

Today I return to the topic of the previous lesson: **Choice**.

The first lesson

was particularly about choice as relating to ideas and inspirations that are born within and are **not** (at least not obviously) provoked from outside through the choice of someone else.

At some point you become aware that you are always, i.e. at any moment, in connection with all and everyone. And that your own choice as well as that of others is always provoked – by what and why remains often concealed, but not always.

This letter now

is about another aspect of choice: the **Consequences of choice** which, just as choice itself, come always – though not always obvious, and not necessarily immediately.

They either “sparkle” ✨ at you – or they keep brewing inside. Who has not experienced it!?

Here you have an opportunity again to become aware and make a conscious choice:

You can choose:

- To look at the consequence with interest and ask (in your heart!): What is it I see here?
Or: Is what **I see** also what it **is**? (Our perception is often questionable.)
- To rejoice (watch out for a belief that next time it will happen again)
- To be angry (watch out for a belief that next time it will happen again)
- To judge yourself (e. g. to call yourself stupid)
- To not condemn *the other person* who *delivered* the consequences, or to resent him/her for it
- To justify your own choice
- To not blame yourself for the choice, nor to call it either good nor bad
- To not resent the the other person’s reaction , and not call it either good nor bad
- To accept your choice and also the consequences
- To become aware that you **ALWAYS** have a choice to awaken and to become aware
- To remember that life is eternal and not to give up
(just in case you thought you were more “advanced” ☺)
- To seek the truth at all cost.

The second topic of today’s lesson is: **FEAR**

A rather encompassing topic? Perhaps!

And yet easier than you may have thought possible. I mean as a topic.

What is not so easy is to **recognize** the fear which more often than we consider possible influences and manipulates our choice. It disguises itself predominantly in quite reasonable and impressive arguments to which most of us succumb.

And thus it hinders the fresh, ever-new liveliness and unpredictability of our inner creative being.

If you want to recognize the degree of your fear then it will be **necessary to make a conscious choice**.

Without this choice and with it your clear desire taken root inside of you, you won’t look as deeply nor see

as clearly. And you will make this choice not just once; you will wish to repeat it over and over, thus practicing until it has become second nature and daily bread to you.

To overcome fear does not mean giving up common sense, although this gets confused at times: Here are two simple examples:

- It is common sense that I watch the traffic before crossing the street (it may look as fear of having an accident); it is fear when I do not even get started because who knows what might happen.
- It is common sense that I seek information about immigration regulations of the country to which I want to emigrate; it is fear when I don't even bother.

You may extend the catalogue of examples yourself because I am sure there have already been many ideas in your life that have been buried because of fear. Do not hold them against you but have a close look at them and learn from them.

What are we so afraid of? My father once sent me a card that read
"If God is for me, who can be against me?" (Was it Luther who said this?)
I could quite as well say "If God is for me, then **what** can be against me?"

It is not as multifold as you may think. When you look closely at fear and recognize the flimsiness of its arguments then you will see: it is about two fears? Namely?

This is the task of today's letter: Seek!

If you have questions I am quite willing to help you with them.
I also enjoy each exchange about what you recognize or what is on your mind regarding the topic.

Sincere greetings! I so enjoy being with you on the path.



P.S. Integrity can never be humiliated. Hm! What is it that can be humiliated?