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Illusion

*You are much more than your body!*

human

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**Heinz Kaletsch**

# **Illusion human**

**You are more than your physical body**



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**Illusion human**



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*HEINZ KALETSCH*

*Illusion human*

You are more than your physical body



Illustration: Expanding galaxy, Shutterstock

May I accompany you for a while?

# **Table of Contents**

**Preface to Illusion Human by Evelyn Ohly**

**Preface to Illusion Human by Nepomuk J. Meier**

**Prologue**

**Chapter 1: The scientific worldview yesterday and today**

**Chapter 2: Invisible forces and fields**

**Chapter 3: The subtle body and vital energy**

**Chapter 4: Our brain - a holographic data carrier?**

**Chapter 5: Is our ego reality and reality an illusion?**

**Chapter 6: Interworld - a construct of here and now and hereafter?**

**Chapter 7: Our world - a training camp for our souls**

**Chapter 8: Comprehension of time - meaning and benefit for mankind**

**Chapter 9: Illusion of time - created to experience**

**Chapter 10: Everything is energy and there is no nothing**



**Chapter 11: Dark matter, the search for the subtle body?**

**Chapter 12: Quantum physics and quantum entanglement**

**Chapter 13: Non-local communication – God’s language?**

**Chapter 14: Consciousness – what it is and what it does**

**Chapter 15: Spirit and consciousness**

**Chapter 16: We have to talk about it – a definition of terms**

**Chapter 17: Darwinism on the test bench**

**Chapter 18: What is God and do we have a soul?**

**Chapter 19: Consciousness, spirit and matter**

**Chapter 20: The spirit uses matter**

**Chapter 21: Our brain – an interface between here and hereafter**

**Chapter 22: How does chocolate taste?**

**Chapter 23: Savants, »those who know«**

**Chapter 24: Divining information and intuition**

**Chapter 25: Purchasing information, channeling, remote viewing and telepathy**

**Chapter 26: Is there a free will?**

**Chapter 27: When the self of the ego awakes – recreate yourself!**

**Chapter 28: Do we live separated from God?**

**Chapter 29: Are we all ONE?**

**Chapter 30: Analogy to the mission to Mars, or a God for technicians**

30.1 Analogy God/Human - NASA/mission to Mars

30.2 Scenario 1: NASA/mission to Mars

30.3 Analogy: Definition of terms

30.4 Scenario 2: God/Human

**Chapter 31: Mysteries of our time and a journey to India**

31.1 The perfect point in time

31.2 My palm leaf reading

31.3 How do you explain a palm leaf reading?

**Chapter 32: Lucid dreaming**

**Chapter 33: Near-death Experiences**

33.1 Impressive near-death experiences

33.2 After-death experiences

33.3 Terminal clarity of the mind

**Chapter 34: Is there life before life?**

**Chapter 35: Reincarnation or returning from the spiritual to the material world**

**Chapter 36: Human illusion of life and death**

**Chapter 37: Are there any more dimensions and is there life?**

**Chapter 38: Is there good and evil?**

**Chapter 39: The pineal gland - a portal between here and afterlife**

**39.1: The secret of Bufo Alvarius**

**Chapter 40: Different methods of meditation and real masters**

**Chapter 41: Binaural frequency stimulation**

**Chapter 42: Astral journeys**

**Chapter 43: Seeing without eyes**

**Chapter 44: Orbs - beings or dust?**

**Chapter 45: Healing is possible**

**Chapter 46: Affirmations**

**Chapter 47: Ready for the spiritual transformation?**

**Chapter 48: End**

**Information about the author**

**Attachment**

**List of literature**

**List of Illustrations**

**Further Reading**

*Just like every end holds a new beginning and every beginning already the end, dives the divine spirit into the material world and returns with new experiences into the spiritual realm. That is the eternal circle of all being.*

*(Heinz Kaletsch)*

*For my sons Benjamin and Lukas and especially my wife Monika, of whom I took many hours of togetherness to write this book.*



## **Acknowledgements**

Thank you very much to all the endearing seekers of the truth, who inspired me to this book. Thank you to all authors, scientists and thinkers, who dare to look beyond their own nose and thus inspire the world every day. My special thanks to Evelyn Ohly and Johann Nepomuk Maier for their preface and the selfless support and cooperation.

Thank you to the thinker of all thoughts and for the gift of an aware spirit, with which we can experience HIM and OURSELVES.

## **Preface to Illusion Human by Evelyn Ohly**

The present work by Heinz Kaletsch is like a treasure chest. It is an entertaining, excitingly written book, rich with scientifically sound and very well researched information from the field of so-called spiritual »fringe sciences«. Heinz Kaletsch gives the reader a »different perspective« based on the latest findings from brain research and quantum physics, which allows a new view of our three-dimensional reality. The reader, who has not yet dealt with spiritual topics, receives here a summary for his spiritual development - also in the form of methods and techniques for self-practice - which enables him to make a quantum leap for which he alone might have needed decades. The present content is able to help him to an enormous expansion of consciousness in a very short time.

For those who are already on the path of spiritual awakening, the book is an exciting collection of many of us all inherent and documented human abilities as well as an expansion of our own knowledge and experience. It gives them the opportunity to read and remember again in order to draw strength for everyday life from the information collected.

It is important for both reader groups to develop their own potential more consciously. Because if we all succeed in doing this more and more, we can meet the challenges of our time in a solution-oriented manner and in this way create a better future for all of us and our subsequent generations on this (or perhaps on another) planet.

And so I now wholeheartedly wish you lots of joy and insightful moments while reading this »treasure chest« written by Heinz Kaletsch.

Evelyn Ohly

Seeing-without-eyes

# **Preface to Illusion Human by Johann Nepomuk Maier**

**Just when you stop searching you will find it.**

There are innumerable books out there on the subject of thanatology and the afterlife. Some became world bestsellers and others did not get past the first edition. I have read sensationally good and perfectly researched books, which really meticulously listed one circumstantial evidence after another, which point a life after death, but are hardly read. Other books that have appeared in larger editions are, in my opinion, often far too esoteric and too superficial.

What you are now holding in your hands certainly belongs to the league of nonfiction books with inherent depth. Not only does it bridge the various areas of knowledge from very little known facts, but it also contains the author's personal experiences. He dares to test and try everything himself. Because one thing is certain for me, only those who have had the experiences themselves, how it feels to have been outside the physical body, how deep a lucid dream reaches into the soul and how far spiritual experiences help in coping with everyday life, know what they are writing about.

It is a mighty work. Over 400 pages that have it all. But the book takes you on a journey of discovery into truths which, for whatever reason, are not publicly discussed with the necessary attention

Those who have already had unusual experiences themselves will find answers in this book, and those who are looking for the meaning of life will not find it here either, but they will get tools with which they can take their next search steps more easily

There are countless statements about the meaning of life that we have lost our bearings. And mainstream science has never been in search of the truth. Questions such as »What is life and what was before the Big Bang or why is there no nothing?« are not asked. Philosophy did not get anywhere in the last 2,300 years and could not answer fundamental questions like »What is man?«. But one thing becomes clearer with each page of the book: What we learn every day in school, hear and see on the news or are presented about our cultural traditions is only a very insignificant narrow excerpt from something we have given the name reality.

If we follow the author, it becomes unmistakably clear that truth and reality are not two sides of the same coin, but fundamentally different. Heinz not only shows us the facts of research in physics, biology, chemistry or neurology, but also at the limits of our being, but it becomes clearer with each chapter why he has titled the book »Illusion human«.

We all have a picture of our being, of our life and of life on earth. It is certainly clear to each of us that this picture can never show the entire truth behind the work. »Illusion human« will show you - if you are impartial and a little courageous - a different, larger picture of us, the world and being, which you may never have seen before. It takes a lot of dedication, commitment and a razor-sharp analytical mind to write such a book. I pay him a lot of respect here.

But this book is more than imparting knowledge. It's intuition and printed devotion. It reads like an adventure novel in which one would like to be the leading character, who ventures into the rough terrain of a reality that

fascinates him and never lets him go until suddenly a whole new world opens up.

Again and again new and unbelievable findings are presented. New perspectives, fields of vision and insights into a work that we can only recognize from within ourselves. Everyone has often asked themselves: »Who am I and why am I here?« A few years ago the German philosopher Richard David Precht wrote a book with the following title: »Who am I - and if so, how many?« A new unknown psychogram of our being. Heinz Kaletsch has picked up where others stop when it comes to showing insights that we would classify as unimportant, unnecessary or even paranormal. The courageous reader is presented with a fantastic journey of adventure that he will certainly not forget his whole life and that may also help him to start or continue his own adventure of being. »Illusion human«, a book that is more than a compilation of facts from many insights, but a companion, a navigation device for people who do not let someone lead them down the garden path, who like to draw their own conclusions and can recognize it when a new way of looking at things is presented.

We will only break new ground if we leave our own tracks. I am sure this book will make you happy because it gives courage, hope and shows that our greatest adventure is still ahead of us. The current materialistic worldview has reached the limits of what is tolerable - for us and for all of our fellow creatures in our reality. Unlimited growth, impetuous business without a sense of proportion, only committed to our own ego and shareholder value, is a strategic dead end from which we should quickly find a way out. As in Monopoly, such a game is of foreseeable time if only one winner remains in the end. Who wants to live in a world in which the winner looks back on a destroyed flora and fauna, on a lonely and abandoned reality? A reality in which death still means the end of being, esotericism is just an unimportant knowledge and intuition a gut feeling that nobody should take seriously. If you think, you see the future in the



rearview mirror. The same thought processes, beliefs and wisdom over and over again leads to similar results. No, thinking is great for the tangible things of being, but not for our work.

It is precisely the intangible side of our existence that contains solutions for each and every one of us when we are ready to open the void. As already stated in some old traditions: You have eyes and do not see, you have ears and do not hear and we also have feelings that we no longer want to go into. Our entire life is determined by logic and the thinking of our experts, because they will know what they do and what to do. Maybe, but it looks like the bulk of it denies a part of the knowledge that stands for the greatest and most important part of our existence! Find out what this can be - the book you are now holding has not found its way to you for nothing.

Many speak of the fact that we are facing a change in consciousness, it looks like this. But the world, our being, has always been in upheaval. But time and again, thought managed to put a stop to it, to hinder the individual development of our being. It is precisely the many religions that began to proclaim a universal wisdom, rose with their actions to become a mediator between the worlds, with laws, duties and guidelines that do not lead to our personal salvation unless they are followed. I think many of us feel that there is a wrong track and a mistaken belief. After attempts in the 1990s to uphold their dogmatic image of a randomized evolutionary theory according to Darwin through evolutionary research by all means, the voices are now getting quieter again. It is understandable that the creationists tried to fill this vacuum, especially in the USA, and claim the truth for themselves, but the insight that we exist in a goal-oriented reality has yet to be internalized.

More than two thirds of the world's population is certain that there is something that transcends our thinking and our being - a transcendence.

All weirdos, these people? Hardly likely. Deep inside they experience a being of which they are a part, that they are far more than flesh and blood, skin and bones - that this life isn't everything! Many just believe what official science says. But their errors are almost as great as their successes. At all times there was an official worldview that is taught in school. The physicist and scientific theorist Thomas Kuhn writes in his book »The Structure of Scientific Revolutions« that science does not develop linearly, but erratically. Whenever anomalies are examined more closely and recognized on the fringes of the most diverse research areas, there is a leap in knowledge, which he calls a paradigm shift. Let's rely on a new holistic view of the world, in which matter is no longer the focus of being. I am sure that in about 100 years from now, people will frown down at our epoch and say: »How could researchers behave so dogmatically when so many convincing new facts were right before their eyes?«

I call our epoch the age of communication. This now offers us the opportunity to break through these old cultural fetters of thought and to work out our own picture of reality. Whereas a few decades ago mainstream research was sure that »reality« exists independently of us, there is no longer any doubt that it does not. Now it is important to make something out of these insights, out of these findings, which creates more community for one's own individual path in a community, and on the other hand makes negative thoughts, deeds and destructive one-sided economic activity more difficult. To close with the wise words of the philosopher Martin Seel:

»The measurable side of the world is not the world, it is only the measurable side of the world.«

Johann Nepomuk Maier

Author and filmmaker

# Prologue

Dear Reader,

»Know yourself« was already written above the entrance portal of the ancient Greeks in Delphi and so I would like to take the reader of this book on a journey to find himself. I wrote it for all those who like to think outside the box in order to direct their attention to the reality of the world outside of the institutionalized sciences, people who like to deal with the questions of classical metaphysics: Who or what am I? Have we been thrown together from matter and energy by a gigantic coincidence or is there an intelligent designer behind life? What does life really mean? How did I get here, what was before I was born and what will be when my body dies? Are we more than a physical body? Is there a god or gods? Do we have a free will? What is the purpose of my existence? People who ask such questions are usually not to be found in the mainstream. I have never been satisfied with reading the unusual only in books. I always wanted to experience what was written with my senses and check whether it corresponds to the truth. Over many decades, I have met extraordinary people and, inspired by them, made my own personal experiences, including in the areas of telekinesis and telepathy as well as in relation to out-of-body experiences and expanded states of consciousness. I wanted to check these things for their truthfulness and effectiveness myself and to know whether I, as an ordinary person, am able to put them into practice in a comprehensible and verifiable manner. Modern science gives us an abundance of fascinating technologies that help describe the world around us better and better. They grant us shortlived joys that appear important in the outer world, but are actually only snapshots and often make inner

values and spiritual growth wither. This is how life sneaks past us unnoticed and overtakes us. We are then surprised to find that we are nearing physical death. Much of what seemed indispensable to us, propagated as needs by advertising and marketing, and the procurement of which cost us valuable lifetime, lies in the attic, collects dust in the basement or simply ends up in the garbage as disposable products after our death. But what is really left? Is there something left that will outlast inevitable death? Let's go on a journey together to find answers to mankind's oldest questions. That we are immortal beings in a perishable body has always been proclaimed to us by spiritual teachers, mystics and priests in their ancient »Holy Scriptures«. What is new is that modern science with its quantum physics has also been doing this for several decades. It tells of a so-called »observer« who is able to influence matter. Such a balancing act from science to mysticism is long overdue and inevitably breaks the dogmas of today's material worldview. Put aside self-created illusions and learn about the reality that was created by God. Let us dive together into a fascinating world of our thoughts, consciousness and matter. Recognizing who and what we are can give you meaning and healing and show you the world from a new perspective that may have remained hidden from you until today. Feel and sense inside yourself in order to be able to explore, discover and experience new things. Stop for a moment in your journey through life and breathe in knowledge and inspiration to recognize. What do you see? How is your world? What is your environment like, the people around you, what do you think about them and do you believe that this corresponds to the truth and reality that God created? Or is this just your personal, subjectively perceived reality of a much larger whole? How is life? How is it really like? Why do you go to sleep at night and wake up in the morning to a new dream called reality? Is this the true reality or is there an even more real world behind it all that we can experience in expanded states of consciousness? A multidimensional world, much larger than that which we can perceive with our senses? How many realities are there? Or are we just living in this one you know when you open your eyes in the morning? But where was your mind at night when you dreamed?

How many personalities are you? What is your role right now? Does reality have different levels of perception? Do we earth people all perceive the same thing with our five senses or does each person have his own reality and perception? We could also say that everything in this life is a dream, whether you are asleep or awake. Is the next awakening the transition from physical death to the hereafter? What is death? Do we only live once or do we incarnate in several lives? Is there a cycle of life, death and birth? Does God exist and are we all parts of him or are we a part of a higher organism in God?

In this book I have included my personal experiences and the knowledge of many researchers who do not necessarily fit into the large grid of the mainstream. On the whole, it's kept simple and enriched with my own experiences over and over again. I have tried to write the chapters in a way that slowly leads you to the idea that there is no death in the universe. It may be difficult at times to follow my thoughts, then just skip a chapter and come back to it later if you feel like it. Repetitions are wanted in order to develop a lasting understanding. Just be open to new topics, even if you can't find your own opinion as you read it. This is important in order to have a personal picture of who or what you are by the end of the book. I also make no claim to completeness and that this information can explain everything and is »set in stone«, but they are real experiences that I have personally made and that therefore correspond to my honest beliefs. Just as politicians and parties campaign for the votes of the people by presenting their various election programs in order to be able to govern a country, it is ultimately also in science. There are hundreds of theories about what the universe, time or man is or could be. Groups of opinion leaders try to enforce their ideas and pass them off as general lessons. Most theories, however, will disappear from the scene in a few decades. We live in a time in which the dogma of a materialistic worldview prevails. It is very likely that there were already many advanced civilizations on our planet that were spiritually very far or perhaps even much more developed than we are in our current era. Evidence and traditions can be found



around the world for this too. Technological development as we experience it today can definitely only represent a short-term manifestation in human evolution over a period of several centuries. But what remains when the materialistic age is over? Perhaps the hope of having discovered a little more truth and reality of who or what we are.

In this book I have compiled evidence that can give a preview of a new, expanded worldview. See these lines as a bridge between old knowledge and today's science, from personal experiences to new medical discoveries. Inexplicable phenomena have the potential to sharpen our eye for new things. To take a closer look and to develop new ideas with the knowledge and information gained, that is my intention.

Erich von Däniken once said: »It's the visionaries who change the world, not the bean counters.«

Heinz Kaletsch

## **Chapter One: The scientific worldview yesterday and today**

The smallest particles in our universe are atoms, God created the world in seven days, the pyramids were tombs for the pharaohs, when man dies, at the most a small heap of ashes remains and Charles Darwin explained how man was created through the evolution of species on earth. This is how the elderly of us learned it a few decades ago in school. That sounds like a perfect world, like from a fairy tale of bygone times, doesn't it? It is said that fairy tales always contain a grain of truth. That certainly applies here as well, but nothing more. Strictly speaking, a person is not in a position to describe a complete picture of the world, as it describes all the tangible parts of a reality, which in turn is more than the sum of its individual parts. Since humans can only perceive a tiny section of the very large universe and only limited information filtered by the brain is available, they live in a subjective reality that probably has very little to do with the objective world.

We will deal with this more intensively in this book. The world does not stop. Theories that are no longer tenable disappear like cultures from ancient times in the fog. Great researchers from various fields of science keep presenting us with new approaches to the nature of our world and inexorably approaching a greater truth and reality. But what did it look like in the last 100 years? In physics, the Danish physicist Nils Bohr developed the model of the electron, which orbits an atomic nucleus, as early as 1913. According to this, atoms consist of protons and neutrons as well as electrons circling in orbit and rotating around themselves. Claus Jönsson carried out the double slit experiment with electrons in 1962 (Thomas Young did this with light as early as 1802) and one of the findings was that

it is maximally possible to determine the probability of the position of an electron at a certain point in time. Atoms with their electrons show up one time as a wave and another time as solid matter particles. Depending on whether they are observed or measured, they materialize or disappear again into the »non-locality« of all waves, so to speak into the quantum space, from which we can assume that everything there is connected in a mysterious way. Elementary particle physics was born and since then it has combined its knowledge in a standard model. It tries to explain the structure of matter in our universe with the tiniest of particles. If we look at the developments in quantum physics over the past few decades, we are currently experiencing a paradigm shift towards a completely new worldview. Between 1963 and 1965 the physicist André Petermann and around the same time Murray Gell-Mann developed the model of the quarks. Protons and neutrons would be composed of even smaller particles - that was the view at the time, for which Murray received the Nobel Prize in Physics in 1969. This then completely new knowledge changed our view of the world by another small bit and was still a snapshot and by no means the last word on the subject. All in all, the world turned out to be relatively simple at first: Our universe seemed to consist of a few billion galaxy clusters and huge empty spaces in between, and it was similar in the microcosm. Enormous distances between atomic nuclei and electrons with a gaping void between them dominated the imagination of the great thinkers. Somehow everything seemed like a quietly ticking clockwork, beautifully calculable and predictable. Einstein would certainly have liked this model had it not been for the »spooky action at a distance,« as he himself called it, which only conjured up the beginning of the end of a scientific era. The British natural scientist Charles Darwin had made a name for himself in the natural sciences with his theory of evolution by describing the origin of species and a possible development of earthly man in his work in 1859, well, I would say, in »an understandable way«. The fact that humans should descend from apes may initially have been a shock for many, as we humans had already chosen ourselves as the »crown of creation« on the evolutionary ladder of life. And now that! Eventually we

came to terms with the idea that we and our close relatives had to have at least the same roots. But Darwin was also aware of the limits of his theoretical model and so he asked himself: »If the species have developed in small steps from other species, why don't we find countless specimens of the transitional forms in the many layers of the earth's crust?«

Around 160 years have now passed since 1859, the numerous transitional forms were never found, and under »the pressure to succeed« many a found skeleton or artifact that was supposed to provide evidence of Darwin's theory turned out to be simply a fake. What remains to this day is a school system that still teaches Darwinism and marginalizes an intelligent designer or creator who deliberately plans life. In Catholic religious instruction, however, the priests preached to us that, according to Genesis, God created the world in seven days and man on the sixth day of creation. Mmh ... just the opposite of what Darwin was trying to convey. Now who was right, Darwin or Moses? These were the important questions for me during my school days, which I tried to fathom in my further life. My childish mind just wanted one honest, truthful answer and kept asking itself: Who or what is man? Where are we from? What is life? How can life arise from dead matter? What is the difference between something that lives and something that does not live? Does a stone also have a kind of life in it? Why do we sleep at night? Is there any extraterrestrial life? What is awareness? What is the reason for our existence? Is there a kind of consciousness even in apparently lifeless manifestations like crystals? And how could a primordial cell have come into being that lived and reproduced itself when its constituents, the amino acids, are considered inanimate? Is there a multiverse? What if we die? Is there a soul? And is there life before birth? Does consciousness invigorate matter?

The world of physics is still concerned with apparently lifeless things, our biologists, on the other hand, only with what is alive, and the humanities with religious, intellectual, media and cultural phenomena. What is information, what are mind and consciousness and in which scientific field do they find their place? Who can bridge the gap between these scientific