

# Peace Knights

## Live and win with the Power of Peace

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## Foreword

For about 30 years I have been covering the topics of "Peace" and "Disharmony." It all began after a personal change that I was led into the lawyers branch of my career. There I worked as head secretary and later as an office manager. For a good 10 years I experienced first hand numerous arguments. Exactly what it means to be in disharmony and for one to be insistent on being right. The legal area lives on this. Some lawyers are a blessing to their mandates, however I have experienced a considerable amount of cases in which lawyers have driven their mandates to misfortune and ruin through unnecessary arguments or processes. From this came my first two books "How do I Find the Right Lawyer?," released 1995 in Econ Publishing, and "Advantageously Appointing Lawyers," released 1998 by Walhalla Publishing.

In this time it came to me which tragic destinies within most cases hide and how hard the parties concerned suffer under legal battles, which often last for years. In the beginning they have no idea what awaits them in a legal confrontation and once they are in it they cannot and will not give up.

Through my time with a family lawyer in Munich, who also is a mediator, and my volunteer work in the organisation "Society for Humane Separation and Divorce," I came into contact with humane separation and divorce. Also mutual divorce, divorce delicately put, in which those involved strive for a peaceful mutual answer.

From this came my book "Don't fight yourself - Win!," released 1999 in Ullstein Publishing, which includes efficient and comfortable conflict resolutions.

At this time I ended my office work and began my career as an author. In all I wrote 15 books and worked as well on various client book projects. The themes of my books deal with "Improving life quality, high quality life and community culture, positive societal examples, holistic health and performance."

At the beginning of 2010 I stepped strongly further into the topics of "Peace" and "Disharmony." In my volunteer engagement as culture mentor I founded the project "Peace Banner." Together with both of my assistants we went with the banner made of cloth to peace events, schools, church festivals, youth organizations, senior homes etc. We requested those who said "yes" to peace to write their names on the banner and to draw their own image of peace.

With this opportunity we had many discussions about peace and disharmony, or rather war. It was amazing to experience how many people had lost their belief in peace and who were convinced that in this unpeaceful world there could be no more peace. We must protest against that and demonstrate like so many peace organizations do. "Why don't you do that?" we would be asked. We answered: "Because we are for peace and not supporting the use of atomic weapons, or the support of a war, etc." Many people could not understand that. Even so the peace banner became 1,500 meters long and about 700 people signed the banner with their images and words of peace.

In the beginning of 2013 I began the literary project "Youth Writes for Peace" and we went to schools to motivate teachers and students to take part in the project. The first writing competition of the campaign ran until April and had the theme: "Why I Love Peace." The number of participants was weak: We received altogether eight entries - all of which were girls. Five of these proved to not be useable because they had nothing to do with the theme, rather consisted of descriptions of the bad things attributed to war at the end of which the main parties involved were killed. This made me think: Is death for people the same as peace? Was the the message of the four entries? Is peace reduced to death?

In the remaining entries it seemed that the youth wrestles with the idea of peace, seeing it as so far away, to bring it closer to their own lives. This made me think and let the question come to me: Do these three students represent a much higher number of students?

With my engagement with peace I have come across many people who crave peace. This yearning stands across from strong negative factors which demotivate people until they sometime bury the notion of peace. This world is not peaceful and noone can live in peace in this world. Is peace a washout or even a utopia?

For some people it seems so. My own experience and recognition however have shown me that it is not so. For me, I have always met people who are "examples for peace." They have not only spread a philosophy of peace but they live it, peace within oneself and to spread around oneself. Where they are, they spread an atmosphere of peace, harmony and serenity. They believe in peace and that everyone who is open and ready for it can also come to peace and lead a peaceful life. In my eyes they are peaceful knights or "Peace Knights," who believe that the peace in this world becomes a strengthened and again achievable for people.

I asked myself: how would it be when more "Peace Knights" were in this world? Could they change the unpeaceful climate in the world back to a peace oriented one? To get answers to these questions, I led some experiments in my surroundings. They showed me clearly the positive power and the blessed effect of "peace knights." I came to the realization: When this world should become more peaceful, she needs more "Peace Knights."

With this book I want to show you, dear readers, how the "Path of Peace" can go. When you reacquaint yourself with peace and change your own inner disharmony and your discomfort to peace and comfort, you achieve the base for your path as a peace knight. Experience what it takes to become a bright torch for your fellow people and the world.

Enjoy reading, studying, and implementing this book.

Helene Walterskirchen  
Mai 2013

## Prologue : State of War 2013

Even when one does not want to see it at first:

This world is a fight and a state of war because peace does not rule in a dark age. Even when war does not rule in your land, a seemingly peaceful land, conflict and war still rule however. Just in another shape and form.

If you do not believe me, look just once at the behavior of drivers on our highways and streets where people race, when compelled, the bird is flipped, threatening each other with a fist, honking the horn and so on. It can also be quite unfriendly in soccer stadiums when hooligans throw rocks at each other, bloodily beat each other with clubs.

But that is harmless compared to the conflicts and wars of a greater kind! Watch the documentaries from the areas of "world banks, power of money, capitalism, weapon companies, the profit greed of global corporations like Coca-Cola, Monsanto, Nestlé, Shell, Bayer & Co., the exploitation and environmental destruction of the Earth through the greed of global industries, the over-fishing of the seas, the corruption of politicians" and many other similar films. They all show that the big guys fight against the little guys and lead wars where the protection agencies fight against the dictatorships of the global corporations. They show that the simple citizens fight against the destruction of their goods and their existence. That the poorest of this world fight for their survival and the richest of this world fight greedily for more wealth - without consideration, responsibility, or conscience. For their riches they would slaughter everything in their path.

What is left is destroyed lands, destroyed people, a view of devastation. Nothing left to grab, nothing more to exploit, the locusts move on until the end of the world is destroyed.

"Stop us! Just stop this craziness! We cannot take it anymore!," said one person in a TV-Documentary, a global player from the financial sector who is convinced that the current financial system is seriously ill and drives us into the exodus.

The large mass of the world population suffers under the sick, manipulative and destructive structures. One part tries to lean against it, becomes the resistance, initiates processes against global corporations and banks like David and Goliath. Hopeless! Why? Because the global corporations and banks buy politicians and judges, pressure them and when they do not obey, they kill them. Now and then however it has worked for a few who have resisted to gain some success. Looking back it was actually not a real success. The hyenas pull themselves out of an area and move to another where they can find easier prey.

We find ourselves in a worldwide crazed game that needs to be stopped or else we are all doomed. Not only the people are doomed, also mother earth who groans under our egotistical behavior.

We people have mutated into greedy and ravenous locusts in the last decade, eating up the earth. We've developed fake and insatiable egos who have lost every goal. Egos who indulge in comfort at the cost of the earth and other people of this world which is sickening when taking into consideration the many poor people of this world and the countless vulnerable animals we slaughter so we do not have to forget our daily ration of meat.

I have said stop. I do not want to live on like this! I have stopped this crazy film and decided to get out. Out of the ego trip, success trip, the beauty trip, the consuming trip, the wasteful trip, the indulgence trip, the technology trip, the fashion trip, the society trip. Into peace, into contentment, into calm, into a personal standard, to be humble, back to connect with the source, with mother earth and live sustainably.

We cannot stop the governments, the global corporations and the world banks but we can step out of our destructive film.

## **Every person can say "STOP" and get out because everyone has freewill.**

Let us get out, take away their power - their power over us. They only have power over us as long as we are in their structure. And when we fight against them, we are still in their structure. Only when we sever all ties, when we cut ourselves away from them and break every attachment will we be free.

There is already a number of eco-communities worldwide in which people live and work together away from the consumer and profit society. One only has to turn down the high standards of living. What does one need to live? A lot of money and property does not bring happiness. A life of calm, harmony and peace do.

These eco-communities, even when they are loose societies, are mostly peace communities in which people live and work together peacefully. They heal the devastation through each other, building new ecological systems in harmony with mother earth. They are the seeds of a new peaceful and bright age. They show that not everything is lost but rather that there is hope. We can orient ourselves with them when we are at the point where we have lost hope.

The world is not lost. The old world is. But next to the old rises a new world. You can migrate into this world and begin a new life! You can begin your own eco-community with your family and friends. Watch recent documentaries which you can download from the internet and learn from!

Through this you step out of the current worldwide conflict and war in which the people against peace and warrior knights rule. Change to the area of peace in which people are "peace knights" building a new peaceful world.

## **The Macrocosm and Microcosm of Peace**

Every person lives in his own microcosm, meaning his own world, which I refer to in the following as the "Microcosm Person."

Likewise every person lives also in a great macrocosm, which we call "the world." For us, the world on the planet Earth is our macrocosm, which I refer to as "Macrocosm Earth."

Additionally there is an even greater macrocosm, the "Macrocosm Universe." All planets and stars as well as their inhabitants are bound complete with their "Microcosm Person."

Macrocosm and microcosm are world and life constructs. For example world and life outlooks, world and life perceptions, world and life orders, world and life concepts, world and life dimensions.

While the microcosm, which the individual lives in, is composed by himself from his thoughts, feelings, and senses, the macrocosm, especially the "Macrocosm Universe," is still only little perceived and composed by people. The macrocosm transcends the understanding of the human senses and perceptual organs. For example, take the macrocosm Earth. When a person stands at the ocean and looks to the horizon, he can neither recognize nor perceive the curvature of the Earth. People see the Earth as flat and even. Even when he knows that the Earth is circular. He is not in the position to see it as such. In his own microcosm, the world is always even, even when he flies on a plane from London to Sydney and must be able to notice this curvature.

This shows that man is in a microcosm-consciousness and microcosm-perception. His whole life is shaped from this consciousness and perception.

Man can only perceive and be conscious of what is in his view.

When jealousy is in a person's view, he will perceive and be conscious of everything that is connected to his jealousy. He will perceive things and situations everywhere that are resonating with his jealousy. Whatever his microorganism finds positive will lessen his jealousy. What is found to be negative will strengthen his jealousy. From this consciousness he will act and react accordingly.

When a person tends to be unhappy with himself and his life (dissatisfaction and strife in his microcosm prevail) he will perceive and be aware of what is connected to it. What is found to be positive by his microorganism will lessen his dissatisfaction. What is perceived as negative will strengthen his dissatisfaction. He will act and react from this consciousness.

Rule in a microcosm, like in the examples of jealousy or strife, it depends what climate in the macrocosm Earth prevails. The macrocosm Earth influences the people and their microcosm and it can even manipulate the microcosm of people. In nature the large ones influence the smaller ones. The ant colony influences the individual ant and the individual ant does not influence the ant colony except when it has super strength and capabilities!

The macrocosm underlies cosmological ages with specific conditions. The mythology of our cultures ruled until the iron age (after Hesoid). In Hindu culture it was called Kali Yuga or Dark Age. The iron age and the dark ages were the last age in a great age cycle. In the first age, the golden age or Krita Yuga, according to Hinduism in form law of life (Dharma) fully materialized. From age to age, the percentage of Dharma drops. In the iron age or Kali-Yuga, the weakest and worst condition with the meaning of Dharma rules.

Astrologist also agree that we find ourselves in a change of ages. From Pisces to Aquarius.

Let us imagine, in the macrocosm Earth rules a golden age. How would this age affect the climate of the Earth and the microcosm person? Most definitely it would be positive, peaceful, warm-hearted, benevolent, harmonizing, etc. In practice, this would mean every bit of jealousy can be brought to peace through the reigning climate fast and easy.

Let us now imagine the opposite. In the macrocosm Earth rules a dark age (Iron age, Kali Yuga), like we now (still) have. How does this age influence the Earth climate and the microcosm person? It strengthens rivalry, egoism and greed and confronts it with rivalry, egoism and greed of the others. In practice this means that jealousy would prevail because of a possessive mentality and produces arguments, separation and divorce. And further dissatisfaction would be nourished because one is always unhappy with something or someone.

Should we assume that the microcosm person helplessly delivers the macrocosm Earth? And further, that the microcosm person cannot influence the macrocosm Earth at all or not much more as a drop on a stone? Are we helpless victims of a dark world that expresses and manipulates us?

Yes and no. Yes, for each person who only lives, thinks and deals in his usual grid. No, for those who break out of their usual lives and go alternative ways.

I want to offer as an example the concept of the Austrian permaculture specialist Sepp Holzer. His farm in Lugau lies between 1,100 and 1,500 meters above sea level. The average temperature is only 4.5 degrees Celsius. Sepp Holzer has an exotic landscape with small climate zones. Where normally only spruces and small pine trees grow, many grains, fruit and vegetables thrive in a place where normally no one would guess. Lemons, cherries, apricots, apples, kiwis, figs, peaches, oranges, chestnuts, pears grow all without a greenhouse. It is actually not possible but for Sepp Holzer it is. Radishes in December and orchids is a meter of snow. His credo: "I let nature do the work for me. One must only realize which plants and animals compliment each other. The whole system must be devoted to a

closed cycle." Permaculture is referred to by the experts as a harmonious collaboration between animals, plants and farmer.

A normal farmer who lives in his own grid could never achieve what Sepp Holzer achieved. The ruling vegetation and climate would normally not let happen what Holzer built.

How can one achieve in a rough climate (macrocosm) such a paradise on his agricultural space (microcosm)?

If Sepp Holzer stayed in his own microcosm like normal farmers, he would not have achieved it. However he expanded his consciousness or developed his consciousness and took on another consciousness. Sepp Holzer speaks of "nature" in which one must allow to lead, of the harmony in nature and also the wisdom of nature, the natural system of nature, the collaboration between man, animal, plant and other life forms. Sepp Holzer is living proof that such an existence for all participants is a blessing, a fruitful future and promotes health and joy.

Is the evil in the loss of nature, which is so often the case in our society? I would like to quote from a writing by Sepp Holzer:

"You are born most often in a sterile clinic and there the natural roots are cut off. You are vaccinated and feed unnatural chemicals. A natural birth around the family and a natural growth is the right start for the future life of a young person.

Through an isolated growth of our nature and fellow creatures we lose every natural relationship to our social world. A growth symbiotically with plants, animals and people makes possible and experience with each other and sharpens in you the duty of acting as a thinking individual, your duty to direct and not to fight to be right. Through the observation of your fellow creatures you will realize that nature is perfect and creation is considered for all, that everything together is connected and nothing needs to be improved..."

There are obviously two different macrocosms when we talk about "Macrocosm Earth." "Mother Earth" and natural things and her highest principal, to live in harmony with Mother Earth and all creations, and for Mother Earth to nurture and care for all creations.

Additionally there is an artificial earth world which is formed and created at the hands of people. This world is not in harmony with Mother Earth and all creations on the Earth. It rather relentlessly exploits the Earth and destroys life and habitats and is only after profit.

Obviously it is so that most people live in a great artificial macrocosm Earth which has placed itself over the natural macrocosm Earth. Consequently, human kind is separated from nature and robbed of their original nature. People today are artificial and not natural. This has the consequence that they are heavily or even permanently unhappy because they feel that something foundational is missing in their lives and the world.

In my opinion, this is the key to unhappiness of so many people: They cannot live their original natural lives. They are not natural beings anymore, rather unnatural, artificial, crazy, distorted. Through their customs and addictions they are forced to live this life that makes them so sick and unhappy.

Take just one person who lives or works in a loud hectic city. He often feels disharmony, strung out, nervous, anger and dissatisfaction without knowing where it comes from.

Let us then assume this person takes a trip on the weekend in nature, away from the confusion, away from the masses. He walks, watches the birds and animals, enjoys the flowing waters and looks into the blue sky for hours. At

night he goes home in harmony, calm, refreshed and peaceful.

We can recognize from this that it is unhealthy for a person in the artificial Macrocosm Earth while it does him much better to be in the natural Macrocosm Earth. The health of a person is the benchmark of his natural needs and natural habitat. Where it is healthier for the person is where his true habitat is. When he does not thrive in his environment, he is in the wrong place.

We must realize that we as people in this time are living in a false or artificial world which forces us into a lifestyle that makes us sick so when we are older we are physical and emotional wrecks.

Are we all damned to live in an artificial Earth and become sick, unhappy and decrepit? Can we not go around this destiny in this world?

No. People like Sepp Holzer show us we can. I also know some people who have done it just as Sepp Holzer. The German ecologist Professor Dr. Bernd Gerken, has managed a permaculture project Haliotis in southern Portugal. Everyone who has lost their nature can come to him for some time to live and work along with him. His email address is: [bghaliotic@gmail.com](mailto:bghaliotic@gmail.com)

We must realize that just as we have created an artificial world on the outside, we have created one within us. Just as we have thrown out Mother Earth and nature and instead spend hours in front of the TV or computer, racing in the car from place to place, we have thrown out our inner satisfaction and peace. We have mutated into artificial egoists who fight each other and strive for power and recognition. We overflow the Earth with our trash and poisoned water with our artificial constructions like atomic power plants, television towers, high rise apartments, airplanes, cars, etc.

We have lost our true nature! We are arrogant, egotistical, jealous, greedy, complacent, inconsiderate, and constantly demanding. We make the world into what we imagine it should be and attempt to conquer it. Everyone must carry the consequences for this. Permanent dissatisfaction, lack of joy in life, hate of life, hate for everything, hopelessness for a better life, chronic sickness, etc. These are all signs that people are on the wrong path.

When we want a better and peaceful life, we must find our lost nature and transform back into our own natural microcosm person who resonates in harmony with a natural macrocosm of the Earth.

We must make peace with Mother Earth and the natural ecological macrocosm of the Earth. And we must make peace with ourselves as creations of Mother Earth as well as the natural microcosm in ourselves.

Natural life concepts like the permaculture concept lead people back to their roots. Permaculture is peaceful and is based on the life promoting collaboration of man and nature where nature leads. Nature is nothing more than the natural Macrocosm Earth. Man lets nature and the macrocosm lead.

This is how we create happiness and peace in ourselves and live in peace with our fellow creations and Mother Earth.

## **Polarity of "Peace" and "War"**

The principal of polarity governs the whole universe: "light" and "darkness", "good" and "bad", "love" and "hate" etc. A permanent field of tension is present in this polarity, which forces people into action and reaction. Through this constant activity there is development. Permanent development is the foundation of the evolution of the universe. Everything in this universe finds itself in a gigantic evolutionary process.



The sketch of the polarity example above clearly shows this. The foundation forms the now which one can describe as the energy and spectrum of behavior. In the middle, where the circle is, prevails neutrality. When applied to behavior, this would mean that a person behaves neither in a peaceful nor unpeaceful way but rather neutral.

In the development process of a person, the pendulum is in the middle, between the two polarities. Sometimes it leans towards one side, sometimes the other. It may also happen that a person is stuck in one polarity. Normally, this because of the governing polarity of an age. In the dark ages, this means people were stuck in the "war" polarity.

If one were to give a person advice, one would say that there should be a change to neutrality. He cannot do this so easily, even when he understands what neutrality means. To become neutral, one must integrate both poles and therefore become capable of lifting both poles.

As long as one has not integrated both poles, one cannot think, feel, perceive, and act differently. The integration of polarity can happen when one has experimented extensively with both poles as well as the spectrum of behavior between the poles so much so that one has reached a satiation in the topic of knowledge and experience. This satiation leads positively to a certain level of wisdom. Following this, one has no interest and need to further experiment with the field of polarity. The matter is integrated. One is freed from the polarity and can rise into neutrality.

One is then "neutral-peaceful" and "neutral-unpeaceful" because both polarities are in him, however "integrated" and therefore resolved. This does not mean that one does not experience dispeace anymore, one rather sees things objectively or neutrally and perceives and behaves neutrally.

One can learn from the polarity because both behavioral sides create something during the interaction with others. A simple example: a friendly behavior causes friendly reactions, for example a smile, friendly gestures etc. An unfriendly behavior can cause unfriendliness, for example, a dark facial expression or unfriendly gestures.

One can learn from this that it is more comfortable to be friendly with people because it leads to a friendlier environment with others, which has a positive effect on everyone's joy of life.

To always be friendly, one must grasp an inner friendliness because otherwise it would be only difficult to appear friendly. One would only be able to be hypocritically friendly, which others would unconsciously feel because one is not generating true friendliness. Friendliness only generates friendliness when it comes from the heart and is true.

It is the same with peace. I have met people over and over who assure me they are peaceful with others but are not at peace themselves, something they cannot understand. Obviously their "peace" was not true peace.

In the dark ages the pendulum was on the side of "war." This means there were many unfriendly interactions between people. Each saw the other as a rival and not friends. Friendly behavior would be used for a purpose, to win over clients or motivate them to buy something. In private life, friendliness was also only faked with a partner, parents or friends. True friendliness was hard to come by. The unfriendly macrocosm led to a governance of unfriendliness in the microcosm. A constantly unfriendly climate makes people sick, first the heart and soul and then the body.

A polarity field is in a universal sense an experimental field in which a person can experiment with both poles in order to perceive and learn something. An experimental field can easily transform into a battlefield upon which there is heavy fighting.

Every person has a free will and can leave this battlefield at any time because he made the decision that he has experimented and fought enough. Then he steps out of the polarity and out of the tension field. He ends the polarity

game he has been in. He stops be friendly and unfriendly. He interacts neutrally with others: friendly-unfriendly so to say. He orients himself on his heart and his rationality.

This book does not intend to demonize or reject dispeace and glorify peace as the one right thing to recognize. The both are given circumstances to consider which serve the evolutionary process. There will always be "peace" and "dispeace" because both are justified. But in the life of a person must not always consist of the field between "peace" and "dispeace." For example, not when a person has mastered "peace" and "dispeace" and becomes capable to rise above both and transition to neutrality.

Since we have an inclination on the behavioral scale in the direction "peace and war" there must be a counterweight to tip the scales back to the present. This means that we must strengthen peace and weaken war. Only when peace and dispeace are balanced can we behave neutrally.

Just as dispeace, conflict and war prevail in the macrocosm, dispeace, conflict and war prevail in the microcosm person. To balance the scales, every single person must strengthen peace and peaceful behavior in his microcosm. The dark ages in the microcosm person must come to an end and prepare the way for a new, bright and peaceful age.

The more people who end this dark age within themselves and begin a new, bright and peaceful age, the stronger and more intense the power of transformation becomes for the new age.

We realize:

The macrocosm influences the microcosm.

Many microcosms influence the macrocosm.

## **Ethical Orientation and Conscience**

A friend recently described a situation to me about the situation in a class of his 15 year-old son. 26 schoolchildren, all males and all aged between 15 and 16. Eighty-five percent of them smoke and drink alcohol, a part of them regularly on the weekend. When drunk they often become aggressive, go on a rampage, vandalize and threaten their parents. Some parents, specifically mothers, fear for adolescent sons and do not trust themselves to put a stop to it. The younger teachers have it especially tough. They are provoked and verbally abused until they are in tears and run out of the classroom. Then the perpetrators yell and feel strong.

My friend's son is a friendly, polite and peaceful young man. He cannot understand the behavior of his classmates. He does not join them and therefore is attacked himself. Until now he has bravely gotten through. And with him a small group of those like him.

Upon further conversation with my good friend we realized that most of the misbehaving adolescents grew up in bad family backgrounds in which the parents are busy with themselves, do not set up boundaries for the children and do not set a good example. Often the parents drink a lot of alcohol, especially the fathers, and become violent towards women and children.

The reason for this misery lies predominantly in the macrocosms of war and violence, like it does these days on

Earth. Wars create enormous negative and destructive energies and consciousness fields of violence that influence and change the microcosm person. Rather peaceful and gentle people can become aggressive and violent. However their conscience puts up boundaries and causes remorse.

Highly unpeaceful and belligerent people have no conscience and can therefore commit violence upon others or kill with the blink of an eye. It leaves them completely cold. They even find it fun to demonstrate their strength with violence or murder.

So it is the conscience that leads one person and is missing from the other. The conscience distinguishes a person. Peace knights always have a conscience. Warrior knights conversely have a weak conscience or none at all.

What is the "conscience"?

The conscience is a superior or godly entity that leads a person in his life in all he does. The conscience compels a person to do or not do certain things because of ethical or moral and intuitive reasons. This is related to the character and ethical preferences of a person.

A conscientious person who follows his conscience feels good. He has a good or pure conscience. If this person does something against his conscience and does a bad deed, he experiences a bad and nagging feeling. He feels remorse.

Conscience and responsibility are closely related because whoever walks responsibly through life is normally also conscientious. This means he is aware and ready to stand up for the consequences of his actions.

Without an ethical orientation, the conscience is "empty." Without responsibility, the conscience is "blind." Whoever possesses an "empty" and "blind" conscience is not far off from losing his conscience. If there is no more conscience, there is no more sense of responsibility. One feels and takes on no more responsibility for oneself or his actions. One seeks scapegoats to take the blame: parents who were bad examples, the community in which everyone is egotistical, the religion and its followers who themselves are morally corrupt, etc.

This brings us to the question: Is our current community so ethically and morally corrupt that it is no longer able to offer people an ethical and moral orientation? A necessary adjustment would be to fill the "empty" and "blind" conscience in the microcosm "person" to enable a conscientious and responsible conduct.

When we lament today upon the many people, also adolescents, who act without conscience and responsibility, we have to consider the cause.

As we were young kids, it sometimes happened that we have stolen a few candies from the candy store because we never got any money from our mothers to buy some. We desired that candy so much that we did something that one should not. Oh, how our hearts pounded with fear! Later, we were a few candies richer, but with a bad conscience. What would have happened if someone caught us! Our mothers probably dealt a firm slap across the face.

Today one can read in the paper how theft has increased. What is available will be stolen: alcohol, cigarettes, candy, perfume, T-shirts, DVDs, and much more. Kids and adolescents view it as a test of courage and in some circles it is even trendy. Others steal because they have no money to fulfill their wishes. "So what? Why not steal a little?", say some succinctly without a bat of an eye. Conscience? Maybe a little, rather a little thrill.

From both examples we are shown that our community some things have changed in the last fifty years - not exactly for the best. The so-called freedom in the sense of the anti-authoritarian upbringing, the increase of egoists and egomaniacs, the strengthening of the roots through TV and internet as well as the temptations of a consumer world

all contribute a big part. The fake macrocosm earth looks like an endless Oktoberfest or Disneyland and the microcosm person delves in constant illusion where he transforms from Bavaria to unlucky Donald Duck to Mickey Mouse and finds it all amazing. At 75 years old, plagued by a stroke, he lays a wreck in a nursing home. He does not understand much more. He only has to pay for the immense amount of care for his remaining years.

This is not the case for all people. Thank God there are still "normal" people out there who are not consumed by the fake macrocosm "Earth" or the egotistical microcosms of their fellow people. They have kept their own natural microcosm "person" and lead a peaceful and satisfied life until the end.

Are the others crazy? Crazy is an obsession -- the obsession of a sickened and distinct ego, which mutated the natural person into an egomaniac, who sees himself as the center of the world and only his own comfort, fun and satisfaction matters. What people cannot and do not see is the insanity of their egos destroy them. It robs them of their natural divinity in the form of purity, dignity, virtue, inner peace and harmony. At the end of a crazy life is the visage of a person broken, confused, distorted, crazy and gloomy. It is a face that scares us creates discomfort when we look at it.

How beautiful is the visage of a person, whose time in his life in his inner microcosm "person" lived in satisfaction, peace, harmony, dignity and in harmony with mother Earth and nature. The beauty, dignity and harmony shows on his face. A face we gladly look at, whether it is 35 or 85. We feel comfort stirs inside us.

We realize: the microcosm "person" of an egoist or egomaniac distorts a person in the long run. Even when this person wears make up or undergoes plastic surgery, the inner microcosm will always create a visage relating to what is happening inside.

The microcosm "person" of a natural person, who does not live in the egotistic world but rather in the world of peace, altruism, compassion, warm-heartedness and virtue, will always have a harmoniously beautiful face. He does not need makeup or plastic surgery because his beauty always radiates from the inside.

## **The Fight for "good" Peace**

Most people think of peace as something good. Also those who argue and wage war for the purpose of strife, such as lawyers, judges, military leaders, arms dealers, etc. They live off of strife but want peace themselves. Therefore, the others are the bad ones because they disrupt and put their peace in danger. So it is only right when they fight and lead a fight for peace.

Who agrees that he wages war because he wants to be right, does not want to give in, because he wants more power, more property or is just plain lusting for war and wants to live out his lust for conflict and war?

That would pose a bad image to the public. Therefore, one prefers the image of peace. One must sadly fight because the other destroys or threatens peace. With this method, one can be certain of the sympathy of his fellow people. And one keeps their support because one does something good.

There is fighting everywhere for the good peace which is in danger from the others. In the family mothers, fathers, kids, uncles, aunts, and cousins fight for peace in which of course the others disturb. We are not to blame. Teachers and students fight for peace and give each other the blame for disturbing peace. In companies, the employee fights the employer, the executives against the other executives. They cannot live in peace because the others will disturb

the good peace. In the world, states fight each other and justify their fight with the reason that the other wants to control their land. Even pacifists and peace organizations fight for peace because they see it in danger and believe they must fight for it.

And so the whole world fights for the good peace and against the bad people who threaten it.

But every fight is an expression against peace!

When one claims to fight for peace or if one is the aggressor, both seek to live out their lust for conflict.

In a fight, negative energy is created, for example rage, wrath, hate, vengeance, etc. Whoever fights wants to see the other brought to his knees, to destroy and conquer the other. For this purpose he is ready to use the corresponding methods, for example threatening, verbal weapons, real weapons or violence.

So every fight, also those for so-called good peace, is a war! It is not for nothing that we speak of a fight between a married couple who get divorced and then war against one another, or a family war, where multiple family members fight each other in an inheritance case. Wars are fought not only between people, but also are widespread in our community. Everyone complains about a lack of peace caused by others and claims that they only want one thing: Peace.

As long as one fights against strife, one cannot find peace. He is in a fight with someone, a group or a state. He feels threatened by them, thinks of them as bad and means to defend his rights and must conquer the bad ones so that justice, order and peace can prevail. This is not the path of peace, this is the path of conflict and war!

Whoever really wants peace must distance himself from the fight. He must develop a different attitude and consciousness concentrated fully on peace. Only this way can he walk the path of peace and create peace for himself, his fellow man and the world.

This is what every man says to himself at the edge of his pain threshold: "I have had enough of the fighting. I just want one thing: my peace and quiet!" One realizes that the constant fighting lead him to this, that one is completely exhausted and tired. When a war ended, another began and an end to the fighting was not in sight. One asks himself: "Will this ever end? Will it continue this way my whole life?" And the chance that things would continue on this way destroyed the hope for a calm, peaceful life. One falls into hopelessness, resignation and depression. With his last strength, he maybe climbs out of it and prays to God or other higher powers for strength and help. In this moment he has symbolically laid down his weapons and created a beginning for a new, peaceful, harmonious life.

What do people lose when they constantly fight for their good peace and their small amount of happiness?

- **They lose energy and weaken their energy system, which impacts their capabilities negatively.**
- **They lose their health and increase the chances of stomach ulcers and high blood pressure, etc.**
- **They lose their inner peace and become agitated, over-agitated, nervous, etc. and cannot concentrate.**
- **They lose their joy of life and become bitter, grumpy, and joyless**
- **They suffer from lack of joy in their life situation, which makes their soul sick. The soul sicknesses manifest eventually on the physical level.**
- **They lose their believe in the good things, in themselves, in others, in the world and they fall into depression.**
- **They often lose their possessions because they have high costs to pay for lawyers, etc.**

- **They lose their dignity because they resort to behaviors, which are normally not in their character.**

What does a person gain when he ends the fight and walks the path of peace?

- **He gains more energy and power.**
- **He gains more health physically, mentally and spiritually.**
- **He gains more performance.**
- **He gains more joy of life**
- **He gains more inner peace and stability.**
- **He gains more time and the muse for creative projects.**
- **He gains more quality of life.**
- **He gains more dignity.**
- **He gains time and money.**

People who have given up the fight and walked the path of peace can tell you how much their lives have changed for the better. I am one of them.

## **Peace Knights and Warrior Knights**

Peace knights are people who prescribe to peace and provide peace. Peace knights are knights without weapons. They do not want to attack and fight others with weapons. They sit upon their black and white checkered horses, representing both polar powers of light and darkness, good and bad. They ride with both powers and master them. They sit relaxed and with a clear and aware mind upon their horses. They have no traces of aggression; they are the expression of the strength of peace. Peace knights are living images, examples, and role models for peace. They are like a bright torch in the darkness of strife. They convey to all people hope and belief in peace. They spread the philosophy and consciousness of peace. Their radiance of peace is so strong that all strife that wishes to attack them, retreats. Peace knights can be men or women.

Unpeaceful knights and especially war knights are those who prescribe to negativity and war and create strife. They are armed to the teeth with swords, lances, knives, guns, and canons. They have nothing else in mind than to attack others and fight them with their weapons. They sit on their black horses, the expression of the polar power of darkness and negativity. They master only this one power. They sit tensely, restless and aggressive upon their horses. Unpeaceful knights and especially war knights are living images of struggle, conflict and war. War knights awaken fear, fright, and doubt in others until mortal fear. They extinguish all light and with it all hope and all belief in good. They spread the philosophy and consciousness of negativity. Their warring radiance is so great that they attract strife and repel peace. War knights can be men or women.

Peace is a virtue. Peace is based on virtuous characteristics such as contentment, harmony, understanding, tolerance, acceptance, benevolence, forgiveness, reconciliation, friendship, and altruism. These characteristics reside in the highest nature of people. Peace knights are those who predominantly think, feel and act from their highest nature.

Extreme strife, which also includes conflict and war, is a nuisance, a vice or evil. Such strife is based on lower characteristics like dissatisfaction, disharmony, egotism, aggression, denial, demotion, judgment, hate, jealousy,

anger, stubbornness, rivalry and hostility. These characteristics reside in the lowest form of human nature. War knights are people who think, feel, and act from their lowest nature.

Just as a person's nature according to his temperament is choleric, sanguine, melancholic, or phlegmatic, so is his character related to whether or not he is a peace knight or war knight.

War knights feel very uncomfortable in a peaceful climate. Through trouble making, teasing, provoking, jostling, blaming and criticizing, they try to bring peaceful people out of balance, to anger them, put them under pressure and spread unrest.

I had a relationship to a man a long time ago, which did nothing to my friendly, peaceful way of life than to bring me out of balance, anger me, and bring me to struggle. As I asked him once, "Why do you do that?" he answered, "Because I cannot stand your loving and peaceful behavior." I asked him further, "If I were not loving and peaceful, rather angry and unfriendly, is that better for you?" He answered, "Yes, I feel comfortable that way, that is how I am. That is my way."

This man was a typical war knight who said himself, "I feel comfortable in struggle, conflict, confrontation, hate, anger and rage. Everything else, benevolence, peacefulness, warm-heartedness, etc. is suspect and repulsive."

Even though I am naturally a peace knight, this war knight brought me to the realization that I behaved without peace over and over. I never would have thought that I could be that way. This goes to show how dangerous war knights are because provoke aggression and anger in those who would never normally do such things. Through this they lose a piece of their dignity.

Maybe you also know war knights like this who tailgate you on the road and hassle you, who steal your parking place in the last moment or push in front of you at the register at the supermarket. Fight back against their attacks and you will see how I succumbed to the negativity. You will be pulled into the dark cloud of strife that destroys your peaceful behavior and fills you with the poison of conflict.

War knights strive to poison a peaceful climate with conflict and war. They are internally completely against peace and constantly seek possibilities to spread conflict in the world. They are in their element in a state of conflict and war.

For war knights, peaceful people are weak who cannot assert themselves. For them, the cool people are the ones who do not care, who slam the table with their fists and impose their force on others. For war knights, it is normal to behave with violence because the lives of others do not matter. Only theirs does.

War knights have a heart of stone with no compassion, no understanding, no love - only cold and ice. They are the expression of the lowest nature and evil. There are very powerful war knights in our community who often go unrealized by most people. You can find them in the areas of the power of politics, economy, media and financial areas. They are the global players and leaders of this world. They control possibilities and capabilities to manipulate, control, use and, when it serves their plan, destroy individuals and masses.

These war knights are consciousness egotists, who are only interested in increasing their looks, property, fortune, and positions of power. For a good image they put on a face of peace once in a while and donate for the rebuilding of war torn areas or for promoting peace.

War knights like these cannot be turned into peace knights just as a tiger cannot transform into a lamb. People of this sort also do not want this. They want to be a tiger. That is all that is in their view.

Contrary to war knights, part of the Unpeaceful knights can change to the path of a peace knight. They still have peace within them, even though still having a strong tendency for conflict and struggle.

In earlier times, Unpeaceful knights and especially war knights have lived out their tendency for struggle and fighting in the many wars back then. Today there are much fewer wars as back then - at least in our western and capitalistic countries. Today's wars are fought in traffic, on sports playing fields, major events, in political, business, cultural and religious events.

War knights fight no longer with lances or swords, rather in court rooms, stalking, hacker attacks, blackmail, coercion, psychological terror, mobbing, etc. Therefore, they do not necessarily kill their victims; they rather take what they need to live - their peace. Those involved are so tired, exhausted, and dissatisfied, that they eventually burn out or maybe even commit suicide. Some snap and shoot wildly around them, a break emotionally caused by the state of strife within.

People that belong to the group peace knights need peace like daily bread. When they experience an imbalance of conflict or heavy confrontation, they suffer from a kind of "peace hunger." In a global climate of unrest, conflict, fighting and war, like we still have in our world, many people are, especially those in the group of peace knights, starved and weakened in the area of peace. Instead of being able to focus themselves on peace, they must constantly avoid the attacks from conflict and war knights. In doing so they unknowingly strengthen the disharmony in the world. They do not know the energy principle, which states, where you direct your focus and where you direct your energy is what you strengthen.

As long as the peace and war knights in world strengthen negativity, peace will remain weak and conflict and war will rule. When we want a new, better, peaceful and just world, we must strengthen the peace in the world and starve negativity.

This means that people, who are naturally peace knights, have within themselves an exceptional stance in a new age because it is in their hands to strengthen peace through their focus and energy so it can rule in this world.

Sadly, the capabilities and strengths of most peace knights today atrophied. Therefore they must reactivate and strengthen them once again. For that matter, most peace knights do not have a correct connection to peace. They do not know what it is like, how one feels it, how one consciously perceives it. Therefore they must learn it again.

Further, most peace knights have lost knowledge of peace and therefore understand peace insufficiently. It is like with a foreign language learned in school but never used in life, one forgets it as the years and decades pass. Now it is time to reactivate, refresh, and actualize this knowledge to integrate it into daily life.

Conversely, people must never learn war because this is learned from childhood on - on the playground, in kindergarten, in school, in higher education, with colleagues, in the family, at work, when driving, when shopping, etc.

The people in this world must learn peace because this is seldom taught. Parents usually do not say to their children at the playground, "Back down, give up!" They rather say, "Don't give up, don't let it get to you, show him!" And also when they sometimes say, "Get along with him/her," the children know nevertheless that their parents are proud of them when they prevail, when nothing gets to them, and when they are cool.



One must ask the question: Which parents or teachers are at all capable to be "peace knights" and can teach them to go through life peacefully?

Most people roll their eyes when it comes to the subject of "peace." They land very quickly in conflict and war. They can talk a lot about that. They see it and live it first hand everyday.

The unknown peace, which is so abstract for people today, is in reality the highest power and strength in this universe. The power and strength of peace is so great, it can transform and solve all other powers, even the strongest rage, hate, and destructive forces. Who knows today already, how one consciously and purposefully lives life with these super peace powers, under which principles they function, how one uses them and what effects they have?

Do you want to become a peace knight or activate your peace knighthood? Then you must become closer to peace, enter its energy and consciousness, understand and master its principles. I will delve deeper on this in the following and guide you in becoming a peace knight who serves with peace.

You might be asking the question: How do I know if I am naturally a peace knight or a war knight? Read the following three questions and decide which applies to you:

Do you walk peacefully with others and enjoy when they are in a state of inner calm, harmony and contentment? Do you feel comfortable in this peaceful climate? Are you anxious when it has been difficult to keep calm, not to fall victim to the ego, to understand others, to have empathy and understanding for them, to calm them and bring them back into balance? Is it out of the question for you not to respect all creations of this earth and to do them harm, but rather grant them a right to a humane life?

**Then you are a natural peace knight.**

Are you a very critical person, who gladly criticizes, evaluates, and judges others and their behavior? Is it in your nature to degrade and condemn others and their behavior? Do you feel you know better than others opinions and must always be right? Do you live in a world of rivalry in which there is no true love in people, rather where everyone must fight for his own luck?

**Then you are a natural conflict knight/a non-peace-knight**

Is it fun for you to provoke other people, especially those of a peaceful nature, to anger them, to make them lose their grip with the result being that they become fearful, insecure, angry or even enraged? Do you feel comfortable with that and does it give you a feeling of superiority and power? Do you wait for the other to fire back and attack you so you can let their aggression out? Do you have no regret to have destroyed another, to commit violence on him or even kill him?

**Then you are a natural war knight.**

Natural peace knights feel very uncomfortable in a climate of disharmony, conflict or war and they suffer very much from it. It hurts their souls to have conflict and arguments with another person, also when this person has injured or attacked them. They only want peace and only feel comfortable in peace. Therefore they get out of the way of arguments or possible fights, which is viewed often by a community as cowardly or unassertive. This is actually not the case. They use their strengths for goals and projects, which bring peace and a peaceful togetherness.

People who belong to the group of conflict knights, especially those who are related to the group of war knights, are often not as strong as they lead one to believe. They create tension with their aggressive energy. When the potential

for aggression is depleted, they fall apart quickly and prove to be a coward, especially when they are not protected by a group, but rather alone.

A peace knight is characterized by power and courage, no matter if he is alone or in a group. His strengths do not thrive off of aggressive energy, rather his higher virtues and his divine dignity.

## Lay Down the Weapons

As represented in the last chapter, the first step on the path to being a peace knight is that one lays down his weapons in which he acted with in the macrocosm of the Dark Age. First when the weapons are laid down, he can step out of the world of the Dark Age. In my book, "In the temple of divine peace," appearing in self-publisher Adma-Publications, 2009, I have created a lyrical text describing this act:

Life is like an eternal fight  
for happiness, love, property, power, money,  
to fend off attacks or attack,  
to earn the right, to hold your ground.

Already in early years you build your weapons,  
your armor, your shield,  
to be well armed for your life  
in the fight and in the defense.

With years you become more experienced,  
more clever and stronger in the fight,  
sharpen your weapons  
and grow your arsenal.

Sometimes you will be fought,  
sometimes you attack,  
sometimes you repel,  
so it goes day in and day out without pause.

With years you become tired of the fight.  
"Does this go on a whole life?  
Is there ever peace?"  
You begin to crave peace.

How does one who only fought,  
knows nothing else,  
believes in nothing else as the power of weapons  
find peace?

This is only possible, when he gives up the fight,  
when he lays down the weapons,  
puts the shield aside  
and steps out of the armor.

He must become peaceful,  
one who changes position:  
from position of conflict  
to the position of peace.

He must leave the battleground,  
which is fought upon:  
that is the polar powers,  
light against darkness, good against bad.

He must realize,  
that this fight is only a practice ground,  
upon which every being can experiment,  
but of which every being can step out of.

Whoever comprehends that,  
can leave strife behind  
and use peace.  
Then he can walk the path of a peace knight.