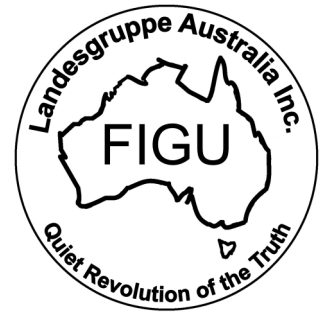




## FIGU - LANDESGRUPPE AUSTRALIA



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### *The Cure for Arrogance*

Arrogance cannot co-exist with a deep recognition of the creation within us. It is based on an erroneous interpretation of our true nature and it is based on a striving for only material things which leaves us unsatisfied in our natural thirst for the creation, for love, knowledge, wisdom and harmony.

As Billy explains in an article, 'Des Menschen Hunger nach dem Schöpferischen' ('The Human Being's Hunger for the Creation') a human being who recognises the inner spiritual greatness in himself/herself and the deepest consciousness-based greatness of himself/herself also recognises it in other human beings and other lifeforms. When this recognition arises, the understanding of interconnectedness is also inevitable.

"Thus, however, there is also an awakening of the cognition that one's own spirit and own consciousness and subconsciousness have a collective relationship with all other human beings and other Wesen as well as all else that exists."

*„So aber wird auch die Erkenntnis wach, dass der eigene Geist und das eigene Bewusstsein und Unterbewusstsein eine kollektive Verwandtschaft mit allen andern Menschen und sonstigen Wesen sowie allem weiteren Existenten aufweist.“ (page 175)*

With such an understanding, how could arrogance be sustained? When we realise that our creation nature is the same as those of our fellow human beings, what would sustain a feeling of superiority? How could you then "take the honour from the truth", as the Goblet of the Truth says arrogant human beings do, ie., not have high respect or esteem for the truth. Instead we can use a love of the truth to achieve the shedding of our arrogance.

With this understanding, our inner spiritual and consciousness-based greatness is recognised as being filled with 'schöpferische-ursprüngliche Würde' (creation-primordial dignity). Arrogance cannot coexist with dignity because dignity itself comes from the understanding of the inner creation nature of oneself. And of course, along with the understanding about the inner creation nature of both oneself and the fellow human beings, is the realisation that there are other human beings who would have much more peace and more virtues than one has oneself and who would be experiencing a greater oneness with that creation self.

So to the question, how to fix arrogance in oneself, the answer is to make an effort to feel, (spüren) find and make useful the creation light of one's spirit (das schöpferische Licht seines Geistes). And not only would we free ourselves from arrogance that way, we would also find happiness.

"And any human being whose deepest innermost consciousness and also outer consciousness urges on searching untiringly for the true love, truth, wisdom and harmony and never lets himself/herself be discouraged by any deprivation, injustice or effort and so forth, will always belong to those happy ones who are illuminated by the creation light of the spirit of their consciousness." (p.175)

*„Und jene Menschen, deren tiefstes innerstes und auch das äussere Bewusstsein danach drängt, in Unermüdlichkeit nach der wahren Liebe, Wahrheit, Weisheit und Harmonie zu suchen, und die sich niemals durch irgenwelche Not, Unbill oder Mühen usw. entmutigen lassen, werden stets zu jenen Glücklichen gehören, denen das schöpferische Licht ihres Geistes ihr Bewusstsein erhellen wird.“*

Vivienne Legg

## *Thoughts about Arrogance*

One of the many brochures FIGU has published is titled, "About Reading and Studying Billy's Publication", which was written by Atlant Bieri after an interview with Billy. In that brochure, Atlant explains how important it is not to simply read Billy's publications, memorise them and then regurgitate the content when needed, as is often done at school with the subjects "studied" there in preparation for an exam. There is a difference between, on one hand, merely reading a text and memorising it and, on the other hand, studying it thoroughly and then verifying or rejecting that which has been communicated through the text by means of one's own understanding and experiences.

Atlant explains that, "The reading of a text is therefore a silent communication of ideas captured on paper. For example, 'tree' is an idea. But the sequence of the letters T-R-E-E itself has nothing to do with a plant. They are freely invented signs, which are placed one after the other in a freely invented sequence. The idea 'tree', which results from the sequence of characters, is linked to an object in reality; namely an elongated, multi-branched structure covered with leaves. This definition is of course not absolute. For someone else, the idea 'tree' is the 'thing in the living room that went up in flames last Christmas'."

So when 'arrogance' was suggested as a topic for a bulletin, the challenge began to not just find quotes in one of Billy's many texts, but to really study the term 'arrogance'. As Atlant suggested in his brochure: "In order to be able to grasp Billy's texts even only on the surface, the reader must once again accept 'reading' as a scientific activity. In a first step one must muster the modesty to accept one's own mother tongue as a foreign language. What does 'deference' mean and where does the word 'sanctimoniousness' come from? Knowing exactly what the words mean in one's own language is the first duty for the readers of Billy's texts. There is no shame in always having a good dictionary within easy reach."

So how does the dictionary explain 'arrogance'? 'Lexico.com' defines 'arrogance' as "the quality of being arrogant", which in turn means "Having or revealing an exaggerated sense of one's own importance or abilities." That raises the question, where does a healthy sense of one's own importance or abilities, which might be useful in life, end and where does arrogance begin? Pondering a term like that should lead to self-reflection on one's own experiences which helps to really understand a term and not just know it intellectually.

In the book, 'Goblet of the Truth', chapter 19, arrogance is explained as follows:

"34) Arrogant (vain) are those who connect themselves to overbearingness and are also conceited (presumptuous) and thereby take the honour from the truth and disdain people of their kind (fellow human beings)."

Therefore an arrogant person is overbearing, which means unpleasantly overpowering, and also conceited, which means excessively proud of himself/herself and his/her achievements. Thus he/she "takes the honour from the truth", which I understand as not having high respect or esteem for the truth. And according to the above quote, he/she has the feeling that his/her fellow human beings are unworthy of his/her consideration or respect.

"35) Arrogance (vanity) is also haughtiness and pride (hubris/craving for recognition/imperiousness), from which also originate false zeal (ambition) and hypocrisy as well as sanctimoniousness; but arrogance (vanity) can be overcome through being fair (being responsibility-conscious) and righteousness (conscientiousness), in which case the love for the truth gives the power to achieve this."

According to Lexico.com, haughtiness means "the appearance or quality of being arrogantly superior and disdainful." Being disdainful means showing contempt or lack of respect. According to the above quote from the 'Goblet of the Truth', haughtiness and disdainfulness can lead to false zeal or ambition, which means that even though ambition is not necessarily a bad thing, because it is "a strong desire to do or achieve something", if this desire is coupled with a lack of respect for others, it may well be considered arrogant. As is stated in the above quote, false zeal/ambition can lead to hypocrisy and sanctimoniousness. Hypocrisy means "the practice of claiming to have higher standards or more noble beliefs than is the case", and sanctimoniousness means "making a show of sanctity, affecting an appearance of holiness".

Therefore, if a person is arrogant, he/she may display some or all of the above-mentioned things. However, if he/she does not want to be arrogant or appear to be arrogant, then he/she can overcome it through being fair (being responsibility-conscious) and

it means that one is impartial and honest, free from exaggerated self-interest, prejudice and favouritism. Thus these are the things one has to develop or expand on when not wanting to be arrogant. Additionally, the one wanting to rid himself/herself from arrogance should become conscientious and also work on developing a love for the truth, which will give him/her the power to achieve those culmination points.

In the book 'Goblet of the Truth' there are a few more references to arrogance (chapter 3):

"103. Know about the truth of the creative (Creation) and about the teaching of the truth as has been revealed since time immemorial up to the present day by the prophets and as was revealed to your forefathers and their forefathers and to all the people; and know that since time immemorial the prophets have not differentiated between those whom they have instructed (taught) therefore they did not display any conceit (arrogance/haughtiness/boastfulness) or any hatred against believers in tin gods and gods and their priests and servants, and therefore neither against any other skin colour or kinds (races); and therefore the prophets never demanded that those whom they were instructing in the truth-teaching shall have to submit themselves to the teaching, because turning to it always has been and always will be a matter of one's own freedom."

So true prophets do not display any conceit, arrogance, haughtiness or boastfulness, but treat every human being the same (fairly), regardless of their belief or skin colour. Therefore if a person displays arrogance and haughtiness and boastfully claims to be a prophet, or if a person does not treat other human beings the same because of their belief or skin colour, then we can be quite certain, that this person is not a true prophet.

Goblet of the Truth, chapter 11:

"21. Do not be vain (arrogant) in what you do, because vanity (arrogance) is of nought and of all kinds of evil, through which a loss in the esteem held by people of your kind (fellow human beings) comes about."

In other words, if someone behaves in an arrogant form as described earlier, he/she will not be esteemed by his/her fellow human beings. If he/she wants to be esteemed by other human beings, he/she would be wise to work on being fair and righteous and developing a love for the truth.

Goblet of the Truth, chapter 28:

"505) Do not remain desperately poor in your truth-knowledge and do not think that the material knowledge alone is sufficient to further the evolution of your consciousness, because if you think in this wise, then you are unworthy of the life and are king and emperor of your own inner darkness and unknowledge, so you childishly wield a sceptre of the dalliance and illusion and put on a crown of the arrogance and vanity and therewith prove your lack of intelligence."

Strong words of encouragement to study the truth! So according to the Goblet of the Truth, if a person does not study the truth and only thinks about his/her material wealth, then he/she is unworthy of life, feeds his/her inner darkness and unknowledge, and is like a child with illusions and crowns of arrogance on his/her head and proves his/her low intelligitum. Who would like to go down that path?

Knowing and learning the following from the book, 'Might of the Thoughts' early and practising it from a young age, could help:

"Just as one must practice manual things until one has mastered them, one must also stimulate and educate one's consciousness into thinking. This requires persistent practice, for which reason one should teach children how to think consciously so that they do not blindly act only according to prevailing ideas, rather they learn to first contemplate everything, and only then act. Much would actually be better on our planet if every human being were to master this principle and use it." (page XXV)

Learning how to think consciously and contemplating one's thoughts and feelings could certainly help reducing instances where one is arrogant and that would help this person on his/her evolutionary path to becoming a better person. But if one keeps acting on a habitual impulse of haughtiness or disdainfulness, then getting rid of arrogance would be harder.

And another way to help "weed out" flaws like arrogance from one's personality is being attentive to one's own thoughts, words and deeds during the day and reflecting on them with the intention to let go of the behaviour that would support a vice like that. One recommendation comes from the book, "The Way to live", page 6:

"9) A true human being assesses himself/herself daily according to at least three questions and answers, which are, "Have I expanded my knowledge sufficiently today? Have I sufficiently corrected, ordered, formed and harmonised my personality today? Have I done the right thing with all human beings with whom I came into contact?"

These questions can help one with self-reflection, and if one does that in honesty, then instances of being arrogant or other undesirable bad habits during the day should become obvious and can be dealt with. For example, as part of one's meditation one could visualise strategies that could help in managing similar situations in the future in better ways. And developing our love for the truth

further will definitely bring good results.

In closing I would like to share this verse from the book OM, canon 32:

*“2414) Words are like leaves; however, actions are like fruit.”*

«2414) Worte sind wie Blätter, Taten aber wie Früchte.»

The main thing about studying the spiritual teaching, that is to say, the teaching of the creational energy, is that we endeavour to not just read it and talk about it and create lots of leaves that keep falling to the ground. Rather we must put the teaching into practice, thus engage in self-reflection and work on strategies that will “produce the fruit”.

*Vibka Wallder*

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## *Translating the book 'Introduction to Meditation'*

FLAU has just published the translation of the book, 'Introduction to Meditation', which has been a long time coming. It began some years ago as a project with three German students, but after a while it seemed that it would be a shame if all that hard work could not be shared with the wider community. Therefore FLAU asked Billy for a contract to translate the book, and I was also able to enlist the valued support of Mariann Uehlinger and Vivienne Legg, who diligently checked each translated word and sentence against the German original to ensure that the translation is as close as possible to the German meaning. Translating the book was hard work, because even for a German speaker the meditation instructions are often difficult to understand, therefore finding the right translation was a challenge and Mariann often had to consult Billy regarding the meaning of some terms of the spiritual teaching, or "Teaching of Creation-energy" as it has recently been termed by Billy. As Billy was not allowed to assist with finding an English term, because he would be contributing to the falsification of his own work, he explained the German terms to Mariann, sometimes with more than one sentence, from which we then had to derive an English term or explanation. But the effort was worth it, because now many more human beings on this planet have access to Billy's meditation instructions, which are much needed at this time of upheaval and uncertainty. Following the instructions of the meditation book can help the reader to become the 'eye of a tornado' that may be swirling around him/her. However, as Billy explains under the heading, 'Purpose of the book' (page 58), becoming calm and enjoying the unsurpassable gifts of the consciousness requires hard work, commitment, willingness to learn and perseverance.

Billy: "The 'Introduction to Meditation' allows the human being to learn the meditation through one's own study. Therefore he/she does not need to visit 'gurus' and 'yogis', who, for much money, want to make him/her believe that they could bring him/her 'salvation', although thereby they only make him/her dependent, exploit him/her and poison his/her thinking and thereby enslave him/her in his/her consciousness.

The study of meditation however is very hard and requires much commitment, willingness to learn and perseverance, if the human being wants to enjoy the unsurpassable gifts of the consciousness. A crash course, a short or intensive course, as they are offered everywhere for the impatient ones, may well be tempting, however, they are extremely delusive and dangerous, and above all – the reward fails to appear.

The human being of Earth is not used to creational-law-based thinking and acting, therefore the switch to patience and calmness, as the meditation demands it of him/her, is not easy for him/her. At school and also in one's job, material-intellectual efforts (ambition, thirst for knowledge, and so forth) and the devout dealing with cognitions and knowledge which are not one's own, are constantly demanded of the human being.

The religions have placed the human being under the thumb of an imaginary godhead and thereby have deprived him/her of his/her self-mastery. Worldly and human might-structures such as church, state, economy and science also ensure that

the human being remains unknowing and manipulable. The human being therefore no longer knows the might that actually is present in himself/herself, which is why he/she searches for compensation in a purely material achievement, wherethrough he/she condemns his/her consciousness to inactivity. But perhaps nevertheless some human beings internally have an inspiration from their subconsciousness which tells them that many things, which they have taken part in, cannot be right. The human being, and above all his/her consciousness, wants to live differently, namely in harmony with the Creation.

Many human beings believe – idly expecting a flash of light – to receive the right kind of life and the right mentality while sitting by the roadside.

The human being needs not sheer off because he/she can begin in his/her own familiar environment to think and act based on the laws of Creation. However, he/she must not and cannot wait any longer to really concentrate for a few seconds on his/her inner self, only because it temporarily requires still more of him/her, for example, to find out the exact time from his/her inner self rather than looking at the clock. However, once the human being masters this concentration capability, then it is also useful for him/her where he/she, with his/her habitual material mode of thinking, would have to go for kilometres in order to check something, of which he/she then nevertheless still could not say with absolute certainty: IT IS SO.

The human being should consider that the Creation is never inactive. It also uninterruptedly fulfils all its self-created laws and recommendations, in order to secure all its creations in their existence. The human being is one of its creations and has to follow suit.

The meditation does not simply serve the relaxation – which is why it is also recommended by doctors. No, it serves especially the self-disciplining of the human being, the schooling of his/her consciousness, the cognition and the creating of inner peace and the equalisedness and the actual mastering of life in general.

If the human being studies this book accurately and heedfully and acts according to the presented knowledge, then these and many other cognitions will be granted to him/her.”

Studying the book accurately and heedfully does not necessarily give immediate results, because not everything can be understood the first time around. One has to make a serious effort to put the meditation into practise, because only thereby can cognitions be gained. There is no “quick bleach”; mastering meditation can take many years and understanding the meditation book can also take many years. But as one’s practise becomes deeper and better, so will one’s understanding of the more advanced explanations and one can find inner peace and equalisedness.

Successful meditation requires regular daily practise and it is recommended that one carries it out at the same time every day. This has been difficult for me for the past two years, as my new job involves shift work. I work irregular days, some weeks I work two shifts and other weeks up to 5 shifts. Most of the time I work in the afternoon until 11pm, and by the time I get home I am too tired to meditate. Sometimes I work in the morning, which means I have to leave home at 6.15 am. Thus for the past two years my job has made it difficult for me to find a time to engage in regular meditation. Well, so I thought. Maybe this is a fine example of the antagonistic mights in us that provide us with excuses not to try harder and practise mediation regularly? However, I really long to enjoy the benefits of meditation, for example, better concentration, more control over my thoughts and reactions and so forth. So the publication of the book, on which I have spent so much time translating, has inspired me to try a bit harder to fit meditation into my schedule and I have finally found a solution. Now every morning my alarm wakes me at five, even if I have worked late and only gone to bed at midnight. If I am still tired after the meditation practice and have to work again later, I might go straight back to bed after the practice. If I have to work a morning shift, what better start to the day could one find than sitting quietly for 15-20 minutes, staring at a candle and letting go of all thoughts.

So I wish that everyone will enjoy studying the meditation book and make the necessary commitment to enable its successful, regular meditation practice. And the deeper one gets into the concentration and meditation, the more the understanding for the more advanced instructions will grow.

*Vibka Wallder*

### *Arroganz*

Arroganz bedeutet für den Menschen, dass er sich in Beschränktheit bezüglich seines Verstandes sowie seiner Vernunft, wie auch der Intelligenz blossstellt.

SSSC 16. Dezember 2015, 22.57 h, Billy

### *Arrogance*

For the human being, arrogance means that he/she exposes himself/herself in narrow-mindedness regarding his/her intellect and rationality as well as intelligence.

SSSC 16th December 2015, 22:57, Billy