiki treatments?

All parties need to open up, whether we are the giver or the receiver. We need to allow the energy to penetrate us, either from the universal supply [when we give] or from the other person(s) [when we receive]. All parties need to participate *positively* and *willingly*. The actions are therefore **open up** and **allow penetration**. If we *do* this in a *fair and balanced way*, we will *have* an *interdependent win-win relationship*.

Is it possible to love someone who is not willingly opening up and allowing penetration?

Let us do some crosschecks from a physical, instead of an energy, perspective:

What do we do when we hug each other?

Both parties open up willingly with their arms and allow the other person to penetrate their space (or energy field/aura). They will have slight physical contact.

What happens if one party does not open up? Can we hug and have win-win love?

Not really.



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Humanity seems pre-occupied with sex, with an Internet search result of 225 million hits. This is the highest result of all. It is nearly twice the number of the second highest result, namely love. No wonder love in any of its forms is so misunderstood. We will thus need to look at sex in this context:

In an ideal exchange, the female opens up and the male penetrates, both willingly. This is only the one way.

What about the other way?

Seen from only 'love as an action' perspective, is sex then only half love?

From a holistic perspective, is sex even less of love if there is no emotion, intellect and spirituality involved?

Even a hug is at least both ways.

Therefore my definition for [holistic] **love as an action** is:

Willingly opening our selves up, allowing other holistic being(s) to penetrate our being-ness and interdependently penetrating into the other willingly opened being(s), on all four levels of our holistic being-ness in an interdependent win-win relationship.

Is love, as an action, a *choice* for all of us?

Can we *decide* to open up and allow penetration?

### More questions

Did you notice that Jesus in his love commandment mentions the concept of a 'holistic person' consisting of four aspects?

Heart ↔ Emotional. Soul ↔ Spiritual. Mind ↔ Intellectual. Strength ↔ Physical.

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Just think about it; what does love mean on the *spiritual level*; even  
just between ***you*** and *you*?

What about between ***you*** and ***me***? And *you* and *me*?

What did Jesus mean when he said ‘Love your neighbor as yourself?’

Can we hide any areas or have secrets in our lives that other people  
do not know?

Not if we are completely open to them, and allow them to penetrate  
fully.

Does love require trust and courage to open up completely and  
allow penetration on all levels of your being-ness?

Is that why *fear* is on the flipside of the coin of love?

Do you really love your life partner?

### **The full paradigm**

In summary, this full paradigm suggests that each one of us individually only assesses whether *we know that we know* something, through *concrete experience*. It needs to *work* for us, individually or as groups, by producing results in our lives here on Earth. If it works, it is most likely to be our *own personal truth* as well. Each one of us came to learn these truths. When we are ready, it will be realized to us. We can accept that our paradigm is not complete or perfect yet and use it as such. The moment it does not *work* for us, we need not feel attached to it. We merely need to refine or discard it, detach from it and start the next *learning cycle* with this new concrete experience.

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We do not need to justify our paradigms to anybody else. Nobody else needs to agree with us. The moment we justify we lost the battle to our own fear to be right. We need to be *true* to our *own higher self*, our *own personal truths* and in our God given *purposes*. It may be one of our specific *purposes* to *remind* the world about that specific *own personal truth*.

It is not important whether we view any concept as a group truth. Group truths are divisional in its essence. There are too many possible nuances for relations of membership for any group.

In addition, the main concept that we need to learn in this ever *expanding, opening up cycle* is *to learn to love*. By increasing our own capacity for love, through opening up and allowing penetration, our own levels of vibration will increase from this energy until we become 'steam.' We can then easily mix and occupy the same 'space' in the same 'now.' Maybe then, we can be *One* here on earth as well. The definition of love also implies that to be balanced holistic beings we need to learn to *willingly be* open [female, soft and yin] at the same time as being penetrating [male, hard and yang] on all levels of beIng-ness.

### **De-learning, de-pression and instrumental flying**

Unfortunately, every *expanding cycle* has the potential to be a *contracting cycle*. Moreover, *positive* has no right of existence without *negative*.

What happens in a *negative, contracting, learning cycle*? When I still had my private pilot's license, I did not do an instrument rating. I did study the theory, analyzed some accidents

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and investigated why it took so much practice to get this rating. Throughout our lives, we are grounded or we have the horizon as a reference. The moment we fly, we lose the grounded reference. The moment we fly into cloud, the cloud blocks out the horizon reference. If not practiced, our normal reaction would then be to trust our sense of balance. What a mistake. An aircraft has six degrees of freedom and therefore easily goes out of a balanced state. The way an aircraft is positioned according to these degrees of freedom is referred to as its 'attitude.' If we do not check the instrumental artificial horizon and the balance indicator and believe them, it may (and normally does) happen that we feel that we are out of balance and in a turning attitude. We level out, but due to this incorrect sense of balance, we have just put the aircraft into a turn. After a while, we observe through our senses the engine frequency picking up and we realize the aircraft is losing height. Thinking our nose is down; we pull it up and put the aircraft into an even tighter turn. Now the instruments and our sense of balance do not tally any more and we have to decide which one to believe. While we are still in a slight turn, we can easily correct if we believe your instruments instead of our sense of balance (or see the horizon again) and roll out the other way. If we rather believe our balance, we will continue doing the above corrections. The aircraft continues in a contracting, diving cycle until it eventually stalls and goes into a spiral spin. The only way to get it out of this attitude (if you realize what the problem is) is to put the aircraft into a straight down nose dive and pray you have enough height left to pull it out again. If you do not do this, you will spin in this self-perpetuating spiral into the ground.

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You cannot turn out of it, because there is no lift on the wings and therefore the main controls do not operate normally.

What is the point of this?

I frequently use this metaphor for a 'de-learning' cycle. Humanity's favorite illness of the 21<sup>st</sup> century; depression, is a de-learning or negative, contracting, learning cycle. It works according to this flying metaphor.

Substitute the horizon and the instruments for our spiritual purpose and guidance respectively. Substitute the physical sense of balance for our emotional sense of balance. The intellect stays the intellect and does exactly the same reasoning. View the aircraft as your physical body. Substitute the spiral spin of the aircraft as the 'chemical imbalance' of depression. You can even substitute degrees of freedom for privilege. Attitude stays attitude.

I am sure you can re-read the flying story yourself with these substitutions. This is cheaper than me re-writing it again. Paper becomes quite expensive if I have to repeat the same story... Only teasing. ;-)

Through the years, I had to put a number of people into a straight down nosedive... not nice...but the only option...

We need rather to believe our spiritual guidance than balance by our emotions.

Then do a roll-out early enough...We need to watch out when our family or friends start contracting into themselves...they may have gone through changes and flown into clouds...perhaps we can then help reduce the enormous number of suicides and attempted suicides worldwide...

2 - We are here to learn [about love]

Is depression making us as heavy and hard as *ice*?

Is depression preventing us from flying?

Most contracting cycles do.

## Conclusion

So there you have it. Nobody can teach anybody anything. We need to be *response-able* for our own learning, by going through four steps in a never-ending expanding cyclical spiral. All the while assessing whether something works (and not if it is true) for each one of us, individually, before starting the next cycle.

Although love consists of many aspects, it is not that difficult to define, once you have broken it down into its basic forms.

Each abstract concept **we** create in either a positive, expanding or negative, contracting cycle becomes another set of colored sunglasses through which we 'see' the world.

Since we all need to learn; would it not be easier for everybody to be in one big classroom and let everybody learn more quickly, so that

**we** can return from whence we came?

Have you gone through enough learning cycles for **you** to *know that* you have eternal life?

Are you complacently relaxing [on the beach] as you have thus reached your religious destination?

If the first paradigm works for you, is it possible that eternal life has been available to you, even before you were born?

Perhaps now you should start the spiritual journey of life.

Maybe 'life is a journey and not a destination.'

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And as the Japanese car manufacturer Nissan, added in one of their advertising campaigns: 'Enjoy the ride.' ;-)

Maybe there is much more to life than *we think we know*.

Maybe we now need to become more useful to God for His purposes.



*Paradigm 3*

**3**  
*We are our life purposes*

Currently, the concept of **life purpose** is popular in television shows, workshops, books and every other medium. Each offers its own unique techniques on how to determine our life purpose. For instance, in his ‘An experiential guide’ to ‘The Tenth Insight,’ James Redfield provides a number of practical steps for connecting with our purpose, or what he calls, our ‘Birth vision.’ Other books concentrate more on the universal purposes of why we are all here. Although there are various universal purposes for humanity, each one of us has an additional specific personal purpose for being here. The scope of this writing is only to sensitize you to a set of *colored sunglasses* for this concept. The scope is not to show you what your specific individual purpose is that you came for. It is not even to give you a recipe of how you can determine it. The important question is yet again:

When and how did this specific purpose originate?



## Remember

If there is such a personal purpose and it is so important, why can  
we not just remember it?

At the one extreme: In Plato's (420-347 BC) Book 10 of The Republic, he relates a tale about Er, the son of Armenius, regarding the time immediately before birth. It revolves around all the souls selecting the lives they want to lead. Just before entering life on the Earth plain, they are marched to the Plain of Forgetfulness to drink from the River of Unmindfulness.

'...of this they were all obliged to drink a certain quantity, and those who were not saved by wisdom drank more than was necessary; and each one as he drank forgot all things.

Now after they had gone to rest, about the middle of the night there were a thunderstorm and earthquake, and then in an instant they were driven upward in all manner of ways to their birth, like stars shooting.'<sup>2</sup>

At the other extreme:

Is it possible that we still knew our purpose while we were young  
children?

Do all these colored sunglasses we receive so impair our vision, that  
by the time we are ready to act on it, we can no longer see it?

Can the following *work* for you?

If we knew ahead of time that one of our chosen potential scenarios  
involves a plane crash, would we have the courage to fly in an  
aircraft?

Is life not already difficult enough?

Does it not require enough courage?

### 3 - We are our life purposes

What would the purpose of our purpose be if we already knew if we were going to achieve it according to our plans?

What if someone tells you that you already [subconsciously] know your purpose and that you are on track.

What if we cannot, not be our purpose?

## The paradigm

This paradigm intuits that each one of **us** has a specific [individual] spiritual purpose for be-I-(ng) *here on Earth*. This specific purpose was decided upon even before **we** came to Earth. According to the first paradigm, it may be our main temporary assignment for being here in this ‘foreign’ physical realm.

Was it given to or commanded from us by God?

Was *our higher self* at least part of the decision making process?

I have faith that it was done on a *win-win* loving basis. Perhaps it was done with due cognizance of the balance of privilege and responsibility.

This balance quite simply implies that the more responsibility, the more privilege and vice versa.

Alternatively, in simple terms: Responsibility ⇔ Privilege.

If we therefore be(-come) more able to respond, or response-able, as opposed to reactive, we will have more privilege.

‘Every one to whom much is given, of him will much be required; and of him to whom men commit much they will demand the more.’

- Jesus Christ (The Bible) <sup>5</sup>

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I intuitively had an inclination towards my own specific purpose. Yet after years of listening, reading and *learning* about a wide variety of subjects, I still had to go through two quite strenuous training workshops to have *concrete experience*. Then I *knew* it consciously as my own personal purpose. Although various authors see it differently, I have been and am after this *experiences* even more, a proponent of the ‘**I am life purpose**’ paradigm. You probably guessed that much, with my ‘*I am Love*’ statement in the previous paradigm and the wording of this paradigm. Various spiritual traditions hold the ‘Who am I?’ question as the most important question to answer. Jesus also used the ‘I am’ concept a number of times in the Bible.

<p>‘Truly, truly, I say to you, before Abraham was, I am.’<sup>6</sup> ‘I am; and you will see the Son of man seated at the right hand of Power, and coming with the clouds of heaven.’<sup>7</sup></p>
---

In the ‘I am life purpose’ paradigm, **we** already *know* who *we individually already are* (our *mission*). Our *vision*, on the highest level of detail, is to ‘manifest our life purpose here on Earth.’ The big ‘*How will I manifest it here on Earth?*’ question, to determine our next level of actions, remains as unanswered as before.

Through a number of different techniques, but mostly through meditation and reliance on Divine guidance, I received some *realizations* as to *how* I should manifest my purpose. Or is it only could? From all this, it suddenly made more sense why I studied Engineering at university, why my career developed into information technology the way it did and why I now (after 11 years

### 3 - We are our life purposes

of notes and contemplation) had to write this book. This writing is part of the manifestation of my purpose.

All of us have different ways in which our personal purpose comes to us. There is not a single *right* way to determine our life purpose. It is neither a simple *intellectual* thought, nor an analytical process. It needs to be revealed to us and realized by us *spiritually* in whatever way **we** are *open* enough to allow ‘it’ to *penetrate us* [which is the definition of *love*].

“The purpose in a man's mind is like deep water, but a man of understanding will draw it out. ‘  
Proverbs 20:5

If we are privileged enough to have our purpose revealed to us, what about our responsibility – according to responsibility ⇔ privilege?

“And that servant who knew his master's will, but did not make ready or act according to his will, shall receive a severe beating. But he who did not know, and did what deserved a beating, shall receive a light beating.”  
- Jesus Christ (Bible) <sup>8</sup>

Whoever knows what is right to do and fails to do it, for him it is sin.  
- James 4: 17

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## And at a higher level

‘*Why*’ do we want to manifest our *purpose*?

We may be part of a soul group, with its own bigger group purpose.

‘*Why*’ would a soul group want to manifest its bigger *purpose*?

Maybe ‘*we are all one*’ with even a bigger universal creation purpose.

## Conclusion

So, although *we are all here to learn [about love]*, we need to *learn* different things, through different *scenarios, obstacles*, lessons and tests.

We are all here for our own specific purposes as decided by God [and perhaps **our** own *higher self*] before **we** were born.

**We** may even have had plans with an associated *vision*, on different levels of detail, of potentially *how* we wanted to *manifest* our specific *purpose here on Earth* in the biggest way possible.

**We** normally do not have a conscious clue what our specific purpose (and its associated vision) is.

On a spiritual level, it is and has been there all the time.

Are **we** so confused and unaware about *our purposes*?

Do **we** think **we** are supposed to do all the things; **we** are doing day  
by day?

On the other hand, are *we* (in any case) just *puppets* and (in any case)  
always on purpose?

Is there someone who can help **us** *remember*?

Can someone here tell us *how* we can manifest our life purpose?

### 3 - We are our life purposes

Maybe it is precisely because of a lack of the concept of our own purpose here on Earth, that we came to manifest the specific purpose. Then nobody here can help us...



*P a r a d i g m 4*

# 4

## ***We are all One and interdependent on each other***

I view the **We are all One** aspect of this paradigm as one of the most fundamental *realizations* on our *learning* path. It is so fundamental that it is associated with the 1<sup>st</sup> or base energy center in our human body. This center is representative of our basic tribal, belonging and survival energies. It is widely documented on the Internet. My search, using the exact phrase, yielded 45,400 hits. Yet, many readers may view this concept of One-ness as the most controversial of all these paradigms, due to the attachment to certain *colors of sunglasses* of certain *group truths*.

One-ness, like a hologram, is associated to interconnectedness and the integration of various previous concepts now becomes crucial. I hope you still remember the convention that you can view the ‘we’ through whichever sunglasses you prefer. Here you need to make it as small or big as you wish. You can also interpret it on the *physical* or *spiritual* level. Consider the concepts regarding groups and group truths as well.

Have you made your decisions?

#### 4 - We are all One and interdependent on each other

Okay, let us call it by name: Various authors see this aspect, in their interpretation of it, as 'THE cornerstone of the New Age...

The New Age what?

Is it a religion, a movement, or an awereness?

Is it a relation of membership utilized to foster fear?

Or to protect or justify some of our own outdated paradigms?

As mentioned in the beginning, there is fortunately nothing new in this writing. By changing the size of your 'we,' I trust that you will be *open* enough to *learn* what *works* for you...

What did Jesus say about this?

“..that they may all be one; even as thou, Father, art in me, and I in thee, that they also may be in us, so that the world may believe that thou hast sent me. The glory which thou hast given me I have given to them, that they may be one even as we are one, I in them and thou in me, that they may become perfectly one,..”

- Jesus Christ (The Bible) <sup>9</sup>

There is a specific reason why I have placed this paradigm in the 4<sup>th</sup> [center] position. It is and it needs to be the center hub of our *life here on Earth*. It also features strongly in my own vision to manifest my purpose.

Are we One here on Earth?

No. We use different colored sunglasses and human made *truths* to *discriminate* between us. We further divide ourselves according to numerous relations of membership, even within religions and with 'buzzwords,' such as 'New Age.'

Let us explore this arena of religion:



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Let us start at the highest level and go back in our known history to the God of Abraham.

How big will our be at this level?

Will it be about half the population on Earth?

Will Catholics, Protestants, Muslims, Jews and many others religious peoples and subdivisions agree and be One?

Let us come forward in time and one level lower. Let us look at Jesus, Mohammed and Buddha.

Were they all born and did they live on this Earth?

How big is our One-ness now?

Did Jesus claim to be God?

How did Mohammed and Buddha see their spiritual roles and purposes?

Do all of us who were still One on the previous question even *know* the answers to these two questions?

Did some of our sunglasses over the last one or two millenniums distort their authentic intent?

How big is our One-ness now?

Can we not rather agree to disagree at all the lower levels?

Can we concentrate on our *own personal truth* instead of *group truths*?

Can we at least not *judge* and kill our [other] selves?

It is especially valid when we do not *know what we know*. Maybe if we all *love our neighbors as our selves*, we can instantly be One here on Earth.

Alternatively, is the illusion of materialistic power in this physical plane too strong for us?

#### 4 - We are all One and interdependent on each other

Do we enjoy these divisions to demonstrate our mighty power over  
our [other] self?

What is our authentic intent in everything **we** do?

Is it to manifest our purpose, to love, to control, to induce fear or to  
manipulate?

### **With whom are we interdependent?**

The previous paradigm revolved around a single-minded *purpose* we have individually or as smaller groups on Earth. To help us achieve all our *purposes* many other ‘sacred contracts’ were potentially set up with other beings. Some of these beings are visibly here with us on Earth, as our parents, brothers and sisters, children, friends, relatives, neighbors, the peddler on the corner and possibly every other person whom we connect with and have that mutual ‘I know you’ feeling. Dependent on privilege ⇔ responsibility, they have willingly entered into such contracts with us. It is to provide the necessary *scenarios, events* and guidance in our lives here on Earth for us to *learn* and to achieve our *purpose*. We all therefore *need* each other. This implies that we are interdependent. Unfortunately, we do not know with whom we have these contracts. As described in a previous paradigm, we all may have drunk from Plato’s *River of Unmindfulness*. Alternatively, our colored sunglasses have impaired our vision before we recognize them.

If all these concepts and paradigms up to this point *work* for you, is it now possible for **you** to conceptualize that you may have selected

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your parents here on Earth, dependent on privilege ⇔  
responsibility?

Are there other beings such as guides and angels on other planes  
and realities that we cannot sense with our normal five *physical*  
senses?

Much has been written on the subject of angels, guides and the like.  
You can consult other references. I propose that such beings do  
exist and that they are engaged in a *win-win relationship* with us, to  
help us *interdependently* achieve our *purpose*.

Do you only *believe* what you sense with your five *physical* senses?  
*Intuition, guidance, telepathy, energy fields, auras, synchronicities* all  
provide us with *event data* over and above our physical senses. I have  
experimented with several of these concepts and *I know what I know*.  
It first needs to *work* for you too. The existence of these higher  
beings will then come into sight. We need to allow *our-[higher]-selves*  
to go beyond where our eyes can see.

‘because we look not to the things that are seen but to the things that are  
unseen;  
for the things that are seen are transient, but the things that are unseen  
are eternal.’  
2 Corinthians 4:18

## The paradigm

As the paradigm states, I see a *universal purpose* for all of **us** to be *One*  
here on Earth. We all need each other. God spiritually *interconnect* all  
of us. We therefore need to be *interdependent* on all levels of our

#### 4 - We are all One and interdependent on each other

being-ness in *win-win* relationships. Remember *interdependent* implies *willingly* [*want* to]. As indicated earlier, we start here on Earth as completely dependent on our parents, on all levels of being-ness. Once we have mastered becoming *interdependent* on a certain level [or even a concept - such as financial], we move on, working on our *dependence* on the next level or aspect of being-ness. As an example, using our two extremes, we may find that once we have mastered becoming *interdependent* on the *physical level*, we are still completely *dependent* on the *spiritual level* of our being-ness. This may be because we do not take *responsibility* for our spiritual actions and their consequences; we are not yet *response-able* on this level.

This is again a *positive, expanding cycle*, with no strict sequence. It will differ from person to person.

This full paradigm implies that we need to go through the cycle of *dependence, independence* and *interdependence* through all *four the levels* of our being-ness. We need to go through all their lower level aspects as well.

Eventually we need to be *interdependent* on the *spiritual* level, with whatever we perceive this spiritual interconnected *One-ness*, to be.

The important question is now:

Can we be interdependent with God?

In other words, we *know* we *need* God, but does God *need* us?

We at least know that God *wants* to love us.

If, for instance, you need *steam* to drive a power plant's turbines, is  
*ice* of any use to you?

Is it possible that through various *if, when* and *but*s, we can be  
useful to God?

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Can He then use us to achieve His purposes here on Earth?

‘I glorified thee on earth, having accomplished the work which thou  
gavest me to do;’

- Jesus Christ (The Bible) <sup>10</sup>

Jesus honored God by achieving His purposes here on Earth. We need to do the same. Perhaps God also needs us to bring Him glory here on earth. We can only bring glory to God and be interdependent with Him, if we achieve His purposes that we came for. We *willingly* need to do everything He tells us to do.

If this is possible, can it be our main purpose here on Earth to be useful to God, for His purposes?

"He will sit as a refiner and purifier of silver."

- Malachi 3:3

“This verse puzzled some women and they wondered what this statement meant about the character and nature of God. One of the women offered to find out the process of refining silver and she made an appointment to watch a silversmith at work.

As she watched him, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest as to burn away all the impurities. The woman thought about God holding us in such a hot spot. She asked the silversmith if it was true that he had to sit there in front of the fire the whole time the silver was being refined. The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed.

The woman was silent for a moment.

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Then she asked the silversmith, "How do you know when the silver is fully refined?" He smiled at her and answered, "Oh, that's easy - when I see my image in it."

If we feel the heat of the fire, remember that God has His eye on us and will keep watching us until He sees His image.' \*

We may have to go through extreme heat and energy to purify us to become useful for His purposes. The comforting aspect is that we do not need to be independent and 'go it alone'; there is *interdependent* help, guidance, support and assistance available to us from God and the rest of our *One-ness*, independent of whether we only believe in the five physical senses.

We are all *willing* to help if only **we** will believe and ask.

'We know that in everything God works for good **with** those who love him, who are called according to his **purpose**.'

- Romans 8:28

### Some different colors

If we want to be win-win as *spiritual beings*, **we** need to *do nothing* that could make any other *spiritual being-ness* *lose*. Otherwise, the relationship will be lose-lose. **We** will all *lose* in the end.

Just think about that...

...Pollution, destroying rainforests, hunting, drugs, rape, murder, war, blasphemy, judging...

What are we doing to the Earth?

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What if Earth is our only available school?  
Will the planet still be available in a hundred years from now for **our**  
[other] own spiritual/ human being Ones, who may only want to  
*learn* their lessons in *Earth school* then?  
How do we become *interdependently One* and build a *win-win relationship*  
with our own souls?  
How do **we** do that with the rest of our *One-ness* (all the spiritual  
beings in the un-I-verse)?

## Love again

Slightly adjusted *expanding water*:

If energy, such as love, is added to humans, their level of vibration  
increases.

If this continues, they will eventually be open, penetrable, invisible and  
completely one with other beings in time and space.

## Conclusion

All right, so we are all One and **we** are not.

**We** are all in this, interconnected, together.

Maybe it is either all of us, or not one of us, that will make it.

Will this thought encourage us to be interdependently One, here on  
Earth?

Maybe love is the only possibility that can help us become One and  
cure the Earth.

4 - We are all One and interdependent on each other

If **we** are *all one*, can 'they' still be an allowed word in our vocabulary?

Even worse, could anybody talk about 'those people'?

Should it not always be 'we' and 'us'?

Have you heard the story of someone who knocks on God's door?

God asks, "Who's there?" The person responds, "It is me." God replies, "Go away."

The person departs, thinks for a while, then returns and knocks again. God asks, "Who's there?" The person responds, "It is us." God replies, "Enter." \*

Whenever I want to build a team, I become aware of who uses 'they' and who uses 'us.'

People are seldom consciously aware which one they use as the subconscious comes through.

We immediately know who are the *members* of our team.

Is it possible for you to expand the size of your 'we,' specifically for this paradigm, in an *expanding, opening cycle*?

What do you experience when doing that?

Fear or love?

What happens if you get rid of the *relation of membership* completely? We still have a long way to go to *know*, through *concrete experience*, the full implications of being interdependent on a *spiritual level* and honoring all our *sacred contracts*....





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### THE FULL VERSION...

Are you still reading?

If you managed to read this far, you may provide as many copies of this e-book teaser to your friends as you wish. For free of course.

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[www.drhein.name](http://www.drhein.name)



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## ABOUT THE AUTHOR

After *reflective observation* of this writing, you will understand that the only relevant aspects of the author are:

***I am*** surrendered

I AM Love and came to man-***I***-(fest) a-bun-dance of Love,  
by: actual-***I***-sing our One [w]hol[y]-***I***-(stic) be-***I***-(ng) [here on Earth]  
by: re-al[l]-***I***-sing (hu)-man-***I***-(T)(y)  
by: bring-***I***-(ng) real-***I***-(T)(y) in-sight  
by: re-mind-***I***-(ng) to re-member.

(Thus, in reverse: by reminding you to remember, I hope to re-mind you to re-member and thereby to bring reality insight for you in order to make humanity realize to actualize our One holistic being here on Earth. Then there will be an abundance of LOVE here on Earth.)

Through God's will my supporting archetypes are:

Engineer

Explorer/Pioneer

Healer

Lover

Mentor

Seeker

Student

Visionary

“There was this man who saw a scorpion floundering around in the water. He decided to save it by stretching out his finger, but the scorpion stung him. The man still tried to get the scorpion out of the water, but the scorpion stung him again. Another man nearby told him to stop saving the scorpion that kept stinging him.

But the man said: “It is the nature of the scorpion to sting. It is my nature to love. Why should I give up my nature to love just because it is the nature of the scorpion to sting?””

Author unknown (received via e-mail from a special friend)\*

O yes, I never wear real sunglasses.

Moreover, I normally ask friends to remove theirs, when we have a deep one-on-one conversation.

Otherwise, I cannot see through the windows of their soul.

(Or are we hiding behind our own paradigms?)

; - )



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## **Backpage:**

### **Cycles and sunglasses**

The 7 paradigms of life here on Earth

- If you've ever wondered what life here on Earth is really about...
- If you feel the way you are handling life does not work any more...

...you have already completed the first step of the learning cycle presented in this book.

Your meeting this book could be synchronous.

This text is meant for mainly two groups of readers. The first group, **complacently** relaxing on a religious beach, possibly knows they have eternal life. The second group is playing in the esoteric waves or in mysticism. They may be out quite far where the waves are bigger. The book invites both groups to join hands on the spiritual shoreline with your feet firmly balanced on the land and in the sea.

This writing does not try to teach you anything. It presents 7 paradigms, viewed as sets of coloured sunglasses. These are as old as humanity. The book *reminds* you to *remember* to go on your own journey - to learn your own paradigms. Ones that work for you as you seek your own personal truths, balanced on firm sand underneath your feet.

**Cycles and sunglasses** raise more questions than answers. It opens up possibilities you may not think about every day. Sometimes with tongue in cheek. The 7 paradigms start off with an

assumption that we are spiritual beings. The book presents you with a learning paradigm. It plays around with some of our purposes for being here on Earth, both individually and universally, as One. It reflects on being in the now and on being puppets – puppets of a higher purpose.

For more data on your own reflective observation, read the book.

There is not much to say about the author in this limited space. There is a page at the back about him. If you want to know him deeper, you have to read the book. Or, visit his website.