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THE POWER QUEST

A Comprehensive Guide to Soul Power

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INTRODUCTION

In order to know yourself, you should assert yourself.

—ALBERT CAMUS

This article traces the way to success in a rather unique way. It starts from the premise that power is not an outside phenomenon, but originates in an inner or primary power projected outside in the world.



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However, what we realize and identify as power in the 'real' world is not what it seems to be because we often forget that power is first of all a human projection. What we see instead, are *secondary powers*.

Real power, such is the result of our analysis, is nothing but thinking and acting in deep contact and accordance with cosmic laws and the state of consensus that the universal spirit accords to our projects. This power, if identified in the outside world is not perceived as power but as *love*. It is *primary power*. I call it *soul power*. Developing power is thus a process that proceeds from inside out.

Power that is built on the outside level without inner consensus with our destiny, is not power, but mere self-inflation. As such, it is unstable and subject to decay. By contrast, power that is built from inside out and manifested through actions that are in accordance with universal laws and our destiny, is filled with universal love and as such not subject to decay.

Secondary powers are often rigid, dominating and unstable. Primary power is flexible, respectful and stable.

While most people have a distorted understanding of power, taking it for granted that power is abusive and thus repressing their own soul power, those who are truly and positively successful know that there is no way to high achieve-



ment without having healed and integrated one's own natural quest for power.

This guide gives a basic understanding of soul power as a no-nonsense and non-fashionable perennial concept and inner asset that is essential for personal growth and high human ability.

PRIMARY POWER VS. SECONDARY POWERS

For most of us power is represented by outside riches, personal and social standing, some or the other privilege, direction over life and destiny of subordinates, and so on.

There are gurus who make us believe that real power is not what some of them call 'worldly affairs,' while at the same time exerting a much greater power over their followers than all those worldly matters together.

This situation reflects exactly what power is perceived of by most people: a strange, alienating and dominating force that we either reject or eagerly want to acquire. As a result, they live in a schizoid state of contradiction: while they reject power, they are not aware that they reject their own soul power as well. And while they want to acquire outside power by all means, they are not aware of the power they already possess inwardly, and which, striving for mere outside power, they disregard.



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The result of this perverse situation is that both the group of power-rejecters and the group of power-seekers are blind toward the true necessity and the true value of soul power. The distorted image of their own power potential makes them split the human race into the oppressed (the power-rejecters) and the oppressors (the power-seekers). They tend to argue that in life there is only one essential choice to be made: to choose if you want to situate yourself among the oppressed rather than switching to the side of the oppressors. *Tertium non datur.*

Many philosophies of life that we also could call inner programs are written in the language of either-or alternatives. If I do not want to be poor, I have to become rich. If I do not want to be among the losers, I have to go for becoming a winner. And so on.

The blind spot of those philosophies is that they exclude the *tertium*, the third alternative. In general, if we analyze people with either-or philosophies, we see that their fear potential is high, that they are defensive and that their self-esteem is rather low. If somebody else, a friend for example, tries to put the finger on the wound and tells them about their partiality, they react either with aggression or call the friend naive, or else jovially point out that 'unfortunately the world is essentially bad' or 'people are essentially bad' and that there-



fore one had to make sure to find a place in the sun, cost it what it costs.

Now, if we see this clearly, we are going to approach the problem from a psychological point of view. This means that we set out to get more insight into the human nature taking a psychological approach rather than coming up with quick prejudice about what we think human beings are like.

—The word ‘psychological’ is interesting as it’s composed of ‘psyche’ and ‘logos.’ Psyche is the old Greek word for ‘soul’ and ‘logos’ means ‘knowledge.’ Thus psychology is the science of soul knowledge ... which is precisely the subject of this article.

Such pre-judgments are conditioned by our past experiences and hurts. They are highly subjective. On the other hand, knowledge about the human nature is not abstract and hardly to be gathered other than by introspection.

If we observe the phenomenon of power or what we think it is, both at the outward and the inward level, we see that there is something we could call ‘primary power’ and something we could call ‘secondary power.’

Secondary power always is a projection, while primary power is the true power, which irradiates from an authentic self. What does this mean in detail?

Let’s go slowly into this, because it is a very complex matter. The danger in this kind of analysis is to jump up with



answers that are conditioned from our past, by the repetitive thought processes of our mind. To approach the problem with a fresh mind means that we try to change our point of departure, our observer perspective.

This implies that we once again look inside of ourselves in order to see what power really is or how we usually perceive it.

If I do this now, supposing that you do it with me, what do I see? I see that with all I want, with all my desire for fulfillment, for accomplishment, for recognition, for outside riches, I want essentially three things: · Live my life without fear · Live in peace with the world · Realize love and happiness in my relationships.

If I see now that this is what I really want, what then? Would I not inquire why I experience fear at all? And would I not be astonished why I want to live in peace? Peace—for what? I can't buy anything for that. And why should I realize love and happiness in my relationships? What value has that? Once I have the position that gives me power, once I have the partner that really fulfills me, once I have the car I ever dreamt of and the house that gives me enough space and freedom to feel truly at home— would I not feel satisfied and happy? Why should I question this concept of power at all?



Of course, you can refuse looking at it. You are free to do so. But once in a while, these questions tend to come up anyway, if you wish or not, and the feeling what you really desire, comes as well. And then you are puzzled, because you wonder why you should desire such commonplace things like peace or happiness in a world that you perceive has no place for that. If we look again, we may stop a moment and see that the world hardly can have a place for that, if we individually do not give it a place. The world is at peace. The only creation that is not is us—the human being.

This sounds like religious talk, you may think, and feel bored. I do not want to bore you and, honestly, I find this matter rather exciting, for I know that I can deeply shutter your inner values, to a point that you will no more believe what you hear and see every day in the media, simply because what you get to see there is disempowering you for the most part.

I even go as far as saying that you yourself, in your role as a passive media and information consumer, are per se disempowered. And as long as you are disempowered, your perception of power is distorted. And that is why your perception of life is conditioned.

POWER AND CONDITIONING

Most of us have been conditioned from early childhood to believe that power is—



- negative
- dangerous
- abusive
- conflicting
- inhuman
- diabolic
- perverting
- unnatural
- etc.

We were told that there was a Great Savior who came like a sheep, held his cheek to his enemies to be beaten on it and then agreed to be slaughtered like an animal for defending the point of some mysterious Father-In-Heaven. When we, with the impetuous innocence of adolescents, replied that this man must have been mad or had an unresolved masochistic fixation, we were told that we were blasphemous and sent out of the religion class.

This man, we were told, was God. So what? What were we going to be? We did not want to be slaughtered or hung on a cross and we had no intention to hold the cheek to our enemies to be beaten on it. We concluded that power must have been something originating from the devil. Personal



power did not exist or did not have to exist since it was held destructive. One had to be submissive, to obey and to think only 'pure thoughts.' What was that, pure thoughts?

We felt it was non-sexual thought. Our thought was sexual almost all the time because they did not want us to do it, so we had to think and to fantasize about it.

And the teachers, the parents or other adults, did they not have power? They were not behaving like sheep, rather like fools, contradicting each other almost daily, being utterly inconsistent in their action, being brutal and beating us, forcing us and not respecting us.

So, honestly, how could we ever believe them, and what they had written in their black books? How could we trust those adults who were not adult, those teachers who did not walk their talk?

And what about our power? Did it even exist?

They did not care how we could develop our power later on in life, how we could make it in a world where power is a play, especially among men, how we could handle this incredible potential that we all have got, constructively and for the common good, in this world. They did not care. They made war instead. And all their authorities were busy all the time making war, earning money and justifying the mess they created every day more. Genocide, pollution, destruction, en-



vironment disasters, children killed by napalm bombs, and so on, their daily news.

This was the way our feeling of power was conditioned. Of course, everyone has perceived that in a different way, but there are common perceptions and many parallels in the life stories of one and the same generation.

Or it may be much more complex. It could be that astrological factors, or more generally put, factors of our personal destiny, play a major role in how we situate power in our life. For example, if I value astrology, I could see that in my birth chart my Pluto in the 8th house and in Leo signifies that power is for me an important topic in life, that I associate power also very intrinsically as sexual power or the power of sexual freedom, and that for me power also means to transform (Pluto) outside power or what I call secondary power (power of standing, sexual power, social power) into primary power such as soul power, dignity, a deep feeling of commitment, the power to realize things for the common good.

THE QUEST FOR POWER

In my adolescent thinking the power of art was associated with love, giving and receiving, the possibility to truly know the other and oneself through sexual experience, and to build an authentic personality. I thought it had intrinsically some spiritual and poetic quality. Social or material power,



however, was associated with acquiring or, to say it in Erich Fromm's terms, with 'Having' rather than 'Being.' At age fourteen I had read Plato and a bit of Fromm, beginning to develop a literary passion for Hesse, yet based my conclusions largely on observation and on trial-and-error.

Today I see more generally the importance of recognizing the quest for power in every human being, and to concentrate on diagnosing the power distortions most of us are torn up in, and which inhibit the realization of our true and original potential.

This is the main reason I gave up a promising career as an international lawyer or government functionary and developed a deep commitment toward our soul potential, and the development of creativity that is in accordance with one's destiny, in ancient astrology called 'our personal star.' In Lewellyn George's famous treatise on astrology I found Dante's adage 'Follow but thy star and thou canst not miss a glorious heaven.' This insight so deeply touched me that I went on to study astrology in its characterological, psychological dimension.

In my work with problem children I found that their original quest for power had been negated by their environment so that their power became perverted into nonsensical and dangerous behavior, or else depression, which always denotes fear of action.



Years later, working with adults in groups, I saw that the problems adults have are essentially the same as the problem children are confronted with, i.e. realizing their personal power in a way to gain satisfaction from it, receive recognition, esteem and material fruits that make a living or, better, earn a life.

The power quest therefore is not something bad or non-spiritual. In the contrary, power is an intrinsic part of goodness. Without power there cannot be goodness. In human history, all disasters that man has produced are the result of disempowering feelings, of powerlessness, not of power.

Feelings of power create goodness; feelings of disempowerment create emotional turmoil, chaos, violence and cruelty. To run for spiritual progress without having recaptured one's lost power inevitably results in an endless and frustrating search and eventually in mental confusion.

Spirituality begins with power, the power to be oneself, to be integrated, to be authentic, to be whole, to be I AM. To Be. Many people do not see that and do not want to do the tiring work associated with the quest for power. As a result, they create dependency with those in power, be it worldly power or the power of those who dominate others with their arrogant spirituality that is not spiritual at all. They think being humble when they bow in front of those who exert power over them. They confuse humility with a kind of weak maso-



chism that has never learned to contradict or say no. They cannot enter conflicting conversations or exchanges in a self-secured and constructive manner. They submit or they revolt, as Reich said, and this because authoritative thinking has distorted and dulled their mind and their willpower. Not because they were more subjected to it than others, but because they allowed it to happen. If we refuse, deep down in our untouchable self, to not be touched by every form of dominance, we'll not be dominated—never, ever.

INSIDE-OUT POWER

While my previous explanations were actually more concerned with what is *not* true power, we may now want to look at what power really means.

I think it is not too far-fetched to talk about an inside and an outside power. Under outside power I understand all the stuff we usually associate with power, the social standing, the big car, the large bank account, the yearly promotion, titles and honors.

These are powers, too; however, some of the outside powers are the fruit of our inside power, and some not. Now, observing this in our daily life, we can turn the question around and ask ourselves:

—Well, do I have power because I have all that, or was it because I have power that I attracted all that in the first place?



With other words, do I gain inner power through outside power, or is my inner power the originator of all my outside powers? I think the second is true. Let us find out why.

We all know examples of people who gained fortunes almost overnight, and even those who do this on a regular basis. We also know examples of people who had fortunes and lost them by negligence or because they had not learned the wisdom that money is an energy that stagnates if it is not circled within the human community. If I win much from others, I have to give much back to others, not forcibly to the same people who made me earn it, but still.

We also know people who never seem to get into the positive spiral and others with phenomenal successes. Let me cite Anthony Robbins as a typical example of the latter group of people. On his tape 'Awaken the Giant Within,' Anthony Robbins says that just one year before his spectacular success he drove an old Volkswagen, had lots of problems to join the two ends and dreamt to own a castle he knew was a million dollar property.

—Anthony Robbins, *Awaken The Giant Within*, New York: Simon & Schuster, 1991.

Apparently, Anthony had hardly any reason to believe, given his social position at that time, that Robbins could ever own that castle. But without denying this hard reality, he did



not stick to it. He had learned from all his studies of successful people that it is not the appearance of their outside reality that drive really successful people, but their inner reality, the fact that they project their inner reality into the outer one, that they are animated by a 'great vision.' 'Within one year I owned that castle,' Anthony Robbins concluded. His inner power had been so strong, so focused, so much energized by a deep conviction into the unlimited powers of the human potential that his outer reality was invariably imprinted by his inner one, and as a result rapidly changed for the positive.

The principles of success are spiritual principles. They follow universal laws such as the law of vision, the law of praise, the law of magnetic attraction or the law of faith. Anthony Robbins and other success trainers such as the late Stephen R. Covey never leave a doubt in their teaching that true success goes hand in hand with a sincere inner attitude that is in accordance with universal law, and that is consistent.

I do not have to add anything to the great examples that these two remarkable men represent who have helped me, by their enlightened publications, to develop my own attitude toward primary power.

What I may point out a little further in this contribution is to show that to develop one's primary power, there is no way around the necessity to live a first-hand life. What do I mean?



Most people live second-hand lives, i.e. they imitate others, they try to copy others whom they idealize, and they want to become someone they are not. What I mean is that copying and becoming are not the ways to BE. Success comes from being, not from becoming.

I want to convey to you, dear reader, a deep experience of my own life, an experience which was not gained in one day, but in forty-two years, and experience also that was hurting at times, that was deeply uncomfortable because I resisted. It is the experience that first of all you have to accept yourself such as you are, to see your reality as it is, without moving, without distracting yourself, without running away from it.

Once you know who you are, you can see that you are a creature subject to continuous change. Then, and only then, you can open yourself up to the new reality you may want to create for yourself, and you can project yourself into this reality by means of visions, prayers, power work and actions.

But if you refuse to acknowledge who you are, at the very first moment of your new journey, you run the risk to lose yourself in a new way that you may subscribe to but that is actually written for somebody else. Or you may get on the other false track that is to comply with an ideal to live up to, instead of living yourself an ideal life which is simply to live your own life.



Most people try to realize their secondary powers, i.e. social standing, recognition, financial security, academic honors, prestige or just lot's of money, as a standalone exercise. They may be very busy with that, very tough, very professional. I do not say that they have no success, but I dare to say that they cannot have ultimate and grandiose success if they do not make the first step first, that is, to realize their primary power. This step begins with accepting oneself unconditionally, putting aside all mental and moral concepts, all rules of education and upbringing, all what we have absorbed from outside our center.

THE POWER TABOO

In order to develop this thought further, let me keep on inquiring with you why most of us have a blockage to realize their inner power. I go as far as saying that in our modern international consumer culture primary power is thwarted as early as in childhood, for the child, in our culture, is denied sexual love and is thus deprived of one very important emanation of the power of love: the power to relate from within the child's own pleasure continuum. What do I mean?

Every human being is primarily driven by pleasure, pleasure being a major principle of life and of survival. Newest research showed that this principle exists not only for humans and animals, but equally for plants and even molecules.



Certain electrons seem to spin in a certain direction and then another because the primal consciousness contained in them is able to sense pleasure and displeasure. In all the Holy Scriptures of the world it is said that the Creator received pleasure from His Creation.

Yet, traditional Western education from the Ancient times was more or less ignorant about this fact or else tried to exploit and dominate humans by consciously thwarting primary pleasure in the growing human life. And indeed, only thwarted and disempowered individuals can be subjected to terror regimes where they murder and despise their own species! In our culture soul power became a taboo, whereas collective power was praised and worshipped in hymns, slogans and *Marschliedern*.

It is this old power taboo that still haunts many of us, disabling them being whole and powerful and to contribute to the world from their pleasure continuum. What all therapies and power training seminars basically try to achieve is to empower the patient or client, to help her taking her power back, to develop a new and strong pleasure of living! Without pleasure of living, there is no success, there is no personal charisma or charm, there is no energy, there is no goodness.

As long as the power taboo hangs like a Damocles sword over our heads, we are stuck in what some call karma, others call sin, and still others call complexes.



The greatest sin, however, is to deny one's power. Power is the essence of our abilities, the energized potential of our drives, our talents, our genius. It is our true inner virtue.

In the lives of most of us, this innate or primary power has been thwarted during our childhood by an education that is both ignorant and violent. Or this power has been suffocated by symbiotoholic parents who are stuck in dependency or possessiveness, or who feared their children becoming adults, which results in the 'remain my baby' complex, and which reacts violently to any attempt of their child(ren) to gain autonomy and to grow. Perversions and abuse of all kinds are the outflow of this single unresolved power complex in parents and educators.

How, in a society where the concept of power itself is perverted, can the youth get clarity about their power without being trapped in the awkward association of power with abuse? We can experience the positive values of power only if we are free in the first place to use our power, including our sexual power. If we can't because of a moralistic overlay, our mental and physical health will suffer from it. We will build up a basically schizoid attitude of either overpowering others or being overpowered by others, i.e. the predator-victim syndrome.

This is exactly what happens in our present modern societies. It is the result of the power-taboo for the youth that is



imposed by an ignorant, hypocrite and manipulative majority, a majority that is trapped in a restorative sociopolitical concept that is outdated since hundreds of years, and which was the result of patriarchy and the suppression of female power!

If we face the problem honestly, doing meditation or introspection, we will see that the power taboo which was imposed on us actually is an illusion or a kind of magic spell. It is only valid for the one who believes in the magic, not the one who has gained inner freedom from the collective hypnosis.

The way to this freedom is seeing that society herself, imposing the power taboo on the youth, acts abusively towards its offspring. Parents who thwart their children's power are abusive parents. To see it means to be free from it. The power of manipulation always ends with information!

If you go to a saint, a healer or to a psychotherapist, you will be asked why you came? And when you say you came because your power has been withdrawn from you or that you do not own yourself, you will invariably hear that this is an illusion. You will be told that you own yourself always and that you own your power, and that it is trick of the imagination to think somebody, be it your parent or another person, or else the state could ever take it away from you.

The thwarted power is thwarted only as long as you believe it is thwarted. Once you destroy this belief, you naturally



feel that you own your power and that there was not one moment you did *not* own it.

THE CALL TO SELF

We have to awake from our Little Briar-Rose sleep in order to own the full power of our life. The magic of the witch-mother is effective only as long as we believe it is. The prince who kisses us to dissolve the magic spell is our own Higher Self.

You may want to know if there is a universal kind of recipe which leads you there without delay, and I say 'Yes, there is: sit down and see!'

But you may argue that this is mere theory. And that you won't see because you did not see your light for so many years. And then I ask you 'Other people see your light, while you don't see it? How can?'

Then you are silent for a moment and ask quietly and with astonishment: 'Others see my light?' And I answer, touching your front: 'I see your light, right here, and others can see it, too.'

And you remain silent again and then, suddenly, you smile. 'If this is so, well, then I think I'm fine now,' you reply, content. 'I think I see it now.'



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And I conclude, 'No, you don't *think* you see it. You see it!' And you nod, silently, and with deep contentment written in the landscape of your face.