



# TERRA NOVA SCHOOL

**Study Unit, June 2013:  
Healing of Love**



## Dear participants of the Terra Nova School!

This month we want to give you a glimpse into the second main topic of our education: “Healing in Love.”

In early May an intensive seminar of the Global Love School took place in Tamera. 80 men and women from around the world - activists, project leaders, teachers - came together to deepen their knowledge in this area. The Global Love School was founded and led by Sabine Lichtenfels, one of the main teachers of the Terra Nova School.

### Here is her short biography:

**Sabine Lichtenfels** was born in 1954, studied as a theologian, and is a co-founder of the Tamera Healing Biotope. In 2005 she was named one of the world’s “1000 Women for Peace.” She is the founder of both the Global Love School and the “GRACE-Foundation for the humanization of Money.” She began her international peace work in Israel-Palestine, where she led several peace pilgrimages “in the name of Grace” through the desert of Israel and the West Bank (2005, 2007). Later she led pilgrimages and peace actions with hundreds of participants in Portugal (2009) and in Colombia (2008, 2010) to support the Peace Village San José de Apartado. Besides her spiritual research and work around communication with the powers of nature, the reconciliation of the genders and a new woman’s consciousness are the basis of her political work. She has worked on these topics in theory and in practice for more than 25 years. With her extensive knowledge and radical commitment she is an ambassadress for a global peace perspective.



A part of the study material for this month is the video of a speech about “**Community, love and sexuality in a culture of peace**” by Sabine Lichtenfels from the Green Phoenix Conference 2012 (Schweibenalp, Switzerland): <http://www.youtube.com/watch?v=vi4s7Lae3qQ> (Click on “CAPTIONS“ to activate the English subtitles).

**The next live broadcast from Tamera is on Saturday June 15th, 2013 at 14:00 GMT** (12.00 Midnight in Sydney, 10.00 PM in Beijing, 7.30 PM in New Delhi, 6.00 PM in Moscow, 5.00 PM in Jerusalem, 4.00 PM in Berlin, 3.00 PM in Lisbon / London, 11.00 AM in Rio de Janeiro, 10.00 AM in New York, 7.00 AM in Vancouver), **with an in-depth speech by Sabine Lichtenfels about Love, Sexuality and Partnership.** We will send you the technical details later.

Sabine Lichtenfels has written a manifesto for the founding of the Global Love School. It expresses in powerful words, why the issue “Healing in Love” must be part of the core curriculum of the Terra Nova School:

## There will be no peace on earth as long as there is war in love

Love and Sexuality are a political issue to which we will no longer close our eyes.

Love is more than a feeling. It requires social vessels, in which love can be lived and made real. It requires a system of ethics in which we can become genuine.

Independent of the question of what our personal lives look like right now and independent of whether we live alone or in community; celibate, married, monogamous, or polygamous: we are working together towards perspectives for our children, and for the generations that will come after us.

We need answers in love, so that children can once again grow up in trust and can find a home. We need answers that are stronger than all our fear, that awaken desire and curiosity in us, instead of awakening the fear that we will yet again be hurt in these very sensitive areas of love.

Free Eros and partnership are not mutually exclusive. On the contrary: They complement one another. Truth in love is the basis for every lasting love relationship. The question of whether we want to live monogamously or polygamously, heterosexual or homosexual, is decided on the basis of our inner truth.

It is not a contradiction to long for a partner, and at the same time to long for erotic adventures. It only becomes betrayal when we have to conceal it from our partners! There is a fidelity in which the devotion of one love partner to another person does not trigger fear of loss, but instead brings joy and growth in Eros and trust.

When we have this experience, we will wake up one day and say: War is not our adventure anymore. Love is. Eros has become our sacred wellspring of life and of love.

Our sexuality is again anchored in the universal order of life. It is sacred to us, as sacred as life itself.

Out of the connection between Eros and Religion an erotic culture will arise, in which war will become unthinkable. We see the possibility of ending the war in love, and thus introducing entirely new ways of living together and new social structures. Love is the most important power for the germination of a new culture of peace, based not on sacrifice but rather affirming life's abundance.

Here a way out from the dead-end street of our time becomes more clearly visible. It leads to a culture of partnership between Men and Women. No mother will have to send her son to war. No father will have to surrender his life to defend his country.

There will be neither War Industry nor defense ministries. Military bases will be turned into Peace Universities, where the protection of this planet can be learned and practiced.

Love and sexuality are basic learning subjects for every adult human being who wants to become a responsible member of this culture.

Lovers and gardeners of a new earth—Terra Nova—are emerging, where Eros and lasting love are given another chance.

*For our children's future.*

*In the service of affection for all that has skin and fur.*

**Sabine Lichtenfels, Tamera, Monte do Cerro**

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## **Some Guidelines for the Study**

We thank all who have given us their initial feedback from their study group meetings. Based on this feedback we offer some guidance for your further study:

This study is intended to encourage truth amongst humans again. The participants need to know that they are welcome to ask their real questions. This will require a protected environment.

It is not primarily about finding answers, but rather to perceive fully the deep questions of our time. To leave a question unanswered, is often more effective than to quickly formulate responses. Great thoughts again need a space among humans. If we react quickly to each other and our conversations become faster and faster, then we shrink this geistig\* space.

Only from great ideas can great, world-moving actions emerge.

If these spaces of common curiosity, common thinking and truth among humans become possible again, then trust will emerge and sometimes even love. Love will always arise wherever one person sees another in their truth, in their compassion for the world, or with their questions and thoughts for the healing of our earth.

It is good if you choose a focalizer for your meeting, who has the task to maintain the overview, as far as possible. These people should train in observation: Which contributions increase the geistig energy, which do not? Which focus in on the subject, which are distracting? It's not about judgment or teaching, but rather perceiving the energy within the conversation and building more and more trust with each other. Perhaps it is best to open and close the study space with simple "rituals."

## **The study text of the Month is by Dieter Duhm: The Healing of Love.**

Please really take your time! It is a text that works very deeply in our own heart and soul. Let yourself be guided by these words, listen to the sound they leave within you and allow yourselves to be shaken. From this "Primordial Shaking" is born a new future.

We wish you an inspiring time of questioning and learning!

*Martin Winiecki, Laura Czajkowski, Monika Berghoff, Nora Czajkowski, Johannes Ewig, Peter Lewerenz, Rui Braga, Jana Elger, Ludwig Schramm, Janina Plate*

Institute for Global Peace Work, Tamera

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\*Note on the translation: The German words Geist and geistig have no precise English equivalent. Depending on context, they can refer either to conscious mental activity, or to more spiritual processes and insights; most often the meaning falls somewhere between. They are usually translated as "mind/spirit" or "mental/spiritual." Both words, Geist and geistig, are used so often in Tamera that they are typically left untranslated.

## Healing of Love

### Why the Issue of the Love Between the Genders had to Become the Central Focus of Our Project

*Dieter Duhm, March 2013*

*Translated from German by Jens Burkhardt and Cameron Phelps*

I am the founder of a community project, now called Tamera. Tamera is a peace research center in southern Portugal. The project has received worldwide recognition for its concepts of ecological and social renewal as well as for its global school, the "Global Campus," which disseminates the ideas of a new earth. Since the beginning of our project, the focus of our research work has been the themes of sexuality, love and partnership. A humane culture emerges from the humane relationship between the genders. For this work, we founded the "Global Love School" under the leadership of Sabine Lichtenfels. Below, I will explain why we had to put the subjects of sexuality and love in the heart of our work.

On the news, there was another of these terrible stories from everyday life in Germany: While his wife was away, a normally inconspicuous, friendly man kills his three young children and then himself.

An isolated case? And the many similar cases? The daily drama of unsuccessful love relationships and marriages, the desperation of love partners, the suffering of children, and the ever increasing cycles of rage, and then, inevitably the explosion: vengeance, violence and war. The themes of failed love, separation anxiety, jealousy and despair are not just a private matter, but a universal human issue. The drama of humanity is in large part the drama of unrequited love. How many murders must be attributed to unrequited love? How many women are beaten to death because men do not feel accepted by them? How much of the sorrow of children, how much disconsolate desolation is created anew every day in a society that has not solved its theme of love and its theme of sexuality? Once we have opened our eyes to the sorrow of the world there is no easy consolation, yet still, global healing is possible.

The spiritual epicenter of the human world is the relationship of the two genders, of man and woman, because man and woman are the two halves of humanity, they are spiritually and corporeally reliant on each other. Man and woman come together to create children. This act of procreation is intimately linked with a high physical and mental pleasure. What a gift from the universe, that the propagation of the human race is connected with pleasure and joy! These two halves have to come together properly to insure that human life can proceed smoothly. If they do not merge properly, there will be disasters – catastrophes such as cancer, child pornography, sadism, hatred, violence and war. The animal world also suffers because of the pain of man – the daily massacres that are committed against animals in slaughterhouses and laboratories are only possible because people have closed their hearts.

The unfathomable violence that is today perpetrated against humans and animals all over the world is the act of a closed heart. It is also an act of the banks, secret societies and multinationals, but their plans can only be implemented by a society that suffers from a collective closed heart. As long as the two halves of humanity do not come together properly, there will be a calamity in our souls that cannot be healed by wealth and creature comforts. It is this calamity of unrequited love, which despite all moral or religious appeals, continues to repeatedly produce "evil." There are incredible things taking place behind the scenes of the bourgeois world. Marital rape, family tragedies, murders out of jealousy and child abuse are rampant. How it must look in an adult, human soul if they have to satisfy their sexual urges through sex with children! Moral outrage

is no help here; the only help is the construction of a new sexual culture that returns to man the joy that they have lost in a world hostile to love.

The mystery of love and sexuality lies in the relation between the sexes. The deepest human longing is for this love, for spiritual as well as sensual, physical love. What bliss there is when a man and woman embrace for the first time – and yet, what of it remains after ten years? A fulfilled sexual life, like a fulfilled religious life, is a foundation of human happiness. The sexes have sought and missed one another for centuries. And they will continue to search and miss one another until a solution is found. The world is languishing in lover's grief. The healing of this grief is a major global challenge of our time. We are facing a new stage of evolution. If the latent gender war ends, there will be no more war on earth.

The global pain in love is the result of a several thousand year long history of war. It is the result of a chain of unimaginable atrocities that were committed against people, mainly women, in the name of patriarchal power. We all carry this collective trauma in our hereditary cellular memory. We all follow the unconscious information of fear and violence. In order to build the power of the church and state, the patriarchal world needed the repression of sexuality and subjugation of women under the command of male domination. The obedience of women was a condition of male potency. Sex and power were inseparably intertwined. Women who did not obey were punished or eliminated like Hypatia of Alexandria. In many countries, unimaginable male violence against women took form. In the Middle Ages, in the year 1487, the Hammer of Witches was published, a book about the execution of all women who were not needed for reproduction. The book was written by two monks and soon became the most widely read book in Germany, after the Bible. One must hear this a few times before it can be believed. Consequently, women who stood out either by their attractiveness or by their will and courage were slandered as witches and burned alive. Burned alive!

Once one has perceived the global suffering of the female half of humanity, one wonders how there could still be women capable of love. This is a crucial point, and I would like here to thank the entire female sex. The female half of humanity must possess a very stable and faithful heart, faithful to the male half which abused and suppressed it for so many thousands of years. What madness! Humanity has blocked its inborn wellspring of joy and thereby destroyed itself. Generation after generation, century after century, it has passed on the false propaganda that demonized the flesh and led to the chastisement of children and burning of witches. What was originally intended to create joy and love was outlawed and persecuted. Thus humanity began to hate the things they once loved. Even today, our culture suffers for this perversion of values. The original sin of man is not carnality, but its suppression. The lust of the flesh was called "fornication" and cruelly eradicated. Since then, no truth has been possible.

The sexual nature of women is a gift from god as a dowry for a joyful life on earth. The lust of the flesh is the deepest lust that has been given to us for the conscious understanding of life. But what woman can freely profess her nature, her desire and her sexual hunger? And what man may dare to speak of the "sexual nature" of women without being slandered as "sexist"? In every woman lives a part of that wild nature, which was intended to be tamed by marriage. And every man has also met Lilith in women and has felt fear before that sexual power. This wild nature fits neither into the housing of matrimony, nor into conventional notions of morality and decency. The plump wife, who lives obediently at her husband's side, is caught in a secret masquerade of constant lies. The man senses this, observes her and makes daily accusations. The children who receive too little love in such conditions, begin to lie, to steal and to get into fights – a tragic chain without end. We need a different ethic and a different sexual culture to be equal to the onslaught of sexual images and energies. When we think further, we need a new relationship to truth, to life and to all creatures, we need a new civilization. This shall be initiated by the concept of global Healing Biotopes.

The center of our healing work is a new relationship between the sexes. It is based on trust and solidarity. For the genders to be revealed to each other, they need primal trust, which could hardly arise in the patriarchal era. We need a new way of interacting socially, new social structures and new pictures of love, so that the old despair can be overcome. We can liberate the world from war, if we are able to end the war in love. We can liberate the earth from violence, if we are able to end violence in sexuality – without suppressing our own wild nature! The passion is allowed to stay. If it is associated with trust, it does not lead to violence, but to spirited tenderness. This is arranged beautifully in the plan of creation.

There is something inside of life which we all love infinitely. If humanity succeeds in giving continuity to this “something,” we will have accessed an historic path of bliss. The wisdom of the East has created a beautiful aphorism: “The Tao is the way that cannot be abandoned. The way that can be abandoned is not the Tao.” How about replacing the word “Tao” with this ever most deep, knowing love? And this is also always meant physically, knowing love goes through the body and through the flesh because, “the word became flesh, and dwelt among us.” It is almost incredible how many truths we find in the Bible, if we look behind the distortions and misrepresentations. The high point is found in the story of the Fall, when Adam ate the apple from the tree of knowledge and then discovered sexual pleasure, “and Adam knew his wife.” In Hebrew, they have the same word for knowledge and intercourse! They knew it!

The healing of love hardly happens at all in face-to-face meetings between partners, because they are too involved in their problem. This healing is a process of being born anew. To become capable of love, we must learn not to become wrapped up in ourselves, but to participate in the world. Participation is part of the secret of love. This brings us inevitably into the field of ethics. Participation means trust, resolution of fear barriers, overcoming prejudices, and throwing back the bolts with which we have locked our hearts. To become capable of love, we must develop a system of life in which real trust between people arises and grows. The new centers, which we call Healing Biotopes, are greenhouses of trust. This is the crucial point. In order to free our communities from sexual falsehoods, we have developed the concept of “free sexuality.” But free love and free sexuality only make sense amongst people who trust each other. It is this trust that opens the heart and the body, dissolves the body armor and heals the soul. We work in Tamera on environmental and technological issues of water healing, permaculture and green energy, but the most important work is the creation of trust among the students, staff and children.

We need a functioning community in order to do these things. The issues that are connected with the area of sex, love and relationships, are much too heavy to be carried by two people alone. They are historical topics for all of humanity. We need communities that know these subjects and have agreed on a fundamental, absolute solidarity with all those who reveal their inner self as they share their issues. For this, we have adopted the method called the SD Forum. SD means self-expression (“SelbstDarstellung”) and is a process in which the performer can unreservedly show himself with his fears and conflicts to the group without the threat of condemnation. This process is about learning true solidarity. When people recognize each other in their shared afflictions, they feel less need to disguise themselves and can live together with greater trust. “To be seen is to be loved.” This is a true statement. But it takes courage to let oneself be seen. We had to develop many unusual methods to find the way of truth in the field of love. We are far from finished, but we may have crossed the half-way point on the “suspension bridge.” It has been a long and sometimes tedious work. Those who come to Tamera looking for quick sex should rather look elsewhere.

For the coexistence of the sexes, some basic rules have emerged, which could be included in the ethical canon of the foundation of a new culture:

- Love is humanities highest power for good.
- Trust between the sexes is the basis of a future without war. Never lie to your love partner.
- You can only be faithful if you are allowed to love others. Free love and the love of a couple are not mutually exclusive, but complementary.
- Jealousy is not a part of love.
- Partnership cannot be given life by people making claims on each other, but rather by mutual support.
- Sadism and masochism are the result of humanity's historical mistreatment of sexuality. As a matter of principle, violence is not part of sexuality and love.
- No sex with children.
- Sexual actions may never be conducted against the will of any partner.
- There is no ownership in love. Relationship problems cannot be solved legally, but rather by the help of a supportive community.
- If you have a choice between love and something else, follow love.

In the relationship of women towards men, behavioral patterns have emerged which we might call "gentle feminism." Women begin to explore their feminine source, and thus establish their own sovereign power, which no longer depends on a relationship with a single man. This establishes a historic new anchor point for women in the Holon of life and human society. Sabine Lichtenfels, in her book *Soft Power* (p. 249 in the German language edition, not yet available in English) formulated the new relationship between men and women:

*Over 3,000 years of history have been imprinted by the dominance of men, establishing a principle of hard power. The power within male-dominated societies lay in breaking resistances, which was expressed as conquests, religious warfare as well as in their methods of education and handling nature. By using these methods, modern man has maneuvered himself into a dead end from which he cannot escape without female support. We do not intend to reestablish ancient matriarchal structures, nor do we want to dominate or patronize men. Feminine power is not targeted at men, nor is it targeted against our love for men – it simply, decisively leaves behind those male structures that have led to the worldwide extinction of life and love. Unless women take a public stand, nobody can escape this dead end. It is up to us women to again assume the political and sexual responsibility that has been abandoned for so long. We invite all dedicated men to join our peace work.*

The healing of the love between the genders is not limited to the relationship between the sexes. It also includes a new relationship to nature, cooperation with all creatures, the healing of water and a loving relationship with animals. We need a reintegration of our human world in the overall world of life, to heal our primal pain of separation. Ultimately, it's about reconnecting with "Omega," the divine center of all things. To love is to encounter each other center to center, wrote Teilhard de Chardin. The aim of our work is the new earth, Terra Nova. As long as a single child is still starving, a single girl circumcised, a single woman raped, a single animal tortured or a single young man forced to war, this world is not in order. We will continue our work. Please help. Please support the project financially and in the media.

For the solidarity and love between the sexes.

For all children of the earth.

For a future without war.

### **Dr. Dieter Duhm – A Short Biography:**

Historian, Author and Psychoanalyst, Dieter Duhm was born in 1942 in Berlin, Germany. He initiated the “Plan of the Healing Biotopes”, a plan for global peace. Beginning in 1967, he was active with the Marxist Left, and was one of the leading figures of the student movement. In 1972, his well-known book, “Angst im Kapitalismus,” (Fear in Capitalism) was published, in which he made clear the link between political revolution and the liberation of the individual.

1975 saw a distancing from the dogmatism of the left, and a shift towards a more thorough and humane alternative. This led to the establishment of the “Bauhütte” project: a three year social experiment with 40 participants in the Black Forest in Germany. With the theme of “founding a community in our times,” the experiment took on the questions of the origin, meaning, and aim of human existence on planet Earth. From this experiment arose the outlines of a new possibility of existence, with the concepts of “free love,” “spiritual ecology,” and “resonance technology.”

In 1995, together with Theologian Sabine Lichtenfels and others, he founded the Tamera Peace Research Center, in Portugal, which today has more than 160 co-workers. Dieter Duhm has dedicated his life to creating an effective forum for a global peace initiative, which is able to face the destructive forces of capitalist globalization.



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In addition to the monthly mailings, we recommend this **Basic Reading List**, in order to go more deeply into the studies:

- Dieter Duhm: Towards a New Culture\*
- Dieter Duhm: The Sacred Matrix\*\*
- Dieter Duhm: Eros Unredeemed\*\*
- Dieter Duhm: The Decision, Part 1 and Part 2 (only available through Tamera)\*\*
- Sabine Lichtenfels: Sources of Love and Peace\*\*
- Sabine Lichtenfels: Grace –Pilgrimage for a Future without War\*\*
- Peace Pilgrim: Steps towards inner peace\*\*\*
- Jacques Lusseyran: And There Was Light
- Michael Talbot: The Holographic Universe
- Sepp Holzer: Desert or Paradise?

\* *this book is free available at [www.towards-a-new-culture.org](http://www.towards-a-new-culture.org)*

\*\* *Students in the Terra Nova School can purchase these books from us at 33% off, plus the cost of shipping! Please take advantage of this opportunity!*

\*\*\* *available at no cost at: <http://www.peacepilgrim.org>*

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### **One more request:**

We are volunteering our time to keep the costs down for work, translations and other daily necessities, layout, and so on. We ask all those who are able to do so, to support the project with a monthly donation. You may use Paypal (Click here: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=R3NJY2SGYRCAA](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=R3NJY2SGYRCAA), you can choose your language on the top of the page in the right corner), and if you live in Europe, we request you to directly make a bank transaction to following account:

Name: G.R.A.C.E.

Bank: Caixa Crédito Agrícola S. Teotónio

Account Number / NIB: 004563324023830233193

IBAN: 004563324023830233193 • BIC: CCCMPTPL

Supporting with your time to help with translation, web design, layout etc would also be greatly appreciated.  
*Thanks for your help and support!*