

# You have the power



How thoughts create  
our reality

Bernd Neuhaus

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**have the power**

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## Foreword

Now almost 6 years have passed since the first edition of this book was published and it would be sad if nothing had changed for me. Of course, the spiritual laws according to which life runs and which have been known for centuries or even millennia have not changed and continue to apply, but my understanding of how to communicate them and thus make them easier to understand has simply increased. Because I have also experienced more and more people and their questions about it.

Somehow, I have the impression that the momentum that came up with "the secret" has lost its vitality in many cases. People still read it, but hardly anyone talks about it anymore. This also applies to many books that also deal with the subject. Of course, I don't want to exclude the possibility that I just don't notice it anymore because my focus is on other levels. And energy follows attention, as is well known.

*"Most of humanity lives in the outer world, few have found the inner world, and yet the inner world is the one that creates the outer world in the first place, it is therefore creative and everything you find in your outer world was created in your inner world."*

*Masterkey System 1:35*

This clearly means that everything we find in the external world is our own creation and if we don't like it, this creation, then we can change it.

We are crammed from childhood with regulations, with knowledge, but above all with commandments and

prohibitions. This completely obscures what wonderful beings we are.

I know from many people that they are also in search of the ultimate truth, many searchingly go their ways, and in many cases simply give up. As a quintessence of the many things, I have dealt with, I have written this book - to help one or the other reader, so that everyone understands why it is actually quite simple and where the difficulties lie.

I have realized that all knowledge, all systems, have a common basis, and this I want to make clear. All knowledge, all systems, can be traced back to simple truths. And whoever understands this can lead his life in the desired direction.

Some statements are discussed several times in this book from a different point of view, this is not an oversight, but it serves to form an awareness of these facts.

In this new one, some things are changed, and some texts have been replaced by better ones and some chapters are completely new.

At this point, as is usual for a good preface, I would like to thank all the people who have helped me to develop my view of things. Nothing in life happens by chance; everything has its meaning and its necessity. I thank all the people who have touched my soul and there were many of them. And I would also like to thank you, you who are now holding this book in your hands. May it help you to attract love, happiness, contentment and prosperity into your life.

**I want everyone who picks up this book to record a great gain, for themselves, for their lives, and for the lives of the people they love.**

**About me:**

I was born in 1956 and have earned my living with many different activities. Among other things, I have a degree in business administration and have programmed computers for almost 20 years.

Around the year 2000, I left profit-oriented management and did medical training because I want to help people. I then gave courses in first aid and also worked as a paramedic. In addition to the purely medical knowledge, I have been very concerned with the mental causes of diseases. That's what I came up with about the power of thinking in general and did a lot of research here.

Although I am Canadian, I was born in Germany and live here. So English is not my first language, but I didn't want to transfer the translation of this book from German to someone who can't understand my thoughts. So, I apologize for any mistakes or inaccurate statements, and invite everyone to write me such mistakes. I will then correct them for future versions.

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Thank you.

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## **Introduction or what is this all about?**

It is actually about the fact that we create our life through our thinking, that we are creators of our life and are significantly involved in the circumstances that make up our life. Every current life circumstance is the result of our previous thinking. Now one will ask oneself: "I think nevertheless the whole time, what is so special about it? To anticipate, the really creative thoughts are the ones that we constantly have in us, the way we see ourselves and the world.

Well, let's try for a little moment to forget everything else that deals with this subject, then maybe it will become clearer.

Let's assume that man is a spiritual being who currently inhabits a body. For that is exactly how it is.

The power of thought is found on three levels.

- The first level is that of conscious thought, which is normally always accessible to us.
- The second level is the subconscious and unconscious thoughts, this area is not directly accessible to us, because as soon as something from the subconscious pushes into the consciousness, we are again on the first level.
- The third level is completely unconscious and beyond our direct access. This area communicates with the subconscious and sends out the energies that create or, more precisely, co-create our reality. Because beside our individual reality there is also a reality perceived more or less the same by all. One could

call this level also the divine (because creating) spark in us.

Is this still a bit confusing? Already Nicola Tesla stated that we understand the world only if we think on the level of energy and vibrations. And exactly this is meant with it.

We constantly send out energies through our thoughts and resonate with (or attract into our lives) the things and events that correspond to those thoughts. That is why I like the term "resonance principle" better than the term "law of attraction".

With these thoughts in mind, we can also understand why it often doesn't work that way.

People come to us and tell us that they think positively throughout, but still have problems in life, be it in health, relationships or even finances. The question now is, does this person really think positively? I would say no, because otherwise he would not have these problems. Perhaps the person believes that he thinks positively because he reminds himself again and again in his conscious thinking to think positively. Because some people develop an amazing discipline here.

But then why doesn't it work? Because more than 95% of our thinking is subconscious, it is thoughts that do not cross the threshold of consciousness.

Let's take an example. Someone has grown up and been shaped by an environment where there was never much money. Since we humans like to rationalize, the belief has spread in this environment that it is not good to have a lot of money. Maybe even that it is dangerous to have a lot of money.

From psychokinesiology a man is known who was constantly tormented by financial problems, no matter

what he started, he did not manage to get even a little wealth. Working with this problem, it turned out that this man, at the age of 11, had experienced that a friend of his parents had taken his own life. This friend had been a bank director and quite wealthy. The logical conclusion for the then 11-year-old was that money makes you very unhappy and that is why he did everything to keep it away from him. Of course, he was not aware of this. After this subconscious blockade was dissolved, the man could also allow money in his life.

I think this example has made it a little clear where the challenges lie that you can overcome if you only want to. To create the life that one would like to live.

**Let us briefly summarize:**



- It is about reprogramming the subconscious mind.
- The subconscious is our best friend and always wants to help, but it doesn't think, it makes decisions based on past experiences from conception.
- By looking at one's own situation, one can become aware of which beliefs, convictions and blockages are present in the subconscious. Thus, they are conscious and can be changed.
- To wish for something is not useful, because with that I only signal that I don't have it.
- Also, the "orders to the universe" function only if the wisher is firmly convinced of getting the desired result. Mostly he wishes however from subconscious lack, with this it does not work then.

If someone wants to change his life (and I assume this, otherwise you wouldn't read this book) then start thinking about your life.

It is best to collect this handwritten in a booklet. What is going well, you can be grateful for, what needs improvement, find the causes and change them. I come to the change further back again more clearly.

## **What actually is power**

Maybe some know this quote from Charlie Chaplin:

"You only need power if you intend to do something evil. For everything else, love is enough to get it done".

This sounds totally nice, but it is based on a quite negative interpretation of power. To be quite honest, I didn't have this negative impact of power in my mind either when I chose the title: "You have the power" for my book. If I remember correctly, the title was also originally an idea of Sigrid, you know, my ex-girlfriend, with whom I am now

happily married. And even she certainly didn't have power in the sense of domination over others in mind.

What is power then? Power is a force and the result of that force is an effect. In the simplest case it is also quite simply an influence, because something with power exercises.

Power can be active, or it can be passive. A plant has the active power to grow, blossom and reproduce. But the plant also has the passive power, for example, to give food to a bee or simply to give pleasure to the observer. A human being has the active power to accomplish a task, but possibly also a passive power to inspire others through his or her actions and thereby empower others as well.

Now there are different types of power or even force:

First, of course, is the power of energy. Energy can be produced by man as mechanical power, energy can be found in physical form in the elements such as wind, water, etc., but this energy can also be released in the form of emotions or vibrations.

Another power comes from knowledge, which is expressed in skills or useful information.

Of course, there is also a power due to authority, this may have been bestowed by anyone, but it can also be gained from the self-confidence and determination of the holder of this power. Whether the power bestowed has substance or not depends, of course, on the holder of the power bestowed.

Moreover, everyone has power from the ability to give or deny something. This can be simply money, it can be prestige or a rank, but also punishment, protection, pleasure or affection are all something that can be given or denied. Here fits also very well the power of the love, also the love is given, with the real love without any

consideration and just the love is very powerful and can promote the good sides of others extremely.

Of course, one must also mention here the point of power being used to intimidate others, by threat or exercise of force or loss. This is probably the point Charlie Chaplin was referring to in his view of power.

On a personal level, however, power also has a lot to do with the power of focus, determination, and motivation.

And very important is also the power of conviction and belief, this can be constructive or destructive if one's own convictions are destructive.

We see that power cannot be defined so simply and should certainly not be considered in such a limited way that power is bad in itself. This is like using a hammer. I can use it to hammer a nail into the wall and hang a nice picture, but I can also use it to harm someone.

Personal power is the power to control your own life and also to take responsibility for what you create. Everyone uses their own power to a greater or lesser extent, often taking responsibility only when everything is working well. But real personal power also includes taking responsibility even when the results don't quite match what one had actually set out to do. And many people make it quite easy for themselves by transferring authority over their lives to others and only doing what others intend for it to be done. And then when things don't work out that way, many people call for help and want others to take care of their own problems. The simple excuse that it is not one's fault is just quite easy to say. If you want to ask for help, which is not a bad thing, wouldn't it be better to ask for help to help yourself?

If, as help, one is given the ability or the power to regulate one's own affairs, the help is definitely more lasting and sustainable. Or to put it in pictures, if a drowning person keeps calling for a life ring that only works for a certain time, that is considerably less productive than asking for someone to teach him how to swim. Of course, this also applies to the helper who uses his ability to swim (power from knowledge) to endow the other with the same power.

Perhaps the words of Master Yoda were not just nonsense after all, who always wished: "May the Force be with you", but also warned: "Beware of the dark side of the Force".

## **Now what does it mean when I say, "You have the power"?**

The power that is under your control is not power over other people or circumstances. Of course, you can aspire to such power, but you should always be aware that this very power always generates a counter-power. That is, a counterforce. To use a force against something always leads to a struggle. Because even if you seem to win the battle and have the upper hand, there will always be subliminal resistance, constantly ready to rise up and take up the fight again. A government that constantly oppresses its people will eventually experience the wave of resistance. I'm thinking of the French Revolution right now. The nobility, as the previous rulers, were swept away and murdered by the power of popular anger.

Let's keep in mind that "power over something" and "power against something" are not the ideal way.

How, then, does nature do it? The basic principle in nature is growth because the strongest force in the universe is love.

Let's take a blade of grass that is making its way through concrete. It has the power to do so, but it certainly does not use any force to do so. Its growth ensures that the concrete makes room and leaves a gap. For the blade of grass does not fight against the concrete, but uses its power to come to the sun.

**The real power is the creating, creative power that finds ways where none was seen before.**

Incidentally, this principle is also encountered in modern medicine. Let's take cancer. Once detected, it is fought with all means, with chemo, radiation and the scalpel. Unfortunately, this approach rarely leads to lasting success. But alternatives are simply not wanted and a patient who wants to do without these massive "battles" has a hard time with the doctors. Instead of wasting one's strength in a senseless fight against the "enemy", one can also consider the disease as a meaningful message from the soul and then dedicate the gentle way of changing the causes of cancer. (Of course, I do not want to and will not advise anyone here to renounce medical treatment, because that would make me liable to prosecution).

**The power we are talking about here, real power, is a creative power, a power that creates new things because it has connected with the most powerful force in the universe, love.**

## **Go your way, but at your own speed**

It strikes me again and again that just in the forums and groups in the Internet some methods are offered, which promise the turbo success. Learning astral travel in only 6

hours, regression through hypnosis in two hours and many other offers. The danger of getting involved in this is very great, after all, one wants to get ahead.

Some of these methods work, that's clear, but the question you should ask yourself is: "Am I ready for this, is my soul ready for this?".

I'm thinking of a short story by Stanislav Lem, who had written science fiction to think about. The story was about scientists who had found out that it was possible to couple both hemispheres of the brain by means of a small surgical intervention and thus lead the test person to enlightenment in a fraction of a second. No sooner said than done, the operation was performed and a dazzling description was given of how it felt to be enlightened. The last sentence had it all, because it was the realization that this experience lasted only fractions of a second. After this short period of time, the person was simply freaked out.

In the mid-seventies and early eighties, many people who used drugs devoured the books of Carlos Castaneda, this is about his training by Don Juan, a Mexican shaman. The drug users then only read the passages in which the use of mushrooms and similar drugs occurred. They did not register that students of shamans were prepared accordingly. Likewise, the writings of Timothy Leary, who as a professor at Berkley and Harvard promoted the use of LSD to expand consciousness, were very popular.

If you really read Castaneda's, and also similar books about shamanic training, then you realize that such methods were only carried out after a very long, sometimes years of training and preparation as part of the training to become a shaman under the guidance of the teacher.

What can happen here, if consciousness expansions are used in an uncontrolled way, is the following. We have the

mechanism of repression; this means that events that we have not immediately processed are repressed from consciousness and then come up again when one is ready to process this. This includes many things from childhood that the child has not yet been able to process. If the border to the subconscious is now artificially torn open, these contents can flood the consciousness and of course do a lot of damage there.

Whereby I would like to note that I deal as good as only with Hawaiian shamanism, here it is about purely spiritual techniques without the use of drugs or the like.

Dear ones, go your way. Everything you can keep control over is good, but please, do not overtake yourself, even if you think that others are already much further.

Everything that is very powerful can be used positively, but it can also be dangerous.

Go your way. But go it at your speed. There is enough positive feedback everywhere and people to exchange ideas with. Everyone always finds what they are ready for.

Trust that there are many good methods, but the crowbar, even if it is only psychological, is not a very good one.

## **Leaving familiar thought structures behind.**

Sometimes it is quite useful to first put a totally unfamiliar thought into the room for yourself and ask yourself what would happen if it were the truth?

A sentence might be:

"All the effects of conventional medicine are based on the power of thought".

And already I hear the objections: "Yes, but if I have pain and take a tablet XXX, then they go away". Yes of course, the question is it only because of the active substance or because I believe in it. Because the remedy has been tried and tested for such a long time.

If you take a closer look, you will see that placebos have almost the same effect, including all side effects, as the real tablet. The difference is that research with placebos is only ever carried out on new drugs and not on drugs that have been on the market for a very long time. And that patients still react differently mentally when they are in a study with placebos.

Interestingly, I read the other day about a trial of an ointment for burns as well as a placebo ointment. The effect of the remedy was almost as good with the placebo as with the real thing, and quite revealing was the finding that the placebo ointment also helped subjects who knew they were only getting a placebo. The explanation is that the subconscious draws its conclusion that the ointment helps, even if the mind knows otherwise.

## **Do you have an open consciousness?**

What is an open consciousness? It is a consciousness that does not rely on what it is told, but questions what is said or written.

And it is often not enough to question only the information, often it is also necessary to question the source of the information. Why am I being told exactly this information now, why should I believe exactly this now?

And if this information fits to other, earlier received information, the questioning may go with pleasure further.



Why should I believe this to be the truth? And is it really my truth? Or even the absolute truth?

It is an irrefutable fact that from conception we already take in a lot of information that we can only question from puberty on. As one can prove at the brain waves, the mind develops only with the puberty, before that we humans are receptive as in hypnosis. This makes sense, because we have to cope in a quite complex world, and if we would question everything as children, we could never learn enough to cope as adults.

It is only when equipped with the mind that we can decide which new information is true for us and which is not. And in retrospect, so to speak, we can also question what we previously took in unquestioned.

Of course, we can also sit back and believe what most people say, but is it the truth? It has never been as easy to get information as it is today. But just as easily as information can be obtained, targeted misinformation can also be spread. Not only every major company employs qualified opinion makers, but also every government uses such tools.

So how do I get to the ultimate truth? Question, and further question the questioned, and so on. Match new information with old information and old information with new information. Is the knowledge that is brought to me useful to me, or does someone else have an interest in my believing exactly that?

In this way, even buildings of thought that have lasted for hundreds of years can collapse. And old buildings of thought that we are no longer supposed to know can take on new meaning.

Let's take, for example, the way of thinking of modern science. It started quite early, with Copernicus, Galileo and others, whose findings were not convenient for the church and who were therefore persecuted. Rene Descartes, who had a soft spot for clocks, then created the philosophical basis that everything can be explained according to Newtonian mechanics and thus by physics and chemistry. Everything that has to do with the soul was left to the church, even the much later psychology thinks that the soul is not tangible and defines itself as the doctrine of experience and behavior.

In this respect, a science has emerged that can calculate and exploit nature and everything in it without worrying about the consequences. And of course, also takes no responsibility for the whole. And since the church lost more and more credibility, also the moral principles fall more and more into oblivion.

Oh yes, I have also concealed something from you until now, but I would like to mention it:

**You have no consciousness; you are the consciousness.**

Quantum physics has supplied us with the apt term of the "observer". We are the observers of the reality and let it come into being through this.

Think once, which consequences it has if you recognize something as truth, which is not useful, what some people want to sell to you as the truth.

**What makes your consciousness arise then?**

So, and now you may ask yourself why I have given you this text. And if you have the answer, then question it.

The world needs awake people, be one of them.

## **The super-strong mind**

When people have strong minds, they naturally have some advantages. Why? In our education system, a lot of emphasis is placed on passing external tests and reproducing standardized performance. A curriculum is given, the contents are fixed, and whoever understands this best also gets good grades and is thus automatically in the front row.

Especially in the field of mathematics and science, you can see the difference very quickly. The one who is good at it easily recognizes the rules that are applied, and the one who has his strengths rather in other areas learns procedure after procedure by heart to get through the next class test. Sometimes even with good results, but also with increased effort.

And of course, a strong mind does not mean that one cannot perform in artistic or creative areas, because a mind does not limit this area.

So why does it have disadvantages after all?

Because people of intellect are so trained to think logically and analytically that creativity falls by the wayside. One reduces his solution possibilities to drawing new conclusions on the basis of the given facts and the rules and overlooks thereby quite fast that there are also aspects outside of this area, which one can consider.

And where is the solution? Those who are intellectual should stop thinking and listen to the inner voice, to their own creativity, not to think, in order to allow something new.

In this way, hitherto unknown worlds can open up.

In the birth chart of the affected people one usually finds a Sun-Mercury conjunction. This means that Sun and Mercury are not very far from each other. I will write about the topic of birth charts in more detail at a later point.

The advantage of this conjunction is that here the thinking and communication is very much in accordance with the actual being and the persons concerned have the possibility to develop in such a way that their ideas conform to it. These persons usually enforce their ideas and resolutions with zeal. The disadvantage here is that it is often difficult for them to look at themselves objectively, because they are mentally too strongly interwoven with themselves.

One speaks of a "burnt" Mercury when the conjunction is less than 3-4 degrees. These individuals often have so many ideas and worry so much that they become overwhelmed and mentally disengage to escape the strain. This, of course, causes them to have difficulties on the mental level.

By the way, it is to be noted that some people who are said to have an extraordinary intelligence did not have a Sun-Mercury conjunction. As examples I mention Albert Einstein and Steven Hawkins.

## **But I have to understand**

Do you really have to?

Who is this person you are displaying right now?