



Steps to Make Miracles Possible

Manfred Doepp

HolisticCenter, 13 Haupt St., Abtwil 9030, Switzerland

ABSTRACT

When it comes to living promising and at the same time ethically positive behaviors, one cannot avoid the great teachers of mankind in history. This article introduces the "Old One" from China, LaoTse/Laozi, and the Jewish Rabbi Hillel. Laozi described the basic principle of Dao, doing through non-doing. In his teachings there are many hints on how to live stress-free and successfully. 12 mnemonics are presented. Hillel, even before Jesus the Christ, described the Golden Rule: "Love your neighbor as yourself". It is a contrast to the Old Testament "eye for an eye, tooth for a tooth." Put the two teachings together and the result is an ethic that could solve many of the problems of our time, in the individual as well as on the world stage.

INTRODUCTION

Most of us humans live according to the knowledge and principles we were taught during our childhood, our socialization. However, these patterns of thinking and behavior are often inadequate or incorrect. They hinder us in our growth, because they are activated like computer programs in us as soon as we get into certain situations. The actually necessary flexibility and situational adaptability is thus reduced or even prevented. Therefore we have to make up for the bad socialization in later years, mostly quite laboriously. The basis for this is the knowledge of universal laws of life, which were communicated to mankind by their great teachers, for instance with LaoTse/Laozi. (1)

His "Tao de King/Daodejing" is still an important book. It contains a humanistic state and personality teaching, which has the liberation from violence and poverty, the permanent establishment of a harmonious coexistence and ultimately the peace in the individual and in the world to the goal. A central teaching: The wise man dwells in operation without action (Wu Wei). For Laozi, action is a (deliberate) deviation from the natural balance through human intemperance. This non-intervention in all areas of life seems utopian and unworldly to the Western reader. It is based on the insight that the Dao, which is the origin and goal of all things, pushes by itself to the balance of all forces and thus to the optimal solution. One only has to give the universe, especially the law of karma, the possibility to work, and it does. Similarly, the Buddha said it when he described human greed as the cause of all evil.

What is the Dao ? It appears as the unfathomable, eternal pure spirit, the mother of the cosmos. It is also the all-pervading, the encompassing and the goal of existence, even non-being, but also the origin of existence. It acts without activity and intention; things emerge from it and receive their order. The Dao causes all change and is nevertheless itself empty and without activity. It

orders without ruling, and every being and every thing has its own *Dào*, its own way, because the *Dào* orders by itself, and one should not interfere with this natural order.

We find similar themes in all humanity teachers, so that the question arises whether one leaves to the *Dao*, the cosmos or God the guiding or leading function in life, or constantly puts oneself under stress and wants to determine one's own destiny. This does not have to degenerate to the extreme of fatalism with complete passivity, but rather follows the Christian motto. "Help thyself, and God will help thee." That means, I look and pay attention to the impulses, the inspirations, the notes, which I receive, and follow them.

12 MNEMONICS

In the following, important parts of the life teachings of great teachers of mankind are translated in the form of 12 mnemonics:

1. Your reality follows your beliefs (positive core beliefs). From these follow your conceptions, ideas, goals and visions.
2. Delete negative core beliefs (disappointments, resignation) and patterns. Be grateful for everything. Nothing happens by chance.
3. Acknowledge what is. Be honest and authentic. It is what it is. As it is, it is good and right.
4. Take responsibility for what you do. Do not feel guilty about it.
5. Stop the rational arrogance of the ego. Never think: I can't do it.
6. Learn to marvel like children. See the positive and beautiful in everything, even in the negative.
7. Learn to be enthusiastic and joyful like children. See God in everything and everyone.
8. Have clear motivations and intentions, without ifs and buts.
9. Make decisions without impatience, do not procrastinate.
10. Let thinking, feeling, speaking and acting be identical.
11. Be yourself, be your self. Expect nothing, but expect miracles.
12. Do not bind yourself to anything or anyone, replace the want to have with the being.

HOW TO DO ?

An interested reader may now ask : If this and comparable information has been available for about 2500 years ; why has so little of it been implemented until today ? If one looks into the areas of the world where Daoism was most widespread, i.e. in East Asia, then - except in monasteries - not much of it can be found anymore. Capitalism with its principles of success, which follow egoism and its assertiveness, has also prevailed there. The answer is most likely : an apperception of affirmations by the intellect has little effect. If the conscious mind and especially the subconscious mind are not reached, little changes at the base and at the background of behavior. Now, how is it possible to reach the subconscious mind ? For this, the intellect should step back in its dominance or even be switched off. Possibilities for this are meditations, trance states and - in a Western way – EFT. (4)

Emotional Freedom Techniques (EFT) is the name of a therapeutic concept from the field of "energetic psychology" and represents a method for alleviating and treating stress and psychological disorders by stimulating acupressure points (tsubos).[1] The effectiveness of this alternative medical method of tapping acupressure has not yet been scientifically recognized. Energy Field Therapy Points: EFT claims to work with the "energy system" of the human body as a technique from the growing field of so-called "energetic psychology" as opposed to classical

psychotherapeutic methods, combining Neuro-Linguistic Programming (NLP), meridian theory and kinesiology. Tapping is intended to reach the subconscious mind.

About 2000 years ago, there was again an informing of mankind. The best known is of course Jesus the Christ. However, another "avatar" lived before, it was the Rabbi Hillel, also in Israel.

ANOTHER TEACHER: HILLEL

There was a great wisdom teacher in Jewish history, it was Rabbi Hillel. (2,3) He is considered in the Jewish tradition as one of the most formative teachers of Judaism, whose gentleness and patience have become proverbial.[7] He taught charity and non-violence and had numerous disciples. To this day, Hillel's words are essential in Jewish lore, especially in Jewish ethics.

According to him, the Torah can be summarized in a "Golden Rule". The question of the "Klal" (Hebrew כלל 'basic norm'), of the one commandment in which the entire Torah is contained, was a popular question among rabbinic scholars. According to the Babylonian Talmud, a gentile asked such a question of Hillel : « If you can teach me the doctrine of Judaism while I stand on one leg, I will convert. » Hillel replied :[8] "What is not dear to you, do not do to your neighbor ; this is the whole teaching of the Law, everything else is only the explanation, go and learn it." גמור זיל הוא פירושה ואידך כולה התורה כל היא זו תעביד לא לחברך סני דעלך (Hillel, The Babylonian Talmud, Shabbat 31a).

This Golden Rule is founded on the commandment to love one's neighbor (Exodus 19:18), which - along with the commandments to love strangers and love one's enemies - is written in the middle of the Torah. In this regard, there are two authoritative, slightly varying possible translations: (Wajiqra/Leviticus 19:18): « Love your neighbor as yourself ». Or : « Love your neighbor, he is like you. »

CONCLUSION

The similarity of Hillel's teachings to the Sermon on the Mount of Jesus is obvious. The 12 mnemonics and the teachings of Hillel and Jesus are not different but additive. Both teachings together allow to make miracles possible. Especially our modern times need the contents more than ever.

References

1. <https://de.wikipedia.org/wiki/Daodejing>
2. Lynn Somerstein: Hillel. In: David A. Leeming, Kathryn Madden, Stanton Marlan (Hrsg.): Encyclopedia of Psychology and Religion. Springer, Boston, MA 2010, ISBN 978-0-387-71802-6, S. 401
3. Alexander Maune: Hillel the elder. A Talmudic perspective of his leadership intelligence. In : Risk Governance & Control. Financial Markets & Institutions. Band 5, Nr. 2, 2015, S. 7-14 (DOI :10.22495/rgcv5i2art1).
4. Gary Craig : The EFT Manual. Energy Psychology Press, 2011, ISBN 978-1-60415-066-7.