

Description **Conscious Creation of a 24 hour 4-Dimensional Health®flowjoy©lifestyle**

Striving to educate your soul and to raise your spirit in the direction of 4-Dimensional Health prevention and promotion along the health awareness chain of regeneration-rejuvenation-agelessness-longevity-immortality

I 4-Dimensional Health®flowjoy©lifestyle

01 Who I became and who I am today ?

Who you are today as a Person and as an Individual was destined through the way of how you interpreted and judged (rated, valued, assessed etc.) your 4-Dimensional (physical, mental, emotional, spiritual) life experiences in the 6 life tasks fields such as Individual, Relationship, Group, World, Universe and Source Field.

Your interpretations of your experiences influenced your decisions and you chose to create your awareness chains of intent-thought-word-habit-value-belief-destiny in order to fix and repeat your decision so it would lead to the same experiences - be it for the better or for the worse. You also chose certain roles for example employee, carpenter, teacher, therapist, mother etc. through which you could express, manifest, actualize and realize and shape your fate into the 4-Dimensional (physical, mental, emotional and spiritual) reality who you are today now.

Unfortunately too often we become stuck in our self created lifestyle and keep it going even if it is not altering our flow and joy of and in life as a whole.

02 The flowjoy©potential

One day I realized that I have 365 days, 52 weeks, 12 month, 4 seasons, to **live a creative, joyful , flowing and fulfilling life as well as to feel healthy, complete and whole at the same time** if I only knew how to apply right principles to living my 24h daily life.

This insight made flow and joy my number one motivation to live by. Over the years my ability grew to develop and use my inner compass to act with integrity in the moment of choice when I was challenged with a problem, an obstacle etc. in one of the 6 Life Time Task Fields (Individual, Relationship, Group, World, Universe, Source Field). Consciously cultivating a creative, flowing and joyful Life Style I empowered myself with the choice to respond rather than react to what life was presenting me at any given moment. The outcome of responding to life created more flow, joy and expansion for myself and others. Finally I realized that the power to choose, respond and change my life direction is 100% my responsibility and only mine. MY LIFE IS MY LIFE and the RESPONSIBILITY for living it IS also MINE.

Liberating myself into flow and joy was ultimately based on my awareness of how to align myself with the spiritual principles and universal laws operating within our 4-Dimensions and 6 Life Time Task Fields and then to anchor such principles within my core and to live by them from inside out with integrity and authenticity.

I also realized over time that transforming/changing/shifting consciously my four Health Dimensional Energy (physical, mental, emotional, spiritual) and apply an anticipatory fulfillment of those 4 Health Dimensions into my 24h day that I actually changed my energies and therefore myself as well as my whole life in the direction of a 24 hours 4-Dimensional Health and flowjoy©lifestyle.

Finally the choice of living a Self-Constructive or Self-Destructive Life Style presented itself to me. It showed me that if we let our daily moment to moment choices be guided by the fear choice then our ego rules us by fears which will lead us into sickness and mortality: living a self-destructive life style. If we let our moment to moment choices be guided by the love then our spirit rules us by love which will lead us into health and immortality: living in a self-constructive life style. Every moment of our life we are faced with the choice challenge of choosing to be-do-have love or fear in our live.

03 The Health Factor Nr. 1 - The Principle of Creativity and flowjoy

Creativity is the first and foremost principle that arises out of the Tao or Source Field (named also the Field of Creativity, Emptiness or simply the field) and the original intention (program, information) that is attached to the flow of creative energy is the joy for yourself and others. So the original intention of living life is flow and joy in its purest and most natural quality and quantity way possible.

Blocked creativity can be taken as equal to blocked sexual energy because sexual energy is the most potent pro-creative energy within the human being. Blocking creativity or sexual energy therefore means no flow and no joy which creates a downward spiral of health resulting in degeneration and early unhealthy mortality.

04 The flowjoy® potential is within every human being

Every human being has the potential to live daily and 365 days a year a creative, flowing, joyful and fulfilling life.

The flowjoy®lifestyle concept is a holistic principle to satisfy easily all 4-Dimensional Health needs on a 24 hour daily basis. The main focus is on **the spiritual dimension** as this one has power and the **function to align all other dimensions in the direction of flowjoy®**.

flowjoy®lifestyle is to be truly co-creative and choosing „loving and lovable“. The key to this higher Bliss, Orgasm, Joy etc is to balance (neutrality) the subtle polar energies on the physical, emotional, mental and spiritual dimension within myself primarily and also within our relationships. and respect each other's complementary sides and start to enjoy diversity more.

flowjoy® is a holistic health concept, method and strategy to satisfy the ground need of humans for their own holistic understanding of health, ones nature, the universe and to improve our life quality and quantity measurably.

is an **inside out** approach and thrives in **principle centred** learning environments in which people can empower themselves through the use of **correct nature principles**

aims at creating ultimate human freedom by “the power to choose, to respond and to change and becoming **4-dimensionally healthy**, fully **yourself** and 100% **authentic and responsible** for your life

05 The little story about flowjoy and being natural

Once a student asked the master the following. What happened to you? People say you got enlightened! The master responded: Nothing happened, it is natural, life has become absolutely natural – when I feel sleepy I go to sleep, when I feel hungry I eat. Liberation is perfectly natural. It is not sth to be bragged about, that you have attained sth very great. It is nothing great, it is nothing extraordinary. It is just being natural, just being yourself. So what to do? Drop all that you have cultivated around your natural being - just become natural – become authentic – be empty, loose and natural and let that be the most fundamental principle in your life. You are a vast emptiness and to attain nothingness (no body) is to attain all (to be something) (some-body). You become a hollow temple with no-body in it (a Yin body – you are completely receptive and there is no ego).

Being natural gives us the feeling of abundance that will translate itself in the realization that we are actually at all times “being-doing-having enough in our lives”. This will lead us further into being grateful, thankful and appreciative towards life. Finally this will allow us to experience the grace of FLOW in life and the simple JOY of being myself by “BEING HERE NOW”. Eventually flowjoy becomes our main reality and 24 hour life style.

Today the scientific understanding has come to the same realization as the ancient wisdom - we are living in a Source Field that acts like a mirror based on the principle ALL IS ONE - which means all is interconnected. Flowjoy is the original intention of that field and will lead us sooner or later to the realization that I am one - a whole human being that is simply becoming more natural and enjoying life.

And as this life on earth is the one life we got right now then we better make most of it now and live it fully in flow and joy because setting this intention we are in tune with Nature, the universe and life itself. This will lead us gracefully and naturally to the best of all that potential that life has to offer to us.

06 The setback (called inner discomfort with joy) to choose flowjoy as the main goal in life

Unfortunately we often experience discomfort with joy because it challenges our internal EVALUATION-STEERING SYSTEMS of belly, heart and head. For example the punish (PAIN) and reward (PLEASURE) system will try to pull us away from true joy into either pain or pleasure experience. Yet in order to be free we need to move BEYOND that EVALUATION SYSTEM and become the CREATORS of it in the first place. In order to do that we will have to embrace-accept-allow our deepest inner life experiences, our deepest fears / pains and deepest love / pleasures, goods and bads to be visible in a way that does not create further lessons of suffering in our lives.

Unfortunately 95% of the people live in and by fear and let that determine their life decisions or life style changes they make. Only 5% live in love and let that guide their daily decisions and life style changes. Choosing (conscious or unconscious) out of fear or out of love shapes our 24h daily life and ultimately our destiny in very different ways. Fear is the strongest negative Emotion to attract what we do not wish to create and Love is the strongest positive Emotion to attract what do wish to create. **So love in action and the inner transformation work will get us to live out of love rather than fear.**

Changing lead into gold was the task of the inner alchemists of the ancient times. Today this means to change ourselves from fear and hate into love and respect. The transformational work is to do love in action and to do whatever I do out of a inner state of love - concentrated and focused on the present moment.

In order to master this we need techniques that reprogram and speak to our subconscious and unconscious mind because their power is 1 000 000 times stronger than our conscious will power. Our will alone is not sufficient, our ways of Self-Sabotage (an unconscious intention where the subconscious goal setting is not in agreement with the conscious one) needs to be understood and our fear matrix to be explored in depth. Energy patterns need to be dissolved and we need to learn to do the opposite of what causes negative Stress in, for and around us. By applying the conscious working methods described on the next pages we can learn to live in harmony with love, joy, peace and warm relationships. And most of all to do what gives us **ENERGY + FLOW + JOY in our 24h day.**

II Empowering myself into a 4-Dimensional Health®flowjoy©lifestyle

01 Empowering oneself into a meaningful life style

A life style that is filled with meaning is considered to be a spiritual lifestyle that is based on **Energy Quality Principles** such as love, joy, peace, grace, truth, self love, forgiveness, integrity etc. Those principles are the prerequisites for creativity, prosperity and success in every area of life and means we are enabling ourselves to living in positive self-constructive ways. **True success in life** means to live (internally as well as externally) in harmony with love while I am focusing (concentrating) on the present moment.

Empowering oneself into such a lifestyle requires first to make contact and eventually master a permanent connection to your inner **Energy Quantity Power** Source. Secondly it means to become a master of our experiences as well as a master of our creativity. Having achieved this double mastery we will have the most precious rewards at the end of each day because as we are reflecting back on how our 24 hour day was we will see and be able to say:

I created this day	100%
I co-created this day	100%
I am responsible for this day	100%
I was responsible for my actions, thoughts, feelings and awareness	100%

This is what I call to BE FREE - realizing that nobody is controlling by soul and spirit and that I was given a life to live with free will and to make the best of it whatever that means to me. It is my wish for all humans to experience that kind of freedom and to co-create for future generations a world with a lifestyle model that makes this life worthwhile living in its fullest.

By consistently practicing the working methods of the 4-Dimensional Health flowjoy lifestyle you will become the master in your house (body) giving no space to the ego and its fear matrix to rule your life and will so then function in accord with the TAO (life, nature and universe). You will experience bliss, flow, joy and being completely natural - simply just being yourself. You will have more energy, order, play, blessings, presence, wholeness, balance, coherence, humor, appreciation, gratitude, humbleness, abundance in your life and live your life by leading it through gratefulness and joyful tears of grace.

This is what I call living consistently in a 24h 4-Dimensional Health flowjoy©lifestyle.

III Transformation from an old unhealthy to new healthy lifestyle

01 What does it take to create such a life style?

Transforming from an old lifestyle to a new one requires transforming my old self into a new self by being a no self - or neutral self. Nobody can do this for you - if you like to make a such a change it's up to you. But one truth is for sure: if you change then everything will change for you. To life happy, full of joy, fulfilled and in tune with life is possible. It is equally possible to cultivate powerful positive habits, enjoy abundant money flow, radiant health, vibrant energy and harmonious relationships.

All that it really takes at first is to make **one decision**: to replace our MATERIALISTIC (material) Philosophy with a IMMATERIAL (spiritual) Philosophy simply based on the fact that SCIENCE proved what the SPIRITUALITY shared for thousands of years. Namely that the Universe and everything included in it (also we as individuals) are nothing else than Energy or even more just a CHARGE.

Secondly it takes a willingness to EXPLORE (rather than trying to explain) ourselves within (means we have to go inside) and understand the **PARADOX**: lose yourself in the Tao (Void) and find yourself in it which means that re-finding the Tao and re-finding yourself is one and the same thing.

Ultimately it means that everybody is **CREATOR CREATION CREATIVITY** - in every moment of NOW in our life and therefore 100% responsible for how we **ACT, THINK, FEEL** and how **AWARE** we are of and in our lives.

Third it takes a willingness to see that it is not important to do a lot of things (for example doing 100 different Tai Chi Forms or searching endlessly for happiness etc.) but rather getting something done, to complete it well done is important. And finally to see that ending the search (doing) and just practicing (being) is the real task.

And finally to realize that this adventure to BE **CREATOR CREATION CREATIVITY** needs energy. Which means we need to choose an Energy Practice which delivers what it promises.

02 Choice of decisions to make at the start to transform, change and shift from an old to a new and more healthier lifestyle

In order to create the kind of life we really want to live and to actually be able to enjoy what we are creating we need to be clear on making some decision for ourselves and see clearly that if

I want	a different life	then the old version of me is inferior to get me to that new different life
	a growing life	then my old identity will not be able to do that for me
	a expanding life	then the old self will not support me in this
	a improved life	then the old version of me will not get me to do that
	a increased life	then the old thinking, feeling, acting will not give that to me
	a responsible life	then the old (ego personality) will hinder you to get there by telling you that you are not responsible for what you think, feel and act.

03 Decisions to make along the journey to create a 24h 4-D Health® (4-DH®) flowjoy©lifestyle

As you work with the working methods and apply the results more and more into your 24h daily life you will have along the way to make decisions and commitments to yourself and then to life by them as well in order to be authentic, congruent and in truth with yourself.

Here a few ideas what decisions will come along your way to make...

to practice	to connect every day, to show up on the meditation chair, to make it a priority to love sitting, smiling inside and doing nothing just being aware, love it and the Tao is right there with you
to make time	to be with the Tao, to surrender to it, to become the solution needs a specific time to reconnect till you are in tune with it
to be present	to become the Tao you need to BE IT - to BE WITH IT
to pay attention	pay attention to the Tao and it pays attention to you
to bring love	bring love to the relationship with the divine, be it and meet it half way give something of you to it

to create	match its love for creation as it loves all its creations equally
to surrender	Allow it to move through you - be equal with it It is loving so let it give the love to you let go of control enjoy being with it let it fill you up
to trust	trust something larger is happening and it lives within you
to ask	whats next can i be more aware of love ? can i move deeper into it ? is there more to it ? is there anything else ?

04 Steps to ponder about in order to be able to create a life style worth living

In order to change our lifestyle into a more healthy, balanced and flowjoy© lifestyle we can also start pondering, wondering etc. about the following steps:

- Accept that old ideas about Tao and life do not work anymore.
- Accept that what concerns the Tao and Life that there is still something that we do not understand = if we understand it, everything will change.
- Being ready to see Tao and life in a completely new light = life on planet is fundamentally changing.
- Courageous to explore new paradigm of Tao and life and if consistent with our inner truth - then to integrate it into our belief system.
- Deciding in our lives to express the highest and noblest values and beliefs rather than denying them
- Love ourselves to give up self-destructive behavior in favor of self-constructive behavior.

By allowing, pondering and start exploring ourselves along such steps we then create the chance to manifest ourselves as balanced, peace-loving, luminous people. We are moving ourselves in the direction of living a true 4-Dimensional Health Life Style as well as transform tiny valleys of happiness and joy into vast levels of the river and joy leading us to living eventually 24h in flowjoy©.

05 Where to begin? Can you embrace the ONE and not lose it?

So in order to change your life and lifestyle (your created reality up to this present moment) you need first to be in touch with the SOURCE of energy within you, to be aware and from that awareness to shift consciously the elements of the life matrix that determine the outcomes (manifestations) in your life. It is at first to make contact and later master a **permanent connection to your inner Energy Quality and Quantity Power Source**. In order for flowjoy to manifest we need a **changeless, incorruptible, stable neutral core** inside of us that is filled with neutral essence that allows us to drop the resistance to feedback and to understand the fear of change caused by preconception, conception, pregnancy, birth and other traumas and hurts in our lives. If we are able to accept those hurts and put ourselves in a state of wonder, finding and active expectancy then transformation miracles can happen.

What we want in the transformation process is to enjoy developing deep internal experiences by wondering, exploring, playing and **increase through that our capacity to flow and release an abundance of joy**.

In order to transform your lifestyle a reason, a meaning, a purpose and a goal is needed. You can call it dreams, visions etc. Once you have a dream, a vision, a goal you need to touch this dream and to bring it from the invisible realm to the realm of the visible - into the realm of matter and manifestations. You got to take action and go with passion about it, believe in it and enjoy all the experiences along the way to your completions (manifestations). The process of this Self-Mastery means to become a master of our experiences as well as a master of our creativity. This will yield eventually flow and joy in our life.

06 To set a true goal in life - put the end outcome at the beginning

All what I do, all what I ever did and all what I will ever do happens for the sake of a goal which I have set for myself at some point in my life. Success in the outer is always to 100% determined by my inner state - meaning from a inner state that is based on inner immaterial Energy Quality Principles. Success simply means to reach a self defined desired goal (end result, ultimate outcome etc.) and thereby be happy, fulfilled, joyful and satisfied.

If I know how to set love goals then I am setting goals that are 100% within my control and as such they are reachable in flowjoy©.

If I do not know how to set conscious love goals but instead set goals out of fear then I am setting goals that are not 100% in my control and the reaching/accomplishing of such goals are most often only reachable in very stressful ways.

Choosing the conscious love goal of creating flowjoy not only holds the possibility to live on a upward spiral of health resulting in regeneration, rejuvenation, agelessness, longevity but also holds, as one of the possibilities within the creative field of all possibilities the potential that the essence consciousness is able to survive its creator.

07 Teamwork

We are alone inside with the inside work we got to do but that does not mean you got to be alone. Changing ourselves and moving ourselves into the direction of a new life style is a huge challenge. We all need support in that. A transformational process needs both, the inner and outer team work. We need our inner team support (our inner 5 Organ Spirits) as well as our outer team (supportive friends, students etc.) to accomplish our inner transformational work.

Henry Ford stated it like this

Coming together is a beginning
Staying together a progress
Working together a success

Therefore we provide for our students a support structure that provides the save training ground for being who we really are as well as to create a new lifestyle that matches who we want to become in our next higher version of ourselves.

IV What now?

There are many ways we can start or grow further into deeper flow and joy. Flowjoy© is the original intention as to why we are here - it means to flow and enjoy life every day to the fullest. So a good way to start and get the golden ball rolling is to ask ourselves daily by reflecting back on the 24 hour day :

Did it flow Did it give me energy ?

Did I enjoy it Did it give me energy ?

Did the steps I took today manifest the future reality of being in perfect 4-Dimensional health and flowjoy?

Did the actions I carried out drive me and moved me forward in the direction of self-chosen positive self constructive reality?

If you like to know more - please keep reading for example the description of the working methods for creating your **24 hour 4-Dimensional Health®flowjoy®lifestyle**

We wish you a wonderful journey of self-discovery into living in flow and joy.

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