

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

For yourself

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(Taken from "Stimme der Wassermannzeit" No. 150; translated by Christian Frehner)

One of the fundamentals of the spiritual teaching is: take care of yourself. During many discussions at the Semjase-Silver-Star-Center in Hinterschmidruti, and also in many explanations by Billy, the following phrase could be heard again and again: "You do it for yourself." In the meantime this phrase has become kind of a 'house proverb' among some of us core group members. It is used for all kinds of situations: to encourage others; simply to tease; if someone is annoyed; but also to comfort or to cheer up someone, etc. And sometimes someone says it to himself or herself.

Actually everything leads back to the fact that you do everything— even the tiniest thing—for yourself and, therefore, take care of yourself—or do exactly the opposite. Your thoughts and acts always fall back onto you. Unfortunately, it is a sad fact that hardly a human being thinks or acts in this way anymore. Instead, human beings constantly compare themselves with others; they try to comply with others, and they cannot perceive themselves and their innermost needs anymore. Interestingly enough, such comparisons direct more often downwards, towards the negative, than upwards, towards the positive. This means that very often an attitude is copied, like e.g. in an office, when another employee does minimal work while pocketing a full salary all the same, or when he lets other people do his work and believes to enjoy his life more than other people. How easily are you willing to do likewise? Why is it always you who has to struggle, while other persons do not have a problem not fulfilling their tasks? Even children use the comparison with others as an excuse for doing negative things themselves. And they use the same excuse for their acting: The other did it, too! Such behaviour is very similar among us adults, even if we are not willing to admit.

You would have much more calmness, inner peace and so many more good thoughts if you stopped to always compare yourself with others, with their efforts and errors. Just think about an occurrence in connection with another fellow-human being which made you very angry. Ask yourself why you were so upset and how much time you needed to calm down. You could have used that time very well for other things, such as agreeable, beneficial and positive thoughts and feelings. And if you honestly think it over you will surely realise that the reasons for your anger were resting in yourself. Jealousy, envy, egoism, know-all attitude, claim to might, insecurity, anxiety, over- or underestimation of one's abilities, etc. are examples of such motives. If you stopped comparing yourself or competing with others, you would not be tempted to be thrown off balance by such low motives.

Consider your sense for rightness: Do you give your attention to your fellow-human beings because you think that they are favoured during work, and that you always get the biggest load of work, etc.? If you really believe this to be true: Have you ever thought about your dealing with those tasks and additional work, contrary to your fellow employee? It's your choice: You can simply do your task; always grumpy and joyless. You do it for yourself. However, doing it that way you are harming and burdening yourself which isn't necessary at all. Instead you can complete your task with personal interest and joy, thereby learning much and making it your own. You do it for yourself.

Each human being is a unique individual; therefore, each human being approaches each and every thing and matter in his or her individual way. That's exactly the reason why you shall—or can—never compare yourself with another person, because they will never handle anything exactly as you wish them to do. Even if there are clear regulations and laws, the implementation is always different from person to person. "You do it for yourself" is an absolutely natural law into which all life is included; therefore, each creature must walk on his or her own path, with himself/herself and for himself/herself. Instead of letting yourself distract from your fellow-human beings because you are comparing yourself with them, you should always be aware that everything you do—without exception—you do for yourself, be it positive or negative. While always holding this truth in mind, you are freeing yourself from wrong motives, from unimportant matters, but also from indirect ways and

burdens. And you may also meet your fellow-human beings with much more calmness because you know: They do everything for themselves, just as you do everything for yourself as well. Compare yourself with yourself only; check whether you behave correctly towards yourself and your abilities, so you can always take responsibility for your conscience. Through this you will know better your own thinking and feeling, and you will be more conscious of the achievements you can complete, and which ones you cannot. And you will be conscious that there is nothing more precious than to take greatest care of this your life.