

There Is Only One Existence

The highest feeling is the experience of union with everything-that-is.

*This is the great return to truth
that the soul longs for.*

It is the feeling of complete love.

Neale D. Walsch (in “Conversations with God“)

In this chapter, too, I will summarize the foundation for the entire book: the teaching of **one** existence and **one** consciousness, in which all things in the world are connected with each other.

There is only **one** existence. This statement, stemming from mystical revelations, is one of the mental-spiritual experiences, which can liberate us from all fear and fully heal us within. It comes from the cosmic library and belongs in the base camp of humanity’s healing knowledge. All things, all elements, and all beings are connected in **one** great existence. In meditation this connection appears to us as pure light. Here, we experience the “pure beingness” that Osho spoke of so eloquently. The healing power comes from the connection with all living things, whereas the destructive powers come from the separation. It was through the connection with an unconditional cosmic brotherhood that Francis of Assisi spoke with the birds, with all creatures, and even with those who had the plague. He could therefore embrace them without catching anything. The statement contains the basic experience of every true mystic, every true cosmology, and every true communication between the beings of Creation. There is only **one** existence and **one** consciousness, which flows through all beings and unites them from within to form **one** great body of life, which we call the “biosphere”. This biosphere encompasses not only the plants, the animals, and the rivers of the earth, it encompasses our entire solar system, the galaxies, and the entire universe. For the entire universe is alive. The same existence and the same consciousness pulses through a molecule, a galaxy, a worm, and a human being. This is why we can make contact with all beings, why we can love them, and why we can heal them. Internally, they all react in the same way, and they are connected with the same dream of existence. Joseph von Eichendorff, the unwavering poet and dreamer of the Romantic period, expressed it in the following beautiful verse:

*There sleeps a song in every thing dreaming on and on,
And the world will rise to sing, just find the word of magic.*

Whenever human beings were touched by the **one** existence, the great figures of the true history of religion were born. For in this touch we touch God/dess, and this can forever change the direction of our lives. The knowledge of the one existence was a part of the foundation of life in the ancient advanced cultures, and today again it is the power base for the new era that is about to begin. 700 years ago, it was the basis for the great sermons by Meister Eckehart, and today it is becoming a core thesis of modern science in the areas of holography and chaos research. The Greek Pre-socratics, such as Pythagoras and Empedocles, knew of the one existence and made it the foundation of their systems of teaching. Pythagoras and Plutarch, the last oracle priest in Delphi, translated it into an absolute ban on killing animals, since we are all connected in a cosmic brotherhood. The same was true for the Cathars. Their vegetarian way of life came from a deep knowledge of our connection with all animals.

In the unity of all existence, everything is an image of everything else, the whole comes together in every being, and the human being becomes a holographic condensation of the entire universe. This, too, i.e. that the human being is an image of the divine world, was natural to the human mind, as long as s/he was connected with the one existence. The

statement in the biblical story of Creation: “So God created man in his own image, in the image of God he created him” constitutes one of the original feelings of unity of mankind. In the structure of our brain, our nervous system, our energy circulatory system, and the incredible coordination of our cells and organs, we are truly a condensed universe. In a certain way we can therefore sense in ourselves how the universe functions. Hildegard von Bingen, the great German Benedictine nun, mystic, and healer, described it as follows:

God has created human beings according to the building plan of the structure of the world and of the entire universe, just as an artist has certain forms, according to which he creates his vessels. Just as God measured the giant instrument of the universe according to balanced measures, he correspondingly measured human beings in their small and short form.

(In this quote we see how, in the consciousness of the people of the Middle Ages, a separation was made between the Creator of the world and his/her Creation. As heralded by Meister Eckehart, this separation was dropped as the view of the one existence was developed further.)

All beings are aspects of **one** existence and **one** consciousness. Together they form an organic and healthy unit. All beings that I encounter are aspects of the whole that I myself am a part of. I can, therefore, also say that they are aspects of my own existence. This is true even if they come at me in a form that threatens me. Why do they appear threatening? Because we project something dark onto them. This darkness, however, comes from our own soul. We project the evil and the darkness that we carry inside of us (as a result of history) into the figures, demons, or animals of the exterior world, which thereby appear threatening. By fighting them, a truly threatening situation arises. Here, we have one of the central vicious circles in our falsely developed civilization. It is now absolutely imperative that we understand and dissolve this vicious circle. In the course of the development of human cultures, human beings have split off certain dark aspects of their souls and projected them into other beings that they now use as enemies to focus their fears and aggressions on. For thousands of years, they have projected their repressed drives, thoughts, and cruelties onto people of other races and religions, onto evil spirits and demons, and onto animals of all kinds: predators, snakes, rats, spiders, octopus, sharks, etc. They believed that they had to pursue and annihilate them. By doing this, evil was created on both sides, and they wanted to protect themselves from this evil. It was through projection that they themselves had created the danger, and then they crusaded against this danger with fire and sword. That is the cruel vicious circle, with which the band of the **one** existence and the **one** consciousness was broken. That is the self-created separation of human beings from the powers of nature, and today it lies at the heart of their fear and rage. The massacres, which make us and the earth ill, were caused by this spiral of repression and projection, fear and violence. We are all the organs of one body, and the violence that we inflict on our fellow creatures comes back to us as counter-violence, fear, and illness.

Understanding these connections constitutes a part of the basic training for global peace workers. Based on this understanding, human beings can only stop global violence by taking back their dark projections and by integrating and dissolving their dark spots. There is no other way. For there is only **one** existence. The darkness that I encounter would not be dark to me, if I did not also have it in the deeper layers of my own soul. It was through the drama of separation that the human being had to bury or hide a part of his soul deep inside. The unconsciously raging pain produced the demons, with which the separated human being began to disfigure the entire world. In spite of all education and science, still today we find superstition and the fear of demons deep in the basements of the souls of humanity. The separation was not overcome through science; instead it was entrenched, for now there was a definitive separation between a subjective world in me and an objective world outside of me.

Due to this separation, the common band could no longer be seen, and healing was no longer possible. The human being was definitely moving in the wrong direction. If we today again begin to include religious or spiritual elements in our healing work, it is in order to reconnect the broken band. We will not be able to permanently stop resorting to violence until we have finally understood that all things that we fear or are disgusted with, and all things that we judge and hate, constitute aspects of ourselves that we have not yet dissolved and transformed.