

💎 📖 FOREWORD

💎 I greet you and thank you for holding this work in your hands or listening to it.

Perhaps, at this very moment, a quiet question is arising within you—a question that points beyond the visible.

Was it your own movement that led you here—or did this "Book of David" find you?

Perhaps even through the stone on the cover, or an unspoken sense of calling—an expression of which resonates with your perception, your sensory world, and the orientation of your Lion heart.

A brief moment of inner reflection.
A thought that lingers.

🔄 📖 What may seem unusual at first can, as things progress, crystallise into an underlying question.

If you'd like, give her some space:

💎 🔄 🎯 *"Did you find the book — or did the book find you?"*

Perhaps even through the stone that found me too?"

Not to answer this question straight away, but so that its meaning can unfold within you.

💎 🔄 In honourable memory of Alfred Gerstl — former Commercial Councillor, Professor and President of the Federal Council during the first half of 1994 and the second half of 1998.

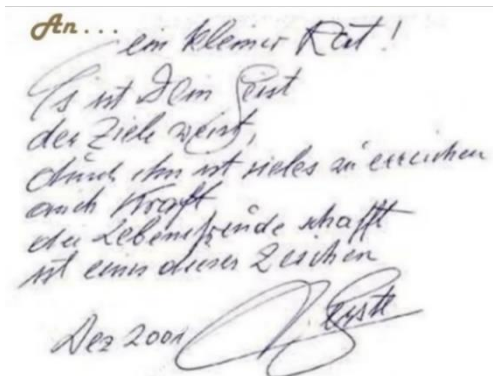
His titles describe his professional career.

As a fatherly friend and patron of Arnold Schwarzenegger, he also remained a man of such depth that he was equally esteemed in Austria and the United States..

 The dedication I once received personally from him — in a fitness book for senior citizens that I co-authored with Arnold Schwarzenegger — I pass on in this work: as a quiet companion on my journey, sustained by sincere joy in my heart.

 **Original dedication by Alfred Gerstl –**
passed on to you in silence:

It is your mind that shows goals,
a lot can be achieved through it,
also strength that creates
joy in life is one of these signs.



Alfred Gerstl
Es ist Dein Geist
der Ziele zeigt,
durch ihn ist vieles zu erreichen
auch Kraft
der Lebensfreude schafft
mit einem dieser Zeichen
Dez 2001 *Alfred Gerstl*

Notice

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Sharing this dedication is permitted in a positive context, provided the source (www.feeling-well.cc) is cited.

A brief advance notice sent to feelingwell.oase@gmail.com would be appreciated.

  This work does not stem from a pre-conceived system of thought or a theoretical framework. It is grounded in lived experiences, encounters, trials, and transformations—the depth of which cannot always be fully explained, yet whose impact has endured.

What emerged from this was not a concept, but a path—a path that does not originate in the external world, but rather where a person encounters themselves.

📖 The following content reflects personal experiences, inner perceptions, and an autobiographical journey. It makes no claim to offer a universally valid interpretation; rather, it describes a period of life in which insight, responsibility, faith, and lived experience converged.

Some aspects may seem familiar; others, unusual. And some may only reveal their meaning over time.

🔄📖 This work did not emerge during times of external security, but rather, to a great extent, during years of inner reflection, testing, and transformation. It was precisely then that I realized true endurance stems not merely from knowledge, possessions, or external recognition, but from that inner attitude which holds firm even in difficult times.

In this way, much that initially seemed like a loss later became part of that inner steadfastness capable of carrying a person through even stormy times.

📖 **THANKSGIVING**

💎🔄 Mein Dank gilt allen, die mich auf diesem Weg begleitet haben — in Güte, Treue und freundschaftlicher Haltung, besonders dort, wo die Überwindung weltlicher Hürden selbst zur Prüfung wurde.

It is likewise addressed to those who are not named here but were nonetheless part of this journey—whether visibly or quietly, close at hand or from afar.

   **As a tribute to my parents, Karl and Gertrude Klima (Climate)** — in their honor, for their profound trust, the freedom they granted, and for a sheltered home that—even during times that seemed loud and turbulent—remained grounded in love, warmth, and a sense of inner security.

Their care always included an attempt to shield their children from the harshness of life—a life that had, at the same time, left its own marks upon them.

My grandmother Maria Gauster

— which, even when I was a child, introduced me to the story of the boy David and Jesus's entry into Jerusalem in a way that was both historical and movingly adventurous.

Their presence gave me stability—not through perfection, but through that quiet constancy that gives a person roots, even when life's paths prove difficult.

Thus, the lives of my ancestors remained not only an expression of familial responsibility but also part of those worldly and spiritual lineages whose influence is carried forward in silence.

  However, I only grasped the depth of this by personally living through the harshness of my earlier life—a life oriented toward an honorable existence.

My secular advocacy for human rights causes between 2016 and 2026 also led me to experience certain perspectives that increasingly guided me—in a spiritual sense—toward this "Book of David."

💎🔄 Looking back, I realized that certain early formative influences often only reveal their true significance many years later—when experiences, trials, and inner signposts come together to form a larger picture.

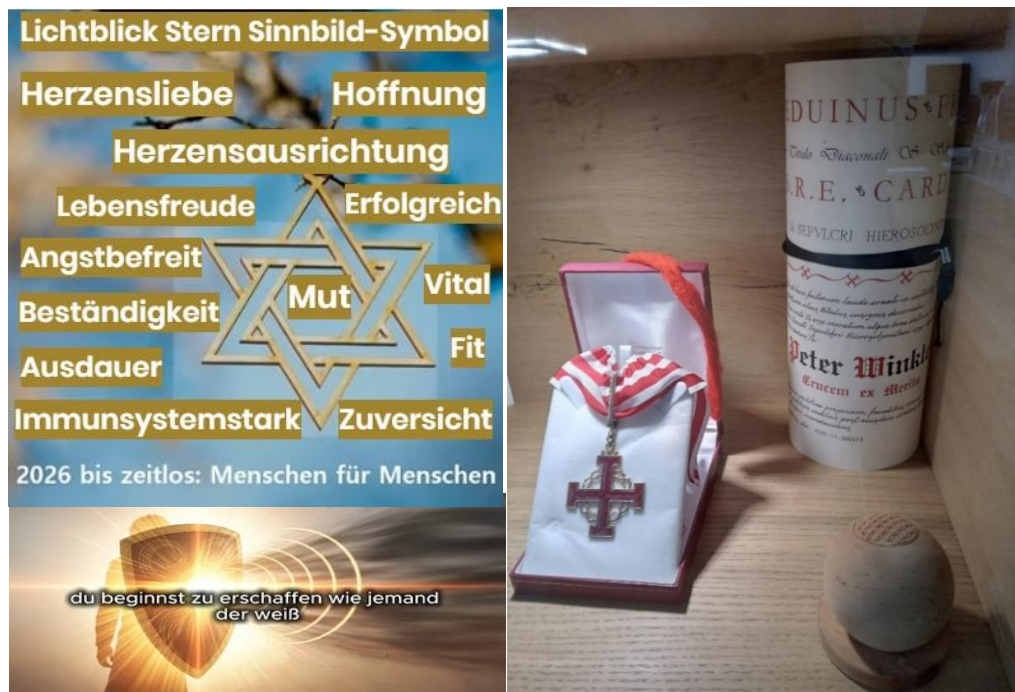
💎 **Peter Anton Winkler**

Appointed Knight of the Equestrian Order of the Holy Sepulchre of Jerusalem in recognition of his support for the Bethlehem Children's Cancer Aid.

This points, beyond practical assistance, to a deeper connection with the origins of this place.

🎯 *His work is not defined merely by his title, but manifests itself in lived dignity, responsibility, and an honorable stance.*

The presentation of the order of knighthood took place only after several years of observing his continued work—as an expression of an attitude whose constancy had proven itself not merely in the moment, but over the course of time.



Book of David – "The Return of David" – Author: David Climate (pseudonym)

Foreword – Dedication – Acknowledgements – July 10, 2026 – Copyright feeling-well TM 8010 Graz

   His work within the framework of the BoThink approach (“Body Thinking”) also revealed to me a tangible quality of bodily regeneration—extending far beyond theoretical concepts to encompass personal insight and lived experience.

  I had the opportunity to meet Peter in Mooskirchen in 2007—after seven months of intensive searching—during a time that was existentially difficult for me.

 This encounter marked the beginning of a fundamental transformation and a friendship that strengthened even through times of trial that seemed bitter.

It emerged from the courage to confide in someone previously a stranger—someone who, through the conversation, offered sincere and deeply meaningful assistance. Yet, the willingness to accept this help represented a hurdle to be overcome, even as it was already an urgent necessity.

  What began as a diagnosis of COPD accompanied by nocturnal choking spells transformed—through determination, acceptance, and inner alignment—into a new path in life, based on my personal experience.

The content described here represents personal accounts and does not replace medical advice or therapy.

To ensure this statement is substantiated and verifiable, the corresponding medical assessment is cited as supplementary information.

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zur Vorlage

Graz, 05.08.2013

Herr K [redacted] K [redacted], geb. 07.10.1969, litt vom Dezember 2000 bis Oktober 2008 an einer Bronchialobstruktion (COPD: chronisch entzündliche Bronchienverengung).
Therapie: Bronchodilatoren

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Google Translate:

General Practitioner

Mr. ... , born on October 7, 1969, suffered from bronchial obstruction (COPD: chronic inflammatory narrowing of the bronchi) from December 2000 to October 2008. Treatment: bronchodilators.

💎 In gratitude for his warm, upright, and humane presence—which, according to publicly available information, continued through his work as a general practitioner until May 16, 2026—I pay tribute to him for his services.

🔄📖 It is also worth mentioning that, from the perspective of conventional medicine, I was given no prospect of a cure at the time.

It was complementary approaches combined with conventional medicine—along with my own personal initiative—that opened up this new way of living and letting live during my personal journey.

It was not until 2007 that I first received pointers from Peter—such as "increased oxygen transport in the blood is possible"—along with other insights and food for thought that became essential to my journey.

□ After just three months of nature-based treatments, something returned to me that I had previously thought scarcely possible: the joy of movement. During a game of tennis with Peter shortly thereafter, I felt a new respiratory strength—and with it, a measure of my original zest for life—returning to me, following seven debilitating months marked by daily bouts of breathlessness that had consistently occurred between 1:00 and 3:00 a.m.

In this context, my decision to take this path on my own initiative was also significant for me. I did not perceive the changes merely as something coming from the outside, but rather as a process in which my own willingness to change and my active involvement played a part.

□ According to Traditional Chinese Medicine (TCM)—which places great importance on the quality and daily intake of food—the time between 1:00 a.m. and 3:00 a.m. is associated with the liver system. From my own perspective, this later gave rise to the question of whether a further connection—one apparent to me—might exist between the nocturnal rhythm of my symptoms at the time and the subsequent changes.

I do not view this perspective as proof of a medical cause, but rather as part of my personal perception and the insight that evolved from it. Instead, following the logic of **vice versa**, it seemed plausible to me that the conscious shift toward active engagement—and the new zest for life gained thereby—could also be experienced as part of a broader process of regeneration.

 Upon further reflection, a connection began to emerge for me—one I view not as a definitive explanation, but as a personal resonance with my own experience. Consciously turning toward active engagement, accepting personal responsibility, and the resulting newfound zest for life became elements of a journey in which my experience gradually opened up again to movement and regeneration.

 And so, a time when my body seemed to show me nothing but limits gradually transformed into an experience of acceptance, application, movement, personal responsibility, and a renewed zest for life—gained through consciously observing what unfolded from it all.

   After about nine months, that process of inner cleansing (2007/2008) was overcome so thoroughly that it once again made possible overseas deployments—first to Kosovo in 2009 and then to the Golan/Syria in 2010/2011—and unlocked a level of vitality I would scarcely have deemed imaginable at the time.

 A measurement taken back then using a medical body-function scale showed a reading corresponding to a physical functional age a full 15 years younger. For me, this sense of regained vitality was also reflected in the fact that new career paths and tasks once again became possible.

 To this day—August 12, 2026, as I write these lines—I experience this evolution as something capable of constantly revealing and unfolding itself anew within the daily reflection of the Highest within me.

💎🔄 Looking back, I realized that some paths only reveal themselves when one is ready to take responsibility for the choice of path and one's own inner orientation.

📖🔄 A later expression of gratitude led me to Mount Hermon—which, in ancient spiritual associations, is also linked to Mount Zion—and which spans the regions of Syria, Israel, and Lebanon.

It was there that I found myself making an entry—one I could scarcely have imagined beforehand—in a book of condolence reserved for prominent guests of honor. This came about during a ride arranged by a security officer at Camp Faouar, who, with his own brand of humor, repeatedly had me paged over the loudspeaker system under the name "Victor."

🔄📖 While I waited for his return, my gaze fell upon the book lying in the entrance area. Born of deep gratitude for my personal journey and the quality of life I had regained, a desire arose within me to leave a dedication and a note of thanks to the Most High.

Even while I was writing, I was informed that only prominent guests of honor were permitted to sign this book.

After I had recounted my journey and the inner transformation that had led me there, it was finally tacitly accepted.

💎🔄 Perhaps it was even then that elusive inner sense—a hidden recognition of a deeper meaning to my path—that made this moment indelible for me.

In this context, I had three of the crosses available there made from melted iron fragments.

Thus, these crosses also found their way into this work and are preserved in the "Book of David" as part of this journey across generations.



🔄🎯 *They remind us that even where people encounter adversaries, a path to inner liberation can exist — provided they remain capable of acting, become aware of their Highest Self, and work together without losing their own autonomy.*

🔄📖 Over the years, it became evident that even proven methods require constant attention, observation, and careful realignment when their original viability begins to wane.

Thus, the foundations that had previously been in place increasingly lost their effectiveness from 2013 onwards, ultimately leading to the closure of the European market in 2015—following the sudden loss of key access points.

💎 As a result, many people lost the sphere of influence they had built up over years—one that extended far beyond national borders. I, too, was affected. This was not the consequence of my own actions, but rather the result of developments whose underlying causes remained hidden from many, and which simultaneously tested us regarding our future direction and the attitude of our hearts.

🔄 This turning point occurred just as I was on the verge of attaining a hard-earned presidential status—a position whose earnings would have, for the first time, tangibly acknowledged the time and effort I had previously invested. At the same time, I realized how fleeting even robust structures can be and that not everything which initially appears enduring truly lasts. True permanence reveals itself only when it withstands the test of time.

📖 🎯 *But as the saying goes: Where one window closes, a new gate opens at the same time.*

Thus arose the hope for new paths and new sources of revenue capable of combining secular and spiritual values alike.

💎 Emerging from the tribulations and the resolution of numerous conflicts experienced previously, a new path—viewed as a means to an end—opened up from 2015 onwards, rooted in a conscious philosophy of "live and let live."

In my search for answers, this path revealed itself to be a rational way to address environmental circumstances and stressors with mindfulness, personal responsibility, and a preventive approach.

🔄 In doing so, its application proved to be not merely a practical approach to a solution, but also a connecting element between everyday life, career, physical activity, and a conscious way of living. At the same time, this thought repeatedly reminded me of people like Evi, whose journey ended far too soon and for whom a different choice of path might perhaps have opened up new possibilities.

📖🎯 In this context, two placebo-controlled studies meeting gold-standard criteria were conducted and successfully completed at the University of Zagreb in Croatia by May 17, 2026.

💎🔄 This, too, became part of the path that has profoundly shaped my understanding of letting others be, personal responsibility, and inner steadfastness.

💎 **Eveline Habith („Evi“)**

She stood by my side from 1997 to 2013, offering a loving sense of security.



Her breast cancer diagnosis in 2011 and the path she chose for herself—marked by a peaceful final gaze in 2013 and a gentle smile upon her lips—left a profound inner call within the orientation of my heart.

💎 At the same time, this moment reminded me of that dignified, shared act of letting go—something she had shown me in a special way years earlier regarding

Armin, her cousin's husband—an honor now bestowed upon me in her own case as well.

    What became evident in this was not merely the transience of life, but also that quiet dignity which remains steadfast even in the act of letting go.

 The three years of mourning following her passing on December 9, 2013, became a space of transformation. What found its conclusion in that farewell simultaneously became a new beginning—a journey toward physical regeneration, a conscious choice of path, and a new expression of my own existence. It felt as though one wanted to follow her.

 Free from bitterness, the memory of her remained imbued with kindness, coupled with the hope that—through the exercise of free will and conscious direction—new paths might open up for others as well.

  The suitable means to achieve the goal finally revealed itself to me only in 2015—as a choice of path that held more life within it than the circumstances at the time initially suggested.

    *Looking back, I realized that some paths only fully reveal themselves when one is willing to view loss not merely as an end, but also as a potential beginning of inner transformation and a new sense of direction.*

 „**Reiny**“, **Reinhard Bunzmann**, —who, in friendship, always encouraged me to grow and mature.

◆ **Wilhelm „Willi“ Summer** —who offered me support, even when my direction wasn't always entirely comprehensible to him.



◆ **Christopher Wayd** —whose path is defined by steadfastness, inner strength, and personal unfolding—characterized by an extraordinary capacity for friendship and the unwavering embrace of his own inner journey of purification.



🔄 His quality of life, stamina, and performance capacity improved visibly between 2025 and 2026, thanks to the consistent implementation of the recommendations.

His steadfastness extends beyond himself, carrying the shared direction forward.

Continuing this journey together through a "feeling-well™ Fit-Check" citizen service point already marks the next stage of the path.

💎 Galmen Cakir ("Ali") — For his loyalty and steadfast values, as well as for his friendship. I am grateful for our conversations and the timely reflections that repeatedly helped deepen my understanding and gain new insights, or that resonated with my own quiet inner knowledge.

💎 Alexander Kracher ("Alex")

The birth of his son Liam on July 10, 2024, marked a personal inner renewal of my own spiritual well-being. The privilege of becoming his great-uncle served as an anchor for a fresh start—one of those rare moments when even difficult times could once again be infused with hope, joy, and a renewed sense of direction.



Photo of
Alexander und Liam
New details to
follow!

🔄💎 Liam's birth resonated deeply with me. In particular, the meaning of his first name—reflected in my own surname—and the mirror-image connection between my date of birth (October 7, 1969) and his (July 10, 2024) became a sign of connection and optimism

for me, as well as a quiet contribution to the well-being of my own soul.

📖 It was during that time that my friendship with Alex grew at the Elmer Sportbahnen. For a brief moment, the "Goliath spirit" tried to drive a wedge between us, too, when fatigue and a lapse in concentration caused a pot to catch fire. Yet that very test of character turned into a quiet, noble contest of mutual respect. It strengthened our regard for one another and continues to shape our bond to this day.

💎🔄 At the same time, I encountered people of widely varying natures there—some possessing great warmth, others marked by palpable harshness or foolish behavior. It was precisely these experiences that became part of the fire of life—a fire that does not destroy the rough diamond, but rather reveals its clarity.

Over time, these encounters became an occasion for quiet reflection and self-examination. They led me to greater serenity and to decisions about my path that I made independently—choices that did not always meet with understanding, yet helped me remain true to my own reflection.

After the season ended, Alex returned to his family and his job in Austria. I, meanwhile, found employment at a fruit and vegetable business in the Canton of Glarus.

🔄💎 Looking back, I view that period as a unique form of quiet proving—a test of character before that inner throne of David, which for me symbolizes responsibility, integrity, and steadfastness.

The cramped staff accommodation, the physically demanding work, and experiences of being treated with

disdain or subtle condescension left their mark. Yet, they could not shake the inner core of my being that I associate with the name David.

Even so, I remained reserved and gradually regained my strength—even in an environment that was not without its trying moments.

Nevertheless, I exercised restraint and gradually regained my strength—even in an environment that was not free from distressing experiences.

 With his birth, the thought of Liam became a source of new hope. When I lit a candle at the White Cross in Näfels (Switzerland), the sky was blanketed in thick clouds. For a brief moment, the sun broke through, allowing me to light the candle in loving gratitude for Liam's birthday. Shortly thereafter, the clouds closed in again and a steady rain began to fall, leaving me soaked to the skin by the time I reached my accommodation.

And yet, my heart was filled with joy, for the bitterness of that hour had given way to a new frequency of his existence.

That particular moment remains etched in my memory. It reminded me to stand tall, to keep my focus on what truly matters, and to trust that—even behind thick clouds and persistent rain—the light in its purest form can become visible once more and take root in the heart.

 During those years, Alex stood by me like a brother—even when, after returning to Tyrol, I had to spend parts of the winter of 2024 sleeping in my car.

It was precisely at times like these that I realized once again that true support lies not merely in words, but in that quiet bond which endures even when external circumstances put a person to the test.

And once, when I woke up from the cold around 3:00 a.m. and became acutely aware—with quiet clarity—of my situation, lacking both an apartment and the sanctuary of a home, silent tears streamed down my face. I started the engine and let some warmth return to the car's interior.

💎🔄 But then my gaze lifted to the starry sky.

Beneath the vast canopy of heaven, I discovered my true home anew—not as a place of walls, but in a deeper connection with the Highest and Eternal. Joy returned to my heart, and once again I could feel, with a smile:

“Oh Lord, how magnificent is Your canopy of heaven as the roof of this world—beneath which I, too, may find a home in humility, gratitude, and joy.”

📖🔥🔄💎 *Such times are like a rough diamond in the fire. It is not the fire that gives it its value, but the steadfastness with which it withstands the pressure. In this way, humility, gratitude, joy, letting go, and forgiveness can—even in times of tribulation—become the fine polishing that reveals a person's true essence.*

Thus, the work shared with Alex remained grounded in sincerity, trust, mutual appreciation, and warmth of heart—even though a hidden enemy never slept and further nights of sub-freezing temperatures accompanied our journey.

  True steadfastness lies not in never falling, but in not losing the orientation of the heart—even during times of the severest trials—and in preserving one's love for life.

*For the true test often lies in facing life's challenges,
remaining true to the good without becoming bitter,
and not losing oneself amidst all the adversity.*

  Amidst difficult life circumstances, I came to realize—tangibly—that sincere friendship and lived human connection can become that quiet source of support that sustains a person through times of trial. My friendship with Alex was just like that—free from expectations and grounded in genuine companionship.

At the same time, these years belonged to those rare moments in which life, encounters, and inner signposts intertwine in a way that is scarcely explainable yet palpable.

 Twice, we witnessed unusual light phenomena in the sky together. Both sightings left us deeply amazed.

One of these incidents took place in Innsbruck. While chatting in a colleague's allotment garden, our attention was drawn to a star that appeared unusually bright. After watching it for some time, we noticed movement. The brilliant light suddenly began to move silently across the sky at extraordinary speed in the opposite direction, heading toward the Big Dipper.

There, it seemed to linger for a brief moment. Then it flared up brightly and vanished, leaving nothing but a dark void in its place.

We looked at each other questioningly. Almost simultaneously, the person I was speaking with asked me whether I, too, had seen the same thing he had.

And yet, we both witnessed a moment that neither of us can rationally explain to this day.

The second sighting occurred in the spring of 2024 at the Elm ski lifts (Switzerland). On the way back to our accommodation, we saw about twelve bright lights moving silently and at extraordinary speed, one after another, across the mountain ridge.

Whatever these phenomena may have been, we perceived them together. They remain part of those experiences that cannot be fully explained yet leave a lasting impression.

📖 For me, such moments reflect the possibility of discerning a deeper connection, even where not every question finds an immediate answer. They remind me that some things only reveal their meaning through the experience itself.

🎯💎 *Thus, this path—grounded in the understanding that it originates from the primal source of power—serves to consciously foster physical regeneration, embedded within a life of "live and let live" based on free will.*

In this, I recognize a further indication of that firm foundation of which David speaks in Psalm 24:2.

💠 **Walfried Reimeir** — former mayor of Steinach am Brenner, whom I had the privilege of accompanying in a bond of friendship while attending to his health from the age of 85 until he was 99.

🔄📖 The time spent with him was characterized by mutual respect, a calm—though at times boisterous—steadfastness, and many valuable conversations that went far beyond the topics of everyday life.

His trust and his humane attitude left me with a lasting sense of appreciation.

💠 Thus, this journeying together also became part of those experiences that once again made me realize just how significant sincere human connection, dignified encounters, and mutual respect are—both during life's beautiful moments and its turbulent times, and often, too, in what lives on in people's hearts afterwards.



💠 **Peter Schönbacher** —whom I had known since I was sixteen from our time as colleagues at the postal service—demonstrated a unique blend of

entrepreneurial foresight and down-to-earth practicality early on, thanks to his exceptional talent for making recommendations, his friendly nature, and his involvement with Noni juice, a product little known at the time. Although that natural juice showed great promise, its further development was stifled by market dynamics, and it was ultimately forced out of the market.

In his interactions with others and in his work as a professional football coach, he demonstrated—through extraordinary willpower, tireless dedication, and remarkable steadfastness—how even times of great hardship can be faced with dignity, clarity, and human greatness.

  In 2026—following years of intensive preparatory work—he is preparing a new initiative as well as his own program on ServusTV. Central to his efforts remains the goal of contributing to the provision of affordable and sustainable coverage of the population's basic needs, in line with the Maslow principle. This undertaking is driven by his enduring commitment to making his experiences, insights, and viable solutions available to the human of Austria once again.

Thus, he has remained—and continues to be—bound to me in enduring friendship, especially during those times when I needed encouragement, advice, or simply an open conversation.

He likewise lent an ear to my thoughts and accounts regarding this book project—even in instances where others met them with immediate rejection or sought to prevent their development.

💎🔄 In this way, his companionship became part of those experiences that once again made me realize the significance of people who stand by one's side not only during times of success, but who remain steadfast precisely when one's path is marked by trials, misunderstandings, or obstacles.

📖 At the same time, over the course of many years, I came to know him as an experienced financial mentor. This sparked ideas regarding potential avenues for establishing a foundation, as well as his possible future involvement in bringing the feeling-well™ projects to fruition.

💎 „Gotti“ **Gottfried Glawogger** —who set my life in motion during his lifetime and remained a loyal friend and companion to me. With his innate courage, infectious zest for life, and subtle humor, he was both a role model and a focal point of light within the reflection of the universe.

Thus, even during his apprenticeship as a mechanic, he was one of Austria's youngest pilots. What brought him great joy ultimately became his undoing—and, for me, an ordeal that continues to resonate to this day.

I met him through his sister, with whom I attended evening classes at the commercial academy. She successfully completed her studies. I, however, had to interrupt my own path at the time because my body could no longer withstand the daily strain of balancing work and school, and eventually gave out on a Sunday.

One day, Gotti called and invited me to join him on a scenic flight. At first, I eagerly accepted. But when he told me that a birthday party would be flying along, I hesitated. Out of a sense of propriety, I didn't want to intrude on the special day of the guests—people I didn't even know. So, I thanked him warmly and asked if he could make good on his offer another time.

Only a short time later, my mother asked me for the name of the pilot with whom I was supposed to have flown. She handed me a newspaper article. When I saw the pictures of the plane that had crashed against a mountain, my breath caught in my throat. The next moment, I could no longer hold back my tears.

To this day, I light candles for Gotti and think back on him with gratitude. I also fondly remember what was arguably the best friendship party—held in the Ostbahnhof hall in Graz—as well as his generosity and the way he would repeatedly offer me his Yamaha RD 350 for a ride, since I couldn't afford a motorcycle of my own back then.

Thus, he remains unforgettable in my heart—not only as a loyal friend but also as a younger brother and a generous companion on life's journey.

💎 **Harald Kiehl** —who, during my time at night school, made me realize that there are even more significant things in life. In many friendly conversations, he spoke openly with me about the internal pressure to successfully complete night school at all costs. He believed that this was the only way to achieve a position of high standing in life.

At that time, I, too, was under immense physical and emotional strain. My body was making its limits increasingly clear to me. Despite getting plenty of sleep, one day I lacked the strength to start the new day. It took hours before I could move again. I wanted to call for help—but not a word would leave my lips. With tears in my eyes and in the silence of my heart, I prayed:

“Lord, if it is meant to be, then take me today. But I am still far too young to die. So I ask You: Let me live.”

I focused my entire gaze on the big toe of my left foot, hoping for the first sign of movement. After about two hours, I finally succeeded. Yet I told no one about this experience—not even my parents—because I didn't want them to worry about me.

Then began a difficult period that required a great deal of patience, as my reserves of vital energy and my ability to concentrate gradually rebuilt themselves.

🔄 While Harald tried to live up to the expectations placed upon him, I gradually realized that I had to go my own way. Eventually, I decided to leave night school because I felt that my body could no longer bear the strain. Standing before the mirror, I made a silent vow to myself:

"You will make your way, even if you cannot walk it just yet."

It was only later that I learned from a former classmate that Harald had taken his own life. This news shook me deeply. To this day, I think back on our conversations and wonder how immense the pressure he carried within himself must have been.

💎 His memory stays with me to this day. It reminds me that no professional or social success can be worth more than a human life. At the same time, it reminds me of the importance of being there for one another, listening, and not giving up hope—even when it may seem like nothing more than a faint spark.

🎯 And she reminds me that new doors can open even where, after times of the severest trials, no one would have believed it possible. Sometimes, the very barriers of thought that seemed insurmountable are overcome—not through outward triumph, but through the inner steadfastness to continue on the path nonetheless.

💎 **Harald Prager** —who showed me the deep bond of a friend who was both a father and a brother to me, and who stood faithfully by my side with his spirited nature as a reliable cornerstone and foundation.

Through the preservation of the "rolling stone"—which would later also take on significance in the prologue—Harald became, in a way that seemed almost mystical to me, a keystone as well. Born of this experience, the stone itself assumed a pivotal role, becoming the symbol of a defining new beginning.

🔄📖 Thus, in that moment, that quiet form of inner resonance once again came together—a state in which encounter, symbol, and the forging of a path converged in a unique way.

For when times of transformation unfold, the thought repeatedly occurs to me that beginning and fulfillment are closer to one another than might initially appear. Thus, a new beginning may lie hidden even within the Omega, and a helpful sign may become visible amidst the many possible paths—provided one finds trust in His signs, His gifts, and His guidance.

💎 To my sister—in quiet connection, beyond the visible yet palpable in a closeness that endures.

💎 To my brothers—who went their own way and remained part of my life's journey, even when distance arose at times; not in separation, but in the deeper bond of lived neighborly love.

🔄📖 Even in turbulent times—times that at times seemed almost like a wasteland—my inner desire

remained that the Most High, as the primal source of all being, would come to dwell under my roof.

“For if He speaks but one word within me,
my soul is healed.”

🎯 This certainty preserved me—not from everything that happened, certainly, but from the loss of my inner core.

Hidden within this, too, lies that steadfast foundation capable of carrying a person through even the most difficult times.

💎 Family

My heartfelt thanks go to my sister Andrea for her sisterly words of encouragement—even during those times when many people hardly wanted to understand or listen to me anymore.

Together with her son Glenn and her partner Martin, she was able to build a new home in Switzerland—in Urdorf near Dietikon, close to Zurich.

I also thank:

- my brother Manfred,
- his wife Susi,
- their daughter Livia,
- my brother Richard,
- as well as my youngest brother Georg.

📖 For all the help they provided during trying times—and not least for the genuine love for their fellow human beings they embodied, which remained steadfast even

when it came to forgiving the incomprehensible, amidst the flow of living and letting live.

I cherish fond and cheerful, sociable memories of our last family gathering on May 14, 2026—a relaxed "grill and chill" get-together.



🔄📖 It is precisely such shared moments that often make us realize—only in retrospect—just how significant family cohesion, mutual respect, and quiet companionship can be in a person's life.

💎 My special thanks go to my older brother Erwin and his wife Gabi.

Her kindness of heart was evident in family gatherings—marked by an absence of exclusion or any dismissal of my abilities—and was rooted in sincere, lived-out love for others.

Their bond remained part of my journey—visible or invisible, even during times of quiet distance between us. Even when the path I chose could not be fully understood, their acceptance and support endured.

🔄📖 For one should forgive brothers and sisters
“seventy times seven times”—not as a mere number, but
as a symbol of a constant readiness for reconciliation.

No one should be treated like the living dead due to
exclusion or callousness.

For: *“Do not do to others
what you would not want done to yourself.”*

🎯 Thus, neither hard-heartedness nor exclusion should
take permanent root between people, provided the
honest effort to follow the right path remains—even
when that path seems, at times, bumpy, turbulent, or all
but incomprehensible.

💎🔄 Yet, within my own family history, too, there were
times of distance, misunderstanding, and letting go.
Some of this stemmed from a genuine desire to protect
one’s own and from an attitude of the heart that I
metaphorically associate with the heart of a lion. The full
impact of certain decisions, gatherings, or acts of
involvement was not always grasped at the time,
meaning that well-intentioned motives could
sometimes give rise to painful moments of
disintegration and estrangement.

It was precisely for this reason that the years from 2018
to 2025 became a time of inner reflection for me—a
period in which forgiveness, a willingness to understand
one another, and respect for the paths chosen by the
other person could grow, all without any conscious
intent to cause hurt.

So durfte auch neue Verbundenheit entstehen und

manches, was zuvor zum Prüfstein geworden war, bei allen Beteiligten größtenteils bewältigt werden.

💎🔄 Yet the silence that surrounded me due to the circumstances between 2018 and 2025 was neither withdrawal nor weakness—nor was it an exclusion from life itself.

🔄🌀 It became a space of gathering where a new orientation could take shape and be preserved, while simultaneously proving itself through the trials inherent within it.

They were years of quiet transformation:

- trials of attentiveness,
- of observation,
- of recognizing and learning to understand,
- as well as trials in capturing notes, in overcoming anger and cursing, and in transforming these forces into forgiveness and truly lived love for one's neighbor.

Letting go of old habits and false friendships also became part of this journey—especially where relationships were built merely on expediency or a complete lack of understanding for a "live and let live" approach.

📖 Amidst this inner reflection, faith also grew: the quiet acceptance of signs and miracles, trust in divine guidance, and the readiness not only to receive insights but also—sheltered by His shadow and clad in His armor—to put them into practice through one's actions and way of life, standing firm as His rock amidst the surging waves.

It was precisely during those times when seemingly no one was left and hardly anyone stood by me that these trials were endured and overcome.

Thus, the years of inner reflection—accompanied by a total of three years of private online Bible study from 2022 to 2025—became a journey of shaping, proving, and deepened inner maturation.

💎🔄 For these phases, too, have profoundly shaped the path I have taken and my discovery of my "true self."

🎯 There is no arrogance in His present. And yet, it is a greatness lived out—one that merits praise, recognition, and emulation, as well as inner and outer wealth held in stewardship for those who follow.

A conscious, humble, and truthful existence is to shape my life.

In spirit, I have already forgiven all of you at David's throne—those of you who ostracized, judged, humiliated, and persecuted me, and—as I perceived it—betrayed me, disadvantaged me economically, or caused me personal and professional harm; this is coupled with a prayer for His revelation to bring you to understanding, to the extent that may be ordained for you, too, from David's throne.

🎯🔄 For I lay down the entire burden of these other works in my prayers and thus—drawing from the still waters of His primal source—wash my hands in faith in the good that is to return to you, remaining pure and without worshipping false idols, as some have done.

So that the words of David in Psalm 24:2–5 may be fulfilled in me and in His own as well.

📖 This lived form of love for one's neighbor extends even to those who encountered me with hostility or out of their own prejudices—those who misunderstood me or opposed me by dismissing my education, training, and abilities.

Thus, may the heavenly throne not remain merely a symbol of spiritual order, but also serve as a seat of justice—manifest in life itself and upheld by truth, insight, and responsibility.

💎🎯 Treat one another uprightly, honorably, and with dignity—maintaining a steadfast and magnanimous stance—with respect for life and the principle of letting others live.

In this context, money should not take precedence; rather, loyalty should—leading to a path of truth and to a fulfilling life of living and letting live.

Even when society begins to exclude your brother or sister in ways that are invisible.

🔄📖 Even when initially no one—and later only a few—believed in me and my abilities, and it was only over time that more and more people came to do so, the orientation of my heart remained constant: that of a

needed to his own.
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💎 This book reveals an essential component of my truly lived inner stance.

"Successfulness," in this context, is not a self-proclaimed orientation. Rather, it emerges as an expression of lived love for one's neighbor—arising from one's own deeds and actions—which, through the responsible stewardship of one's own existence, unfolds a path toward consciously living and letting live in accordance with His timing.

🔄📖 This reflects not only worldly paths but also the endeavor to make humanity, responsibility, and inner steadfastness visible in everyday life.

🔄💎 Funds derived from this are also intended to flow back—symbolically—in torrents into the sea of humanity; this reflects, for me, the path of truth leading to a fulfilling life—one of living and letting live—a path that many are already recognizing on a spiritual level.

This is made possible by the conscious acceptance of a means to an end—which, viewed in this light, can also be seen reflected in David's Psalm 24:2—and which may be accepted and applied through free will as part of His established order.

💎🔄 Corresponding connections are reflected even in the secular realm:

Streams finding their way back to the sea—and processes in which solid matter forms through the

interplay of water and mineral transformation, such as can be seen in the formation of zeolite rock.

Yet only where these processes can be preserved and maintained in their original purity can such a stable foundation endure in the long term.

  David, Psalm 24:2 – Personal translation:

The primal source of all being—whom many also call God—founded it upon the seas and established it firmly above the currents.

 (Personal transcription, originating from a Mass in Vienna-Vösendorf; this version also appears in the concluding sentence of the theological commentary, the online Bible study for which I regularly attended privately over a period of more than three years.)

Psalm 24 (NeÜ):

1 Ein Psalmlied von David. Gott gehört die Erde und was sie erfüllt, / die Welt und ihre Bewohner.[1]

2 Jahwe hat sie auf Meere gegründet, / gab ihr über Strömen festen Bestand.

3 Wer darf stehen auf Jahwes Berg, / betreten seinen heiligen Platz?

4 Wer reine Hände hat und ein reines Gewissen, / wer nicht auf Götzen vertraut / und keine falschen Eide schwört.

5 Der wird empfangen den Segen Jahwes / und das Recht vom Gott seines Heils.

  For in my view, fine words alone—especially when drawn from the holy scriptures and read aloud by one person to another—cannot produce a person of action. Mere preaching, too, can result in true capacity

for action and necessary action being relegated to the background.

💎 For me, therefore, God's temple does not concern merely a building. It encompasses the human body as well, and beyond that, the body of people themselves.

💎 📖 Thus, in the light of the Gospel, it becomes increasingly clear to me that both the individual and the human community can bear that responsibility which, in my imagery, I associate with the idea of a third temple. This temple is not merely a physical structure; rather, it finds expression in a body of people—a community of His own—whose preservation and protection encompass both living and allowing others to live.

🔄 📖 Therefore, mindfulness, vigilance, and the capacity to act are required to perceive the effects of environmental, contextual, and industrial stressors—even where they already manifest in food, lifestyle habits, or physical ailments.

💎 At the same time, through their daily decisions and consumer choices, every person plays a part in shaping the reality that unfolds in their own life.

📖 This is not to be understood as an indictment of specific individuals, institutions, or systems. Rather, it serves as a reminder that free will always entails

responsibility. For in many areas of our lives, we ourselves help decide which influences we allow in and the direction our path should take.

💎🔄 This perspective led me to decide to help establish an association dedicated to body regeneration, based on a sense of personal and shared responsibility. This decision stems not from a rejection of existing approaches, but from a desire to show people additional ways to consciously engage with their bodies, their lifestyles, and the paths they choose for their lives.

📖 For me, personal experience holds a special significance in this regard. After all, a well-founded opinion often emerges only when a person is willing to examine and observe something firsthand over a reasonable period and to form an independent judgment.

🎯 That is why I find it unhelpful when prejudices, hasty judgments, or blanket rejections take the place of an open-minded perspective. In my own imagery, I recognize in this the forces of the "Goliath spirit"—forces that hinder rather than foster development, insight, and change. Yet every independent consumer choice simultaneously influences the flow of money and its direction. In what kind of spirit does one wish to invest?

💎 For me, the spirit of David symbolizes courage, responsibility, testing, a willingness to learn, and—where it proves meaningful—a readiness to change course. It represents not a sense of superiority over others, but rather an inner liberation from patterns of thought and action that can stand in the way of personal growth and the conscious cultivation of health.

🔄 In this way, a spiritual mirror repeatedly revealed itself to me: decisions, attitudes, and actions carry

consequences that often only become visible after a considerable time. Not as a threat. Not as a source of fear. Rather, as an expression of that order in which cause and effect remain linked through the mindset one lives by. Indeed, the practice of neighborly love itself encompasses the possibility of a change of heart.

📖 Therefore, the possibility of turning around remains of particular importance. For every person can choose a new orientation, re-evaluate experiences, and give their life a new direction.

📖 🔄 This demonstrates the inviolable constancy of the spiritual natural law, the workings of which are reflected within the sphere of human agency, independent of whether this insight is accepted or rejected.

Thus, a “New Creation” is able to repeatedly form and shape itself from within his established substance, provided that man recognizes this possibility of his own free will and accepts it through His grace.

💎 🔄 Likewise, the importance of inner purification, conscious living, and responsible action is becoming increasingly apparent to many people—not merely as a concept, but as a practical task of daily life.

🎯 *Ultimately, therefore, the focus is not on institutions, systems, or external authorities, but on the individual—with their free will, their personal and shared responsibility, and their willingness to actually follow the chosen path.*

🔄 📖 Thus, from 2026 onwards, I increasingly recognized a connection between Ephesians 2:8–10, Revelation 2:17, and Psalm 24:2: the invitation not

merely to preserve the insight received, but to make it visible through responsible action, personal transformation, and a lived path of "live and let live."

📖🔄 In this context, daily harmonization through consciously chosen, easily practiced actions performed in His honor is also gaining increasing importance—an orientation that, ultimately, each individual can only help shape themselves, provided they allow for free will and give it expression through their own actions.

💎 My special thanks go to Astrid, a woman from Graz, whose ability to listen—without interrupting, without passing hasty judgment, and without placing herself above the moment—gave me new clarity and hope regarding the orientation of people's hearts during a pivotal time.

🎯🔄 *Even though she has not yet found her own way of approaching certain choices based on my accounts, I recognize in the attitude of her heart that openness from which understanding, insight, and a personal path to discovering the truth—arising from within herself and from the whole—can emerge.*

🔄📖 My thanks also go to those who questioned, overlooked, or challenged me.

🎯 They, too, became part of this journey—not merely as a counterpoint, but often as a necessary component of the process of becoming. At the same time, they strengthened that resilience which often only unfolds during times of testing.

🔄📖 For among them were people who betrayed, exploited, mocked, disregarded, or patronized me, or

tried to shut me out—sometimes even from circles of family and friends built up over many years.

It was precisely in this that it became clear to me which orientation of the heart is reflected in one's actions, and to which spirit they are closer.

  *Only by coming to understand these experiences was the path opened along which insight, peacefulness, serenity, and inner stability could grow. Attention turned to what was essential.*

  Forgiveness—and, for my part, forgiveness granted at David's throne: Yes. At the same time, all people remain entrusted to my prayers for His favor and His revelation, leading to the knowledge of the Primal Source of all being—each within the mirror image of their own heart and essence.

  *What grows as the fruit of the Spirit in His times remains linked to the actions of every human being.*

For everyone bears responsibility for what arises from their thinking, speaking, and acting.

In this context, social standing, the flow of money, influence, or power may at times appear like good fruit, without thereby gaining any lasting substance.

 For neither power nor wealth nor possessions can produce that enduring foundation which truly gives meaning to life, if the spirit of "live and let live"—even amidst worldly prosperity—is lost in the process.

 Ultimately, only that which is founded on truth, responsibility, and lived love for one's neighbor endures at David's throne. Where vanity or arrogance displaces honorable encounters, the opportunity for inner

reflection may be lost—not as a judgment, but as a reminder that every encounter can also be an invitation to insight and, in turn, a source of enrichment.

📖💎🎯🔄 *An encounter became a test. A test became understanding. Understanding became insight. And from insight grew that clarity which solidifies one's own stance—even in times of silence, solitude, rejection, or exclusion—without succumbing to bitterness.*

🔄💎 In this way, inner peace can emerge from the silence—and from that peace, the strength capable of bringing forth new paths, new possibilities, and unexpected victories in His time.

🎯 *For much reveals itself not in the noise of the world, but in the silence in between.*



My friendship with his people is open and expansive, yet it also observes clear boundaries—sustained by calm, serenity, and confidence in that inner call which, through its very recognizability, has the power to bring forth a true vocation and a sense of being chosen.

💎🎯 *May a fulfilled life be dedicated to those who respect life and let others live.*

Those who judge or show contempt will encounter their own experiences—not as a threat, but as the expression of a causal connection that often reveals itself only later, in its own time, along one's own path.

  Thus, the plea for the salvation of the soul remains an invitation to personal insight. Within their allotted timeframe, every person possesses the opportunity for a change of heart—and the sooner this occurs, the more enduring the resulting path can become.

   *Yet the salvation of the soul remains bound to the life actually lived and unfolds only within conscious existence itself.*

In doing so, one does not have to follow exclusively safe or perfectly straight paths to achieve a fulfilling life.

  In doing so, you honor not me, but the Highest within you—that which often finds its firm foundation only through trials. Patience, perseverance, and steadfastness remain the sustaining forces in this process.

  *What is decisive is not a university degree or academic status, nor a high school diploma, nor hasty judgments or condemnations of others, but rather the purity of the heart's orientation, as reflected in one's own actions.*

   *For hidden within a person's Highest Self lies the potential for a multitude of possibilities for action and becoming.*

📖 Knowledge alone can bring order to much—yet only lived experience gives it depth and enduring substance. He knows your heart, my heart, and our hearts—and He tests them.

🔄📖 What emerges from this path is not a conclusion, but a continuation. What has grown through lived experience carries over into understanding, shaping a path that was not constructed but has evolved through experience, encounter, and development.

💎 It leads to a life of truth, to a fulfilled life, and to consciously allowing others to live.

🎯 *The path leading to the mountain—a narrow trail—is not always comfortable.* He is capable of questioning existing ideas in both the spiritual and worldly realms, and is therefore sometimes misunderstood even by those in his innermost circle of life.

💎🔄 All the more reason, then, for this path to demand a steadfast personality and a clear set of values—one that remains firm even in times of trial.

🎯🔄💎 *Follow your inner calling and remain true to your soul and His, for free will is responsibility put into practice.* It encompasses not only the preservation of one's own self, but also care, protection, and safeguarding for those who cross your path and accept your support of their own free will and with a sincere heart.

📖 Even when doing so might land one in a spiritual crossfire. Yet violence, greed, avarice, or the pursuit of

power should never take center stage; instead, the focus should be on genuinely lived love for one's own true kin.

💎🔄 The foundation for this lies within every person.

💎🔄🎯 *The first reward for exploring this spiritual realm is rarely a worldly one. Rather, it manifests as peace, serenity, and deep trust.*

A clear conscience becomes a pillow for peaceful rest, for one's own reflection knows the truth—even without words. Everyone can learn for themselves this mastery of lived love for one's neighbor.

🔄📖 A quiet resonance unfolds from what has been—recognizable as a cornerstone, a foundation stone, and a keystone. Not as an explanation, but as an invitation:

🎯🔄 *“Did you find the stone—or did the stone find you?”*

🔄📖 What unfolds from this is not a single instant, but a transition—a moment of recognition. And in the process, a worldly reward in the form of new insight may sometimes reveal itself.

💎🔄 That is how this work came into being—sustained by courage, perseverance, and the readiness to move forward with head held high.

🎯🔄💎 For that spiritual origin—which uplifts the human being and makes him aware of his own dignity—can be at work within you, too.

🔄📖 Rest assured: in this orientation lies no end, but rather a spiritually comprehensible new beginning.



Tetelestai, קָלָה (Kalah) oder מְשֻׁלָּם (Mushlam)

טֶטֶלֶסְטַי — Τετέλεσται.

Consummatum est.

It is finished.

💎📖 So it is written in the Book of David, too —

in His favor, in His splendor.

Photo: Christopher Wayd:
“Play of Sunlight on His Present”

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