

The global solution

It will soon be thirty years since after a long safari in Tanzania, I was gifted with an unprecedented insight on a very bright night on the beach in Kenya. It affected our entire human existence. I realized at a stroke the countless fictions and illusions with which our species has struggled through life after the immense biological challenges that the Neolithic Revolution (sedentarization) had brought us. As a result, after then I called our human life 'the stage', like a play that presents our so-called 'life' merely as a spectacle. – When the movie 'The Matrix' came out soon after, I changed the name to 'The Matrix', because this movie was simply the perfect metaphor for what has been going on within our human species since that groundbreaking transition. Except that, instead of a secret underground force, homo sapiens has an underground biological momentum that is probably unique among living beings. I explain this in detail in the book '**Auf, vom Homo caput zum Homo normalis**' (published by novum; the english edition is in progress).

The countless clarifications regarding the riddles of our human existence and our history, as well as the accompanying relief that this insight into so-called 'reality' gave me, were incredible! This called into question everything I had previously considered to be true. This included the goals that I had previously striven for with my clients as a psychotherapist – (relative) success or not (at least I can say that I was quite famous as a therapist).

When I returned home with my family shortly afterwards, I closed my practice without further ado and opened the institute '*School of Life2*' (the first school of life is early childhood) in order to find my way back into the actual reality of the human animal through intensive practice. Of course, this also required the original animal resources that had been lost over thousands of years to be released again. A tremendous challenge that I was initially unsure how to fulfill. Ok, I have always been a seeker of the best possible realization of any project. For many years, I had traveled halfway around the world to get to know the best psychotherapeutic methods. I subsequently optimized these in accordance with my own consistent research into the best possible methods. However, the application of this process, called '*primary learning*', showed with a critical eye – which fortunately was also always mine (see my biographically designed personal website www.2-b.ch) – that the admittedly rather crazy orientation was not really fulfilled in the '*school of life2*' either. – In keeping with my constant willingness to draw consequences even from relative failures, I finally closed the institute after ten years, willingly accepted the resulting financial hardship and decided to continue my research with a few friends in order to finally achieve the outrageously ambitious goal after all. I also saw this as an obligation to the well-being and successful future of humanity, in the sense of: 'If you have something valuable at your disposal, then put it to good use!'

Another eight years passed before I was able to make the next discovery, again in a foreign country and also quite unexpectedly, which was probably as significant as the one I had made in Africa. I had traveled to Mallorca with a group of researchers to enjoy the island and life there alongside the daily practice of '*Primary Breathing*' –

part of '*Primary Learning*'. I did this by means of my specifically developed form of walking ('3x3 PowerSystem' www.3x3outdoor.ch), the affordable delicious food that is widely available there and with perfect management of the own life energy (e-management www.ruhe-aktivitaet.ch). When practicing the '*Primary Breath*' in the rented finca, inspired by the 'symptoms' that appeared, I pushed the practitioners further and further in terms of their breathing volume until it became a real '*breath bomb*' (www.atembombe.jetzt). I then practised this a few times, varied it, observing the rather crazy effect, and I realized: 'THIS IS IT! Well, for the time being: I guessed. You, dear reader have to find out for yourself how it works and what happens. For example, here in Mallorca, where I decided to live a few years later. At least until today, when my rental contract expires and my future is once again completely open.

The following years were characterized by reviewing the findings from my first experiences with the '*breath bomb*' and refining its longer-term effects. This was done with the research group, which already had many years of experience in developing the intended solution method. As well as with new users who asked to join the project spontaneously. – These and future experiences should confirm my assertion that **the effect of the process reaches into the genes** and thus finally prove the claim to awakening and releasing the original animal life resources in us humans. The official scientific studies are still pending; they are also a question of public awareness and funding.

By the way, the answer to the question of why the procedure must have an effect on the genes is quite simple. If a basic behavior is practiced for long time, in this case for thousands of years, its effects naturally reach the genes and are passed on from generation to generation, regardless of the individual biography – which unfortunately also includes upbringing. – The worst thing is probably the immeasurable guilt that we have accumulated over thousands of years through countless arbitrary wars, systematic oppression of women and many other hostile facts. The corresponding terrible consequences of this in our deepest inner selves are also described in detail in the aforementioned book '**Up, from Homo Caput to Homo normalis**'. And also in the e-book '**Die Quintessenz**'.

This soon brings us to the end of this article. That is, to the simple formula that results from all the findings mentioned here, the research derived from them and practical experience.

We humans, homo sapiens, have successively DEGENERATED over the last more than ten thousand years. We have lost/abandoned a considerable part of our vital resources. Including all the consequences, many of which are terrible. Just think of the healthcare costs, which continue to explode. Or the mental health problems that burden countless people and drive many to suicide. – What is now required and will undoubtedly be decisive for our long-term survival is the successful REGENERATION of these natural resources. In other words, the recovery of our original vitality and our natural life intelligence. Plus coming to terms with our inevitable guilt, which has been passed down through our genes; and other things. – And that is precisely what this revolutionary process is designed to achieve. Ok, including its admittedly enormous, but just logical challenge to practitioners. So, the process is now logically called 'Tiefe Regeneration', 'Profound Regeneration'.

And here is the promised simple formula:

WHAT IS DEGENERATED WILL BE REGENERATED

As our commitment to our still successful future is not only dependent on regaining our animal vitality, but also on the enormous cultural progress of our magnificent species – despite all the numerous hostile behaviors – I would like to end this article with a slogan. It not only makes a successful, even fantastic, long-term future possible thanks to our new life filled with unimagined vitality, it even guarantees it with a high degree of probability!

The slogan is:

COOPERATION UNDER ALL CIRCUMSTANCES!

Means 100%. Always and everywhere!

Now look around the current (human) world and imagine the effects of this new behavior on the entire planet! War? Haha. Competition against each other? Haha. Failing relationships? Haha.

No: **Cooperation at any price!**

However, I must concede that the successful implementation of this attitude requires step one: profound regeneration. Only then will we be ready and able to face the many challenges that consistent and continuous cooperation demands. However, the effects of this actually simple but de facto revolutionary behavior will be fantastic. They will solve most of the problems within our species by themselves.

And then the great homo sapiens – I'll call him HOMO NORMALIS – who, thanks to his profound regeneration, has once again become a – highly cultivated! – animal human being, and **LOVE will finally CONQUER THE WORLD.**
That will probably be the title of my next book.

Conclusion. Or, better: the beginning!

Further information:

- Book (novum publisher) 'Auf, vom Homo caput zum Homo normalis'.
- Book 'The quintessence', 5 versions (E-book at normalrevolution.com)
- Book 'Ruhe!Punkt.' 2nd edition going to be published by novum Verlag. English edition included. Spanish edition also on the way.
- The blog from 2b (in German): www.forum-up.ch
- The website with basic information on the 'Human-UP!' movement and numerous essays and books: normalrevolution.com
- The Swiss website for art lovers, among others! (only in German) normalrevolution.ch
- The private website of 2b, with the information about his career and his discoveries <https://2-b.ch/en/>