



TERRA NOVA SCHOOL

**Study Unit, December 2013:
The Power of Vision**



Dear friends and students for Terra Nova!

We send greetings to you around the world. Most of our companions and co-workers who traveled to different places in the world in the context of the Global Campus are already back in Tamera again. We are hearing about their impressions and moving experiences in Israel-Palestine, Kenya, Brazil, Colombia and in our direct environment in the Portuguese Alentejo, where they simultaneously visited partner projects and supported them in developing material self-sufficiency and human community. (The reports of the various Global Campus groups can be found on following pages: <http://globalcampus.wix.com/globalcampus#!reports/c1d5a> and <http://terranovavoice.tamera.org/>)

In addition to the local help for individual projects, the Global Campus intends to show and strengthen foundations for a new culture to emerge on our planet Earth. One of our groups was with the band “Poesia Samba Soul” in the slums of São Paulo for a month. In the early 90s, when the band got together, their Favela was the scene of a brutal drug war. In the midst of poverty and gang fights they have created a point of hope over the years. Through creativity, arts and music, they help young people to get out of the drug trade and to develop perspectives for their lives. We share a deep friendship with these activists from the favela. When bandleader Claudio Miranda visited Tamera for the first time four years ago, he developed the vision to transform the previously “most dangerous neighborhood in the world,” as the UN called their slum twenty years ago, into an urban future model for sustainability, peaceful coexistence and community – a “Favela da Paz” or slum of peace.

Guided by Vera Kleinhammes, nine people from Tamera accompanied “Poesia Samba Soul” for a month and supported them in manifesting this great dream. A biogas plant and permaculture installations have been developed, a community course took place, art projects were initiated, etc. During their stay, they suddenly received the news that the center of the band and the surrounding homes of a few thousand people might soon have to be cleared and removed, sacrificed for the construction of a large-scale metro and railway station. In the run-up to the FIFA World Cup and the Olympic Games, many of the poor and marginalized in Brazil need to make way for the plans of “economic progress.” Our friends in São Paulo now of course face questions, such as: How to continue? Is there a future for our work and project? Can our dream of a “Favela da Paz” gain more power than the infrastructure plan of the government? Not only in Brazil but also in Israel-Palestine, Colombia and Kenya, our groups came to similar borders posed by the claw of globalization power. It’s clear and obvious that the issue can no longer be solved only at the local level.

After all the experiences of the last few weeks and months, we feel the strong call from the world to develop the vision of the new culture even more deeply, so that it can unfold a field-building effect, given the worsening world situation.

That is why we want to continue and deepen the geistig* track of the “Imagine” campaign – and invite you to actively participate. We would like to dedicate the study for the month of December to the issue of “vision building.”

For this purpose, we will also unite as a carrier group of Tamera during the beginning of Advent to develop a kind of “master plan” for the further implementation of the project.

*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.

If we want to overcome war, we need a concrete vision for peace. The power of vision is crucial for the success of our global peace and healing work. The current struggle between the forces of life and those of destruction, which increasingly approaches its climax worldwide, will be decided in the question whether the global peace powers are able to develop a realistic vision for a new society without violence.

Vision is the power factor in life that enables us to leave the old structures behind and to create another reality.

Vision creates reality. It is the power of vision, which makes many of the incredible performances in extreme sports possible; “out of limits.” The French “Spiderman” Alain Robert climbed the largest skyscrapers of the world without safety rope. With bare hands he climbs hundreds of meters up glassy facades. He says, that before getting on a new building, he always first envisions his climb in detail. Sometimes he looks at the skyscrapers for days, working on the image of the ascent in his mind until he has it. Once the vision has entirely filled him, he is free from fear and ready to go.

We are faced with virtually unlimited possibilities here. There seems to be an infinite number of possibilities for existence, “parallel universes,” for our life on Earth and in the universe. The only limit seems to lie in our own inability to see and use these potentials.

As study texts for this month we send you the essay “The Totality of Possibilities” by Dieter Duhm and a section from the book “The Holographic Universe” by Michael Talbot, entitled “Thought as Builder.”

Before that we want to mention some more thoughts and suggestions regarding vision work:

A real vision originates not only in us, but always also in the whole of the world. The power of vision transforms the embryo into an adult, it lets the seed grow into a tree and the caterpillar into a butterfly. It contains the information pattern, the blueprint, through which higher forces of life and creation can operate in the individual being and lead it to its realization. A core task of today’s peace workers is to learn geistig seeing, allowing us to consciously understand these processes, steer and apply them.

Prentice Mulford wrote, “*Who carries a picture of himself in mind, an imagination that shows him in perfect health, strength and agility, thereby calls up creative forces that make him healthy, strong and agile.*

No matter how weak you may feel – if you see your body from this moment on in spirit as healthy, strong and vigorous and affirm it, then you build the spiritual frame of a new body, which immediately begins to build up from the old body and to attract the elements health and power that it needs for its construction.”

We can apply this individual effect as well to the ecological and political levels. In 2007, we invited the Austrian permaculture master Sepp Holzer to Tamera. We wanted to find out whether a community of 200-300 people could be self-sufficiently supplied with water and food from our own land, which was then drying out due to progressive desertification. Under the circumstances, it seemed almost hopeless. When Sepp Holzer heard the question, he just laughed and replied, “If you could only see through my eyes...” He described the potential of immense abundance, which he could see beyond the current destruction of this landscape, and he gave us the concept of “Water Retention Landscapes.” All over the world, everywhere Sepp Holzer gives ecological consultations, he focuses on “seeing the dream of the landscape,” as he puts it. In Tamera this was so strong that the construction of the Water Retention Landscape already begun a few months later with the first large lake construction site in summer 2007. Now, six years after that, the place is barely recognizable; it develops into a water-rich natural paradise.

What gives us the confidence and hope to look faithfully towards a healed future, despite the global atrocities? It is the existence of another plan of creation, which is as real as the last 5000 years of violent history. This intact and Sacred Matrix exists, despite all the suffering and aberration. We can feel this certainty in special situations and blessed moments where the “other reality” clearly steps into our lives - moments of deep trust and love experiences, God experiences, healing situations, deep insights, unexpected reconciliations or by being under special protection in an accident.

The human being is the “eye of creation” (Huxley). We humans are given the ability to shed light on latent realities through our consciousness and to thereby bring them into being. Terra Nova is such a latent reality. It is the new dream of life on Earth, with which the world is “pregnant” today.

For a free Earth without war and cruelty to be manifested, it must be seen by the first human beings. The new peace models and Healing Biotopes, new forms of love and sexuality, functioning community, protected child-growth, new economy and reconciliation between the peoples of the earth – all this can only manifest to the extent that the first people are able to “see” it in their minds and spirits. Herein lies a major reason for building the Terra Nova School. Together with your help in the different places around the world we want to build a global field of consciousness that enables us to develop and manifest vision. The individual study groups may be transformed into consciousness clusters; meeting points for geistig spaces to arise, in which new information can be developed and spread out to the world.

It was from this background that the “Imagine” campaign was born as well. After Global Grace Day, where the ten images we developed were visualized in many places, we would like to invite you to participate in this process of vision building. Please study these thoughts and examples – maybe they inspire you to further develop “Imagine” in your groups: How much can you see already, when you apply the vision to your country, your cities or regions? Are there pictures for the positive transformation in Berlin, New York, Israel-Palestine, etc...? You can also initiate theater and art projects dedicated to this research. Let us find the healing images and thoughts that fill us with certainty! Your contributions are very welcome.

We conclude with a power sentence from “Sources of Love and Peace” by Sabine Lichtenfels, *“Whether you are connected to the dream of the world, you recognize by your growing strength. The connection to the dream of creation always leads to a gain in power.”*

We greet you in gratitude for your participation.
We wish you a joyful study month!

In the name of love.
Venceremos!

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The Totality of Possibilities

Dieter Duhm (Excerpt from his book "Future without War. Theory of Global Healing")

Reality is boundless, open in all directions. It is multidimensional in itself and constantly changing in its outer manifestations. There is a totality, which is more total than anything that we have imagined to date, namely the totality of possibilities and potentialities contained in reality. For there is no definite reality, there is no definite law of nature that defines our limits. There are only those limits that we set for ourselves, which means that a very determined will to displace and dissolve these boundaries also exists. I am thinking of adventurers and athletes, of men such as Alexander von Humboldt, Rüdiger Nehberg, Klaus Haetzel, Reinhold Messner or Prentice Mulford. Human will is characterized by an inner process of ripening that suddenly culminates in the revelation, "Yes! This is possible!" Yes, this healing is possible! Yes, this body can be healthy once more! Yes, this nightmare has an end! Yes, this new earth and this new heaven, these completely new forms of life, consciousness and society can manifest themselves! Yes, complete reconciliation can emerge even between Israel and Palestine! Or think of Ibrahim Abouleish from Sekem, Egypt, who says, "Yes! We can turn this desert into a blooming oasis!" Yes, we can turn this oppressed planet into paradise!

Insight into nature reveals the possibilities of creation in the multiverse. The endless diversity of forms in flora and fauna abounding in earth, water and sky is but a foretaste of what is possible. The infinity of manifested forms hints at the potential un-manifested forms that await their calling in latent space, in what David Bohm called the "implicit order." A slight twist in perception, a slight frequency variation in consciousness, a tiny deviation from the trodden path may open a new world, just like a minute rotation of the kaleidoscope creates a new, well-ordered pattern. Next to the visible, manifested world lies an infinite series of parallel worlds. Any of them may emerge in an instant, depending on the direction of our gaze, i.e. the angle of incidence of our "beam of reference." Sai Baba manifested a one-dollar bill. Rolling Thunder summoned a storm in Chicago. Jesus fed a crowd of five thousand. The Jansenites withstood stakes and muskets. Incurable patients heal in the blink of an eye. The Dutchman Mirin Dako thrust a dagger through his chest and remained unscathed. Wonder after wonder induced by frequency shifts in consciousness depends on a change in "the angle at which the beam of reference crosses the holographic film." The result is a side step into another reality. Uri Geller demonstrated how young plants grow out of seeds in his hands at the PSI convention in Basel.

We are entering a new age, and will notice that such dimensional leaps are only natural and that they follow the rhythm of evolution. We will learn to consciously induce them in so far as they allow for the humanization of our planet. We will forsake old beliefs in illness, scarcity and decay. There are no set laws governing aging and death. We will discover the gates through which we will step out of the old belief patterns forever. We are becoming conscious embryos of ourselves and recognize how much growth has been inhibited by ancient bonds till today. Witnesses of prehistoric times suggest that in some respects, we might once have been further developed than we are right now. We are beginning to feel the unfathomable structures of the universe that pervade our soul, from stem cell to brain. In this sense, it may seem bizarre that the questions of our current possibilities regarding peace work, solar energy or the development of new socio-economic structures always revolve around what was possible up until now. In so doing, we submit to alleged laws of nature, which actually never existed. What we considered laws of nature were but statistical boundaries to the interaction between human and matter, valid only under very specific social conventions and the corresponding thought patterns. These were historical laws, not timeless ones.

Prentice Mulford knew how to express this situation like no other, writing in the nineteenth century, about 120 years ago! He says,

“It is no more due to the unavoidable course of nature that the human body decays... or that letters can be delivered only by the postman instead of by an electric spark. The impertinence of our blunt unknowing encourages us to define what is governed by the laws of nature and what is not. It is a fatal error to look back on our petty knowledge of times past as unmistakable indicators of what will take place in all eternity.” (Prentice Mulford)

What is possible, what isn't? Who raises the question? Who has the answer? Who sets the spiritual framework and controls the conditions under which the question and the answer are actually possible? What do we know about ourselves and about the world in order to speak of “laws” or “boundaries”?

Isn't our own body a total wonder? 10-100 billion cells with integrated mini computers tirelessly providing such perfectly coordinated work that, in turn, allows virtuoso performances on the violin, precision mechanics and circus acrobatics. Who planned the whole thing? Who built the cells? Who had the intelligence to coordinate them in such a manner? Has anyone seen the master-planner?

When I stare into my mirror and fear that I am getting fat, a billion cells jump to the task of making the image of my becoming fat reality. All body functions activate simultaneously in order to realize these thoughts and images, regardless of whether they are wishful thinking or fears. The decisive factor is the precision of the image that is connected with the thought. What shapes reality is always the image of visualization that is inherent in our thoughts? If billions of cells react to a thought-image in order to come into realization, does this also apply to the whole of humanity? When millions or billions of humans integrate a thought-image and react in consequence, is this not an infinite opportunity for evil as well as good? Haven't the Crusades, the Inquisition and Fascism provided horrible proofs of this infinite potential? Is it not time to appraise these connections in order to use them for new, better goals and thought patterns?

So far, heaven and earth derive from a combination of natural laws that appeared under specific conditions and evolutionary moments of the development of human consciousness. This historical and mostly horrible epoch created the apparent laws, boundaries and definitions, as well as the probabilities, possibilities and, even more so, the impossibilities defining our actions.

The Great Possible enters the picture when it becomes possible for us to rid the world of its boundaries, to free it from its definitions, prejudices and judgments which are not of its own making, but of our own. The boundaries, which seemingly underlie our world, only unfold inside our heads. Therefore, something must take place in ourselves if we want to approach, enter and experience the Great Possible. Whatever may happen to us on this path, whatever methods and experiments researchers may develop, it all ends in the same one point: the rebirth of original trust. We will experience the Great Possible once we cease to react to the world with fear and once we create a new structure that eliminates the old fears. This new structure will replace fear with trust. Trust in each other, trust in nature, trust in the higher laws of life.

Everything we have learned from the materialistic era concerning the development of the world should lead us to suspect that its fundamental active agent is not matter, but is formed of ideas, visions, concepts and information! That is the central spiritual paradigm shift of our time. It will fundamentally alter the natural sciences and technology as much as it will alter our daily habits. We are on the brink of a revolution that will sweep us away if we seek to trap it into small mental cages from the onset. Nothing that is imaginable will be impossible... an idea already expressed

by Einstein. The human civilization of the future will be fundamentally different from the current one, or it will cease to exist. I thank all pathfinders that are preparing the new civilization in their minds. And I thank those who are already doing it. We must work together.

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.



Thought as Builder

Michael Talbot (Excerpt from his book: “*The Holographic Universe*”)

As with so many of the “discoveries” we have looked at, the idea that some deeply unconscious and even spiritual part of us can reach across the boundaries of time and is responsible for our destiny can also be found in many shamanic traditions and other sources. According to the Batak people of Indonesia, everything a person experiences is determined by his or her soul, or *tondi*, which reincarnates from one body to the next and is a medium capable of reproducing not only the behavior, but the physical attributes of the person’s former self. The Ojibway Indians also believed a person’s life is scripted by an invisible spirit or soul and is laid out in a manner that promotes growth and development. If a person dies without completing all the lessons they need to learn, their spirit body returns and is reborn in another physical body.

The kahunas call this invisible aspect the *aumakua*, or “high self.” Like Whitton’s metaconsciousness, it is the unconscious portion of a person that can see the parts of the future that are crystallized, or “set.” It is also the part of us that is responsible for creating our destiny, but it is not alone in this process. Like many of the researchers mentioned in this book, the kahunas believed that thoughts are things and are composed of a subtle energetic substance they called *kino mea*, or “shadowy body stuff.” Hence, our hopes, fears, plans, worries, guilt, dreams, and imaginings do not vanish after leaving our mind, but are turned into thought forms, and these, too, become some of the rough strands from which the high self weaves our future. Most people are not in charge of their own thoughts, said the kahunas, and constantly bombard their high self with an uncontrolled and contradictory mixture of plans, wishes, and fears. This confuses the high self and is why most people’s lives appear to be equally haphazard and uncontrolled. Powerful kahunas who were in open communication with their high selves were said to be able to help a person remake his or her future. Similarly, it was considered extremely important that people take time out at frequent intervals to think about their lives and visualize in concrete terms what they wished to happen to themselves. By doing this the kahunas asserted that people can more consciously control the events that befall them and make their own future. In an idea that is reminiscent of Tiller and Stevenson’s notion of a subtle intermediary body, the kahunas believed this shadowy body stuff also forms a template upon which the physical body is molded. Again it was said that kahunas who were in extraordinary attunement with their high self could sculpt and reform the shadowy body stuff, and hence the physical body, of another person and this was how miraculous healings were effected. This view also provides an interesting parallel to some of our own conclusions as to why thoughts and images have such a powerful impact on health.

The tantric mystics of Tibet referred to the “stuff of thoughts” as *tsal* and held that every mental action produced waves of this mysterious energy. They believed the entire universe is a product of the mind and is created and animated by the collective *tsal* of all beings. Most people are unaware that they possess this power, said the Tantrists, because the average human mind functions “like a small puddle isolated from the great ocean.” Only great yogis skilled at contacting the deeper levels of the mind were said to be able consciously to utilize such forces, and one of the things they did to achieve this goal was to visualize repeatedly the desired creation. Tibetan tantric texts are filled with visualization exercises, or “*sadhanas*,” designed for such purposes, and monks of some sects, such as the Kargyupa, would spend as long as seven years in complete solitude, in a cave or a sealed room, perfecting their visualization abilities.

The twelfth-century Persian Sufis also stressed the importance of visualization in altering and reshaping one’s destiny, and called the subtle matter of thought *alam almithal*. Like many clairvoyants, they believed that human beings possess a subtle body controlled by chakra-like energy centers. They also held that reality is divided into a series of subtler planes of being, or

Hadarat, and that the plane of being directly adjacent to this one was a kind of template reality in which the alam almithal of one's thoughts formed into idea-images, which in turn eventually determined the course of one's life. The Sufis also added a twist of their own. They felt the heart chakra, or himma, was the agent responsible for this process, and that control of the heart chakra was therefore a prerequisite for controlling one's destiny.

Edgar Cayce also spoke of thoughts as tangible things, a finer form of matter and, when he was in trance, repeatedly told his clients that their thoughts created their destiny and that "thought is the builder." In his view, the thinking process is like a spider constantly spinning, constantly adding to its web. Every moment of our lives we are creating the images and patterns that give our future energy and shape, said Cayce.

Paramahansa Yogananda advised people to visualize the future they desired for themselves and charge it with the "energy of concentration." As he put it, "Proper visualization by the exercise of concentration and willpower enables us to materialize thoughts, not only as dreams or visions in the mental realm, but also as experiences in the material realm."

Indeed, such ideas can be found in a wide range of disparate sources. "We are what we think," said the Buddha. "All that we are arises with our thoughts. With our thoughts we make the world." "As a man acts, so does he become. As a man's desire is, so is his destiny," states the Hindu pre-Christian Brihadaranyaka Upanishad. "All things in the world of Nature are not controlled by fate for the soul has a principle of its own," said the fourth-century Greek philosopher Lamblichus. "Ask and it will be given to you ... If ye have faith, nothing shall be impossible unto you," states the Bible. And, "The destiny of a person is connected with those things he himself creates and does," wrote Rabbi Steinsaltz in the kabbalistic Thirteen-Petaled Rose.

Basic Literature

In addition to the monthly mailings, we recommend following books 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*

** *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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Supporting with your time to help with translation, web design, layout etc would also be greatly appreciated.

Thanks for your help and support!