

N.B. This translation contains errors due to the insurmountable language differences between German and English

Being oneself.... by "Billy" Eduard Albert Meier

Very many human beings are not themselves because they make the thoughts, feelings and machinations of others their own, whereby they fall into anger, joylessness, hatred, worry and agonising thoughts. In general, the human being does not understand that when he is bombarded with the evil words and actions of others and assimilates them and makes them his own, then he is no longer himself, but rather an image of those who cause him suffering and harm. Distance must be maintained from this image because the thoughts, feelings and machinations of those wanting to cause suffering, unpleasantness and harm fundamentally do not belong to those on the receiving end, but rather to those evildoers, adversaries and self-appointed enemies etc. And since everything belongs to the opposing party it requires having the priority of not assimilating and not making one's own, the thoughts, feelings, words and machinations of the antagonist – unfortunately the contrary is frequently done whereby the human being is no longer himself, but an image of those who provoke commotion, discord, hatred and slander etc. In order to prevent from getting too close to these worthless things and indulging in anger, worry, agonising thoughts and hatred etc. the person being attacked has only one possibility which is to direct their thoughts and feelings towards not taking the attacks of the antagonist seriously and to always realise and say to themselves that the thoughts, feelings, hate, hostility, the evil words and slander and machinations etc., belong solely to the adversary and are not one's own. Consequently this means: "All attacks and problems of every kind of the hostile-minded are not mine but belong solely to them, with which they only harm themselves and they will have to cope with that themselves."

Attacks from others, be it through thoughts and feelings, words, hatred, slander or actions, may never be made one's own because they are fundamentally a concern of their creator, who has to cope with it themselves. These hostile-minded cause harm to themselves through their attacks on other human beings, since their machinations interfere with their own thoughts and feelings whereby there is no peace and joy within themselves and they fall into a nasty state of frustration.

In general, the attacks and problems of others must be ignored and be parried in such a way that they are the affairs, attacks and problems of the adversary and not one's own. Only through this sensible view as well as way of thinking, feeling and acting can the human being protect himself from the attacks, lies, accusations, hate and slander etc. of others, because in reality all the troubles and problems of such things are not one's own but are those of the attackers and adversaries. "The attacks and problems of others are not mine, but belong to the attacker", must be the constant motto for those attacked with words, thoughts, feelings, lies, slander and actions etc. And only when the thoughts and feelings as well as way of acting are cultivated in this form is it possible for the human being to free himself from the image of the adversary and truly be himself.

If the human being wants to be himself, then he may not bear animosity towards others - not even towards his worst enemy and adversary. To start with, if the attacker's attacks and problems etc. are viewed as not belonging to oneself and are rejected as those of the attacker, then this counts as an additional form of peacefully confronting adversaries. This is to be done in such a way that they are confronted in a friendly, loving and peaceful way, but also that wishes of love and happiness, originating from one's thinking and feelings, are sent to them as often as possible during the day. On the one hand this protects oneself from building up hostility towards the adversary and on the other hand, a valuable self-defence is created that protects oneself from one's own evil thoughts and feelings and their resulting malice, hatred or even desire for revenge etc. The entire strategy also results in having an effect on one's own personality and character and from this a completely neutral-positive balanced attitude is built up.

How a human being thinks, that is how he lives and how a human being lives, that is how he thinks; and what the human being thinks that is what he is. This ancient wisdom is borne out in the human being's world of thoughts and feelings and in the human being's actions. And when he truly and consciously makes an effort to view his self-proclaimed enemies and adversaries etc., as human beings and not as enemies and adversaries and to not make their attacks and problems his own but to reject them in order to simultaneously cultivate loving and peaceful thoughts for the so-called adversaries, then all the hostility disappears so in the end only loving fellow human beings and even friends remain, however never enemies.

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Translation of Billy's essay "Sich selbst sein ..." by Willem Mondria

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