

Summer reading of 2021

Katja Hleb, MSc

Consciousness is much bigger than any
human,
but it reflects in a human life.

*More Consciousness that is reflected in a
human life,
-Johnny Appleseed
of better use this life is to Self and others
regarding any and every issue.*

SOI

Subject - object interview



- 1. I am my food and other instincts**
- 2. I am my toys and direct possessions**
- 3. I am my community (friends, reference group)**
- 4. I am my authored thought**
- 5. I am beyond body, thought and energy**

SOI or subject object interview (Lahey et al., 1988; Lahey et al., 2011)

. a highly structured interview with strict coding system that requires a trained interviewer and coder and a trained second coder.

. duration time aprox. 60 min

Results:

. "clear" orders of consciousness like 3, 4, 5

. "liminal" or "inbetween" stages of consciousness like 4(5), 4/5, 5/4, 5(4)

5 bodies

4 bundles of intelligence

Where is Consciousness in all this?

5 bodies:

- . Physical
- . Mental (thoughts and emotions)
- . Energetic (chakras and nadies)
- . Etheric
- . Blissful

4 bundles of intelligence (16):

1. Intellect
2. Memory (8)
3. Identity
4. Consciousness



Human striving for expansion is inherent



....in every human being and cannot be dismissed.
Ethics and morals cannot talk any human out of the need for expansion. People will give ethics to others and they themselves do what they have to do. In (modern) world it **shows as**:

. *sexuality, love, ambition, conquest, shopping*

-> THERE IS LIMITED POSSIBILITY TO EXPAND OUTWARDS. THERE IS UNLIMITED POSSIBILITY TO EXPAND INWARDS.

-> "GOOD" people do most harm. JOYFUL and inherently HAPPY people are burden to none and need little

-> "If economy and ecology have to compete, economy will win. I propose a marriage between the two."

-> LESS footprint comes from LESS FEET

EUGENICS IS **NOT** THE ANSWER.

CONSCIOUS AGREEMENT TO CONSCIOUSLY BRING LESS PEOPLE TO THE PLANET IS.

VIKTOR E. FRANKL

Man's Search For Meaning



The classic tribute to hope from the Holocaust

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Frankl . 3rd big name of Vienna school of Psychology

. Lectured at the age of 15, published at 20, lectured internationally at 21 . In holocaust at 37

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1. The Meaning in Wo.Mans life carries him/her through the hardest of circumstances

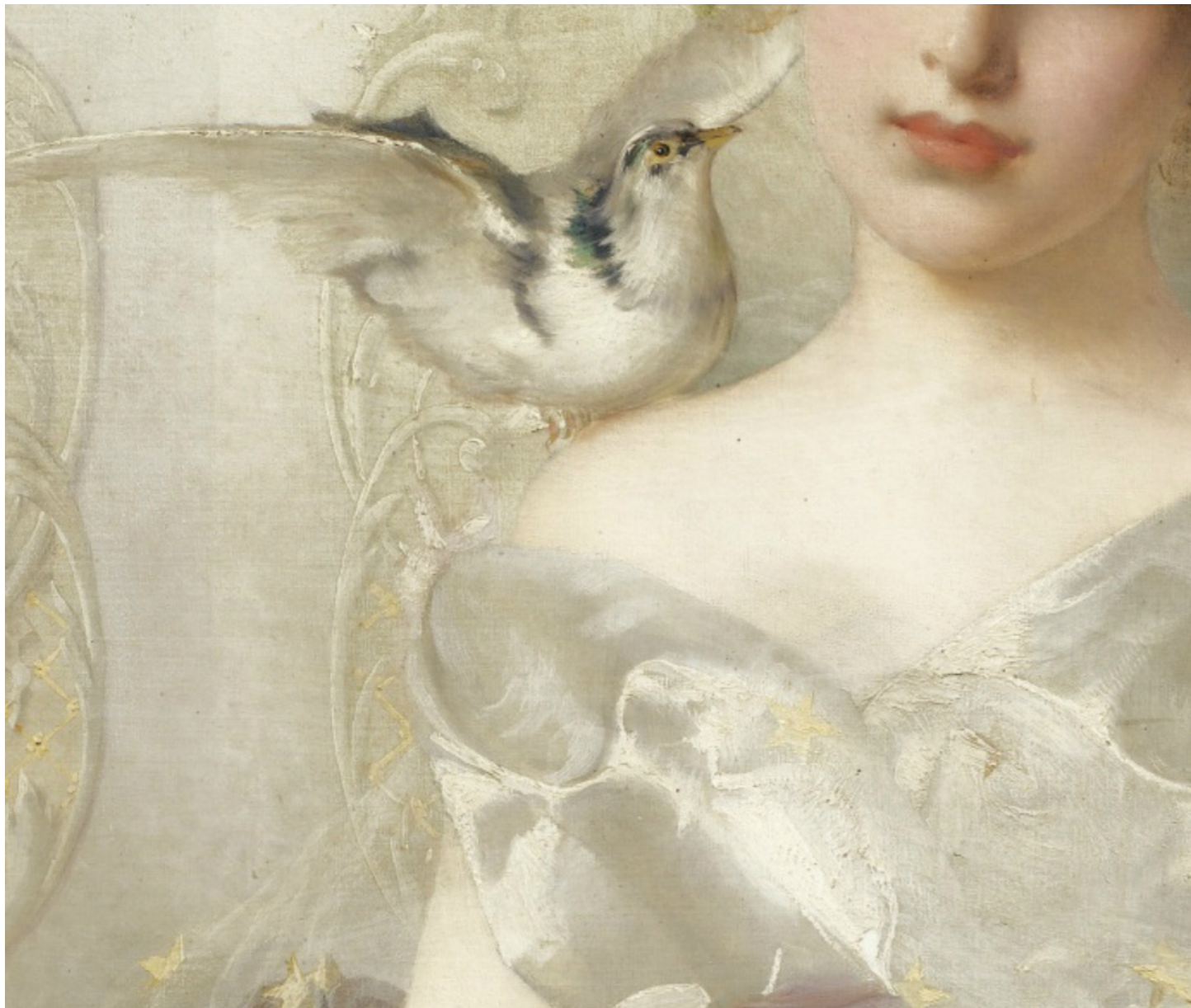
2. In every social construction there is "Capos". The chosen inmates by the ruling that torture the rest of the inmates. Who are capos in your life?

3. There is MEANING FULL - Life . Death . Suffering

And MEANINGLESS - Life . Death . Suffering

**MEANINGFULNESS has the potential to get
you through hardship.**

take away



1. Human is much more than the body and the mind (thoughts and emotions). Wide identity ensures inclusiveness and good use of intellect (and education).

2. Human need for expansion is inherent and cannot be fulfilled. It is wise and viable to expand inwards.

3. Human Life ends with human Death. Circumstances are inevitable. Suffering is a choice. When we choose, we are better off choosing meaning-full over meaning-less. Meaning-full life gets you across hardship.