

My Bench in the park

All my life I have been striving for something. It is certain that they would not have been able to survive without me or provide for themselves during the working period of my life. Honestly, my motivation is tremendous fun. Accumulating funds and working with all my might to generate a healthy balance for the eventuality of worse times is, of course, what drives me. Finally my pension has come. Without first knowing what to do with all of the extra time I now had, my lifestyle had to change. Working hard had been a determining factor in the whole endeavor for security. So now the question is, what is fun? Just sitting around and watching TV, or perhaps doing something like walking through the park? Is it just sitting on a bench in the shadows, studying the hurried movements of employees in a big city? There are so many hours to fill. A little breeze occurs, some leaves are blown around. The bench has a good view on the activity of the young world, working hard, trying to create and discover opportunities to enjoy a good quality of life in the future. My motivation? Unbelievable fun. Considering this now from a pensioner's point of view, fun was never really a part of my life before. During my old age there is not much movement, it all has slowed down. It is nice to observe life, to see the rush hour, a big crowd swarming to public transport in the morning and in the evening. Years could pass. Actually, some years had gone by before the monotony of these observations made me pick up a musical instrument. In my younger years this was not possible. The pension is fine however, and time is not an issue today. I still remember some songs from my youth. On my bench in the park, if they do not make too much noise, it is possible to practice. My neighbors have a problem in that fun is also somewhat of a lost concept for them; some of them don't tolerate me. With a camera to take photos I prepare an exhibition, every day taking a photo from the same viewpoint, storing them on my computer for a slide show. It is nice to have a film of the seasons. The area next to the park is undergoing a period of restoration. It is a good thing to rescue some of our historic sights.

There never was the chance to have children, no time, too much work, responsibility here, an obligation there. This should not be done in poverty. My parents were not such nice people and this should not have been passed on to a further generation. Life could have been completely different if I'd had the courage to build a relationship with the right women in order to start a family, have children, or even a closer partnership. It could have happened. Sometimes the people from the retirement home walk by. They have not yet found the courage to speak to me. Perhaps they think they would disturb me. They are very responsible actually; they show respect for my place on the bench in the park. They don't speak because they fear a relationship means too much responsibility if a friendship occurs. Pensioners have to pass away at some point, you know, and some of us have suffered from severe pain when their beloved friends or their partners have passed away. Some of the young people do not mind speaking to me. We are fine. Over the years some of them grew remarkably fast. Sometimes they were the subject of my photos. They did not know. I have documented from their very young years to the beginning of their university years. When I have passed away, all of this documentation will be given to the community center of this district for an exhibition. Nobody is interested in the living. A man on a bench

is possibly not thought to be such a great artist. The photos are stored in a box with instructions on the top to give them to the gallery. They can remember with the help of my photos. The gallery can have the documentation. The years have passed by, and several times each year there is a jam session on the bench with some of the music students from the university round the corner. I have finally achieved a quality of life that I was lacking. We enjoyed these jam sessions very much; they make for some of the most important memories of my whole life. I will pass away happy, if I have to. It was all there.

Perhaps they pay attention to documentation after death, who knows. From my bench in the park there could have been much advice offered if some of you had just found the courage to speak more. Some authors have written that, out of honesty and respect, people must come to you voluntarily because they have the desire to do so. How could most of them have had friendships if they live behind the walls of a closed flat all day? For voluntary communication with the motivation of thirds without me asking them. It is interesting, don't you think? How do you raise the interest of a third party to speak to you without conveying the impression of being selfish? Human nature has instilled in us a way to find friends that is automatic process; some friendships have developed without me doing anything, not even thinking about it. It just happened. All my experience will be gone after death, and my body does not fulfill its function anymore. My knowledge and experience is energy. Nobody has even had the idea to ask me about certain topics. It is a shame, but that is the way it goes, I guess.

My bench in the park is the central point of my world. You would not believe this, but I have donated my own place to sit to the community. This is because one day a mad office manager who belongs to the district government advised the gardeners to take away our old benches. 'Sitting on an old bench can be dangerous,' they said. In my whole time as a pensioner I was not so concerned. There was a new district government elected; there was a corruption problem involving the district mayor. Many patrols were controlling the park during this period, but people have come to the conclusion that this means quality of life has been lost. The park and its benches are for all the people, not just for the patrols. The patrols are gone now, we don't even remember them anymore. You forget many of the bad things.

Funny, my bench has a new rain shelter, now you can sit here even in the rainy season without taking an umbrella with you. I forgot my umbrella most of the time anyway; this was a very remarkable thing. A loose accessory you do not carry in a shoulder bag is the first item you forget should something unexpected happen. Perhaps some people have found a way to irritate me for the purpose to collect my umbrellas, there were many of them. Natural weather changes evoke some nice memories. Severe thunder storms could be enjoyed here. I would like to disappear without a trace in lightning, gone with my bench, no funeral, no visible signs.

Mankind could be more honest. My poorer years have taught me much about how to survive with little money. In times of poverty you can easily find people to guide you to places with food, shelter and accommodation. This is an inherent mechanism of humanity which is not known to the rich. The poor share and make

sure you have at least the most important things in life. Most of the wealthy people have a serious attitude problem. If you go into a shop and try to buy a USB storage stick, for example, there are several capacities available. They have developed further. It is quite irrational to produce USB sticks with a reduced storage capacity for the purpose of creating a pricing structure. A stick with a capacity of 4 gigabytes (GB) is half the price of an 8 GB stick and, of course, your status might not allow you to buy 64 GB stick, although it does not require more effort to make them. It is the same stick, the same machine, the same manufacturer. They even tact down the speed of data transmissions and limit the lifespan of their electronic computer products with the software. You should analyze this. Businesses should change their company policy to let customers know they like them on a human level by conveying we are equal. The seller and manufacturer have an interest to save resources and provide practical equipment for an affordable price. Linux operating systems, for instance, free of charge and used by an intelligent group of programmers, has been suppressed for a very long time because it is completely without payment and has even better features when compared with Microsoft Windows. Even officials have not accepted free open source software completely yet, every public computer is running with an operating system we have to pay for. Isn't that strange? Mankind is crazy; they still insist on paying.

We have diluted our household equipment, and even the material used to build our houses, to some very light weights which will not endure for long periods. Some of it rots away in just a few years or collapses after it has been used a few times. If our resources had been limited or expended we may have realized the benefits of improving our attitudes towards sustainability. The poor have understood this better.

Sit on a bench for a few weeks and be yourself. Adapt to the rhythm of nature. Some of the birds spend all day in this place to gather food for their young chicks. The inner balance you find is calming. If you learn to be alone with your thoughts it can appease your stress and improve your mental condition. You become a natural part of your environment and discover your given role. Please learn to enjoy all the things you can experience here free of charge. The most remarkable thoughts can occur, some of them should be written down. It is strange that you do not find so many people on benches, possibly the government does not want this. In so many regions these charming places under shelters have disappeared. It could be part of a travel guide to list all the places where you can have a rest under little shelters if you visit the city as a tourist. Often the only known option is paying for a meal at a restaurant which you then have to leave as soon as your food has been eaten. We certainly might meet the strangest people in these places; perhaps they might consume alcohol which is the reason why the governments systematically destroy these rest areas. It is my point of view that we should make sure to allow people access to public areas. There is no benefit in banning these people from benches, because if they have a problem normally arises in the privacy of their flat. Civil community workers could talk to them personally in the park first to check if they are okay. It is important to have the benches as they are a mechanism to monitor the condition of society.

As a young man, during my years of poverty, I was sometimes without a flat and it

was rough sleeping on the streets. If there is cold weather a wooden bench can save your life, because if you sleep on wood your body will not lose as much temperature and warmth. Wood helps retain your body heat. The worst thing you can do is to sleep on a concrete surface in an icy environment without a sleeping bag or sufficient clothing. Within a few hours you might develop hypothermia and pass away. However, I am still alive. Remember, if there is an emergency and you have to stay in the cold for a long period of time, to protect the warmth of your breath either by closing your sleeping bag or coat, or covering yourself with cloth which has the ability to let oxygen pass through. Nowadays these materials are well-developed, although it is very difficult to find jackets which also protect the entire head. If your lungs are affected by temperatures far below zero, there is no chance that you will survive for long.

You have some time to consider the worth of human relations and, of course, human rights if you study the reactions of others from the view of the homeless. Some homeless people simply pass away because they are not given the opportunity to shelter in a warm place, even the Christian church is completely closed sometimes. There were articles in the newspaper of homeless people freezing to death all over Europe. Several societies do not embrace the idea of sharing. Not every time in my life was so harsh. With a chance to start anew I would choose to live in a country where summer was eternal. Winter depression has always affected me. If there is no ice, you cannot freeze to death. I would prefer to leave this world another way. Of course, living in a warm climate means you are completely independent from any energy infrastructure. There is no heating and possibly you do not need to heat water for a shower. This means no running costs for electricity, no need to fight for oil or gas. It is difficult to understand why we do not share regions with a warm and mild climate internationally. Most of our resources are completely wasted. Why do we choose to stay in the cold?

With the gardener's permission I have planted some vegetables near my bench and also some flowers. The herb garden with medicinal plants has even attracted a school class. Everybody should have permission to add to public gardens by planting flowers. Some people have taken a few flowers away during my absence, but many people say it would be great if a city garden could be taken care of by the people. If you adopt to your microcosm around the bench all this is very normal. Most of the people do not even pay attention; it is too unusual to stay here permanently. Only once, when the bench was donated, did the local newspaper publish a photo. Many benches have been privately donated by people here. They carry a plate with the name of the sponsor and the date of donation. It has become a part of our culture. Some parks have special picnic benches with a table for food, or a wooden space for meditation, and some of them are colored.

It is a very bad practice to place a waste basket next to a bench. Animals will soon find such a place. Do not place them directly next to the bench as some of them smell. Some people placed smelling waste especially in the basket next to my bench while I was sitting there, rich people, of course. The practice of placing a bench directly in the earth is a very bad one also. Insects will be able to crawl into it. Many insects do not enter artificial ground, for instance, granite or concrete. If the undisturbed earth has a distance of approximately three meters from the

bench there will not be any problem. People will enjoy sitting there. If you have to sleep on a bench surrounded by soil please have your socks over your trousers to prevent insects from entering your skin. A pullover also covering your head is important to protect the brain from the cold climate; it will also help you to avoid insects. The effective way to combat the cold is to protect the head and neck with a warm cover. Nature has made us this way, but maintaining a constant temperature of the head, brain and throat can be very important, even if you do not live on a bench. The brain is the central part of your body.

Having more of such places to rest might help us to regain the symbiosis with nature that we have lost. Living in closed apartments without green spaces and plants nearby is not in accordance with the human need for fresh air and also goes against the environment we were naturally placed in.

I recently had a conversation with a priest walking by about the differing ways in which countries teach us how to shop. Most of our children are raised in societies where it is common to spend a considerable amount of time shopping. Our roots are that of hunters and gatherers. It is not easy to teach children strategies for simplifying their needs. To realize ways to extinguish the projection of unnecessary wishes requires an awareness of high quality. You should only purchase a product if it can serve you for at least a lifetime. Some manufacturers have set up businesses giving you an unlimited guarantee for many years on their products. Almost nobody has a business concept based on unlimited product life. The inherent strategy of a company is and has always been to produce products which reach an unidentified expiration, so you are forced to then purchase new ones. To produce quality is comparatively simple. You would have to consider the long term objectives, but nobody does that. If a piece of furniture survives for more than a century they place it in a museum. Go to the western IKEA furniture supplier and study their products. You will soon come to the conclusion they were not produced to withstand the test of time. Indeed they were made to collapse after a while so you have to invest in a new one, most likely at IKEA. Paying for a good piece of furniture has become unbelievably expensive. A massive piece of wooden furniture produced intelligently can hardly be afforded by a common worker. All this is a consumption society. I designed some of my pieces of furniture myself, and had a craftsman make them for me. They will still be here in many years. A logical consequence for customers is not to consume. Most of the items in our flats were bought merely for the sake of having them, especially in the western world. There are items we never touch again after purchase. There is a saying in industrialized societies which is that we spend half of our life collecting goods and the other half getting rid of them because nobody else wants them, or they cannot be recycled. Even if you have a practical use for your purchase it still takes much too long to get rid of it later. Most Westerners are not aware of their most basic needs because they have never had a circumstance arise where all they were able to provide for themselves was the bare minimum. Some new bulbs are produced with a life span of 25 years and more, there is a warranty. Why does almost nobody have them? Is there actually a real need to buy things twice? Some inexpensive suppliers in Germany have virtually no high quality basic goods. The whole concept revolves around compromise and consumption for a short period of time. It is quite natural not to give things away to the poor, this is

also strange. You can observe the plight of homeless people particularly when they lie on the street outside a jewelers shop. Outside they are desperate for food and shelter, meanwhile inside thousands of dollars of jewelry has been created and sold. A jewel does not have a higher worth than the land it was found on, nor does the belief in its high value justify neglecting the needs of other poor. If a time of crisis occurs, many people just drown in useless things, which would have to be left. What and how much can you carry to safety? Traders have made you believe a jewel has very high financial worth. This is a projection created by businesspeople. There are other things which have a much higher worth, also in financial respect. Please have your wedding jewelry, we do not criticize this, but you should include a piece of land here if you can. The idea, if you are financially fortunate, is to contribute to the provision of basic supplies for the poor. Please share. Every human life has equal value and the fact that some people have no access to sources of income does not mean their life is inferior. The rich must develop a strategy to share voluntarily on their own, in order to create an appropriate balance. The rich people even had several times as much money available compared to our governments.

In some countries the benches are flooded with light at night. This is really disturbing if you are trying to sleep. In such cities you will not regularly observe the stars in the sky. Some cities have completely forgotten there is a heaven at night also. Of course, some cultures might think there is a danger if darkness surrounds you. This is irrational. Nature has supplied us with an instinct. In most cases the people approaching you with a knife or a weapon are insecure. If you stay calm nothing will happen to you. If somebody is drunk and attacks you, you can run away. Only aggressive behavior will endanger your person because a potential aggressor perceives an answer to provocation. I never carry a weapon, so there is no risk of hurting others. If you give in to weakness, or are not considered to be strong, somebody may hurt you. Most of the time in my life my financial problems were reflected in my appearance, so there never was a reason for anyone to attempt to steal from me. Even if you sleep on your bench in the darkness of night the probability of danger is really low, according to my experience. Darkness can be a protective element. If nobody knows you are there, nothing can happen. The irrational psychopathic murderer is a myth; there always is a logical reason if a person approaches you. If you neither carry a weapon, nor react to aggression, you will be safe for the rest of your life. Nature has an inherent mechanism to integrate your human life form also in the condition of sleep and weakness. Most of us have never learned something like this; you feel very free once you have got used to it.

If a city allows free public washrooms and showers, and some of them are proudly doing so, you can live on the bench as a tourist for a long time without any problem. This is a very cheap, original and extremely healthy way of holidaying as the high intake of oxygen will support physical processes and slow down aging. You feel very fresh in the morning. Sometimes there might be a danger of rain but it is possible to adapt to that. For the most part I did not even take an umbrella with me. Perhaps you can find a free public locker, there are some abroad. You bring your own lock and then do not have to carry so much with you. Very organized. If you have to carry your belongings with you, go to a warm climate.

Winter clothing is too heavy. People in foreign countries in Asia will accept you also on the street if you show interest to understand their culture. Learn some of the local language and history so you are able to speak to them. Curiosity is more important compared to a sterile exaggerated habit to remove every dust from the street or call others for help because you might be a threat. Tradition and way of living has integrated such people, living under open sky since the beginning of history and mankind. It is normal; there is nothing wrong with it. If you share this lifestyle for a while you will understand why many people surround themselves entirely with clothing, sometimes you cannot even see their eyes. This is due to mosquitoes, burning sun and further climate influences. It is not so much of a hidden religion. It has a practical aspect in that it helps to protect the peoples' health.

In Europe all the electricity providers have shared an electricity net one by one. We could have a contract with a provider producing clean, water-powered electricity in remote districts. The big advantage would be that you could choose not to use providers producing nuclear or unsustainable energy. This is a very quick and easy way to further the development towards greener energy. Every country has developed such a structure of shared electricity nets. I never paid for a nuclear plant. From the very beginning this was not made known to the public, but it happened. They took a few extra cents for ecological electricity, but my consumption has been reduced to nearly zero and I also have high-class, warm, bright and modern light emitting diode (LED) lights. A single three-watt bulb can illuminate my whole small flat. They are very efficient today, they even were in 2011. The power of the energy lobby originated from demand; there was interest in green energy. Nuclear energy was abolished.

Living on a bench under the freedom of heaven has many advantages. Most of us try to find a place to live somewhere in a nice region with a good view. Some rich people might enjoy properties of enormous sizes and a certain appearance. The tourist on a bench has all of this for free. One day a bench in a harbor, another on a high mountain, somewhere near a walkway, in a forest, perhaps even underneath a waterfall, wherever your instincts guide you. All the money in the world could not buy such an interesting variety. Indeed, the responsibility of earning such funds will diminish your time to communicate, to find friends and to discover many interesting things you may never learn if you are a billionaire. Our society is inherently dangerous in its treatment of people they consider homeless. Sometimes the provision of food contains antibiotic or experimental pharmaceutical drugs, and if you leave your country for a long period or do not participate in social welfare they do not consider you a part of society anymore. Perhaps some people disappear in forbidden pharmaceutical research institutions, perhaps even organ transplant centers. Unfortunately several years of absence from my home country have excluded me from many achievements of western society. This now includes having difficulty finding a flat and accessing provision of basic supplies. Be careful not to lose too many contacts, you might be in danger otherwise. Originally I intended to stay in Asia, but several years of pilgrimage and traveling would perhaps have made somebody suspicious. I finally had to leave. To marry would have been nice. It is maybe not easy to find a partner willing to share such a form of unity. There is still a chance in the future.

Poverty is a defining feature of many people in Asia; many of them find inner freedom in the Buddhist religion. They could have adopted me, but if you stay there for an extended length of time, your biology is changed. Even today I am still suffering from conditions of inflicted pain. Maybe somebody has implanted a modern biological chip or something to my biophysical system. Until this day it is still inside of me. No German doctor was willing to provide information about this, really a shame. Unfortunately the Germans seem to enjoy the infliction of pain to the organism by using this approach. This really is a difficult problem to overcome if nobody is willing to provide information on how to get rid of it. Please be careful if you stay in Asia. It is possible that all Asian people have to carry these chips which some of the Europeans now understand how to use against my being. In my entire life there was nothing worse. Whoever you are, if you read this, please help us to get rid of whatever has been added to our bodies.

Music can be a helpful medium to open your spirit. In my younger years they taught me to play the trumpet. I began by playing the classical music first. There is a standard trumpet school, which they sell in three parts to all the students, written by a German trumpet teacher, Arban, some generations before. Some famous works and playing techniques are described here. There is a piece called the 'Carnival of Venice' which only the most famous trumpet players can perform due to its difficulty. The Americans, who have always furthered well-known musical techniques, because their history is not so long, study these works intensively. They are very strict with their musicians. My first trumpet teacher, who also was educated in notation, wrote the complete repertoire for his students. He had several hundred different songs and concertos which were given to his students. The special feature of music is its capacity to combine the spirits of different people. Regardless of age, religion, nationality, gender and tradition, listening to music will successfully cross every border we have placed between our countries or in our hearts. They all feel the same when listening to a piece of music. This has been discussed by many famous authors. Growing up, I changed styles to jazz and improvisation. This was very enjoyable. We have a history of communication with improvisation; every shade, effect and chord conveys a certain impression only perceived by those who have an ear. The subconscious level communicating with music has a history in the slave trade. The spiritual gospels and songs contain warnings and advice for everyday life. Nowadays they have invented the poison I have already described, and some ignorant are very proud to destroy the biology of musicians by adding electrodes to their biophysical system where the being has no access. Some people are even tortured on the stage, they nearly cry of pain while playing. Modern society has found a way to suppress communication and creative musicians. Most of us have been forced into the biological condition of slavery. Even to limit your right for possession of your own biology has been destroyed. Many workers have to remain in the condition of slavery nowadays, perhaps by way of poison in the food or an injection; the cause is unknown to me. The problem is that some good musicians are destroyed before they had a chance to develop. It must be very important for the rich people to uphold slavery. Even after submitting a complaint to the international court of human rights they did not help me. Perhaps they have been forced into slavery also. You are systematically followed by the police in your home country if you find the courage to send a complaint and a request for help

to other countries. This provides much fun for them. My complaint was in accordance with article 34 of the European Convention of human rights. The secretary of the European Union also has a copy. This is an important part of the procedure. Perhaps there is an international exchange of information. My vita, however, is clean and my papers confirm I am of good origin; my regular self-check is always okay. Many photos of these devices have been published and the evidence is available in every foreign country. You can study information about microchips in human beings by typing "microchips in human beings" in a common search engine, access for the public was not restricted. The press has already discussed this topic abroad. Germans can be very slow sometimes. Practicing music requires regular work with your instrument. If you do not suffer from too much pain there still is a chance to practice and develop. Even writing this causes pain, this is unbelievable. It is good to have a bench in the park, most of the time you do not suffer from pain if you remain outside your flat. The winter can be very cold. Whatever has been added to my biology, no information could be found. From my point of view this mechanism questions the quality of our international music scene. They say the air is very thin if you rise high, perhaps a competition problem.

It is very interesting to speak to people who have a similar way of living. Most of these individuals have an interesting life story. Only few of them were poor for long, to be very honest. People living on benches or in the condition of homelessness for a while have either gone through a bad experience during their lives, perhaps a partner was gone, or job loss has occurred. Some of them might look absolutely normal. If you meet them elsewhere there would be no visible sign of their personal fate, their way of life and their poverty. The modern biochip might have forced them onto the streets. I think they call this displacement. It feels as if you have a reactor in your head. It questions the form and way of life.

If you travel through foreign countries your ethical knowledge and belief has to find communicative strategies to interact. Neither the Christian nor the Buddhists had found an effective way to allow people to interact freely in the past. Only some internationally accepted values, like the Universal Declaration of Human Rights, summarize accurately your position as a human being. This was a very difficult process. Some of these rights are still questioned nowadays by foreign governments. The percentage of European people in Asia was remarkably low compared to the Asian population in Europe. Our national identities were too determining. Nevertheless, you may lay claim based on these rights because most of the countries have signed agreements. Although food, accommodation and basic supplies are guaranteed we still had to create equal chances in exchange. Our global immigration law required an open border. Most of the people from the poorer countries could not even enter Europe or the industrial world yet to claim food permanently. The complexity of the formal procedure was so complicated that most people starved before they had the opportunity to find information regarding ways to start a better life.

Some of the sheltered benches where you can get protection against the rain can be found in the most remarkable places. Some bridges may provide such a space, some technical infrastructure and also even some trees can provide security. A metal rescue foil, gold and silver cover on both sides, always accompanies me. It

is very light and you can use it to cover your sleeping bag if it starts to rain. It helps to maintain warmth. Some survival rules had to be learned the hard way. You should cover your face and head with cloth if you are exposed to the cold to keep your lungs warm permanently, and take some thick socks with you to keep your feet warm at night. It is also helpful to have a little needle with you if you develop difficulties with bubbles under your feet. You will soon learn how to use it correctly. My life has somehow divided me from civilization. If there is a forest or a region in warm climate where it is possible to survive out in the open, we could certainly take this chance because maybe nobody would hurt you if you left the crowded regions. However, I sometimes also think in these times of modern satellites this can be dangerous because nobody witnesses what happens to you. You have to be very careful. To find a compromise is a good solution. To share thoughts with others is important for me. If there was no chance to speak, then to publish my ideas on the internet was favorable. There was never really an indication as to how many people read my essays, maybe a few. The Internet is a comparatively new form of communication for me. Some months of writing and trying to find access to newsgroups have taught me that the internet furthers search results for people who are actively seeking to contribute to their community. They have obviously programmed some features to identify your role and potential. Participation by way of commenting on the daily news is a rewarding activity. Every good idea can be stored and will not be forgotten. Methodical work on certain topics, which can be identified by yourself and others using the internet to communicate, may be organized and can remain for a long period of time. It is all still there. Your thoughts are not lost and all the people to follow later will be able to read your opinions. This is a great invention. The voluntary aspect of contribution to the free world of information creates history in the moment it is written. Researchers of the future will be able to study and evaluate what went on in the past. My profile always contained a lot of information about sustainable management and behavior. Early considerations of global improvements, with the aim of securing a healthy and ecological balance between mankind and an undisturbed nature, are part of my personality. Inner harmony requires the development of sustainable mechanisms in order to make a living independently from decreasing mineral resources. The uranium resources are gone now. It was known before we started mining that they would last only 80 years or so. Core meltdowns have injured many people. In hindsight the real proximity of nuclear failure was higher than originally estimated. Core meltdowns in two percent of the nuclear plants had done remarkable damage to nature and human beings, according to public statistics in 2011. Later they corrected the figures. Oil and gas will also be gone in the years to come. Many people had to die because industrial countries fought for oil abroad. It took them many years to understand the progress we already had made. Twelve volt devices served from a single solar panel, or even a little solar battery charger instead of 230 volt gadgets, were good enough to save energy for a complete household either an AA battery for modern energy efficient TV, digital radio, shavers, mixers, pressure resistant insulated 12 V cookers and much other stuff independent from the 230 V. Much of this was produced with an adapter transforming energy down to twelve volts; at least, this is what happened when I was young in the year 2011. We do not have fridges anymore. In school the children are taught how to get fresh

nourishment by buying in the produce from market each day. The quality of our food improved dramatically, and food poisoning decreased. The problem with fridges was they had to be cooled down even in the winter. They have learned to rely on the fridges in the supermarkets. Our washing machines also had to go. What is the benefit of providing a machine to everybody if you can share to simplify your electricity structure? Most of the houses have some machines in the cellar. Some people have to go to washing centers, more commonly known as laundromats. Usage of washing machines is included in the rent of the flats. All too often the complete electricity net collapsed due to natural disasters and also attacks. They did not inform us of the reasons. Some of the contracts with bigger energy providers were a secret. The corruption was later revealed. It is very difficult to find good and qualified politicians. The truth is they have to develop the strength to make qualitative changes for the better, not just enjoy the election period. Very few good people could be found. Of course, not every topic the politicians lead with was related to efficiency considerations aiming to ensure a balance with nature; there were also other topics. Seen from the future they should have changed earlier. Every technical device has been improved. Regulations and laws defining the maximum energy consumption of electrical devices have been decided to optimize performance. Consumption has been refined and weight reduced. Most of our flats have no electricity cable at all anymore. Survival of mankind itself always requires the consideration of sustainable management with renewable resources. It is my belief that over the last forty years they lived at the expense of their children and future generations. Nowadays the resources we could have used as complete energy sources have been wasted because we were not flexible enough to change our attitudes earlier. A solar battery charger could not even be bought in Germany at that time. The financial interests of the energy industry were too determining. Equalization of economic worth for the purpose to find a global average is important. It should be possible to measure human life in similar financial value in every country. They tried to achieve this, but a struggle occurred. The strength of their national identities and a misguided competition to be the global leader has wasted much of their efforts. Billions of people had to starve because the rich countries have just refused to open their borders. It is a real shame. Finally, every border was opened. Abolition of currency trade for a just market not endangering government budgets has been integrated much too late. From that time on, the worth of every good turned out to be equal. Suddenly they started to share and the complete structure could be harmonized which was a great thing. Complete recycling of buildings made from granite and field stone with a life span of 800 years or more should be possible. Modern building materials could not improve given natural materials like field stone or granite which had already survived in buildings for 800 years. The endurance of weather-proof steel seems to be okay, if you do not mix too many different ores. It is our obligation to simplify our lifestyle so as to leave no damaging traces in nature, such as the damage caused by consumption of ore, during the human life span. This obligation is to protect the environment, not only for ourselves, but for future generations. It seems to be part of human nature to always strive to find ways of earning and having more than others. Some generations suffered from having digital additives in their biophysical system and, again, many people had to die before this was finally stopped. The

problem was that some secret service purists were of the opinion that it was easier to kill millions of people by pushing a certain button on a secret computer, than it was to instead share with the poor to help solve the problem of economic crisis. Interesting, isn't it?

If you have any problem with a change in your biology it might be reasonable to consider or systematically monitor who has the greatest financial benefit in a culture. Only work on a global balance and equalization of individuals living circumstances and rights might successfully secure misuse of powers. The definitions of international regulations regarding human rights do exclude changes of our biology. Also our thought should be free, but it is not. It is very remarkable to observe how different even the people belonging to one nation treat each other. Extreme poverty and the riches of billionaires are directly alongside one another, yet the rich do not give enough away to ease the circumstances of the poor. Perhaps this a problem with different cultures researching on the mind. Some Buddhist literature mentions these mind control techniques. In connection with some information about their belief and religious history stating there is a reincarnation one might invest some time in thoughts about the possible consequences of such mind control methods. Often I have the impression my thought is a projection of thirds, even the thought of others in my home country might be. The ethical implications of such a problem are extreme. The complete legal system must be questioned in times of mind control. During my time in Asia I was taught of the existence of these techniques which direct the beings. It is possible the military of every country has some research on this. However, if a person's motivation is a projection of a third influence the physical punishment for criminal behavior which may be inflicted by a court is not accurate enough to heal the original cause of the problem. Many of the people in prisons in this world might have suffered from a directed consciousness, although of course they have a free will, no question. I can tell you from own experience, such a suppression and generation of thought can be unbelievably strong. I suffered. The modern western world has not yet found a way to consider these problems correct. Although I suppose it is nice to know that these methods of mind control exist, it was not necessary to force me to experience this first-hand. Possibly these cultures have developed vast ethical problems in each other's treatment. The Asian religion and culture also has some high ethics, obviously this might have developed to handle these moral implications. Many consequences might occur from a contemplation of these topics. From our school history books we learn that other countries had research and achievements thousands of years before our own country. There should be no reason why this does not relate to techniques of mind control today. Well, I have taken notice, thank you very much. A solution how to handle this problem is not available for me unless supplied by thirds. My life form has been transformed, so there is much to be questioned.

It is possible that the wars in the Eastern countries originate from attempts to harmonize their inhabitants and change their biology in order to control them. Sometimes this is the impression I get. Perhaps this topic has been the origin of past wars also.

As far as I am concerned you, whoever you are, should find a way to uphold peace and refrain from torturing innocent people. The rules we have finally agreed upon

in the Universal Declaration of Human Rights include topics like freedom of thought. It is very difficult to find more information on how to avoid a projection of thought. The international community has considered this problem to be real and existent enough to dedicate a passage to it in the most important of global rules. The impossible task of finding and receiving more information about this topic in particular, is perhaps caused by the unbelievable moral inflictions to the Christian religion and also the risk of misusing of these techniques.

If you read this in the future, please be informed that this topic is beyond my sphere of control at the moment. I feel as if I am sleeping and living in an artificial energy field generating my thought. Believing that there is some code of conduct in the treatment of those concerned sometimes eases my pain if I live on the street. It should not be that way. As far as I am concerned the rules of behavior are peaceful. A solution for this problem originates from scientific research to make sure not a controller directs a being to criminal or false behaviour.

You could have the impression of a two class society. Many poor people in 2011 had a problem with electronic payments. They did everything they could to avoid too much contact in places like shops, banks and markets. It was quite obvious that a biological chip was connected to official places; obviously they had found ways to influence our biology against us. Several places did not allow you to have a bank account. Most of the banks insisted on contracts involving credit or penalties for overdrafts. An account operating exclusively without debts was, more or less, not available. Strangely enough, this is only a setting in a bank computer. To seriously help avoid debts it would be necessary to have an account without overdraft. The banks interest to earn with the credit systematically prevented this. I did not try all of the banks, however, I had some difficulties. The bank even allowed me to become further into overdraft, although they were advised to stop payments if there is no money left. This should be automatic feature to protect yourself. What's more, some people were unable to open new accounts if they never had debts with a bank. Even if the bank had suffered no loss, people were not given the chance to open new accounts for the purpose of receiving payments and changing their financial status. Some credit institutes drew their customers out of cheap accounts for the purpose to charge a monthly fee on the payment of cash salary check's. You have to be very aware of the problem that arises from banking being a business, and the customer being the bank's primary source of income. If you had large sums of money you of course served a function, because they could reinvest your funds for own purposes. The extremely poor could open a bank account which included security against the courts taking money from this account if the balance was lower than a specified amount; naturally such an account came with comparatively high monthly fees. This meant that people with debts could not afford this account. Many years later, the governments issued lifelong account numbers serviced by state banks to make sure the person had a chance to survive and make payments free of charge. Many people were so poor they could not afford to pay the fees associated with transferring money.

There is a subculture within modern society which relies entirely on trust, where people do not go into the world of shops and banking. They avoided entering these domains. The church, in particular, helped to support this group. The

complete structure of supplying food to the homeless was in danger of being taken over by the Christian church in some cities. Basic provision by the state was not easy to achieve. There were some advantages of the homeless being a Christian believer since Christians are often shown to have shared more efficiently. The Christian church has lost many of its members. I believe this was due to the problem that surviving became more and more difficult. Eating and living was expensive, and church taxes were deducted from the wages. This phenomenon was typical of the time. Membership in the churches did not necessarily free us from biological dependence. Some priests obviously believed suffering was required to praise the authority of the church. People did not like that missionaries methodically visited people in personal crisis to recruit new believers. Somehow they were always informed if you were in a bad situation. A church should of course respect human life. The human habit to employ those in bad financial situations for minimum wage meant many employers benefited from the weaknesses and defenselessness of their employees. This was not good for the reputations of the institutions involved. The Buddhist church had a similar problem. Mutual acceptance was not perfectly organized. If a room to sleep in was full during the winter, participation in ceremonies granted you access to warm places. If you have a look at our cultural remains most of them belong to our churches, this is very much in the foreground. Human beings seemingly need to believe in religious values, perhaps this is human nature. Even the state sometimes has problems to compensate this. If we took better care of other high quality buildings, not just those with religious functions, this could be improved. Events in history have led to the destruction of some churches; it would be nice to also have buildings with more common functions survive that long. A very high quality multi family garden house concept would be great.

It does not happen very often that you meet someone who becomes your partner on the benches. Somehow most of the people sitting or living there for long periods of time are men. There are a few community centers where, if you are interested in meeting somebody, you can have a conversation, but most of the time this attracts too much attention. Extraordinary things may happen if sensitive people are provided with undisturbed spaces. It is also true that in the world of animals a meeting only happens if there is no disturbance. Some rendezvous do not happen if you observe them because the birds and animals also require secluded spheres for an interaction to take place. This is why some of our species are extinct nowadays. Humans lived in undisturbed places in harmony with animals long before cities were built. Modern observation, with electronic transmitters connected to the organism, is not a natural way to study. Any device connected to a being might also erase it because suddenly it is not equal to animals of its kind anymore; its living conditions have been destroyed.

Perhaps there was life from other planets, extraterrestrials, on earth before. People have said in ancient times our planet might have been a destination for extraterrestrials. I have never really thought about this and have no knowledge in that field. We were born here, it is our natural surrounding. Perhaps a trip through the galaxy from time to time could have been amusing. The question is, what would we have achieved there? For what reason would you leave Earth? This is no easy task. It is possible that if there is another world somewhere in the stars

whose beings have high moral standards and ethics, and these planets are connected to create a universal community, that I would join them. It is certain that they could teach you more compared to the knowledge you can find on earth. They should visit us in time if we were in danger to kill all the human beings in a war. We on Earth have had wars, and they did not interfere. It seems clear that they do not exist. They could have suggested solutions to solve our everyday problems. I would not have lived on a bench if they had come here to support our progress. Why should they have asked the man on the bench to follow them? We have not even found a way to communicate with the animals around us yet. What do we hope to achieve if a starship arrives here? They would possibly study us and leave. This world is not very highly developed if you have a look at the universe. There is much more out there. Why do people believe progress in research requires extraterrestrials? Perhaps scientific study of differentiated energy fields helps to open a door to parallel dimensions or other worlds. No need for a starship. You could just walk through and be in another world. It might not have to be a gigantic field of nuclear energy, it could also be a very low amount and a very finely tuned frequency to harmonize an interference, or hit a resonance causing unknown physical effects. How finely can an energy field be adjusted? How small can an amount be dimensioned? Has nature provided us with inherent abilities to open doors with willpower we can no longer access because some scientists have implanted biochips to destroy higher brain function? They have been destroyed in my case. This is out of question from my point of view; my remembrance is partially suppressed and replaced. Therefore I sit and write. All this might be hypothetical, no question, you also have a lot of time to think about nonconventional topics. It has led to the most important progress in our history.

Other cultures have fascinated me since a very young age. To me it was clear their way of living and their traditions would be a valuable experience. The high percentage of people from abroad living in Germany has given me the desire to see more of other countries and to experience life there. It really is a shame that nowadays the international community sometimes believe Germans should not stay abroad permanently. My impression was that chances to live abroad for extended periods are difficult to facilitate, if not impossible. This was a complex problem. Europe has a really highly developed social security infrastructure. Most of the Asian and especially African countries followed later, or are still working on their systems. The biological presuppositions differ. Microorganisms are also not the same. The formal requirements to find permanent chances to stay abroad were difficult. Employment could not be found, your business proposal was not accepted unless you provided proof of a large sum of money, your attitude was strange, perhaps experience had shown bad examples before, ethnic minorities were having bad times before, and so on. If you made a contact to foreign offices in an attempt to find information on these processes, your enquiry was either forwarded on or not answered at all. The international problem of finding unobstructed access to sources of income and accommodation abroad had reached levels which indicated severe structural weaknesses. These had to be improved on national and international levels. Every national organization was very protective of their economy, their borders and their traditions. To change this for the purpose to follow new values furthering global interests in first respect lead to very difficult changes in perception. The common habit to understand

national interest as a matter of protection was an illusion. The values of the Universal Declaration of Human Rights had to be intensively taught in schools in every country. They all had to solve the same problems – unemployment, health insurance, the organization of their complete budgets – and we had to understand that these problems were all the same. To open the global borders and to support an ongoing process of global equalization is not a threat. An agreement about the way to proceed in the future should be made. A think tank can consider objectives for further development. Physical borders did not have a negative influence on the way of life of Europeans; we were all free to travel within the borders of the Schengen agreement. Furthermore, our biology in the condition it was supplied to us by nature is also a universal feature. Still, much of our effort is focused on national interest. The question of what is best for the world has not been discussed appropriately from my point of view. Perhaps the coming century will allow us to open most of the borders. We would have to learn how to share equally. Developing countries with an interest to survive and feed their people had to take their chances to enter further developed regions everywhere in the world. Although completely open borders lead to structural work, we went through the process before the negative conditions in the poorer countries forced poverty to cross a border against rules to find food. In 2011 much more wealthy native people left German and European regions than were given a chance to have an income on other continents. An Asian culture had taken over, making use of the different value of goods in Europe and Asia.

A little burner for cooking while traveling outdoors is a useful tool. This was always very practical. Good burners weighing 500 grams are available, and these can burn fuel and gas. They also help in emergencies. My country of birth has comparatively friendly living conditions, even emergency packs were not available at all. Most of the time people lived in accordance with peaceful principles. Furthermore, there were no regular problems with hurricanes or tornadoes. If you used a search engine for the USA they offered you loads of products, it was impossible to check them all. In Germany there was only one entry for survival kits in auction platforms in 2011. If you use a light kitchen knife to cut all the ingredients into very little pieces they can be put altogether in the pot, then just add some water and herbs and it is ready. In a warm climate it was only necessary to boil it, cover the pot and wait twenty-five minutes. Rice, noodles and even meat were then ready to be eaten. You can save a lot of money if you cook this way. The Chinese people do the same, except they heat up their food to 800 degrees; mine is cooked once it reaches boiling point if I can afford a suitable pot.

During years in Asia I have learned much about the habits of different people. If you come from Europe and stay there for several years you meet some very interesting personalities. Friendly people have brought me into contact with those who have a key impact in their culture. It was not usual to have guests stay a long time; this was especially rare in the Chinese mainland. A stay in a temple was recommended and they asked me why there was interest in them. My answer was that I would like to study the principles which enable a certain group of people to live together peacefully for many centuries. Of course the opportunity to learn something about the religion was also great, so we spent some time together. Awareness of wars and military could be found in China and they did not mind

teaching me. They knew I had refused to serve the army in my home country and that this is a decision which was challenged in court. What they did was horrible. My organism was changed without my consent and somehow also here severe pain conditions were inflicted to my biophysical system. Possibly my reactions showed them what would have happened to me in times of war. The Chinese perception and history is not similar to the European history and their way of learning is not intellectual. The physical experience of enduring severe pain for several years has shaped my perception completely. I now perceived thoughts of thirds I didn't have before, or if I had them, I was not aware of their origin. Some of my consciousness has disappeared. Objective biological changes had taken place also. Sexual desire had disappeared completely. They did not ask before. Possibly the whole culture had to undergo some kind of sterilization in the past and was forced into biophysical conditions with the chance to inflict severe pain to their bodies. My personal circumstances did not allow a return to Europe at that time. Perhaps the Chinese biophysical system contains additives, this is unknown to me. A Chinese doctor has let me know horrible things can be done because he had an ethical code but he did not tell me how and what had happened to me. Chinese medicine changing electrophoresis cell properties in my young years was taken to reduce weight, following the recommendation of a Chinese woman. Bodily changes started occurring at that time in Europe. In China nearly the complete water in my physical system was thrown out in a few hours artificially. My inner ear had changed, something activated physical disturbances. Complete loss of control about vegetative biological functions occurred. All this felt as if a computer had taken over; it was really bad. Now I am still alive. This time had given me the opportunity to think about the possibilities lying within myself, but the physical changes and the pain remained. There were people reporting about India saying the pain is so strong that people there, who share this physical system, have burned themselves on the streets to end this condition. This was discussed in news articles from time to time. It is certain, more or less, that the Germans had information about what happened to me, they observed the condition, several doctors were consulted. The physical system is suitable to execute a being without touching the person. It felt as if a weapon was built inside the brain in the region of the left inner ear. It was clear that the pain was intentional, especially in the sensitive regions, although I never understood why because most of the time these conditions were inflicted without logical reason. Also the Chinese inner culture had a very strong identity replacing consciousness and thought completely. There was not much that could be done. Chinese humor is very strange, from my point of view such methods possibly could have been used against terrorists, murderers and severe criminals. I was just used for my intellectuality; there was much information to be studied. If you ever have such a problem, write about it and publish it.

In the news about people disappearing in obscure prisons in China, accepted rules of not causing other people pain conditions were difficult to understand, this was structureless. Although China has intellectual potential, their perception and way of thinking is different from that of the west. Independent thought might have been a threat, the life form is not the same, but this did not mean they had no strategy to handle the being from other cultures. Also there might have been an interest to let the being know this country considers itself in a leading role on the

globe. In all the intensity of these experiences there also was a positive aspect. People undergoing these processes have all the attention in the world. Today my opinion about current developments and suggestions for improvements are published and reflected upon. I never understood the necessity to replace the mind and to cause these extremely painful conditions. There was even much blood lost; it honestly was strange. The Chinese mind must be severely split. People visiting from abroad could result in antagonism towards the strong restrictions of such a determining inner culture. My time there was perhaps recorded to study the people and create a role model for the Chinese. More mental independence could have improved the results of this study, for sure. The results were seemingly predetermined by the group of interest in power in China, this is why the consciousness was replaced, also later in Germany. There could have been many reasons for this. The combined mind is unique and something very special, and if working on certain problems can be very efficient.

Without the written word it is not possible to give appropriate feedback. Information about the way these conditions were inflicted was not to obtain. People must be very very aware of power to torture thirds, this was always beyond my realm of perception. Before transformation I lived according to the rule of live and let die. If some people do not have anything in common then they go their separate ways. Perhaps they communicate verbally and let each other know that something does not correspond, this is an easy way to solve a problem. In China different opinions could cause severe pain attacks instead of just speaking to ease a problem. Most of the time the interaction and communication was not so much intellectual; it was more perceived physically painful. Possibly in many less developed countries they suffer from these extreme pain conditions. This is why so many foreign people are here in Europe and very few can be found abroad in the heart of China and Asia. This intense physical way of living possibly had the function to start a process of development in the being, it did actually, I am not the same anymore.

In my younger years I worked as an engineer for the government. Following this time, I found it impossible for almost ten years to find paid employment anywhere in the world. I tried everything to find out if there negative in my personal records, but my search garnered no results. My university marks were above average, most of them excellent. There were thousands of unsuccessful applications.

Perhaps it is human nature to register harmful records against a person's name without informing them, due to the fact that the person in question may be lower in the hierarchy. Perhaps you can make a career that way. I was not given a chance to earn an income and feed a family. All my personal documents and certificates, including those most valuable, were stolen. I made attempts to get copies of the originals, but they are also stolen. My valuable possessions, a collection of art for the time of my pension and other things were stolen several times. From my point of view every being should be given the chance to read such recordings. The opening of the German border between east and west has led to the chance to read these recordings and files. Every service on the globe has a similar system to record things; there must be enormous sources of information which are never revealed to the people whom I describe. The most important function is to protect the status and income of the people in this class.

If some of it was wrong, perhaps a way had to be found to discredit the being for a secret career of the recording person. They did not even know what was happening to them, or why. Fortunately I do not have to prove the validity of this statement. History has done this for me already, see the STASI files. Many people were not treated equally. They also insisted on implementing systems to monitor people and, of course, give marks for behavior. If you had a certain status there was nothing you could do, control about this was in the hands of thirds. If you were assessed wrong, you remained on lowest levels. The problem was control in the hands of thirds following own interests. They were asked several times if there was anything recorded against me. No answers were received for these requests. No doubt, there was a scientific interest to record statistical data to further the development of society. However, the misguided belief that it was acceptable to file information against a person without informing them should be judged an error, and also a violation of human rights. Everyone should be given access to these records, without exception. Most of my problems vanished immediately after discussion in the public forum was allowed. This is also a very interesting aspect of human nature.

The bench in the park is a very efficient way to study people who were systematically assessed to be part of the lowest levels of society. Some countries do not have this problem, they only improve and criticism is always positive. It serves the function of helping a person to progress and improve their circumstances, as opposed to systematically hindering a person. Public witnesses are sometimes helpful, people are not completely stupid.

Many years had to pass and I did not understand completely the enormous strength of third thought influencing mine. It has rarely helped me and was sometimes very intensive. This a fundamental question: from where does our thought originate? Are we the sum of all the life forms perceiving themselves sharing a dream at night? Are there souls and personalities occupying us in their lifetime? If our thought would completely be determined by thirds, how could our ethics be correct? I often reflect about the function our bodies have. If they are just a tool for life energy to flow through, there would have to be consideration about how to protect our inner freedom and identity. Strange things happen sometimes. If our awareness is built and generated by thirds, how can we avoid a motivation for our disadvantage? Is there an unknown ethical code according to which we can behave to find ourselves in or also outside such a field of energy? My consciousness seemingly differs from the thought of the people around me. They have included me in their perception, also in thought, but my remembrance is blocked. I cannot remember my dreams during the day. What is a dream, by the way, and how does it occur? Do the people around me function on another level? Could anything be done to improve the remembrance of dreams? The world around me surrounds me and I function as a part of it. A genetic change might have been done. It would have been great to learn how my life form can make changes to this energy field of awareness and have a more active role.

I feel, that some of my dreams are inflicted to me by thirds. To consciously change my sleeping time obviously can contribute to definition of awareness during the day. Is there a chance to change my life form here on earth by surrounding myself with other beings? Often I also wished to socialize in other countries and among

other people. It happened, but the wish to stay in such an environment longer to develop further has remained. Poverty was a problem. If you have no money, you cannot pay for your living expenses. Immigration control and difficulties finding work or any other agreed way to live and stay abroad can cause difficulties, developing countries have refused to accept me in a teaching role, they did not even provide food. Somebody could have let me know how to define and influence my role on earth earlier. Often there is the feeling that others define my time; an energy wave in my inner ear wakes me up in the morning. There was never any choice of deciding when to leave the dream world, to change today's awareness.

Statistical data is always helpful to understand where existential threats have occurred. Many people in German prisons died before their average time should have come. We were dedicated passages in Amnesty International reports; our police force is too aggressive. The newspaper has even published articles about people burning to death in German prisons, bound and helpless. It was not me, by the way. I have no Nazi past. My ancestors did, and a certain human personal profile has always been in danger of running with the wrong herd.

There were two long term relationships with women, both of them for many years. One of them made the decision to migrate to another country and build violins when school was finished. The other's fate I do not know. She might have moved somewhere else. Women sometimes prefer to end a relationship in order to make a completely new start, this is fair enough. It is the way it goes. There were no financial problems when we left each other. Whatever she wanted, she was given. It was very simple. We had always shared equally in relation to our income. Both of them had other relationships later and were able to make a living. They were modern, insisting on their personal freedom and there was no marriage with me. Both of them had humor. A third relationship would be nice.

It would have been great to earn an own income by having my own business. Competition was strong but unfortunately my biochip tortured me with irritated eyeballs as soon as I tried to achieve this. An attempt to apply for rudimentary state assistance led to vast problems. There was an offer to rent a little shop with a living room within the limits of the allowed expenses. The state rejected the proposal; the opportunity did arise again and so I could not attempt this later. It was very weird. I perhaps could have been a free businessman with a healthy body without any problems.

I was born into a family, most of us are. My sister hardly bothered to contact me later. We both left home very young and she has her own life now. People sometimes prefer to stay in their own worlds. Perhaps over time her opinion will change. My father could have helped me to start a little business. He was rich compared to me, with land, a house and a car. He has offered help but never actually provided it. When I returned from China he gave me some money for clothes and some furniture for a flat. Here there was also no support to open a business. We rarely meet, he knew about my problems. Our parents were divorced early in my life. My mother had left the country also. We met once later. She was living on state benefit and had some health problems. Perhaps she could have received some help, but poverty was also a problem at that time.

If you ask me about the history of the Second World War, I always say this

happened under another government. What happened in the past was very bad, of this there is no question. If you consider such a topic on a park bench your opinion and attention focuses on other aspects of the content of our history books. First of all, a religion has been completely erased. The Jews were killed. It is quite natural to contemplate the religious reason for these occurrences. You rarely find lectures focusing explicitly on the suppression of a religion. You can hear stories which say the Jews were rich and had control of the financial world, but this is not a stringent feature. Money is not typically Jewish. The only thing they all had in common was their religion. They also suffered from religious struggles other countries; of course, this is no excuse for what happened to them in Germany. A courageous analysis should provide us with insight about possible religious reasons for murdering the Jews. These may include their refusal to convert to other religions, missionaries believing they have to rescue souls, Jesus on the cross, the inability to compensate contradictions of the religious content in their bibles, al-Qu'ran, the Torah and all the other holy books. What is the truth? A person is affected on a very personal level if the teachings of the holy books are different to that which we learned in our childhood. The Ten Commandments were a rule just for the Christians and an educated mechanism of confession and forgiving could not be relied on anymore. The truth was gone, how painful; the identity was questioned. If the religious practitioners could not be sure of the simplest truths anymore, every rule of behavior was gone. There were other reasons for the occurrences, but the most obvious, eradication due to religious contradictions in their holy beliefs, has hardly been discussed. From my point of view the events of war can also be related to natural human properties. Fighting and killing have occurred in many places and times; they are only possible due to the aggressive nature of humans, instinctual since birth. A discussion about what we all share would also and especially raise the question of life energy in the form of emotion, thought and perception. We should include teachings about such difficulties to balance the contradictions of religious contents in the world's schools.

The Buddhists say they have an afterlife and there is a perception independent from time levels. If this was true, how could some natural disasters cause such extreme damage among the population and in their countries? They are having a perception of thought, but objective catastrophes not originating from human energy might be difficult to perceive. Objective inability to perceive time not related to a being is of course a problem in all the religions. That there is life after death might be the truth. However, of this matter I am skeptical. If thought is generated by life energy it can perhaps create an impression of reality in our perceptive patterns. This would mean if we did not believe, then the pattern is not existent on a factual level.

Digital influences changing energetic properties of the being are an ethical violation of our nature. It would be interesting to find out if some people carry microchips which interact with mobile telephones.

My bench is a very personal space. In the role of the common soldier, some very personal reasons are responsible for them taking weapons in their hands to kill. Economy, unemployment, and economic crisis are also important. Their education unfortunately just involves to get shot, they have the function to die in some

modern understanding of armies, which is a mistake on the levels of teachers and management. You could say teachers have the erroneous belief that their life and intelligence is superior enough for them to be able to make a judgment which sends a soldier to death, instead of educating him on survival and conflict management. Civil courage for change is in most cases not rewarded. You must be careful not to be suppressed. Human motivation can be changed only very difficult or with a new way of educating different core values. Personal independence from mechanisms forcing armies into wars have to be learned, this means personal suffering and, of course, the ability to think on a global level. We do not have to follow blind because others have thought for us. Everybody should be educated to an extent where he or she has to think about his or her responsibility, and how they are able to contribute their own effort and ideas. A soldier gets paid to pick up his weapon, walk to war and shoot. If he does not do this he has no food. This is too simple. They must be forced into situations where they have to develop communicative strategies and another perception of themselves for the peaceful solution of problems. To think differently can lead to changes and personal consequences. What can you do instead of being soldier, how do you feed a family, what would the wife say if you change, can you still feed children, etc. In the early years of a person's life, education should draw attention to the teaching of extreme situations. The central question is what can they contribute for the improvement of the nation. Please don't just follow. Every single being should be able to save the globe; this is a different approach to the old way of thinking. There are many things you could do, for example, sell ecological and sustainable green products, write articles and publish your ideas on how to develop further, invent something useful for mankind, work in a garden and harvest what nature gives you, more or less, for free. Access to food is the origin of our natural efforts, we were born this way. Have a piece of land and harvest your food, fresh and healthy. Write some songs, understand that mental ideas have a high worth in our world and every contribution in the form of a written text is very welcome because it will be a part of our global memory. Please leave us a few lines, so we know who you are. In the future they will read this, you can be sure. Find your physical and intellectual limits; make the most of your potential. If you insist on having physical interaction or competing with others, play football or go to a demolition derby. Have fun instead, paint pictures, produce new goods and gadgets, get engaged in political discussions and see what they think about your way of living and of your opinions. This is an ongoing process. Your quality of life will improve daily once you have gotten used to this. Our soldiers have a further motivation, apart from finding food and basic supplies. Their nature is to build a family and have a woman. Defense for them, in the first respect, is the defense of their families and their right to return to peaceful security in warm arms when the fight is over. They protect exactly this. Apart from the fact that every soldier in the world has this motivation and therefore cannot really be evil or enemy, some of our women, who never pick up a weapon, expect their soldiers to die for them. This is not okay anymore. Intelligent strategies to avoid struggle and women who can never be reached are two different things. Drawn by the wish to find partnership or be accepted by a partner, the men walk and shoot themselves to death. Whatever they do, some women are never contented, it is impossible to reach them, even if they had the world in their

hands several times. We should break with such a pattern. Of course this is a beauty problem, you could say, she unfortunately was more than just a nice body. No soldier should be educated to die. Death in a fight or in war is always a sign of a missing thought in time, before the necessity to fight has occurred. Please learn to think internationally, we have too much in common. Our national identity does not justify death in defense against nations. This is one world.

It is great to know we have an international network of the homeless. Many groups of interest have published news and information about this subject, sometimes on a personal level. Subcultures with knowledge about truths in human nature can deliver interesting opinions, and if you have experience in that field of our communities, you have also experienced some of the strange behavior of the rich. If you have always lived in the rich man's world then the mechanisms used to suppress this group of people are not known to you. Here you find topics determining the reality of our actions in responsible higher levels.

My recognition of people's visual appearance is weak. If I have not seen you regularly for at least fourteen days I might not know who you are. This is sometimes also due to the fact that I do not have my glasses with me all the time; it is not always convenient to carry them around, my biochip irritates my eyes, this is the reason why.

Some actors and artists were on my bench looking for inspiration to write new plays. The looks of our environment shaping our memories is sometimes worth a question and especially the international community has good knowledge about homelessness. People do wish to speak to me sometimes; perhaps they have dreamed, from time to time, of gaining such an unusual insight. Many people have taken opportunities to create very individual spaces. Our whole culture these days and also our newspapers are always trying to discover new topics and sensational stories they can develop.

Having been focused on such an essential way of living gives you some kind of security in time of personal or economic crisis. Most people do not even know what they would do if their world of luxury was in question. We have not learned this in school; not even the simplest rules of survival were taught. This relates to finding access to accommodation and one's own flat also. If you had to live on the streets you should be the first to be given access to a flat. However, life is not that way. They do not even have a waiting list for flat granting you the right for access in my home country if there was a waiting period.

Despite a good education, I struggled for many years to make a living in my home country. This is a fate others might share. They undertake a long period of education, but are then unable to earn a living in their chosen profession. So finally, they must work in different fields. Education was no help in finding a job, yet many other workers always had enough income to feed their families without even having been educated. It is not easy to let such a long time of education in university slip away. There were many topics of concern; some famous architects these days were only willing to employ graduates for little or no money. Either you had another source of income, or could only afford to buy the bare essentials. A certain amount of money is required to develop ideas and enter the marketplace of successful architecture firms. For a long time this was not possible.

An earlier chance to speak to migrants who had successfully moved to other countries could have been helpful, as good information is difficult to find, especially in the home country. An independent community organization which assists each other with border crossings could have been a great advantage. The poor people do not have the chance to cross borders unless they are taken voluntarily by a third party. Although they have much to give culturally the country of choice abroad does not provide chances to receive information. In earlier times, many people wasted their entire savings traveling to remote places in the hopes of finding a better life. Immigration requirements were not fulfilled. However, if the reason they immigrated was to escape war, the international community did not reject them. If the reason was just several generations of poverty the economic stability might have suffered from disadvantages. There were those who believed the poor should not have the opportunity to change their class. This was very tough for all of those who were in danger of starving.

Today I have found a place with an egret. Most of the time the bird does not move at all; only attempting to catch a fish causes a sudden movement. You can sometimes hear them make noise, but not very often. Autumn is a good time to enjoy the colors, the leaves change from green to yellow and red. If the wind has not blown for a while, a breeze can whirl the whole surrounding. In the morning there are light beams between branches, and still dust dissolves from grass and plants. Near water you can have great days while the climate is still warm before the winter arrives. Nuts and fruits fall and a flock of birds picking in the crown of the trees can cause falling leaves. Sitting underneath the tree it is difficult to see or recognize them immediately; they are hidden on the top. They leave their resting place all at once and calm occurs. Sunlight glimmering on the trees over the moving surface of the water creates a nice visual. Very few days in life provide such a special atmosphere. People were speaking about Canadian autumn and Indian summer and the maple leaves with fantastically bright colors. If it was affordable I would travel from garden to garden, or to seasons with a mild climate and shiny leaves. Only some seasons and days produce intense light of color. Very light green appearing nearly white can appear on some European trees in the summer. Every bigger amount of colored parts always leads to reflexions of the sun if you have an eye for it. Undisturbed places have springing fish and ducks sleeping in the trees at night, swimming in the lake during the day. Leaves on the water's surface can produce surreal effects, especially blossom dust on water. This is being written on a bench near some water. Surrounding this bench, the falling leaves give the impression of a very slow waterfall, falling from the trees. It is remarkable. Broader views are interesting and if you sit under trees there is the effect of light on falling leaves. Light from different angles, very few clouds and vast views of heaven complete the scene. Human beings walking and moving regularly change the atmosphere, the animals start moving to other places. You have to sit still for a while so the animals accept you. In times of hunters and gatherers many centuries ago this must have been natural. Only such awareness has given me calm and contentedness; here I do not have the feeling of being stressed or the obligation to produce achievements. I believe the stress of modern society is caused by losing contact with the environment and these atmospheres. Nature is timeless in comparison to human life. Especially these timeless atmospheres and also further timeless ways to handle our resources give us relief

from everyday routines and stress. Consumption has raised needs and desires have replaced our instincts. Contentedness in free nature has been forgotten by most of us even though we were born in here.

For a very long time it was impossible for me to find founding members and supporters for a beneficial foundation which would further the arts and refugees' rights. From my point of view, it always was important to define topics determining the refugee movements of today, for the purpose of avoiding them tomorrow. Of course, this required publishing information on websites stating there were still topics we had to work on, even and especially in developed societies. Freedom from taxes can help to establish such an institution. Unfortunately it took more than just a declaration of the intention to work on these topics. To register such a group the signatures of at least seven members had to be collected and the statutes had to be defined. This was done, but nobody could be found to sign in the beginning, so there was no entry in the register of the court and it did not get started. An international house abroad and foreign supporters working to give shelter to the poor would have been my dream. Some institutions could manage this. It is far nicer to have partners in your efforts for improvement than to work alone. A part of the effort was to collect paintings which depicted difficult topics. Attempts to define these problems might have led to recognition and difficulties with hidden groups.

To stay in other countries helps you to develop not only your view about possible lifestyles, it broadens your horizons. The mind expands and the different biological conditions of your surroundings can influence your organism in a positive way. To not find permanent access to such opportunities is a loss. We do not even know the possibilities we have; most of us never have the chance to stay abroad. Migration requirements often list some intelligence features not available in your country of desire. You may study or run a business if you have enough money. In my opinion, immigration to foreign countries should not only apply to the most intelligent people, our human right is much more than this. To claim access via immigration should not be such a difficult process. Although we should think globally, this does not mean we should exclude each other from being given the chance to migrate if the interested person does not always play in the global league. Competition can also be a hindrance. We were born, we have a natural biological rhythm. We live, take the chances we can in accordance with our biology and just make a living. Nobody should have the right to question this. Nowadays assessment criteria are not flexible enough. Many people improve drastically for unknown reasons and a public interest to evaluate a being endangers future because we are treated according to results of an assessment which obviously does not include a long term change for the better or an error in the assessment. As long as we compete against each other as nations, we always will remember other nationalities as a factor we have to conquer.

In Germany to join the army was a choice. I refused to join them and chose to take care of mentally and physically disabled men in a dying department instead. They say if you are a professional soldier, you must go through hard times and training. I believe that even those who train hard physically make mistakes. The question is what is your aim? It is certain you will have no endurance if you build up too many muscles, a thirty kilometer walk will knock you off your feet. Some elite soldiers

undergo such training to carry their weight also, which is not necessary if you ask me. Nature has supplied us with everything we need to walk these distances easily, presupposing our own weight is not too high. A heavy weapon and camping equipment are all things of the past. The current issue is how to optimize one's own body to achieve flexibility and endurance. A body builder weighing 140 kilograms will not walk for long distances, although for a limited time he can appear to be among the strongest people on earth. He could collapse under his own weight, and there is the possibility of a circulatory problem. We were not made for such stress. The physical consequences are severe. There is enormous training to build up a body to such an extent, even though it can feel great to have something around your bones protecting you from physical damage. Some people take proteins and medicine to build up muscles. These products are not natural. If we were only subjected to natural stress we would never build up such muscles. Humans are not meant for these extremes. Of course this might be in accordance with your ideals of beauty. You will have to produce life energy to carry your own weight. If your weight is only seventy kilograms you will not feel the stress of walking so far. Imagine how much power is required to carry a weight difference of $140\text{kg} - 70\text{kg} = 70\text{kg}$ for 30 kilometers. For a man of high weight these distances are a physical impossibility, you limit yourself. You would have to hire a taxi instead, otherwise your metabolism will suffer. Reduce your weight and save the money for food and a taxi. If you become older or reduce training all these muscles will change form and it is very difficult to remove them from your physical system in your age. This requires further life energy. I weigh approximately seventy kilograms and, although not trained for a marathon, I can walk such a distance without any problem and not be tired or have aching muscles the next morning. I have good street shoes without heels buffering the weight of my steps with soft leather adapting to the movement. Ninety-nine percent of all shoes on the market are complete rubbish for walking long distances. They either have a profile inside or underneath the shoe and destroy your skin, or do not balance your weight well. I prefer a light shoe with a leather inlay on a gum layer above a flexible sole. With this shoe your bones do not have to do the work of buffering your weight, this is a very sensible balance. Any heel would destroy the natural balance and is a hindrance in relaxed walking. Please try several shoes. Oftentimes heavy people are not aware of this. You can kill a heavy man or especially a soldier with inflexible shoes; this is very, very important. I do not work out at all but walk perhaps ten kilometers every day. As soon as I start to work my muscles, I have a problem with pain. No muscle, no pain, of course this will be different with other people. Many lightweight people also look great. You can see if a person walks in the correct shoes. Some people enjoy a relaxed walk, most of you do not. Even reducing your weight by five kilograms will ease your life because you do not have to carry this weight around with you.

Relationships were a problem in 2011. None of the public rooms I shared in my home country was suitable to find equal partners. If you systematically searched for places where it might be possible to find a wife, you soon came to the conclusion that these places did not exist. Some countries had a problem with extremely high percentages of singles, mine had also. Modern surveillance methodically erased places where it was possible to meet undisturbed and free

from observation by officials. The whole societal structure was in question. These places were completely unavailable. You could go to a pub or a discotheque, which are not places where you could find me regularly. Compared to other countries finding partners was a problem because public control in modern society had become too intense, and was systematically erasing every attempt to socialize from the very beginning, especially if people were critical with society. A false focus on controlling especially peoples private spheres endangered society. There were no restaurants without cameras, no dancing without security detail and no room to speak undisturbed. It was a real shame. They were able to record all of your actions and disrespectful police willfully entered any of your private rooms. There was no arena for new development. The authorities were suspicious of people who had an interest in speaking undisturbed and imposed even stricter controls. They were really keen on controlling your last secrets, this was a sport when I was younger, just because it could be done. From time to time they threatened to kill some police people if control again intended to drive a being into death, some innocent civilian citizens died. Otherwise many people would have passed away. The police sometimes made the crucial mistake of creating martyrs in events by arresting dozens, or even hundreds of people.

The poor should have the right to travel. You could let us know when it will be possible to cross the border again easier. My trip on the Trans-Siberian train was enjoyable. They abolished cheap train tickets in the past. My ticket would start in Europe, go to Russia and cross the border to China to travel south to the water lines. This journey was very inexpensive. Perhaps some problem in Russia had occurred, affecting the complete east group of interest. If people can use the trains to travel unimpeded, quality of life should improve dramatically. Professional insulation of buildings would save many of our resources in winter. It should be mandatory that new homes are built with an insulation of between fifty and eighty centimeters in countries with a winter climate in ice and snow. There may even be research about improved insulation material. Can information on how to purchase property in Russia be made available? We could have an international house. The US has not even given permission to build a private home for a German, although we pay property taxes and the land is buildable. In my younger years I bought a piece of land in the United States because it was unbelievably cheap, they have so much space. Their building department did not cooperate in the question of an easement. The seller was a crook who had given a false description of the land, it should have had paved road access but did not, it was landlocked. I now believe the Central Intelligence Agency (CIA) might have systematically published incorrect land in auction platforms. Even a request to a court, the Home Owners Association, the American Institute of Architects, and finally the White House remained unanswered. We dreamed of establishing a foundation where the poor people could help themselves. At that time, most of the world's billionaires resided in America yet, compared to other countries, they were completely ruthless in their treatment of foreigners. Please go there and leave your last coins. Please leave. A critical aspect of this story is that already in 2011 only a few hundred billionaires, most of them in the USA, account for half of the personal funds of all the money on the globe, while half of the population is poor or in danger of starvation. Even a first class intellectual professional in the field of architecture had difficulties finding employment due to the effect this had.

We watch poor people die and do nothing appropriate to share and make a structural change, this is our problem. The modern biochip in every human obviously does not have the function to change this but to successfully support the further distribution of money to the richest people on the globe. The unbelievable greed of the rich endangers whole ethnic races, we have lost the healthy balance in just distribution of equal amounts of money to the people. We were dreaming of the chance to have a pension in 2011. No chances in the US. You should have some suitable space in the heart of Russia. We unfortunately are poor. Of course we could think about Russian politics also. Our main interest would be international and the immediate protection of people's lives in danger due to wars. My foundation is an international undefined group of comparatively informed beings. Please let them cross the border more easily. If we buy land there should be a right to stay permanently. The warring countries with armies abroad have no interest in further peace initiatives. It would have questioned their politicians.

They said I was crazy. To make sure this problem does not exist a doctor had to be visited, of course, there were inner problems with my new biology. At that time the best clinic was a military hospital. They let me know nothing serious could be found, and informed the community that a survey had been done. I think this was the way they always did it. An operation in my left inner ear - Heermannscher Schnitt - had been undertaken to correct a collapse of the ear, known as Tinnitus. They implanted some tissue on the window of a tube inside, they said. Later I had this checked again. They did not find a cause for my problems, perhaps they might have been caused there also. A diagnosis concluded I suffer from electricity flowing through my body.

Many things went through my mind. Since returning from Asia I have not been allowed to donate blood. If a European stayed longer than six months in Asia, it was no longer possible for them to donate blood. They say there is a risk of infection. Some of these countries were at risk of Malaria and other diseases. Although it was possible to receive European blood with Asian nationality in case of emergencies and health problems, they did not accept Asian blood in my home country. I guess something might have been added to the Asian blood, all the beings were possibly digitized. This was perhaps to enforce a sterilization and birth control mechanism in densely populated cities. I do not doubt there is a risk of infection but in most of these regions the infections have been conquered, and after several years without an outbreak it should be possible to donate. Our biology has a mechanism to replace blood and there might have been a poisoning. China was very painful and I think this is due to some chemicals and blood additives supporting digital influence of human beings. They did not want to mix and endanger Europeans. I wish you and especially the Asian people freedom whoever you are. In some Chinese places big amounts of empty glass injections could be seen, Bayer I think was the producer. The whole population received injections there. Even the children had something in their blood, whatever it was. You should analyze this very carefully, in no other place have I seen anything similar. If the purpose was to digitize the humans then it was definitely wrong.

From my point of view only a church with nonprofit interests and activities successfully supports their believers. Some religions were extremely expensive.

Wikipedia stated you could participate in religious teachings of some religions but as soon as you left the church all the effort had to be paid for. They listed amounts of a few hundred thousand Eur's 2011 per person. This was far too much. I never went through such a process. For me it was clear that one should be able to act according to the Human Rights Declaration, meaning you could leave whenever you wanted without any consequences. A connection of economic interest and religious belief was not a part of my general picture, I represented more of the worldly powers with just treatment on a structural level. Nonprofit activities were in the foreground. Of course, some of the churches had to pay for buildings and infrastructure. This started to adapt. Many eastern preachers were practicing in exchange for basic supplies, or for nothing if they had food already, and the Christians caught on and reduced their church tax accordingly. Rich donations had always upheld a religious culture. Some people were taking over responsibilities. However, they always survived.

We should remember more names like Nobel regularly, some of our contemporary billionaires should donate for high cultural achievements and eternally ongoing activities in their wills also. Most of them are just forgotten.

It is nice to think about the different personalities you see daily. Just by looking at their appearances it is not really possible to say what a person's profession is. You become accustomed to assuming information about them from their clothing. Attitudes are not determined by looks. A nice conversation can sometimes give you a lot of information. If a person has a calm tone and demeanor, a few words can provide a great deal of insight. Even if you were from a jungle, a completely foreign culture, from unknown worlds or if you have something important to say, it should always be conveyed calmly so that you remember the conversation. This can always determine mutual understanding from the very beginning. The first moments of a meeting should always convey that the motivation is gentle. Whatever you have to say, especially if it is weird or serious, will be remembered easily. Our ability to live and let be certainly allows us to discuss the strangest topics without fearing any negative consequences. I once met somebody from a forest who had lived most of his life in the freedom of the wild. He saw me sitting there and recognized I was a person linked to nature and plants. Sometimes there are articles in the news about people who were raised amongst animals or who spent the first years of their life in remote jungles. He was one of them. It was not easy to adapt to the new way of living. Most of the time, he did not attend school. A private teacher had to help with his education. He was definitely missing his home and child environment. If you are accustomed to living a certain way and foraging for your food in nature, this way of living is very comforting. Speaking to me was obviously helping him to remember his home. I thought about joining some of the last natural tribes we have on the globe. This might be an interesting way to find out more about their ways of survival. There was a text about such people leaving civilization in my childhood, a description about somebody walking with aboriginals for a while, it was great stuff. Although you must use different means to find food, you do not have to justify for your existence if you stay in a natural place. The formal requirements to legalize your person in the modern world have become so complex; you are sometimes even denied the right to exist if you do not fulfill them. Nature is very simple in this respect. You were born and

have a natural biological life. No need to sign any piece of paper or apply for a flat. If you are considering living in nature for an extended period, you should find a place where you will be protected from the elements and with access to fresh water and plants nearby. Perhaps you might also have the chance to plant some food. Civilization also has some benefits; you don't have to give up everything. Not to freeze during winter is the most important thing. Every other problem can be solved sooner or later. The more time you spend in this environment, the more you will adapt to making the best of what can be obtained for free. It takes some time to learn again how to survive in nature. How far can we go to achieve this? No energy supply, no bought goods, no medicine. The knowledge of natural healing remedies which used to be passed from generation to generation has been completely lost. The problem is not that we haven't discovered ways to cure diseases, but that we are completely helpless as soon as we are on our own and with no modern amenities. Having everything produced for us at all times causes dependence. Of course civilization has its advantages, but we have no awareness anymore. A completely new comparison of ancient life style with modern life helps not to lose access to origins. There always were regions with people becoming very old. An average life span of Europeans in regions with a winter of perhaps 40 years many centuries ago did not mean there were no people living for a long time also. It must have been a question of knowledge and the community. Our food for instance is produced in unknown processes by third parties and possibly contains chemicals and genetically modified components that we never would eat if we had a choice. Irreversible changes caused by eating artificially produced foods can be completely avoided if you grow and harvest your own food products. I believe the pharmaceutical industry has supplemented our food with many additives just for the purpose of generating income for these pharmaceutical companies. It is possible that these additives are addictive. Nearness to wilderness helps you to systematically erase all factors of third economic interest influencing your biology in a negative way. The change might provide information and awareness, possibly saving many lives. Electric light has also caused changes in our biorhythm. If we adapt to natural light and sun some interesting effects could lead us to knowledge about inner rhythms we have not felt for a whole lifetime. It is not difficult to understand why somebody born into this natural environment would then have problems if he suddenly had to live in civilization the first time. The fact that wilderness does not require activity or justification at all gives you a deep sense of belonging.

My original profession was architecture. To assess my abilities I participated in an international competition for architects. The participants were measured according to target issues, innovation and transferability, ethical standards and social equity, environmental quality and resource efficiency, economic performance and compatibility and contextual and aesthetic impact. They confirmed my entry met the stringent criteria of the international jury. There were many architects in the world. It was satisfying to design buildings with an endurance of at least 800 years, some architects could do that. I was not even able to open an office, most of the time there was too much poverty. High quality projects were systematically suppressed in my German thought world. Drawing led to inflicted pain or the inner worlds I had to share became aggressive. It is very simple to make good buildings, step by step, you let a blossom grow. It will

not be ready until nature has supplied enough sun and the season for seeing blooming flowers is upon us. Nowadays painting flowers and human beings still contributes to the progress of an artist. The Berlin ideology was not really prepared for that. They could have met me half way, the spirits of some have the capacity to realize amazing drafts, but they did not do this. Some own money for at least food, clothing and an office would have been necessary, nothing came although they were asked several times.

My biochip is really torture. Obviously it is possible to put a person to sleep by transmitting some waves. They used this absolutely ridiculous, often outside and willful on my bench and wherever was a chance to sit. You just fall into a deep sleep. This not okay as they did not have my consent, there was no agreement. Freedom of thought was systematically suppressed in that way. Especially in the beginning of biological change in a German flat there often was consciousness, you just fell to the ground and woke up later with no memory. I had to leave the country because it caused life-threatening weight loss. China did not really improve my condition. Whatever had to be done to get rid of that damned device I would do, even cut it out with no pain-relief. All this was observed by thirds, there was applause when I finally crossed the German border. Staying abroad for longer could have solved most of the problems. Perhaps they had implanted a biochemist containing a message stating the person was a murderer, robbed banks, killed children, raped women, worked for the secret service or anything else and this could be read out by the police abroad. They have even tried to take my ID away. Somebody in a German administration took it and suddenly there were severe irritations in my eyeballs, perhaps a microwave. This signal is generated from within the head I think. The ID was later returned. They had a really bad manner and poor people especially suffered. Some poor people could not prove their identity, perhaps the state has tried to force them out of the country so as not pay their state benefits or health insurance anymore; this could have been a career platform for some people, like execution is for the American Governors. It also could have been an illegal experiment on the being, therefore they try to get rid of it, death research which inflicts irritation and pain for instance. I might not wake up again one day. Most of the time that chip is so strong I even do not hear the alarm clock.

Writing down thoughts is very helpful to save oneself from experiencing memory loss. If you write your thoughts down in a book or in a diary, in any form of text, the chance to read them later will allow you the opportunity to see if content was forgotten. Since my change having a method to access my memory has become important. It helps to protect your identity and individual thought, that there is something in your brain developed by yourself. It has been printed in a physical form and therefore will not disappear from this world without a chance to be read.

The Buddhists say the blossom rises from the dirty ground. This is a thought which determines their actions and also their education. An accurate translation of their philosophy I have not yet found. Perhaps mutual fear of the religions questioning the truth has in a way prevented them from translating and publishing the information in the western world. The Christian religion does not have such a picture. If you have the wish to educate a person to a level of real freedom and independence, they certainly have to experience bad times to understand limits

and the reality of a naturally ending life, to weigh your wishes to create a text and develop intellectually, to also see the worst side of life and find out how to change accordingly in your further life. The Germans do not have such an education method. People are also pushed to their limits, but not so much for the purpose of developing the higher functions of their mind; it has more to do with integrating them into the hierarchy within society. It is very important to know yourself also in bad times. Nevertheless it was not necessary to build in a biochemist causing pain. It does not necessarily have to be a meditation in the mud. If you have some time another environment is nice also. However, the blossom rises from the dirt. You might have to find your position in life; this also requires the development of communicative strategies to convey, to stop - to here, and no further. Some truths cannot be known to you if you never have gone through such a process. The western world reacts completely different to extreme behavior. If they are confronted with something appearing evil, strange or uncommon most of them close their eyes. Homelessness of course is one such situation. Everybody who has no strategy to handle such situations should be confronted with them somehow. If such a learning process is not known to you, try it. But you must also be given the chance to bloom.

German history has taught me to solve my problems without violence. Many topics can be discussed on a bench in the park, especially if you meet the homeless living on the street. They have a lot of knowledge. Sometimes I wonder if German management and the management of the secret services have the proper of execution also. They do not speak, you know, most of the time there even is no awareness if they are there at all. Such a task could lead to severe inner conflicts. Respect for the people is something you can only find if you have developed inner strength and personal values to fulfill your task on a factual level. Ask yourself who are the homeless people in danger of losing accommodation and why, food, clothing, the last of their funds and you will be able to solve ninety-eight percent of all problems occurring, because they all have to survive in first respect. This should never be questioned. Our contemporary wars also have the task of securing provisions with delivery of nourishment and the most simple and fundamental aid. Please do not ever forget this. Without any experience or education in these services it seems reasonable to say that professional treatment of humans requires first providing appropriate provisions. Most frictions and problems will be solved. More cannot be said, I have no more knowledge of that world. The homeless perceive the edge of society, they have a lot of information, but they do not know everything. All our actions have a special purpose. Many years can give you time to understand what it is good for and why to act and interact. Some would like to have a family, a partnership, some enjoy painting, composing, drawing with pencils; some would like to visit interesting sights and to walk near a beach, through a flower garden or in a forest. Time gives you inner peace, situations do not affect your emotions as strongly anymore. Most of us try to find inner freedom and a peaceful state of mind, undisturbed. Several times I would have liked to enjoy better conversation. Violence however is no compensation for inner conflicts; a stressful state of mind or emotion cannot be changed with aggression. Of course, physical activity balances stress, but aggression against human beings will never change the cause of inner stress, it will only increase. I can spend much time looking at plants in a garden. The

natural beauty and atmosphere of a garden, with naturally changing colors, with the way of the sun and eventually clouds, a warm breeze and natural noise of insects, with wind in the trees and birds singing is a present you learn to appreciate with age. Every contact with nature connects me with my origins and there is no ethically higher and better place to be. Our ability for peace divides us from the animal. Intelligence allows us to protect these gardens and possibly even compose some of them. It is worth a meditation to understand why some of our gardens have become so famous. The colors of the blossoms, integration of light green, rising fog in the morning, a shelter for some animals and unbelievably fine shades and mixtures of energetic impressions caused by composition of natural colors in sunlight are all marvels of nature. The more you meditate about the moment the more you can appreciate these things and every second of you have is unique because it will not return. The seasons pass, the plants change, the clouds influence the light and the variety could not be better; it is natural, not pressed in cubes of concrete by man. You can do this for many years and there is nothing wrong with it. You were born in this environment, it is your right to be here and you are a part of it from the date of your birth on this earth until you pass away. Near the river a willow next to a stone wall bathes in the light reflected from the sun, and many other plants near a water line also have a unique atmosphere. The more your mind calms down, the more you become a part of this and its natural rhythm of seasonal change. In a simple blossom an architect can find more wisdom and beauty than in a draft on his desk.

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