

Practice - Newsletter - October 2022

Topic of the month

How can we experience justice and balance?



October is dominated by the astrological sign of Libra. Now you may or may not want to do something with astrology, it is an ancient influencing factor that is symbolically present in the human psyche. And why should whatever happens around our home planet not be able to influence us? The moon influences the tides with its attractive effect. Many scientists have been warning for years about the danger posed by meteorites and comets. A tenet of the spiritual worldview is, "As above so below, as without so within." In an increasingly globalized world, we notice every day that things are affecting us that are happening quite far away from us. Where does one want to draw the line? The symbols of life show us the different aspects of our own psyche, this soul that we are and that strives to become one again with the spirit that we also are while we are in this body, interwoven with all kinds of earthly-mental concepts that need to be uncovered, forgiven if necessary, understood and realigned in love.

Now, then, the Libra, in a time that may well be described as considerably out of balance. In a time in which social justice is moving further away from us, in which calls are being made for a Justitia, that figure who, according to her ancient Greek model, the Titaness Themis, makes no distinction between the rich, the strong and the powerful and the poor, the weak and the oppressed, who symbolizes equal justice for all. On courthouses all over the world she is therefore depicted with a blindfold. Meanwhile we know that this will probably remain forever a pious wish, a beautiful dream, there is no external justice, at least not often and not constantly. Consequently, the Tarot card of justice has no blindfold because the psychic law of justice has nothing to do with socialist indiscriminateness, which is an unattainable illusion. Realistically, he who is just experiences justice because he has understood the law of cause and effect and always includes the past in the evaluation of a present situation. Realistic sense of justice knows that no one can experience an effect for which he has not set a cause. Realistically, we experience what we have caused, whenever,

by whatever means, whether consciously or unconsciously/repressed/ disguised. This applies to the human being as an individual and to the human being in the collective. Groups, nations, continents also set causes whose effects they then experience.

Why does this card come now, after last month's card, the Hermit, urged us to turn away from the outer world, to abstain from our destructive behaviors? Because self-recognition is worthless if it does not lead to action. Justice asks us to look closely, to recognize cause and effect, and to make a decision. In doing so, the card demonstrates complete balance: the scales are on a level, the figure on the throne is androgynous, neither too masculine nor too feminine. The figure sits and yet looks as if it is about to stand up, one foot peeks out from under the robe, the other remains hidden, the sword looks straight up, thus remaining right in the middle and demanding a decision. The crown shows three pinnacles, symbolic of the balance between body, soul and spirit. The gemstone in the middle of the forehead points to the ability of inner insight. The image contains elements of the "high priestess" who draws her truth from the inner self and the "magician" who converts this truth into action. The sword has the ability to penetrate our illusions and decipher the true meaning of the events in our lives, it is then called wisdom. This wisdom understands that our present is created from the choices we made in the past, and our future is created from the choices we make now. But wisdom also understands that action is not the same as simply doing something. The activism we sometimes display is often a form of passivity; we do something so that we don't have to actually decide to move into intentional action. Meditation, for example, is an intentional action. Meditation has nothing in common with "doing nothing". Many people talk themselves out of it with the fact that they have so much to do and therefore no time to meditate. The Justitia of the Tarot, who has taken off her blindfold, recognizes the illusion here. The activities of these people are a form of passivity, with the help of which they prevent themselves from intentionally and purposefully directing their life energy to where they would actually experience freedom and justice.

All visions of "Big Brother," all dystopian future scenarios in which the "Antichrist" has established a total surveillance state, always show a robot-like population that cannot get out of collective action at all, like an anthill. Such people never come into action, although they are busy all the time. But of course this is not only a possible future, it is also a past. We need only think of the times of slavery or the beginnings of industrialization. And of course it is also a present, because slavery is still a reality, the surveillance state is an increasing reality and is already in full bloom in some parts of the world, and the conditions from the beginning of industrialization can also still be found or are returning.

The only salvation from these conditions that I know of is individualization, the resolute rejection of the collective, of mass consciousness, of the socialist idea. A collective can only develop further if its components do so, the individual person that is. Development cannot be prescribed, it cannot be pressed into a political program, it cannot be standardized, it is not suitable for franchising. Development arises from self-knowledge, which is transferred into action. Development arises from the spiraling fusion of the high priestess with the magician in us. Only then do we get the double helix, the basic structure of life, which is found both in DNA and in the symbol of kundalini and the healing arts, the Rod of Asclepius. This is how we get spiritual wisdom, reflected in the image of the Tarot card in the gold of the crown, the scales, the cloak and the hilt of the sword.

The key to all this lies in responsibility: only when we take responsibility for all our creations without exception, even if we do not yet know exactly how we created the circumstances of our lives, can we free ourselves from the past and thus from the compulsion of eternal repetition. This is often confused in esoteric circles with magical thinking, that is, the illusion that we have some kind of invisible control over the external world and have unconsciously wished for volcanic eruptions, wars and earthquakes. I don't think we need to go that far. It is obvious that the human race is damaging this planet, polluting the soil, polluting the air and polluting the water. It is also conceivable that the planet reacts to it as a whole organism. And we will probably be held responsible for that, that's quite clear. On an individual level, however, responsibility is not just about separating the garbage, it is a

question of attitude towards life and ourselves. It is a kind of self-understanding that accepts the finitude of physical existence and thus sees itself as a component of a greater whole, a component that understands everything it does and experiences as an opportunity to evolve. It is this realization that our past is neither good nor bad but has brought us to the point where we are now. This point is also neither good nor bad, but a springboard for future development. Every millisecond, every micro-decision is a chance to take more responsibility for oneself and one's path and thus to relieve the collective of the static of one's own stagnation a bit more.

Nowadays, most people in the Western world experience this kind of personal transformation in connection with a therapeutic process or some kind of coaching or training. In earlier times or other parts of the world, personal transformation processes were and are integrated into religious or cultic procedures. The goal of all these processes is basically always that something dies and something else is born in its place, i.e. death, rebirth, renewal, resurrection. This is even reflected in the vernacular: after difficult phases, in which we usually had to give something of ourselves away or give it up, and the subsequent phase of regeneration, we often feel "as if reborn". Sometimes these are exhausting work processes, sometimes illnesses, sometimes experiences of loss and phases of mourning. All these are processes that life provides so that the personal ego can die slice by slice to be reborn in higher knowledge and wisdom. If we have a hard time with it or resist the change, psychiatry speaks of "adjustment disorders", prescribes us an antidepressant so that we stop pushing ourselves down (lat. "depressum" = to push down) and prescribes us a psychotherapy. In this therapy, we learn to release the energy that we are depressing, to adapt to the change and to develop ourselves, to leave our entanglement behind.

Then, when our mood brightens and the sun shines into our lives again, we realize that Justice cannot save us, no matter how hard she tries to be just and fair and treat everyone equally. Justice comes to us only from within ourselves when we finally realize, "Nothing in this world but I myself can save me."

Dates, important and current events:

- Our practices will be closed from 09/26 - 10/03/2022.
- **Attention change of date!** Elke's next online meditation will take place **on Sunday, OCT 9, 2022**: Start at 8 p.m. - duration 45 minutes - 1 hour. **This meditation is subject to a fee (17,00 €)**. For more information and registration [click here](#)
- **Preview: 05.10.2022:** Elke Tegel: Fall Seminar, 5 evenings: "Coming into your physical and mental strength": Every person experiences times when their own inner strength is put to the test. Learn techniques, methods and healing herbs that can help you to master personal crises. For more information and to register [click here](#)

It only remains for me to wish you a golden October full of balance and inner realization!

Your Jörg Schubert



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