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A SHORT BIOGRAPHY OF ERHARD F. FREITAG

A FOREWORD BY DR. JOSEPH MURPHY

Erhard Freitag is an outstanding spiritual psychologist who gives a forceful and inspiring message on the Laws of Life, and has shown thousands of people how to live life triumphantly and gloriously. He has studied all of my books and lectures frequently on "The Power of Your Subconscious Mind", "Psychic Perception", and many of my other books.

Erhard Freitag is an outstanding teacher. He shows you how to lead a finer, happier, and richer life. I recommend this new book from him, which will bless you in countless ways.

Dr. Joseph Murphy
Laguna Hills, California
March 14, 1981

A FOREWORD BY THE AUTHOR

We live in a period of radical spiritual changes and shifts in values that has started to transform all areas of society. The path to a higher level of consciousness for all of us has taken an ever-growing dimension in these unique times. Our medicine especially awaits an extensive renewal. Treatment methods, up to now strange to our Western way of thinking, are finding their way into the rather orthodox world of medicine. Eastern philosophy has shown us that if we observe something from a different angle, new and necessary things essential for change will appear.

Even though orthodox psychology has only now started to rediscover the higher value of methods of spiritual therapy, I have been able to help my patients in many, many situations using both the oldest and newest healing methods in order to return them to a healthy life. My teacher, Dr. Joseph Murphy, has been working with hypnosis for decades, reporting on it in his numerous books. The positive thinking that I have learned from him has given me a clear spiritual view, and based on this, I have been able to find very plausible explanations for why psychoanalysts up till now have not been able to make any great breakthrough toward success. Indeed, crowded mental hospitals and prisons are proof of the state of medicine in our society today. Anyone who reads this book carefully will find an explanation, especially in those excerpts where I have examined the way our intellect works.

With this book I want to smooth the way toward spiritual strength that each of us possesses and to try to help you help yourself. Every person has been granted the right in this world to independently connect with the highest power in life. More and more, conscious people are aware

of this right. Now, on the threshold of the new millennium, a “new consciousness” has started reforming the lives of us all, filling them with more hope. More and more, people know that anyone who needs help, anyone who is trapped in life’s predicaments and is trying to be free can find, within, a way to resolve all problems and overcome illness, and thus literally be their own savior.

I am happy and very thankful for having met Dr. Murphy, who showed me the way to my higher Self. I have built my whole therapeutic work on his teachings of the eternal philosophy. Only thanks to this have I been able to achieve success far above the average for my profession, and have cured myself of an acute form of cancer.

This book has already sold more than 4,500,000 copies in 12 languages. More than 40 editions in only a few years have highlighted this book’s extraordinary success, and consequently, I would like to express my thanks to you and to all my supporters. General interest in the applied philosophy of life has increased over the last couple of years and I have attempted to accommodate this growing interest. My further seven books are there for you if you have any worries and troubles.

I hope you derive a lot of pleasure in reading the following text. If you have any questions, do not hesitate to write to me. I will be there for you.

Spiritually connected,
Yours,

Erhard F. Freitag, 2003



1

The Subconscious Mind A Source of Unlimited Power

Who is blind?

One who cannot see another world!

Who is mute?

One who cannot say anything sweet at the right moment!

Who is poor?

One who cannot give anything to the desperately poor!

Who is rich?

One who can be content to the bottom of his heart!

Indian Proverb

Do you believe in coincidence? There is no such thing! Our restricted daily consciousness lets us overlook too easily the simple rules determining our destiny. Only rarely do we manage to understand the important overall interconnections, and we often lose the overall view in the real sense of the word when it comes to detection of the real meaning hidden within and behind “things.” Thus we control events which at this very moment and at this very point in our destiny present a path of significant importance. Whatever happens, we call it coincidence. Let us explore methods of perception together through this book and we will understand that “things that coincide actually belong together.”

In most cases, we actually do not have the overview and we cannot understand the finely coordinated and sensitive mode of operation of the subconscious mind. One who does not observe the puzzle play of his own life with due attention perceives everything that happens unexpectedly as either coincidence or simply as an unexpected gift.

Reading this book is, of course, no coincidence in the usual sense of the word. It is something that happened to you at the moment of your life when you were open to new ideas, or it came to you to help you because you were crying out for it, and it will lead you to a “turning point” in all your crises.

For over a thousand years, we have been accustomed to paying attention mainly to the visible things in our world. The adventures of the real world that you can perceive through your senses often seem to be more interesting than sinking into deeper states of conscious-

ness. This would imply us having to sort through an endless train of thought flowing through us from early morning till bedtime.

Are you aware that almost all problems are attributable to the fact that we do not use the power of our subconscious mind to bring about wanted results? We have not yet begun to use our “subconscious mind as a source of unlimited power” for our own purposes and causes.

If you are lucky enough to enjoy the experience of unexpected professional acknowledgement, do not consider it as mere coincidence or sudden attention paid to you by your superior. It is almost certainly your own personal effort that has caused it. You have identified yourself, both consciously and unconsciously, so completely with your task that your intellectual forces have brought about unstoppable success.

In a quite natural and easy way, you can learn how to consistently use this source for your important future targets. If you still do not understand the term “coincidence” as a secretly working inner action, it is probably because you entered into past enterprises with the hard and methodical power of your will. We should learn to understand that “the energy we use in order to achieve a goal actually creates an obstacle to the desired goal.”

The paradox of this statement can be quickly understood by any Westerner. Intuition has always been deemed superior to the intellect, which is in turn governed by the will. No planning made by an intellectual with all the mental “push-ups” of his versatile educated mind can replace an intuitive brainstorm. The lifetime achievements of all great researchers and poets prove this. Intuitive perception is always worthier than

bare rational knowledge. The intellect can never understand what intuition actually is, nor can it possibly do anything to bring it about.

One who does not have confidence in his own infinite intelligence and wants to perceive the sense of the world only through his intellect will certainly remain what he actually is for a long time: a rough material being in an ocean of ignorance. He will be a person constantly complaining about the difficulties and unfairness in his life, seeing himself as a victim of circumstances. If you want to change this in your life, then this book is really no coincidence. Now is the right moment to change what has to be changed and to ascertain what cannot be changed, differentiating one from another.

It is our false attitude toward ourselves and toward the real meaning of life that often makes us have doubts. It is an illness of our time not to accept and not to allow what cannot be explained by our modern human intellect. Consciousness is to most of us a narrow worldly extract which we are able to perceive with our five senses. We fearfully avoid topics like “the life after life” or “rebirth” because we do not want to appear ridiculous before others. However, a sixth sense has started developing and the feeling for the mental world made of fine material, much more important than we are often ready to admit, is on the threshold of awakening. By reading this book you are about to return to the source of all existence, that is to say to your true homeland.

THE UNCONTROLLABLE POWER OF THOUGHTS

The state of our consciousness keeps changing in some strange way. If we are sad then the whole world appears gray, even if we are in the middle of a beautiful sunny day. However, if high spirits germinate inside us, then the worst downpour cannot spoil this good mood. What is it that constantly shifts our position between the positive and negative poles?

Which thoughts, for example, go through your head in the morning at breakfast? Do you think about everything that you want to complete during the morning? Perhaps you will be in good spirits because of an invitation to some evening event, or annoyed because of some damage to your car.

And there it is, a ray of light! Today you will meet the one you will always love or sign the contract for which you have longed for such a long time, and suddenly, you are in a good mood.

The situation is very different when you are confronted with a difficult task, which in your opinion could place too much pressure on you. It is too much for your nerves if you have to admit to your boss that you made a mistake. This all puts you off and you consequently leave the house with a furrowed brow and the day already seems pre-determined.

Nothing happens before eight o'clock in the morning. However, you set the tempo, polarizing your consciousness with only a few thoughts. Consider this for all time's sake: You have determined your mood by your own thoughts alone! Since you have looked at this matter subjectively, you might well answer: "All this corresponds to the actual facts; my thoughts have merely confronted me with them." Looking objectively, on the

other hand, you have determined your feelings for the time to come by picturing what you can expect over the next few hours. Your subconscious mind is designed to arrange your day according to your expectations.

If the external world corresponds to your personal wishes, you are then satisfied. If something does not fit within your preconceptions, you immediately switch your mood and sometimes develop an enormous potential for bad emotions, thus opposing everything you can. Your subconscious mind carries out what your thoughts have pre-determined! Powerful aggression can develop within you, pushing you to uncontrollable actions. They can be the cause of illness and various undesirable mental states, or may even change things for the better.

It is surely a far-reaching statement to make thoughts responsible for both the well-being and suffering of the body and soul. However, conventional medicine concedes this power of the psyche to a much more limited extent. Nonetheless, holistic medicine already attributes eighty percent of all diseases to psychosomatic causes.

How is it that our consciousness, which seems to constitute and determine our lives, plays so little a part in our lives, as Eastern philosophers have pointed out? Is it our purely intellectualized viewpoint that creates such a limitation? Worldly science, with all its indoctrination, has made it very difficult for us to be able to accept any extension of our consciousness outside our present sphere of understanding.

To put it simply, our brain should be understood as a data bank. It has to find an explanation for everything that happens and a solution to every problem. What do we do when we feel ill? We go to see a doctor

for help. That is so natural an act that none would have anything to say against it. However, with this act, our intellect has conceded that it is barely able to arrange anything within the body itself. All of us, regardless of our occupation or acquired education, rely too much on the intellect as “the main center” of our information and mode of action. Science is based exclusively on this unique, God-created “computer” which has secured our life in this wild and dangerous world, making it worth living.

How is it that we repeatedly make certain mistakes, not being able to penetrate into many of life’s secrets? Did we lose our intellect or did we take it too seriously, giving it the opportunity to appoint itself the ruler? Has our egotistic, superficial form of liberty taken advantage of us, not letting us feel any longer what an illness wants to inform us about? We are apparently not interested in the power driving us, but only in how we can use it. The exploitation we have inflicted on our bodies, souls, and spirits since long ago is reflected today in the way we exploit the earth’s resources.

Most of our fellow humans have not yet realized that access to our usually completely unconscious inner “resources” has become a big question in life and that we are able to determine our own fate to a large extent.

Logic is the beginning of all wisdom, but not the target.

OUR MIND: A SOURCE OF CREATIVE FORCE

The quality of your life will improve, regardless of whether you have mental or physical problems, after

you discover within yourself your innate source of power and begin to live absorbing its power.

After modern brain research found that we really use only about ten percent of our brain capacity, we are easily tempted to assume that any improvement in the quality of life can only be achieved by an increase in knowledge. We believe that a more extensive curriculum and better training methods would lastingly improve our life and increase the percentage of our brain capacity.

By trying to extend our consciousness by means of our intellect, we are using completely inappropriate tools. Not even our greatest geniuses such as Goethe or Einstein exceeded this ten percent limit. Had they actually succeeded in expanding their consciousness to a higher level, it was not achieved by their intellect. Higher levels of consciousness, latently present in all of us, will supply us with large amounts of creative intelligence if we begin to use them via the channel of intuition.

There is no need to hide behind the statement "But they were geniuses!" Our psychological-philosophical journey through consciousness leads each of us to the existence of higher mental forces within ourselves. Each human being is able to exceed his pure intellectual capacities after ceasing to be ruled by them.

Einstein described how most of his most innovative scientific ideas did not result from any particularly careful combination of diverse considerations. He used to encircle a question as closely as possible with his own thoughts in order to submit everything to the subconscious mind, or if you wish, to his creative spirit. It would take days or weeks, sometimes even years, before some great idea cropped up. The infinite intelligence

of his higher Self would send him the solution via an intuitive channel.

Each of us has this creative intelligence responsible for special “capabilities.” Both theologians and psychologists have realized that something within us awaits revelation and that we are in a constant state of “development.” Magic, the occult, parapsychology, as well as extra sensory perception (ESP) find their explanation in this sphere. According to our worldly conceptions, non-sensual events have still found no respectable place in the consciousness of most humans, including scientists themselves.

However, there are some clear paranormal phenomena that obviously cannot be denied.

A schoolboy, brought to my office by his parents because of some psychological weakness, became quite a personal form of proof to me. We had an extremely interesting experience with him during hypnotherapy. Sometimes he was able to tell us exactly where our co-worker was outside the office or what his mother was doing at home at that very moment. We were immediately convinced of the correctness of his visions through telephone calls. Once he even described in detail my own living room outside Munich, which he had never seen before. In a state of trance, he managed to break through the barriers of rational consciousness, sinking into the unconscious depths of his higher clairvoyant Self.

When I speak about the opening of still unconscious regions of the human Self, I have in mind the inner voice which we leave aside to a large extent, usually giving priority to our more rational views. We must dispose of the complete folly of our reason that declares mental impulses, intuition, and sudden spiritual real-

izations to be mere superstition and everything extra sensory to be hocus-pocus. Whatever cannot be perceived by our five senses we usually negate and fight against. Many of the new religious communities, meditation, and yoga groups constantly experience this. Without any regard to their possibly valuable spiritual content, they are fought against by established religions only because they do not comply with their world concept. Furthermore, scientists point out real proof to the danger visionaries have experienced by the extension of their consciousness after being treated with dangerous drugs or exposed to magical practices. Thus it is probably right to say that "the devil takes the magician." Before someone has mastered the imagination by means of drugs, he has usually ended up in a psychiatric institution.

I remember one particular woman whom I met during my training in the largest psychiatric hospital in Germany. She had tried, by inhaling herb steam usually created by witches, to attain special levels of consciousness. Her confused mind was not able to find a way out of the trance which she had been led to by the plant extracts. She suffered from persecution mania for a long time and I managed to help her only very slowly, accompanying her back to this world.

There are dangerous ways of extending the consciousness. Psychiatrists' and psychotherapists' consulting rooms are full of such examples. I would like to warn you not to try to extend your consciousness with drugs such as heroin or other harmful chemicals. They can bring you away from the normal state of the human mind much quicker than negative thoughts.

If the basis of our health, the harmony between our mind, body, and soul is utterly destroyed, then

methods of conventional therapy are also inappropriate.

Love is one of our basic needs and I am going to refer to it again and again in this book. It should be a part of us if we want to master our fate. Consciousness is present in everything and it is constantly being developed. We can enhance it without jeopardizing ourselves. From this we can get our first important realization: Controlled by our instincts, feelings, words, and actions, our thoughts create our world. People experience what they think they do! This fundamental statement made by Dr. Murphy brings us to the beginning of his theory of positive thinking which I have integrated fully into both my practice and my personal life.

How is it that so many new thoughts from the heterogeneous field of modern psychology come mainly from the United States? American psychologists are much more pragmatic than European scientists. They do not ask too much about what actually happens. They concentrate on the answer to the question: How can I help immediately and what is the best way?

While we western Europeans look for the solution of the mystery of the soul by means of analytical research methods using highly complicated models and extremely different explanations, our colleagues from the USA try to re-integrate the patient back into the field of his duties set by society. In a social sense, to be a useful member of society it is first important to regain emotional harmony and balance. It is therefore not that surprising that the most modern psychotherapeutic practices such as psycho-synthesis, Gestalt therapy, body therapy, bio-energy and transpersonal psychotherapy have come to us to a large extent from American research centers.

According to Indian philosophy, unity of the mind, body, and soul is also important to achieve harmonious balance between spiritual levels and physical vitality, thus leading humans back to God-willed perfection.

The highest reality is found in faith.

YOU ARE WHAT YOU THINK

Interestingly, this statement corresponds to my own more Eastern way of thinking. Consequently, I do not simply send a patient to a neurosurgeon or—even simpler—prescribe him medication. Rather I tell him: “You are what you think and believe yourself to be! Think and believe that what you long for most is health and happiness and it will be so according to your thinking and beliefs.”

If you really want to live in harmony and inner peace with yourself and your environment, your subconscious mind will turn these thoughts into reality. Whatever you perceive in your world as form, function, or experience is exclusively the result of your own thoughts. Thoughts are to be understood as living entities striving to be applied.

If something does not please you in your everyday life, then you should change your way of thinking! Whatever happens to you, you sent it out and it has come back to you.

It is very easy to be happy if you only implement a very few laws regarding the mind; many things will change for the better.

If you want, I will help you with the transformation and implementation of these simple spiritual laws. What is described here is neither a dream nor an illusion, but very realistic; it is the effect exercised by your inner spiritual strength. Once you formulate a thought, it is pushed outwards. You formulate it, it forms. You gave your idea the desired form and the idea shapes your world from the sphere of the subconscious mind.

Attempt to do this immediately! Try to find a calm place where you can make yourself comfortable. Close your eyes, trying to empathize with the following sentences:

“I dismiss all my thoughts! They drift in the sky like small white clouds, not knowing where they are going to, but still full of confidence. I am calm and relaxed. Perfect peace prevails in my heart and my mind. I am in harmony with the world. Harmony flows through my whole Self. It is good that it is so.”

Try to actually feel this harmony in yourself, try to devote yourself to it. The presence and the depth of this feeling are relevant to the desired success. You will soon experience a marvelous feeling of inner freedom and you will be open to the good that slumbers in you, awaiting its awakening. From now on you will be successful in realizing your desires and you will soon live a happy life.

Your future success depends on your aspirations, by means of which you will bring about the longed for target. Socrates taught this to one of his pupils in a somewhat drastic way during a walk along a riverbank. The pupil asked him: “Master, how can I become like you?” Socrates told him to accompany him into the water. There he dunked the boy’s head under the water

again and again, until the pupil struggled for air, fearing for his life.

He let him free and asked: “What is it that you desire most?”

“Air, master, air. Nothing but air!”

Then Socrates said: “If you long for knowledge in the same as you longed for air, then you will be as I am!”

Can you recognize the way to the fulfillment of your desires? Your first step in the near future is to clearly see and feel in front of your spiritual eye the direction to desired success and then to feel the great joy of unrestrained happiness after having achieved your target.

If you still think that you can understand and see any reality, that is to say any apparent reality, you have overlooked the fact that you actually create your experiences through your thoughts. Your consciousness will arrange the surroundings according to the way you think.

This means that the intellect should be modest, stop its dominant behavior, and immediately give up its conceited position of being the highest instance in our life. If it is said “I am what I think,” then it implies the philosopher’s dependence on his own thoughts. If you steadily think of harmony, success, and happiness, then you will make it all happen. If you look forward to each new day, then you will also experience the pleasant and beautiful side of each new day. Problems are reduced by the fact that you evaluate them from a harmonious point of view. The external world and alleged fate in each case mirror the images of our thoughts, and you have decided to think positively—or have you?