



Man Must Forgive himself in Order to Create Peace Within and Outside himself

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Man Must Forgive himself in Order to Create Peace Within and Outside himself

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When a person is unhappy and dissatisfied, he is at loggerheads with himself, rebels against himself and even wages war against himself. As a result, he constantly creates conflicts and crises, as well as strange states of deficiency and excess within himself, which make his lifestyle and state of life ever more precarious, and he sinks deeper and deeper into the morass of his own creation. And because everything is getting worse and worse in this regard, he also suffers more and more and creates things within himself that make him unstoppably more unhappy and dissatisfied and slowly but surely destroy himself psychologically. He is not at all aware of all this, however, because it is an unconscious process that he simply lets happen due to ignorance. This does not mean that he is stupid because it simply means that he is living completely unconsciously and is not paying attention to what is really going on inside him and what effect this has on his wrong behavior. He truly does not know or notice what he actually does on a daily basis, what and how he conducts his thoughts, how he forms his feelings, how he uses his language and how he shapes his actions and deeds.

When a person finally begins to consciously cultivate his thoughts and pays attention to how and what he thinks, he will find that he is not practicing self-criticism at all. But if he does do so, it is a very nasty, false self-criticism, which is also full of accusations against others and against himself, just as he learned wrongly in his childhood. And he learned all of this in the course of his wrong upbringing from the reaction of those who raised him, his parents, etc., from which he concluded that he was not a lovable child and that he himself was not OK. And all of this still haunts him today, although he may experience similar things in his environment again and again today, because parents, teachers, kindergarten teachers and special educators treat their children in the same way as he was treated. So, it is still the case today that those being educated are forced by their educators to stop and change certain behaviors and are told that this and that is not OK with them. In this way, he, the person concerned, was accused of making thousands of wrong mistakes in his childhood and was condemned, and he was also judged and reproached, which still weigh on him to this day. As a result, he has to condemn himself and make himself his own worst enemy.

This may seem unbelievable and crazy to him, but his dissatisfaction and unhappiness prove that this is the truth. And because this is the case, he cannot look at himself in the mirror and say that he is a content and happy person, that he is the best thing he has and that he is drunk with joy that he is even alive. Unfortunately, the fact is that this is not the case, so he must make an effort to learn to observe himself and



to recognize that day after day in his life he is depriving himself of his own love and harming himself. He must recognize that he is treating himself roughly and hurtfully, even mistreating himself, and that he is not listening to the needs of his body and psyche. And he does this even though he suffers because of it and, as a true human being, should effectively be his own best friend.

When a person gives in to the rush and stress that lasts for hours, days, weeks, months and sometimes even years, then he is practicing self-lovelessness. And when he does that, usually regularly, then he is drained, exhausted, frustrated, and sullen every day, and not just in the evening, but already in the morning when he struggles to get out of bed. The dissatisfied and unhappy person mistakenly and confusedly believes that he has no alternative, and that life is just like that. But that is not actually the case, but he does not know that because he has not yet set himself the task of thinking about himself and his wrong and crooked behavior and finding out why he is actually maintaining his rush, his stress and his constant exhaustion. His thoughts are full of stupid fantasies that revolve over and over around sequences of words that always begin with "I should..., I must..., I would have to..., I want..." etc. and drive him half crazy. In this way he constantly creates new beliefs for himself, which he created and hammered into himself a long time ago, but which he always takes up again, forms anew and renews, and thus convinces himself again and again. So, he repeats these sequences of words and the sentences that result from them over and over again and has fed them with endless repetition since childhood, as a result of which they have long since become self-perpetuating and a controlling force. As a result, he has missed or not noticed and forgotten that it was he himself who nurtured these thoughts and helped them to gain power, and that it is he himself who continually helps his same lousy repetitive thoughts to gain power. And he does this because he never questions his thoughts and feelings, but lets them keep on thinking, over and over again, as if he were turning a prayer wheel in which there is a strip of paper with a belief in it and it turns around as often and as strongly as the prayer wheel is pushed to turn.

To put it in terms of this comparison, he does not think independently, because he has stereotypical repetitive beliefs, such as those written on paper in a prayer wheel and which turn around with the vibrations of the wheel. In his case, it is actually the case that, because he does not think independently, he lets his thoughts think automatically within himself, without even consciously realizing that over the years he has used force and coercion to build up endless nonsensical thoughts and feelings that weigh heavily on him psychologically and slowly but surely turn him into a human wreck. All of this weighs on him in his thought-feeling-psychologically demolished state from morning to evening, and from evening to morning, without him being able to free himself from them. Consequently, he bears it very heavily. And through his wrong actions, he continues to burden himself with new burdens that are very heavy and increasingly heavy to bear. This in turn leads to him blaming himself and accusing himself of having done everything better in the



past. And the accusations also go as far as telling himself that he has made many mistakes, that he is not good enough as a person and is an idiot and a firecracker, that he considers his appearance unattractive and questions his possible successes and his lovability. And it is precisely these kinds of crazy and confused thoughts and feelings that create in him a constant state of depression, resentment, hatred, discontent, shame, and thoughts and feelings of guilt. But it is precisely all of these nonsensical thoughts and feelings that he must now fight, stand up to and confront them consciously and firmly in order to finally stop his stupid self-harm.

The person who is dissatisfied and unhappy must finally become aware and realize that everything he thinks about himself and believes he knows what he is, is not true. In fact, these are false and distorted thoughts and feelings, but he has not known this until now and therefore has not understood why he has had a bad life and why he is unhappy and dissatisfied. And because he did not know this, he could not act correctly, and so he has always unconsciously done exactly what flashed through his confused thoughts. In this way he has made himself a failure in life and burdened himself with cross after cross of guilt and failure, which he bears so incredibly heavily. But now it is time for him to finally stop doing this, and therefore he must decide to take back the false judgments he has been making about himself for a long time. Now he must do something new, think about himself anew and look for and find a new path for his future.

He must now make an effort to understand why he has treated himself incorrectly up to now, and why he could not do otherwise because he did not know and was working from completely wrong assumptions. But now he knows, and he is aware that he himself has the power to reorient himself and make new decisions in order to free himself from his unhappiness and dissatisfaction and to become content and happy and then really remain so for the rest of his life. He does not need to make a list of the mistakes and reproaches that have accompanied him throughout his life so far, because all that is necessary is that he now finally understands and acts and changes everything for the better, good and best. He no longer needs to nurture his old, broken thoughts and feelings and, above all, he does not need to write them down, because they would only remind him again and again of the great evils, and that would be exactly counterproductive in terms of a change to contentment and happiness. Only by consciously freeing himself of all the old factors that make him dissatisfied and unhappy and by being able to forgive himself, can his thoughts understand all the processes involved. It is not his heart, but his consciousness and his thoughts that must understand everything and can actually understand it. His consciousness and his thoughts and thus also his feelings want to accept, love, and appreciate everything that is better, good, and best. Therefore, he must open himself to everything new so that he can forget his previous suffering and bring it to an end. He must make everything that he has painfully done to himself since childhood disappear and put an end to his suffering.



Man must finally consider that only he himself can prevent himself from, to create peace, freedom, harmony, and love within himself in order to leave all the evil of his dissatisfaction and unhappiness behind him. As a human being, he alone is master of himself, with all his thoughts and feelings, which he must shape anew, because he has previously repressed them and even violated them in his self-instilled unhappiness and dissatisfaction. So, from now on he must forget all the supposed blows of fate that he believes have struck him unfairly, because in truth they were his own blows, which he himself created and let rain down on himself through his thoughts and feelings. He must tell himself immediately that from now on he will take and bear full responsibility for himself, his thoughts, and feelings and for all his behavior in every respect. He must tell himself that from today on he will no longer nourish all thoughts and feelings directed against himself, all grief, all resentment, all shame and all guilt that he has attributed to himself, as well as the sadness and anger that he has created within himself.

He must tell himself that today he has decided to start a new life characterized by contentment and happiness, because he is opening a new chapter in his book of life and will be happy and content from now on, because from now on he will accept and value himself, love himself and learn what he has to do for his valuable life. Therefore he should open his consciousness and his thoughts and feelings to his love for himself, because he can really love himself, more and more day by day, because this will enable him to be completely content and happy, because he is opening a new chapter in his life book and will be happy and content from now on, because he will accept and value himself from now on, love himself and learn what he has to do for his valuable life.

If a person who is unhappy and dissatisfied makes the right decision today, the whole universe responds to him energetically and understands him, because his new actions develop the necessary self-love within him, which he needs as support on his new path to inner peace, inner balance, freedom, harmony and calm, which he also transfers to his fellow human beings. Therefore, he should pay very close attention to his thoughts, feelings and behavior and how he treats himself better and better. If he discovers something in himself that is negative in any way, he must correct it immediately and not wait until it can become established in one of his behaviors again. He must forgive himself for the negative things that arise before they can take effect and cause him to suffer again, and he must free himself from the limitations that want to affect him, because only then will he effectively do the right thing that will guarantee him a new and good, content and happy future.

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