

XXL - Practice - Newsletter December 23/January 24



**Your extra-large portion of free reading matter
for Advent, the holidays and the turn of the year.
Nine pages of psychology and philosophy
with expertise and a twinkle in the eye 😊**

Traditionally and artisanally produced product using original ingredients: Intuition (10%), knowledge, experience, humour, thinking, natural intelligence, feeling (90 %), may contain traces of search engine results as a basis for inspiration

Dates, important and current

➤ Elke's date preview:

DEC 01, 2023: Free online meditation

DEC 12, 2023: Free online lecture: "Cancer - alternative and holistic therapy and scientific studies"

DEC 15, 2023: Annual cycle festival - winter solstice celebration

DEC 20, 2023: Self-help meeting point

DEC 27, 2023: Online seminar "Energetic preparation for the year 2024"

DEC 28, 2023: In-person event in the practice: "Energetic preparation for the year 2024"

DEC 18, 2023: Free online lecture: Get to know the "LebensLust" annual program

DEC 15, 2023: Launch of the annual " joy of life" program for people with physical and chronic illnesses

For more information, please contact Elke: naturheilpraxis.tegel@gmail.com

Or got to:

<https://tegel-naturheilpraxis.de/seminare>

- **At irregular intervals on Sundays from 3 - 6 p.m. we organize a spiritual devotion, i.e. common prayer and singing, Bible text with metaphysical interpretation, joint meditation. Next dates: 14 JAN 2024, 24 MAR 2024, 21 JUL 2024, 20 OCT 2024.**



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Current topic

How we deal with evil in the world



In this small series on holistic medicine, which I started after the tarot series, I would also like to address a topic that I have often dealt with in different variations in my newsletters: Dealing with the dark side, with the shadows, with evil. The topic never loses its topicality and in these troubled times many patients are preoccupied with processes and contexts in the outside world that they perceive as threatening, perfidious, unjust, or as distinctly dark and evil. In alternative groups, I am increasingly noticing contributions about Satanism in connection with the world-dominating elites of wealthy contemporaries and their alleged rituals, which are said to go as far as the ritual sacrifice of children. There is a wealth of hard-to-digest material here that floods social networks and the internet as a whole. On the other hand, people are once again being defamed on the basis of their nationality or religious affiliation and fellow citizens of Russian nationality or Muslim or Jewish religious affiliation are facing sweeping attacks, while part of the Muslim world is actually showing its anti-Semitism more openly than ever and the other side is inadmissibly equating a critical stance towards Israeli politics with anti-Semitism. Patients also confront me with such issues in the context of treatment, so I have to deal with them. What do we make of this and how do we deal with these issues in therapy and in life?

"Let he who is without sin cast the first stone!"

In therapy, such materials are always very welcome to me, as a narrative of reality - unknown or incomprehensible to me - is as suitable as any other topic for uncovering unconscious content. Carl Jung is supposed to have once said that a tree that grows to heaven has its roots in hell. Hindus and Buddhists have always seen such symbolism in the lotus flower: it takes root in the mud, fights its way through the murky water until it finally comes to light. So it makes perfect sense to deal with the dark side of life, but only on one condition: if you don't see it exclusively in the psychological realm of others. The old principle of "Let he who is without sin cast the first stone" must be adhered to, so to speak, and it goes even further than that.

Basic assumptions about good and evil

One of my basic assumptions is that there is no such thing as "absolute evil" in an isolated form within the human psyche, just as there is no such thing as "absolute good". Absolute states are inconceivable in a dual world. "Satan" and "God" are therefore energy states that

can only be experienced in their absolute form in a human embodiment up to a certain point. Human psyches therefore always contain evil and good parts at the same time and have the so-called free will to sometimes lean more in one direction and sometimes more in the other. This is what we can observe on a daily basis and even the worst criminals of humanity had and have tendencies somewhere that could and can be identified as "good", they showed and show affection to some people or animals or were and are caring in the family circle. The absolute demonization of people is an element of propaganda and psychological warfare and has nothing to do with reality. Hardly anyone who is considered evil by others considers themselves evil. Hitler would have vehemently disagreed with being categorized as a criminal against humanity; on the contrary, he considered himself a divine mission to humanity. This also applies to all individuals who are currently being demonized by certain circles. Bill Gates and George Soros consider themselves to be great benefactors of humanity, while a part of humanity categorizes them at least as close to Hitler. Evil, like everything else, is therefore not only to be seen as relative, but may also be an illusion because it simply arises out of ignorance of the good, which could perhaps be the only existing reality at the end of all days once duality has been overcome. However, as this would also make embodiment obsolete, such metaphysical questions do not initially occupy us centrally in therapy.



What the therapy is about in terms of content



Translation: "You don't become enlightened by imagining figures of light, but by becoming conscious of the darkness."

Carl Jung

In my opinion, therapy is initially about finding out what the respective, to me unfamiliar or incomprehensible, narrative of reality - regardless of its truthfulness in the external world - could have to do with the patient's inner world. In my opinion, therapists should therefore be fundamentally familiar with this increasingly important area of our social reality in order to avoid having to react in a surprised or outraged, disturbed, confused or similar manner and getting into a substantive discussion or even an argument with patients.

First of all, it must be recognized that there is a stressful issue here. This issue either represents a deeper psychological conflict that a patient has not yet been able to resolve, or it serves as a distraction from this conflict. The consumption of alternative narratives about external reality can become a kind of addiction or at least a strong distraction from one's own life, which is then only lived to a

limited extent. Seeing evil only in the dark elites that rule the planet can cause a person to lose the value of their own evil for their inner and spiritual growth and psychological healing. Evil is "exported" from the intrapsychic realm, i.e. projected and delegated. It can then be hated and fought against in the evil elites and the person no longer has to deal with their own dark side. The person does not realize that their own dark side is growing in secret, which can ultimately manifest itself in bitterness, cynicism and even physical illness. This fatal inner process regularly results in a social and political radicalization that leads to the illusion that either a peaceful or violent revolution to disempower the hated structures and severely punish the villains is the only possible solution.

What we reject will be detached ...

There are various versions of this in the relevant scene and I think the most popular version at the moment is that attempts should be made to create an alternative reality via dropout

structures, which can then take over as soon as the current majority society has "run its course", so to speak, and collapses. As a result, entire villages are currently emerging up and down the country that are organizing themselves and trying to establish other ways of life. This has happened time and again in human history and there is nothing to be said against it, as such movements have never fundamentally changed anything. Experience has shown that this regulates itself according to the laws of group dynamics. The reason for this is quite simple: the people in such communities have not fundamentally changed psychologically, they have only rejected certain external forms and replaced them with others.

... and wants to be reintegrated

Of course, there are also communities in which something has changed psychologically and which actually live alternative realities and can therefore be a role model and orientation for the world. Such communities are sometimes found in the religious/spiritual sphere (monasteries, spiritual communities, ashrams, etc.) and were founded for the realisation of certain ideals and not out of a rejection of social shortcomings, which makes a big difference. The best way to understand this difference is to honestly reflect on your own youthful endeavours to not become like a certain parent after 30 years. You will be shocked to realise that in certain areas you have become exactly like that parent. This is based on the psychological law that everything we reject and condemn is split off/detached and wants to be reintegrated through lived and reflected experience, as nature always strives for wholeness and harmonisation.



These are the things I discuss with patients who are strongly concerned with social ills and call for revolution. I don't discuss the grievances in terms of content, especially as they are sometimes accurately perceived, and I believe that the elites of this world are capable of pretty much any mess you can imagine. But I don't just believe it's the elite, but basically everyone. I also don't believe that the "good" masses of people are the victims of an "evil" elite. I believe that the inherent malice of the masses has created an elite that is not a whit better than the rest, can only take more for itself due to greater financial leeway and apparently gets away scot-free for a certain period of time, which is often the real reason for the outrage among the people, i.e. a form of morally disguised social envy. More on this secret social contract on page 8.

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Alternative facts and the longing for paradise



No, I discuss what patients intend to do with all their findings about the matrix of evil, child molesters, vaccine damage, "plandemics", 5G networks, chemtrails and geoengineering. I think it is important to address these issues and do so myself to a certain extent. Anything else would be what I would call "a fool's paradise". Our three bizarre skeletons on the second page of this newsletter live in this paradise: they are already dead, but they still don't want to see, hear or even raise their voices. This reminds me of "Ahmed, the dead terrorist", a hand puppet by American ventriloquist Jeff Dunham. Ahmed was killed in a suicide bombing and persistently denies this fact because he has not yet met the seventy virgins that the prophet promised him. This is similar to the world we live in, the world we have created. We are about to kill ourselves, but we are still chasing after the

seventy virgins (symbolizing paradise). But what is my conclusion from these realizations, what do I do with them?

I have no problem with considering paradise to be desirable, but I am personally convinced that nothing will ever change unless people change psychologically and completely reorient themselves spiritually. Any change on the external level is nice to have, but only lasts if it is accompanied by a fundamental change in consciousness. You cannot achieve paradise, but you can live it, build it in your head and heart, at least for long periods of time with shorter and shorter interruptions. In psychotherapy, you can use the method of "shadow work" and work with the so-called "mirror laws". What does this mean in detail?

Become what you would like to be

The simplest answer to the question of how all this can be used for personal growth is probably: "Become the change yourself that you would like to see or would have liked to see in others." Anyone who feels unloved or treated unfairly by mum or dad can learn to be a caring mother and a loving and just father to themselves. And anyone who is upset about inhuman, satanic, materialistic, cynical, greedy elites and politicians can discover these tendencies in themselves and integrate them into their self-image. I stopped getting upset about murderers, rapists and child molesters a long time ago because I have accepted for some time that I could be all of these things under certain circumstances and - since I personally believe in reincarnation - have probably been them at some point. I now only get upset about more subtle things that are much harder to detect in myself, such as certain behaviors, postures and speech patterns of relatives; family is always the biggest mine-field of all. I now consider it almost a sporting challenge to discover the corresponding shadow part, the reflection in myself.



Translation: "Everyone should clean up at their own door, then the whole street will be clean."

Chinese saying

Of shadows, mirrors and visions

So I ask the patient, who is terribly upset about Bill Gates, what his vision for himself and his life is and I realize that he or she has no vision. I say: "Well, I'm not a fan of Mr. Gates either, but he had and has a vision for himself and his life and is realizing it, even if we don't particularly like the methods and the whole vision. So not having a vision is not an option, even if Helmut Schmidt*, whom I otherwise greatly admire, once said that people with visions should see an ophthalmologist, although of course he had some himself - visions, I mean." (* former Chancellor of the Federal Republic of Germany)

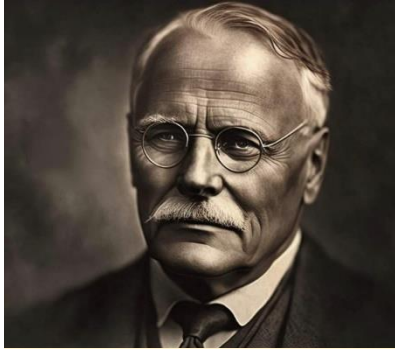


Translation: „If you are looking for errors, please look for a mirror and not binoculars!”

And while we use various exercises to find out what the patient's vision might be, shadow work and the mirror principle also come into play again and again. "So you think Mr Gates is a soulless technocrat and an overly intellectual computer nerd? You're probably right, but don't you think it would do you good to give a little more space to the spiritual and soulful aspects of your life? And how much time have you spent on your smartphone in the various Telegram channels this week? That has probably activated your intellect quite a bit and given you a good boost in this area of computer technology, hasn't it?"

Morals divide - ethics unite!

It is important to me at this point that I do not pathologise political attitudes in my practice, nor do I place right-wing or left-wing attitudes or narratives of reality that I do not understand (the earth is flat or hollow, the elites consist of alien lizards in human form that control us or they are already dead and are portrayed by actors or holograms, etc.) in a



"Thinking is hard, that's why most people make judgements."

Carl Jung

pathological corner if there are no other signs of paranoid schizophrenia or similar. In the current, complex, global situation, I cannot determine what is really going on, that is no longer possible and in the last three years some things have been proven true that were initially dismissed as "conspiracy narratives". I will address inhuman attitudes because patients harm themselves with such attitudes, but I do not work with morals, only with ethics. Morality judges - and judgement creates division. Ethics differentiates and uncovers what creates integration and healing. I personally prefer political and social balance, but I accept other points of view (as long as they are not inhumane) as parts of the spectrum, without whose existence I could not prescribe myself in the middle (as I subjectively perceive it). People have different development cycles and are therefore

inevitably at different points along the spectrum. In my childhood and youth, a single medium, such as one of the three (!) available TV channels, could paralyze the whole country with a popular TV show, practically nobody was on the street anymore, everyone was watching Wim Thoelke, Hans Rosenthal or an international soccer match. Today, everyone can look for the opinion bubble and the medium in which they can confirm their points of view and hardly get any headwind. Private television and the internet have opened Pandora's box and created a complexity that no one can keep track of or control. Society has disintegrated into subsystems that can barely communicate with each other. People experience acceptance in their own opinion bubble, so why approach others and seek constructive dialogue. The reality of others then acts like a matrix of lies and one can only pity the poor blind fools for not waking up and finally recognizing "the truth". It's almost funny to moan about disenchantment with politics and democratic fatigue in such circumstances.

Tragedies and Traumas

After this brief sociological excursus, let's get back to therapy: Behind some upsets, especially in the area of pedophilia and child abuse, there are of course personal tragedies and traumas that require therapeutic treatment. In less dramatic cases, a wounded childhood ego that has been triggered or simply a happy inner child that has not been given enough space in the patient's life comes forward. (I differentiate between the childhood ego as a psychological entity and the inner child as a spiritual entity. For me, the inner child is a higher psychological part that can help the childhood ego to heal the injuries it has suffered).

Die Entstehung des psychologischen Schattens

Der psychologische Schatten ist das, was wir nicht sein wollen. Er entsteht aus der einseitigen Identifikation mit einem idealisierten Selbstbild und dem gleichzeitigen Widerstand gegen die Teile von uns, die wir nicht mögen. Die analytische Psychologie geht davon aus, dass die menschliche Psyche dem Evolutionsprinzip folgend immer nach Bewusstwerdung strebt. Daraus folgt die psychologische Regel, die besagt, dass, wenn eine innere Situation nicht bewusstwerden darf, sie sich im Außen als Schicksal ereignet. Das heißt, dass, wenn wir uns weigern, unsere Gespaltenheit anzuschauen, wir mit einer äußeren Situation konfrontiert werden, die uns dazu zwingt. Dies gilt für das Individuum genauso, wie für die Menschheit als zusammenhängender Organismus, der sie ist. Es gilt für jede Familie, jede Kommune, jede Nation, für jede existierende menschliche Organisationsform. Für das Individuum bestehen diese Schicksalsschläge, die den Schatten offenbaren wollen, aus Krankheiten, Arbeitsplatzverlusten, Mobbing, Depressionen, Verlusten von Angehörigen, die nicht verkräftet

werden, finanziellen Katastrophen, Demütigungen, Bloßstellungen, Rufmord, Unfällen und allen anderen Arten von Schicksalsschlägen. Die menschliche Gemeinschaft wird gezwungen, ihren Schatten anzuschauen durch Kriege, Naturkatastrophen, Terroranschläge, Seuchen, Zusammenbrüche von Wirtschafts-, Finanz- und Staatssystemen etc.

The three steps of healing

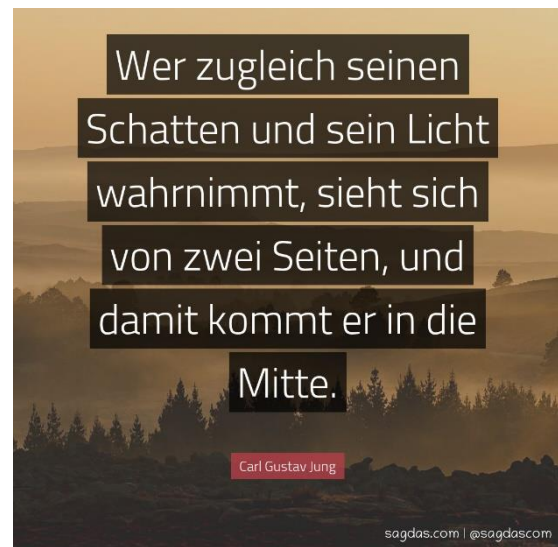
The cure is to first be shocked by the harsh contrast between the idealized self-image and the shadow. Good examples of this are priests or teachers with a pedophilic shadow. These are people who want to and should represent our highest ideals and fail to do so. They fail to fulfill the high expectations they have of themselves and disappoint themselves and everyone else. The shadow does not only consist of characteristics such as greed, envy, jealousy and forbidden sexual inclinations. The shadow also includes desirable qualities and values such as piety, discipline, success, education, strength, reliability, courage, etc. Those who do not have an idealized self-image, but rather see themselves as average and mediocre, repress these desirable qualities into their psychological shadow and project it onto their contemporaries on the so-called "sunny side of life". This is the psychological social contract based on the psychological fact that Nelson Mandela referred to when he said that most people are not so much afraid of their inner darkness as they are of their inner light. The masses in the darkness create their figures of light. These figures of light have the success that the masses do not have, the piety that they do not muster and the discipline that they do not display in the grind of everyday life in order to rise above the masses. The upper echelons of all areas of society, be it the entertainment industry, sport, politics, business or spirituality, live by this principle.

The secret social contract that binds the elites and the masses together



Detail of a 1-dollar bill, USA

We willingly throw money and privileges at them as long as they live the life we don't trust or allow ourselves to live on our behalf. But woe betide them if they go wrong! Woe betide them if they no longer live out our positive shadow and reveal their own negative shadow, which inevitably had to arise on the way to the top. Because most people only make it to the top if they unilaterally identify with an idealized self-image, with what the masses want to see and hear, with this nonsense that the masses themselves don't believe in, which is why they are just waiting for their idols to fall out of the glistening light again after a certain flight of fancy so that the pub can say: "You see, it was just a person, just a little light like the rest of us!" So those at the top start to hide their negative shadow from the eyes of the public. And so they buy themselves secluded private islands and organize sex orgies with people who are far too young and play around with rituals that they don't actually understand anything about, have themselves operated on, "beautified", pumped up etc. as they please. But the psychological law that everything must come to light, must be conscious and integrated, continues to operate mercilessly beneath the highly polished surface. And suddenly there's this whistle-blower who spills the beans, the young sex slave who, despite all the good money she's been given and despite the threats, can no longer keep quiet in her horror and shame and then it's in the newspaper, or on "X" or Facebook, YouTube, Telegram and whatever they're all called.



Translation: "Those who perceive their shadow and their light at the same time see themselves from two sides and thus come to the center."

Carl Jung

Stirrings of the collective unconscious and how we integrate them

These mechanisms are behind my assertion that the inherent malice of the masses creates the evil elites. We are all equally responsible for the conditions in our inner and outer world. We would do well to simply listen carefully to the lateral thinkers, conspiracy theorists, corona deniers, vaccination critics or opponents, the right, the left and other social groups. They represent the social, collective unconscious, the shadow, that which has been repressed, denied and tabooed, they are stirrings of the collective unconscious, they want to restore balance to the picture, supplement and correct the majority opinion. And of course, as in the majority society, there are also those among them who identify one-sidedly with their self-image and their opinion and do not accept anything else, i.e. fanatics, deluded, confused and crazy people, know-it-alls, fact-twisters, fact-checkers and misleaders, busy-bodies, liars and cheats. The majority and minority societies are reflected here and the mirror leads us to the shadow.

The demarcation line between good and evil



Why is it so difficult to understand that salvation lies neither in uncontrolled immigration nor in total isolation? What is so complicated about understanding that the uncontrolled and largely unnecessary administration of billions of new vaccines must lead to mass problems with sometimes significant side effects? You don't even have to study medicine for a semester, a little logical thinking is enough. You wouldn't even have to explain to a first grader that not all people in Ukraine or Israel are automatic saints just because they were attacked and that they probably played their part in being attacked. It also goes without saying that Putin and Hamas are not freedom fighters, but ordinary terrorists and

criminals against humanity. Children understand this, they experience it every day at school. Adults who claim to want to lead a country should also understand this. But no, we are the good guys, and the others are the bad guys. At some point, this will lead to us being attacked too. Our military are already talking about us being at war, but no bombs are falling yet. The shadow apparently still has to get bigger; the events are apparently not yet frightening enough to wake up from this childish dream and confront reality. Of course, this also applies to lateral thinkers and other comrades who simply invert this ridiculous paradigm by claiming that in reality they are the good guys, and the others are the bad guys. We're not getting anywhere like this, people! The line of demarcation between good and evil runs through the hearts of all people, without exception!

The second step of healing

We are allowed to recognize that we have lost our way in the shadow cabinet, lost, entangled and can no longer find our way out. Once we have admitted the shocking realization of how devastating our situation actually is beneath the highly polished surface, the second step in healing is to systematically uncover the mechanisms that maintain and constantly recreate the shadow. Those reflexively celebrated communication and behavioral structures that want to maintain the beautiful appearance and hide the shadow. It is unspeakably difficult for majority societies to get to this point. When the residents of Dachau were shown around the concentration camp immediately after the end of the war and forced to look at the horrors that had taken place right on their doorstep for years, most reacted with repression and justification. Only a few allowed themselves to be so shocked that it brought about an inner, psychological change.

Failed reappraisal of National Socialism

The German majority society basically only began to really come to terms with the events of the Third Reich at the end of the 1970s with the broadcast of the American film series

"Holocaust" in 1979. Before that and for a long time afterwards, this so-called coming to terms with the past consisted, in my view, of repression or mainly of moralizing condemnation and condemnation (formation of a guilt complex), which led to new dissociation and shadow formation. Guilt complexes also lead to self-condemnation and self-punishment.

After sufficient self-punishment, one gives oneself inner permission to continue indulging in the undesirable behavior. So the opposite of what was intended happens: the undesirable behaviour is stabilized instead of overcome. Feelings of guilt are an unsuitable instrument for changing behavior. **The one who is immune to fascism is not the one who claims to be an anti-fascist with his mouth, but the one who no longer seeks superiority in his heart.** The desire for superiority is based on feelings of inferiority, which in turn are rooted in fear. And this is where we find the German shadow, which the whole world



Auschwitz concentration camp

calls "German Angst" (fear) and which everyone recognizes in us, except ourselves. A psychological shadow always has the character of a blind spot. **Those who face their fear and defy their fear not with Prussian discipline and barracks drill, but with patience, self-love and self-care, realize their highest good and follow their star, overcome fear and thus the roots of fascism.** This is, so to speak, the German national karma that all inhabitants of Germany, including all migrants who were attracted to Germany, have to face. Anyone who identified as one-sidedly as the Nazis did with "tough as leather, hard as Krupp steel" must have a gigantic shadow in the areas of fear and feelings of inferiority - logical, isn't it? But instead of coming to terms with this shadow, a purely intellectual, superficial and idealized anti-fascist self-image emerged - like the clean man who secretly goes to the brothel - and National Socialism and fascism were pushed into the shadows. At many regulars' tables, however, the Third Reich is still alive and well and every racist and anti-Semitic slogan that the anxious German heart desires is available under the bar to make them feel less inferior and insecure. After the fifteenth beer, the Horst Wessel song is sometimes sung at night in the village fairground tent - and not only in Bavaria. From 1964, the Nazis were officially back on the political stage in the form of the NPD, the Republicans (REP, from 1983) and finally in parts of the CDU and CSU, which led to the founding of the AfD in 2013. In my psychological understanding, we experienced the most recent outbreak of uncontrolled totalitarianism worldwide with the coronavirus coercive measures and the inhumane agitation against the unvaccinated. Of course, this is only an exemplary and by no means exhaustive or complete list. Totalitarian, fascist and undemocratic behavior runs through all areas of society and all political parties. The East German path after 1945 should also be examined, but perhaps not by a "Wessie" like me.

No direct comparison with National Socialism possible...

Corona totalitarianism in particular cannot be compared with the events in Germany between 1933 and 1945 - it had its very own coloring - and above all must not be used to trivialize or relativize these events or even the Holocaust, but the signs on the wall are increasing that fascism and totalitarianism are once again socially acceptable worldwide and that it is now necessary to take psychologically correct and massive countermeasures and to abandon the childish, one-sidedly condemning politics of consternation and panic.

...but the Germans' eternal guilt complex prevents a healthy national identity and strengthens the extreme, right-wing forces in society!

And so a real reappraisal of the monstrous events between 1933 and 1945 would not only have named the roots of National Socialism, but also drawn the right conclusions from them. The Nazis came to power in Germany in 1933 because they made a people who felt down

and humiliated feel valuable, important and powerful again. Trying to prevent the resurgence of National Socialism by homeland, national pride and a ridiculing them makes no situation similar to the one we had before the Nazis came to power. The are clear warning signs and call for a rethink. electoral success of the right in the ignorant person should have realized that absolutely necessary.



making values such as love of one's healthy, national identity taboo and psychological sense. It only creates a at the end of the Weimar Republic recent election successes of the AfD At the latest since the recent Netherlands, even the last social course corrections are now

The third step of healing

And so the third step in healing the division lengthy negotiations and the difficult search write here applies both to the individual and repressed his insecurities, fears and feelings shadows and drowned them with copious amounts of alcohol must face up to the stark difference between his idealized fantasies of secret greatness and superiority and his miserable, puke-filled reality, just as I believe global society must now do on its way to climate catastrophe, the global surveillance state and an eco- and pandemic dictatorship.

into shadow and light consists of for the middle way. Everything I to society. An alcoholic who has of displeasure into the

Instead of resting on the laurels of past economic miracles, we Western industrialized nations can recognize that we are actually bankrupt and ask ourselves what we can and want to afford. Instead of slowly sinking together with millions of migrants, we can turn our attention to the causes of migration and restore peace instead of supporting armed conflicts and keeping them going. Instead of polluting the air with lignite-fired power plants just to keep up the pretense of nuclear-free power generation, perhaps we can admit that we acted hastily and took the wrong path to cheap power generation with increasing power consumption. This is what happens when we cling desperately to an idealized self-image and push everything that doesn't fit in with it into the shadows. You end up sitting in the shadows and can no longer see the sun.

Why we all urgently need to become more colorful

And please don't forget: We are all in the same boat and must find a common solution. I sometimes grumble at politicians and governments and express my opinion, which is essential for shaping public opinion, but for a few years I also had a "Nuclear power - no thanks!" sticker on the rear window of my car. But in the meantime, I've taken a good look at my brown, black, red, yellow and green shadows and decided that I'm colorful, I'm a person of color, so to speak. In this respect, I hope that the situation escalates even further and until everyone decides that they are people of color who no longer identify with just one color, but with the entire rainbow.



With this in mind, I wish us all a contemplative and beautiful Advent season, a holy and healing night of consecration, a happy New Year and a frosty and sunny January.

Joerg Schuber



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